

## Basic Strength 1 - 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 beginners, intermediate and advanced athletes seeking for strength and muscle growth
- Proper warm up with lighter loads is a must!

Week 1-3	2 x 15-20 reps; 3 days/week
Week 4	2 x 15-20 reps; 2 days/week and reduce load 20 %
Week 5-7	3 x 12 reps; 3 days/week
Week 8	3 x 12 reps; 2 days/week and reduce load 20 %
Week 9-11	3 x 10 reps; 3 days/week
Week 12	3 x 10 reps; 2 days/week and reduce load 20 %
Week 13-15	4 x 8 reps; 3 days/week
Week 16	4 x 8 reps; 2 days/week and reduce load 20 %



**Exercise #4: 2 x 15 reps at all times**

**Lift as much weight as possible with proper technique!**

Watch the "Basic Strength 1" video at [www.homebuiltstrength.com](http://www.homebuiltstrength.com) for tips and adjustments☺

