



3 Day Strength Program

Smith's Fitness **SF101**

AJ SMITH

"The best program I've ever written"

THANK YOU

THANK YOU VERY MUCH FOR GRABBING THIS PROGRAM. IT MEANS A LOT THAT YOU HAVE PUT YOUR TRUST IN ME AND I'M CONFIDENT THAT THIS PROGRAM WILL HELP.

NOW IS THE TIME TO GET STUCK IN.

IF YOU HAVE ANY QUESTIONS AT ALL PLEASE DO NOT HESITATE TO GET IN TOUCH VIA SOCIAL MEDIA OR EMAIL AJ@SMITHSFITNESS.COM.AU

WE WOULD LOVE TO SEE YOUR TRAINING FOOTAGE SO FEEL FREE TO TAG US AND SHARE YOUR PROGRESS WITH THE WORLD. EVERY LITTLE BIT HELPS SPREAD THE WORD AND HELPS SMITH'S FITNESS GROW.



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DISCLAIMER

PLEASE USE PRECAUTION AND COMMON SENSE WHEN EXERCISING AND UNDERSTAND THE RISKS INVOLVED WITH STRENGTH TRAINING. PLEASE CONSULT YOUR DOCTOR BEFORE COMMENCING THIS PROGRAM. PLEASE BE AWARE THAT SMITH'S FITNESS ACCEPTS NO RESPONSIBILITY FOR INJURIES OR OUTCOMES FROM USING THIS PROGRAM, ONLY THE GAINS.

PROGRAM OVERVIEW

The SF101 program is a 3 day per week, 5 week program designed to improve your overall strength, in particular your main lifts the Back Squat, Bench Press and Deadlift.

Weights are prescribed for these main lifts and are all percentage based off 95% of your most recent maximum. In my experience it is wise to start any program on the lighter side.

If you are a beginner or have no idea of your current maximum (1RM), just run the program and self select your weights rather than working off percentages. Start with something moderate and slowly increase where appropriate. Remember SF101 is all about keeping it simple.

The secondary and assistance exercises are not prescribed loads. This is of little concern, simply attempt to increase the weight for these lifts where appropriate. Maintaining correct form and full range of motion should go without saying.

WARM UP

Warm Ups are a really individualised thing. Some people feel they don't need to spend too long on it and others feel they need to be really prepared. So that makes writing a warm up for a program on the internet kinda tough.

If you've got a good routine that you're happy with, by all means, stick with it.

But just to help you out if you need it, I've detailed my typical warm up below

Cat Camel x 10
Fire Hydrants x 10
Glute Bridge x 10
Straight Leg Raise x 10ea
Walk Outs x 5
Band Pull Aparts x 10
Band Dislocates x 10
Hip circle walks x whatever

You can find these exercises in this video [here](#)

DAY 1

Back Squat 5x5

65% | 70% | 75% | 80%

Bench Press 5x5

75% | 77% | 80% | 82%

Romanian Deadlift 4x8

Military Press 4x8

Walking Lunge 3x10

Bent Over Row 3x10

Week 1, 2, 3, 4



DAY 2

Bench Press 5x3

80% | 85% | 90% | 92%

Close Grip Bench Press 4x8

60% | 65% | 70% | 75%

Pull Up or Lat Pulldown 3x10

DB Shoulder Press 3x10

DB Romanian Deadlift 3x10

Goblet Squat 3x10

DAY 3

Deadlift 5x5

65% | 70% | 75% | 80%

Bench Press 5x5

75% | 77% | 80% | 82%

Front Squat 4x8

Hamstring Curl 3x10

Incline Bench Press 3x10

Bent Over Row 3x10

ABS

Complete Ab circuits as desired after each main strength session.

A

Weighted Sit Up x 10

Strict Mountain Climber x 10ea

Russian Twist x 10ea

B

Hanging Knee Raise x 10

Palloff Press x 10ea

Plank x 30s

C

Ab Wheel Roll Out x 10

Side Bridge x 20s

Cable Crunch x 10

SMITH'S FITNESS SF101

Name: _____

Block no: _____

start date: _____

Current Max: S= _____

B= _____ D= _____

Day 1		WEEK 1		WEEK 2		WEEK 3		WEEK 4		WEEK 5	
	Sets x Reps	%	Weight								
Back Squat	5x5	65%		70%		75%		80%			
Bench Press	5x5	75%		77%		82%		85%			
Romanian Deadlift	4x8										
Military Press	4x8										
Walking Lunge	3x10ea										
Bent Over Row	3x10										
<hr/>											
Day 2		WEEK 1		WEEK 2		WEEK 3		WEEK 4			
	Sets x Reps	%	Weight	%	Weight	%	Weight	%	Weight		
Bench Press	5x3	80%		85%		90%		92%			
Close Grip Bench Press	4x8	60%		65%		70%		75%			
Pull Up or Lat Pulldown	3x10										
DB Shoulder Press	3x10										
DB Romanian Deadlift	3x10										
Goblet Squat	3x10										
<hr/>											
Day 3		WEEK 1		WEEK 2		WEEK 3		WEEK 4			
	Sets x Reps	%	Weight	%	Weight	%	Weight	%	Weight		
Deadlift	5x5	65%		70%		75%		80%			
Bench Press	4x8	65%		70%		72%		75%			
Front Squat	4x8										
Hamstring Curl	3x10										
Incline Bench Press	3x10										
Bent Over Row	3x10										

Test all three lifts using 87% of max for as many reps as possible
 Your goal is to do 5 or more reps to produce a new estimated max
 Re-calculate your new estimated 1RMs and run the program again.

TESTING PROTOCOL

After 4 weeks of solid training it is time to test ourselves in week 5. You can split these tests up across your typical training days or perform them all on the same day.

The goal with testing for this program isn't to set a new 1-rep-maximum. It is to set a new repetition record.

You will use 87% of your original maximum and perform as many repetitions as possible.

Our goal is 5 or more. Once we have completed the test we can recalculate our new maximum using the following equation:

$$(\text{weight} \times \text{reps}) \times 0.0333 + \text{weight}$$

for example; if I benched 100kgs for 9 reps
 $(100 \times 9) \times 0.033 + 100 = 130\text{kg}$ (rounded up)

Then we can simply run the program again and again using our new maximum to calculate our prescribed loads.

FAQ

I can't do a particular exercise, can I swap it?

Of course you can, just try to replicate a similar movement pattern with the exercise you choose. Good technique should always be your first priority, there are no shortage of tutorials and explanations online so feel free to dive onto YouTube or if you really get stuck, just get in touch.

Will this program help me lose body fat?

Yep, any exercise program will help, as it will positively impact the calories out side of the in/out equation. However you will only lose weight/bodyfat if you are in a calorie deficit, and you will find it hard to put on muscle if you aren't in a calorie surplus. If you need more help with this, just get in touch.

How do I know I'm making progress?

The obvious one is more weight on the bar, but you can also see progress through improved technique, lifting the same weight easier, lifting the same weight with shorter rest periods etc. As mentioned earlier we should apply the principal of progressive overload where appropriate.

How long should I follow this program?

The simply answer is; as long as you are seeing progress. Too often people chop and change before they truly see a program through. Stay diligent, finish at least once cycle and if you've improved, why would you change?

FAQ

How should I organise my training/rest days?

The best training split is the one that suits your lifestyle and allows you to train consistently for a long period of time. If that means back to back sessions then so be it. That may not be ideal, but it might be the most practical.

Ideally for 3 day per week programs you will have a day rest between sessions and two days off i.e Mon, Wed, Fri.

For 4 day per week programs; Limit yourself to two days in a row i.e Mon, Tues, Thurs, Fri is pretty common or maybe Mon, Wed, Friday, Sat

Programs that are 5 days or more per week should be arrange as such that different body parts are being trained and it's not to much of a concern, just get each day done.

When should I do abs?

I'd attempt to complete 3 rounds of an ab circuit after every session. They are designed as extras so get your main lifting done and if you've still got time, of course; hit those abs.