

Freak Strength Template 1 Week Trial

Exercise	Monday	Tuesday	Wed	Thursday	Friday
1	4x5 Elevated split squats (Find comfortable dumbbell weight where stability is compromised)	4x5 Military press 80% derived from day's max.	OFF	5x5 Deadlifts 75% derived from day's max.	3x6 Explosive dips (can use assistance)
2	4x6 Squats 75% Of Warm Up Max (warm up to max).	3x 10 pull-ups (assisted are fine)/ Lat pull-downs.		3x5 Jump Squats 50% of Monday's max (Barbell and collar preferred)	Standing barbell rows 4x5 70% derived from day's max.
3	4x5 Romanian Deadlifts (Warm up to bar loaded with 60% of bodyweight)	5x5 Bench press 75% Of Warm Up Max (warm up to max)		3x5 Box squats 60% of max box squat.	3x5 2-way Arm raises 5-10% bodyweight
4	Glute-ham raises 4x10/ Ham curls	4x6 Bent-over Barbell rows 65% derived from day's max.		2x4 Power Cleans. Start with bar only to work on form.	5x5 Bench press 50% derived from Tuesday's max.
5	Hanging bent-leg raises (dumbbell between knees) 3x5			2x4 Power Snatches. Start with bar only to work on form.	Hanging bent-leg raises (dumbbell between knees) 3x5
6	Core only	Core only		Core only	Core only

YOUTUBE is your friend for the exercises you do not know how to do! If you can't find them, feel free to email me at link@vertfreak101.com!

Do not exercise without adult supervision, and permission. By doing the exercises you are taking all injury, and liability into your own account, and in no way will hold Adam Linkenauer or Freak Athletics llc liable! :)

For Core exercises, I recommend my Core report program! Here is where you can get it (Yes another free gift!):

<https://s3.amazonaws.com/VFTraining/Free+Reports/Freak+Core+Report.pdf>

Enjoy!

Adam