

STRENGTH

PLEDGE TO FITNESS

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WHAT IS STRENGTH?

Strength is defined as the capacity of a person to withstand great force or pressure.

We will be focusing on creating muscular strength through short bursts of high force for the next **4-6 weeks**. This program can be performed in congruence with your *Pledgendary training sessions* or as a stand-alone. Speak with your Pledge Team Coach to create an optimized balance between your in-session work and this on-your-own program.



BEFORE STARTING

Always **monitor yourself** when performing a workout: avoid any exercise if it hurts, **work your way up** to our suggested set and repetition counts as you build your endurance. You should recover once a week with an **Active Rest Day** performing rolling and stretching of any tightness, and/or enjoy fun physical activities.

Perform all exercises with “Proper Form”. This means maintaining a wide chest, your shoulders down and back, a tight core (suck in your belly button towards your spine), and glutes engaged to maintain your hips directly below your rib cage.

For any given exercise, select weights and resistance based on what you can lift while maintaining proper form. A good rule of thumb for finding the right amount of weight to use: your last three repetitions should burn.

EQUIPMENT

Recommended Equipment for Endurance Training:

- **Stopwatch**
- **Mat**
- **Bands**

Recommended Equipment for Weighted Movements:

- **Dumbbells / Barbells**
- **Cables**
- **Kettlebell**

While our **PTFStudios** have all the equipment one could dream of, each exercise can be modified with different equipment you have available at the moment.

Use what you have at your disposal.

Each exercise in this PDF has suggestions as to how it can be modified with different equipment or to different difficulty levels.



WARMING UP

Each workout should be started with 5 minutes of any cardio activity and 5 minutes to stretch and roll any tightness.

This is **in addition to** the Dynamic Warm Up in each workout section.



Complete both workout sections **once per week, for up to six weeks.**

WORKOUT TIMELINE

DAY 1

FULL BODY PUSH
Strength Training
pg. 8

DAY 2

FULL BODY PULL
Strength Training
pg. 9 *Optional- Complete Twice per Week*



FULL BODY PUSH

WORKOUT FLOW

Choose one of each MOVEMENT and perform 3-5 SETS of 3-5 REPETITIONS.
Complete sets of movement consecutively with rest in between.

REST: 30-60 seconds
Or until you feel fully recovered from the last movement.

After your Basic Warmup, Start Your

DYNAMIC WARMUP

Select one of each movement exercise at any level (beginner, intermediate or advanced), perform for 60 seconds each

BEGINNER

PUSH

- Press Machine ■
- Floor Press
- Hand Elevated Push Ups
- Banded Shoulder Press



SQUAT

- Body Squat ■
- Assisted Squat



LUNGE

- Split Squat
- Walking Lunges ■



CARDIO

- Jog in Place
- Jump in Place ■



INTERMEDIATE

PUSH

- Push Ups ■
- Weighted Press
- Chest Flys
- Military Press



SQUAT

- Weighted Squat



LUNGE

- Weighted Walking Lunges
- Weighted Split Squat ■



CARDIO

- High Knees
- Jump Rope ■



ADVANCED

PUSH

- Handstand Push Ups
- Explosive Push Ups ■



SQUAT

- Jump Squat



LUNGE

- Jumping Split Squat



CARDIO

- Mountain Climbers
- Sprints ■



DAY

1

FULL BODY PULL

WORKOUT FLOW

Choose one of each MOVEMENT and perform 3-5 SETS of 3-5 REPETITIONS.
Complete sets of movement consecutively with rest in between.

REST: 30-60 seconds

Or until you feel fully recovered from the last movement.

After your Basic Warmup, Start Your

DYNAMIC WARMUP

Select one of each movement exercise at any level (beginner, intermediate or advanced), perform for 60 seconds each

BEGINNER

PULL

- Pull Downs ■
- Machine Row
- Assisted Pull Ups



HINGE

- Banded Deadlift



LUNGE

- Split Squat



CARDIO

- Jog in Place
- Jump in Place ■



INTERMEDIATE

PULL

- Pull Ups ■
- Chin Ups
- Seated Cable Row



HINGE

- Deadlift



LUNGE

- Weighted Split Squat



CARDIO

- High Knees
- Jump Rope ■



ADVANCED

PULL

- Weighted Pull Ups ■
- Squatted Cable Row



HINGE

- Kettlebell Swing



LUNGE

- Jumping Split Squat



CARDIO

- Mountain Climbers
- Sprints ■



DAY

2

WORKOUT EXAMPLES

These examples are made to understand the different workout flows. Please follow the exercises at your level and according to the day you are on.

DAY 1 EXAMPLE FULL BODY PUSH

Warm Up

- 5 minutes of Cardio
- 5 minutes of Stretching

Dynamic Warm Up

- 60 seconds of Floor Press
- 60 seconds of Body Squat
- 60 seconds of Split Squat
- 60 seconds of Jump in Place

Workout

- 4 sets of 4 repetitions of Press Machine
- Rest 30 seconds
- 4 sets of 4 repetitions of Assisted Squat
- Rest 30 seconds
- 4 sets of 4 repetitions of Walking Lunges
- Rest 30 seconds
- 4 sets of 4 repetitions of Jog in Place

DAY 2 EXAMPLE FULL BODY PULL

Warm Up

- 5 minutes of Cardio
- 5 minutes of Stretching

Dynamic Warm Up

- 60 seconds of Pull Downs
- 60 seconds of Banded Deadlift
- 60 seconds of Split Squat
- 60 seconds of Jump in Place

Workout

- 4 sets of 4 repetitions of Machine Row
- Rest 30 seconds
- 4 sets of 4 repetitions of Banded Deadlift
- Rest 30 seconds
- 4 sets of 4 repetitions of Split Squat
- Rest 30 seconds
- 4 sets of 4 repetitions of Jog in Place



HAVE QUESTIONS?

Contact your Pledge Team Coach or write us at
info@pledgetofitness.com

Disclaimer This handout has an educational purpose. It is not medical advice, nor is it intended to replace professional medical advice or treatment. It is also not intended to be exhaustive and cannot be guaranteed in every case to incorporate new scientific, kinesiological, or medical research, or to be retroactively updated to incorporate such new information, although every effort is made to provide the most up-to-date information available at the time of publishing. These workouts should also not be assumed to be universally applicable in every case, as every person's health status is unique. You are encouraged to verify any information or exercise obtained from this handout with your physician or other health care professional.

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