



CENTRAL ATHLETE

8-Week Functional Resistance Training Program

Week 1

Monday

- A) Barbell Behind-the-Neck Walking Lunge: 10-12 alt steps x 4; rest 120-150s
- B1) Goblet Rear Foot Elevated Split Squat: @40X1; 6-8/leg x 4; rest 30s b/t legs; rest 90s b/t sets
- B2) Glute Bridge Kettlebell Bench Press: (DB's) 10-12 x 4; rest 90s
- C1) A-Shoulder Flies: (on incline bench) 10-12 x 3; rest 60s
- C2) Seated DB Arnold Press: @2020; 10-12 x 3; rest 90s
- D1) Kettlebell Deadlift @40X1: (stand on 45# plates w/ KB in middle for extra range of motion) 8-10 x 3; rest 60s
- D2) Straight Arm PVC Pulldown: (1s pause at hip) 15-20 x 3; rest 90s

Wednesday

- A) Box Squat: (wide stance; to bench) 3 very tough reps E90s x 8
- B1) Straddle Low Bar Good Morning: @3010; 6-10 x 4; rest 90s
- B2) Single Arm Bent Over Row @2020: 10/arm x 3; rest 30s b/t arms and 90s b/t sets
- C1) Dual Dumbbell Neutral Grip Bench Press @2020: 12 x 3; rest 60s
- C2) Supinated COVP Tuck Hang: (start from the top) 20-30s x 3; rest 90s
- D1) Skull Crushers: (DB) @2020; 12-15 x 3; rest 60s
- D2) Dual DB Bicep Curl: @2020; 8-10/arm x 3; rest 90s

Friday

- A) Snatch Grip RDL: (go from rack) @50X1; 6-8 x 4; rest 120-150s
- B1) DB Incline Bench Press: @1010; 15, 15, 15; rest 10s
- B2) Tall Kneeling DB Press: @1010; 15, 15, 15; rest 10s
- B3) Dual KB Rack Hold: (35/53# KBs) 60s hold x 3; rest 2 min
- C1) Wall Sit: (shins vertical, femur parallel) 45s hold x 4; rest 10s
- C2) Assault Bike: 12s very very hard x 4; rest 2 min

Week 2

Monday

- A) Landmine Reverse Lunge: 10-12 alt steps x 4; rest 120-150s
- B1) Single Arm Rear-Foot Elevated Split Squat: @40X1; 6/leg x 4; rest 30s b/t legs; rest 90s b/t sets
- B2) Glute Bridge Kettlebell Bench Press: (use DB's and alternate arms) 10/arm x 4; rest 90s

- C1) Bent Over Reverse DB Fly: 12 -15 x 3; rest 60s
- C2) Z-Press: (use DB's) @2020: 10-12 x 3; rest 90s
- D) Kettlebell Deadlift @30X1: (stand on 45# plates w/ KB in middle for extra range of motion) 12,10,8; rest 90-120s

Wednesday

- A) 1 and a Quarter Back Squat: 3 very tough reps E90s x 8
- B1) Dumbbell Romanian Deadlift: @2020; 12-15 x 4; rest 10s
- B2) SkiErg: 60s very hard x 4; rest 90-120s
- C1) Alternating DB Bench Press: @2020; 10/arm x 3; rest 30s
- C2) Supinated Chin Over Vertical Plane Hold: Max hang x 3; rest 30s
- C3) False Grip Passive Hang On Rings: 20-30s x 3; rest 90-120s
- D1) Skull Crushers: (DB) @2020; 12-15 x 3; rest 30s
- D2) Hammer Curl: (use fat grips) 12 alt x 3; rest 90s

Friday

- A) Romanian Deadlift: (go from rack) @50X1; 6-8 x 4; rest 120-150s
- B) 30s on; 30s off:
 - Trap Bar DL
 - Row
 - Goblet Lunge
 - AB
 - DB Bench Press
- rest 3-5 min b/t rounds x 3-5
- C1) Wall Sit: (shins vertical, femur parallel) 60s hold x 4; rest 5s
- C2) Assault Bike: 15s very very hard x 4; rest 2 min

Week 3

Monday

- A) Dual KB Front Rack Walking Lunge: (build to heavy) 10 alt steps x 4; rest 120-150s
- B1) DB Incline Bench Press: (use DB's and alternate arms) 10/arm x 4; rest 90s
- B2) Straight Arm Reverse Fly: (on incline bench) 12-15 x 3; rest 90s
- C) Rear Foot Elevated Split Squat: (DB in each hand) @40X1; 6/leg x 4; rest 30s b/t legs
- D1) Kettlebell Deadlift: (stand on 45# plates w/ KB in middle for extra range of motion) 8-10 x 3; rest 90s
- D2) DB Hold: (heavy) Max Hold x 3; rest 90s

Wednesday

- A) Goblet Squat: 5 very tough reps E45s x 8
- B) UB Pulling: 10s COVP Hold
- +
- 1-2 Strict Pull Ups
- Rest 30-45s x 4-6
- C1) Dual Dumbbell Single-Leg RDL: @4010; 8/leg x 4; rest 15s b/t legs
- C2) Single Arm DB Bench Press: @2020; 10/arm x 3; rest 90s

D) Hammer Curl: 10 dual reps + 20 hold at 90 degrees on last rep x 3; rest 60-75s

Friday

A) Trap Bar Deadlift: @30X1; 12,10,8,6; rest 120s

B) 30s on; 30s off:

Goblet Squat

Ski

Sprawls

AB

DB Push Press

rest 3-5 min b/t rounds x 3-5

C1) Wall Sit: (shins vertical, femur parallel) 60s hold x 4; rest 5s

C2) Assault Bike: 20s very very hard x 4; rest 3 min

Week 4

Monday

A) Goblet Squat: 6 very tough reps E60s x 8

B1) Barbell Good Morning: (from rack) @2020; 12-15 x 4; rest 10s

B2) Alternating DB Bench Press: @2020; 10/arm x 3; rest 60s

C) Supinated Chin Over Vertical Plane Hold: 25-30s x 3; rest as needed

D) 10 mins: AMRAP Push Ups

Every break:

8 Barbell Bent Over Row

E1) Skull Crushers: (DB) @2020; 12-15 x 3; rest 30s

E2) Hammer Curl: 14-16 alt reps x 3; rest 90s

Wednesday

A) Goblet Squat: 6 very tough reps E45s x 8

B) UB Pulling: 15-20s COVP Hold

+

1-2 Strict Pull Ups

Rest 75-90s x 4-6

C1) Kettlebell Sumo Deadlift: @40X0; 8/leg x 4; rest 15s b/t sides

C2) Alternated DB Incline Bench Press: @2020; 20 alt reps x 3; rest 90s

D) Dumbbell Bicep Curl: 10 dual reps + 20 hold at 90 degrees on last rep x 3; rest 60-75s

E) Banded Tricep Extension: 20s on; 40s off x 4

Friday

A) Trap Bar Deadlift: 21, 15, 9; rest 2 min

B) 30s on; 30s off:

Goblet Reverse Lunge

Ski

WTD Step Up (DB in each hand)

Row

Seated Arnold Press

rest 3-4 min b/t rounds x 3-5

C1) Wall Sit: (hold DB at chest) 30s hold x 4; rest 5s

C2) Assault Bike: 25s very very hard x 4; rest 3 min

Week 5

Monday

A) Goblet Split Squat: @3010; 6/leg x 3; rest 30s b/t legs and 90s b/t sets

B) Strict Pull Ups: (vary grip each set) Max Reps x 3; rest 90s

C1) Dumbbell Push Press: 5-6 x 4; rest 60s

C2) Bent Over Dual KB row: @2020; 5-6 x 4; rest 90s

D1) Dumbbell Romanian Deadlift: @5111; 8,8,8; rest 90s

D2) Glute Ham Raise: 6-8 x 3; rest as needed

E1) Seated DB Arnold Press: @2020; 8,8,8; rest 60s

E2) Supinated Barbell Bent Over Row: @2020; 10,10,10; rest 90s

Wednesday

A) Goblet Squat: 8 very tough reps E45s x 8

B) UB Pulling: 15-20s COVP Hold

+

1-2 Strict Pull Ups

Rest 75-90s x 6-8

C1) Dual Kettlebell Sumo Deadlift: (2 KB's here) @40X0; 8/leg x 4; rest 15s b/t sides

C2) Alternated DB Incline Bench Press: @2020; 20 alt reps x 3; rest 90s

D1) Reverse DB Curl: 16 alt reps x 3; rest 30s

D2) Passive Hang: Max hang x 3; rest 60s

D3) DB Hold: (heavy; DB/hand) 30-45s x 3; rest 2 min

Friday

A) Trap Bar Deadlift: 10,8,6,4,2; rest 2+ min

B) 40s on; 20s off:

DB Bench Press

DB Walking Lunge

Ski

Half Kneeling DB OH Press

KB DL

rest 2-3 min b/t rounds x 3-4

4 rounds

C1) Wall Sit: (hold DB at chest) 45s hold x 4; rest 5s

C2) Assault Bike: 30s very very hard x 4; rest 3 min

Week 6

Monday

A) Goblet Rear Foot Elevated Split Squat: @50X1; 6/leg x 3; rest 30s b/t legs rest 90s b/t sets

- B1) Glute Bridge Single Arm Dumbbell Floor Press: 12/arm x 3; rest 15s b/t arms; rest 30s b/t sets
- B2) Dumbbell Chest Supported Row: (on incline bench) @2020; 12-15 x 3; rest 90s
- C1) KB Front Rack Walking Lunge: 14 alt steps x 3; rest 60s
- C2) Band Pull Through: 12-15 x 3; rest 90s
- D) Banded Tricep Extension: 20 on; 40s off x 4

Wednesday

- A1) Batwing Hold: 20-25s x 3; rest 60s
- A2) Dumbbell Chest Supported Row: 12-15 x 3; rest 60s
- B) DB Push:
 - 5 Strict Press
 - 7 Push Press
 - 9 Push Jerk
- rest 2-3 min x 3-4
- C1) Anchored Strict Sit-Up: 20s x 4; rest 30s
- C2) Russian Twist: (arms straight) 15/side x 4; rest 30s

Friday

- A) Trap Bar Deadlift: 9,12,15,18; rest 2+ min
- B) 30s on; 30s off:
 - Landmine Row
 - Split Lunge Curl (alt feet each set)
 - DB OH Walk (keep elbows locked)
 - Seated Arnold Press
- rest 2-3 min b/t rounds x 3-5
- C1) Wall Sit: (hold DB at chest) 40s hold x 4; rest 5s
- C2) Assault Bike: 25s very very hard x 4; rest 3 min

Week 7

Monday

- A1) Close Grip Bench Press: 10,10,10,10; rest 15s
- A2) Push-Up: Max Reps x 4; rest 90s
- B1) Split Lunge Curl: 10 x 4; rest 30s
- B2) DB Skull Crusher: 15-20 x 4; rest 60s
- C1) DB Goblet Carry: 60s x 3; rest 30s
- C2) Plate Carry: Hold a 25# plate in hand overhead like a waiter; 30s/side x 3; rest 15s b/t arms

Wednesday

- A1) GHD Hip Extension: 12-15 x 3; rest 60s
- A2) GHD Sit-Up: Hold at parallel; 15-20s x 3; rest 60s
- B1) Half Kneeling 1-Arm Landmine Press: 10/side x 3; rest 15s b/t sides
- B2) Seated Band Row: 15-18 x 3; rest 90s
- C1) Dumbbell Walking Lunge: 12 alt steps x 4; rest 0s
- C2) D-Ball to Shoulder: 8 reps x 4; rest 2-3 min

Friday

A) Trap Bar Deadlift: 10,8,6,10,8,6; rest 2+ min

**second wave is heavier than first wave

B) 40s on; 20s off:

DB Box Step Over (20")

Passive Hang

Wall Sit

Push Up (rest in top of push up as needed)

rest 2 min b/t rounds x 3-5

C) AMRAP 10:

20s Tuck L-Sit

10 DB Bench Press

8 GHD Hip Ext

10 Goblet KB Chest Press

Week 8

Monday

A) Decline Bench Press: 10,8,10,8; rest 2 min

B1) Seated Low Row: 12-15 x 3; rest 60s

B2) Close Grip Lat-Pulldown: 15-20 x 3; rest 60s

C1) Wall Sit: (WTD) 60s x 3; rest 30s

C2) Goblet Squat: (moderate weight, speed key) 20s for max reps x 3; rest 60-90s

Wednesday

A) Trap Bar Deadlift: 12,8,12,8; rest 2 min

B1) Incline Dumbbell Bicep Curl: 12/arm x 4; rest 90s

B2) Supinated Passive Hang: Max hold x 4; rest 90s

C1) SkiErg: 100m very hard x 3; rest 10s

C2) Seated DB Arnold Press: 10-12 x 3; rest 90-120s

D1) Wall Sit: (hold KB at chest) 20s x 4; rest 5s

D2) Assault Bike: 20s very hard x 4; rest 2 min

Friday

A) Weighted Strict Pronated Pull-Up: build to a 1RM

B1) Single Arm DB Bench: 8/arm x 3; rest 60s

B2) Hand Release Push-Up: AMRAP (-2) x 3; rest 90s

C) DB Wrist Curl: 20/arm x 2; rest 10s b/t arms

D1) Wall Sit: (WTD) 60s x 3; rest 30s

D2) Squat Jumps: 20s for max reps x 3; rest 60-90s

Thank you