

## 4 Weeks - Introduction to Big Three.

The big three, no we are not talking about Cameron smith, Billy Slater and cooper Cronk, or for those NBA fans, Lebron James, Dwayne Wade and Chris Bosh (even though most people forget about Chris Bosh). It's the **Squat, Bench Press and Deadlift - the three lifts in the gym that everyone should care about if the goal is to get big and strong.**

This program is an introductory strength program for those who have been training a little and want to start doing something more structured to improve their progress. Split across three days it will make the most use of your time in the gym by focusing on two things:

Big lifts that will transfer to better lifting in the big three  
Specific accessory exercises to eliminate any weaknesses and teach you fundamentals so that you can continue to get stronger long term

The program is split across three days. Each with one of the main lifts to commence the session and accessories that will aid in your progress. The accessories are just as important as the main exercises when you are starting out, they will teach you how to use your body more efficiently, as well as ensuring you don't lack strength in any muscle groups. So don't forget to do them with as much intent as the main lifts.

If you haven't done these exercises before, be sure to check out the videos to ensure that you have a good understanding of how to set yourself up and perform the exercise correctly.

## The 'How to' guide to reading this program

### Warm Up:

**Sets:** how many time you are going to perform the exercise.

**Reps:** how many time you will do the exercise each set.

**Rest:** try and stick to this. It keep us on track. But is also the optimum amount of time to recover between the specific exercise.

**Tempo:** if the tempo for a squat is 2,1X1.

**(That means:)**

2: Eccentric (lowering the weight)

1: Bottom (lengthened position)

X: Concentric (the contraction part of the lift)

1: Top Position (where you will rest between reps)

**(That means:)** take two seconds to lower the weight, pause for one second at the bottom, explode back up and pause for 1 second at the top.

*This gets confusing with a pulling exercise, so let's go through a lat pull down.*

If we take the same tempo 2,1X1. That will be, X, squeeze the bar to your chest, pause for one second

### 2-3 warm up sets:

These are here for you to build up to your working weight. So if I am going to do my sets at 100kg. I can do a warm up set at 40, 60, 80 and then go to my working weight at 100. Treat these like practice. This is important. Every rep you do is a chance for you to practice your technique so try and do them exactly like you would if the weight was heavy.

## How do I know if I should increase weight?

Firstly, what is your form like?

Remember, we are playing the long game here. So if your form isn't on point, putting more weight on the bar most likely isn't going to improve it. Take some videos and have a look, get used to giving yourself honest feedback. If it really isn't feeling right, send me a video and I can give you some specific tips to try and sort things out.

So you've nailed the form. **Next...**

### **Treat the sets, reps, tempo, rest like rules.**

If you can complete the required number of reps, with the correct tempo, and stick to the rest break then try and put a little bit more weight on. Don't be afraid to use the little 2.5kg plates, over years those 2.5 kgs add up. If you can't stick to these things then the weight is too heavy for what we are currently trying to achieve in the program, so let go of the ego and take a bit of weight off.

Your aim should be to have a good average weight across your sets.

In the first week of the program you should aim to build up to a weight that is reasonable hard for them rules we set with the sets, reps, tempo, rest.

So if in week one I do:

Warm up 1: 20kg bar

Warm up 2: 40kg

Warm up 3: 60kg

Set 1: 70kg

Set 2: 75kg

Set 3: 75kg

Set 4: 70kg

I worked up to 75kg but couldn't keep it for my last set. That's okay, next session you would aim to do your first set with 75kg and maintain that for all four sets. Then to week after you can either go to 77.5kg or 80kg.

**If you have any questions at all about the program or training in general please feel free to ask.**

## It's time to train

Remember, when strength training you are not aiming to become the strongest guy in your gym in the four weeks you are doing this program. This program is just setting you up to be able to continue building your strength skills and provide you with a platform to start performing higher intensity training.

Getting strong takes a damn long time. But it is a journey worth taking.

# INTRODUCTION TO THE BIG 3

**NAME:**

**Focus: Strength and Hypertrophy**

**Upper Body Warm Up:**

Banded Shoulder Complex  
(Lat, Chest, Anterior Shoulder)

2X10

- Banded External Rotation
- Barbell Bench Press to Neck
- Active Passive Hang

2X

- Figure 4 get ups x 8e
- Spiderman Rocks x 8e
- Kneeling Thoracic Rotation x 8e

**Lower Body Warm Up:**

2X

- Breathing Brace Reps x 6 breaths
- SL RDL x 6e
- Goatbag Hinge x 8

**2-3 x warm up sets MINIMUM, prior to commencing your first exercise**

**A-1: Box Squat**

Date/Sets

Week 1

**Sets: 4**

Week 2

**Reps: 6 Tempo: 31X1**

Week 3

**Rest: 3mins**

Week 4

**B-1: Rack Pull**

Date/Sets

Week 1

**Sets: 3**

Week 2

**Reps: 8**

Week 3

Week 4

**B-2: Toe Taps**

Date/Sets

Week 1

**Sets: 3**

Week 2

**Reps: 8e**

Week 3

**Rest: 120secs**

Week 4

**C-1: Bulgarian Split Squat**

Date/Sets

Week 1

**Sets: 3**

Week 2

**Reps: 12**

Week 3

Week 4

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**Upper Body Warm Up:**

Banded Shoulder Complex  
(Lat, Chest, Anterior Shoulder)

2X10

- Banded External Rotation
- Barbell Bench Press to Neck
- Active Passive Hang

2X

- Figure 4 get ups x 8e
- Spiderman Rocks x 8e
- Kneeling Thoracic Rotation x 8e

**Lower Body Warm Up:**

2X

- Breathing Brace Reps x 6 breaths
- SL RDL x 6e
- Goatbag Hinge x 8

**2-3 x warm up sets prior to commencing your main exercise**

**A-1: Bench Press**

Date/Sets

Week 1

**Sets: 4**

Week 2

**Reps: 6 Tempo: 31X1**

Week 3

**Rest: 2mins**

Week 4

**B-1: DB Shoulder Press**

Date/Sets

Week 1

**Sets: 4**

Week 2

**Reps: 8 Tempo: 2112**

Week 3

**Rest: 60secs**

Week 4

**B-2: Bodyweight Row**

Date/Sets

Week 1

**Sets: 4**

Week 2

**Reps: 8**

Week 3

**Rest: 60secs**

Week 4

**C-1: DB Floor Press**

Date/Sets

Week 1

**Sets: 3**

Week 2

**Reps: 12**

Week 3

**Rest: 60secs**

Week 4

**NAME:**

**Focus: Strength and Hypertrophy**

**Upper Body Warm Up:**

Banded Shoulder Complex  
(Lat, Chest, Anterior Shoulder)

2X10

- Banded External Rotation
- Barbell Bench Press to Neck
- Active Passive Hang

2X

- Figure 4 get ups x 8e
- Spiderman Rocks x 8e
- Kneeling Thoracic Rotation x 8e

**Lower Body Warm Up:**

2X

- Breathing Brace Reps x 6 breaths
- SL RDL x 6e
- Goatbag Hinge x 8

**CONTINUED...**

**C-2: DB Chest Supported Row**

**Sets: 3    Reps: 12**

Date/Sets

Week 1

Week 2

Week 3

Week 4



**C-3: Band Pull Apart**

**Sets: 3    Reps: 12**

Date/Sets

Week 1

Week 2

Week 3

Week 4



**Core Finisher:**

If you want to do some extra core work at the end of your session give these a go. They aren't the fanciest exercises around but they will help with creating stability so that you can keep stable through your core when performing the big lifts.

Side Plank 3 x 30sec each side

Hollow Body Hold 3 x 30sec

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**Focus: Strength and Hypertrophy**

**Upper Body Warm Up:**

Banded Shoulder Complex  
(Lat, Chest, Anterior Shoulder)

2X10

- Banded External Rotation
- Barbell Bench Press to Neck
- Active Passive Hang

2X

- Figure 4 get ups x 8e
- Spiderman Rocks x 8e
- Kneeling Thoracic Rotation x 8e

**Lower Body Warm Up:**

2X

- Breathing Brace Reps x 6 breaths
- SL RDL x 6e
- Goatbag Hinge x 8

**2-3 x warm up sets MINIMUM, prior to commencing your first exercise**

**A-1: Deadlift**

Date/Sets

Week 1

**Sets: 4**

Week 2

**Reps: 6 Tempo: 22X1**

Week 3

**Rest: 3mins**

Week 4

**B-1: Chin Up/Chin Up Progression**

Date/Sets

Week 1

**Sets: 3**

Week 2

**Reps: 8**

Week 3

**Rest: 60secs**

Week 4

**B-2: Goblet Squat**

Date/Sets

Week 1

**Sets: 3**

Week 2

**Reps: 8 Tempo: 31X1**

Week 3

**Rest: 60secs**

Week 4

**C-1: Cable Low Row**

Date/Sets

Week 1

**Sets: 3**

Week 2

**Reps: 12**

Week 3

Week 4

**NAME:**

**Focus: Strength and Hypertrophy**

**Upper Body Warm Up:**

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2X10

- Banded External Rotation
- Barbell Bench Press to Neck
- Active Passive Hang

2X

- Figure 4 get ups x 8e
- Spiderman Rocks x 8e
- Kneeling Thoracic Rotation x 8e

**Lower Body Warm Up:**

2X

- Breathing Brace Reps x 6 breaths
- SL RDL x 6e
- Goatbag Hinge x 8

**CONTINUED...**

**C-2: Push Up/Push Up Progression** **Sets: 3** **Reps: 12**

Date/Sets      Week 1      Week 2      Week 3      Week 4



**C-3: Back Extension**

Date/Sets      Week 1      Week 2      Week 3      Week 4

**Sets: 3** **Reps: 12** **Rest: 60sec**



**Core Finisher:**

If you want to do some extra core work at the end of your session give these a go. They aren't the fanciest exercises around but they will help with creating stability so that you can keep stable through your core when performing the big lifts.

Side Plank 3 x 30sec each side

Hollow Body Hold 3 x 30sec