



# E3 STRENGTH

## Male 3x/wk Program

WARM-UP	Band Work	Distance/Reps
Blue Mini Band	Lateral Walks (approx 15yd) Squat with band above knee	30yd 25reps
Red Circular Band	External Rotation (Shoulder warm up)	15/side (twice)

Day 1: Quads and Chest		Week 1
Exercise	Sets	Reps
A1-Barbell Squat	4	10
B1-Flat Bench Dumbbell Bench Press	4	10
C1-Machine Bench Press (choose a weight that allows you to complete the 1st set, then increase)	3	10
C2-Pushup	3	10
B1-Leg Press (minimum 200lbs)	3	15
B2-Wall Sit	3	60 sec
C1-Heavy Tricep Extensions	4	15
D1-Plank on Elbows (perpendicular on bench) with Knee Tucks	3	25
D2-Plank On Elbows	3	45 sec

WARM-UP	Band Work	Distance/Reps
Blue Mini Band	Lateral Walks (approx 15yd) Reverse Diagonal Stride	20yd 20yd

Day 2: Back and Hams		Week 1
Exercise	Sets	Reps
A1-Red Circular Band Hip Hinge	3	20
B1-Kettle Bell Bent Leg Dead Lift (min 65lb)	3	10
C1-Band Incline Straight Arm Pull Down	3	25
C2-Incline Wide Grip Standing Cable Pull	3	15
D1-Lat Pull Down	3	10
D2-Single Arm Bent Over Dumbbell Row	34	10/side
E1-Walking Lunge	4	30 yd
E2-Side Crunch	4	20
E3-Side Plank	4	30 sec

WARM-UP	Band Work	Distance/Reps
Blue Mini Band	Lateral Walks (approx 15yd) Forward and Reverse Diagonal Strides	20yd 20yd

Day 3: Shoulders and Intervals		Week 1
Exercise	Sets	Reps
A1-Kettle Bell Kneeling Strict Press	4	10/side
B1-Landmine Squat	3	10
B2-Landmine Center Press	3	10
C1-Goblet Squat	3	30 sec
C2-Bench Pushup	3	30 sec
C3-Knee Tucks On Bench (rest 1-1.5 min in-between sets)	3	30 sec
D1-Assisted Pull-up	3	30 sec
D2-Ball Slam (10lb)	3	30 sec
D3-Plank (rest 1-1.5 min in-between sets)	3	30 sec

WARM-UP	Band Work	Distance/Reps
Green Mini Band	Lateral Walks (approx 15yd) Reverse Diagonal Stride	40yd 40yd

Day 4: Back and Hams		Week 2
Exercise	Sets	Reps
A1-Hex Bar Bent Leg Dead Lift	4	10
B1-Single Arm Bent Over Row	4	8
C1-Kneeling Cable Rope Grip Face Pull	3	15
C2-Single Arm Incline Standing Row	3	15/side
D1-Machine Row	3	15
D2-Single Arm Bent Over Kettle Bell Row (overhand to underhand rotation)	4	10/side
E1-Walking Lunge (Weighted)	4	20 yd
E2-Plank on Bench with twisting Knee Tucks	4	20
E3-Side Plank on Bench (Dynamic: Hips up and down)	4	20 sec/side

WARM-UP	Band Work	Distance/Reps
Green Mini Band	Lateral Walks (approx 15yd) Forward and Reverse Diagonal Strides	40yd 40yd
Red Circular Band	External Rotation (Shoulder warm up)	15/side (twice)

Day 5: Chest and Quads		Week 2
Exercise	Sets	Reps
A1-Goblet Squat (max weight should be reached by 3rd or 4th set)	4	10
B1-Pushup	4	12
C1-Standing Dumbbell Overhead Extensions	3	15
C2-Lying Incline Dumbbell Center Press (Same weight as previous)	3	25
D1-TRX Single Leg Squat	3	15/side
D2-Rear Foot Elevated Squat	3	10/side
E1-Band Assisted Pushup	4	AMRAP
F1-Band Resisted Crunch	3	25
F2-Band Assisted Crunch	3	25

WARM-UP	Band Work	Distance/Reps
Green Mini Band	Lateral Walks (approx 15yd) Forward and Reverse Diagonal Strides	40yd 40yd

Day 6: Shoulders and Intervals		Week 2
Exercise	Sets	Reps
A1-Land Mine Standing Shoulder Press	3	10/side
A2-Landmine Split Stance Squat	3	10/side
B1-Heavy Goblet Squat	4	10
C1-Kettle Bell Bent Leg Dead Lift	3	30 sec
C2-Renegade Row	3	30 sec
C3-Plank (rest 1-1.5 min in-between sets)	3	30 sec
D1-Med Ball Sprawl to Overhead Press	3	30 sec
D2-Med Ball Squat	3	30 sec
D3-Med Ball Crunch (rest 1-1.5 min in-between sets)	3	30 sec