



Strongman Giant Sets 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 and good form, increase the load by 5 lbs 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	Reps	Weight	Notes
<u>3 Rounds</u>			
SSB Box Squat	X 5		
Sandbag Over Bar	X 4		
Battle Ropes	X 30 Seconds		
Plank	X 35 Seconds		
Rest	2-4 Minutes		

<u>12 Min EMOM (or 4 Rounds)</u>	Weight	Notes
Min 1: Yoke x 50 ft		
Min 2: GHD x 8-10		
Min 3: Calf Raises x 20		

Day 2

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Bench Press	X 5		
Barbell Row	X 6		
Sled Push	X 60 ft		
Russian Twist	X 20		
Rest	2-4 Minutes		

<u>12 MIN EMOM (or 4 Rounds)</u>	Weight	Notes
Min 1: Pull Ups x 6-8 or Inverted Rows x 12-15		
Min 2: DB Rolling Triceps x 10		
Min 3: Sandbag Carry x 50 ft		

Week 1

Day 3

Rest/Cardio

Day 4

Exercise	Reps	Weight	Notes
3 Rounds			
Box Jumps	X 3		
Axle Deadlift	X 5		
MB Slams	X 10		
Leg Raises	X 8		
Rest	2-4 Minutes		

12 MIN EMOM (or 4 Rounds)	Weight	Notes
Min 1: Bulgarian Split Squat x 10 (Each Leg)		
Min 2: KB Swings x 15		
Min 3: Battle Ropes x 20 Seconds		

Day 5

Exercise	Reps	Weight	Notes
3 Rounds			
Pull Ups (or Inverted Rows)	X 6-8 (or 12-15)		
Strict Press	X 5		
Sandbag to Shoulder	X 4		
Side Plank	X 25 Seconds		
Rest	2-4 Minutes		

Week 1

<u>12 MIN EMOM (or 4 Rounds)</u>	Weight	Notes
Min 1: Chin Ups x 5-8 or Reverse Grip Inverted Rows x 8-12		
Min 2: DB Lateral Raise x 8-12		
Min 3: Farmers Hold x 20 Seconds		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 2

Day 1

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Front Squat	X 5		
Sandbag Carry	X 50 ft		
Bike or Row	X 20 Seconds		
Shoulder Taps	X 10 (Each Side)		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Walking Lunges x 10		
EVEN Minutes: KB Swings x 15		

Day 2

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Incline Bench Press	X 5		
Incline Bench DB Row	X 6-8		
Sled Drag	X 60 ft		
Stir the Pot	X 10 (Each Side)		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Pull Ups x 6-8 or Inverted Rows x 10-12		
EVEN Minutes: Push Ups x 10-12		

Week 2

Day 3

Rest/Cardio

Day 4

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Long Jump	X 3		
Wagon Wheel Deadlift	X 5		
Sandbag Row	X 8		
Jumping Jacks	X 12		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: DB Row x 8 (Each Side)		
EVEN Minutes: DB Cleans x 12		

Day 5

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Push Press	X 5		
Lat Pulldowns	X 6-8		
Jump Squat	X 5		
Keg Carry	X 60 ft		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Sled Push x 60 ft		
EVEN Minutes: Sled Drag x 60 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 3

Day 1

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Back Squat	X 5		
MB Throw	X 3		
MB Slam	X 10		
SB March	X 20 Seconds		
Rest	2-4 Minutes		

<u>10 Min AMRAP</u>	Weight	Notes
Farmers Carry x 50 ft		
DB Goblet Squat x 15		
Push Up x 10		
Mountain Climbers x 20		
Farmers Carry x 50 ft		

Day 2

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Close Grip Bench Press	X 5		
Single Arm DB Row	X 6-8(Each Side)		
Bike	X 20 Seconds		
Pallof Press	X 12		
Rest	2-4 Minutes		

Week 3

<u>10 Min AMRAP</u>	Weight	Notes
Inverted Rows x 20		
Lunges x 10 (Each Leg)		
Leg Raises x 10		
Sandbag to Shoulder x 2		Heavy

Day 3

Rest/Cardio

Day 4

Exercise	Reps	Weight	Notes
3 Rounds			
Deficit Deadlift	X 5		
Log Clean	X 5		
Plank	X 30 Seconds		
Rest	2-4 Minutes		

<u>10 Min AMRAP</u>	Weight	Notes
Stone Load x 3		
Zercher Yoke Carry x 50 ft		
Stone Carry x 50 ft		

Week 3

Day 5

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Single Arm DB Press (Each Arm)	X 5		
Pull Ups (or Inverted Rows)	X 6-8		
Hanging Leg Raises	X 5		
Rest 2-4 Minutes			

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Sled Push x 60 ft		
EVEN Minutes: Sled Drag x 60 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 4

Day 1

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
SSB Box Squat	X 5		
Sandbag Over Bar	X 4		
Battle Ropes	X 30 Seconds		
Plank	X 35 Seconds		
Rest	2-4 Minutes		

<u>12 Min EMOM (or 4 Rounds)</u>	Weight	Notes
Min 1: Yoke x 50 ft		
Min 2: GHD x 8-10		
Min 3: Calf Raises x 20		

Day 2

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Bench Press	X 5		
Barbell Row	X 6		
Sled Push	X 60 ft		
Russian Twist	X 20		
Rest	2-4 Minutes		

<u>12 MIN EMOM (or 4 Rounds)</u>	Weight	Notes
Min 1: Pull Ups x 6-8 or Inverted Rows x 12-15		
Min 2 DB Rolling Triceps x 10		
Min 3: Sandbag Carry x 50 ft		

Week 4

Day 3

Rest/Cardio

Day 4

Exercise	Reps	Weight	Notes
3 Rounds			
Box Jumps	X 3		
Axle Deadlift	X 5		
MB Slams	X 10		
Leg Raises	X 8		
Rest	2-4 Minutes		

12 MIN EMOM (or 4 Rounds)	Weight	Notes
Min 1: Bulgarian Split Squat x 10 (Each Leg)		
Min 2: KB Swings x 15		
Min 3: Battle Ropes x 20 Seconds		

Day 5

Exercise	Reps	Weight	Notes
3 Rounds			
Pull Ups (or Inverted Rows)	X 6-8 (or 12-15)		
Strict Press	X 5		
Sandbag to Shoulder	X 4		
Side Plank	X 25 Seconds		
Rest	2-4 Minutes		

Week 4

<u>12 MIN EMOM (or 4 Rounds)</u>	Weight	Notes
Min 1: Chin Ups x 5-8 or Reverse Grip Inverted Rows x 8-12		
Min 2: DB Lateral Raise x 8-12		
Min 3: Farmers Hold x 20 Seconds		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 5

Day 1

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Front Squat	X 5		
Sandbag Carry	X 50 ft		
Bike or Row	X 20 Seconds		
Shoulder Taps	X 10 (Each Side)		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Walking Lunges x 10		
EVEN Minutes: KB Swings x 15		

Day 2

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Incline Bench Press	X 5		
Incline Bench DB Row	X 6-8		
Sled Drag	X 60 ft		
Stir the Pot	X 10 (Each Side)		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Pull Ups x 6-8 or Inverted Rows x 10-12		
EVEN Minutes: Push Ups x 10-12		

Week 5

Day 3

Rest/Cardio

Day 4

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Long Jump	X 3		
Wagon Wheel Deadlift	X 5		
Sandbag Row	X 8		
Jumping Jacks	X 12		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: DB Row x 8 (Each Side)		
EVEN Minutes: DB Cleans x 12		

Day 5

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Push Press	X 5		
Lat Pulldowns	X 6-8		
Jump Squat	X 5		
Keg Carry	X 60 ft		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Sled Push x 60 ft		
EVEN Minutes: Sled Drag x 60 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 6

Day 1

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Back Squat	X 5		
MB Throw	X 3		
MB Slam	X 10		
SB March	X 20 Seconds		
Rest	2-4 Minutes		

<u>10 Min AMRAP</u>	Weight	Notes
Farmers Carry x 50 ft		
DB Goblet Squat x 15		
Push Up x 10		
Mountain Climbers x 20		
Farmers Carry x 50 ft		

Day 2

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Close Grip Bench Press	X 5		
Single Arm DB Row	X 6-8(Each Side)		
Bike	X 20 Seconds		
Pallof Press	X 12		
Rest	2-4 Minutes		

Week 6

<u>10 Min AMRAP</u>	Weight	Notes
Inverted Rows x 20		
Lunges x 10 (Each Leg)		
Leg Raises x 10		
Sandbag to Shoulder x 2		Heavy

Day 3

Rest/Cardio

Day 4

Exercise	Reps	Weight	Notes
3 Rounds			
Deficit Deadlift	X 5		
Log Clean	X 5		
Plank	X 30 Seconds		
Rest	2-4 Minutes		

<u>10 Min AMRAP</u>	Weight	Notes
Stone Load x 3		
Zercher Yoke Carry x 50 ft		
Stone Carry x 50 ft		

Week 6

Day 5

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Single Arm DB Press (Each Arm)	X 5		
Pull Ups (or Inverted Rows)	X 6-8		
Hanging Leg Raises	X 5		
Rest 2-4 Minutes			

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Sled Push x 60 ft		
EVEN Minutes: Sled Drag x 60 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 7

Day 1

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
SSB Box Squat	X 5		
Sandbag Over Bar	X 4		
Battle Ropes	X 30 Seconds		
Plank	X 35 Seconds		
Rest	2-4 Minutes		

<u>12 Min EMOM (or 4 Rounds)</u>	Weight	Notes
Min 1: Yoke x 50 ft		
Min 2: GHD x 8-10		
Min 3: Calf Raises x 20		

Day 2

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Bench Press	X 5		
Barbell Row	X 6		
Sled Push	X 60 ft		
Russian Twist	X 20		
Rest	2-4 Minutes		

<u>12 MIN EMOM (or 4 Rounds)</u>	Weight	Notes
Min 1: Pull Ups x 6-8 or Inverted Rows x 12-15		
Min 2: DB Rolling Triceps x 10		
Min 3: Sandbag Carry x 50 ft		

Week 7

Day 3

Rest/Cardio

Day 4

Exercise	Reps	Weight	Notes
3 Rounds			
Box Jumps	X 3		
Axle Deadlift	X 5		
MB Slams	X 10		
Leg Raises	X 8		
Rest	2-4 Minutes		

12 MIN EMOM (or 4 Rounds)	Weight	Notes
Min 1: Bulgarian Split Squat x 10 (Each Leg)		
Min 2: KB Swings x 15		
Min 3: Battle Ropes x 20 Seconds		

Day 5

Exercise	Reps	Weight	Notes
3 Rounds			
Pull Ups (or Inverted Rows)	X 6-8 (or 12-15)		
Strict Press	X 5		
Sandbag to Shoulder	X 4		
Side Plank	X 25 Seconds		
Rest	2-4 Minutes		

Week 7

<u>12 MIN EMOM (or 4 Rounds)</u>	Weight	Notes
Min 1: Chin Ups x 5-8 or Reverse Grip Inverted Rows x 8-12		
Min 2 DB Lateral Raise x 8-12		
Min 3: Farmers Hold x 20 Seconds		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 8

Day 1

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Front Squat	X 5		
Sandbag Carry	X 50 ft		
Bike or Row	X 20 Seconds		
Shoulder Taps	X 10 (Each Side)		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Walking Lunges x 10		
EVEN Minutes: KB Swings x 15		

Day 2

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Incline Bench Press	X 5		
Incline Bench DB Row	X 6-8		
Sled Drag	X 60 ft		
Stir the Pot	X 10 (Each Side)		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Pull Ups x 6-8 or Inverted Rows x 10-12		
EVEN Minutes: Push Ups x 10-12		

Week 8

Day 3

Rest/Cardio

Day 4

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Long Jump	X 3		
Wagon Wheel Deadlift	X 5		
Sandbag Row	X 8		
Jumping Jacks	X 12		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: DB Row x 8 (Each Side)		
EVEN Minutes: DB Cleans x 12		

Day 5

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Push Press	X 5		
Lat Pulldowns	X 6-8		
Jump Squat	X 5		
Keg Carry	X 60 ft		
Rest	2-4 Minutes		

Week 8

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Sled Push x 60 ft		
EVEN Minutes: Sled Drag x 60 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 9

Day 1

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Back Squat	X 5		
MB Throw	X 3		
MB Slam	X 10		
SB March	X 20 Seconds		
Rest	2-4 Minutes		

<u>10 Min AMRAP</u>	Weight	Notes
Farmers Carry x 50 ft		
DB Goblet Squat x 15		
Push Up x 10		
Mountain Climbers x 20		
Farmers Carry x 50 ft		

Day 2

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Close Grip Bench Press	X 5		
Single Arm DB Row	X 6-8(Each Side)		
Bike	X 20 Seconds		
Pallof Press	X 12		
Rest	2-4 Minutes		

Week 9

<u>10 Min AMRAP</u>	Weight	Notes
Inverted Rows x 20		
Lunges x 10 (Each Leg)		
Leg Raises x 10		
Sandbag to Shoulder x 2		Heavy

Day 3

Rest/Cardio

Day 4

Exercise	Reps	Weight	Notes
3 Rounds			
Deficit Deadlift	X 5		
Log Clean	X 5		
Plank	X 30 Seconds		
Rest	2-4 Minutes		

<u>10 Min AMRAP</u>	Weight	Notes
Stone Load x 3		
Zercher Yoke Carry x 50 ft		
Stone Carry x 50 ft		

Week 9

Day 5

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Single Arm DB Press (Each Arm)	X 5		
Pull Ups (or Inverted Rows)	X 6-8		
Hanging Leg Raises	X 5		
Rest 2-4 Minutes			

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Sled Push x 60 ft		
EVEN Minutes: Sled Drag x 60 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 10

Day 1

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
SSB Box Squat	X 5		
Sandbag Over Bar	X 4		
Battle Ropes	X 30 Seconds		
Plank	X 35 Seconds		
Rest	2-4 Minutes		

<u>12 Min EMOM (or 4 Rounds)</u>	Weight	Notes
Min 1: Yoke x 50 ft		
Min 2: GHD x 8-10		
Min 3: Calf Raises x 20		

Day 2

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Bench Press	X 5		
Barbell Row	X 6		
Sled Push	X 60 ft		
Russian Twist	X 20		
Rest	2-4 Minutes		

<u>12 MIN EMOM (or 4 Rounds)</u>	Weight	Notes
Min 1: Pull Ups x 6-8 or Inverted Rows x 12-15		
Min 2: DB Rolling Triceps x 10		
Min 3: Sandbag Carry x 50 ft		

Week 10

Day 3

Rest/Cardio

Day 4

Exercise	Reps	Weight	Notes
3 Rounds			
Box Jumps	X 3		
Axle Deadlift	X 5		
MB Slams	X 10		
Leg Raises	X 8		
Rest	2-4 Minutes		

12 MIN EMOM (or 4 Rounds)	Weight	Notes
Min 1: Bulgarian Split Squat x 10 (Each Leg)		
Min 2: KB Swings x 15		
Min 3: Battle Ropes x 20 Seconds		

Day 5

Exercise	Reps	Weight	Notes
3 Rounds			
Pull Ups (or Inverted Rows)	X 6-8 (or 12-15)		
Strict Press	X 5		
Sandbag to Shoulder	X 4		
Side Plank	X 25 Seconds		
Rest	2-4 Minutes		

Week 10

<u>12 MIN EMOM (or 4 Rounds)</u>	Weight	Notes
Min 1: Chin Ups x 5-8 or Reverse Grip Inverted Rows x 8-12		
Min 2 DB Lateral Raise x 8-12		
Min 3: Farmers Hold x 20 Seconds		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 11

Day 1

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Front Squat	X 5		
Sandbag Carry	X 50 ft		
Bike or Row	X 20 Seconds		
Shoulder Taps	X 10 (Each Side)		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Walking Lunges x 10		
EVEN Minutes: KB Swings x 15		

Day 2

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Incline Bench Press	X 5		
Incline Bench DB Row	X 6-8		
Sled Drag	X 60 ft		
Stir the Pot	X 10 (Each Side)		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Pull Ups x 6-8 or Inverted Rows x 10-12		
EVEN Minutes: Push Ups x 10-12		

Week 11

Day 3

Rest/Cardio

Day 4

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Long Jump	X 3		
Wagon Wheel Deadlift	X 5		
Sandbag Row	X 8		
Jumping Jacks	X 12		
Rest	2-4 Minutes		

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: DB Row x 8 (Each Side)		
EVEN Minutes: DB Cleans x 12		

Day 5

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Push Press	X 5		
Lat Pulldowns	X 6-8		
Jump Squat	X 5		
Keg Carry	X 60 ft		
Rest	2-4 Minutes		

Week 11

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Sled Push x 60 ft		
EVEN Minutes: Sled Drag x 60 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 12

Day 1

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Back Squat	X 5		
MB Throw	X 3		
MB Slam	X 10		
SB March	X 20 Seconds		
Rest	2-4 Minutes		

<u>10 Min AMRAP</u>	Weight	Notes
Farmers Carry x 50 ft		
DB Goblet Squat x 15		
Push Up x 10		
Mountain Climbers x 20		
Farmers Carry x 50 ft		

Day 2

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Close Grip Bench Press	X 5		
Single Arm DB Row	X 6-8(Each Side)		
Bike	X 20 Seconds		
Pallof Press	X 12		
Rest	2-4 Minutes		

Week 12

<u>10 Min AMRAP</u>	Weight	Notes
Inverted Rows x 20		
Lunges x 10 (Each Leg)		
Leg Raises x 10		
Sandbag to Shoulder x 2		Heavy

Day 3

Rest/Cardio

Day 4

Exercise	Reps	Weight	Notes
3 Rounds			
Deficit Deadlift	X 5		
Log Clean	X 5		
Plank	X 30 Seconds		
Rest	2-4 Minutes		

<u>10 Min AMRAP</u>	Weight	Notes
Stone Load x 3		
Zercher Yoke Carry x 50 ft		
Stone Carry x 50 ft		

Week 12

Day 5

Exercise	Reps	Weight	Notes
<u>3 Rounds</u>			
Single Arm DB Press (Each Arm)	X 5		
Pull Ups (or Inverted Rows)	X 6-8		
Hanging Leg Raises	X 5		
Rest 2-4 Minutes			

<u>10 Min EMOM</u>	Weight	Notes
ODD Minutes: Sled Push x 60 ft		
EVEN Minutes: Sled Drag x 60 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

What's Next?

Congratulations.

You have completed your first 12 weeks of Strongman Giant Sets.

Now choose your next path.

- Run Strongman Giant Sets again with heavier weights.
- Try Strongman Life.

www.thestrongmanlab.com