

Basic Training

What kind of workout is this?

This workout ranges from 2-4 days per week and lasts 22 weeks. The workout is divided into 3 primary phases. The first is low intensity, higher volume (including some circuits), the 2nd is high volume with some higher intensity exercises, and the 3rd is lower volume and higher intensity.

Who should use this workout?

The workout is designed for a beginner to moderately trained lifter who desires some structure and progression in his or her workout. It is centered primarily around free weights.

How does it work?

By building a base through higher volume lifting, this workout strives to maximize strength gains while teaching the lifter the importance of proper rest periods, progression, and variation.

How can I use this workout?

The workout has some built in off-weeks (unloading periods). There is a separate sheet that discusses more about the ins-and-outs of the workout on the next page.

Why should I “trust” this workout?

This workout was written by Travis Erickson, the former director of UW-L’s strength and conditioning concentration. Travis has 15 years of experience writing strength training programs for all populations. He created this workout specifically to be used in the UW-L strength and conditioning facilities. Travis is a Certified Strength and Conditioning Coach (CSCS) through the National Strength and Conditioning Association. He currently serves as the Manager of the UW-L strength centers. You can contact him in person in either the REC or Mitchell Hall facilities, via e-mail at Erickson.trav@uwlax.edu or by phone at 785-6546.

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Purpose: To build muscular strength, endurance, and power

Phase 1

This phase is primarily muscular endurance designed to build the working capacity of a lifter. Circuits are included during this phase to maximize usage of the anaerobic and aerobic energy systems

Phase 2

While still containing a fair amount of volume, this workout incorporate some heavier sets to increase muscular strength and increased muscular hypertrophy

Phase 3

The final phase of the workout has a dramatic increase in intensity and introduces a variety of power exercise. By building upon the previous two phases, muscular strength and power should be optimized.

Customization

Exercises can be swapped out when necessary and the workout sheets provide an area for you to enter in the amount of weight lifted and to make notes to yourself. Each week's workout (with the exception of unloading weeks) are repeated; the purpose of this is to challenge you to do more weight during the second week, so write down how you do each week so you don't have to guess.

Best Results

You will see the best benefits if you get into a regular lifting routine. This means lifting on the same days of the week and same time of day. Be sure to adhere to rest periods and ask questions of the Strength Staff if you are unsure of how to perform a lift (or to ask for substitutions). Within 30 minutes of lifting weights you should eat a meal rich in carbohydrates that contains some protein. Chocolate milk, believe it or not, is a decent recovery drink for someone on a budget! Additional recreational activity such as running, biking, swimming, or playing sports can certainly be added into this workout. Ideally, your lifting workout should take place in the morning with your other activities taking place in the afternoon or evening, but you should feel free to make time whenever you can.

Enjoy the ride!

- **Gravis**

Abs Programs:

Abs I

Body Curls

Reverse Crunch

Abs II

Decline bench MB throws

Seated MB Russian twist (use partner)

Alternating crunch

Abs III

Toe touches with MB

DB Russian twist (lie on Stability ball)

Side crunch on SB

Abs IV

Incline reverse crunch

Weighted crunch

Some workouts refer to ab routines -- this is that sheet. You may use this sheet to help you decide what you'd like to do for abs at *any* time, however.

Basic Training Phase I

Weeks 1, 2		Training Parameters			Week One			Week Two			
Day	Order	Exercise	Week 1	Week 2	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1	1a	Back squat	2x12	2x15	60s						
1	2a	Forward lunge	2x8ea	2x10ea							
1	3a	Bent over DB row	2x12	2x15							
1	4a	Flat DB chest press	2x12	2x15							
1	5a	Bicep curls	2x12	2x15							
1	6a	Calf raises	2x12	2x15							
1	7a	Lower abs	2x12	2x15							
2	1a	Barbell step ups	2x8ea	2x10ea							
2	2a	RDL	2x12	2x10ea							
2	3a	Seated DB shoulder press	2x12	2x15							
2	4a	Front lat pulldown	2x12	2x15							
2	5a	Tricep pushdowns	2x12	2x15							
2	6a	Back extensions	2x12	2x15							
2	7a	Upper/side abs	2x20	2x30	↓						

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Note: in the second week, try to do the same weight that you did the first week (note that the reps are increased)
 This is meant to be a pretty easy, get back into it workout. Expect circuit-style workouts after this two week period

Basic Training Phase I

Weeks 3, 4		Training Parameters			Week One			Week Two					
Day	Order	Exercise	Week 1	Week 2	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3		
1	1a	Cardio 10 minutes											
1	2a	Back Squat	2x12-15	3x12-15	CIRCUIT								
1	2b	Incline chest fly											
1	2c	Tuck jumps											
1	2d	DB Pullover											
1	3a	Cardio 10 minutes											
1	4a	Lunges	2x12-15	3x12-15									
1	4b	Dips (assisted)											
1	4c	Lat. Raises											
1	4d	E-Z curl bar bicep curl											
1	5a	Core (abs, low back, etc.)	3x10-15	4x10-15									
2	1a	Cardio 10 minutes											
2	2a	Front Squat	2x12-15	3x12-15									
2	2b	Decline chest fly											
2	2c	Dead lift (traditional)											
2	2d	Bentover DB Flys											
2	3a	Cardio 10 minutes											
2	4a	Reverse Lunges	2x12-15	3x12-15									
2	4b	Skull Crushers											
2	4c	Upright rows											
2	4d	DB bicep concentration curl											
2	5a	Core	3x10-15	4x10-15									

Here's how to do it: Do 10 min of cardio and then circuit the next four exercises (meaning move from one exercise to the next without resting until you complete the target number of sets). One set = one time through the four exercises. After completing the sets, do another 10 minutes of cardio and then move into the 2nd circuit of the day. Finish with abdominal work.

Be sure to keep the weight light so you can complete all reps and sets without resting between exercises!

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Basic Training Phase I

Weeks 5, 6		Training Parameters			Week One			Week Two					
Day	Order	Exercise	Week 1	Week 2	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3		
1	1a	Cardio 10 minutes											
1	2a	Back Squat	3x12-15	4x12-15	CIRCUIT								
1	2b	Incline chest fly											
1	2c	Tuck jumps											
1	2d	DB Pullover											
1	3a	Cardio 10 minutes											
1	4a	Lunges	3x12-15	4x12-15									
1	4b	Dips (assisted)											
1	4c	Lat. Raises											
1	4d	E-Z curl bar bicep curl											
1	5a	Core (abs, low back, etc.)	4x10-15	4x10-15									
2	1a	Cardio 10 minutes											
2	2a	Front Squat	3x12-15	4x12-15									
2	2b	Decline chest fly											
2	2c	Dead lift (traditional)											
2	2d	Bentover DB Flys											
2	3a	Cardio 10 minutes											
2	4a	Reverse Lunges	3x12-15	4x12-15									
2	4b	Skull Crushers											
2	4c	Upright rows											
2	4d	DB bicep concentration curl											
2	5a	Core	4x10-15	4x10-15									

Here's how to do it: Do 10 min of cardio and then circuit the next four exercises (meaning move from one exercise to the next without resting until you complete the target number of sets). One set = one time through the four exercises. After completing the sets, do another 10 minutes of cardio and then move into the 2nd circuit of the day. Finish with abdominal work.

Be sure to keep the weight light so you can complete all reps and sets without resting between exercises!

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Basic Training Phase I

Weeks 7, 8		Sets		Reps		Rest	Week One				
Day	Order	Min	Max	Min	Max		Set 1	Set 2	Set 3	Set 4	
1	1a	Easy hang cleans	2	3	3	3	2 min.				
1	2a	Light squats	2	2	6	6	2 min.				
1	3a	Light bench press	2	2	6	6	2 min.				
1	4a	Overhead med ball throw <i>(Throw backwards toward wall while back it to wall)</i>	3	3	5	5	90 sec.				
1	5a	Swiss ball rollouts (abs)	3	3	8	10	90 sec.				
2	1a	Jump squats	2	3	3	3	2 min.				
2	2a	DB shoulder press	2	2	6	6	2 min.				
2	3a	DB bicep curls	2	2	6	6	2 min.				
2	4a	Tricep kickbacks	2	2	6	6	2 min.				
2	5a	Twisting crunches	3	3	10	15	90 sec.				

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During week 8, you should take an active rest week. Be active, but you don't need to be in the weight room. By this point you should have been going pretty hard and getting in better condition. Let your body recover this week and next week the workout will transition into more strength work.

Then, move onto PHASE II!

Basic Training Phase 2

Weeks 9, 10		Training Parameters		Week One				Week Two				
Day	Order	Exercise	Sets/Reps	Rest	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1	1a	Bench press	4x10	90s								
1	2a	Incline DB flyes	3x8-10	90s								
1	3a	Push-ups on swiss ball	3x8-10	90s								
1	4a	DB shoulder press	3x10	90s								
1	5a	DB lateral raise	2x12	90s								
1	6a	EZ bar skullcrushers	3x8-10	90s								
1	7a	Rope tricep pushdowns	2x10-12	90s								
1	8a	Upper / side abs	3x15-20 ea.	60s								
2	1a	Front squats	4x10	90s								
2	2a	Deadlifts	3x8-10	90s								
2	3a	Lying leg curls	3x8-10	90s								
2	4a	Bent over DB row	3x10	90s								
2	5a	Front lat pulldown	2x12	90s								
2	6a	Straight bar curls	3x8-10	90s								
2	7a	Low cable bicep curls	2x10-12	90s								
2	8a	Lower abs	3x10-12	90s								
3	1a	Incline DB press	3x6-10	120s								
3	2a	Decline DB flyes	2x6-10	120s								
3	3a	DB Poliquin press	3x10	90s								
3	4a	DB arc row	3x10	90s								
3	5a	Close grip bench press	3x6-10	120s								
3	6a	Weighted dips	2x10-12	90s								
3	7a	Upper / side abs	2x15-20 ea.	60s								
4	1a	Weighted chin-ups	3x6-10	120s								
4	2a	Bent over barbell row (underhand)	2x6-10	120s								
4	3a	DB pullover	2x6-10	120s								
4	4a	Hip sled	3x6-10	120s								
4	5a	One leg squat (back foot on bench)	2x10-12	90s								
4	6a	Hip flexion (on multi-hip machine)	2x10-12	90s								
4	7a	Biceps -- your choice -- 2 exercises	2x6-10 ea.	120s								
4	8a	Lower abs	3x10-12	90s								

Note that the relative intensity (amount of weight) is higher on day 3 and 4

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Basic Training Phase 2

Weeks 11, 12			Training Parameters		Week One				Week Two			
Day	Order	Exercise	Sets/Reps	Rest	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1	1a	Flat bench (fairly light)	3x8									
1	1b	Flat DB flyes	3x8	90 sec								
1	2a	Machine chest press	2x triple drop	120 sec								
1	3a	DB Arnold presses	3x8-10	90 sec								
1	4a	Upright row	3x8									
1	4b	DB lateral raise	3x8	90 sec								
1	5a	DB skullcrushers	2x8-10									
1	5b	Bench dips (add weight on lap)	2x10-15									
1	5c	Diamond push-ups (feet up on bench)	2x failure	120 sec								
1	6a	Upper / Side abs	3x15-20 ea.	60 sec								
Week 2												
2	1a	Back squats (fairly light)	3x8									
2	1b	Forward lunges	3x8 ea. Leg	90 sec								
2	2a	Hip sled	2x trip. Drop	120 sec								
2	3a	Seated row	3x8-10									
2	3b	Bent over DB flyes	3x8-10	90 sec								
2	4a	1-arm corner row (use foam)	2x12 ea.	none								
2	5a	Reverse curls	3x8-10									
2	5b	45 lb. Plate hold	3x20-30 sec	90 sec.								
2	6a	Lower abs	3x10-15	90 sec.								
Week 3												
3	1a	Decline barbell press	8-6-6	120 sec								
3	2a	Flat DB press	2x6	120 sec								
3	3a	DB cobra	3x8	90 sec								
3	4a	Barbell shrugs	3x6	120 sec								
3	5a	Cable rope pushdowns	3x6-10 ea.	120 sec								
3	6a	Upper / side abs	3x15-20 ea.	60 sec								
Week 4												
4	1a	Behind neck pull-ups	3x6-8	120 sec								
4	2a	Row to neck (use rope)	2x6-8									
4	2b	Straight arm cable pulldown	2x10	120 sec								
4	3a	1-leg squat off box	2x8-12	90 sec								
4	4a	Overhead squats	3x8	120 sec								
4	5a	Reverse incline DB curls	2x8-10									
4	5b	Low cable bicep curl	2x8-10	90 sec								
4	6a	Run the rack bicep curls	2x failure	120 sec								
4	7a	Low abs	3x10-15	90 sec								

Note that the relative intensity (amount of weight) is higher on day 3 and 4

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Basic Training Phase 2

Weeks 13, 14		Training Parameters			Week One				Week Two			
Day	Order	Exercise	Sets/Reps	Rest	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1	1a	Front Squat	4x6-8	2.5 min								
1	2a	Romanian Deadlift	4x6-8	2.5 min								
1	3a	Towel grip pull-ups	3x8	1.5 min								
1	4a	Bent over DB rows	3x8	1.5 min								
1	5a	Seated Hammer Curl	3x8	1.5 min								
1	6a	Standing good mornings	2x10	30 sec								
1	7a	abs I or IV	2x8-12	60 sec								
2	1a	DB Snatch	3x5	2.5 min								
2	2a	Incline Bench Press	4x6-8	2.5 min								
2	3a	DB Shoulder Press	4x6-8	2.5 min								
2	4a	Tricep Pushdown	3x8	1.5 min								
2	5a	Skull crushers (DB)	3x8	1.5 min								
2	6a	Cobra	3x8	1.5 min								
2	7a	abs II or III	2x15-20	30 sec								
3	1a	Hip sled	4x6-8	2.5 min								
3	2a	Lying leg curl	4x6-8	2.5 min								
3	3a	Supine Pull-ups (use towels)	3x8	1.5 min								
3	4a	Behind neck pull-ups	3x8	1.5 min								
3	5a	Hammer Curls	3x8	1.5 min								
3	6a	Standing good mornings	2x10	30 sec								
3	7a	abs I or IV	2x8-12	60 sec								
4	1a	Hang Clean	4x5	2.5 min								
4	2a	DB Flat Bench Press	4x6-8	2.5 min								
4	3a	Standing Shoulder Press	4x6-8	2.5 min								
4	4a	Tricep Pushdown (underhand)	3x8	1.5 min								
4	5a	Skull crushers (underhand barbell)	3x8	1.5 min								
4	6a	DB Poloquin press	3x8	1.5 min								
4	7a	abs II or III	2x15-20	30 sec								

Refer to Abdominal sheet for ab exercises

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Basic Training Phase 2

Week 15		Training Parameters		Week One				
Day	Order	Exercise	Sets/Reps	Rest	Set 1	Set 2	Set 3	Set 4
1	1a	Power clean	3x4	2 min				
1	2a	Back squat	3x6					
1	3a	Step-ups (set high -- 3rd hole)	3x5					
1	4a	Towel grip pull-ups	3x6					
2	1a	Bench press	3x5					
2	2a	DB arnold press	3x6					
2	3a	EZ bar bicep preacher curls	3x6					
2	4a	Rope tricep pushdown	3x6					
3	1a	Push-jerks	3x4					
3	2a	Front squats	3x6					
3	3a	Push-up throws (hands on bench)	3x5					
3	4a	Row to neck (use rope)	3x6					
<p>Don't go to failure on anything this week -- this is a recovery week for you. If you're supposed to do 6 reps, pick a weight that you can do 8-10 times -- keep the intensity pretty light!</p>								
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Ready to move onto Phase 3???

Basic Training Phase III

Weeks 16, 17			Training Parameters			Week One				Week Two			
Day	Order	Exercise	Intensity	Sets/Reps	Rest	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1	1a	Squat	50%	3x6	2 min								
1	2a	Forward lunge	50%	2x6	2 min								
1	3a	Seated row	50%	3x6	2 min								
1	4a	Front lat pulldown	50%	2x6	2 min								
1	5a	EZ bar bicep curls	75%	3x6	2 min								
1	6a	Reverse crunches	N/A	3x12-15	90s								
2	1a	Hanging leg raises	N/A	3x8	2 min								
2	2a	Bench press	50%	3x6	2 min								
2	3a	Incline DB flyes	50%	2x6	2 min								
2	4a	Seated DB shoulder press	50%	3x6	2 min								
2	5a	EZ bar skullcrushers	75%	3x6	2 min								
2	6a	Crunches	N/A	3x15-30	90s								
3	1a	1-leg squat (back foot on bench)	50%	3x6	2 min								
3	2a	Bent over DB row	50%	2x6	2 min								
3	3a	Incline DB press	50%	2x6	2 min								
3	4a	RDL	50%	2x6	2 min								
3	5a	DB arc row	50%	2x6	2 min								
3	6a	Twisting crunches or med ball throws	N/A	3x10-15	90s								

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Basic Training Phase III

Weeks 18, 19			Training Parameters			Week One				Week Two			
Day	Order	Exercise	Intensity	Sets/Reps	Rest	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1	1a	Squat	70%	3x8	2 min								
1	2a	Step-up	70%	2x8	2 min								
1	3a	RDL	65%	3x8	2 min								
1	4a	Seated row -- wide grip	70%	3x8	2 min								
1	5a	Reverse grip lat pulldown	70%	2x8	2 min								
1	6a	Reverse curls	70%	3x8	2 min								
1	7a	Reverse crunches		3x12-15									
2	1a	Hanging leg raises	N/A	3x8	2 min								
2	2a	Bench press	70%	3x8	2 min								
2	3a	Flat DB flyes	70%	3x8	2 min								
2	4a	DB lateral raises	70%	3x8	2 min								
2	5a	DB cobra	70%	3x8	2 min								
2	6a	Tricep kickback	70%	3x8	2 min								
2	7a	Crunches	N/A	3x15-30	60s								
3	1a	Front squat	70%	3x8	2 min								
3	2a	Bent over DB flyes	70%	3x8	2 min								
3	3a	Push-up on swiss ball	70%	3x8-12	2 min								
3	4a	1-leg RDL	70%	2x8	2 min								
3	5a	DB swim	70%	2x8	2 min								
3	6a	Twisting crunches or med ball throws	N/A	3x10-15	90s								

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Basic Training Phase III

Weeks 20, 21			Training Parameters			Week One				Week Two			
Day	Order	Exercise	Intensity	Sets/Reps	Rest	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1	1a	Squat	70-70-75-80	8-8-6-6	2-3 min								
1	2a	45 degree lunge	75%	3x6	2-3 min								
1	3a	RDL	75%	3x6	2-3 min								
1	4a	Narrow grip lat pulldown	70-70-75-80	8-8-6-6	2-3 min								
1	5a	Overhand barbell row	75%	3x6	2-3 min								
1	6a	Hammer grip bicep curls	75%	3x6	2-3 min								
1	7a	Decline bench leg raises	N/A	3x12-15	90s								
2	1a	Body curls	N/A	3x8	2 min								
2	2a	Narrow grip bench press	70-70-75-80	8-8-6-6	2-3 min								
2	3a	Push up throws	100%	3x6	2-3 min								
2	4a	DB lateral raises	75%	3x6	2-3 min								
2	5a	DB arc row	75%	3x6	2-3 min								
2	6a	DB skullcrushers	75%	3x6	2-3 min								
2	7a	Crunches	N/A	3x15-30	60s								
3	1a	Squat	70%	3x6	2 min								
3	1b	Forward lunges	70%	3x6	2 min								
3	2a	Seated row	70%	3x6	2 min								
3	2b	Back hyperextensions	N/A	3x6	2 min								
3	3a	Flat DB press	70%	3x6	2 min								
3	3b	Push-up on swiss ball	N/A	3x6-10	2 min								
3	4a	EZ bar bicep curls	70%	3x6	2 min								
3	4b	Cable tricep pushdowns	70%	3x6	2 min								
3	5a	Twisting crunches or med ball throws	N/A	3x10-15	90s								

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Basic Training Phase III

Week 22		Training Parameters				Week One			
Day	Order	Exercise	Intensity	Sets/Reps	Rest	Set 1	Set 2	Set 3	Set 4
1	1a	Hip sled	50%	3x8	2 min				
1	2a	Leg curl	50%	3x8	2 min				
1	3a	Bent over DB flyes	50%	3x8	2 min				
1	4a	Lower abs	N/A	3x10-15	2 min				
2	1a	Flat DB press	50%	3x8	2 min				
2	2a	DB shoulder press	50%	3x8	2 min				
2	3a	DB tricep kickbacks	50%	3x8	2 min				
2	4a	Upper & side abs	N/A	3x15-30	90s				

Unloading Week

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Congrats! You have completed basic training! You can continue your training by speaking with the UW-L Strength and Conditioning Staff!