

## Basic Strength 4 – Max Strength

- Start every “3 week cycle” with a load that you manage easily and try to increase load a little bit between the 9 sessions in each “3 week cycle” (The 4 “3 week cycles”: week 1-3, 5-7, 9-11, 13-15)
- Do every rep with highest possible force development – FOCUS and EXPLOSION.
- Never lift to failure but at the end of each “3 week cycle” you shall be pushed to your limit!
- 2-3 sessions/week
- This program suits advanced athletes seeking for maximal strength and rapid force development
- Proper technique and warm up with lighter loads is a must!

Week 1-3	10 x 3 reps – start new set every minute; 3 days/week
Week 4	10 x 3 reps – 1 minute; 2 days/week and reduce load 20 %
Week 5-7	10 x 3 reps – start new set every minute; 3 days/week
Week 8	10 x 3 reps – 1 minute; 2 days/week and reduce load 20 %
Week 9-11	5 x 3 reps – start new set every 2 <sup>nd</sup> minute; 3 days/week
Week 12	5 x 3 reps – 2 minutes; 2 days/week and reduce load 20 %
Week 13-15	5 x 3 reps – start new set every 2 <sup>nd</sup> minute; 3 days/week
Week 16	5 x 3 reps – 2 minutes; 2 days/week and reduce load 20 %



- **Exercise #4 “Romanian deadlift”:** 3 x 8-12 reps at all times
- **Exercise #5 “Roll ups”:** Follow program, but do reps slower or increase rep number to increase difficulty (instead of adding weight)
- Watch the “Basic Strength 4” video at [www.homebuiltstrength.com](http://www.homebuiltstrength.com) for tips and adjustments☺

