

# Hybrid Athlete Sample Program: Beginner Strength Training

TRAINING DAY A				
EXERCISE	SETS	REPS	INTENSITY	REST PERIODS
<b>A. Squat</b> <i>goblet squat, double kettlebell squat, or barbell front squat</i>	2-5	5	Moderate, increasing to heavy <i>adjust weight as needed</i>	2 minutes
<b>B1. Press</b> <i>standing one-armed overhead press</i>	3	2,3,5 (by set)	Moderate <i>same weight for all sets</i>	None <i>alternate between B1 and B2 without resting</i>
<b>B2. Pull</b> <i>one-armed bent-over row</i>	3	2,3,5 (by set)	Moderate <i>same weight for all sets</i>	
<b>C1. Hinge</b> <i>Romanian deadlift or one-armed sumo kettlebell/dumbbell deadlift</i>	1-3	10 (per side, if applicable)	Easy	None <i>alternate between C1 and C2 without resting</i>
<b>C2. Loaded Carry</b> <i>farmer's walk</i>	1-3	1 minute per set	Moderate	

TRAINING DAY B				
EXERCISE	SETS	REPS	INTENSITY	REST PERIODS
<b>A. Hinge</b> <i>barbell deadlift or trap bar deadlift</i>	3-5	3-5	Moderate, increasing to heavy <i>adjust weight as needed</i>	2-3 minutes
<b>B1. Press</b> <i>push-up, dip, or bench press</i>	4	2,3,5,10 (by set)	Easy to moderate <i>same weight for all sets</i>	None <i>alternate between B1 and B2 without resting</i>
<b>B2. Pull</b> <i>chin-up, cable pulldown, or machine pulldown</i>	4	2,3,5,10 (by set)	Easy to moderate <i>same weight for all sets</i>	
<b>C1. Squat</b> <i>goblet squat or barbell front squat</i>	1-3	10 (per side, if applicable)	Very easy	None <i>alternate between C1 and C2 without resting</i>
<b>C2. Loaded Carry</b> <i>suitcase carry or waiter walk</i>	1-3	1 minute per side (2 minutes per set)	Heavy	

Notes: Take at least one rest day between each training day. The recommended training frequency is twice per week, but you can also train three or four times per week by alternating the training days each week (A, B, A; B, A, B; or A, B, A, B). Italicized exercises are recommendations. Modify or adjust as needed.