

8-week Apex Strength Program

Designed by

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Thanks to our booklet sponsor THR'IV!

Equipment Needed

- Barbells and weight plates
- Dumbbells
- Squat rack
- Bench
- Cable machines
- Leg press
- Treadmill, bike or rower

Event Substitutions

- **Deadlift event:** Barbell deadlifts
- **Log press event:** Barbell clean and push press
- **Sandbags over bar:** Heavy dumbbell or weight-plate carries to a bench
- **Wheelbarrow race:** Heavy dumbbell carries
- **Farmers hold:** Heavy dumbbell holds

*Train three days per week with at least one rest day between workouts.



WEEKS 1 - 2

DAY 1: Deadlift and Grip

	Sets	Reps/Time	Notes
Barbell deadlift	4	6	
Romanian deadlift	3	8	
Leg press	3	10	
Heavy dumbbell hold	3	30 seconds	
Plank	3	30 seconds	

DAY 2: Overhead Press

Barbell clean & push press	4	5	
Dumbbell shoulder press	3	8	
Lat pulldown	3	10	
Incline dumbbell press	3	10	
Cable triceps pressdown	3	12	





WEEKS 1 - 2

DAY 3: Carries & Conditioning

	Sets	Reps/Time	Notes
Heavy dumbbell carry		5 trips of 50 feet	
Plate carry to a bench	4	3 loads	Can also use heavy dumbbells
Goblet squat	3	10	
Walking lunges	3	10 steps per leg	
Bike, treadmill or rower	6	30 seconds hard and 60 sec. easy	

WEEKS 3 - 4

DAY 1: Deadlift and Grip

Pause briefly at the top of every

Barbell deadlift	5	4	
Barbell deadlift for repos	1	30 seconds	
Romanian deadlift	3	8	
Leg press	3	8	
Heavy dumbbell hold	4	30 seconds	





WEEKS 3 - 4

DAY 2: Overhead Press

	Sets	Reps/Time	Notes
Barbell clean and push press	5	4	Finish with one 30-second set of light push presses.
Barbell push press	3	6	
DB should press	3	8	
Seated cable row	2	10	
Cable triceps pressdown	3	12	

DAY 3: Carries and Conditioning

Heavy dumbbell carry		6 trips of 50 ft	
3-weight loading drill		4 rounds	
Goblet squat	3	8	
Walking lunges	3	12 steps /leg	
Treadmill, bike or rower	8	30 seconds hard and 60	





WEEKS 5 - 6

DAY 1: Deadlift Event Training

	Sets	Reps/Time/Distance	Notes
Barbell deadlift	4	3	
Deadlift for reps	1	60 seconds	Use a moderate weight. Pause at lock-out and lower the bar under control
Romanian deadlift	3	6 reps	
Leg press	3	8 reps	
Heavy dumbbell hold	3	Max-time sets	

DAY 2: Press Event Training

Heavy barbell clean and push press	4	3	
Light barbell clean and push press	1	60 sec	Practice switching between a heavier and lighter barbel during the set
DB shoulder press	3	6	
Lat pulldown	3	8	
Cable triceps pressdown	3	10	





WEEKS 5 - 6

DAY 3: Event Circuit

Complete three rounds:

- Carry 3 progressively heavier dumbbells or plates 10 feet and place them on a bench.
- Heavy DB carry—50 ft down and 50 ft back
- Heavy DB hold—max time
- Bike, treadmill or rower—60 seconds hard

* Rest 3 minutes between rounds

WEEK 7

DAY 1: Lower Body

	Sets	Reps/Time	Notes
Barbell Deadlift	3	3	
Deadlift for reps	1	45 seconds	
Heavy DB hold	2	30 seconds	
Plank	2	30 seconds	





WEEK 7

DAY 2:

	Sets	Reps/Time	Notes
Barbell clean & push press	3	3	
Light push press	3	45 seconds	
Lat pulldown	8	200 ft	
Cable Triceps pressdown	2	10	

DAY 3: Complete Two Rounds

3 Weight loading drill		1-2	
Heavy DB carry		50 ft down and back	
Heavy DB hold		30 seconds	
Bike, treadmill or rower		45 seconds hard	





WEEK 8

Competition Week

Workout 1

	Sets	Reps/Time	Notes
Light deadlift	3	3	Complete two light workouts early in the week.
Light barbell clean & push press	3	3	
Heavy dumbbell carry		2 trips of 50 ft	
Dumbbell hold	2	15 seconds	

Workout 2

Light goblet squat	2	8	
Light DB shoulder press	2	8	
Light loading drill		2 rounds	
Easy bike, treadmill or rower		10 momites	





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**\$750 male
\$750 female**

**Saturday, September 19
Ames Fitness Center
3600 University Blvd, Ames, IA**

Register today!



Questions? Email:

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