



7 DAY BASIC STRENGTH PROGRAM

Home Edition

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Recommended Frequency

- Preferred Workout Frequency: Minimum 2 days/Maximum 6 days/week
- Preferred Core Workout Frequency: Minimum 2 days/Maximum 4 days/week

Recommended Format

- Each workout can be done consecutively or out of numbered order.
- Perform no more than one workout and one core workout per day.
- Do not perform the same workout two consecutive days in a row.

Recommended Equipment

- Light, medium, heavy dumbbells/adjustable dumbbells
- Core mat
- Kettlebell(s)
- Stability ball
- Chair or bench

Instructions:

- Choose a weight that is challenging for the assigned reps.
- Never EVER sacrifice form.
- Do not perform the same workout routine two days in a row.
- When ready, increase weight for a single set instead of increasing the weight for all the sets. This helps with a gradual strength progression.
- These workouts can be adapted, adjusted, modified and used for years. They are foundational and meant to build a strong base as well as work on deficits.
- Core routines can be done the same day as a workout or on different days.
- At the least, have 1 complete day of rest each week.

Disclaimer:

The information here is meant to supplement and not replace, proper supervised exercise. Like with any type of physical fitness, there is inherent risk with exercise. Bethesda Project Fitness advises all participants to take responsibility for their safety and know their limits. Make sure any equipment used is well maintained and do not take risks beyond your physical level and beyond your aptitude, training and comfort level. Consult your physician before beginning any workout routine.

WORKOUT 1

1. Bicep Curl: 3x12-15
2. Bent Over Row (BOR): 3x8-10
3. Goblet Squats: 3x10-15*
4. Lateral Lunge: 3x10 each leg*
5. Calf Raise: 3x15*
6. Overhead Triceps Ext: 3x10-15

WORKOUT 2

1. Kettlebell Swing: 3-5x15-20
2. Arnold Press: 3x10-15
3. Single-Arm Front Rack Squat: 3x6-8 each side
4. Reverse Lunge: 3x10 each leg*
5. Push-ups: 3-5x5-20
6. Stability Ball (SB) Bridge or Hamstring (HS) Curl: 3x10-15/Double Leg Glute Bridge (if no stability ball)

WORKOUT 3

1. Double Arm BOR: 3x10-15
2. Single leg RDL: 3x10 each leg
3. Sumo Squat: 3x10-20
4. Bulgarian Split Squats: 3x12-15
5. Y-T-W on SB: 3x5-10 each
6. Pec Fly: 3x10-15

WORKOUT 4

1. SB Back Hyperextensions: 3x10-15
2. SB Reverse Hyperextensions: 3x10-15
3. Lateral Step Up: 3x10*
4. Rear Delt Fly: 3x10-15
5. Dumbbell Chest Press: 3x10-12
6. Forward Lunge: 3x10-15 each leg*

CORE WORKOUT 1

Instructions:

- 2-3 rounds
- 10-20 sec work/5-10 sec rest

1. Mason twist (with or w/o weight)
2. Side plank
3. Other side
4. Sit-up (or Crunch)

CORE WORKOUT 2

Instructions:

- 2-3 rounds
- 10-20 sec work/5-10 sec rest

1. X-Crunch
2. Side Plank Hip Dips
3. Other Side
4. Roll-ups (or modified to knees)