

# Öppen Bar Level 2

Welcome to the Eleiko Öppen Bar Level 2 program. This is a 4-week, 2 sessions/week strength-based program aimed at increasing functional strength. There are 2 blocks of exercises that each focus on different movements. Each block is performed in an interval manner, completing all sets and reps of one exercise before moving to the next exercise. 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	Squats	3,4,4,3	6,5,3,4	90 s
	Push Press	3,4,4,3	6,5,3,4	90 s
	Deadlifts	3,4,4,3	6,5,3,4	90 s
Rest 3-5 Minutes				
2	Lying Chest Press (open end over chest)	2,2,3,3	8,8,6,6	60 s
	Bent Over Row	2,2,3,3	8,8,6,6	60 s
	Mid-Thigh Shrug-Pulls	2,2,3,3	8,8,6,6	60 s

Training Session 2				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	Lying Chest Press (open end over chest)	3,4,4,3	6,5,3,4	90 s
	Pendlay Rows	3,4,4,3	6,5,3,4	90 s
	Mid-Thigh Shrug-Pulls	3,4,4,3	6,5,3,4	90 s
Rest 3-5 Minutes				
2	Reverse Lunges (open end behind lifter)	2,2,3,3	10,10,8,8	0
	Standing Shoulder Press	2,2,3,3	10,10,8,8	0
	Roll-outs	2,2,3,3	8,8,10,10	1-2 min