

Öppen Bar Level 1

Welcome to the Eleiko Öppen Bar Level 1 program. This is a 4-week, 2 sessions/week stability and endurance based program aimed at increasing functional capacity and movement. There are 2 blocks of exercises that each focus on different movements. Each block is performed in a circuit manner, moving from one exercise to the next as quickly as possible, resting, and then repeat for designated sets and reps. If weight needs to be adjusted for each exercise, that's ok, it's still part of your workout! The entire program can be done using the Eleiko Öppen Bar. As the Öppen Bar can be used with the open side facing either forward or behind the lifter, select the position that best suits you and the exercise. Choose the appropriate weight to perform the desired sets and reps. Prior to and following each training session, warm-up and cool down for 5-10 minutes.

Training Session 1				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk 1,2,3,4	Rest
1	Split Squats (open end behind lifter)	2,3,4,3	10,10,8,8	0
	Staggered-Stance Shoulder Press	2,3,4,3	10,10,8,8	0
	1-leg RDL (open end behind lifter)	2,3,4,3	10,10,8,8	1-2 min
Rest 2-3 Minutes				
2	Pendlay Rows	2,2,3,3	10,10,8,8	0
	Lying Chest Press (open end over chest)	2,2,3,3	10,10,8,8	0
	Farmer Carry – march in place (reps in seconds)	2,2,3,3	15,15,20,20	1-2 Min

Training Session 2				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	Deadlifts	2,2,3,3	8,8,6,6	0
	Lying Chest Press (open end over chest)	2,2,3,3	8,8,6,6	0
	Squats	2,3,3,3	8,8,6,6	1-2 min
Rest 2-3 Minutes				
2	Bent Over Row	1,2,3,2	10,10,8,8	0
	Staggered-Stance Shoulder Press	1,2,3,2	10,10,8,8	0
	Roll-outs	1,2,3,2	8,8,10,10	1-2 min