

STRENGTH 'HELIOS'

ONE REP MAX + SUBMAX



CAVEMAN TRAINING

WARM-UP

- 5 star jumps
- 5 'any' push-ups
- 3 alternating windmills

5 rounds

EXERCISES

- unilateral kettlebell shoulder press
- bilateral barbell bicep curl
- unilateral kettlebell bent-over rows, narrow and wide
- unilateral kettlebell chest-press
- bilateral weighted tricep push-up

ONE REP MAX

One repetition per exercise, your maximum weight.

SUBMAX

3 repetitions for each exercise, unilateral exercises are performed left and right, four rounds in total.

COOL DOWN AND STRETCH

Skill level Intermediate

Execution

Shoulder Press

Clean the kettlebell up, feet positioned outside hips or shoulder width, everything locked out, hips, knees, chest out and shoulders back, bell properly racked with a good grip (download my grips pdf if not sure), start pressing, aim up and back rather than out and up.

Barbell Bicep Curl

Pick the barbell up with a hip hinge dead lift, feet outside the hips or shoulder width, core braced, shoulders back, everything aligned, elbows pulled into the ribs, focus on keeping them there during the movement, keep the wrists straight, perform the curl, split second pause at top of the curl, slowly release back down to the hang and repeat.

Chest Press

Lay down flat with feet planted, perform a safety roll to bring the bell towards your chest and pressing position. Keep the weight above the elbow at all times, keep a 90 degree angle between your elbow and ribs, aim to get the weight right above the shoulder and slowly return the weight.

Weighted Tricep Push-up

Replace with skull crushers if no partner available.

Video <https://www.youtube.com/watch?v=RFsbz6r2pc4>

Bent-over rows <https://www.youtube.com/watch?v=WpK-4gjaKol>

Kettlebell cleans <https://www.youtube.com/watch?v=BIGLLqT6f-U>

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