



Strongman Lab Conditioning Lab
Version 1.0

How Conditioning Lab Works

- 2-3 Sessions per week
- 5-10 Minutes
- After lifting or on rest days
- Rotate 2-3 workouts
- Stick with it for at least 4 weeks

New to Conditioning?

Don't start with the 10 Minute EMOM (Every Minute On the Minute)

Instead:

Week 1 – 5 Minutes

Week 2 – 6 Minutes

Week 3 – 7 Minutes

Week 4 – 8 Minutes

Week 5 – 9 Minutes

Week 6 – 10 Minutes

Workout A

Engine Builder

10 Min EMOM

Choose One

- Bike x 15 Seconds
- Rower x 15 Seconds
- Ski Erg x 15 Seconds
- Battle Ropes x 15 Seconds

Progression:

Increase duration before increasing resistance.

Workout B

Carry Work

10 Min EMOM

Choose One

- Farmers Carry
- Sandbag Carry
- Stone Carry
- Zercher Carry

X 50 feet

Progression:

Increase distance by 10-20 feet before increasing weight.

Workout C

Bodyweight Builder

10 Min EMOM

Choose One

- 15 Air Squats

OR

Every

ODD Minute

- Inverted Row x 20

EVEN Minute

- Push Ups x 20

Workout D

Sled Work

6-10 Sets x 100 feet

Push or Drag

Workout E

Tabata

(20 Seconds On followed by 10 Seconds Rest for a total of 4 Minutes or 8 Rounds)

Choose One

- Battle Ropes
- Bike
- Row
- Ski Erg
- Squats
- Jump Rope
- Push Up/Inverted Row

Progression

Progress only ONE variable.

- Time
- Distance
- Reps
- Resistance
- Weight

Don't increase everything at once.

Example Rotation

Monday

Workout A

Wednesday

Workout D

Friday

Workout F

New Labs Coming Soon

Visit

www.strongmanlab.com