

The Cube Method for Strongman Program:

Week 1:

The Cube Method for Strongman

Speed Squat

Date:13/05/2013

Speed Squats: Speed Squat (With Chains) – 50% x 10 x 2

125KG x 2 rep x 10 Sets

Assistance Exercise 1: Hip Thrusts

80KG x 15 x 3 Sets

Assistance Exercise 2: Sledge Drag

60Kg x 45m x 2 sets

Assistance Exercise 3 Leg extensions

Full stack x 12 x 3 sets

Agility: Multidirectional Speed

Date:

Ladder Drills:

_____ X _____
_____ X _____
_____ X _____
_____ X _____
_____ X _____

Cone Drills:

_____ X _____
_____ X _____
_____ X _____

Side Bends:

15 x 2

Hanging Leg Raises:

15 x 3

Wednesday:

General Warm-up

Overhead Day

1. Foam Rolling- get into the shoulders with a medicine ball
2. Shoulder complex warm up/stress with PVC pipe.
3. Jump rope for 3-5 minutes
4. Overhead squats with an empty bar

Repetition Overhead

Date: _____

Overhead: Axle press Repetition Overhead – 80% x 8 or more reps x 3 sets

_____ X _____ X _____ X _____

Assistance Exercise 1: Incline Barbell Press – 3 x 8

_____ X _____ X _____ X _____

Assistance Exercise 2: Dips – 3 x Max Reps

_____ X _____ X _____ X _____

Assistance Exercise 3: Band Pushdowns Regular Grip – 2 x 10 with 2 second pause at lockout

_____ X _____ X _____

Assistance Exercise 4: Hammer Grip – 2 x 10 with 2 second pause at lockout

_____ X _____ X _____

Assistance Exercise 5: Dumbbell Lateral Raises – 3 x 12

_____ X _____ X _____ X _____

Max Effort Deadlift

Date: _____

Deadlift: Max Deadlift – 1-2 reps

_____ X _____ X _____ X _____

_____ X _____ X _____ X _____

_____ X _____ X _____ X _____

_____ X _____ X _____ X _____

Assistance Exercise 1: 45° Hypers – Bodyweight x 3 x 20

_____ X _____ X _____ X _____

Assistance Exercise 2: Shrugs – 3 x 15 (Barbell, Dumbbell, Farmer's handles...)

_____ X _____ X _____ X _____

Assistance Exercise 3: Heavy Dumbbell Rows – 3 x 10 per arm

_____ X _____ X _____ X _____

Assistance Exercise 4: Rear Delts – 3 x 15 (face pulls, rear delt raises...)

_____ X _____ X _____ X _____

Assistance Exercise 5: Barbell Curls – 1 set with bar to failure

_____ X _____ X _____ X _____

Friday:

& Jump Rope – 3-5 minutes

& Sprints – 60 feet

o 1st at 40-50%

o Remaining sets progressively increase speed up to 70%.

& Decline Crunches - 3 x 30

Agility: Straight Ahead Speed

Date:

Jump Rope: _____ min

Sprints: (distance x reps)

_____ x _____

_____ x _____

_____ x _____

Decline Crunches:

_____ x _____ x _____ x _____

Saturday:

& Light Yoke – 40-50% of contest weight for speed for 4 runs for 60-80'

& Light Farmer's – 40-50% contest weight for speed for 4 runs for 60-80'

& Light Stones – 5 stones in series for speed with lighter stones than would be in your contest. The weight should be at least 30% lighter than you are going to be using in your contest.

& Stone load with 50% of your max stone for 3 x 5. You should focus on speed and the one motion technique to build explosiveness.

Light Event Day

Date:

Yoke: (weight x distance x time)

_____ x _____ x _____ x _____ x _____

_____ x _____ x _____

Farmer's Walk: (weight x distance x time)

_____ x _____ x _____ x _____ x _____

_____ x _____ x _____

Stones: (If a Stone over Bar) (weight x height x time)

_____ x _____ x _____ x _____ x _____

_____ x _____ x _____

Stones: (If a Stone Series)

Stones: (weight x height) Time:

Stone 1: _____ x _____ Run 1: _____

Stone 2: _____ x _____ Run 2: _____

Stone 3: _____ x _____

Stone 4: _____ x _____

Stone 5: _____ x _____

Stone for Reps:

_____ x _____ x _____ x _____

Repetition Squat

Date:

Repetition Squats:

_____ X _____ X _____ X _____
_____ X _____ X _____ X _____
_____ X _____ X _____ X _____
_____ X _____ X _____ X _____

Assistance Exercise 1: _____

_____ X _____ X _____ X _____

Assistance Exercise 2: _____

_____ X _____ X _____ X _____

Assistance Exercise 3: _____

_____ X _____ X _____ X _____

Assistance Exercise 4: _____

_____ X _____ X _____ X _____

Agility: Multidirectional Speed

Date:

Ladder Drills:

_____ X _____
_____ X _____
_____ X _____
_____ X _____
_____ X _____

Cone Drills:

_____ X _____
_____ X _____
_____ X _____

Side Bends:

_____ X _____ X _____

Hanging Leg Raises:

_____ X _____ X _____ X _____

Max Effort Overhead

Date:

Overhead:

_____ X _____ X _____ X _____
_____ X _____ X _____ X _____
_____ X _____ X _____ X _____
_____ X _____ X _____ X _____

Assistance Exercise 1: _____

_____ X _____ X _____ X _____
 Assistance Exercise 2: _____
 _____ X _____ X _____ X _____
 Assistance Exercise 3: _____
 _____ X _____ X _____ X _____
 Assistance Exercise 4: _____
 _____ X _____ X _____ X _____

Speed Deadlift

Date: _____

Deadlift: _____

_____ X _____ X _____ X _____
 _____ X _____ X _____ X _____
 _____ X _____ X _____ X _____
 _____ X _____ X _____ X _____
 Assistance Exercise 1: _____
 _____ X _____ X _____ X _____
 Assistance Exercise 2: _____
 _____ X _____ X _____ X _____
 Assistance Exercise 3: _____
 _____ X _____ X _____ X _____
 Assistance Exercise 4: _____
 _____ X _____ X _____ X _____
 Assistance Exercise 5: _____
 _____ X _____ X _____ X _____

Agility: Straight Ahead Speed

Date: _____

Jump Rope: _____ min

Sprints: (distance x reps)

_____ X _____
 _____ X _____
 _____ X _____

Decline Crunches: _____

_____ X _____ X _____ X _____

Heavy Event Day

Date: _____

Event 1: _____

_____ X _____ X _____ X _____

Event 2: _____

_____ X _____ X _____ X _____

Event 3: _____

_____ X _____ X _____ X _____

Event 4 (optional): _____

_____ X _____ X _____ X _____

Max Effort Squat

Date: _____

Squat: _____

_____ X _____ X _____ X _____

_____ X _____ X _____ X _____

_____ X _____ X _____ X _____

_____ X _____ X _____ X _____

Assistance Exercise 1: _____

_____ X _____ X _____ X _____

Assistance Exercise 2: _____

_____ X _____ X _____ X _____

Assistance Exercise 3: _____

_____ X _____ X _____ X _____

Assistance Exercise 4: _____

_____ X _____ X _____ X _____

Agility: Multidirectional Speed

Date: _____

Ladder Drills: _____

_____ X _____

_____ X _____

_____ X _____

_____ X _____

_____ X _____

Cone Drills: _____

_____ X _____

_____ X _____

_____ X _____

Side Bends: _____

_____ X _____ X _____

Hanging Leg Raises: _____

_____ X _____ X _____ X _____

Speed Overhead

Date: _____

Overhead: _____

_____ X _____ X _____ X _____

_____ X _____ X _____ X _____
_____ X _____ X _____ X _____
_____ X _____ X _____ X _____

Assistance Exercise 1: _____

_____ X _____ X _____ X _____

Assistance Exercise 2: _____

_____ X _____ X _____ X _____

Assistance Exercise 3: _____

_____ X _____ X _____ X _____

Assistance Exercise 4: _____

_____ X _____ X _____ X _____

Repetition Deadlift

Date: _____

Deadlift: _____

_____ X _____ X _____ X _____
_____ X _____ X _____ X _____
_____ X _____ X _____ X _____
_____ X _____ X _____ X _____

Assistance Exercise 1: _____

_____ X _____ X _____ X _____

Assistance Exercise 2: _____

_____ X _____ X _____ X _____

Assistance Exercise 3: _____

_____ X _____ X _____ X _____

Assistance Exercise 4: _____

_____ X _____ X _____ X _____

Assistance Exercise 5: _____

_____ X _____ X _____ X _____

Agility: Straight Ahead Speed

Date: _____

Jump Rope: _____ min

Sprints: (distance x reps)

_____ X _____
_____ X _____
_____ X _____

Decline Crunches: _____

_____ X _____ X _____ X _____

Heavy Event Day

Date: _____

Yoke: (weight x distance x time)

_____ X _____ X _____ X _____ X _____

_____ x _____ x _____

Farmer's Walk: (weight x distance x time)

_____ x _____ x _____ x _____ x _____

_____ x _____ x _____

Stones: (If a Stone over Bar) (weight x height x 75 seconds)

_____ x _____ x _____ x _____ x _____

_____ x _____ x _____

Stones: (If a Stone Series)

Stones: (weight x height) Time:

Stone 1: _____ x _____ Run 1: _____

Stone 2: _____ x _____ Run 2: _____

Stone 3: _____ x _____

Stone 4: _____ x _____

Stone 5: _____ x _____

Deload Squat

Date: _____

Assistance Exercise 1: _____

_____ x _____ x _____ x _____ x _____

Assistance Exercise 2: _____

_____ x _____ x _____ x _____ x _____

Assistance Exercise 3: _____

_____ x _____ x _____ x _____ x _____

Assistance Exercise 4: _____

_____ x _____ x _____ x _____ x _____

Agility: Multidirectional Speed

Date: _____

Deload Week: Go for a light walk, swim and stretch.

Deload Overhead

Date: _____

Assistance Exercise 1: _____

_____ x _____ x _____ x _____ x _____

Assistance Exercise 2: _____

_____ x _____ x _____ x _____ x _____

Assistance Exercise 3: _____

_____ x _____ x _____ x _____ x _____

Assistance Exercise 4: _____

_____ x _____ x _____ x _____ x _____

Deload Deadlift

Date: _____

Assistance Exercise 1: _____
 _____ x _____ x _____ x _____
 Assistance Exercise 2: _____
 _____ x _____ x _____ x _____
 Assistance Exercise 3: _____
 _____ x _____ x _____ x _____
 Assistance Exercise 4: _____
 _____ x _____ x _____ x _____
 Assistance Exercise 5: _____
 _____ x _____ x _____ x _____

Agility: Straight Ahead Speed

Date:

Deload Week: Go for a light walk, swim and stretch.

Light Event Day

Date:

Event 1: _____
 _____ x _____ x _____ x _____
 Event 2: _____
 _____ x _____ x _____ x _____
 Event 3: _____
 _____ x _____ x _____ x _____
 Event 4 (optional): _____
 _____ x _____ x _____ x _____

Week 2:

Monday:

& Repetition Squat (any squat variation) – 80% x 8 or more reps

& Leg Press – 3 x 10

& Calf Raises – 3 x 25

Tuesday:

& Ladder Drills

& Cone Drills

& Side Bends – 2 x 15 per side

& Hanging Leg raises – 3 x 15

Wednesday:

& Max Effort Overhead (any variation of Press) – 1-2 reps

& Close Grip Bench Press – 3 x 8

& Dumbbell Incline Press – 3 x 10

& Band Pushdowns

o Regular Grip – 2 x 10 with 2 second pause at lockout

o Hammer Grip – 2 x 10 with 2 second pause at lockout

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& Dumbbell Front Raises – 3 x 12
& Dumbbell Lateral Raises – 3 x 12

Thursday:

& Speed Deadlifts – 50% x 8 x 1 with 30 seconds rest between lifts
& GHR – 3 x 8-10
& Barbell Rows – 3 x 8
& Pulldowns – 3 x 10
& Shrugs – 3 x 15 (Barbell, Dumbbells, Farmers,...)
& Rear Delts – 3 x 15 (face pulls, rear delt raises...)
& Barbell Curls – 1 set with bar to failure

Friday:

& Jump Rope – 3-5 minutes
& Sprints – 8 runs x 60 feet
o 1st at 40-50%
o Remaining sets progressively increase speed up to 80%.
& Decline Crunches - 3 x 15 with weight

Saturday:

& Contest events or events of your choice. You should train these heavy, i.e. contest weight. For example, carrying medley, tire flip, truck pull, sled or implement drags.

Week 3:

Monday:

& Max Effort Squat (any squat variation) – 1-2 reps
& Leg Press – 3 x 10
& Calf Raises – 3 x 25

Tuesday:

& Ladder Drills
& Cone Drills
& Side Bends – 2 x 15 per side
& Hanging Leg raises – 3 x 15

Wednesday:

& Speed Overhead (any variation of Press) – 50% x 8 x 3
& SlingShot Bench Press – 3 x 5
& Barbell Incline Press – 3 x 10
& Overhead Triceps Extension – 3 x 10
& Dumbbell Front Raises – 3 x 12
& Dumbbell Lateral Raises – 3 x 12

Thursday:

& Repetition Deadlifts – 80% x 1 x 8-10
& 45° Hypers – 3 x 10 with weight
& Seated Rows – 3 x 10

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& Pull-ups – 3 sets x 8-10 (use a band for assistance if needed)
& Shrugs – 3 x 15 (Barbell, Dumbbells, Farmers,...)
& Rear Delts – 3 x 15 (face pulls, rear delt raises...)
& Barbell Curls – 1 set with bar to failure

Friday:

& Jump Rope – 3-5 minutes

& Sprints – 8 runs x 60 feet

o 1st at 40-50%

o Remaining sets progressively increase speed up to 90%.

& Decline Crunches - 3 x 30

Saturday:

& Heavy Yoke, Farmer's and Stones at or heavier than contest weight. Two all out sets of yoke and Farmer's, the distances are the same as week 1. Either a heavy stone over bar for 75 seconds or heavy stone series.

Week 4:

This week is a deload week. You will drop all of the main lifts and lower the intensity on all assistance work.

Monday:

& Leg Press – 3 x 15

& Leg Extensions – 3 x 15

& Calf Raises – 3 x 25

Tuesday:

& Go for a light walk, swim and stretch

Wednesday:

& Dumbbell Incline Press – 3 x 15

& Band Pushdowns:

o Regular grip with a 2 second pause – 2 x 15

o Hammer grip with a 2 second pause – 2 x 15

& Dumbbell Front Raises – 2 x 15

& Dumbbell Lateral Raises – 2 x 15

Thursday:

& 45° Hypers – 3 x 20 with no weight

& Chest Supported Rows – 3 x 15

& Pulldowns – 3 x 15

& Shrugs – 2 x 40 (Barbell, Dumbbells, Farmers,...)

& Rear Delts – 3 x 15 (face pulls, rear delt raises...)

& Barbell Curls – 1 set with bar to failure

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Friday:

& Go for a light walk, swim and stretch

Saturday:

& Contest events at 40-50% of contest weight. Or if you don't know the events ahead of time you can do sled drag, Prowler, light sandbag carries.