

Top Level Strong in 42



STRENGTH TRAINING PROGRAM

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Top Level Strong in 42
42 Day Program
For Lean Muscle & Fat Loss

TopLevelStrong: STRENGTH TRAINING

Suggested Weekly Split For Tuesday & Thursday Class:

Monday: Strength Training Day 1
Tuesday: TopLevelStrong Group Workout
Wednesday: Strength Training Day 2
Thursday: TopLevelStrong Group Workout
Friday: Strength Training Day 3
Saturday: Strength Training Day 4
Sunday: Stretching and Light Cardio

Suggested Weekly Split For Monday & Wednesday Class:

Monday: Strength Training Day 1
Tuesday: Strength Training Day 2
Wednesday: TopLevelStrong Group Workout
Thursday: Strength Training Day 3
Friday: Strength Training Day 4
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Sunday: Stretching and Light Cardio

There is a tendency to perform the exercises quickly. Don't – as not only will this affect the desired results, but also when you neglect the tempo, often the quality of performance will diminish, which can increase the risk of injury.

With these workouts, you will see the letters A-1, A-2 and A-3. This means that you perform the exercises in a circuit: You will perform one set of exercise A-1, followed by one set of exercise A-2, followed by one set of exercise A-3. And the tempo represents how long to perform each phase of an exercise:

Definition Of Tempo is as follows IE. 5-0-X

5 = Eccentric (the lowering portion of the exercise)

0 = The Pause

X = Concentric Phase - X =AFAP (as fast as possible)



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Day 1

Foam Rolling Upper Body & Hips

Shoulder Dislocates

Resistance Band Complex (High Pulls, Rotator Cuff, T's, Y's)

Bird Dogs 10 each side done twice

50 Pogo's done twice (1 minute rest)

Start: 5 Max Sled Pushes

A1. Bent Over Rows

A2. Bar Flat Bench Press 5-1-X tempo

Perform 5 sets of 5 reps, resting 60 sec between sets

B1. Standing Bar Press 3-1-X tempo

Perform 5 sets of 5 reps, resting 60 secs between sets

C1. Triceps Push Downs

C2. Triceps Dips

Perform 3 sets of 15 reps of C1 and 8 reps of C2 resting 60 sec between sets

Finisher: A1. Push-ups

A2. Pike Push-ups

Perform 10 reps of each exercise then, 9 reps, 8 reps, 7 reps, 6 reps, 5 reps, 4 reps, 3 reps, 2 reps, 1 reps of each exercise.



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Day 2

Foam Rolling Lower body & Hips
Hip Circles
Glute bridge
Bird Dogs 10 each side done twice
50 Pogo's done twice (1 minute rest)

Start: 5 Sets of 3 reps on Plyometric box jumps

A1. Back Squats 3-1-x tempo Perform 3 sets of 15 reps
A2. Sandbag Lunge

Perform 3 sets of 15 reps of A1 and 10 reps each leg of A2 resting 10 seconds between sets. Then perform A3 for 1 set of 25

A3. KB Deadlifts

Repeat 3 of these cycles for a total of 9 sets.

Finisher: B1. Sled push
B2. Sprint
B3. KB Swings 10 reps

Repeat this cycle 10 times



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Day 3

Foam Rolling Upper Body & Hips

Shoulder Dislocates

Resistance Band Complex (High Pulls, Rotator Cuff, T's, Y's)

Bird Dogs 10 each side done twice

50 Pogo's done twice (1 minute rest)

Start: 5 Straight arm Sled Pushes

A1. High Pulls

Perform 5 sets of 5 reps, resting 60 sec between sets

B1. 1 min TRX rows Challenge

C1. Deadlifts + Shrug (No Lowering)

5 Sets of 5 Reps (No Tempo) AFAP

Rest 2 Min

D1. Bar Bicep Curl 21's

2 Sets of 21's

21's 7 Full Reps, 7 Top 1/2 Reps, 7 1/2 Bottom Reps)

Rest 1 Minute

Finisher: Rope Sled Pulls

Perform 5 sets of 25 seconds each AFAP. Rest 60 seconds between sets



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Day 4

Foam Rolling Lower body & Hips

Hip Circles

Glute bridge

Bird Dogs 10 each side done twice

50 Pogo's done twice (1 minute rest)

Start: 3 sets of 10 band in and outs

A1. Weighted Step -ups

Perform 3 sets of 15 each leg, resting 10 seconds between sets

B1. Front Squats 5-1-X tempo

Perform 4 sets of 4-6 reps, resting 10 seconds between sets and decreasing weight by 10-15 % each set.

C1. Double leg MB Glute bridge

C2. Single leg MB Hamstring curl

Perform 5 sets of 5, resting 10 seconds between sets

D1. Seated Calf Raises

Perform 3 sets of 15 reps, resting 60 seconds between sets

Finisher: E1. Jump Squats

E2. Squat hold

E3. High Knees

E4. Jam Ball Slams

Perform each exercise for 20 seconds, resting 10 seconds between exercises. Repeat 5 times.