

# Strength Station Functional with Cables

Welcome to the Eleiko Strength Station 4-week Functional program emphasizing the use of cable. The equipment used in this program will include cables (CB), barbells (BB), dumbbells (DB), kettlebells (KB), landmine, pull-up bar, and a bench. Cables provide a unique form of resistance that can add variety just by changing your body position and/or height of the cable handle. You can face the cable (F), or have your back (B) or your sides (S) to the cable. The cable can also be at a low level (L), mid-level (M), or high level (H). Put these together and you can have multiple exercise variations – e.g., cable low level, back facing the cable (CB-L-B), etc. In this program, there are three sessions per week for 4-weeks of training. Begin and end each session with 5-10 minutes of warm-up and cool down.

PROGRAM KEY	
<b>CB</b>   Cable	<b>BB</b>   Barbell
<b>DB</b>   Dumbbell	<b>KB</b>   Kettlebell
<b>LM</b>   Landmine	<b>H</b>   High Level
<b>M</b>   Mid-Level	<b>L</b>   Low Level
<b>SA</b>   Single Arm	<b>OH</b>   Overhead
<b>F, B, S</b>   Front, Back, Side to the cable	
<b>Interval</b>	Perform a set then rest. Repeat for total # of sets.
<b>Circuit</b>	Perform exercises back-to-back then rest. Repeat for all sets.
<b>Cont.</b>	'Continuous' – perform exercises back-to-back with no rest for stated number of time and sets.
<b>RPE</b>	Rate of Perceived Exertion – provides suggested intensity for load based on a scale of 1-10 (1 = min effort; 10 = max effort)
<b>W1, W2, etc</b>	Refers to Week 1, Week 2, etc.

TRAINING SESSION 1: low intensity																		
TRAINING BLOCK	MOVEMENT	MODE	METHOD															
			RPE				Sets				Reps/Time				Rest			
			W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4
1	CB-L-B Squats (bar attachment)	Circuit	4	5	6	6	2	3	3	3	12	10	8	8	0	0	0	0
	Lateral Squat Jumps		4	5	6	6	2	3	3	3	6	6	8	8	:90	:90	:90	:90
2	CB-L Bench Press (bar)	Circuit	4	5	6	6	2	3	3	3	12	10	8	8	0	0	0	0
	DB Bench Pullovers		4	5	5	5					10	8	8	8				
	KB Push Press		4	5	5	5					12	12	15	15				
3	CB-L-F Deadlifts (bar)	Cont.	4	5	6	6	2	3	3	3	:30	:30	:40	:40	NONE			
	LM SA Rows (:15-:20 / arm)										:30	:30	:40	:40				
	DB High Pulls										:30	:30	:40	:40				
	KB Swings										:30	:30	:40	:40				

TRAINING SESSION 2: high intensity																		
TRAINING BLOCK	MOVEMENT	MODE	METHOD															
			RPE				Sets				Reps/Time				Rest			
			W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4
1	BB Squats	Interval	7	8	9	9	3	4	5	5	5	4	4	3	:60	:60	:60	:60
	CB-L-F Squat Jumps (handle)		7	8	9	9	3	4	5	5	5	5	6	6	:60	:60	:60	:60
2	BB Bench Press	Circuit	7	8	9	9	3	4	5	5	5	4	4	3	0	0	0	0
	CB-M-F SA Row (handle)		7	7	8	8					6	6	5	5	:60	:60	:60	:60
	DB SA Snatch		7	7	8	8					6	6	5	5	:60	:60	:60	:60
3	BB Deadlifts	Cont.	7	7	8	8	3	4	5	5	:20	:20	:15	:15	NONE			
	CB-H-F SA Lat Pulldowns										:20	:20	:15	:15				
	Hanging Knee-ups										:20	:20	:15	:15				
	LM Lying SA Chest Flys										:20	:20	:15	:15				

TRAINING SESSION 3: moderate intensity																		
TRAINING BLOCK	MOVEMENT	MODE	METHOD															
			RPE				Sets				Reps/Time				Rest			
			W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4
1	KB Front Loaded Squats	Circuit	6	7	7	6	3	3	4	4	10	8	8	8	0	0	0	
	CB-L-S Lateral Bounds (handle)		6	7	7	6	3	3	4	4	5	5	6	6	:60	:60	:60	:60
2	CB-M-B SA Stand Chest Press	Circuit	6	7	7	6	3	3	4	4	10	8	8	8	0	0	0	0
	Pull-ups		6	6	6	6					10	8	8	8	:60	:60	:60	:60
	LM SA High Pulls from knee		6	6	6	6					8	8	8	8	:60	:60	:60	:60
3	LM Sumo Deadlifts	Cont.	7	7	7	7	3	3	4	4	:20	:20	:30	:30	NONE			
	CB-L-S SA OH Press w/rotation										:20	:20	:30	:30				
	CB-M-S SA Chest Flys										:20	:20	:30	:30				
	KB Pendlay Rows										:20	:20	:30	:30				