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Workouts



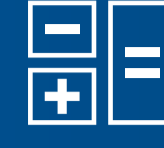
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JEREMY'S 6 DAY hardcore STRENGTH WORKOUT

Hardcore! This is a hardcore strength building workout that has you in the gym 6 days a week, and focuses on basic strength building lifts.

Main Goal: Increase Strength

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 6 Days

Time Per Workout: 60-90 Mins

Equipment: Barbell, Bodyweight, Dumbbells

Author: Jeremy Wood

Link to Workout: <https://www.muscleandstrength.com/workouts/jeremys-6-day-hardcore-strength-workout.html>

Monday

Exercise	Sets	Reps
Parallel Squats *	5 - 8	Singles
Half Squat (from Bottom Position)	3 - 5	Singles
Quarter Squat (from Bottom Position)	3 - 5	Singles
Speed Deadlifts	5 - 8	Singles

* Parallel Squats: Starting on Week 2, you'll perform 5 x 5 instead of singles.

Tuesday

Exercise	Sets	Reps
Bench Press *	5	5
Weighted Dips **	5	Max
Chest Supported Rows	5	5
Barbell Curls ***	5	5

* Bench Press: Starting on Week 2, you'll perform 5 - 8 sets of singles. ** Weighted Dips: Add weight when you can reach 35 total reps. *** Barbell Curls: You can perform 4 sets of 6 reps instead of 5 x 5, if preferred.

Wednesday

Exercise	Sets	Reps
Speed Squats (50 - 60% of Max)	12	2
Deadlifts (Heavy)*	5	5

* Deadlifts: Starting on Week 2, you'll switch the stance to [Sumo Deadlift](#) (Heavy) and perform 3 - 5 sets of singles. For deadlifts, you can use sets of 3 or 1 to work up to a new personal record.

Thursday

Exercise	Sets	Reps
Power Clean	5 - 8	Singles
Two - Hand Snatch*	5 - 8	Singles
Seated Dumbbell Press **	5	3 - 5
Bent Over Row *** (Any Rep Range Can Be Used)	5	5

* Two Hand Snatch: Starting on Week 2, you'll switch to Single Arm Snatch and perform 3 - 5 sets of singles.
 ** Seated Dumbbell Press: On Week 2, you'll switch to [Standing Military Press](#). For Week 3 and beyond, you'll perform [Seated Behind the Neck Presses](#), keeping the number of sets & reps the same.
 *** Bent Over Row: Starting on Week 2, you'll perform [Yates Rows](#). Any rep range can be used.

Friday

Exercise	Sets	Reps
Squats (ATG (Ass to Grass))*	5 - 8	Singles
Deficit Deadlifts	5	Low Reps

* Squats: Starting on Week 2, you'll switch to [Front Squats](#).

Saturday

Exercise	Sets	Reps
Dumbbell Bench Press *	5	5
Pull Ups **	50 Reps Total	
Reverse Grip Clean & Press	5 - 8	Singles
Seated Military Press ***	5	5

* Dumbbell Bench Press: Starting on Week 2, you'll perform 5 x 3 [Incline Bench Presses](#).
 ** Pull Ups: Starting on Week 2, you'll perform 5 x 5 [Weighted Pull Ups](#).
 *** Seated Military Press: Starting on Week 2, you'll perform Bottom Position [Seated Military Presses](#) in 5 - 8 sets of singles.