

Welcome to the seventh cycle of strongman workouts. Read this before you get started.

### *Who is this program intended for?*

This strongman program is intended for:

- Those who want to get stronger and faster
- Those who want to get ready for a strongman competition
- Those who want a general strength and power training program which includes strongman

### *Why should I train strongman?*

Whether you are looking for explosive strength, the ability to lift heavy for multiple reps, or to increase your max lifts, strongman is a fun and effective way to do so. If you are looking for improvements across all three, there is no better alternative. Here are [33 more reasons to train strongman](#), and [what strongman training can teach us about getting strong](#).

### *When are the workouts?*

The workouts are released weekly, on a Monday. There is no need to start from Cycle One. Each cycle we program gets better and better, so Cycle Seven is a great place to start. Those who have followed Cycle Six will notice a similar structure to the programming. Cycle Seven has been specifically designed to provide progression from Cycle Six, but serves just as well as a standalone training cycle.

My only recommendation is that whenever you start this program, you start from week one, as opposed to jumping in mid-way through the cycle. The programming is progressive and starting from the beginning will ensure the safest and most effective advancement.

### *What equipment do I need?*

The Day One and Day Two sessions are purposefully constructed so that you can do them in any respectable gym. No strongman equipment is required on these days.

On the Saturday, you will be doing event training. Ideally, you will have access to some basic strongman equipment for this – however this program keeps these requirements to a minimum.

The full list of requirements is:

- Barbell

- Dumbbells
- Bench
- GHD machine
- Yoke
- Farmers walk handles
- Axle bar
- Log

The more relevant equipment you have access to, the more you will get out of the program. Otherwise, take a look at [these gym-based alternatives](#).

### *Where can I find more information and ask questions?*

Take a look at [my strongman series](#) for an explanation of strongman events split down by equipment. If you have any further questions, please ask them on the [Breaking Muscle forum](#), and I will get back to you as soon as possible with an answer.

#### Week 1 Day 1

Back squat, 1RM

Zercher squats, 3 x 6

Glute ham raises, 4 x 10

Ab rollouts, 5 x 10

#### Week 1 Day 2

Strict press, 1RM

Bench press off pins (chest level), 3 x 5

JM press, 3 x 8

Dumbbell rear delt raises, 3 x 12

#### Week 1 Day 3

Axle deadlifts @ 65% of max, 6 x 1 for speed

Log clean and press, max reps in 75 seconds

Yoke carry, light weight for 60m

#### Week 2 Day 1

Back squat, 3 x 10 @ 70%, 60 sec rest

Zercher squats, 3 x 6

Glute ham raises, 4 x 10

Ab rollouts, 5 x 10

#### Week 2 Day 2

Floor press @ 60% of max, 9 x 3 for speed

Bench press off pins (chest level), 3 x 5

JM press, 3 x 8

Dumbbell rear delt raises, 3 x 12

Week 2 Day 3

18" deadlift, 3RM

Log clean and strict press, 1RM

Yoke carry, medium weight for 40m

Week 3 Day 1

Good morning, 2RM

Zercher squats, 3 x 6

Glute ham raises, 4 x 10

Ab rollouts, 5 x 10

Week 3 Day 2

Incline Bench Press, 1RM

Bench press off pins (chest level), 3 x 5

JM press, 3 x 8

Dumbbell rear delt raises, 3 x 12

Week 3 Day 3

Deadlift, max reps in 90 seconds

Log clean and press, 9 x (1+3) @ 65% for speed

Farmers walk, light weight for 60m

Week 4 Day 1

Box squat @ 60% of max x 10 x 2 for speed

Zercher squats, 3 x 6

Glute ham raises, 4 x 10

Ab rollouts, 5 x 10

Week 4 Day 2

Strict press @ 70% x max reps

Bench press off pins (chest level), 3 x 5

JM press, 3 x 8

Dumbbell rear delt raises, 3 x 12

Week 4 Day 3

Axle bar squat, 1RM

Axle bar clean and strict press, 1RM

Farmers walk, medium weight for 40m

Week 5 Day 1

Snatch grip deadlift, 3RM

T-bar row, 3 x 6

Back raises, 4 x 10

Dumbbell side bends, 3 x 25 each side

Week 5 Day 2

Push press, 1RM

Dumbbell flat bench press, 3 x 6

Dumbbell row, 3 x 15

Dumbbell shrugs, 4 x 20

Week 5 Day 3

18" deadlifts @ 65% of max, 6 x 1 for speed

Axle bar clean and press, max reps in 90 seconds

Yoke carry, light weight for 60m

Week 6 Day 1

Back squat, 2 x 15 @ 70%, 90 sec rest

T-bar row, 3 x 6

Back raises, 4 x 10

Dumbbell side bends, 3 x 25 each side

Week 6 Day 2

Floor press @ 65% of max, 9 x 3 for speed

Dumbbell flat bench press, 3 x 6

Dumbbell row, 3 x 15

Dumbbell shrugs, 4 x 20

Week 6 Day 3

Axle bar deadlift, 3RM

Clean and push press, 1RM

Yoke carry, heavy weight for 20m

Week 7 Day 1

Front squat, 1RM

T-bar row, 3 x 6

Back raises, 4 x 10

Dumbbell side bends, 3 x 25 each side

Week 7 Day 2

Wide grip bench press, 3RM

Dumbbell flat bench press, 3 x 6

Dumbbell row, 3 x 15

Dumbbell shrugs, 4 x 20

Week 7 Day 3

Axle bar squat, max reps in 90 seconds

Axle bar clean and press, 9 x (1+3) at 65% for speed

Farmers walk, light weight for 60m

#### Week 8 Day 1

Box squat @ 65% of max x 10 x 2 for speed

T-bar row, 3 x 6

Back raises, 4 x 10

Dumbbell side bends, 3 x 25 each side

#### Week 8 Day 2

Push press @ 70% x max reps

Dumbbell flat bench press, 3 x 6

Dumbbell row, 3 x 15

Dumbbell shrugs, 4 x 20

#### Week 8 Day 3

Axle bar zercher squat, 3RM

Axle bar clean and push press, 1RM

Farmers walk, heavy weight for 20m

#### Week 9 Day 1

Zercher squat, 3RM

Weighted pull ups, 2 x 5

Weighted hip thrusts, 3 x 8

Face pulls, 3 x 20

#### Week 9 Day 2

Push jerk, 1RM

Incline bench press, 3 x 5

Weighted dips, 2 x 8

Hammer curls, 3 x 20

#### Week 9 Day 3

Deadlifts @ 65% of max, 6 x 1 for speed

Dumbbell clean and press, max reps in 90 seconds

Yoke carry, light weight for 60m

#### Week 10 Day 1

Back squat, 3 x 10 @ 75%, 60 seconds rest

Weighted pull ups, 2 x 5

Weighted hip thrusts, 3 x 8

Face pulls, 3 x 20

#### Week 10 Day 2

Floor press @ 70% of max, 9 x 3 for speed

Incline bench press, 3 x 5

Weighted dips, 2 x 8

Hammer curls, 3 x 20

Week 10 Day 3

Power clean, 1RM

Log clean and push press, 1RM

Farmers walk, medium weight for 40m

Week 11 Day 1

18" deadlift, 3RM

Weighted pull ups, 2 x 5

Weighted hip thrusts, 3 x 8

Face pulls, 3 x 20

Week 11 Day 2

Behind the neck snatch grip push press, 1RM

Incline bench press, 3 x 5

Weighted dips, 2 x 8

Hammer curls, 3 x 20

Week 11 Day 3

Axle bar deadlift, max reps in 90 seconds

Medium weight dumbbell clean and press, 9 x (1+3) for speed

Yoke carry, light weight for 60m

Week 12 Day 1

Box squat @ 70% of max x 10 x 2 for speed

Weighted pull ups, 2 x 5

Weighted hip thrusts, 3 x 8

Face pulls, 3 x 20

Week 12 Day 2

Rest Day

Week 12 Day 3

Competition Day