



Strongman Lab Strongman Dad
Version 2.0

Before You Begin...

Progression:

- When you complete all prescribed sets and reps for an exercise with the same weight, increase the load by 5-10 lbs the next time you perform that exercise

Recovery Days:

- When possible walk, bike, row, or whatever cardio activity you enjoy and will do for 30 minutes to improve recovery and conditioning (Walking with a stroller absolutely counts!)
- Rest at least a day between workouts.

First Week:

- Work up to a set of 5 til you either reach technique failure or are within 1-2 reps of technique failure. If your technique fails you went too heavy.

Notes:

- Since time is a limited resource, be mindful of your warm up sets, and do them with intent like they are your working sets
- If you have strongman implements you can use them to substitute the barbell. For example you can use a log for strict press or push press or both, I would also try to keep the same implement for the entire program.
- If you have more than one barbell or strongman implements you can superset the movements in order to work quicker through the workouts
- First few weeks should feel almost too easy. We are building the habit of training back, the intensity will come.
- Rest 2 Minutes between sets.

Week 1

Day 1

Exercise	Sets x Reps	Weight	Notes
Back Squat	1 x 5		
Bench Press	1 x 5		
Row	3 x 6		

Day 2

Exercise	Sets x Reps	Weight	Notes
Front Squat	1 x 5		
Push Press	1 x 5		
Pull Ups	3 x 5		

Day 3

Exercise	Sets x Reps	Weight	Notes
Deadlift	1 x 3		
Strict Press	1 x 5		
Pendlay Row	3 x 6		

Week 2

Day 1

Exercise	Sets x Reps	Weight	Notes
Back Squat	2 x 5		
Bench Press	2 x 5		
Row	3 x 6		

Day 2

Exercise	Sets x Reps	Weight	Notes
Front Squat	2 x 5		
Push Press	2 x 5		
Pull Ups	3 x 5		

Day 3

Exercise	Sets x Reps	Weight	Notes
Deadlift	2 x 3		
Strict Press	2 x 5		
Pendlay Row	3 x 6		

Week 3

Day 1

Exercise	Sets x Reps	Weight	Notes
Back Squat	3 x 5		
Bench Press	3 x 5		
Row	3 x 6		

Day 2

Exercise	Sets x Reps	Weight	Notes
Front Squat	3 x 5		
Push Press	3 x 5		
Pull Ups	4 x 5		

Day 3

Exercise	Sets x Reps	Weight	Notes
Deadlift	3 x 3		
Strict Press	3 x 5		
Pendlay Row	3 x 6		

Week 4

Day 1

Exercise	Sets x Reps	Weight	Notes
Back Squat	3 x 5		
Bench Press	3 x 5		
Row	4 x 6		

Day 2

Exercise	Sets x Reps	Weight	Notes
Front Squat	3 x 5		
Push Press	3 x 5		
Pull Ups	5 x 5		

Day 3

Exercise	Sets x Reps	Weight	Notes
Deadlift	3 x 3		
Strict Press	3 x 5		
Pendlay Row	4 x 6		

Week 5

Day 1

Exercise	Sets x Reps	Weight	Notes
Paused Back Squat	3 x 5		
Close Grip Bench Press	3 x 5		
Row	4 x 6		

Day 2

Exercise	Sets x Reps	Weight	Notes
RDL	3 x 5		
Incline Bench Press	3 x 5		
Pull Ups	5 x 5		

Day 3

Exercise	Sets x Reps	Weight	Notes
13" Deadlift (Elevated Deadlift)	3 x 3		
Z-Press	3 x 5		
Chin Ups	4 x 6		

Week 6

Day 1

Exercise	Sets x Reps	Weight	Notes
Paused Back Squat	3 x 5		
Close Grip Bench Press	3 x 5		
Row	4 x 6		

Day 2

Exercise	Sets x Reps	Weight	Notes
RDL	3 x 5		
Incline Bench Press	3 x 5		
Pull Ups	5 x 5		

Day 3

Exercise	Sets x Reps	Weight	Notes
Deadlift	3 x 3		
Strict Press	3 x 5		
Pendlay Row	4 x 6		

Week 7

Day 1

Exercise	Sets x Reps	Weight	Notes
Paused Back Squat	3 x 5		
Close Grip Bench Press	3 x 5		
Row	4 x 6		

Day 2

Exercise	Sets x Reps	Weight	Notes
RDL	3 x 5		
Incline Bench Press	3 x 5		
Pull Ups	5 x 5		

Day 3

Exercise	Sets x Reps	Weight	Notes
Deadlift	3 x 3		
Strict Press	3 x 5		
Pendlay Row	4 x 6		

Week 8

Day 1

Exercise	Sets x Reps	Weight	Notes
Paused Back Squat	3 x 5		
Close Grip Bench Press	3 x 5		
Row	4 x 6		

Day 2

Exercise	Sets x Reps	Weight	Notes
RDL	3 x 5		
Incline Bench Press	3 x 5		
Pull Ups	5 x 5		

Day 3

Exercise	Sets x Reps	Weight	Notes
Deadlift	3 x 3		
Strict Press	3 x 5		
Pendlay Row	4 x 6		

Week 9

Day 1

Exercise	Sets x Reps	Weight	Notes
Zercher Squat	3 x 5		
Paused Bench Press	3 x 5		
Row	4 x 6		

Day 2

Exercise	Sets x Reps	Weight	Notes
Barbell Walking Lunges	3 x 5		
Seated Overhead Press	3 x 5		
Chin Ups	5 x 5		

Day 3

Exercise	Sets x Reps	Weight	Notes
2" Deficit Deadlift	3 x 3		
Incline Pause Bench Press	3 x 5		
Pendlay Row	4 x 6		

Week 10

Day 1

Exercise	Sets x Reps	Weight	Notes
Zercher Squat	3 x 5		
Paused Bench Press	3 x 5		
Row	4 x 6		

Day 2

Exercise	Sets x Reps	Weight	Notes
Barbell Walking Lunges	3 x 5		
Seated Overhead Press	3 x 5		
Chin Ups	5 x 5		

Day 3

Exercise	Sets x Reps	Weight	Notes
2" Deficit Deadlift	3 x 3		
Incline Paused Bench Press	3 x 5		
Pendlay Row	4 x 6		

Week 11

Day 1

Exercise	Sets x Reps	Weight	Notes
Zercher Squat	3 x 5		
Paused Bench Press	3 x 5		
Row	4 x 6		

Day 2

Exercise	Sets x Reps	Weight	Notes
Barbell Walking Lunges	3 x 5		
Seated Overhead Press	3 x 5		
Chin Ups	5 x 5		

Day 3

Exercise	Sets x Reps	Weight	Notes
2" Deficit Deadlift	3 x 3		
Incline Paused Bench Press	3 x 5		
Pendlay Row	4 x 6		

Week 12

Day 1

Exercise	Sets x Reps	Weight	Notes
Zercher Squat	3 x 5		
Paused Bench Press	3 x 5		
Row	4 x 6		

Day 2

Exercise	Sets x Reps	Weight	Notes
Barbell Walking Lunges	3 x 5		
Seated Overhead Press	3 x 5		
Chin Ups	5 x 5		

Day 3

Exercise	Sets x Reps	Weight	Notes
2" Deficit Deadlift	3 x 3		
Incline Paused Bench Press	3 x 5		
Pendlay Row	4 x 6		

If you have an extra 5-10 minutes...

Why not try one of our labs?

We recommend pairing this program with either:

- Conditioning Lab
- Grip Lab
- Explosive Lab