

NEVER BEEN STRONGER TRAINING

JANUARY 2023



**STRONGER: THE FIRST PHASE**

***NBS***

# Program Summary

## Purpose

The purpose of this specific program is to get you acclimated with a consistent training regime that will push you to test your limits. The first few weeks of this phase will progressively ease your mind and body into physical activity that will help set you up for testing your strength levels by the fourth week. I do not expect you to physically make a ton of changes to your aesthetics but more importantly I do expect that you start to develop a consistent pattern of exercise that will help you prepare for the next phase.

## Intensity Levels

As always, I ask people to do their best and challenge themselves. However I am not asking to crush your body and soul. I want you to push slightly outside of your comfort zone but again more importantly, get acclimated to a consistent training regime.

## Tips

Steps - Aim for 7,500 steps per day to start. If you find that your average per day/week is higher than that, increase that goal by 250 steps at a time. 10,000 is a great goal but sometimes that can become intimidating if not achieved consistently.

Warm-up - Doing an intentional warm-up for your training will not only prepare you for what your workout will entail, it may also help kickstart your recovery process. A warm-up that gets you primed prior to training will help your body's neuromuscular systems adapt in the necessary steps throughout exercise. You will find your warm-ups in the upcoming pages.

Listen to your Body - That nagging knee keeps bugging you while doing lunges? – Find an alternative! – It is okay to push a little bit or modify a movement but don't think pain is going to earn you a trophy when your workout is complete. If you have a question, ask me by reaching out via e-mail or social media.

## Warm-up - 3 Rounds

- A1. Cardio: Any type, 2 minutes, get Heart Rate (HR) to 70% or higher.\*
- A2. Single Arm Dumbbell Row: x 25
- A3. Lying Clam Shells x 25 / side
- A4. Back Wall Slides x 25

## Strength Focus

- B1. *Deadlift (Sumo or Conventional) Make sure you work up to your weights in week 2.*
  - *Week 1: you will work up to a heavy set of 3 and then 1; the goal is to see what your 3 rep and 1 rep maxes are. Start light and progress heavier as you go through the sets. Your rest periods for the heavier sets should be 4-5 minutes minimum.*
  - *Week 2: you will be working 3 sets of 3 this week at 75% of your 3 rep max and then 2 sets of 1 at 85% of your 1 rep max. You will want to make sure form is great and that you are moving weight with intention.*

## Hypertrophy / Conditioning Focus - AMRAP x 15

- C1. *Kettlebell Floor to Upright Rows x 10-15*
- C2. *Pull-up or Pull-downs x Max Reps on Pull-ups or 8-12 on Pull-downs*
- C3. *Farmer Walks x 40 seconds - heavy as possible*
  - *This tri-set is going to be a group that you set a timer for and do 15 minutes continuous on the exercises. Rest as needed through out the 15 minutes but try to push through to keep the heart rate elevated.*

## Finisher - 100's

- D1. *Barbell Bicep Curls x 100 reps*
  - *Use the weight that is appropriate for you. It does not need to be a 45 Lb barbell.*
- D2. *Banded Pull Aparts x 100 reps*
  - *Use a band resistance that allows you to finish in 3 sets or less.*

## Workout Notes \*

Heart Rate (HR) Max Formula:  $220 - \text{Age} = \text{Max Heart HR}$ .

- Example:  $220 - 30 = 190$  Max HR
- Find the percentage for 70% -  $.70 \times 190 = 130$  HR

DAY 1

WEEKS 1 & 2

## Warm-up - 3 Rounds

- A1. Cardio: Any type, 2 minutes, get Heart Rate (HR) to 70% or higher.\*
- A2. Single Arm Lat Pull-down: x 25
- A3. Air Squat w/ Band Around Shins x 25
- A4. Hamstring Curl Machine x 25

## Strength Focus

- B1. *Deadlift (Sumo or Conventional) Make sure you work up to your weights in week 2.*
  - *Week 3: you will be working up to 3 sets of 2 this week at 80% of your 3 rep max. After that, you will work up to 90% of your 1 rep max for 2 sets of 1. Make sure your form is great. Video your lifts to help yourself see weak areas and work on improving!*
  - *Week 4: you will be working up to 3 sets of 1 this week at 85% of your 3 rep max. After that, you will work up to 95% of your 1 rep max for 2 sets of 1. Same rules apply about form and taking videos of your lifts.*

## Hypertrophy / Conditioning Focus - AMRAP x 12

- C1. *Barbell Bent Over Rows x 10*
- C2. *Dumbbell Hammer Curls x 5*
  - *You will set a timer for 12 minutes and do as many rounds as possible in 12-minutes. Rest as needed through this.*

## Hypertrophy / Conditioning Focus - AMRAP x 12

- C1. *Wide Grip Lat Pulldowns x 10*
- C2. *Barbell Reverse Grip Curls x 5*
  - *You will set a timer for 12 minutes and do as many rounds as possible in 12-minutes. Rest as needed through this.*

## Workout Notes \*

Heart Rate (HR) Max Formula:  $220 - \text{Age} = \text{Max Heart HR}$ .

- Example:  $220 - 30 = 190$  Max HR
- Find the percentage for 70% -  $.70 \times 190 = 130$  HR

DAY 1

WEEKS 3 & 4

## Warm-up - 3 Rounds

- A1. Cardio: Any type, 2 minutes, get Heart Rate (HR) to 70% or higher.\*
- A2. One Arm Dumbbell Chest Press: x 20/arm
- A3. Bent Arm Planks x 45 seconds
- A4. Banded Front Raise to Splitter x 20

## Strength Focus

*B1. Bench Press - Make sure you work up to your weights in week 2.*

- Week 1: you will work up to a heavy set of 3 and then 1; the goal is to see what your 3 rep and 1 rep maxes are. Start light and progress heavier as you go through the sets. Your rest periods for the heavier sets should be 4-5 minutes minimum.*
- Week 2: you will be working 3 sets of 3 this week at 75% of your 3 rep max and then 2 sets of 1 at 85% of your 1 rep max. You will want to make sure form is great and that you are moving weight with intention.*

## Hypertrophy / Conditioning Focus - AMRAP x 15

*C1. Dumbbell Squeeze Grip Press x 10-15*

*C2. Lateral Dumbbell Raises x 12-15*

*C3. Banded Tricep Press-downs x 15-20*

- This tri-set is going to be a group that you set a timer for and do 15 minutes continuous on the exercises. Rest as needed through out the 15 minutes but try to push through to keep the heart rate elevated.*

## Finisher - 100's

*D1. Push-ups x 100 reps*

- The goal is to 100 total push-ups. If you can't do 100 regular push-ups, use your knees or use an incline to get 100 total reps.*

*D2. Cable Rope Tricep Extensions x 100 reps*

- Use the weight that is appropriate for you. It does not need to be super heavy.*

## Workout Notes \*

Heart Rate (HR) Max Formula:  $220 - \text{Age} = \text{Max Heart HR}$ .

- Example:  $220 - 30 = 190$  Max HR
- Find the percentage for 70% -  $.70 \times 190 = 130$  HR

DAY 2

WEEKS 1 & 2

## Warm-up - 3 Rounds

- A1. Cardio: Any type, 2 minutes, get Heart Rate (HR) to 70% or higher.\*
- A2. Hand Walkouts: x 8
- A3. Bent Arm Planks x 45 seconds
- A4. Dumbbell Front to Side Raises x 10/direction

## Strength Focus

*B1. Bench Press - Make sure you work up to your weights in week 2.*

- Week 3: you will be working up to 3 sets of 2 this week at 80% of your 3 rep max. After that, you will work up to 90% of your 1 rep max for 2 sets of 1. Make sure your form is great. Video your lifts to help yourself see weak areas and work on improving!*
- Week 4: you will be working up to 3 sets of 1 this week at 85% of your 3 rep max. After that, you will work up to 95% of your 1 rep max for 2 sets of 1. Same rules apply about form and taking videos of your lifts.*

## Hypertrophy / Conditioning Focus - AMRAP x 12

*C1. 45 Degree Incline Dumbbell Bench Press x 10*

*C2. One Arm Overhead Dumbbell Tricep Extension x 5/arm*

- You will set a timer for 12 minutes and do as many rounds as possible in 12-minutes. Rest as needed through this.*

## Hypertrophy / Conditioning Focus - AMRAP x 12

*C1. Wide Grip Push-ups x 10 - do incline or knees if needed.*

*C2. Tricep Dips x 5 w/ weight if possible*

- You will set a timer for 12 minutes and do as many rounds as possible in 12-minutes. Rest as needed through this.*

## Workout Notes \*

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- Example:  $220 - 30 = 190$  Max HR
- Find the percentage for 70% -  $.70 \times 190 = 130$  HR

DAY 2

WEEKS 3 & 4

## Warm-up - 3 Rounds

- A1. Cardio: Any type, 2 minutes, get Heart Rate (HR) to 70% or higher.\*
- A2. Worlds Greatest Stretch: x 6/side
- A3. Lateral Band Walks x 20 / direction
- A4. Knee Drops x 10/leg

## Strength Focus

*B1. Back Squat - Make sure you work up to your weights in week 2.*

- Week 1: you will work up to a heavy set of 3 and then 1; the goal is to see what your 3 rep and 1 rep maxes are. Start light and progress heavier as you go through the sets. Your rest periods for the heavier sets should be 4-5 minutes minimum.*
- Week 2: you will be working 3 sets of 3 this week at 75% of your 3 rep max and then 2 sets of 1 at 85% of your 1 rep max. You will want to make sure form is great and that you are moving weight with intention.*

## Hypertrophy / Conditioning Focus - AMRAP x 15

*C1. Dumbbell Step-up x 10-15*

*C2. Back Raises or Glute Ham Raises x 12-15*

*C3. Seated Band Leg Curls x 20-30*

- This tri-set is going to be a group that you set a timer for and do 15 minutes continuous on the exercises. Rest as needed through out the 15 minutes but try to push through to keep the heart rate elevated.*

## Finisher - 100's

*D1. Walking Lunges x 100 reps (50/leg)*

- The goal is to do 100 total lunges (50 / leg) continuous for one set. If you need to rest, please do so and then finish before going onto D2.*

## Workout Notes \*

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DAY 3

WEEKS 1 & 2

## Warm-up - 3 Rounds

- A1. Cardio: Any type, 2 minutes, get Heart Rate (HR) to 70% or higher.\*
- A2. Birddogs x 15 / side
- A3. Kettlebell Duck Walks x 40 seconds
- A4. Banded TKE x 10 / leg

## Strength Focus

*B1. Back Squat - Make sure you work up to your weights in week 2.*

- *Week 3: you will be working up to 3 sets of 2 this week at 80% of your 3 rep max. After that, you will work up to 90% of your 1 rep max for 2 sets of 1. Make sure your form is great. Video your lifts to help yourself see weak areas and work on improving!*
- *Week 4: you will be working up to 3 sets of 1 this week at 85% of your 3 rep max. After that, you will work up to 95% of your 1 rep max for 2 sets of 1. Same rules apply about form and taking videos of your lifts.*

## Hypertrophy / Conditioning Focus - AMRAP x 12

*C1. Goblet Squats x 10*

*C2. Alternating Reverse Lunges x 5/leg*

- *You will set a timer for 12 minutes and do as many rounds as possible in 12-minutes. Rest as needed through this.*

## Hypertrophy / Conditioning Focus - AMRAP x 12

*C1. Kettlebell Swings x 10 - do incline or knees if needed.*

*C2. Single Leg Step-ups x 5/leg w/ weight if possible*

- *You will set a timer for 12 minutes and do as many rounds as possible in 12-minutes. Rest as needed through this.*

## Workout Notes \*

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- Find the percentage for 70% -  $.70 \times 190 = 133$  HR

DAY 3

WEEKS 3 & 4

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