



1 WEEK BIASED 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 1 day/Maximum 4 days/week

Example Workout Schedule:

- Day 1: Workout 1
- Day 2: Rest
- Day 3: Workout 2/Core Workout 1
- Day 4: Rest
- Day 5: Workout 3/Core Workout 2
- Day 6: Rest
- Day 7: Workout 4

Recommended Equipment

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

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.
- Perform no more than one workout and one core workout per day.
- Each workout is designed so it can be varied in the workout schedule.

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

Chest, Biceps & Shoulders

1. Bicep Curl: 3x12-15
2. Hammer Curl: 3x8-10
3. Forward Raises: 3x10-15
4. Push-ups: 3x10
5. Pec Fly: 3x15
6. Arnold Press: 3x10-15

Workout 2

Glutes, Calves and Hamstrings

1. Kettlebell Swing: 3-5x15-20
2. SL RDL: 3x10*
3. Glute Bridge (double or single leg): 3x10
4. Stability Ball (SB) Bridge or Hamstring (HS) Curl: 3x10-15/Double Leg Glute Bridge (if no stability ball)
5. Calf Raise: 3x15-20

Workout 3

Back & Triceps

1. Bent Over Row (BOR): 3x10
2. SB Back Hyperextensions: 3x10-15
3. SB Reverse Hyperextensions: 3x10-15
4. Y-T-W on SB: 3x5-10 each
5. Overhead Triceps Extension: 3x10-15
6. Skull Crushers: 3x10-15

Workout 4

Legs

1. Goblet Squat: 3x10-15
2. Lateral Step Up: 3x10*
3. Front Rack Squat 3x10-15
4. Bulgarian Split Squats: 3x12-15*
5. Sumo Squat: 3x10-15
6. Lateral Lunge: 3x10*

CORE WORKOUT 1

Instructions:

- 2-4 rounds
- 10-20 sec work/0-10 sec rest

1. Side plank
2. Other side
3. Core Rotation Hold
4. Other Side

CORE WORKOUT 2

Instructions:

- 2-4 rounds
- 10-20 sec work/0-10 sec rest

1. X-Crunch
2. Leg lifts
3. High plank knee-to-elbow
4. Roll-ups