

Cause Strength: Month 1

Key:
[BB] [DB] [KB] = [Barbell] [Dumbbell] [Kettlebell]
AMRAP = As many reps as possible
(W)(C)(R) = Wide, Close, and Regular (usually for Push Ups)
Mach. = Machine

Tips:
Less than 2 minutes rest between sets.
Controlled reps (don't rush).
BREATHE.

WEEK 1

DAY 1 - LEGS

Exercise	Set 1	Set 2	Set 3	Set 4	
BB Squats		10	8	8	6
Hamstring Curls		15	15	12	12
Quad Extensions		15	15	12	12
Calf Raises		20	20	20	20
Leg Press Mach.		15	12	10	8
Hip Thrusts		15	15	12	12
Resistance Bike	5 minutes				

DAY 2 - PUSH

Exercise	Set 1	Set 2	Set 3	Set 4	
BB Bench		12	10	8	8
DB Flys		15	15	12	12
Incline DB Bench		12	10	8	8
Close-Grip DB Bench		15	15	12	12
Tricep Kickbacks		15	15	12	12
Skullcrushers		15	15	12	12
Dip Machine		10	10	8 AMRAP	

DAY 3 - PULL

Exercise	Set 1	Set 2	Set 3	Set 4	
Pull Ups		12	10	8	6
Seated Rows		12	12	10	10
Lat Pulldown		15	12	10	10
BB Rows		15	12	10	10
Arnold Curls		12	12	10	10
Hammer Curls		12	12	10	10
BB Curls		15	15 AMRAP	AMRAP	

WEEK 2

DAY 1 - SHOULDERS

Exercise	Set 1	Set 2	Set 3	Set 4	
Military Press		12	10	10	8
Arnold Press		15	15	12	12
DB Lateral Raise		15	15	15	15
DB Front Raise		15	15	15	15
Upright BB Rows		12	12	12	12
Rear Delt Flys		12	12	12	12

DAY 2 - LEGS

Exercise	Set 1	Set 2	Set 3	Set 4	
BB Front Squats		10	10	8	8
Hamstring Curls		15	15	12	12
Quad Extensions		15	15	12	12
Calf Raises		20	20	20	20
Goblet Squats		15	15	15	15
Lunge Squats		15	15	15	15
Stair Climber	5 minutes				

DAY 3 - PUSH

Exercise	Set 1	Set 2	Set 3	Set 4	
Incline BB Bench Press		12	10	8	8
Incline DB Flys		15	15	12	12
Incline DB Press		12	10	8	8
Close-Grip Incline Press		15	15	12	12
Tricep Pulldown		15	15	12	12
Bench Dips		15	15	12	12
Push Ups (W)(C)(R)	AMRAP	AMRAP	AMRAP		

WEEK 3

DAY 1 - PULL

Exercise	Set 1	Set 2	Set 3	Set 4	
Seated Rows		12	12	10	10
Lat Push Downs		15	15	12	12
BB Rows		15	15	12	12
DB Mowers		12	12	10	10
Preacher Curls		12	12	12	12
Spider Curls		12	12	12	12
Bent BB Curls	AMRAP	AMRAP	AMRAP		

DAY 2 - SHOULDERS

Exercise	Set 1	Set 2	Set 3	Set 4	
Shoulder Press Mach.		15	12	10	10
Cable Lateral Raises		15	15	12	12
Cable Front Raises		15	15	12	12
Face Pulls		15	15	12	12
Shrugs		15	15	12	12
Steering Wheels	AMRAP	AMRAP	AMRAP		

DAY 3 - LEGS

Exercise	Set 1	Set 2	Set 3	Set 4	
BB Squats		10	10	8	8
Hamstring Curls		15	15	12	12
Quad Extensions		15	15	12	12
BB Lunges		10	10	10	10
Calf Raises		20	20	20	20
KB Swings		15	15	15	15
Hip Thrusts		25	25	25	25
Resistance Bike	5 minutes				

WEEK 4

DAY 1 - PUSH

Exercise	Set 1	Set 2	Set 3	Set 4	
DB Bench Press		12	10	8	8
DB Flys		15	15	12	12
Close-Grip DB Bench Press		15	15	12	12
Tricep Kickbacks		15	15	12	12
Skullcrushers		15	15	12	12
Dip Machine	AMRAP	AMRAP	AMRAP		

DAY 2 - PULL

Exercise	Set 1	Set 2	Set 3	Set 4	
Seated Rows		12	12	10	10
Lat Pulldown		15	12	10	10
DB Back Flys		15	15	12	10
DB Mowers		12	12	10	10
Arnold Curls		12	12	10	10
Hammer Curls		12	12	10	10
Rowing Mach.	2 minutes	2 minutes	2 minutes	2 minutes	

DAY 3 - SHOULDERS

Exercise	Set 1	Set 2	Set 3	Set 4	
Military Press		12	12	10	10
Arnold Press		15	15	12	12
DB Lateral Raise		15	15	12	12
DB Front Raise		15	15	12	12
Shrugs		15	15	12	12
Rear Delt Flys		15	15	12	12
KB Swings		25	25	25	AMRAP
Resistance Bike	5 minutes				