



Strongman Life 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
SSB Box Squat	3 x 6		Rest 2 minutes between sets
Farmers Carry	3 x 50 ft		
Chest Supported Rows	3 x 8		
Bulgarian Split Squat	2 x 10		
Face Pulls	2 x 20		
Sandbag Carry	2 x 200 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Incline Bench	3 x 6		Rest 2 minutes between sets
Pull Ups or Lat Pulldowns	3 x 6-8		
RDL	3 x 6-8		
Dips	2 x 8-10		
KB Swings	2 x 15		

Then:

12 MIN EMOM (or 4 Rounds)
Min 1: Bike x 10 Calories
Min 2 MB Slams x 12
Min 3: DB Cleans x 10

Week 1

Day 3

Rest/Cardio

Day 4

Exercise	Sets x Reps	Weight	Notes
Axle Deadlift	3 x 6		Rest 2 minutes between sets
Barbell Row	3 x 6		
Sandbag Carry	3 x 50 ft		
Tricep Pushdown	3 x 8-12		
DB Lateral Raise	2 x 10-12		
DB Reverse Fly	2 x 12-15		

Day 5

Exercise	Sets x Reps	Weight	Notes
Log Clean	10 x 3	~50% 1RM	EMOM
Sandbad Load Over Bar	3 x 5		Rest as needed between sets
Farmers Carry	2 x 150 ft		
Sled Drag	5 x 100 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 2

Day 1

Exercise	Sets x Reps	Weight	Notes
Camber Bar Box Squat	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sandbag or Stone Extensions	3 x 5		
Wide Grip Pull Ups	3 x 8		
Walking Lunges	2 x 10		
Band Pull Aparts	2 x 20		
Keg Carry	4 x 100 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Axle Push Press	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Chest Supported Row	3 x 6		
Single Leg RDL	3 x 6-8		
JM Press	2 x 8-10		
Seated DB Cleans	2 x 15		

Then:

12 Min EMOM
Min 1: Jump Squat x 5
Min 2: Power Clean x 5
Min 3: Sandbag Over Shoulder x 6

Week 2

Day 3

Rest/Cardio

Day 4

Exercise	Sets x Reps	Weight	Notes
Wagon Wheel Deadlift	3 x 3		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sled Push	4 x 50 ft		
DB Rolling Triceps	3 x 8-12		
DB Overhead Press	2 x 6-8		
Face Pulls	2 x 15-20		

Day 5

Exercise	Sets x Reps	Weight	Notes
Circus DB	8 x 2		EMOM
Yoke Walk	4 x 100 ft		Rest as needed between sets
Stone to Shoulder	2 x 6		
Sandbag Carry	1 x Max Distance		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 3

Day 1

Exercise	Sets x Reps	Weight	Notes
Front Squat	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sandbag Carry	3 x 50 ft		
Single Arm DB Row	3 x 8		
Steps Ups	2 x 10 (Each Leg)		
Farmers Carry	2 x 150 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Strict Press	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Pull Ups or Pull Downs	3 x 6		
Wide Stance RDL	3 x 6-8		
Close Grip Bench	2 x 8-10		
Cable Pull Through	2 x 20		

Then:

12 Min EMOM (or 4 Rounds)
Min 1: Sandbag Clean and Press x 4
Min 2: Sandbag Extension and Hold x 20-30 Seconds
Min 3: Sandbag Over Shoulder x 4

Week 3

Day 3

Rest/Cardio

Day 4

Exercise	Sets x Reps	Weight	Notes
Deficit Deadlift	3 x 3		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Power Row	3 x 5		
Keg Carry	3 x 100 ft		
Dips	3 x 8		
DB Reverse Fly	2 x 15		

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
SSB Box Squat	3 x 6		Rest 2 minutes between sets
Farmers Carry	3 x 50 ft		
Chest Supported Rows	3 x 8		
Bulgarian Split Squat	2 x 10		
Face Pulls	2 x 20		
Sandbag Carry	2 x 200 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Incline Bench	3 x 6		Rest 2 minutes between sets
Pull Ups or Lat Pulldowns	3 x 6-8		
RDL	3 x 6-8		
Dips	2 x 8-10		
KB Swings	2 x 15		

Then:

<u>12 MIN EMOM (or 4 Rounds)</u>
Min 1: Bike x 10 Calories
Min 2 MB Slams x 12
Min 3: DB Cleans x 10

Week 4

Day 3

Rest/Cardio

Day 4

Exercise	Sets x Reps	Weight	Notes
Axle Deadlift	3 x 6		Rest 2 minutes between sets
Barbell Row	3 x 6		
Sandbag Carry	3 x 50 ft		
Tricep Pushdown	3 x 8-12		
DB Lateral Raise	2 x 10-12		
DB Reverse Fly	2 x 12-15		

Day 5

Exercise	Sets x Reps	Weight	Notes
Log Clean	10 x 3	~50% 1RM	EMOM
Sandbad Load Over Bar	3 x 5		Rest as needed between sets
Farmers Carry	2 x 150 ft		
Sled Drag	5 x 100 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 5

Day 1

Exercise	Sets x Reps	Weight	Notes
Camber Bar Box Squat	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sandbag or Stone Extensions	3 x 5		
Wide Grip Pull Ups	3 x 8		
Walking Lunges	2 x 10		
Band Pull Aparts	2 x 20		
Keg Carry	4 x 100 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Axle Push Press	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Chest Supported Row	3 x 6		
Single Leg RDL	3 x 6-8		
JM Press	2 x 8-10		
Seated DB Cleans	2 x 15		

Then:

<u>12 Min EMOM (or 4 Rounds)</u>
Min 1: Jump Squat x 5
Min 2: Power Clean x 5
Min 3: Sandbag Over Shoulder x 6

Week 5

Day 3

Rest/Cardio

Day 4

Exercise	Sets x Reps	Weight	Notes
Wagon Wheel Deadlift	3 x 3		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sled Push	4 x 50 ft		
DB Rolling Triceps	3 x 8-12		
DB Overhead Press	2 x 6-8		
Face Pulls	2 x 15-20		

Day 5

Exercise	Sets x Reps	Weight	Notes
Circus DB	8 x 2		EMOM
Yoke Walk	4 x 100 ft		Rest as needed between sets
Stone to Shoulder	2 x 6		
Sandbag Carry	1 x Max Distance		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 6

Day 1

Exercise	Sets x Reps	Weight	Notes
Front Squat	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sandbag Carry	3 x 50 ft		
Single Arm DB Row	3 x 8		
Steps Ups	2 x 10 (Each Leg)		
Farmers Carry	2 x 150 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Strict Press	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Pull Ups or Pull Downs	3 x 6		
Wide Stance RDL	3 x 6-8		
Close Grip Bench	2 x 8-10		
Cable Pull Through	2 x 20		

Then:

12 Min EMOM (or 4 Rounds)
Min 1: Sandbag Clean and Press x 4
Min 2: Sandbag Extension and Hold x 20-30 Seconds
Min 3: Sandbag Over Shoulder x 4

Week 6

Day 3

Rest/Cardio

Day 4

Exercise	Sets x Reps	Weight	Notes
Deficit Deadlift	3 x 3		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Power Row	3 x 5		
Keg Carry	3 x 100 ft		
Dips	3 x 8		
DB Reverse Fly	2 x 15		

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 7

Day 1

Exercise	Sets x Reps	Weight	Notes
SSB Box Squat	3 x 6		Rest 2 minutes between sets
Farmers Carry	3 x 50 ft		
Chest Supported Rows	3 x 8		
Bulgarian Split Squat	2 x 10		
Face Pulls	2 x 20		
Sandbag Carry	2 x 200 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Incline Bench	3 x 6		Rest 2 minutes between sets
Pull Ups or Lat Pulldowns	3 x 6-8		
RDL	3 x 6-8		
Dips	2 x 8-10		
KB Swings	2 x 15		

Then:

<u>12 MIN EMOM (or 4 Rounds)</u>
Min 1: Bike x 10 Calories
Min 2 MB Slams x 12
Min 3: DB Cleans x 10

Week 7

Day 3

Rest/Cardio

Day 4

Exercise	Sets x Reps	Weight	Notes
Axle Deadlift	3 x 6		Rest 2 minutes between sets
Barbell Row	3 x 6		
Sandbag Carry	3 x 50 ft		
Tricep Pushdown	3 x 8-12		
DB Lateral Raise	2 x 10-12		
DB Reverse Fly	2 x 12-15		

Day 5

Exercise	Sets x Reps	Weight	Notes
Log Clean	10 x 3	~50% 1RM	EMOM
Sandbad Load Over Bar	3 x 5		Rest as needed between sets
Farmers Carry	2 x 150 ft		
Sled Drag	5 x 100 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 8

Day 1

Exercise	Sets x Reps	Weight	Notes
Camber Bar Box Squat	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sandbag or Stone Extensions	3 x 5		
Wide Grip Pull Ups	3 x 8		
Walking Lunges	2 x 10		
Band Pull Aparts	2 x 20		
Keg Carry	4 x 100 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Axle Push Press	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Chest Supported Row	3 x 6		
Single Leg RDL	3 x 6-8		
JM Press	2 x 8-10		
Seated DB Cleans	2 x 15		

Then:

<u>12 Min EMOM (or 4 Rounds)</u>
Min 1: Jump Squat x 5
Min 2: Power Clean x 5
Min 3: Sandbag Over Shoulder x 6

Week 8

Day 3

Rest/Cardio

Day 4

Exercise	Sets x Reps	Weight	Notes
Wagon Wheel Deadlift	3 x 3		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sled Push	4 x 50 ft		
DB Rolling Triceps	3 x 8-12		
DB Overhead Press	2 x 6-8		
Face Pulls	2 x 15-20		

Day 5

Exercise	Sets x Reps	Weight	Notes
Circus DB	8 x 2		EMOM
Yoke Walk	4 x 100 ft		Rest as needed between sets
Stone to Shoulder	2 x 6		
Sandbag Carry	1 x Max Distance		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 9

Day 1

Exercise	Sets x Reps	Weight	Notes
Front Squat	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sandbag Carry	3 x 50 ft		
Single Arm DB Row	3 x 8		
Steps Ups	2 x 10 (Each Leg)		
Farmers Carry	2 x 150 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Strict Press	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Pull Ups or Pull Downs	3 x 6		
Wide Stance RDL	3 x 6-8		
Close Grip Bench	2 x 8-10		
Cable Pull Through	2 x 20		

Then:

12 Min EMOM (or 4 Rounds)
Min 1: Sandbag Clean and Press x 4
Min 2: Sandbag Extension and Hold x 20-30 Seconds
Min 3: Sandbag Over Shoulder x 4

Week 9

Day 3

Rest/Cardio

Day 4

Exercise	Sets x Reps	Weight	Notes
Deficit Deadlift	3 x 3		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Power Row	3 x 5		
Keg Carry	3 x 100 ft		
Dips	3 x 8		
DB Reverse Fly	2 x 15		

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 10

Day 1

Exercise	Sets x Reps	Weight	Notes
SSB Box Squat	3 x 6		Rest 2 minutes between sets
Farmers Carry	3 x 50 ft		
Chest Supported Rows	3 x 8		
Bulgarian Split Squat	2 x 10		
Face Pulls	2 x 20		
Sandbag Carry	2 x 200 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Incline Bench	3 x 6		Rest 2 minutes between sets
Pull Ups or Lat Pulldowns	3 x 6-8		
RDL	3 x 6-8		
Dips	2 x 8-10		
KB Swings	2 x 15		

Then:

<u>12 MIN EMOM (or 4 Rounds)</u>
Min 1: Bike x 10 Calories
Min 2 MB Slams x 12
Min 3: DB Cleans x 10

Week 10

Day 3

Rest/Cardio

Day 4

Exercise	Sets x Reps	Weight	Notes
Axle Deadlift	3 x 6		Rest 2 minutes between sets
Barbell Row	3 x 6		
Sandbag Carry	3 x 50 ft		
Tricep Pushdown	3 x 8-12		
DB Lateral Raise	2 x 10-12		
DB Reverse Fly	2 x 12-15		

Day 5

Exercise	Sets x Reps	Weight	Notes
Log Clean	10 x 3	~50% 1RM	EMOM
Sandbad Load Over Bar	3 x 5		Rest as needed between sets
Farmers Carry	2 x 150 ft		
Sled Drag	5 x 100 ft		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 11

Day 1

Exercise	Sets x Reps	Weight	Notes
Camber Bar Box Squat	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sandbag or Stone Extensions	3 x 5		
Wide Grip Pull Ups	3 x 8		
Walking Lunges	2 x 10		
Band Pull Aparts	2 x 20		
Keg Carry	4 x 100 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Axle Push Press	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Chest Supported Row	3 x 6		
Single Leg RDL	3 x 6-8		
JM Press	2 x 8-10		
Seated DB Cleans	2 x 15		

Then:

<u>12 Min EMOM (or 4 Rounds)</u>
Min 1: Jump Squat x 5
Min 2: Power Clean x 5
Min 3: Sandbag Over Shoulder x 6

Week 11

Day 3

Rest/Cardio

Day 4

Exercise	Sets x Reps	Weight	Notes
Wagon Wheel Deadlift	3 x 3		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sled Push	4 x 50 ft		
DB Rolling Triceps	3 x 8-12		
DB Overhead Press	2 x 6-8		
Face Pulls	2 x 15-20		

Day 5

Exercise	Sets x Reps	Weight	Notes
Circus DB	8 x 2		EMOM
Yoke Walk	4 x 100 ft		Rest as needed between sets
Stone to Shoulder	2 x 6		
Sandbag Carry	1 x Max Distance		

Day 6

Rest/Cardio

Day 7

Rest/Cardio

Week 12

Day 1

Exercise	Sets x Reps	Weight	Notes
Front Squat	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Sandbag Carry	3 x 50 ft		
Single Arm DB Row	3 x 8		
Steps Ups	2 x 10 (Each Leg)		
Farmers Carry	2 x 150 ft		

Day 2

Exercise	Sets x Reps	Weight	Notes
Strict Press	3 x 5		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Pull Ups or Pull Downs	3 x 6		
Wide Stance RDL	3 x 6-8		
Close Grip Bench	2 x 8-10		
Cable Pull Through	2 x 20		

Then:

12 Min EMOM (or 4 Rounds)
Min 1: Sandbag Clean and Press x 4
Min 2: Sandbag Extension and Hold x 20-30 Seconds
Min 3: Sandbag Over Shoulder x 4

Week 12

Day 3

Rest/Cardio

Day 4

Exercise	Sets x Reps	Weight	Notes
Deficit Deadlift	3 x 3		Rest 2 minutes between sets
	1 x Max Reps		(-20%) Goal: 10+
Power Row	3 x 5		
Keg Carry	3 x 100 ft		
Dips	3 x 8		
DB Reverse Fly	2 x 15		

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

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