



# Four Barrel CrossFit

Strength Seminar - 2013



## Presentation Outline

1. Program Outline
2. Where to Start
3. Setting Goals
4. How to make consistent progress



## Program Outline

- In Addition to Classes
- Slow lifts - Building a Foundation
  - August - November
- Explosive lifts
  - December - February
- 4 Week Cycles



## Where Do I Start?

1. Be honest with your current level
2. Set a realistic goal
3. Understand that progress will be slow yet continuous



"Take the slow road - don't be the guy "bulking" and "cutting" and "dieting." All of these things fail. It's about a lifestyle" - Jim Wendler



## Some Observations

- Strength is a skill
- + 5-10lbs/month - lower body (5RM)
- + 5lbs/month - upper body (5RM)
- Listen to your body
- Everyone is different

## Getting Started



- Find 5RMs in the following lifts:

- Back Squat
- Strict Press
- Front Squat
- Pull-Up
- Bench
- Deadlift

## Getting Started



### Week 1

Set 5RMs in a similar pattern

Mon	Tue	Wed	Thu	Fri	Sat	Sun
BSQ Press		FSQ Pull-Up		Bench DL		

Work up to a 5RM with PERFECT FORM. For example, work up to a technically sound squat at 200 lbs. You could manage 225 if you were amped on Jacked 3-D and listening to Black Flag... But don't be greedy. Patience and being realistic when you start will pay dividends down the road.

- Adapted from Chris Moore

## When?



- Whenever you can
  - Just get it in!
- Before or After WOD
- Example Week

Mon	Tue	Wed	Thu	Fri	Sat	Sun
BSQ Press		FSQ Pull-Up		Bench DL		
WOD	WOD	WOD		WOD	WOD	

## Starting Your First Cycle



- 3 weeks of progression
- 1 week of deload
- Squat Example - 200 lb, 5m

Week	Set 1	Set 2	Set 3	Set 4	Set 5
1	165	175	185	195	205
2	170	180	190	200	210
3	175	185	195	205	215
4	140	150	160	170	180

## Squat/DL Example



### Cycle 1

Week	Set 1	Set 2	Set 3	Set 4	Set 5
1	165	175	185	195	205
2	170	180	190	200	210
3	175	185	195	205	215
4	140	150	160	170	180

### Cycle 2

Week	Set 1	Set 2	Set 3	Set 4	Set 5
1	175	185	195	205	215
2	180	190	200	210	220
3	185	195	205	215	225
4	150	160	170	180	190

## Press/Bench Example



### Cycle 1

Week	Set 1	Set 2	Set 3	Set 4	Set 5
1	85	90	95	100	105
2	90	95	100	105	110
3	95	100	105	110	115
4	75	70	75	80	85

### Cycle 2

Week	Set 1	Set 2	Set 3	Set 4	Set 5
1	90	95	100	105	110
2	95	100	105	110	115
3	100	105	110	115	120
4	70	75	80	85	90

## Pull-up Example



### Cycle 1

Week	Set 1	Set 2	Set 3	Set 4	Set 5
1	No weight	5	10	15	20
2	2.5	7.5	12.5	17.5	22.5
3	5	10	15	20	25
4	No weight	2.5	5	7.5	10

### Cycle 2

Week	Set 1	Set 2	Set 3	Set 4	Set 5
1	5	10	15	20	25
2	7.5	12.5	17.5	22.5	27.5
3	10	15	20	25	30
4	No Weight	2.5	5	7.5	10

## Working Examples



## Structuring your Sessions



1. General Warm-up (5min)
2. Movement Specific Warm-up (3-4sets)
3. Working Sets (2min rest)



Chris Moore's Surfer Analogy

## Action Steps



1. Set 5 rep maxes next week
  - a. Record them in your logbook
2. Write down goals for each lift
  - a. Email them to: [case@fourbarrelcrossfit.com](mailto:case@fourbarrelcrossfit.com)
3. Schedule times to lift