Simple Strength for Difficult Times: An 8-Week Progressive Plan

WEEK 1

SESSION A

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 6 2 2 6 2		20 H
PRESS	2 2 2 2 2 2		12 L
PULL	2 4 2 2 4 2		16 M

WEEK 2

SESSION A

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 4 6 2 4 6		24 H
PRESS	2 4 2 2 4 2		16 L
PULL	2 6 2 2 6 2		20 M

WEEK 3

SESSION A

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 6 2 2 6 2 2 6 2		30 H
PRESS	2 2 2 2 2 2 2 2 2		18 L
PULL	2 4 2 2 4 2 2 4 2		24 M

WEEK 4

SESSION A

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 4 6 2 4 6 2 4 6		36 H
PRESS	2 4 2 2 4 2 2 4 2		24 L
PULL	2 6 2 2 6 2 2 6 2		30 M

WEEK 5

SESSION A

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 4 6 2 4 6 2 4 6 2 4 6		48 H
PRESS	2 4 2 2 4 2 2 4 2 2 4 2		32 L
PULL	2 6 2 2 6 2 2 6 2 2 6 2		40 M

WEEK 6

SESSION A

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 4 6 2 4 6 2 4 6 2 4 6 2 4 6		60 H
PRESS	2 4 2 2 4 2 2 4 2 2 4 2 2 4 2		40 L
PULL	2 6 2 2 6 2 2 6 2 2 6 2 2 6 2		50 M

WEEK 7

SESSION A

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 4 6 2 4 6 2 4 6		36 -
PRESS	2 4 6 2 4 6 2 4 6		36 -
PULL	2 4 6 2 4 6 2 4 6		36 -

WEEK 8

SESSION A

EXERCISE	REPS	Kg/lb.	NL
SQUAT	TEST!		- -
PRESS	1 2 3 1 2 3		12 -
PULL	2 4 6 2 4 6		24 -

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WEEK 1

SESSION B

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 4 2 2 4 2		16 M
PRESS	2 6 2 2 6 2		20 H
PULL	2 2 2 2 2 2		12 L

WEEK 2

SESSION B

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 6 2 2 6 2		20 M
PRESS	2 4 6 2 4 6		24 H
PULL	2 4 2 2 4 2		16 L

WEEK 3

SESSION B

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 4 2 2 4 2 2 4 2		24 M
PRESS	2 6 2 2 6 2 2 6 2		30 H
PULL	2 2 2 2 2 2 2 2 2		18 L

WEEK 4

SESSION B

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 6 2 2 6 2 2 6 2		30 M
PRESS	2 4 6 2 4 6 2 4 6		36 H
PULL	2 4 2 2 4 2 2 4 2		24 L

WEEK 5

SESSION B

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 6 2 2 6 2 2 6 2 2 6 2		40 M
PRESS	2 4 6 2 4 6 2 4 6 2 4 6		48 H
PULL	2 4 2 2 4 2 2 4 2 2 4 2		32 L

WEEK 6

SESSION B

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 6 2 2 6 2 2 6 2 2 6 2 2 6 2		50 M
PRESS	2 4 6 2 4 6 2 4 6 2 4 6 2 4 6		60 H
PULL	2 4 2 2 4 2 2 4 2 2 4 2 2 4 2		40 L

WEEK 7

SESSION B

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 4 6 2 4 6		24 -
PRESS	2 4 6 2 4 6 2 4 6		36 -
PULL	2 4 6 2 4 6 2 4 6		36 -

WEEK 8

SESSION B

EXERCISE	REPS	Kg/lb.	NL
SQUAT			- -
PRESS	TEST!		- -
PULL	1 2 3 1 2 3		12 -

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WEEK 1

SESSION C

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 2 2 2 2 2		12 L
PRESS	2 4 2 2 4 2		16 M
PULL	2 6 2 2 6 2		20 H

WEEK 2

SESSION C

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 4 2 2 4 2		16 L
PRESS	2 6 2 2 6 2		20 M
PULL	2 4 6 2 4 6		24 H

WEEK 3

SESSION C

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 2 2 2 2 2 2 2 2		18 L
PRESS	2 4 2 2 4 2 2 4 2		24 M
PULL	2 6 2 2 6 2 2 6 2		30 H

WEEK 4

SESSION C

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 4 2 2 4 2 2 4 2		24 L
PRESS	2 6 2 2 6 2 2 6 2		30 M
PULL	2 4 6 2 4 6 2 4 6		36 H

WEEK 5

SESSION C

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 4 2 2 4 2 2 4 2 2 4 2		32 L
PRESS	2 6 2 2 6 2 2 6 2 2 6 2		40 M
PULL	2 4 6 2 4 6 2 4 6 2 4 6		48 H

WEEK 6

SESSION C

EXERCISE	REPS	Kg/lb.	NL
SQUAT	2 4 2 2 4 2 2 4 2 2 4 2 2 4 2		40 L
PRESS	2 6 2 2 6 2 2 6 2 2 6 2 2 6 2		50 M
PULL	2 4 6 2 4 6 2 4 6 2 4 6 2 4 6		60 H

WEEK 7

SESSION C

EXERCISE	REPS	Kg/lb.	NL
SQUAT	1 2 3 1 2 3		12 -
PRESS	2 4 6 2 4 6		24 -
PULL	2 4 6 2 4 6 2 4 6		36 -

WEEK 8

SESSION C

EXERCISE	REPS	Kg/lb.	NL
SQUAT			- -
PRESS			- -
PULL	TEST!		- -