

STRONG, FAST, AND FIT: Escalating Density Training

WORKOUT A

Repeat the following workout three times a week for three weeks. Perform the paired movements in a circuit style, doing five reps of each to complete as many rounds as possible in the 10-minute time allotment. Using the same weight from session to session, attempt more rounds — and hence more total reps.

WEEK

1

EXERCISE	WEIGHT	TIME	TOTAL REPS
1A: Dumbbell Bench Press		10 minutes	
1B: Dumbbell Bent-Over Row			
2A: Kettlebell Goblet Squat		10 minutes	
2B: Hanging Leg Raise			
3A: Barbell Sumo Deadlift		10 minutes	
3B: Barbell Shoulder Press			
4A: Pull-Up		10 minutes	
4B: Cable Pallof Press			

WEEK

2

EXERCISE	WEIGHT	TIME	TOTAL REPS
1A: Dumbbell Bench Press		10 minutes	
1B: Dumbbell Bent-Over Row			
2A: Kettlebell Goblet Squat		10 minutes	
2B: Hanging Leg Raise			
3A: Barbell Sumo Deadlift		10 minutes	
3B: Barbell Shoulder Press			
4A: Pull-Up		10 minutes	
4B: Cable Pallof Press			

WEEK

3

EXERCISE	WEIGHT	TIME	TOTAL REPS
1A: Dumbbell Bench Press		10 minutes	
1B: Dumbbell Bent-Over Row			
2A: Kettlebell Goblet Squat		10 minutes	
2B: Hanging Leg Raise			
3A: Barbell Sumo Deadlift		10 minutes	
3B: Barbell Shoulder Press			
4A: Pull-Up		10 minutes	
4B: Cable Pallof Press			

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WORKOUT B

Repeat the following workout three times a week for three weeks, for a total of nine times. Perform the paired movements in a circuit style, doing five reps of each to complete as many rounds as possible in the 15-minute time allotment. Keeping the weights the same from session to session, attempt to complete more rounds — and hence more total reps.

WEEK

4

EXERCISE	WEIGHT	TIME	TOTAL REPS
1A: Dumbbell Incline-Bench Press		15 minutes	
1B: Single-Arm Dumbbell Row			
2A: Dumbbell Thruster		15 minutes	
2B: Dumbbell Pullover			
3A: Barbell Romanian Deadlift		15 minutes	
3B: Triceps Dip			

WEEK

5

EXERCISE	WEIGHT	TIME	TOTAL REPS
1A: Dumbbell Incline-Bench Press		15 minutes	
1B: Single-Arm Dumbbell Row			
2A: Dumbbell Thruster		15 minutes	
2B: Dumbbell Pullover			
3A: Barbell Romanian Deadlift		15 minutes	
3B: Triceps Dip			

WEEK

6

EXERCISE	WEIGHT	TIME	TOTAL REPS
1A: Dumbbell Incline-Bench Press		15 minutes	
1B: Single-Arm Dumbbell Row			
2A: Dumbbell Thruster		15 minutes	
2B: Dumbbell Pullover			
3A: Barbell Romanian Deadlift		15 minutes	
3B: Triceps Dip			





1A



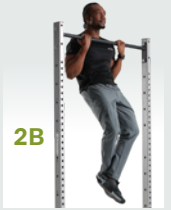
1B



1C



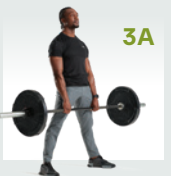
2A



2B



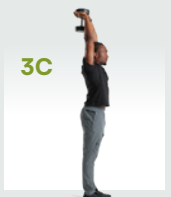
2C



3A



3B



3C

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WORKOUT C

Repeat the following workout three times a week for three weeks, for a total of nine times. Perform each trio of movements in a circuit style, doing five reps of each to complete as many rounds as possible in the 17-minute time allotment. Keeping the weights the same from session to session, attempt to perform more rounds — and hence more total reps.

WEEK

7

EXERCISE	WEIGHT	TIME	TOTAL REPS
1A: Barbell Bench Press		17 minutes	
1B: Side-Plank Hip Dip			
1C: Dumbbell Reverse Fly			
2A: Barbell Back Squat		17 minutes	
2B: Chin-Up			
2C: Arnold Press			
3A: Barbell Sumo Deadlift		17 minutes	
3B: Stability-Ball Body Saw			
3C: Dumbbell Overhead Triceps Extension			

WEEK

8

EXERCISE	WEIGHT	TIME	TOTAL REPS
1A: Barbell Bench Press		17 minutes	
1B: Side-Plank Hip Dip			
1C: Dumbbell Reverse Fly			
2A: Barbell Back Squat		17 minutes	
2B: Chin-Up			
2C: Arnold Press			
3A: Barbell Sumo Deadlift		17 minutes	
3B: Stability-Ball Body Saw			
3C: Dumbbell Overhead Triceps Extension			

WEEK

9

EXERCISE	WEIGHT	TIME	TOTAL REPS
1A: Barbell Bench Press		17 minutes	
1B: Side-Plank Hip Dip			
1C: Dumbbell Reverse Fly			
2A: Barbell Back Squat		17 minutes	
2B: Chin-Up			
2C: Arnold Press			
3A: Barbell Sumo Deadlift		17 minutes	
3B: Stability-Ball Body Saw			
3C: Dumbbell Overhead Triceps Extension			