



SIGNATURE STRENGTH & PHYSIQUE TEMPLATE - PHASE 1

DAY 1 PUSH DOMINANT	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	
A) Plate walkover push ups	3	30 secs AMRAP	3	30 secs AMRAP	2	40 secs AMRAP	2	40 secs AMRAP	30 secs between sets
B) Barbell bench press	4	6-8	4	6-8	3	8-10	3	5	2 mins between sets
C1) High incline DB bench press	3	8-10	3	8-10	4	6-8	4	6-8	30 secs, then move to C2
C2) Close grip push ups	3	30 secs AMRAP	3	30 secs AMRAP	4	40 secs AMRAP	4	6-8	70-80 secs between supersets
D1) Flat DB fly	3	8-10	3	8-10	4	6-8	4	6-8	30 secs, then move to D2
D2) Half kneeling neutral grip DB OH press	3	12-15 R, 12-15 L	3	12-15 R, 12-15 L	4	10-12 R, 10-12 L	4	10-12 R, 10-12 L	70-80 secs between supersets
E) DB rollback extensions	1	50 reps	1	50 reps	1	50 reps	1	50 reps	10 situps w/any break in reps

DAY 2 PULL DOMINANT	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	
A) Plate ground to overhead	3	30 secs AMRAP	3	30 secs AMRAP	2	40 secs AMRAP	2	40 secs AMRAP	30 secs between sets
B) Conventional deadlift	4	6-8	4	6-8	3	8-10	3	5	2 mins between sets
C1) Seated close grip cable row	3	8-10	3	8-10	4	6-8	4	6-8	30 secs, then move to C2
C2) Band pull aparts	3	30 secs AMRAP	3	30 secs AMRAP	4	40 secs AMRAP	4	6-8	70-80 secs between supersets
D1) DB bent over rear delt fly	3	8-10	3	8-10	4	6-8	4	6-8	30 secs, then move to D2
D2) BB close grip bicep curl	3	12-15	3	12-15 R, 12-15 L	4	10-12 R, 10-12 L	4	10-12 R, 10-12 L	70-80 secs between supersets
E) Straight arm pulldown	1	50 reps	1	50 reps	1	50 reps	1	50 reps	5 burpees w/any break in reps

DAY 3 LOWER BODY DOMINANT	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	
A) Jump squats	3	30 secs AMRAP	3	30 secs AMRAP	2	40 secs AMRAP	2	40 secs AMRAP	30 secs between sets
B) Barbell back squat	4	6-8	4	6-8	3	8-10	3	5	2 mins between sets
C1) DB Romanian deadlift	3	8-10	3	8-10	4	6-8	4	6-8	30 secs, then move to C2
C2) Air squat	3	30 secs AMRAP	3	30 secs AMRAP	4	40 secs AMRAP	4	6-8	70-80 secs between supersets
D1) Lateral step up to box (bodyweight only)	3	10 R, then 10 L	3	8-10	4	6-8	4	6-8	3- secs, then move to D2
D2) Calf raise (DBs hanging at sides)	3	12-15 reps	3	12-15 R, 12-15 L	4	10-12 R, 10-12 L	4	10-12 R, 10-12 L	70-80 secs between supersets
E) Toe taps to plate	1	100 reps	1	100 reps	1	100 reps	1	100 reps	8 push ups w/any break in reps

DAY 4 CORE DOMINANT	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	
A) Bike/row/jog (steady and maintainable pace)	1	5 minutes	1	5 minutes	1	5 minutes	1	1	
B1) T-rotation push ups	4	8/10/10/12 total	4	8/10/10/12 total	4	10 total	4	12 total	
B2) Mountain climbers	4	50 total	4	50 total	4	50 total	4	50 total	
B3) Serratus crunch	4	20	4	20	4	25	4	25	60-70 secs between tri sets
C1) Crossbody mountain climbers	4	50 total	4	50 total	4	50 total	4	50 total	
C2) Ab wheel rollout	4	15	4	15	4	20	4	20	
C3) Run/row/bike (your choice, can alternate)	4	2 minutes	4	2 minutes	4	2 minutes	4	2 minutes	60-70 secs between tri sets

DAY 5 UPPER BODY DOMINANT	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	
A) Strict BB overhead press	4	6-8	4	6-8	3	8-10	3	5	2 mins between sets
B) 3 point single arm DB row	3	8-10 R, 8-10 L	3	8-10 R, 8-10 L	4	6-8 R, 6-8 L	4	6-8 R, 6-8 L	70-80 secs between sets
C1) DB bicep curl (supinated grip)	3	10-12	3	10-12	4	8-10	4	8-10	30 secs
C2) DB lateral raise	3	10-12	3	10-12	4	8-10	4	8-10	30 secs
C3) Bench knee tucks	3	25	3	25	4	25	4	25	70-80 secs between trisets
D1) Wide grip push up	3	10	3	10	4	10	4	10	30 secs
D2) Single arm incline DB hammer curl	3	10-12 R, 10-12 L	3	10-12 R, 10-12 L	4	8-10 R, 8-10 L	4	8-10 R, 8-10 L	30 secs
D3) Plank alternating oblique crunch	3	20 total	3	20 total	4	20 total	4	20 total	70-80 secs between trisets

DAY 6 LOWER BODY DOMINANT	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
EXERCISE	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	
A) Leg press	4	6-8	4	6-8	3	8-10	3	5	2 mins between sets
B) Bulgarian split squat (DBs hanging at sides)	3	10 R, then 10 L	3	10 R, then 10 L	4	6-8 R, 6-8 L	4	6-8 R, 6-8 L	70-80 secs between sets
C1) KB/DB goblet squat	3	12-15	3	12-15	4	10-12	4	10-12	30 secs
C2) Russian KB swing	3	12-15	3	12-15	4	10-12	4	10-12	30 secs
C3) Plank shoulder taps	3	20 total	3	20 total	4	20 total	4	20 total	70-80 secs between trisets
D1) DB box step ups (alternating)	3	14/12/10 total	3	14/12/10total	4	14/12/10 total	4	14/12/10 total	30 secs
D2) DB thrusters	3	10	3	10	4	10	4	10	30 secs
D3) Calf raises (bodyweight only; no additional load)	3	30	3	30	4	30	4	30	70-80 secs between trisets