

FORTITUDE August 2006 Strength Program - Phase 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week 7	3x12		3x12		3x12	
	5 minute warm up 1. Bar Front Squat 2. Pulp 3a. Step Up/Bar 3b. One Arm Rack Pullup 4a. Leg Press 4b. T-Bar Row 5a. Reverse Crunch 5b. Bar Curl 6. Swiss Ball Crunch 10 minute stretch	Treadmill or Outdoor Jog 20 minutes 10 minute stretch	5 minute warm up 1. Bar Deadlift/Floor 2. Bar Shoulder Press 3a. Leg Press/One Leg 3b. One Arm Rack Pushup 4a. Dumbbell Lunge 4b. Incline Dumbbell Press 5a. Decline Situp 5b. Barbell Tricep Extension 6. Straight Leg Raise 10 minute stretch	Treadmill or Outdoor Jog 20 minutes 10 minute stretch	5 minute warm up 1. Bar Squat 2. Pullup 3a. Leg Curl/One Leg 3b. Reverse Grip Bench Press 4a. Leg Extension/One Leg 4b. Reverse + Close Grip Lat Pulldown 5. Dumbbell Double Crunch 6. Cable Russian Twist 7. Leg Press Calf Raise 10 minute stretch	Treadmill or Outdoor Jog 20 minutes 10 minute stretch
week 8	3x10		3x10		3x10	
	5 minute warm up 1. Bar Front Squat 2. Pulp 3a. Step Up/Bar 3b. One Arm Rack Pullup 4a. Leg Press 4b. T-Bar Row 5a. Reverse Crunch 5b. Bar Curl 6. Swiss Ball Crunch 10 minute stretch	Treadmill or Outdoor Jog 20 minutes 10 minute stretch	5 minute warm up 1. Bar Deadlift/Floor 2. Bar Shoulder Press 3a. Leg Press/One Leg 3b. One Arm Rack Pushup 4a. Dumbbell Lunge 4b. Incline Dumbbell Press 5a. Decline Situp 5b. Barbell Tricep Extension 6. Straight Leg Raise 10 minute stretch	Treadmill or Outdoor Jog 20 minutes 10 minute stretch	5 minute warm up 1. Bar Squat 2. Pullup 3a. Leg Curl/One Leg 3b. Reverse Grip Bench Press 4a. Leg Extension/One Leg 4b. Reverse + Close Grip Lat Pulldown 5. Dumbbell Double Crunch 6. Cable Russian Twist 7. Leg Press Calf Raise 10 minute stretch	Treadmill or Outdoor Jog 20 minutes 10 minute stretch
week 9	1x12,10,8		1x12,10,8		1x12,10,8	
	5 minute warm up 1. Bar Front Squat 2. Pulp 3. Step Up/Bar 4. One Arm Rack Pullup 5. Leg Press 6. T-Bar Row 7. Reverse Crunch 8. Bar Curl 9. Swiss Ball Crunch 10 minute stretch	Treadmill or Outdoor Jog 25 minutes 10 minute stretch	5 minute warm up 1. Bar Deadlift/Floor 2. Bar Shoulder Press 3. Leg Press/One Leg 4. One Arm Rack Pushup 5. Dumbbell Lunge 6. Incline Dumbbell Press 7. Decline Situp 8. Barbell Tricep Extension 9. Straight Leg Raise 10 minute stretch	Treadmill or Outdoor Jog 25 minutes 10 minute stretch	5 minute warm up 1. Bar Squat 2. Pullup 3. Leg Curl/One Leg 4. Reverse Grip Bench Press 5. Leg Extension/One Leg 6. Reverse + Close Grip Lat Pulldown 7. Dumbbell Double Crunch 6. Cable Russian Twist 7. Leg Press Calf Raise 10 minute stretch	Treadmill or Outdoor Jog 25 minutes 10 minute stretch

week 10	4x8		4x8		4x8	
	5 minute warm up 1. Bar Front Squat 2. Pullp 3a. Step Up/Bar 3b. One Arm Rack Pullup 4a. Leg Press 4b. T-Bar Row 5a. Reverse Crunch 5b. Bar Curl 6. Swiss Ball Crunch 10 minute stretch	Treadmill or Outdoor Jog 25 minutes 10 minute stretch	5 minute warm up 1. Bar Deadlift/Floor 2. Bar Shoulder Press 3a. Leg Press/One Leg 3b. One Arm Rack Pushup 4a. Dumbbell Lunge 4b. Incline Dumbbell Press 5a. Decline Situp 5b. Barbell Tricep Extension 6. Straight Leg Raise 10 minute stretch	Treadmill or Outdoor Jog 25 minutes 10 minute stretch	5 minute warm up 1. Bar Squat 2. Pullup 3a. Leg Curl/One Leg 3b. Reverse Grip Bench Press 4a. Leg Extension/One Leg 4b. Reverse + Close Grip Lat Pulldown 5. Dumbbell Double Crunch 6. Cable Russian Twist 7. Leg Press Calf Raise 10 minute stretch	Treadmill or Outdoor Jog 25 minutes 10 minute stretch

week 11	1x10,8,6,6		1x10,8,6,6		1x10,8,6,6	
	5 minute warm up 1. Bar Front Squat 2. Pullp 3. Step Up/Bar 4. One Arm Rack Pullup 5. Leg Press 6. T-Bar Row 7. Reverse Crunch 8. Bar Curl 9. Swiss Ball Crunch 10 minute stretch	Treadmill or Outdoor Jog 30 minutes 10 minute stretch	5 minute warm up 1. Bar Deadlift/Floor 2. Bar Shoulder Press 3. Leg Press/One Leg 4. One Arm Rack Pushup 5. Dumbbell Lunge 6. Incline Dumbbell Press 7. Decline Situp 8. Barbell Tricep Extension 9. Straight Leg Raise 10 minute stretch	Treadmill or Outdoor Jog 30 minutes 10 minute stretch	5 minute warm up 1. Bar Squat 2. Pullup 3. Leg Curl/One Leg 4. Reverse Grip Bench Press 5. Leg Extension/One Leg 6. Reverse + Close Grip Lat Pulldown 7. Dumbbell Double Crunch 6. Cable Russian Twist 7. Leg Press Calf Raise 10 minute stretch	Treadmill or Outdoor Jog 30 minutes 10 minute stretch

week 12	1x10,8,6,6		1x10,8,6,6		1x10,8,6,6	
	5 minute warm up 1. Bar Front Squat 2. Pullp 3. Step Up/Bar 4. One Arm Rack Pullup 5. Leg Press 6. T-Bar Row 7. Reverse Crunch 8. Bar Curl 9. Swiss Ball Crunch 10 minute stretch	Treadmill or Outdoor Jog 30 minutes 10 minute stretch	5 minute warm up 1. Bar Deadlift/Floor 2. Bar Shoulder Press 3. Leg Press/One Leg 4. One Arm Rack Pushup 5. Dumbbell Lunge 6. Incline Dumbbell Press 7. Decline Situp 8. Barbell Tricep Extension 9. Straight Leg Raise 10 minute stretch	Treadmill or Outdoor Jog 30 minutes 10 minute stretch	5 minute warm up 1. Bar Squat 2. Pullup 3. Leg Curl/One Leg 4. Reverse Grip Bench Press 5. Leg Extension/One Leg 6. Reverse + Close Grip Lat Pulldown 7. Dumbbell Double Crunch 6. Cable Russian Twist 7. Leg Press Calf Raise 10 minute stretch	Treadmill or Outdoor Jog 30 minutes 10 minute stretch

week 13	3x12		3x12		3x12	
5 minute warm up 1. Overhead Bar Squat 2. Muscle Up 3a. Kettlebell Rack Step Up 3b. Assist One Arm Pullup 4a. Barbell Squat 4b. Pullup 5a. Decline Reverse Crunch 5b. Bar Bent Over Row 6. Decline SitUp 10 minute stretch	Treadmill or Outdoor Jog 35 minutes 10 minute stretch	5 minute warm up 1. Snatch Grip Deadlift 2. Cable Shoulder Press 3a. One Leg Box Squat 3b. Hand Stand Pushup 4a. Bar Lunge 4b. Alternate One Arm Pushup 5a. One Leg Situp 5b. Stand Cable Tricep Extension 6. Pike 10 minute stretch	Treadmill or Outdoor Jog 35 minutes 10 minute stretch	5 minute warm up 1. Rocker Board Dumbbell Squat 2. Rope Pullup 3a. One Leg Deadlift 3b. One Arm Dumbbell Bench Press 4a. Seat Calf raise 4b. One Arm Dumbbell Bent Over Row 5. Dumbbell Decline Russian Twist 6. Cable Double Crunch 7. Transverse Abdominal Breathing 10 minute stretch	Treadmill or Outdoor Jog 35 minutes 10 minute stretch	
week 14	3x10		3x10		3x10	
5 minute warm up 1. Overhead Bar Squat 2. Muscle Up 3a. Kettlebell Rack Step Up 3b. Assist One Arm Pullup 4a. Barbell Squat 4b. Pullup 5a. Decline Reverse Crunch 5b. Bar Bent Over Row 6. Decline SitUp 10 minute stretch	Treadmill or Outdoor Jog 35 minutes 10 minute stretch	5 minute warm up 1. Snatch Grip Deadlift 2. Cable Shoulder Press 3a. One Leg Box Squat 3b. Hand Stand Pushup 4a. Bar Lunge 4b. Alternate One Arm Pushup 5a. One Leg Situp 5b. Stand Cable Tricep Extension 6. Pike 10 minute stretch	Treadmill or Outdoor Jog 35 minutes 10 minute stretch	5 minute warm up 1. Rocker Board Dumbbell Squat 2. Rope Pullup 3a. One Leg Deadlift 3b. One Arm Dumbbell Bench Press 4a. Seat Calf raise 4b. One Arm Dumbbell Bent Over Row 5. Dumbbell Decline Russian Twist 6. Cable Double Crunch 7. Transverse Abdominal Breathing 10 minute stretch	Treadmill or Outdoor Jog 35 minutes 10 minute stretch	
week 15	1x12,10,8		1x12,10,8		1x12,10,8	
5 minute warm up 1. Overhead Bar Squat 2. Muscle Up 3. Kettlebell Rack Step Up 4. Assist One Arm Pullup 5. Barbell Squat 6. Pullup 7. Decline Reverse Crunch 8. Bar Bent Over Row 9. Decline SitUp 10 minute stretch	Treadmill or Outdoor Jog 40 minutes 10 minute stretch	5 minute warm up 1. Snatch Grip Deadlift 2. Cable Shoulder Press 3. One Leg Box Squat 4. Hand Stand Pushup 5. Bar Lunge 6. Alternate One Arm Pushup 7. One Leg Situp 8. Stand Cable Tricep Extension 9. Pike 10 minute stretch	Treadmill or Outdoor Jog 40 minutes 10 minute stretch	5 minute warm up 1. Rocker Board Dumbbell Squat 2. Rope Pullup 3. One Leg Deadlift 4. One Arm Dumbbell Bench Press 5. Seat Calf raise 6. One Arm Dumbbell Bent Over Row 7. Dumbbell Decline Russian Twist 8. Cable Double Crunch 9. Transverse Abdominal Breathing 10 minute stretch	Treadmill or Outdoor Jog 40 minutes 10 minute stretch	

week 16	4x8		4x8		4x8	
	5 minute warm up 1. Overhead Bar Squat 2. Muscle Up 3a. Kettlebell Rack Step Up 3b. Assist One Arm Pullup 4a. Barbell Squat 4b. Pullup 5a. Decline Reverse Crunch 5b. Bar Bent Over Row 6. Decline SitUp 10 minute stretch	Treadmill or Outdoor Jog 40 minutes 10 minute stretch	5 minute warm up 1. Snatch Grip Deadlift 2. Cable Shoulder Press 3a. One Leg Box Squat 3b. Hand Stand Pushup 4a. Bar Lunge 4b. Alternate One Arm Pushup 5a. One Leg Situp 5b. Stand Cable Tricep Extension 6. Pike 10 minute stretch	Treadmill or Outdoor Jog 40 minutes 10 minute stretch	5 minute warm up 1. Rocker Board Dumbbell Squat 2. Rope Pullup 3a. One Leg Deadlift 3b. One Arm Dumbbell Bench Press 4a. Seat Calf raise 4b. One Arm Dumbbell Bent Over Row 5. Dumbbell Decline Russian Twist 6. Cable Double Crunch 7. Transverse Abdominal Breathing 10 minute stretch	Treadmill or Outdoor Jog 40 minutes 10 minute stretch
week 17	1x10,8,6,6		1x10,8,6,6		1x10,8,6,6	
	5 minute warm up 1. Overhead Bar Squat 2. Muscle Up 3. Kettlebell Rack Step Up 4. Assist One Arm Pullup 5. Barbell Squat 6. Pullup 7. Decline Reverse Crunch 8. Bar Bent Over Row 9. Decline SitUp 10 minute stretch	Treadmill or Outdoor Jog 45 minutes 10 minute stretch	5 minute warm up 1. Snatch Grip Deadlift 2. Cable Shoulder Press 3. One Leg Box Squat 4. Hand Stand Pushup 5. Bar Lunge 6. Alternate One Arm Pushup 7. One Leg Situp 8. Stand Cable Tricep Extension 9. Pike 10 minute stretch	Treadmill or Outdoor Jog 45 minutes 10 minute stretch	5 minute warm up 1. Rocker Board Dumbbell Squat 2. Rope Pullup 3. One Leg Deadlift 4. One Arm Dumbbell Bench Press 5. Seat Calf raise 6. One Arm Dumbbell Bent Over Row 7. Dumbbell Decline Russian Twist 8. Cable Double Crunch 9. Transverse Abdominal Breathing 10 minute stretch	Treadmill or Outdoor Jog 45 minutes 10 minute stretch
week 18	1x10,8,6,6		1x10,8,6,6		1x10,8,6,6	
	5 minute warm up 1. Overhead Bar Squat 2. Muscle Up 3. Kettlebell Rack Step Up 4. Assist One Arm Pullup 5. Barbell Squat 6. Pullup 7. Decline Reverse Crunch 8. Bar Bent Over Row 9. Decline SitUp 10 minute stretch	Treadmill or Outdoor Jog 45 minutes 10 minute stretch	5 minute warm up 1. Snatch Grip Deadlift 2. Cable Shoulder Press 3. One Leg Box Squat 4. Hand Stand Pushup 5. Bar Lunge 6. Alternate One Arm Pushup 7. One Leg Situp 8. Stand Cable Tricep Extension 9. Pike 10 minute stretch	Treadmill or Outdoor Jog 45 minutes 10 minute stretch	5 minute warm up 1. Rocker Board Dumbbell Squat 2. Rope Pullup 3. One Leg Deadlift 4. One Arm Dumbbell Bench Press 5. Seat Calf raise 6. One Arm Dumbbell Bent Over Row 7. Dumbbell Decline Russian Twist 8. Cable Double Crunch 9. Transverse Abdominal Breathing 10 minute stretch	Treadmill or Outdoor Jog 45 minutes 10 minute stretch