

Sample Program

BODYWEIGHT STRENGTH





Let's Get Rolling!

Thank you for joining the Garage Strength Team! Get ready to dive into this program and chase after your goals!

If you would like an individualized program that is built specifically for your needs as an athlete, sign up for a custom program **HERE**.

Autoregulation

Autoregulation is learning how hard your body is able to push itself. It requires you to feel how much to increase weights in a proper progression to ensure you are thoroughly warmed up and able to go as heavy as you are able without failing on any sets (unless specified).

Percentage Based Training

Percentage based training is an alternative to autoregulation where the specific weights to be lifted on each set is based on a percentage of your 1 rep max (1RM) of that lift. All percentages should be based on your 1RM prior to the beginning of the program. If you do not know your 1RM, use autoregulation instead.

We do not often use percentage based training as we want you to learn autoregulation to discover how your body reacts and adapts to training on your own.

Watch Here



DAY 1

Lower Body Strength

Sample Program

Warm Up

Prisoner Squats	Cossack Squats	Doorway Stretch
2 x 10	2 x 6/6	60 sec each arm

Lifting

		Week 1 Ramp	Week 2 Ramp	Week 3 Static	Week 4 Ramp
1a	Squat Jumps Explosive and Mobile	4 x 5 1 x 12	7 x 4 30 sec rest		
2a	Single Leg Squat Mobile Hips	5 x 7/7	3 x 5/5 2 x 9/9		
2b	Jump Lunges Big hops	5 x 3/3	5 x 3/3		
3a	Step Ups Quads	4 x 7/7	4 x 7/7		
3b	Frog Squat Mobile back	4 x 20	4 x 20		
4a	Hollow Body Rocks Gut	2 x 25	2 x 25		

DAY 2

Upper Body Strength

Sample Program

Warm Up

Prisoner Squats	Cossack Squats	Doorway Stretch
2 x 10	2 x 6/6	60 sec each arm

Lifting

		Week 1 Ramp	Week 2 Ramp	Week 3 Static	Week 4 Ramp
1a	Handstand Push Ups If this isn't possible, do push ups	5 x 5	5 x 7		
2a	Dips Chair dips if you don't have dip bars	4 x 7 1 x 17	4 x 9 1 x 19		
2b	Pull Ups Big lats	4 x 5 1 x fail	4 x 5 1 x fail		
3a	Clap Push Ups Explosive	4 x 17	4 x 17		
3b	V Ups Core	4 x 20	4 x 20		
3c	Underhand Reclining Row Back	4 x 17	4 x 17		

Program Layout

Exercise Groups/ Supersets

Complete all sets from 1a, then move to 2a.

For group 3, complete a set of 3a, then 3b, and alternate between the exercises until all sets are completed.

Finally move onto 4a and complete all sets.

Ramp means that you should increase weight each set, pushing yourself to go heavier until the last set is the most weight that you can do.

Static means that every set should be the same weight. Typically you should pick a mid range weight, such as the amount you would lift on the 2nd or 3rd set of a ramping week.

3 x 2, 2 x 1

Perform 3 sets of 2, then perform 2 sets of 1.

Lifting

All Sets

1a

No Feet Snatch
Keep Toes Grounded

Ramp

3 x 2, 2 x 1

Ramp

3 x 2, 2 x 1

Static

4 x 2

Ramp

3 x 2, 2 x 1

All Sets

2a

Power Clean/Clean

5 x 2/1

5 x 2/1

4 x 2/1

5 x 2/1

All Sets

3a

Back Squat

7,5,3,7,5,3

7,5,3,7,5,3

7,5,3

7,5,3,7,5,3

All Sets

3b

Box Jumps

6 x 4

6 x 4

3 x 4

6 x 4

All Sets

4a

Cossack Squats

Rest: 1:00

3 x 6/6

3 x 6/6

3 x 6/6

3 x 6/6

Weight Log

Enter the amount of weight you lifted here, either for each set or the heaviest set.

Video Links

Click the exercise title for an example video of the exercise.

Varying Rep Schemes

When every set in an exercise has different reps, we separate the sets with a comma. In this example, the first set is 7 reps, the second 5 reps, the third 3 reps, and so on.

Rest Time The rest time provided should be taken in between each set. For supersets, perform one exercise after the other, and take the rest period after each round.

Unilateral/ Alternating Exercises

Some exercises require a number of reps on each side, either x reps on one leg/arm then x reps on the other, or alternating between both sides. In this example, you will perform 6 squats on each leg, alternating from one leg to the other.

Complexes In a complex of exercises, the number of reps for each exercise is separated by the slash. One exercise should flow right into the next. In this case 2 power cleans right into 1 full clean.



Terms and Abbreviations

“Clean” and “Snatch”: If the exercise states only clean or snatch, it is indicating doing the full lift, pulling from the ground and catching at full depth. Any variation from the standard Olympic lift will be indicated. For example the exercise will be named “Power Clean” if the bar should be caught tall, or “Hang Clean” if the bar is to start at the knees.

Ramp: You should increase weight each set, pushing yourself to go heavier until the last set is the most weight that you can do.

Static: Every set should be the same weight. Typically you should pick a mid range weight, such as the amount you would lift on the 2nd or 3rd set of a ramping week.

Unbroken: Do not pause at the top or the bottom of the rep, make continuous.

OTM: On The Minute. Set a timer and start each set at the start of every minute.

NB: No brush. The bar may not make contact at the hips for cleans and snatches.

NF: No feet. On cleans and snatches your feet may come up on the toes but may not leave the ground.

BN: Behind the Neck. The bar is set behind the neck rather than a front rack.

NG: Neutral grip. Hold the dumbbells or grip so that your palms are facing each other.

ECC: Eccentric. Lower the weight slowly.

HAF/HAM: Heavy as F**k, as heavy as possible

SL: Single Leg.

DB: Dumbbell.

KB: Kettlebell.

Alt: Alternating.