



Strongman Lab Power Lab
Version 1.0

How Power Lab Works

- 3-4 Sessions per week
- 5-10 Minutes
- Before main lift, after warm up
- Rotate 2 workouts (Upper and Lower)
- Stick with it for at least 9 weeks
- Every rep should be done with intent, speed, and proper technique
- If technique fails then end the set and move on to your main lift
- Rest 60-90 seconds between sets

Workout A

Lower Body

Box Jump

OR

Vertical Jump

Workout B

Upper Body

Plyo Push Up

OR

Medicine Ball Chest Pass

Example Week

3 Training Sessions per week:

Week	Day	Workout
1	1	A
1	2	B
1	3	A
2	1	B
2	2	A
2	3	B

4 Training Sessions per week:

Week	Day	Workout
1	1	A
1	2	B
1	3	A
1	4	B
2	1	A
2	2	B
2	3	A
2	4	B

Weekly Sets and Reps

Week	Set x Reps
1	3 x 3
2	4 x 3
3	5 x 3
4	3 x 5
5	4 x 5
6	5 x 5
7	5 x 5
8	5 x 5
9	5 x 5

Example Week:

Day 1

Box Jump

3 x 3

Day 2

Plyo Push Up

3 x 3

Day 3

Box Jump

3 x 3

Day 4

Plyo Push Up

3 x 3

Notes

- For any jumps: jump as high as possible, reset after every rep, and land softly.
- For ply push ups: every rep should be explosive.