

ROMSTRONG

The ultimate online muscle and strength building program.



MONDAY

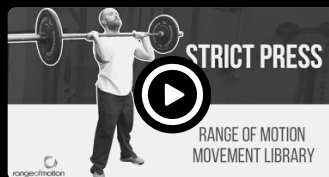
Part A:

Every 30s for 5 mins: 2x jumping high bar back squats at 60% max.

Part B:

At 0, 4, 8, 12, 16 minutes: 5 conventional deadlifts, resetting each rep. As heavy as possible.

At 2, 6, 10, 14, 18 minutes: 3 strict press, resetting each rep. As heavy as possible.



TUESDAY

5x (5x 5s deficit push-up lowers. 2 min rest. 5x 5s body row lowers. 2 min rest.)

The concentric phase should be as passive as possible (i.e. the eccentric lower is the important part.)



THURSDAY

Part A: Three sets of 30s max trap bar deadlifts (touch and go) at 75% max, resting 120s after each set.

Part B: Three sets of 30s max bench press at 75% max, resting 120s after each set.

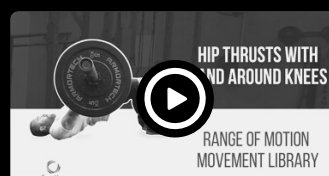
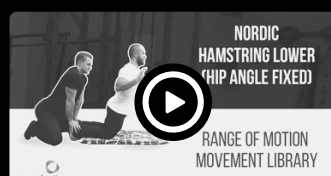
Part C: Three sets of 30s max front squat at 75% max, resting 120s after each set.



FRIDAY

Complete three rounds of the following resting 45 seconds after each exercise.

- 6x Nordic hamstring lower.
- 20x Single leg good mornings (10 left, 10 right)
- 12x Hip thrusts with band around knees.
- 60 second heavy walking prowler push.



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MONDAY

Take 30 minutes to find a max weight 10m unbroken yoke carry and a max weight 5m unbroken backward sled drag. Cycle exercises as desired.

TUESDAY

5x (5 strict chest to bar pull-ups. 2 mins rest. 5 strict bar dips. 2 mins rest.)
As heavy as possible, adding weight where possible or using assistance where required.



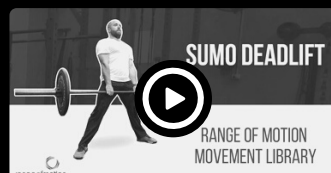
THURSDAY

3x (5 sumo deadlifts with 5s lower. 2 min rest. 5 bench press with 5s lower. 2 min rest.)

Then:

3x (5 back squat with 5s lower. 2 min rest. 5 bench pull with 5s lower. 2 min rest.)

As heavy as possible. If you have a spotter, use them as much as possible for the concentric phase.



FRIDAY

At 0 mins: Every 30 seconds for 10 rounds, 2 dumbbell jump lunges (20% max front squat each hand).

At 7 mins: Complete five tempo dumbbell rear foot elevated split squats every two minutes for eight rounds. Alternate legs each round. Five second lower, no pause at the bottom, fast recovery, one breath at the top. At least 20% max front squat each hand.

At 25 mins: 3 minute continuous backward walking sled drag (150% max front squat).



Combining the best of power lifting, strongman and gymnastics disciplines, ROMstrong incorporates maximum effectiveness, variety and efficiency for maximum strength and muscle size. AUS\$30 / week.

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