

STRENGTH TRAINING

 **THE 6yd BOX**
6ydbox.com

**with Brent Carter
& Starting Strength**

SAMPLE WORKOUT

'Elizabeth'

Week #1

1/7
SUN

5min Bike
Abs

Squat
35x5x2
45x5
55x5
65x5
75x5
85x5

*increase until
form starts to
falter

1/9
TUE

5min Bike
Abs

Squat
45x5x2
60x5
75x5
85x2
95x5x3

Press
15x5x2
25x5
35x5
45x5
55x4

*increase until
form starts to
falter

1/11
THU

5min Bike
Abs

Squat
45x5x2
60x5
75x5
90x2
105x5x3

*watch knees

Bench
25x5x2
35x5
45x5
55x5
65x5

*increase until
form starts to
falter

Week #2

1/14
SUN

5min Ellipt
Abs

Squat
45x5x2
65x5
85x5
100x2
115x5x3

Press
15x5x2
25x5
35x5
45x2
55x5x3

Dead
45x5x2
65x5
75x5
85x5
95x5
105x4

*increase until
form falter

1/16
TUE

5min Ellipt
Abs

Squat
45x5x2
65x5
85x5
105x2
125x5x3

Bench
25x5x2
35x5
50x5
60x2
70x4
65x5x2

1/18
THU

5min Ellipt
Abs

Squat
45x5x2
70x5
95x5
115x2
135x5x3

Press
15x5x2
30x5
40x5
50x2
60x4
55x5x2

Dead
45x5x2
65x5
85x5
100x2
115x5

Week #3

<u>1/21</u> <u>SUN</u>	<u>1/23</u> <u>TUE</u>	<u>1/25</u> <u>THU</u>
5min Ellipt Abs	5min Ellipt Abs	5min Ellipt Abs
<u>Squat</u> 45x5x2 70x5 95x5 120x2 145x5x3	<u>Squat</u> 45x5x2 75x5 100x5 125x2 150x5x3	<u>Squat</u> 45x5x2 75x5 105x5 130x2 155x5x3
		*back flattening
<u>Bench</u> 25x5x2 35x5 50x5 60x2 70x5x3	<u>Press</u> 15x5x2 25x5 35x5 50x2 57.5x5x3	<u>Bench</u> 25x5x2 35x5 50x5 65x2 75x5x3
<u>Dead</u> 45x5x2 65x5 85x5 105x2 125x5	<u>Clean</u> 25x3xmany 35x3 45x3 50x3 55x3 60x4	<u>Dead</u> 45x5x2 70x5 95x5 115x2 135x5
	*increase until form falter	

Week #4

<u>1/28</u> <u>SUN</u>	<u>1/30</u> <u>TUE</u>	<u>2/1</u> <u>THU</u>
5min Ellipt Abs	5min Ellipt Abs	5min Ellipt Abs
<u>Squat</u> 45x5x2 75x5 105x5 130x2 155x5x3	<u>Squat</u> 45x5x2 75x5 105x5 135x2 160x5x3	<u>Squat</u> 45x5x2 75x5 105x5 135x2 165x5x3
<u>Press</u> 15x5x2 25x5 40x5 50x2 60x5x2 60x3	<u>Bench</u> 25x5x2 35x5 50x5 65x2 77.5x5x2 77.5x4	<u>Press</u> 15x5x2 25x5 40x5 50x2 60x5x3
<u>Dead</u> 45x5x2 70x5 95x5 120x2 145x5	<u>Clean</u> 25x5x2 35x3 45x3 55x2 65x3x5	<u>Dead</u> 45x5x2 75x5 105x5 130x2 155x5

Training Notes

- This represents the initial four-week progression of a novice 16-year-old female lifter, Elizabeth
- All lifts were supervised, and all work sets were properly spotted
- Proper form was observed for all lifts, as dictated by *Starting Strength: Basic Barbell Training, 3rd Edition*, Mark Rippetoe