



FOUNDATIONAL

STRENGTH

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Welcome to the 6 week Foundational Strength training plan

This 6 week cycle is meant to help provide you with solid strength foundations and increased fitness levels. This program is also time sensitive because I believe that fitness should enhance your life, not take away from it

I want to spark your passion for strength training and physical fitness while managing your load to ensure recovery is peak, so you can keep coming back for more.

This training program is designed to take your training to the next level, push your current boundaries and expose you to things you may not have been exposed to before.

I hope you enjoy the workouts and be sure to tag me in them on social media and share your progress

[@RobStubbsPT](#)

[#FoundationalStrength](#)

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WEEK 1 - DAY 1

Lower Body Dominant

EXERCISE		SETS	REPS	REST
		COMMENTS		
GET GOING				
10 Air Squats + 5 each leg Single Leg Glute Bridge + 5 each Leg Lateral Lunge + 10 Banded Good Morning + 20s Hollow Hold		3 Rounds <i>Focus on moving through with quality of movement rather than for time</i>  Click each movement for demo		
MAIN				
A1	 Front Squat <i>Build to a Heavy 7 reps for the day</i>	1	7	As Needed
		<i>Form over Weight, keep your elbows high throughout, visualise you are about to be punched in the stomach as you descend. This is your braced position</i>		
A2	 Front Squat (Dropset)	3	7	90-120s
		<i>Use 75% of your daily 7 rep max</i>		
B1	 Rear Foot Elevated Split Squat	3	6 e/s	0s
		<i>Aim to keep torso tall & front shin vertical</i>		
B2	 Dumbbell Romanian Deadlift	3	8	60-90s
		<i>Keep shoulders depressed (away from ears) and focus on pushing hips back rather than bending forward</i>		
C1	 Goblet Lateral Lunge	3	6 e/s	0s
		<i>As you step into the lunge, sit into your hips and allow you knee to track over your toes. Keep trailing leg locked out</i>		
C2	 Russian Kettlebell Swing	3	12	0s
		<i>Do not squat the weight, focus on pushing your hips behind you with soft knees. Generate power from the hips, rather than lower back</i>		
C3	 Hollow Hold	3	30s	60-90s
		<i>Push lower back into the floor in a crunch motion. Regress to 1 knee in or both knees in if needed</i>		
FINISHER				
 Watt Bike or any other exercise bike				
5 Rounds 30 second MAX Effort Pace 30 second RECOVERY Pace				