

# 12-week Apex Strength Program



*Designed by*

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THR' IV

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# WEEKS 1 - 4

## DAY 1: Pressing Focus

	Sets	Reps/Time	Notes
Overhead Push Press	4	4-6	
Incline DB Press	3	10	
Seated Arnold Press	3	12	
DB Skull Crushers	3	12	
Planks	3	60 sec	

## DAY 2: Pulling & Grip Strength

Deadlifts (double overhand)	5	4-5	
Lat Pulldowns	4	8	
BB Bent Over Row	4	8	
Farmer's Hold (DB or Trap Bar)	3	30—45 sec	
Hammer Curls	3	12	





# WEEKS 1 - 4

## DAY 3: Lower Body Strength

	Sets	Reps/Time	Notes
Zercher Squats	4	4-6	
BB Romanian Deadlifts	4	8	
Walking Lunges	3	12 (each leg)	
Leg Curls (Machine)	3	12	
Hanging Leg Raises or Russian Twists	3	15	

## DAY 4: Event Stimulation & Conditioning

Zercher Stationary March (Husafell Carry Simulation)	4	30—45 sec	
DB Clean & Press	3	6-8	
Sandbag Walk Substitute (Heavy DB Front Carry)	4	30 ft	
Straight Arm Hang	2	Max	
Rower or Assault Bike		10-12 minutes	





## WEEKS 5 - 8

### DAY 1: Upper Body Strength

	Sets	Reps/Time	Notes
Push Press	5	2-4	
Pendlay Rows	4	8-10	
DB Bench	3	10-12	
DB Real Delt Flies	2	15	
BB Skull Crushers	3	8-10	

### DAY 2: Event Specific

Zercher Marches	4	30—45 sec	
Dead Hang (Single arm or 50-75 lbs)	2	Max time	
Plate Z-Press	2	30-45 sec	
Side Plank	2	30—60 sec	





## WEEKS 5 - 8

### DAY 3: Lower Body Strength

	Sets	Reps/Time/Distance	Notes
Deficit Deadlifts (3-5")	3	6-8	
Double DB Front Squat	3	8-10	
Leg Curls	2	12-15	
Leg Extensions	2	12-15	
Calf Raises	3	15-20	

### DAY 4: Events & Conditioning

DB Clean & Press	3-4	6-8	
BB Marches	3	20-30 sec	
DB/Hexbar Farmer Carry	3	100—120 ft	
Alt V-Crunch	3	8—12 each	
Sprint/Jog	6-8	10—20 sec (30-45 sec rest)	





## WEEKS 9-11

### DAY 1: Push/Pull

	Sets	Reps/Time	Notes
BB Clean & Press to DB Clean & Press	4	45 seconds	Close to competition weight
Sumo Deadlift	4	3-5	
DB Rows	4	6 (each arm)	
DB Front to Lat Raise	2	10-12	
Narrow Grip Push Ups	2	max	

### DAY 2: Lower Body

Back Squats	3	12-15	
Light BB RDL	2	12-15	
Zercher Backstep Lunge	3	6 (each side)	
Band Side Step	2	20 (each side)	
Calf Raises	2	25	





## WEEKS 9-11

### DAY 3: Full Body

	Sets	Reps/Time	Notes
Incline BB Bench	3	8-10	
BB Hip Thrust	3	8-10	
DB/Hexbar Farmers	2	200 ft	
Cable Face Pulls	3	12-15	
Cable Chest Fly	2	12-15	
Swiss Ball Crunches	4	8-12	

### DAY 4: Events

Double Overhand Deadlift	4	1-2	
Clean & Press DB	2	60 seconds	Switch between 2 sets of DB that are close to comp weight
BB Back Squat March paired with front plate hold 1-3 #45 plates	2	15-20 sec	Hate life in the gym and get over it.
Zercher Bar March	2	Max time	90% comp weight



# WEEK 12

DAY 1: Go over event exercises at 50% weight

DAY 2: Stretch/Stability and light cardio

Remaining days: Rest

Thanks to our booklet sponsor!



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**Saturday, September 20  
Ames Fitness Center  
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Questions? Email:

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