

PA STRENGTH



TRAVEL STRENGTH

STRENGTH GUIDE

W06



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YOUR TRAINING WEEK

An example schedule. Keep the workout order and move the days when needed.

EXAMPLE WEEK

DAY	SESSION	FOCUS
MON	WORKOUT 1	ON-THE-GO PUMP
TUE	REST DAY	OPTIONAL CARDIO
WED	WORKOUT 2	LOWER & SHOULDER PUMP
THU	REST DAY	OPTIONAL CARDIO
FRI	WORKOUT 3	FULL BODY
SAT	REST DAY	OPTIONAL CARDIO
SUN	WORKOUT 4	SUNDAY ARMAGEDDON
ANY	WORKOUT 5	OPTIONAL PUMP

WORKING SETS 16 / 16–18 / 15 / 16 / 19

A working set is one of the sets listed on a workout page. Use practice sets as needed, then record your working results. A listed drop set stays attached to its parent set.

Last-set rule: on every exercise, stop the earlier sets 1–2 reps short. On machines, cables, the Smith machine, assisted pull-ups, chest-supported rows and supported dumbbell work (curls, raises, flies, bench-supported rows), take the last set to failure, because the machine, pad or bench catches the weight. On barbell lifts, dumbbell presses, weighted pull-ups and dips, standing dumbbell leg and hinge work and the trap bar, stop the last set with 1 clean rep left. Core work is not taken to failure.

READ THE ROW

Tempo lists lower, pause, lift, pause. RPE is effort on a 1 to 10 scale. A dash under rest connects movements with the same letter; rest after the last exercise in the group.

TRACK YOUR SESSION

Each S1, S2, and S3 box records one set: write weight × completed reps, such as 80 × 12. For carries, write weight × distance. Record a useful setup or adjustment below.

Reading pages are portrait. Rotate your device or printed book 90 degrees for the landscape workout sheets.



OPTIONS FOR THE SAME MOVEMENT

Choose one option when equipment or setup differs; keep the listed sets and rep range.

LISTED EXERCISE	OPTION
Pull-Up	Assisted Pull-Up or Ring Row
Kettlebell Swing	Controlled Dumbbell Hinge
Low Cable Row	Band Row
Asymmetrical Farmer Walk	Single Dumbbell or Kettlebell Carry

ONE CHOICE REPLACES ONE EXERCISE. IT DOES NOT ADD SETS.

WORKOUT 1 / ON-THE-GO PUMP

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET	
A1	Goblet Squat Last set: stop with 1 clean rep left.	2	15–20	2-1-1-0	8–9, last set 9	-		S1 <input type="text"/>	S2 <input type="text"/>
A2	Kettlebell Swing* Last set: stop with 1 clean rep left.	2	15–20	Controlled	8–9, last set 9	-	Use only if already practiced; otherwise repeat a controlled hinge.	S1 <input type="text"/>	S2 <input type="text"/>
A3	Dumbbell Romanian Deadlift Last set: stop with 1 clean rep left.	2	15–20	2-1-1-0	8–9, last set 9	90 sec		S1 <input type="text"/>	S2 <input type="text"/>
B1	Pull-Up* Last set: to failure.	2	To failure	Controlled	8–9, last set 10	90 sec	Assisted, band-assisted, or ring row as available.	S1 <input type="text"/>	S2 <input type="text"/>
C1	Incline Dumbbell Press Last set: stop with 1 clean rep left.	2	12–15	2-1-1-0	8–9, last set 9	-		S1 <input type="text"/>	S2 <input type="text"/>
C2	Incline Dumbbell Fly Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	-		S1 <input type="text"/>	S2 <input type="text"/>
C3	Dumbbell Skull Crusher Last set: stop with 1 clean rep left.	2	12–15	2-1-1-1	8–9, last set 9	90 sec		S1 <input type="text"/>	S2 <input type="text"/>
D1	Hanging Knee Raise	2	10–15	2-1-1-0	7	60 sec		S1 <input type="text"/>	S2 <input type="text"/>

* See Special Notes

WORKING SETS 16

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

WORKOUT 2 / LOWER & SHOULDER PUMP

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET	
A1	45-Degree Back Extension Last set: stop with 1 clean rep left.	2	12–15	2-1-1-1	8–9, last set 9	60 sec		S1	S2
								<input type="text"/>	<input type="text"/>
B1	Dumbbell Walking Lunge* Last set: stop with 1 clean rep left.	2	10–12 /side	Controlled	8–9, last set 9	–	Choose a manageable pair; repeat same side distance.	S1	S2
								<input type="text"/>	<input type="text"/>
B2	Bodyweight Walking Lunge – Drop Set* Last set: stop with 1 clean rep left.	–	To failure	Controlled	8–9, last set 9	60 sec	Follow each B1 round; drop the load. This is not an extra working set. Attached to B1 / no extra working sets		
C1	Seated Leg Curl Last set: to failure.	2	12–15	2-1-1-1	8–9, last set 10	–		S1	S2
								<input type="text"/>	<input type="text"/>
C2	Leg Extension Last set: to failure.	2	12–15	2-1-2-1	8–9, last set 10	60 sec		S1	S2
								<input type="text"/>	<input type="text"/>
D1	Dumbbell Lateral Raise Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	–		S1	S2
								<input type="text"/>	<input type="text"/>
D2	Bent-Over Rear-Delt Fly Last set: to failure.	2	12–15	2-1-2-1	8–9, last set 10	–		S1	S2
								<input type="text"/>	<input type="text"/>
D3	Plate Raise Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	–		S1	S2
								<input type="text"/>	<input type="text"/>
D4	Dumbbell Front Raise Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	60 sec		S1	S2
								<input type="text"/>	<input type="text"/>
E1	Asymmetrical Farmer Walk (Optional)	2	25–30 m/side	Controlled	7	60 sec		S1	S2
								<input type="text"/>	<input type="text"/>

* See Special Notes

WORKING SETS 16–18

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

WORKOUT 3 / FULL BODY

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Push-Up Last set: to failure.	2	To failure	Controlled	8–9, last set 10	60 sec		S1 S2 <input type="text"/> <input type="text"/>
B1	Cossack Squat* Last set: stop with 1 clean rep left.	3	8–12/side	Controlled	8–9, last set 9	60 sec	Side-to-side squat; use a comfortable range.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
C1	Rope Straight-Arm Pullover Last set: to failure.	2	12–15	2-1-1-1	8–9, last set 10	-		S1 S2 <input type="text"/> <input type="text"/>
C2	Lat Pulldown Last set: to failure.	2	8–12	2-1-1-1	8–9, last set 10	-		S1 S2 <input type="text"/> <input type="text"/>
C3	Low Cable Row Last set: to failure.	2	8–12	2-1-1-1	8–9, last set 10	90 sec		S1 S2 <input type="text"/> <input type="text"/>
D1	Face Pull Last set: to failure.	2	12–15	2-1-2-1	8–9, last set 10	-		S1 S2 <input type="text"/> <input type="text"/>
D2	EZ-Bar Upright Row Last set: stop with 1 clean rep left.	2	12–15	2-1-1-0	8–9, last set 9	60 sec		S1 S2 <input type="text"/> <input type="text"/>

* See Special Notes

WORKING SETS 15

SESSION NOTES / WHAT FELT BEST?

NEXT TIME



WORKOUT 4 / SUNDAY ARMAGEDDON

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET	
A1	Cable Curl Last set: to failure.	2	12–15	2-1-1-1	8–9, last set 10	-		S1	S2
A2	Rope Triceps Extension Last set: to failure.	2	12–15	2-1-1-1	8–9, last set 10	60 sec		S1	S2
B1	Incline Dumbbell Curl Last set: to failure.	2	10–15	2-1-1-1	8–9, last set 10	-		S1	S2
B2	Overhead Cable Triceps Extension Last set: to failure.	2	12–15	2-1-1-1	8–9, last set 10	60 sec		S1	S2
C1	Dumbbell Lateral Raise Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	-		S1	S2
C2	Rear-Delt Fly Last set: to failure.	2	12–15	2-1-2-1	8–9, last set 10	60 sec		S1	S2
D1	Wrist Extension Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	-		S1	S2
D2	Wrist Curl Last set: to failure.	2	12–15	2-1-2-0	8–9, last set 10	60 sec		S1	S2

* See Special Notes

WORKING SETS 16

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

WORKOUT 5 / OPTIONAL PUMP

DATE

NO.	EXERCISE	SETS	REPS	TEMPO	RPE	REST	SPECIAL NOTES	RECORD EACH SET
A1	Goblet Squat Last set: stop with 1 clean rep left.	3	10–15	2-1-1-0	8–9, last set 9	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
B1	Push-Up Last set: to failure.	3	10–15	Controlled	8–9, last set 10	60 sec		S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
C1	Dumbbell Bent-Over Row* Last set: stop with 1 clean rep left.	3	10–15	2-1-1-1	8–9, last set 9	60 sec	Two dumbbells at once; brace the hinge.	S1 S2 S3 <input type="text"/> <input type="text"/> <input type="text"/>
D1	Leg Extension – 10 × 10* Last set: to failure.	10	10	Controlled	8–9, last set 10	45–60 sec	Ten working sets of ten reps; use a load you can control.	

* See Special Notes

LOG ALL 10 SETS ON THE NEXT PAGE

WORKING SETS 19

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

PA STRENGTH



PA STRENGTH EXTENDED SET TRACKER

10 × 10 / LEG EXTENSION

Optional travel session: ten sets of ten reps with 45–60 seconds of rest between sets.

RECORD WEIGHT × COMPLETED REPS FOR EACH NUMBERED SET

SET	WEIGHT × COMPLETED REPS	SET	WEIGHT × COMPLETED REPS
S1		S2	
S3		S4	
S5		S6	
S7		S8	
S9		S10	



KEEP A RECORD YOU CAN USE

Log completed sessions, useful setups, and one adjustment for next time.

DATE	WORKOUT	BEST MOVEMENT / SETUP	NEXT TIME

Which exercise gave the best contraction, activation, or pump?

What load, rep, or setup will you repeat or change next time?

FOUNDATION FORMATS: 2 / 3 / 4 / 5 / 6 DAYS + TRAVEL