

A shirtless man with a blue cap and a tattoo on his shoulder is leaning against a tree trunk. The image is the background for a promotional graphic.

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The Master Strength Training Plan

FOR STRENGTH AND MUSCLE MASS

"This is the last strength
training plan you will ever
need"

The master strength training plan – the last strength program you will ever need

There are tens of thousands of training programs on the Internet and in magazines. Many Instagram and YouTube fitness gurus will sell personalized training programs over the Internet. Some programs respect the principles of training and could help you get good results, some programs, especially those that focus on “problem parts” recommend ineffective exercises that will show limited results.

When one starts exercising will see quick results on any kind of program. What a structured program offers you is an optimal base and significant continuous improvements over many years.

This common-sense scientific program template can give you optimal results for both strength and muscle mass and it can be used for a lifetime of training.

You must respect each one of the training principles to get optimal training results:

Training principles:

1. Your training should be intense and challenging.
2. Your training should be progressive. Train harder as you get better.
3. Your training program should be created and directed according to your goals. Every variable of your training should have a meaning and a specific purpose.
4. You should allow your body to recover enough time in order to achieve a peak adaptation level, then train again.
5. You should maintain you progress and not allow detraining to occur.
6. You should plan your fitness program on periods, each period with a specific goal in mind.
7. You should choose the fitness program that is right for you according with your factors, conditions and goals.
8. You should see the complete picture. Proper nutrition, sleep, life style, alcohol and cigarettes avoidance are a must in order to accomplish your health and fitness goals.

1. Frequency and volume

How many days per week should I train?

2 sessions a week – Monday & Thursday, Tuesday & Friday, Wednesday & Saturday (3-4 days apart)

Full body training - choose one drill from each **Green** category, **Blue** and **Purple** in total 7 exercises.

Perform 3 – 4 sets for each exercise. (If you are a beginner 2 is ok too)

3 sessions a week – Monday, Wednesday & Friday, Tuesday, Thursday & Saturday, Monday, Thursday & Saturday (2-3 days apart)

Full body training - choose one drill from each **Green** category and **Blue**, in total 6 Exercises.

Perform 3 – 4 sets for each exercise. (If you are a beginner 2 is ok too)

4 sessions a week – Monday, Tuesday, Thursday & Friday (etc)

Split body training – AB/AB (perform Session A twice a week and Session B twice a week)

Session A – choose one drill from each **Green** category and 2 drills from **Purple**, in total 5 exercises. Perform 3-5 sets per exercise.

Session B – choose one drill from each **Blue** category and one from each **Yellow**, in total 5 exercises. Perform 3-5 sets per exercise.

* my recommendation would be 3-4 sessions a week, with a minimum of 2 if you are really time strapped

* choose different drills from each category for different sessions (Ex For legs do Barbells squat for session 1, Lunges for session 2, Barbell box squat for session 3, Pistol squat for session 4, etc)

2. Intensity

How hard should I train?

Start with any weight you wish. You should be able to safely train with correct form without a spotter.

Increase the weight every week. Add 2.5 – 5 kg for all big drills (squat, deadlift, bench press) and 1 – 2.5 kg for all the other drills. It would be a good idea to own a set of Fractional plates that will allow you to add weight on a progressive manner. Fractional plates come in different weights from 0.125 kg to 0.5 kg.

3. Number of repetitions per set

Choose the number of repetitions according to your goal:





















- Strength – use between 2-6 reps per set.
- Bodybuilding (muscle hypertrophy) – 7-15 reps per set.















If your goals are both Strength gains and Muscle hypertrophy do sets with low reps and sets with higher reps. You can do them in the same session, or in separate sessions.







Example:

- Do a full Strength session with low reps (2-6) then a session for Bodybuilding with higher reps (7-15 reps).
- During the same session do a few low reps sets and a few high reps sets. 2 sets x 3 reps and 2 sets of 12 reps.
- Use the Pyramid loading method. Ex - 12 reps/50 kg, 9 reps/60 kg, 6 reps/70 kg, 3 reps/80 kg.
- Use the Reverse Pyramid loading method. Ex - 3 reps/80, 6 reps/70 kg, 9 reps/60 kg, 12 reps/50 kg.

The **Number of Reps** should be correlated with the **Load** so each set is challenging, but executed with correct form. If you are a beginner, start with 7-12 reps per set before attempting very heavy sets with 2-4 reps.

Legs	Barbell squat	Barbell box squat	Pistol squat	One leg squat with Kb	Gym rings Bulgarian split squat	Lunges - weighed	Zercher Squat	
								
Chest press	Barbell horizontal bench press	Weighted push-ups	Gym Rings push ups	Dips (bars or gym rings)	Barbell incline bench press	Dumbbells horizontal bench press	Dumbbells incline press	Barbell decline bench press
								
Back pull & row	Pull ups	Gym rings rows	Dumbbell bent over row	Barbell bent over row	Chin ups	Seated row		
								

Back extension	Barbell deadlift	Romanian deadlift	Straight knees deadlift	Kettlebell swing	Roman chair extension with weight
					
Shoulder press	Barbell vertical press	Kettlebell one arm press	Kettlebell two arms press	Dumbbells press	Hand stand push-ups (gym rings or boxes)
					
Abs	Gorilla crunch	Foam roll crunch	Leg raise	Decline weighed sit-ups	
					

Biceps	Standing barbell curls	Standing dumbbells curls	Pelican push-ups with Gym Rings
			
Triceps	Gym rings elbows extension (plank position)	Horizontal bench elbows extension barbell	Floor one arm cross-face dumbbell extension
			

General full body drills	Kettlebell snatch	Kettlebell Clean & Jerk	Kettlebell windmill	Kettlebell Turkish Get-up	Sled push (10 - 20 m)	Heavy ball over shoulder
						
	Barbell snatch	Barbell Clean & Jerk	Farmer's walk	Muscle-ups - Gym Rings / Bar	Sled pull with gym rings	
						

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