

Strictly Strength

@dancewithdre

HELPFUL GUIDELINES

(SKIPPING THIS PAGE WILL MAKE YOUR WORKOUTS & RECOVERY LESS EFFECTIVE.)

Give yourself a minimum of **60 seconds** rest between your first and second set, if working bilaterally (both sides of the body at the same time).

Take a **rest day** in between your lift days if you're doing them as written.

Aim to get way more **protein** than you think (**0.8 grams for each pound of your ideal bodyweight.**) Protein will help you build muscle & also feel more full.

Prioritize **SLEEP** - this is when your body repairs the muscle tears from your workout (yes, **you build muscle while you sleep!**)

DOMS - Delayed Onset Muscle Soreness is a real thing. Rehydrate, incorporate magnesium, stretch, and utilize light recovery like walking.

There are **three workouts** programmed - A then B then C. **Two to three lifts per week is recommended.** Just rotate between A then B then C, regardless of where it falls on the schedule. **Repeat for four weeks** (10-12 lifts per month depending on your life and schedule).

Choose a **different playlist for each workout** but cycle through each workout throughout the month. You can **print out a worksheet** for each workout and mark it off as you go along.

Always, always give yourself a good 5 minutes of **static stretching** at the end of each workout.

WHICH WEIGHT SHOULD I USE FOR THESE MOVEMENTS?

Our goal for the difficulty this month is 2 “reps in reserve” (RIR). If we’re doing a rep range of 8-10, reps 8 through 10 should be **noticeably more challenging**.

There should be visible struggle; the reps may potentially slow down to accomplish.

The idea is that you **might** be able to do 2 more (the two reps in reserve) but to maintain good form, we’ll stop before your form breaks down and before 100% failure.

The goal of this program is called **Hypertrophy**. Anything beyond 12 reps would be an endurance program. We really want to hit that sweet spot of around 10 reps. So play with the weights so that you know you’re **challenging yourself appropriately**.

If reps 8-10 are not noticeably harder to accomplish, consider upping your weights.

Remember, **you’re stronger than you know**.

HOW LONG DO THESE LIFTS TAKE?

They take as long as they take! But likely around 45 minutes. It’s important to give yourself at least 60 seconds before hitting the second set on the same side.

These are **three full body workouts**.

If you want to break these into shorter workouts, you could choose to only do the lower body moves on one day and do the upper body lifts on another day. Make it fit your life!

WORKOUTS ARE WRITTEN IN A WORKSHEET FORMAT.
FEEL FREE TO PRINT OUT A PAGE & MARK IT OFF AS YOU GO!

MUSICAL MENU

Click to access the playlist on [Spotify](#).

- | | | |
|--------------------|---|--------------------------|
| PLAYLIST 1 | <u>ULTIMATE GIRL BANDS</u> | <input type="checkbox"/> |
| PLAYLIST 2 | <u>ULTIMATE SAMPLED STRENGTH</u> | <input type="checkbox"/> |
| PLAYLIST 3 | <u>ULTIMATE BEY DAY -1</u> | <input type="checkbox"/> |
| PLAYLIST 4 | <u>ULTIMATE PEACH PLAYLIST</u> | <input type="checkbox"/> |
| PLAYLIST 5 | <u>ULTIMATE 2023 PLAYLIST</u> | <input type="checkbox"/> |
| PLAYLIST 6 | <u>ULTIMATE DIVAS</u> | <input type="checkbox"/> |
| PLAYLIST 7 | <u>ULTIMATE PITBULL</u> | <input type="checkbox"/> |
| PLAYLIST 8 | <u>ULTIMATE DUA LIPA LIFT</u> | <input type="checkbox"/> |
| PLAYLIST 9 | <u>PURE MOTIVATION PLAYLIST</u> | <input type="checkbox"/> |
| PLAYLIST 10 | <u>GET AMPED - LADIES EDITION</u> | <input type="checkbox"/> |
| PLAYLIST 11 | <u>SWEATIN WITH SHEERAN</u> | <input type="checkbox"/> |
| PLAYLIST 12 | <u>BRITNEY VS. XTINA</u> | <input type="checkbox"/> |

WORKOUT A

Playlist: _____

WARM UP + MOVEMENT PREP

- 3 minute dance, 2 minute bike, or 5 minute walk to warm up
- 10x - Air squats, banded glute bridge, lat pull downs (R/L)

MAIN LIFTS:

Set 1 2 3

- | | | | | |
|--------------------------|---|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | B Stance Hip Thrust (favoring left) with weights, 8 reps per side, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | B Stance Hip Thrust (favoring right) with weights, 8 reps per side, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | Z Press (seated single arm OH press - left) 8-10 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | Z Press (seated single arm OH press - right) 8-10 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | Step Ups (left) or Bulgarian Split Squat (left) 8-10 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | Step Ups (right) or Bulgarian Split Squat (right) 8-10 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

ACCESSORY:

- | | | | | |
|--------------------------|---|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | Preacher Curls (right), 8-10 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | Preacher Curls (left), 8-10 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | Tricep kickbacks (right), 8-10 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | Tricep kickbacks (left), 8-10 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | Side plank hold (45 sec), 2 sets R/L | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

WORKOUT B

Playlist: _____

WARM UP + MOVEMENT PREP

- 3 minute dance, 2 minute bike, or 5 minute walk to warm up
- 10 per side - Front toe touches (Frankensteins), Bird dogs
- 10 per side - Donkey kicks, swim arm circles (front & back)

MAIN LIFTS:

Set 1 2 3

| | | | |
|--|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> DB Reverse/Step Back Lunges 10 reps, 3 sets - right | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> DB Reverse/Step Back Lunges 10 reps, 3 sets - left | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Alternate snatches, 16 reps per set (8R/8L), 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Single leg supported (chair/bench) Romanian Deadlift - 3 sets, 10 reps - right | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Single leg supported (chair/bench) Romanian Deadlift - 3 sets, 10 reps - right | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

ACCESSORY:

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|--|--------------------------|--------------------------|
| <input type="checkbox"/> Frog crunches (turned out, elbows to knees), 2 sets of 16 | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Inner thigh lifts, 3 sets per side, 16 reps - right | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Inner thigh lifts, 3 sets per side, 16 reps - left | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Lateral raises (bilateral), 3 sets of 8-10 | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Low plank hold on elbows (45 sec), 2 sets | <input type="checkbox"/> | <input type="checkbox"/> |

WORKOUT C

Playlist: _____

WARM UP + MOVEMENT PREP

- 3 minute dance, 2 minute bike, or 5 minute walk to warm up
- 8 hand release push ups from feet, 10 air squats
- 10 high knee hugs (R/L), 10 lat pull downs (R/L)

MAIN LIFTS:

Set 1 2 3

| | | | |
|---|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> Z Press (seated single arm OH press - left) 8-10 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Z Press (seated single arm OH press - right) 8-10 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Walking lunges (with or without weight) 3 sets of 16 (8 per side) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Bench press, 3 sets of 10 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

ACCESSORY:

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|--|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> Preacher Curls (right), 8-10 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Preacher Curls (left), 8-10 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Sidelying leg raise - outer thigh (left) 16 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Skullcrushers, 8-10 reps, 3 sets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Side plank hold (45 sec), 2 sets R/L | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

STRICTLY STRENGTH

| SUN | MON | TUE | WED | THU | FRI | SAT |
|------------------------------|-----------------|-----|-----------------|-----|-----|-----|
| REST. STRETCH. RESTORE | DANCE CARDIO | A | DANCE CARDIO | B | | C |
| REST. STRETCH. RESTORE | DANCE CARDIO | A | DANCE CARDIO | B | | C |
| REST. STRETCH. RESTORE | DANCE CARDIO | A | DANCE CARDIO | B | | C |
| REST. STRETCH. RESTORE | DANCE CARDIO | A | DANCE CARDIO | B | | C |
| | | | | | | |

STRICTLY STRENGTH

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----------------------------|-----|-----------------------------|-----|----------------------------------|
| | | | | | | GIRL BANDS |
| | | SAMPLED STRENGTH | | BEY DAY VOL 1 | | ULTIMATE PEACH |
| | | BEST OF 2023 | | ULTIMATE DIVAS | | ULTIMATE PITBULL |
| | | ULTIMATE DUA LIPA | | PURE MOTIV8 PLAYLIST | | GET AMPED: LADIES EDITION |
| | | SWEATIN WITH SHEERAN | | BRITNEY VS XTINA | | |

STRICTLY STRENGTH

| SUN | MON | TUE | WED | THU | FRI | SAT |
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