

# SLOW STRENGTH

Build a strong foundation with this eight-week eccentric-training program.

Experience Life

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# The Workouts

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The following program, created by Life Time strength and running coach Mike Thomson, consists of two strength workouts.

## 1x-2x

Perform each workout one or two times per week, alternating between the workouts on nonconsecutive days.

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## 8 weeks

Increase how much you lift over the eight weeks so long as you can maintain body control at the prescribed tempo.

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## 3010

Perform each exercise at a tempo of 3010 — three counts for the eccentric, one count for the concentric, and no breaks at the top or bottom of the movement.

Eccentric training . . .  
is a proven method for  
challenging the muscles,  
**making you stronger  
and more resilient.**

# Workout 1

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**Superset A**



**Superset B**



**Superset C**



To see the moves in action, check out the online version of this article.

# Superset **A**

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Complete 10 reps per exercise. Once you've done all reps for the first exercise, move on to the second. Rest for 75 seconds. Repeat the superset for a total of four rounds.

**A1**

## Dumbbell Split Squat



Perform a split squat, taking three slow counts to bend both knees and lower your back knee toward the floor.

**A2**

## Dumbbell Bench Press

Perform a bench press, taking three slow counts to bend your elbows and lower the weights to your chest.



# Superset **B**

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Complete 10 reps per exercise. Once you've done all reps for the first exercise, move on to the second. Rest for 75 seconds. Repeat the superset for a total of four rounds.

**B1**

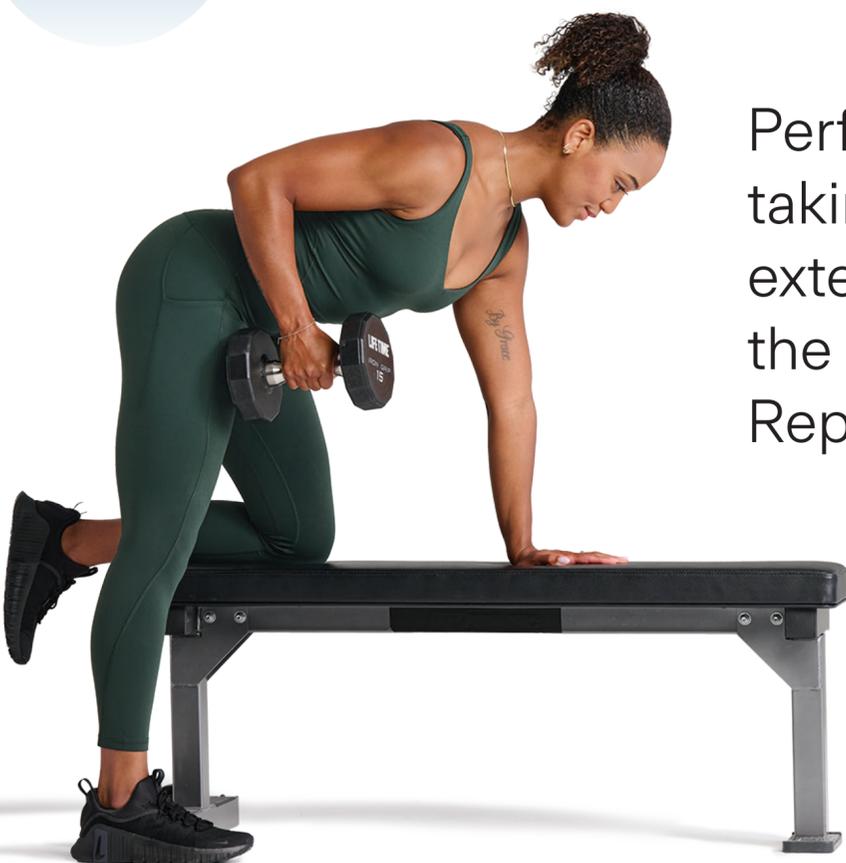
## Dumbbell Front Squat



Perform a front squat, taking three slow counts to bend your knees and lower your hips until your thighs are about parallel to the floor.

**B2**

## Single-Arm Bent-Over Dumbbell Row



Perform a bent-over row, taking three slow counts to extend your arm and lower the weight toward the floor. Repeat with your other arm.

# Superset C

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Complete 10 reps per exercise. Once you've done all reps for the first exercise, move on to the second. Rest for 75 seconds. Repeat the superset for a total of four rounds.

C1

## Stability-Ball Hamstring Curl

Press your heels into a stability ball and lift your hips. Take three slow counts to extend your legs straight out, then reverse the movement while keeping your hips elevated.



C2

## Single-Arm Dumbbell Shoulder Press

Perform an overhead press, taking three slow counts to lower the weight to your shoulder. Repeat with your other arm.



# Workout 2

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**Triset A**



**Superset B**



**Superset C**



To see the moves in action, check out the online version of this article.

# Triset A

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Complete 10 reps per exercise. Once you've done all reps for the first exercise, move on to the second. Rest for 75 seconds. Repeat the triset for a total of four rounds.

**A1**

## Front-Foot Elevated Dumbbell Split Squat

Perform a split squat, taking three slow counts to bend both knees and lower your back knee toward the floor.



**A2**

## Pushup

Perform a pushup, taking three slow counts to bend your elbows and lower your chest toward the floor.



**A3**

## Bent-Over Banded Lat Pull-down

Using a band anchored at hip height, perform a bent-over lat pull-down, taking three slow counts to straighten your arms.



# Superset **B**

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Complete 10 reps per exercise. Once you've done all reps for the first exercise, move on to the second. Rest for 75 seconds. Repeat the superset for a total of four rounds.

**B1**

## Dumbbell Romanian Deadlift

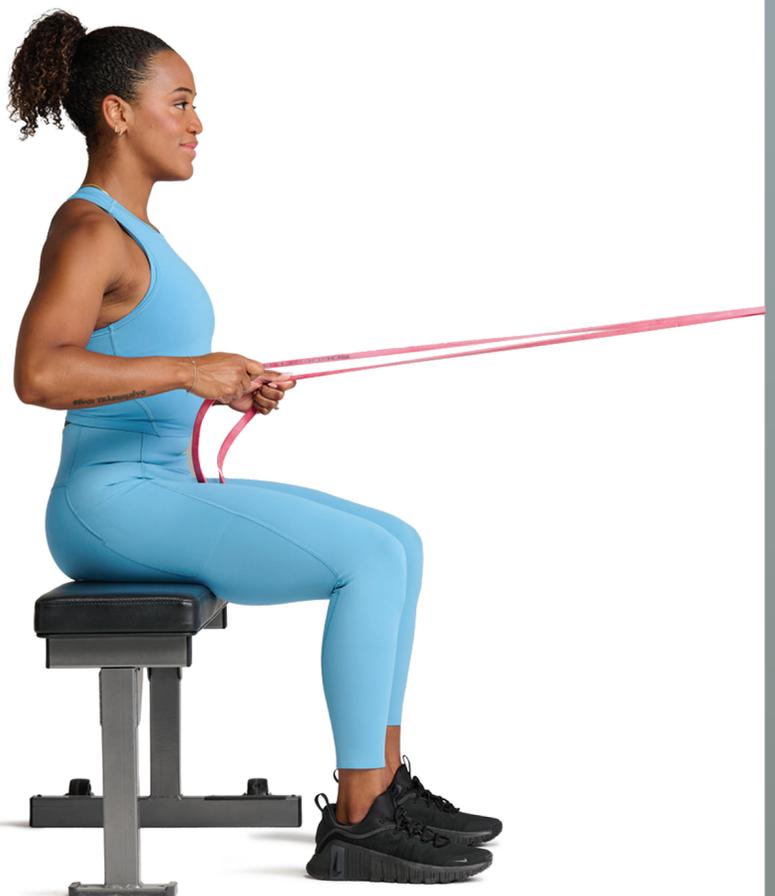


Perform a deadlift, taking three slow counts to press your hips back as far as you can. Keep your spine straight and shins vertical.

**B2**

## Banded Seated Row

Sit with a band anchored at chest height. Perform a row, taking three slow counts to straighten your arms.



# Superset C

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Complete 10 reps per exercise. Once you've done all reps for the first exercise, move on to the second. Rest for 75 seconds. Repeat the superset for a total of four rounds.

C1

## Dumbbell Incline Bench Press

Perform a bench press, taking three slow counts to bend your elbows and lower the weights to your chest.



C2

## Powell Raise

Lie on your side and, holding a light dumbbell, extend your top hand straight toward the ceiling. Take three slow counts to lower the weight to the floor in front of you. Repeat with your other arm.



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