This program is super entry level. Do not overload yourself with heavy weight. It is simply meant to help you improve enough to start oter programs.

Do this program until you feel comfortable moving on (should be no more than 4 weeks).

Read through it, if you have any questions, feel free to email me at pagemax@pm.me

=== Program ===

STRENGTH

Day 1:

- 3x5 DB Overhead Press
- 3x5 Pullups /Lat pulldowns
- 3x5 Squats

Day 2: *

- 3x5 Benchpress
- 3x5 BB Rows
- 1x5 DL

Day 3:

- 3x5 DB Overhead Press
- 3x5 Pull-ups/Lat Pulldowns
- 3x5 Squats

=== Rules ===

- Last set is an AMRAP
- Progress w/ 2.5# for upper movements, 5# for lower
- If final AMRAP 10+ reps, double weight increase
- Any BB row variant will do
- Feel free to warm-up with Power cleans for deadlifts
- If you fail to do 5 reps in final set, deload by 10%
- If you cannot do 5 pull-ups, do lat pulldowns

CONDITIONING

- Intervals 1x per week
- Steady state 30-60 min 1x per week

- METCON 1-2x per week

=== Rules ===

- Intervals can either be road or form-runner.
- Examples include 5x30 sec form-runner intervals with 90 sec recovery jog, or 4x400m @ mile pace with a 1:2 rest ratio
- Steady state can be a jog, cycle, row, swim, hike, etc.
- Goal is to maintain Zone 2 heart rate for the duration of the session
- METCONs are up to your creativity. Example includes 5RFT: 10 burpees + 20 BF Sit-Ups + 30 cal row