DARE2BESTRONG

D2BS BEGINNER STRENGTH + HYPERTROPHY

The goal of this 4-week program is to build a strength foundation while learning how to create "enough" tension in the muscles you're working to stimulate protein synthesis. Remember, the body doesn't know how much weight you're lifting…only HOW MUCH TENSION you're creating. So, put your focus on mastering all phases of each movement…the concentric, eccentric and isometric so that you can execute the perfect rep every time.

Program Parameters

- **Frequency** – This is a 6x/week program. If you work out less frequently, focus on the weightlifting days …Monday, Tuesday and Thursday, Friday.
- **Load** – Pick a weight that you can comfortably do for 10-12 reps, or use RIR (reps in reserve) to test that you're challenging yourself enough.
- **Volume** – Follow the weekly rep scheme where 3x8@2-3 min means 3 work sets with 2-3 minutes rest between sets
- **Tempo** – Use a normal rep tempo (3-1-3-0) unless otherwise stated (aka 3 second eccentric "lowering or negative phase of lift", 1 second at lowest part of lift (isometric), 3 second concentric ("lifting or positive phase of lift") and 0 at top portion of lift). Constant tension means don't lock out or pause at end of movement.
- **Pain** – If at any point during an exercise you feel pain, stop.
- **Cardio (Optional)** – You can also add 20-25 minutes of low intensity, steady state cardio (aka treadmill, stationary bike, row machine, etc.) at the end of the workout.

Exercise	Rep Method/ Tempo	RIR	Week 1	Week 2	Week 3	Week 4	Cues
Monday (Upper Body)							
BB Bench Press	Normal 3-1-3-0	3	3 x 8@2 min	3 x 8@2 min	4 x 8@2 min	4 x 8@2 min	Engage your shoulders and arms before pressing up. Imagine trying to break the bar with your hands.
Decline DB Squeeze Press	Constant Tension	3	3 x 10@90 sec	3 x 10@90 sec	4 x 10@90 sec	4 x 10@90 sec	Put a couple of plates at foot of bench so body at slight decline. Squeeze the DBs together in an isometric hold while pressing up. Don't lock out at the top.
1-Arm DB Row	Normal 3-1-3-0	3	3 x 10@60 sec	3 x 10@60 sec	4 x 10@60 sec	4 x 10@60 sec	Maintain neutral spine as pull DB to hip. Hold at top for 1 second. Release slowly
BB Floor Press	Normal 3-1-3-0	3	3 x 10@60 sec	3 x 10@60 sec	4 x 10@60 sec	4 x 10@60 sec	Engage your shoulders into the floor. Pause for 1 second on the floor before pressing up.
DB Pullover	Constant Tension	3	3 x 10@60 sec	3 x 10@60 sec	4 x 10@60 sec	4 x 10@60 sec	Squeeze the pecs together hard as you pull the DB all the way over your head and to the bottom of the sternum.
Alternating DB Bicep Curl	Normal 3-1-3-0	3	3 x 10@60 sec	3 x 10@60 sec	4 x 10@60 sec	4 x 10@60 sec	Squeeze biceps hard at top of movement. Go to failure if you can.
Rowing – Low Intensity	--	--	3 x 250 meters	3 x 250 meters	4 x 250 meters	4 x 250 meters	Steady pace here. Don't get out of breath.

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Tuesday (Lower Body)							
BB Back Squat	Normal 3-1-3-0	3	3 x 8@2 min	3 x 8@2 min	4 x 8@2 min	4 x 8@2 min	Break at the knees and let hips descend in straight manner to ground.
Leg Press (Wide Stance)	Constant Tension	3	3 x 10@90 sec	3 x 10@90 sec	4 x 10@90 sec	4 x 10@90 sec	Put feet toward top of platform with feet a little wider than shoulder width. Don't fully extend knees at top to keep tension on the quads.
DB or KB Goblet Squat	3-1-3-0	3	3 x 10@90 sec	3 x 10@90 sec	4 x 10@90 sec	4 x 10@90 sec	Hold weight at chest, eyes forward as squat.
Hamstring Curl	Constant Tension	3	3 x 10@90 sec	3 x 10@90 sec	4 x 10@90 sec	4 x 10@90 sec	Slowly accelerate lift to the top. Don't fully extend legs at bottom to keep tension on the hamstrings.
DB Walking Lunge	--	--	3 x 10@60 sec	3 x 10@60 sec	4 x 10@60 sec	4 x 10@60 sec	Use a weight that allows you to move forward without resetting each step.
Standing Cable Crunch	--	--	3 x 10@60 sec	3 x 10@60 sec	4 x 10@60 sec	4 x 10@60 sec	Abs can handle higher reps. Go for more if you can.
Farmer's Walk	--	--	3 x 20 yards	3 x 20 yards	4 x 20 yards	4 x 20 yards	Keep upright with braced core.
Wednesday (Full Body)							
<u>BW Circuit / Ladder</u> • Banded Pull-ups • BW Squat • KB Swing • Hand-Release Push-up or Push-ups from Knees • Sit-up		--	10 x 10, 9, 8 … 1@3 minutes between circuits	10 x 10, 9, 8 … 1@ 2.5 minutes between circuits	10 x 10, 9, 8 … 1@ 2 minutes between circuits	10 x 10, 9, 8 … 1@ 1.5 minutes between circuits	Try to perform each exercise, one after the other, in a circuit without rest. The first circuit you'll do 10 reps of each exercise, then 9 reps, then 8 resp, then 7 … until you get to 1.

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Thursday (Upper Body)							
Shoulder Press Machine	Constant Tension	3	3 x 8@2 min	3 x 8@2 min	4 x 8@2 min	4 x 8@2 min	Don't lock your elbows out at the top to keep tension on the shoulders.
Lat Pulldown	3-1-3-0	3	3 x 10@90 sec	3 x 10@90 sec	4 x 10@90 sec	4 x 10@90 sec	Imagine squeezing a nut between your shoulder blades and holding for a full second, then release weight slowly.
Low Cable Row	3-1-3-0	3	3 x 10@90 sec	3 x 10@90 sec	4 x 10@90 sec	4 x 10@90 sec	Use a V-handle and pull into your belly button. Hold at peak for 1 second.
Bent Over DB Front Raise	3-1-3-0	3	3 x 10@60 sec	3 x 10@60 sec	4 x 10@60 sec	4 x 10@60 sec	With a neutral grip and straight arms, raise weights to the top of your head. No need to go heavy here … just slow, controlled movements.
Seated DB Lat Raise	3-1-3-0	3	3 x 10@60 sec	3 x 10@60 sec	4 x 10@60 sec	4 x 10@60 sec	No swinging. Raise to shoulder height and hold for a second.
Lying DB Extension	Constant Tension	--	3 x 10@90 sec	3 x 10@90 sec	4 x 10@90 sec	4 x 10@90 sec	Pause for a full second at bottom. Don't lock out elbows at the top to keep tension on the triceps.
Rowing – Low Intensity	--	--	3 x 250 meters	3 x 250 meters	4 x 250 meters	4 x 250 meters	Steady pace here…not breathing hard.

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Friday (Posterior Chain)							
Trap Bar Deadlift	3-1-3-0	3	3 x 8@2 min	3 x 8@2 min	4 x 8@2 min	4 x 8@2 min	Feet in, knees out. Brace shoulders and arms while legs/hips/hinge do the work.
Medicine Ball Throw Downs	--	--	3 x 10@90 sec	3 x 10@90 sec	4 x 10@90 sec	4 x 10@90 sec	Raise ball overhead and throw to ground as hard as you can.
Upper Back Deadlift	Constant Tension	3	3 x 10@90 sec	3 x 10@90 sec	4 x 10@90 sec	4 x 10@90 sec	Pull from rails or pins. Keep shoulders slightly in front to keep the tension on lats.
Straight Bar Cable Pulldown	3-1-3-0	3	3 x 10@60 sec	3 x 10@60 sec	4 x 10@60 sec	4 x 10@60 sec	Use a pronated grip. A more upright torso works the lower lats while leaning forward a bit works more upper lats.
Hip Thrust	3-1-3-0	3	3 x 10@60 sec	3 x 10@60 sec	4 x 10@60 sec	4 x 10@60 sec	Use a BB or plate. Keep your head and neck facing forward. Squeeze glutes hard at top and hold for 1 second.
BW Calf Raises	Constant Tension	3	3 x 15@90 sec	3 x 15@90 sec	3 x 20@90 sec	3 x 20@90 sec	Don't let ball of foot leave riser to keep tension on calves. Go for stretch at top and bottom portions of the movement.
Farmer's Walk	--	--	3 x 20 yards	3 x 20 yards	4 x 20 yards	4 x 20 yards	Keep upright with braced core.
Saturday (Full Body)							
<u>BW Circuit</u> • Fast Treadmill Walk (3 Minutes) • BW Squats (15) • Sit-ups (10)		--	10 Circuits	10 Circuits	10 Circuits	10 Circuits	You are going to perform each exercise, one after the other, in a circuit without rest. If you need to rest, do it between circuits…10-30 seconds max.
Rowing	--	--	3 x 250 meters	3 x 250 meters	4 x 250 meters	4 x 250 meters	Steady pace here…not breathing hard.
Sunday (Rest)							