

Basic Strength 2 - High Intensity Training

- 2 minutes rest between sets
- Very high intensity in each set – max reps with the given load (but avoid lifting to failure until last set)
- 2-3 sessions/week
- This program suits intermediate and advanced athletes seeking for strength and muscle growth
- Proper warm up with lighter loads is a must!

Week 1-3	6 x 6 reps; 3 days/week
Week 4	6 x 6 reps; 2 days/week and reduce load 20 %
Week 5-7	6 x 6 reps; 3 days/week
Week 8	6 x 6 reps; 2 days/week and reduce load 20 %
Week 9-11	5 x 5 reps; 3 days/week
Week 12	5 x 5 reps; 2 days/week and reduce load 20 %
Week 13-15	5 x 5 reps; 3 days/week
Week 16	5 x 5 reps; 2 days/week and reduce load 20 %



Exercise #4 "High seated back extensions": 2 x 15 reps at all times

Lift as much weight as possible with proper technique!

Watch the "Basic Strength 2" video at www.homebuiltstrength.com for tips and adjustments☺

