

Strength Hacking Course: Day 11 Map

Strength training heresies: using bodybuilding, high reps, and isolation exercises to break PRs

You can't (and shouldn't attempt) to do the same program month after month – and that includes the aims of the program. Remember yesterday's lesson: if you want to build strength, you have to meet standards and fill gaps.

Part of filling gaps means training for things you might not otherwise care much about, like building muscle or endurance. These two things will go a long way in filling a common gap we tend to have, which is structural strength. And that is the mission of today's lesson – filling that gap.

Mission #1: Choose 1 exercise from each of the below categories that you have not trained seriously (or at all) in the past 6+ months:

Push: Dip, pushup, military press, push press, jerk, handstand pushup, pike pushup

Pull: Pullup, row, facepull

Hinge: Hip thrust, swing, deadlift, single leg deadlift, Romanian deadlift

Squat: Front squat, goblet squat, Hack squat, pistol

Gait: Loaded carry, crawl, march, sprint

Lunge: Lunge, split squat, Bulgarian split squat, step ups

Twist: Russian twist, Russian hockey deadlift, windmill, windshield wiper

(Optional isolation exercises: *bicep curls, tricep extensions, shoulder lateral raises, hamstring curls, forearm work, pec flies, calves, oblique raises. Prioritize these behind the movements listed above)*

Mission #2: Choose at least 1 of the below rep ranges to train that you have not trained in 6+ months and pair them with the exercises you chose above.

- Hypertrophy: 3-5 sets of 8-12 reps
- Endurance: 2-3 sets of 15-20 reps
- Strength: 3-5 sets of 3-5 reps (*NOTE: if you are here, odds are you've done enough of this rep range. In the off chance that you have not, you can choose it. Otherwise, stick with the hypertrophy and endurance rep ranges as they will present a much needed change of pace*)