



531 - STRENGTH & CONDITIONING

Overview

The primary goal of this plan is max strength development, but it also includes short, intense, work capacity efforts (metabolic conditioning), as well as core strength, joint mobility/durability. The name of this program is derived from 5, 3, 1 rep loading parameters for the Squat, Bench Press, and Deadlift.

PROGRAM DESCRIPTION

You will complete sets of the following rep protocol: 5x, 3x, 1x for the Squat, Bench Press, Deadlift. This protocol is designed to rapidly develop maximum strength. Never go to failure on any of these lifts. By failure we mean the loss of neutral joint alignment/position under load. This loss of position occurs well before inability to complete the last couple reps. You will be lifting heavy, and if you lose joint position then excessive force is transferred to the joints/connective tissue. We want the emphasis to be on muscular demand, and not excessive joint force due to poor position. Don't go to rep failure.

This program is built around the following five lifts: Squat, Bench Press, Deadlift, Row, Military Press. The SQT, BP, DL are anchor lifts using the 5,3,1 rep protocol. The RW and MP are supplemental lifts using 4 x 8 loading and completed in a circuit. We also include an accessory lift for the arms and a core drill to round out the workout.

- **Squat (SQT)**
- **Bench Press (BP)**
- **Deadlift (DL)**

- **Row (RW)**
- **Military Press (MP)**

The first workout of each week will focus on the **Squat** plus several accessory lifts and conditioning. The second workout of each week will focus on the **Bench Press** plus several accessory lifts and conditioning. The third workout of each week will focus on the **Deadlift** plus several accessory lifts. This combination will ensure effective loading of push/pull and lower body movements.

You'll use the 5x, 3x, 1x rep protocol for the anchor lift of the day: either the **Squat, Deadlift, or Bench Press**. After a warm-up set of 8-10x reps, you'll complete the following: add load and do 3 sets x 5 reps, add more load and do 3 sets x 3 reps, add more load and do 3 sets x 1 rep. For all

lifts, you will use the “hard but doable” scale of load/intensity for the prescribed number of sets and reps, without losing form/alignment. Again, never go to rep failure. Also, the Barbell Complexes (BB Complex) in this program are used as a full body warm-up and should be light about <30% of max or 5 easy reps.

PROGRESSING THROUGH THE PROGRAM

This training program is set up to be completed sequentially. Loading and intensity build as it progresses, so don't skip around. Start at the beginning and follow the sessions in order. If you miss a session or week then just pick up where you left off. You will train 3x/week for 8 weeks for a total of 24 sessions. We suggest a Mon, Wed, Fri training schedule and two days a week, ideally together, for active recovery - meaning some kind of physical activity or sport but not strength work.

COMMON QUESTIONS

How long should the training sessions take?

Generally around 60 minutes. Work briskly but not frantically. By the time you add weight, chalk up, and rest for a few seconds you should be ready for the next set. If you finish faster then you aren't using enough weight. If you finish slower then you are resting too long or talking too much.

What does “hard but doable” mean?

Exactly what it says. Last several reps should be hard but not to failure. Don't over complicate it. You'll be working plenty hard during this program. Use “common sense” and be smart when dropping reps and adding load. Maintain proper joint position/alignment under load - this goes for all lifts. Get strong but don't get injured.

How long should I rest between Strength Sets and Conditioning Circuits?

The Warm Up and Recovery circuits include mobility exercises for the shoulders and hips that relate to the lifts for that day. There is no need to rest between these drills and don't skip them.

The Strength work. Due to the heavy loading of the anchor lift, you'll want to rest 1 minute between sets to ensure enough recovery for high muscle recruitment/loading. For the accessory lifts move from one lift to the next with little to no rest in a circuit, and then rest 1 minute between rounds.

The Conditioning/Grinds use light strength and bodyweight exercises for cardio/metabolic conditioning. Complete as many rounds as possible for the prescribed time which will increase by 1-2 minutes each week. Plan to work briskly, not frantically - a sustainable effort. The goal is work capacity (continuous movement/endurance) with little to no rest so don't race through it and flame out - pace yourself.

Not sure how to do some of the exercises?

No problem, click [HERE](https://sycworkout.com/exercises/) to access our on-line video demos or visit <https://sycworkout.com/exercises/>

What about my diet?

Don't make it complicated. Eat as much lean protein, vegetables, fruit, seeds and nuts as you want - no restrictions. Drink only water, coffee or tea. Limit bread, pasta, or grain of any kind, potatoes, corn or other starchy vegetables to no more than one serving per day - preferably after your workout. No sugar, candy, or soda. Limit alcohol to no more than 1 drink per day.

Supplements?

Drink a protein shake (25 grams of protein) within 20 minutes after every training session. Also, if you're a hard gainer or hungry at night then drink another protein shake and eat at least two tablespoons of natural peanut butter (no added sugar) at bedtime for muscle gain, recovery and satiety. Don't get too hung up on brands of protein. Just get a good quality protein shake with a taste you like and go with it.

Any questions - mikec@southyubaclub.com

Good luck.

----- START -----

WEEK 1

Workout 1

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+SQT+RW)
- 5/5x T-Dog
- 10x Butt Kicks

Strength

Squat

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x BB Row wt _____
- 8x Hammer Curls wt _____
- 16x Landmine 180 wt _____

Conditioning - 4 Minute Grind

- 6x SB Squat Clean

- 4x Renegade Row
- 16x DB Step-ups
- Sled Push (down/back)

Recovery

- Rollout Legs and Upper Back
- Pigeon Stretch

Workout 2

Warm Up (3 rounds)

- 5x Barbell Complex (RW+SQT+MP)
- 5x Push Ups
- 8x Floor Slides

Strength

Bench Press

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Pull-ups wt _____
- 8x Skull Crushers wt _____
- 8/8x Kneeling Slashers wt _____

Conditioning - 4 Minute Grind

- 4/4x Get Up
- 8x KB Swings
- Farmer's Carry (down/back)
- 4x Spiderman Push-ups

Recovery

- Rollout Legs and Pecs/Traps
- 8x Snow Angles

Workout 3

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+CLN+MP)
- 5x Pumps
- 8/8x Frankenstein's

Strength

Deadlift

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Push Press wt _____
- 8x SA DB Row wt _____
- 20x Knee Tucks

Conditioning - 4 Minute Grind

- 4x Man Makers
- 5x Box Jump
- 8x Slam Ball
- Plate Drag or Plate Slide (down/rev back)

Recovery

- Rollout Legs and Upper Back
- 3-way Hip Mobility

WEEK 2

Workout 4

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+SQT+RW)
- 5/5x T-Dog
- 10x Butt Kicks

Strength

Squat

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x BB Row wt _____
- 8x Hammer Curls wt _____
- 16x Landmine 180 wt _____

Conditioning - 5 Minute Grind

- 6x SB Squat Clean

- 4x Renegade Row
- 16x DB Step-ups
- Sled Push (down/back)

Recovery

- Rollout Legs and Upper Back
- Pigeon Stretch

Workout 5

Warm Up (3 rounds)

- 5x Barbell Complex (RW+SQT+MP)
- 5x Push Ups
- 8x Floor Slides

Strength

Bench Press

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Pull-ups wt _____
- 8x Skull Crushers wt _____
- 8/8x Kneeling Slashers wt _____

Conditioning - 5 Minute Grind

- 4/4x Get Up
- 8x KB Swings
- Farmer's Carry (down/back)
- 4x Spiderman Push-ups

Recovery

- Rollout Legs and Pecs/Traps
- 8x Snow Angles

Workout 6

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+CLN+MP)
- 5x Pumps
- 8/8x Frankenstein's

Strength

Deadlift

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Push Press wt _____
- 8x SA DB Row wt _____
- 20x Knee Tucks

Conditioning - 5 Minute Grind

- 4x Man Makers
- 5x Box Jump
- 8x Slam Ball
- Plate Drag or Plate Slide (down/rev back)

Recovery

- Rollout Legs and Upper Back
- 3-way Hip Mobility

WEEK 3

Workout 7

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+SQT+RW)
- 5/5x T-Dog
- 10x Butt Kicks

Strength

Squat

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x BB Row wt _____
- 8x Hammer Curls wt _____
- 16x Landmine 180 wt _____

Conditioning - 6 Minute Grind

- 6x SB Squat Clean
- 4x Renegade Row
- 16x DB Step-ups

- Sled Push (down/back)

Recovery

- Rollout Legs and Upper Back
- Pigeon Stretch

Workout 8

Warm Up (3 rounds)

- 5x Barbell Complex (RW+SQT+MP)
- 5x Push Ups
- 8x Floor Slides

Strength

Bench Press

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Pull-ups wt _____
- 8x Skull Crushers wt _____
- 8/8x Kneeling Slashers wt _____

Conditioning - 6 Minute Grind

- 4/4x Get Up
- 8x KB Swings
- Farmer's Carry (down/back)
- 4x Spiderman Push-ups

Recovery

- Rollout Legs and Pecs/Traps
- 8x Snow Angles

Workout 9

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+CLN+MP)
- 5x Pumps
- 8/8x Frankenstein's

Strength

Deadlift

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____

- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Push Press wt _____
- 8x SA DB Row wt _____
- 20x Knee Tucks

Conditioning - 6 Minute Grind

- 4x Man Makers
- 5x Box Jump
- 8x Slam Ball
- Plate Drag or Plate Slide (down/rev back)

Recovery

- Rollout Legs and Upper Back
- 3-way Hip Mobility

WEEK 4

Workout 10

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+SQT+RW)
- 5/5x T-Dog
- 10x Butt Kicks

Strength

Squat

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x BB Row wt _____
- 8x Hammer Curls wt _____
- 16x Landmine 180 wt _____

Conditioning - 7 Minute Grind

- 6x SB Squat Clean
- 4x Renegade Row
- 16x DB Step-ups
- Sled Push (down/back)

Recovery

- Rollout Legs and Upper Back
- Pigeon Stretch

Workout 11

Warm Up (3 rounds)

- 5x Barbell Complex (RW+SQT+MP)
- 5x Push Ups
- 8x Floor Slides

Strength

Bench Press

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Pull-ups wt _____
- 8x Skull Crushers wt _____
- 8/8x Kneeling Slashers wt _____

Conditioning - 7 Minute Grind

- 4/4x Get Up
- 8x KB Swings
- Farmer's Carry (down/back)
- 4x Spiderman Push-ups

Recovery

- Rollout Legs and Pecs/Traps
- 8x Snow Angles

Workout 12

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+CLN+MP)
- 5x Pumps
- 8/8x Frankenstein's

Strength

Deadlift

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Push Press wt _____
- 8x SA DB Row wt _____
- 20x Knee Tucks

Conditioning - 7 Minute Grind

- 4x Man Makers
- 5x Box Jump
- 8x Slam Ball
- Plate Drag or Plate Slide (down/rev back)

Recovery

- Rollout Legs and Upper Back
- 3-way Hip Mobility

WEEK 5

Workout 13

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+SQT+RW)
- 5/5x T-Dog
- 10x Butt Kicks

Strength

Squat

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x BB Row wt _____
- 8x Hammer Curls wt _____
- 16x Landmine 180 wt _____

Conditioning - 8 Minute Grind

- 6x SB Squat Clean
- 4x Renegade Row
- 16x DB Step-ups
- Sled Push (down/back)

Recovery

- Rollout Legs and Upper Back
- Pigeon Stretch

Workout 14

Warm Up (3 rounds)

- 5x Barbell Complex (RW+SQT+MP)
- 5x Push Ups
- 8x Floor Slides

Strength

Bench Press

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Pull-ups wt _____
- 8x Skull Crushers wt _____
- 8/8x Kneeling Slashers wt _____

Conditioning - 8 Minute Grind

- 4/4x Get Up
- 8x KB Swings
- Farmer's Carry (down/back)
- 4x Spiderman Push-ups

Recovery

- Rollout Legs and Pecs/Traps
- 8x Snow Angles

Workout 15

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+CLN+MP)
- 5x Pumps
- 8/8x Frankenstein's

Strength

Deadlift

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Push Press wt _____
- 8x SA DB Row wt _____
- 20x Knee Tucks

Conditioning - 8 Minute Grind

- 4x Man Makers
- 5x Box Jump
- 8x Slam Ball
- Plate Drag or Plate Slide (down/rev back)

Recovery

- Rollout Legs and Upper Back
- 3-way Hip Mobility

WEEK 6

Workout 16

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+SQT+RW)
- 5/5x T-Dog
- 10x Butt Kicks

Strength

Squat

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x BB Row wt _____
- 8x Hammer Curls wt _____
- 16x Landmine 180 wt _____

Conditioning - 9 Minute Grind

- 6x SB Squat Clean
- 4x Renegade Row
- 16x DB Step-ups
- Sled Push (down/back)

Recovery

- Rollout Legs and Upper Back
- Pigeon Stretch

Workout 17

Warm Up (3 rounds)

- 5x Barbell Complex (RW+SQT+MP)

- 5x Push Ups
- 8x Floor Slides

Strength

Bench Press

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Pull-ups wt _____
- 8x Skull Crushers wt _____
- 8/8x Kneeling Slashers wt _____

Conditioning - 9 Minute Grind

- 4/4x Get Up
- 8x KB Swings
- Farmer's Carry (down/back)
- 4x Spiderman Push-ups

Recovery

- Rollout Legs and Pecs/Traps
- 8x Snow Angles

Workout 18

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+CLN+MP)
- 5x Pumps
- 8/8x Frankenstein's

Strength

Deadlift

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Push Press wt _____
- 8x SA DB Row wt _____
- 20x Knee Tucks

Conditioning - 9 Minute Grind

- 4x Man Makers

- 5x Box Jump
- 8x Slam Ball
- Plate Drag or Plate Slide (down/rev back)

Recovery

- Rollout Legs and Upper Back
- 3-way Hip Mobility

WEEK 7

Workout 19

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+SQT+RW)
- 5/5x T-Dog
- 10x Butt Kicks

Strength

Squat

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x BB Row wt _____
- 8x Hammer Curls wt _____
- 16x Landmine 180 wt _____

Conditioning - 10 Minute Grind

- 6x SB Squat Clean
- 4x Renegade Row
- 16x DB Step-ups
- Sled Push (down/back)

Recovery

- Rollout Legs and Upper Back
- Pigeon Stretch

Workout 20

Warm Up (3 rounds)

- 5x Barbell Complex (RW+SQT+MP)
- 5x Push Ups
- 8x Floor Slides

Strength

Bench Press

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Pull-ups wt _____
- 8x Skull Crushers wt _____
- 8/8x Kneeling Slashers wt _____

Conditioning - 10 Minute Grind

- 4/4x Get Up
- 8x KB Swings
- Farmer's Carry (down/back)
- 4x Spiderman Push-ups

Recovery

- Rollout Legs and Pecs/Traps
- 8x Snow Angles

Workout 21

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+CLN+MP)
- 5x Pumps
- 8/8x Frankenstein's

Strength

Deadlift

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Push Press wt _____
- 8x SA DB Row wt _____
- 20x Knee Tucks

Conditioning - 10 Minute Grind

- 4x Man Makers
- 5x Box Jump
- 8x Slam Ball
- Plate Drag or Plate Slide (down/rev back)

Recovery

- Rollout Legs and Upper Back
- 3-way Hip Mobility

WEEK 8

Workout 22

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+SQT+RW)
- 5/5x T-Dog
- 10x Butt Kicks

Strength

Squat

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x BB Row wt _____
- 8x Hammer Curls wt _____
- 16x Landmine 180 wt _____

Conditioning - 12 Minute Grind

- 6x SB Squat Clean
- 4x Renegade Row
- 16x DB Step-ups
- Sled Push (down/back)

Recovery

- Rollout Legs and Upper Back
- Pigeon Stretch

Workout 23

Warm Up (3 rounds)

- 5x Barbell Complex (RW+SQT+MP)
- 5x Push Ups
- 8x Floor Slides

Strength

Bench Press

- **8-10x** wt _____

- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Pull-ups wt _____
- 8x Skull Crushers wt _____
- 8/8x Kneeling Slashers wt _____

Conditioning - 12 Minute Grind

- 4/4x Get Up
- 8x KB Swings
- Farmer's Carry (down/back)
- 4x Spiderman Push-ups

Recovery

- Rollout Legs and Pecs/Traps
- 8x Snow Angles

Workout 24

Warm Up (3 rounds)

- 5x Barbell Complex (RDL+CLN+MP)
- 5x Pumps
- 8/8x Frankenstein's

Strength

Deadlift

- **8-10x** wt _____
- **3x5** wt _____, _____, _____
- **3x3** wt _____, _____, _____
- **3x1** wt _____, _____, _____

then compete 4 rounds of the drills below as a circuit...

- 8x Push Press wt _____
- 8x SA DB Row wt _____
- 20x Knee Tucks

Conditioning - 12 Minute Grind

- 4x Man Makers
- 5x Box Jump
- 8x Slam Ball
- Plate Drag or Plate Slide (down/rev back)

Recovery

- Rollout Legs and Upper Back

- 3-way Hip Mobility

----- **FINISH** -----

Notes