

8-Week Strength Plan

Weeks 1 and 2: Day 1

Pattern	Exercise	Sets x Reps	Weight	Notes
Push	Push-ups	2x12	Bodyweight	
Pull	TRX/BW Barbell Row	2x12	BW	If using barbell, pull body toward bar at angle
Squat	Goblet Squat	2x15	BW/1 DB	Wide stance, DB in two hands at chest
Hinge	Hamstring Curls	2x15	BW with stability ball	Use a towel if no ball
Single Leg	Step Ups	2x10 each	BW or 2 DBs	
Core 1	Front Plank	2x30-60 sec	BW	
Core 2	Side Plank	2x30-60 sec	BW	

Weeks 1 and 2: Day 2

Pattern	Exercise	Sets x Reps	Weight	Notes
Push	Bicep Curl to Overhead Press	2x12	2 DBs	Curl biceps, then press overhead
Pull	Single Arm Rows	2x12 each	1 DB	
Squat	Walking Lunges	2x12 each	2 DBs	Hold DBs at sides
Hinge	Glute Hip Raises	2x15	1 DB	Hold DB at hips
Single Leg	Single Leg Forward Reach	2x6 each	BW	AKA single leg RDL
Core 1	Dead Bugs	2x12 each	BW	
Core 2	Side Plank Hip Dips	2x15 each	BW	Lift and lower hips

Optional, Day 2: Bench Tricep Dips 2x 12-15

Weeks 3 and 4 : Day 1

Pattern	Exercise	Sets x Reps	Weight	Notes
Push	Chest Press	3x10	2 DBs	
Pull	Lat Pulldowns	3x10	Cable/Band	Pull down to chest
Squat	Split Squat	3x8 each	2 DBs	Elevate back foot for challenge
Hinge	Single Leg RDL	3x8 each	1 DB/KB	Weight in same hand as lifting leg
Core 1	Band/Cable Pall-of-Press	3x10 each side	Cable/Band	Stand sideways to band, press in/out

Optional: Calf raises, 3x10 with toes pointed in, out and forward (DB/BW)

Weeks 3 and 4: Day 2

Pattern	Exercise	Sets x Reps	Weight	Notes
Push	DB Incline Chest Press	3x10	2 DBs	Incline bench 30-45 degrees
Pull	Single Arm Pull Down	3x8 each	Cable/Band	Kneel, pull with opposite arm
Squat	Reverse Lunge	3x8 each	2 DBs	Don't alternate, one leg at a time
Hinge	DB/KB Deadlift	3x10	1-2 DB/KB/Barbell	Hips back, back flat
Core 1	Kneeling Crunches	3x12	Cable/Band	Band stabilized behind, held at shoulders
Core 2	Plank Pass Through	3x10	DB/KB	Slide weight back and forth across body

Weeks 5 and 6: Day 1

Pattern	Exercise	Sets x Reps	Weight	Notes
Push	Chest Press	4x5	1 BB/2 DBs	
Pull	Pull-Ups	4x5	Band assist if needed	Alt: band lat pull down
Squat	Push Press or B/F Squat	4-5x5	2 DB (BB for back/front squat)	Lower between legs, press overhead
Hinge	KB Swings	4-5x5	1 KB	Drive from hips, keep glutes tight
Single Leg	Single Leg Calf Raise	3x10 each	DBs (optional)	Off ledge or bench
Core 1	Hanging Leg Raise	3x10		Alt: knees to chest, seated

Optional: BW squat or lunge jumps, 3x5 each side (after squat exercise)

Weeks 5 and 6: Day 2

Pattern	Exercise	Sets x Reps	Weight	Notes
Push	Single Arm Snatch	3-4x6 each side	DB/KB	Snatch to shoulder, then overhead
Pull	Bent Over Rows	3-4x6 each side	BB/DB	Standing or chest on 45 degree bench
Squat	Box Jumps or Pistol Squats	4-5x5	BW	Soft box if possible
Hinge	Hex Bar or BB Dead Lift	4-5x5	Hex Bar/BB	Perform early in session
Single Leg	Broad Jump	4x3 each	BW	
Core 1	Pike Up or Knees to Chest	3x10	SB/TRX Band	TRX knees to chest or ball pike ups
Core 2	Overhead Slam	3x10	Med Ball	Pick another if no med ball

Optional: Single leg hops, 3x5 each leg - hop to an elevated surface and step back down

Weeks 7 and 8: Day 1

Pattern	Exercise	Sets x Reps	Weight	Notes
Push	SA kneeling overhead press	2x10 each	1 DB each side	Arm pressing matches leg kneeling
Pull	Bird Dog Rows	2x10 each	1 DB each side	Same side hand and knee on bench
Squat	Step Ups	2x10 each	2 DBs	One leg leading at a time
Hinge	Hamstring Curl	2x10	SB/TRX	Both legs, or SL for a challenge
Single Leg	Pogo Hops	2x10	BW	10 side-to-side hops each
Core 1	Plank Variation	2x20 or 60 sec	BW	Make it up!

Weeks 7 and 8: Day 2

Pattern	Exercise	Sets x Reps	Weight	Notes
Push	Push Ups	2x12	SB/Band	Band around back or feet on SB for challenge
Pull	TRX Open Door/Reverse Fly	2x12	TRX/DB	Arms out, strong back
Squat	Walking Lunge	2x12	2 DBs	DBs at sides
Hinge	SL Glute Raise	2x12	1 DB at hips	Feet on bench for more challenge
Core	Your choice!	2x12	You choose!	Have fun! :)