



STRONG

**ULTIMATE SIZE & STRENGTH
IN 52 WEEKS WITH THE
TRAINING TECHNIQUES OF THE
WORLD'S STRONGEST PEOPLE**

SESSION 1/ ABSOLUTE STRENGTH



- A)
Every 30 seconds for five minutes: 2x jumping high bar back squats at 65% max.
- B)
At 0, 4, 8, 12, 16 minutes: 5x deadlift (conventional)(reset each rep). As heavy as possible.
At 2, 6, 10, 14, 18 minutes: 3x strict press (reset each rep). As heavy as possible.

SESSION 2/ SQUAT STRENGTH



- 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 back squats at 55% every three minutes for five rounds. Five second lower, three second pause at the bottom, fast recovery, one breath at the top.
- At 23 mins: 3 minute continuous backward walking sled drag. As heavy as possible without stopping. If you don't have a sled, do three minutes max high bar back squats at 40%.

SESSION 3/ PRESSING STRENGTH



At 0, 6, 12, 18, 24 minutes: 5x bench press. As heavy as possible.
At 3, 9, 15, 21, 27 minutes: 2x strict press. As heavy as possible.

SESSION 4/ ABSOLUTE STRENGTH



Complete 5x five second eccentric lowers of the following at >75%. One exercise every 2:30. Superset A1 and A2 for 3 rounds (15 mins), then superset B1 and B2 for 3 rounds (15 mins).

That is:

- A1 Deadlift + A2 Bench Press.
- B1 Front squat + B2 Bench Pull.

SESSION 5/ RELATIVE STRENGTH



At 0, 4, 8, 12, 16 mins: 5 strict weighted bar dips
At 2, 6, 10, 14, 18 mins: 5 strict weighted chest to bar pull-ups
As heavy as possible, adding weight where possible or using assistance where required.

SESSION 6/ ABSOLUTE STRENGTH



- A)
Every 30 seconds for five minutes: 2x speed deadlifts at 65% max
- B)
At 0, 4, 8, 12, 16 minutes: 3x high bar back squat (max depth). As heavy as possible.
At 2, 6, 10, 14, 18 minutes: 5x push press (reset each rep). As heavy as possible.

**LIKE WHAT
YOU SEE?**

**DOWNLOAD THE COMPLETE
TRAINING PROGRAM AT
3XSTRONG.COM**