



Strongman Beginner 12 Week Program
Version 1.0

Before You Begin...

Progression:

- When you complete all prescribed sets and reps for an exercise with the same weight, increase the load by 5lbs the next time you perform that exercise

Accessory Work:

- Leave 1-2 Reps in Reserve (RIR). Stop before technical failure

Event Days:

- Prioritize better technique, faster times, and longer distances before increasing the weight

Recovery Days:

- Walk, bike, row, or hike for 30 minutes to improve recovery and conditioning

Now let's get stronger.

Consistency beats perfection. Complete the work, recover well, and trust the process.

Week 1

Day 1

Exercise	Sets x Reps	Weight	Notes
Back Squat	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Bulgarian Split Squat	2 x 6		
Box Jump	3 x 5		
Keg Carry	4 x 50ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Strict Press	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Close Grip Bench	2 x 6		
Chest Supported Row	3 x 8		
Tricep Pushdown	3 x 12		
Sandbag to Shoulder	6 x 4		EMOM 6 Minutes

Day 3

Rest/Cardio

Week 1

Day 4

Exercise	Sets x Reps	Weight	Notes
Deadlift	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Barbell Row	3 x 6		
Romanian Deadlift	2 x 12		
Dumbbell Bicep Curl	2 x 10		

Day 5

Exercise	Sets x Reps	Weight	Notes
Log Clean and Press	8 x 2		EMOM
Yoke Walk	4 x 100 ft		Rest as needed between sets
Farmers Carry	2 x 150 ft		
Sandbag Carry or Sled Drag	4 x 100 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 2

Day 1

Exercise	Sets x Reps	Weight	Notes
Back Squat	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Bulgarian Split Squat	2 x 6		
Box Jump	3 x 5		
Keg Carry	4 x 50ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Strict Press	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Close Grip Bench	2 x 6		
Chest Supported Row	3 x 8		
Tricep Pushdown	3 x 12		
Sandbag to Shoulder	6 x 4		EMOM 6 Minutes

Day 3

Rest/Cardio

Week 2

Day 4

Exercise	Sets x Reps	Weight	Notes
Deadlift	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Barbell Row	3 x 6		
Romanian Deadlift	2 x 12		
Dumbbell Bicep Curl	2 x 10		

Day 5

Exercise	Sets x Reps	Weight	Notes
Log Clean and Press	8 x 2		EMOM
Yoke Walk	4 x 100 ft		Rest as needed between sets
Farmers Carry	2 x 150 ft		
Sandbag Carry or Sled Drag	4 x 100 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 3

Day 1

Exercise	Sets x Reps	Weight	Notes
Back Squat	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Bulgarian Split Squat	2 x 6		
Box Jump	3 x 5		
Keg Carry	4 x 50ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Strict Press	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Close Grip Bench	2 x 6		
Chest Supported Row	3 x 8		
Tricep Pushdown	3 x 12		
Sandbag to Shoulder	6 x 4		EMOM 6 Minutes

Day 3

Rest/Cardio

Week 3

Day 4

Exercise	Sets x Reps	Weight	Notes
Deadlift	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Barbell Row	3 x 6		
Romanian Deadlift	2 x 12		
Dumbbell Bicep Curl	2 x 10		

Day 5

Exercise	Sets x Reps	Weight	Notes
Log Clean and Press	8 x 2		EMOM
Yoke Walk	4 x 100 ft		Rest as needed between sets
Farmers Carry	2 x 150 ft		
Sandbag Carry or Sled Drag	4 x 100 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 4

Day 1

Exercise	Sets x Reps	Weight	Notes
Back Squat	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Bulgarian Split Squat	2 x 6		
Box Jump	3 x 5		
Keg Carry	4 x 50ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Strict Press	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Close Grip Bench	2 x 6		
Chest Supported Row	3 x 8		
Tricep Pushdown	3 x 12		
Sandbag to Shoulder	6 x 4		EMOM 6 Minutes

Day 3

Rest/Cardio

Week 4

Day 4

Exercise	Sets x Reps	Weight	Notes
Deadlift	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Barbell Row	3 x 6		
Romanian Deadlift	2 x 12		
Dumbbell Bicep Curl	2 x 10		

Day 5

Exercise	Sets x Reps	Weight	Notes
Log Clean and Press	8 x 2		EMOM
Yoke Walk	4 x 100 ft		Rest as needed between sets
Farmers Carry	2 x 150 ft		
Sandbag Carry or Sled Drag	4 x 100 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 5

Day 1

Exercise	Sets x Reps	Weight	Notes
Front Squat	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
DB Step Up	2 x 6		
Squat Jump	3 x 5		
Farmers Carry	3 x 100 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Push Press	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Single Arm DB Press	2 x 6-8		
Lat Pull Downs	3 x 8-10		
DB Rolling Tricep	3 x 12		
Axle Clean	6 x 3		EMOM 6 Minutes

Day 3

Rest/Cardio

Week 5

Day 4

Exercise	Sets x Reps	Weight	Notes
13 Inch Deadlift	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Single Leg RDL	2 x 6-8		
Dumbbell Row	3 x 6-8		
Dumbbell Reverse Fly	3 x 12		

Day 5

Exercise	Sets x Reps	Weight	Notes
Log Clean	8 x 3		EMOM
Zercher Yoke Carry	4 x 50ft		Rest as needed between sets
Sled Push	4 x 100 ft		
Sandbag Carry	2 x 200 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 6

Day 1

Exercise	Sets x Reps	Weight	Notes
Front Squat	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
DB Step Up	2 x 6		
Squat Jump	3 x 5		
Farmers Carry	3 x 100 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Push Press	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Single Arm DB Press	2 x 6-8		
Lat Pull Downs	3 x 8-10		
DB Rolling Tricep	3 x 12		
Axle Clean	6 x 3		EMOM 6 Minutes

Day 3

Rest/Cardio

Week 6

Day 4

Exercise	Sets x Reps	Weight	Notes
13 Inch Deadlift	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Single Leg RDL	2 x 6-8		
Dumbbell Row	3 x 6-8		
Dumbbell Reverse Fly	3 x 12		

Day 5

Exercise	Sets x Reps	Weight	Notes
Log Clean	8 x 3		EMOM
Zercher Yoke Carry	4 x 50ft		Rest as needed between sets
Sled Push	4 x 100 ft		
Sandbag Carry	2 x 200 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 7

Day 1

Exercise	Sets x Reps	Weight	Notes
Front Squat	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
DB Step Up	2 x 6		
Squat Jump	3 x 5		
Farmers Carry	3 x 100 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Push Press	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Single Arm DB Press	2 x 6-8		
Lat Pull Downs	3 x 8-10		
DB Rolling Tricep	3 x 12		
Axle Clean	6 x 3		EMOM 6 Minutes

Day 3

Rest/Cardio

Week 7

Day 4

Exercise	Sets x Reps	Weight	Notes
13 Inch Deadlift	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Single Leg RDL	2 x 6-8		
Dumbbell Row	3 x 6-8		
Dumbbell Reverse Fly	3 x 12		

Day 5

Exercise	Sets x Reps	Weight	Notes
Log Clean	8 x 3		EMOM
Zercher Yoke Carry	4 x 50ft		Rest as needed between sets
Sled Push	4 x 100 ft		
Sandbag Carry	2 x 200 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 8

Day 1

Exercise	Sets x Reps	Weight	Notes
Front Squat	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
DB Step Up	2 x 6		
Squat Jump	3 x 5		
Farmers Carry	3 x 100 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Push Press	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Single Arm DB Press	2 x 6-8		
Lat Pull Downs	3 x 8-10		
DB Rolling Tricep	3 x 12		
Axle Clean	6 x 3		EMOM 6 Minutes

Day 3

Rest/Cardio

Week 8

Day 4

Exercise	Sets x Reps	Weight	Notes
13 Inch Deadlift	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Single Leg RDL	2 x 6-8		
Dumbbell Row	3 x 6-8		
Dumbbell Reverse Fly	3 x 12		

Day 5

Exercise	Sets x Reps	Weight	Notes
Log Clean	8 x 3		EMOM
Zercher Yoke Carry	4 x 50ft		Rest as needed between sets
Sled Push	4 x 100 ft		
Sandbag Carry	2 x 200 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 9

Day 1

Exercise	Sets x Reps	Weight	Notes
Box Squat	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Wide Stance RDL	2 x 6-8		
Back Extensions	2 x 10-15		
Sandbag Carry	3 x 150 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Incline Bench Press	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Strict Press	2 x 6-8		
Chest Supported Row	3 x 6-8		
Tricep Pushdown	3 x 10-12		
Log Clean	6 x 2		EMOM 6 Minutes

Day 3

Rest/Cardio

Week 9

Day 4

Exercise	Sets x Reps	Weight	Notes
Deficit Deadlift	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sumo Deadlift	2 x 6-8		
Lat Pulldowns	3 x 6-8		
Bulgarian Split Squats	2 x 8-10		

Day 5

Exercise	Sets x Reps	Weight	Notes
Axle Clean and Press	10 x 1		EMOM
Yoke Carry	4 x 50ft		Rest as needed between sets
Farmers Carry	5 x 100 ft		
Sandbag Carry and Sled Drag Medley	3 x 100 ft (Each)		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 10

Day 1

Exercise	Sets x Reps	Weight	Notes
Box Squat	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Wide Stance RDL	2 x 6-8		
Back Extensions	2 x 10-15		
Sandbag Carry	3 x 150 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Incline Bench Press	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Strict Press	2 x 6-8		
Chest Supported Row	3 x 6-8		
Tricep Pushdown	3 x 10-12		
Log Clean	6 x 2		EMOM 6 Minutes

Day 3

Rest/Cardio

Week 10

Day 4

Exercise	Sets x Reps	Weight	Notes
Deficit Deadlift	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sumo Deadlift	2 x 6-8		
Lat Pulldowns	3 x 6-8		
Bulgarian Split Squats	2 x 8-10		

Day 5

Exercise	Sets x Reps	Weight	Notes
Axle Clean and Press	10 x 1		EMOM
Yoke Carry	4 x 50ft		Rest as needed between sets
Farmers Carry	5 x 100 ft		
Sandbag Carry and Sled Drag Medley	3 x 100 ft (Each)		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 11

Day 1

Exercise	Sets x Reps	Weight	Notes
Box Squat	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Wide Stance RDL	2 x 6-8		
Back Extensions	2 x 10-15		
Sandbag Carry	3 x 150 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Incline Bench Press	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Strict Press	2 x 6-8		
Chest Supported Row	3 x 6-8		
Tricep Pushdown	3 x 10-12		
Log Clean	6 x 2		EMOM 6 Minutes

Day 3

Rest/Cardio

Week 11

Day 4

Exercise	Sets x Reps	Weight	Notes
Deficit Deadlift	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sumo Deadlift	2 x 6-8		
Lat Pulldowns	3 x 6-8		
Bulgarian Split Squats	2 x 8-10		

Day 5

Exercise	Sets x Reps	Weight	Notes
Axle Clean and Press	10 x 1		EMOM
Yoke Carry	4 x 50ft		Rest as needed between sets
Farmers Carry	5 x 100 ft		
Sandbag Carry and Sled Drag Medley	3 x 100 ft (Each)		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 12

Day 1

Exercise	Sets x Reps	Weight	Notes
Box Squat	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Wide Stance RDL	2 x 6-8		
Back Extensions	2 x 10-15		
Sandbag Carry	3 x 150 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Incline Bench Press	5 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Strict Press	2 x 6-8		
Chest Supported Row	3 x 6-8		
Tricep Pushdown	3 x 10-12		
Log Clean	6 x 2		EMOM 6 Minutes

Day 3

Rest/Cardio

Week 12

Day 4

Exercise	Sets x Reps	Weight	Notes
Deficit Deadlift	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sumo Deadlift	2 x 6-8		
Lat Pulldowns	3 x 6-8		
Bulgarian Split Squats	2 x 8-10		

Day 5

Exercise	Sets x Reps	Weight	Notes
Axle Clean and Press	10 x 1		EMOM
Yoke Carry	4 x 50ft		Rest as needed between sets
Farmers Carry	5 x 100 ft		
Sandbag Carry and Sled Drag Medley	3 x 100 ft (Each)		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

What's Next?

Congratulations.

You have completed your first 12 weeks of Strongman.

Now choose your next path.

- Run Strongman Beginner again with heavier weights.
- Move into Strongman Life
- Try Strongman Giant Sets if you're short on time.
- Train for your first competition.

www.strongmanlab.com