

Landmine Level 1

Welcome to the Eleiko Landmine 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 Landmine. 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	Front Squat (2-hands at center of chest)	2,3,4,3	10,10,8,8	0
	Shoulder Press (2-hands at center of chest)	2,3,4,3	10,10,8,8	0
	2-arm Bent-Over Rows (straddle the bar)	2,3,4,3	10,10,8,8	1-2 min
Rest 2-3 Minutes				
2	2-arm Sumo Deadlifts (start w/ bar on ground between legs)	2,2,3,3	10,10,8,8	0
	1-arm Lying Chest Press (lie prone, perpendicular to bar)	2,2,3,3	10,10,8,8	0
	1-arm Standing Biceps Curl	2,2,3,3	10,10,8,8	1-2 Min

Training Session 2				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	1-arm Deadlifts (bar on ground perpendicular to body)	2,2,3,3	8,8,6,6	0
	2-arm Standing Chest Press (bent knees, slight backward lean)	2,2,3,3	8,8,6,6	0
	1-arm Pendlay Row (bar on ground perpendicular to body)	2,3,3,3	8,8,6,6	1-2 min
Rest 2-3 Minutes				
2	2-arm Shoulder Press (hands at center of chest)	1,2,3,2	10,10,8,8	0
	Hip Thrusts (bar on one side at hip crease)	1,2,3,2	10,10,8,8	0
	Trunk Rotation (2-hands at center of chest, rotate side-side)	1,2,3,2	8,8,10,10	1-2 min

Landmine Level 2

Welcome to the Eleiko Landmine 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 Landmine. 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 wk1,2,3,4	Rest
1	1-arm Push Press	3,4,4,3	6,5,3,4	90 s
	1-arm Sumo Deadlifts (bar on ground between legs)	3,4,4,3	6,5,3,4	90 s
	Reverse Lunge (bar in front at chest)	3,4,4,3	6,5,3,4	90 s
Rest 3-5 Minutes				
2	1-arm Lying Chest Press (lie prone, perpendicular to bar)	2,2,3,3	8,8,6,6	60 s
	1-arm Bent-Over Row (stand perpendicular to bar)	2,2,3,3	8,8,6,6	60 s
	1-arm Lateral Shoulder Press (bar perpendicular to body)	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	1-arm Front Squat to Press	3,4,4,3	6,5,3,4	90 s
	Hip Thrust (bar on one side at hip crease)	3,4,4,3	6,5,3,4	90 s
	1-Leg Romanian Deadlift (RDL)	3,4,4,3	6,5,3,4	90 s
Rest 3-5 Minutes				
2	1-arm Lateral Shoulder Raise	2,2,3,3	10,10,8,8	0
	1-arm Pendlay Row	2,2,3,3	10,10,8,8	0
	2-arm Standing Chest Press (bent knees, slight backward lean)	2,2,3,3	8,8,10,10	1-2 min

Landmine Level 3

Welcome to the Eleiko Landmine Level 3 program. This is a 4-week, 2 sessions/week power-based program aimed at increasing functional strength-speed. There are 2 blocks of exercises that each focus on different movements. In Training Block 1, perform exercises with 2 RIR (reps in reserve or, if the reps are listed as “5”, use a weight that you could do about “7” times). In Training Block 2, perform exercises in a circuit manner with 15 sec rest between each exercise and 60 sec rest after the 3rd exercise. The entire program can be done using the Eleiko Landmine. 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 wk1,2,3,4	Rest
1	2-arm Front Squat Jumps	3,4,4,3	5,5,4,4	90 s
	2-arm Sumo Deadlifts	3,4,4,3	5,5,4,4	90 s
	1-arm Push Jerk	2,3,3,2	5,5,4,4	90 s
Rest 3-5 Minutes				
2	1-arm Lying Chest Press (lie prone, perpendicular to bar)	2,2,3,3	8,8,6,6	15 s
	1-arm Pendlay Row	2,2,3,3	8,8,6,6	15 s
	Trunk Rotation	2,2,3,3	10,10,10,10	60 s

Training Session 2				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	1-arm Jump Shrugs (from mid-thigh)	3,4,4,3	6,5,3,4	90 s
	1-arm Squats (hold bar at side)	3,4,4,3	6,5,3,4	90 s
	1-arm Split Jerk	3,4,4,3	6,5,3,4	90 s
Rest 3-5 Minutes				
2	1-arm Bent-Over Rows	2,2,3,3	8,8,6,6	15 s
	1-arm Lying Chest Flies	2,2,3,3	8,8,6,6	15 s
	Trunk Rotation	2,2,3,3	10,10,10,10	60 s