

## Basic Strength 3 – Muscle Growth and Max Strength

- Lift as much weight as possible with proper technique but do not lift to failure!
- Try with ultra slow lifts (~5 sec up/5 sec down) in week 9-12 and explosive lifting in week 13-16
- 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	5 x 5 reps – start new set every minute; 3 days/week
Week 4	5 x 5 reps – 1 minute; 2 days/week and reduce load 20 %
Week 5-7	5 x 5 reps – start new set every 2nd minute; 3 days/week
Week 8	5 x 5 reps – 2 minutes; 2 days/week and reduce load 20 %
Week 9-11	10 x 3 reps – start new set every minute; 3 days/week
Week 12	10 x 3 reps – 1 minute; 2 days/week and reduce load 20 %
Week 13-15	10 x 3 reps – start new set every minute; 3 days/week
Week 16	10 x 3 reps – 1 minute; 2 days/week and reduce load 20 %



- Exercise #4 “Standing back extensions”: 3 x 15 reps at all times
- Exercise #5 “Leg lift jumps”: 10 x 3-10 reps – start new set every minute. Start with 3 reps/set and increase reps gradually
- Watch the “Basic Strength 3” video at [www.homebuiltstrength.com](http://www.homebuiltstrength.com) for tips and adjustments☺

