

SAR - Five Strength Patterns

- Choose 1-2 strength exercises from each of the five movement patterns based on your preference.
- Perform 1-3 sets x 8-12 repetitions per exercise. Increase the load 5-10% each week.
- Repeat the program 1-3 times a week based on your individual ability to recover (For a total of 4 weeks)

1. SQUAT/DEADLIFT PATTERNS

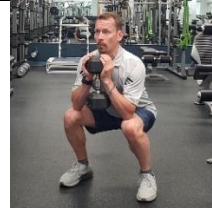
[Hexbar deadlift](#)



[Barbell Squat](#)



[Goblet squat](#)



[Bodyweight box squat](#)



2. LUNGE/STEP PATTERNS

[Forward lunge](#)



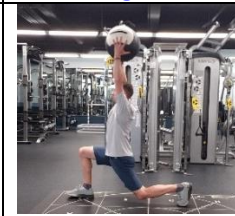
[Lateral lunge](#)



[Step-up](#)



[Back lunge with MB/DB](#)



3. SINGLE LEG PATTERNS

[1-leg deadlift \(Romanian\)](#)



[1-leg box squat](#)



[1-leg box step over](#)



[1-leg MB push press](#)

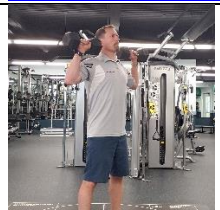


4. PUSHING PATTERNS

[Horizontal press \(pulley\)](#)



[Overhead press \(DB\)](#)



[Push-up \(any variation\)](#)



[Bench press \(DB/Barbell\)](#)



5. PULLING PATTERNS

[1-arm Bent Over Row \(DB\)](#)



[Horizontal Row \(pulley\)](#)



[Pull-up/Hang](#)



[Recline Row](#)

