

# Fall River Strong

Fast, effective and fun workouts, anyone can do.

Build your own workouts, with this easy to understand guide





Hi ! Bobby here from One More Rep Strength. I've been training people for the last 15 years. Getting them strong, building lean muscle and helping them have their best life.

These days I mainly do personal training.

I understand that is not in everyone's price range.

So, I wanted to create a free resource that anyone could use

So, you can still do high quality workouts, even if it's your own.

This will work as a template, so you can plug and play.

Do fun and effective workouts forever...

A template is an outline of how to train .

I did this over writing a specific workout, so you

- Have workouts to do forever
- Pick the exercises, that feels the best, you have access to and you enjoy
- You can use. what you have access to.

## **Let's Get started**

### **The movements.**

Before we get into the template workouts, I'm going to refer to each exercise for a certain movement or exercise type.

This is so you can swap what you like best.

I'm going to explain each of the exercise types or movements.

**Squat-** This when you bend at the hip and knees. This will work on your quads, glutes and hamstrings

Examples Barbell squat, KB squat, Hack squat, Goblet Squat etc



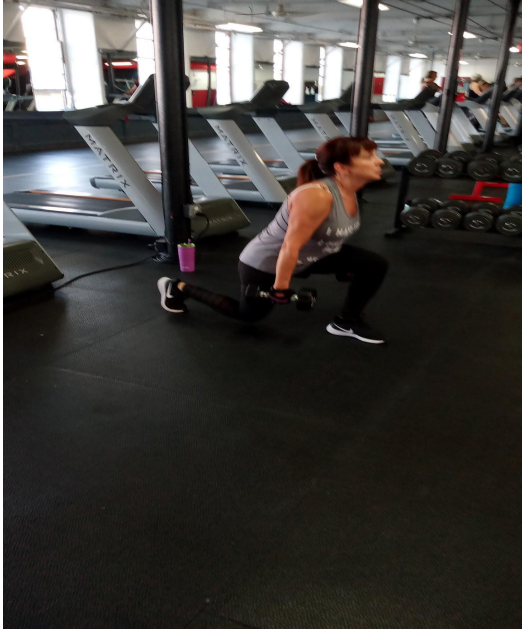
**Hip hinge-** This is an exercise where you move mainly through the hips and knee usually don't bend that much . This works your hamstring and glutes the most.

Example- deadlift, trap deadlift, RDL, hip thruster, back extension, pull through.



**Single leg exercise-** This when you perform a lower body exercise on 1 leg at a time. Most of these work your quads, hamstring and glutes. Plus, you'll work your core and abs a little more here.

Examples - Split squats, lunges, side lunges, step ups, single leg RDL, sled push etc



**Upper Push-** This where you push something away from you, this will work your chest, tricep and front shoulders.

Example- push ups, bench press, shoulder press etc



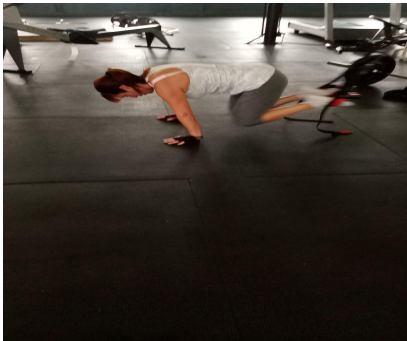
**Upper Pull-** This where you're pulling something to you. This will work the back, biceps and rear shoulders

Example-rows, lat pulldown, chin etc



**core/abs-** This anything that will works your abs

Example-crunches, sit ups, leg raises, planks, jack knives etc



**Accessory work-**These are isolation exercises, you want to focus on hitting the body parts, you really like to develop.

Examples, biceps curls, tricep extension, shoulder raises, band walks, hip thrusters etc

**Power-** These are exercises that will develop power and are done fast.

Example jumps, sprints, kb swings or medicine ball throws

## **The Templates**

### Day 1

Strength circuit, do for reps of 5-8, and for a total of 4 sets

1A squat

1B upper pull

1C power

Muscle building Circuit, do for reps of 8-12 for 3 sets

2A Single leg

2b Upper push

2C Corre/abs

Pump work, pick 2-3 exercise you like to work on for accessories, for reps of 8-15 for 3 sets

3A

3B

3C

### Day 2

Strength circuit, do for reps of 5-8, and for a total of 4 sets

1A hip hinge

1B upper press

1C power

Muscle building Circuit, do for reps of 8-12 for 3 sets

2A squat

2b upper pull

2C Corre/abs

Pump work, pick 2-3 exercise you like to work on for accessories, for reps of 8-15 for 3 sets

3A

3B

3C

### Day 3

Strength circuit, do for reps of 5-8, and for a total of 4 sets

1A single leg

1B upper pull

1C power

Muscle building Circuit, do for reps of 8-12 for 3 sets

2A hip hinge

2b upper push

2C Corre/abs

Pump work, pick 2-3 exercise you like to work on for accessories, for reps of 8-15 for 3 sets

3A

3B

3C

Here is a workout example

Strength circuit

1A rear foot elevated split squats 4x 8

1B 1 arm DB rows 4x 8

1C Box Jumps 4x 5

Muscle budding Circuit f

2A DB RDL 3x10

2b push ups 3x 12

2C jackknife in TRX

Pump work-working on glute development

3A side-side band walk 10/side 3 sets

3B hip thruster 15 3 sets

3C birdogs 10/side 3 sets

Any questions, e-mail @ [bobby1057@gmail.com](mailto:bobby1057@gmail.com)