

Welcome to the Eleiko Strength Station 12-week progressive Functional program using barbells (BB), dumbbells (DB), and a bench. There are three 4-week blocks of training designed for coaches/trainers to be able to work with 1-4 people at the same time. Begin and end each session with 5-10 minutes of warm-up and cool down.

Program Key	
BB Barbell DB Dumbbell SA Single Arm SL Single Leg RDL Romainian Deadlift FF Front Foot	
Interval	Perform a set then rest. Repeat for total # of sets.
Circuit	Perform exercises back-to-back then rest. Repeat for all sets.
Cont.	'Continuous' - perform exercises back-to-back with no rest for stated number of time and sets.
RPE	Rate of Perceived Exertion - provides suggested intensity for load based on a scale of 1-10.
W1, W2, etc	Refers to Week 1, Week 2, etc.

Training Session: 3 separate blocks of exercises for 1-4 people to train at the same time.

TRAINING BLOCK	MOVEMENT	MODE	METHOD			
			RPE	Sets	Reps / Time	Rest
1	DB SL Squat (¼ or to bench)*	Interval	4	2	40 sec.	60 sec.
	DB Backward Lunge, Alternating *1/2 time on ea leg		5	2	40 sec.	60 sec.
2	Floor Press	Circuit	4	3	40 sec.	
	DB Plank pull through		4	3	40 sec.	
	DB Farmer Hold		6	3	40 sec.	
	Rest					40 sec.
3	Hollow Hold	Cont.	4	2	30 sec.	
	DB SA Power Snatch *DB Swing		4	2	30 sec.	
	Leg Lifts *on bench to advance		4	2	30 sec.	
	Bar Hang		4	2	30 sec.	

Training Session: 3 separate blocks of exercises for 1-4 people to train at the same time.

TRAINING BLOCK	MOVEMENT	MODE	METHOD			
			RPE	Sets	Reps / Time	Rest
1	BB Split Squat	Circuit	7	3	5	
	Bench Jump *SL if advanced		8	3	5	
	Rest					90 sec.
2	DB SA Bench Press *one at a time	Circuit	7	3	5	
	Explosive Push Up *to plates		7	3	5	
	Rest					90 sec.
3	DB SA Clean R	Cont.	7	3	15 sec.	
	Bar Leg Lifts		7	3	15 sec.	
	DB SA Push Press		7	3	15 sec.	
	DB SA Clean L		7	3	15 sec.	

Training Session: 3 separate blocks of exercises for 1-4 people to train at the same time.

TRAINING BLOCK	MOVEMENT	MODE	METHOD			
			RPE	Sets	Reps / Time	Rest
1	DB FF Elevated Split-Squat*	Circuit	6	3	10	
	BW Lunge Lateral, Alternating		6	3	30 sec.	
	Rest					90 sec.
2	BB Bench Press	Circuit	6	3	12	
	Push Up		6	3	30 sec.	
	Rest					90 sec.
3	Bar Knee Up	Circuit	6	4	30 sec.	
	Broad Jump		6	4	30 sec.	
	Rest					90 sec.