

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 <u>first workout</u> of each week will focus on the **Squat** plus several accessory lifts and conditioning. The <u>second workout</u> of each week will focus on the **Bench Press** plus several accessory lifts and conditioning. The <u>third workout</u> 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 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** 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@southyub	aclub.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	<i>_</i>	
•	3x3	wt	<i>_</i>	
	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)

- 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

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Strength					
Deadlift					
• 8-10x					
- 3x5					<i>,</i>
• 3x3					<i>,</i>
- 3x1	wt _		<i>_</i>		·
then compete 4	1 rounds o	of the d	rills helow	as a cir	rcuit
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■ 8x SA DB	Row	\\/t		_	
• 20x Knee		W C _		_	
20X KIICC	Tucks				
Conditioning - 4 I	Minute Gr	ind			
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 5x Box Jui 	mp				
8x Slam B	•				
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Recovery					
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3-way Hip	Mobility	•			
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Workout 4					
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Strength					
Squat					
■ 8-10x					
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• 3x3	wt _		,		·
- 3x1	wt_				<i>,</i>
then compete 4					rcuit
8x BB Rov					
16x Landr	mine 180	wt_		_	

Conditioning - 5 Minute Grind

6x SB Squat Clean

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

- 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

Deadli	ft	
•	8-10x	wt
•	3x5	wt,,
•	3x3	wt,,
-	3x1	wt,,,
then	compete 4 rou	inds of the drills below as a circuit
•	8x Push Press	wt
•	8x SA DB Row	
•	20x Knee Tuck	KS .
Condit	ioning - 5 Minu	ite Grind
•	4x Man Makei	rs
•	5x Box Jump	
•	8x Slam Ball	
•	Plate Drag or I	Plate Slide (down/rev back)
Recove	ery	
•	Rollout Legs a	nd Upper Back
•	3-way Hip Mo	bility
WEEK	<u>3</u>	
Work	out 7	
Warm	Up (3 rounds)	
•	5x Barbell Co	omplex (RDL+SQT+RW)
-	5/5x T-Dog	
•	10x Butt Kick	KS
Streng	th	
Squat		
•	8-10x	wt
•	3x5	wt,,
-	3x3	wt,,
-	3x1	wt,,,
then	compete 4 rou	inds of the drills below as a circuit
•	8x BB Row	wt
•		urls wt
•	16x Landmine	180 wt
Condit	ioning - 6 Minu	ite Grind

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

	Sled Push (dov	wn/back)		
Recove	oru.			
	•	nd Upper Back		
-	Pigeon Stretch	• •		
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Worko	out 8			
Warm	Up (3 rounds)			
-	5x Barbell Con	nplex (RW+SQT	Γ+MP)	
-	5x Push Ups		-	
•	8x Floor Slides	5		
Streng				
Bench				
-	8-10x	wt		
	3x5	wt	_,	
	3x3	wt		
-	3x1	wt		
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Condit	ioning - 6 Minu	ite Grind		
•	4/4x Get Up	ite G ima		
-	8x KB Swings			
-	Farmer's Carry	v (down/back)		
-	4x Spiderman			
	•	•		
Recove	ery			
-	Rollout Legs a	nd Pecs/Traps		
-	8x Snow Angle	es		
Worko				
Warm	Up (3 rounds)			
-		omplex (RDL+CI	LN+MP)	
	5x Pumps			
•	8/8x Franker	nstein's		
Streng	th			
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- Caull	8-10x	wt		
	3x5			
	3x3			

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thor	o compoto 4 ra	unds of	the drills below as a circuit	
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	20x Knee Tu		·	
Condi	tioning - 6 Mir	າute Grir	nd	
•	4x Man Mak			
	5x Box Jump			
	8x Slam Ball	r Dlata C	lida (dawa (ray back)	
-	Plate Drag 0	r Plate 3	lide (down/rev back)	
Recov	ery			
•	Rollout Legs	and Upp	oer Back	
-	3-way Hip M	obility		
WEEK	· 1			
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Work	out 10			
Warm	Up (3 rounds)		
-	5x Barbell (Complex	(RDL+SQT+RW)	
	5/5x T-Dog			
•	10x Butt Ki	cks		
Streng	oth .			
Squat	-			
-	8-10x	wt		
•	3x5			
•	3x3			
-	3x1	wt		
thor	o compoto 1 ro	unds of	the drills below as a circuit	
•	8x BB Row	runus on	wt	
	8x Hammer	Curls	wt	
-	16x Landmir			
				
Condi	tioning - 7 Mir		nd	
-	6x SB Squat			
•	4x Renegade			
•	16x DB Step-	•	1.)	
•	Sled Push (d	own/bad	CK)	

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 3x3 wt _____, ____, ____ 3x1 then compete 4 rounds of the drills below as a circuit...

8x Pull-ups 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 Tuck				
Condit	ioning - 7 Minu	te Grino	d		
•	4x Man Maker	´S			
•	5x Box Jump				
-	8x Slam Ball				
•	Plate Drag or F	Plate Sli	de (down/	rev back)	
Recove	ery				
•	Rollout Legs a	nd Uppe	er Back		
-	3-way Hip Mo	bility			
WEEK.	<u>5</u>				
Worko					
	Up (3 rounds)				
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	5/5x T-Dog	inpicx (NDLIJQII	11.00)	
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	10% Batt Riek	.5			
Streng	th				
Squat					
•	8-10x	wt			
-	3x5				_,
•	3x3				,
•	3x1				
then	compete 4 rou	nds of t	he drills be	elow as a c	ircuit
-	8x BB Row		wt		
•	8x Hammer Cu	ırls	wt		
•	16x Landmine	180	wt		
Condit	ioning - 8 Minu	te Grino	d		
	6x SB Sauat Cl				

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- 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 _____ wt _____, ____, ____ 3x5 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 wt 8-10x wt ______ ____ 3x5 3x3 wt _____, ____, ____ 3x1 wt _____, ____, ____ then compete 4 rounds of the drills below as a circuit...

8x SA DB Row wt _____

wt _____

20x Knee Tucks

8x Push Press

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 KOM	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	•					
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Streng	th						
Bench							
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	8x Pull-ups			wt			
	8x Skull Crush			wt			
•	8/8x Kneeling	Slashers		wt		=	
	ioning - 9 Minu	ite Grind					
•	i, ix det op						
	8x KB Swings						
	Farmer's Carry	-	-				
•	4x Spiderman	Push-up	S				
Recove	•						
•	Rollout Legs a	nd Pecs/	Traps				
•	8x Snow Angles						
Worko							
Warm	Up (3 rounds)						
•	5x Barbell Co	mplex (I	RDL+CL	.N+MP)			
•	5x Pumps						
•	8/8x Franker	nstein's					
Streng	th						
Deadli	ft						
	8-10x	wt					
•	3x5				,		
	3x3						
•	3x1						
then	compete 4 rou	nds of th	ne drills	below a	s a circ	uit	
•	8x Push Press						
	8x SA DB Row						
	ZOX KIEC TUCK						
^ondi+	ioning - 9 Minu	ıta Grind					
- -	4x Man Makeı						
-	4x iviali iviakel	3					

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

- 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	<i>,</i>	<i>,</i>	
	3x1	wt			

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

-	8x BB Row	wt
•	8x Hammer Curls	wt
	16x Landmine 180	\\/t

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 3x3 wt _____, ____, ____ 3x1 wt _____, ____, ____ then compete 4 rounds of the drills below as a circuit... wt _____ 8x Pull-ups 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 _____ wt ______ ____ 3x5 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)

- 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

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	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		<i>,</i>		
•	3x3		,			
-	3x1					
then	compete 4 rou	nds of the drill				
•	8x Pull-ups		wt			
•	8x Skull Crush		wt			
•	8/8x Kneeling	Slashers	wt			
Condit	ioning - 12 Min	ute Grind				
•	4/4x Get Up					
•	8x KB Swings					
•	Farmer's Carry	v (down/back)				
-	4x Spiderman					
	•	•				
Recove	ery					
•	Rollout Legs a	nd Pecs/Traps				
•	8x Snow Angle	es				
Work						
	Up (3 rounds)		_			
	5x Barbell Co	omplex (RDL+C	LN+MP)			
	5x Pumps	_				
•	8/8x Franker	nstein's				
Ctuono	. La					
Streng Deadli						
	_					
-	8-10x	wt				
-	3x5					
	3x3 3x1					
•	2X1	wt		·		
then	compete 4 rou	nds of the drill	s helow as a cii	rcuit		
•	8x Push Press			care		
	8x SA DB Row					
•	8x SA DB Row wt20x Knee Tucks					
	2 22 3 3.0.					
Condit	ioning - 12 Min	ute Grind				
•	4x Man Makers					
•	5x Box Jump					
	O. Clara Dall					

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

Rollout Legs and Upper Back

•	3-way Hip Mobility	
		FINISH
Note	es	