



THE CLIPBOARD

BLUE SHOES FITNESS

90 Day Strength Program

General Workout Guidelines

Think of these guidelines as “best practices” tips as you go throughout any workout that you do in this program.

1. **BE SAFE** - Injury is the worst case scenario when it comes to making progress toward your fitness goals. Do not attempt to lift any weights with your ego.
2. **PUSH YOURSELF** - On the flip side, these workouts will only be effective if you truly apply your focus and effort. Try bumping up your weight by one increment. If you are being safe, the worst case scenario is that you simply won't be able to complete all of the prescribed reps. Do not add more reps if a set felt too easy. Add more weight, then add more time.
3. **PUSH YOUR LEGS** - Most people will be able to lift significantly more with their legs than with their arms, so don't be afraid to push some challenging weight! Your legs are strong and are made up of lots of muscle mass. Use them!
4. **CHOOSE YOUR OWN VARIATIONS** - I wrote out and demonstrated most of the exercises using dumbbells because that's what most people have access too. However, as long as you stay within the guidelines of the movement pattern of each exercise, you can add bands or chains, swap out the dumbbells for a barbell or kettlebells, or even change the tempo of the exercises! These are all fringe details, and will not have a significant impact on your progress one way or another.
5. **USE YOUR RESOURCES** - Each exercise title in this workout plan is a hyperlink to a demonstration video. Click on these if you need more concrete directions!
6. **HAVE FUN** - Remember that there is probably not a real rush for you. You may feel in a hurry to reach your goals, but take a little time to “smell the dumbbells” and enjoy the journey!

Workout Program Overview

"90 DAY STRENGTH"			
Length	Goal	Workouts/Week	Split
90 Days (13 Weeks)	Total Body Strength	3-4	Vertical, Horizontal; Push, Pull, Legs

This 90 Day Strength program is all about building functional strength - we're talking about building up your muscles to handle anything that your day can throw at you. No matter your activity level at your work, around the house, or in your hobbies, these workouts will help you tackle them all with greater ease, greater mobility, and of course greater strength!

This 90 day (13 week) program is divided into three parts. During the 6 week Part 1, you'll cycle through two separate workouts, Vertical and Horizontal. which will be a challenging change of pace for your core musculature.

Part 2 is also 6 weeks long and will consist of cycling through three new workouts - Push, Pull, and Legs. Aside from continuing to change the rep ranges, this new split groups and targets muscle function directly.

Part 3 is a 1 week "deload" which will lower the intensity and give your body some much-needed rest before starting up again!

Ready or not, let's get it!

Part 1

Weeks 1-6

Part 1 Workout 1 - Vertical

Directions: Perform given sets and reps/times for each exercise using as heavy of a load as you can handle with good form. Rest up to 1 minute after each set of each exercise. Complete all sets of each letter exercise (i.e. A, B, C, etc.) before moving on to the next letter exercise. Exercises of the same letter (i.e. C1 and C2) are to be performed back to back without resting in between movements. Complete each workout up to twice per week, using the empty cells to record the weight used each week.

	WEEK 1-2	WEEK 3-4	WEEK 5-6
Exercise	3 Sets x 10 Reps	3 Sets x 12 Reps	4 Sets x 10 Reps

(Enter weights used each week in the cells below)

A1) Overhead Press Vertical Bilateral Upper Push												
B1) Split Squat Vertical Unilateral Lower Push												
C1) Lat Pull-Down / Reverse Plank Vertical Bilateral Upper Pull												
C2) Lateral Raise Vertical Bilateral Upper Push												
D1) Squat Vertical Bilateral Lower Push												

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Notes

- Lat Pull-Down: If you don't have a way to replicate this motion, you can substitute with a Reverse Plank Hip Drop or a banded Straight Arm Pull-Down.
- Lateral Raise: The best way to hit the medial head of your deltoids (shoulder muscles) is to lift straight out to the sides, but feel free to adjust if this is uncomfortable. You can still get a great workout by raising them in a slightly forward motion.

Part 1 Workout 2 - Horizontal

Directions: Perform given sets and reps/times for each exercise using as heavy of a load as you can handle with good form. Rest up to 1 minute after each set of each exercise. Complete all sets of each letter exercise (i.e. A, B, C, etc.) before moving on to the next letter exercise. Exercises of the same letter (i.e. C1 and C2) are to be performed back to back without resting in between movements. Complete each workout up to twice per week, using the empty cells to record the weight used each week.

	WEEK 1-2	WEEK 3-4	WEEK 5-6
Exercise	3 Sets x 10 Reps	3 Sets x 12 Reps	4 Sets x 10 Reps

(Enter weights used each week in the cells below)

A1) Chest Supported Row Horizontal Bilateral Upper Pull												
B1) Hip Thrust Horizontal Bilateral Lower Pull												
C1) Bench Press Horizontal Bilateral Upper Push												
C2) Bent Over Reverse Fly Horizontal Bilateral Upper Pull												
D1) Romanian Deadlift Horizontal Bilateral Lower Pull												

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Notes

- Chest Supported Row: If you don't have a bench available to you, substitute this for a Bent Over Row, and focus on pulling upward and backward to squeeze your upper traps.
- Bench Press: This is the same pattern as a push up, so feel free to swap between the two! If regular push-ups are too easy for you, you can place a load on your back such as a stack of weight plates, a weight vest, or even a heavy bag of rice to make them more challenging!

Part 2

Weeks 7-12

Part 2 Workout 1 - Push

Directions: Perform given sets and reps/times for each exercise using as heavy of a load as you can handle with good form. Rest up to 1 minute after each set of each exercise. Complete all sets of each letter exercise (i.e. A, B, C, etc.) before moving on to the next letter exercise. Exercises of the same letter (i.e. C1 and C2) are to be performed back to back without resting in between movements. Complete each workout up to once per week, or rollover to the next workout to fit in 4 or 5 per week.

	WEEK 7-8	WEEK 9-10	WEEK 11-12
Exercise	4 Sets x 15 Reps	4 Sets x 12 Reps	4 Sets x 10 Reps

(Enter weights used each week in the cells below)

A1) Overhead Press Vertical Bilateral Upper Push												
B1) Bench Press Horizontal Bilateral Upper Push												
C1) Halo Vertical Bilateral Upper Push												
D1) Lateral Raise Vertical Bilateral Upper Push												
D2) Skull Crusher Horizontal Bilateral Upper Push												

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Notes

- Bench Press: This is the same pattern as a push up, so feel free to swap between the two! If regular push-ups are too easy for you, you can place a load on your back such as a stack of weight plates, a weight vest, or even a heavy bag of rice to make them more challenging!
- Halo: Use the heaviest weight you can pick up/control. This will be an extremely easy move if you cheat, so take your time and keep your abs tight!

Part 2 Workout 2 - Pull

Directions: Perform given sets and reps/times for each exercise using as heavy of a load as you can handle with good form. Rest up to 1 minute after each set of each exercise. Complete all sets of each letter exercise (i.e. A, B, C, etc.) before moving on to the next letter exercise. Exercises of the same letter (i.e. C1 and C2) are to be performed back to back without resting in between movements. Complete each workout up to once per week, or rollover to the next workout to fit in 4 or 5 per week.

	WEEK 7-8	WEEK 9-10	WEEK 11-12
Exercise	4 Sets x 15 Reps	4 Sets x 12 Reps	4 Sets x 10 Reps

(Enter weights used each week in the cells below)

A1) Lat Pull-Down / Reverse Plank Vertical Bilateral Upper Pull												
B1) Bent Over Row Vertical Bilateral Upper Pull												
C1) Superman Pull-Up Horizontal Bilateral Upper Pull												
C2) Pull-Over Vertical Bilateral Upper Pull												
E1) Spider Curl Vertical Bilateral Upper Pull												

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Notes

- Bent Over Row: There are no deadlifts in Part 2 of this program, so this will be your primary move to strengthen your lower back. You may be surprised at how much weight you can actually lift on these!
- Superman Pull-Up: These get really challenging really quickly! Use a pair of dumbbells, shoes, or even no weight at all depending on what your back and shoulder can handle!

Part 2 Workout 3 - Legs

Directions: Perform given sets and reps/times for each exercise using as heavy of a load as you can handle with good form. Rest up to 1 minute after each set of each exercise. Complete all sets of each letter exercise (i.e. A, B, C, etc.) before moving on to the next letter exercise. Exercises of the same letter (i.e. C1 and C2) are to be performed back to back without resting in between movements. Complete each workout up to once per week, or rollover to the next workout to fit in 4 or 5 per week.

	WEEK 7-8	WEEK 9-10	WEEK 11-12
Exercise	4 Sets x 15 Reps	4 Sets x 12 Reps	4 Sets x 10 Reps

(Enter weights used each week in the cells below)

A1) Squat Vertical Bilateral Lower Push												
B1) Hip Thrust Vertical Bilateral Lower Pull												
C1) Side Lean Vertical Bilateral Upper Push												
D1) Double Clamshell Vertical Bilateral Upper Pull												
E1) Walking Lunge Vertical Bilateral Lower Push												

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Notes

- Side Lean: You can experiment with different load placement for different challenges. Try a bar on your back or dumbbells overhead!
- Double Clamshell: If you have a loop mini-band, place it just below your knees to add load to the glutes!

Part 3

Deload Week 13

Part 3 - Deload Workout

Directions: Perform given sets and reps/times for each exercise using 75% of your 10 RM. You can multiply your weights from week 12 by .75, or choose a weight that you would normally use for sets of 12-15 reps. Complete this workout up to 3 times during Week 13. This deload week is a middle ground between working at full intensity and completely resting. If you feel totally spent by the end of Week 12, feel free to use Week 13 as a rest week instead. After this deload week, you can start this program over again, or try out one of the other programs in the BSF Locker Room! Great job for rocking these workouts!

	WEEK 13	WEEK 13	WEEK 13
Exercise	4 Sets x 10 Reps @ 75% Load	4 Sets x 10 Reps @ 75% Load	4 Sets x 10 Reps @ 75% Load

(Enter weights used in the cells below)

A1) Lat Pull-Down / Reverse Plank Vertical Bilateral Upper Pull			
B1) Bench Press Horizontal Bilateral Upper Push			
C1) Chest Supported Row Horizontal Bilateral Upper Pull			
D1) Squat Vertical Bilateral Lower Push			
E1) Overhead Press Vertical Bilateral Upper Push			

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

Advanced Workout Options

If you are more experienced or looking for a more advanced challenge, try incorporating some of these techniques into the workouts from this block:

1. **SHORTENED ROM** - The heavy compound lifts (highlighted in green) already use many different muscle groups all at once. Instead of moving through a full range of motion, make those muscles work even harder by stopping just shy of full extension on each rep. This will create a “pump” sensation caused by metabolic byproducts, which leads to a greater stress response.
2. **SUPPLEMENTAL WORK** - This program will help cover most of your bases fitness-wise, but you’re welcome to tack on any extra exercises/techniques as you see fit for your goals! If you want to work out a specific muscle group more, or train a specific movement pattern, place this supplemental work within the given workouts.
3. **INCREASED TEMPO** - Speeding up your rep speed can be a great way to create explosive power. Specifically, adding an element of controlled speed to the concentric half of a movement is tough! Try this technique out on the heavy compound lifts. Use in combination with a shortened ROM for a great workout!
4. **DECREASED TEMPO** - On the flip side, slowing down your rep speed creates more time under tension and can make any given weight feel more challenging. This is convenient if you are using the maximum weight that you have access to but it still feels too easy. Slow down the eccentric half of a movement to force muscular control. This also works well for the heavy compound lifts.
5. **FOCUS** - Do not underestimate the power of the mind-muscle connection. This isn’t magic of course, but focusing on the muscles that are working to create the movement of each exercise can take your workouts to a new level. Rather than whipping a too-heavy weight around without much thought, grab an appropriate weight and watch your muscles contract under tension. It’s beautiful, too!