



## BASIC BARBELL BOOTCAMP

This bootcamp is based on full progressions and regressions of barbell main lifts. Each phase will build an essential part of the movement pattern of the main lifts, while gradually removing support. Each phase will also progressively solidify the movement pattern by including the regression from the previous phase in the form of assistance/rep work.

This bootcamp is based upon the following lifts:

- **Sumo Deadlift**
- **Snatch**
- **Front Squat**
- **Dead Hang Pull-ups**
- **Bench Press**

This bootcamp does what a bootcamp is supposed to do: it builds you up to performing a complete strength training program based on structural, multi-joint movements while ensuring that you stay healthy and injury-free.

In keeping with the Element Fitness Systems Philosophy, this is not a quick fix, it's the first step in a long journey. **Stop playing around with facades and start building a foundation.**

### Instructions

- Rest 2 minutes between exercises
- Rest 1 minutes between sets of each exercise (where applicable)
- Perform each phase twice in a single week before moving on to the next phase. Allow at least 2 days rest between each workout, but no more than 4.

### • PHASE 1

- **Hip Thrust**
  - 8 repetitions
- **Double Leg Glute Bridge**
  - 4 repetitions
- **Barbell Front Shrug**
  - 8 repetitions
- **Dumbbell Shrug**
  - 4 repetitions
- **Dumbbell Box Squat (Bench)**
  - 8 repetitions
- **Air Squats**
  - 4 repetitions
- **Australian Pull-up**
  - 8 repetitions
- **Lat Pull-down**
  - 4 repetitions
- **Chest-supported Push-up (Foam Roller)**
  - 8 repetitions
- **Scapular Protraction, Retraction**
  - 4 repetitions

### • PHASE 2

- **Cable Pull-throughs**
  - 7 repetitions
- **Hip Thrusts**
  - 8 repetitions
- **High Pull from Hang**
  - 7 repetitions
- **Barbell Front Shrug**
  - 8 repetitions
- **Goblet Squat**
  - 7 repetitions
- **Dumbbell Box Squat (Bench)**
  - 8 repetitions
- **Box-Assisted Pull-up (Squat Pull-up)**
  - 7 repetitions
- **Australian Pull-up**
  - 8 repetitions
- **Single Arm Dumbbell Floor Press**
  - 7 repetitions (L), 7 repetitions (R)
- **Chest-supported Push-ups**
  - 8 repetitions

### • PHASE 3

- **Romanian Deadlift**
  - 6 repetitions
- **Kettlebell Swings**
  - 12 repetitions
- **Hang Clean**
  - 6 repetitions
- **Dumbbell High Pull from Hang**
  - 12 repetitions
- **Safety Squat**
  - 6 repetitions
- **Goblet Squat**
  - 12 repetitions
- **Single Leg Box-Assisted Pull-up**
  - 6 repetitions (L), 6 repetitions (R)
- **Box-Assisted Pull-up**
  - 12 repetitions
- **Floor Press with Multi-grip Bar**
  - 6 repetitions
- **Single Arm Dumbbell Floor Press**
  - 12 repetitions (L), 12 repetitions (R)

### • PHASE 4

- **Hex Bar Deadlift**
  - 5 repetitions
- **Romanian Deadlift**
  - 8 repetitions
  - 8 repetitions
- **Power Clean**
  - 5 repetitions
- **Single Arm Dumbbell Split Hang Clean**
  - 8 repetitions (L), 8 repetitions (R)
  - 8 repetitions (L), 8 repetitions (R)
- **High Bar (Olympic) Squat**
  - 5 repetitions
- **Dumbbell Squat**
  - 8 repetitions
  - 8 repetitions
- **Band-assisted Pull-up**
  - 5 repetitions
- **Single Leg Box-assisted Pull-up**
  - 8 repetitions (L), 8 repetitions (R)
  - 8 repetitions (L), 8 repetitions (R)
- **Shoulder Saver (Towel) Bench Press**
  - 5 repetitions
- **Dumbbell Floor Press**
  - 8 repetitions
  - 8 repetitions

### • PHASE 5

- **Traditional Deadlift**
  - 4 repetitions
- **Romanian Deadlift**
  - 10 repetitions
  - 10 repetitions
- **Clean and Jerk**
  - 4 repetitions
- **Hang Clean**
  - 10 repetitions
  - 10 repetitions
- **Bulgarian Split Squat**
  - 4 repetitions (L), 4 repetitions (R)
- **High Bar (Olympic) Squat**
  - 10 repetitions
  - 10 repetitions
- **Box Step-off + Pull-up**
  - 4 repetitions
- **Single Leg Box-assisted Pull-ups**
  - 10 repetitions (L), 10 repetitions (R)
  - 10 repetitions (L), 10 repetitions (R)
- **Multi-grip Bar Bench Press**
  - 4 repetitions
- **Shoulder Saver (Towel) Bench Press**
  - 10 repetitions
  - 10 repetitions

### • PHASE 6

- **Sumo Deadlift**
  - 3 repetitions
- **Traditional Deadlift**
  - 12 repetitions
  - 12 repetitions
- **Snatch**
  - 3 repetitions
- **Dumbbell Clean and Jerk**
  - 12 repetitions
  - 12 repetitions
- **Front Squat**
  - 3 repetitions
- **Bulgarian Split Squats**
  - 12 repetitions (L), 12 repetitions (R)
  - 12 repetitions (L), 12 repetitions (R)
- **Dead-hang Pull-ups**
  - 3 repetitions
- **Box Step-off + Pull-up**
  - 12 repetitions
  - 12 repetitions
- **Bench Press**
  - 3 repetitions
- **Dumbbell Bench Press**
  - 12 repetitions
  - 12 repetitions

## CORE FINISHER CHALLENGE

- **PHASE 1**
  - **Leg Raises + Hold**
    - 20 seconds
    - 20 seconds
    - 20s seconds
- **PHASE 2**
  - **Flutter Kicks**
    - 30 seconds
    - 30 seconds
- **PHASE 3**
  - **Hanging Knee Raises**
    - 10 repetitions
    - As many as possible
- **PHASE 4**
  - **Weighted Decline Sit-ups**
    - 12 repetitions
    - 12 repetitions
    - As many as possible
- **PHASE 5**
  - **Planks**
    - 45 seconds
    - 60 seconds
- **PHASE 6**
  - **Ab Wheel Roll-outs**
    - 10 repetitions
    - 15 repetitions