STRENGTH PROTOCOL
STRENGTH PROTOCOL

Day 1
shoulders, chest & triceps
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to failure push-ups
3 sets | 20 seconds rest

to failure diamond push-ups
3 sets | 20 seconds rest

to failure tricep extensions
3 sets | 20 seconds rest

to failure tricep dips
3 sets | 20 seconds rest
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Day 2
back & biceps

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20 scapula shrugs
4 sets  |  20 seconds rest

20 downward upward dog
4 sets  |  20 seconds rest

20 reverse angels
4 sets  |  20 seconds rest

60 backfists
30 per side  |  1 set per side
2 sets in total  |  no rest
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Day 3
legs

20 squats x 5 sets
20 seconds rest between sets

20 climbers x 5 sets
20 seconds rest between sets

20 bridges x 5 sets
20 seconds rest between sets
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Day 4
abs
c.darebee.com

20 high crunches
4 sets  | 20 seconds rest

20 knee-to-elbow crunches
4 sets  | 20 seconds rest

20 reverse crunches
4 sets  | 20 seconds rest

20 knee crunches
4 sets  | 20 seconds rest
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Day 5
shoulders,
chest & triceps

to failure raised leg push-ups
3 sets | 20 seconds rest

3 sets | 20 seconds rest

to failure raised pike push-ups
3 sets | 20 seconds rest

20 raised thigh taps
3 sets | 20 seconds rest

to failure tricep dips
3 sets | 20 seconds rest
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Day 6
back & biceps

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20 alt arm / leg raises
4 sets | 20 seconds rest

20 up & down planks
4 sets | 20 seconds rest

20 prone reverse fly
4 sets | 20 seconds rest

20 full bridges
4 sets | 20 seconds rest

20 full bridges w/rotations
4 sets | 20 seconds rest

40 punches
4 sets | 20 seconds rest
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Day 7

legs

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20 lunges x 5 sets
20 seconds rest between sets

20 side-to-side lunges x 5 sets
20 seconds rest between sets

20 single leg deadlifts x 5 sets
20 seconds rest between sets

20 calf raises x 5 sets
20 seconds rest between sets
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Day 8

abs
darebee.com

20 leg raises
3 sets | 20 seconds rest

20 hundreds
3 sets | 20 seconds rest

20 crunch kicks
3 sets | 20 seconds rest

20 flutter kicks
3 sets | 20 seconds rest

20 windshield wipers
3 sets | 20 seconds rest

20 butt kicks
3 sets | 20 seconds rest
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Day 9
shoulders, chest & triceps

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to failure three-point push-up hop up to change hand position
3 sets  |  20 seconds rest between sets

20 plank walk-outs  x  3 sets
20 seconds rest between sets

20 seagulls  x  3 sets
20 seconds rest between sets
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Day 10
back & biceps
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20 bridge extensions × 4 sets
20 seconds rest between sets

20 reverse angels
5 sets | 20 seconds rest

80 backfists
40 per side | 1 set per side
2 sets in total | no rest
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Day 11
legs

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20 jumping lunges x 5 sets
20 seconds rest between sets

20 cossack squats x 5 sets
20 seconds rest between sets

50 leg raises x 2 sets
1 set per side | no rest

50 side leg raises x 2 sets
1 set per side | no rest
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Day 12
abs
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20 V-ups
4 sets | 20 seconds rest

1 minute hollow hold
2 sets | 20 seconds rest

2 minute elbow plank

2 minute side elbow plank
1 minute per side
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Day 13
shoulders, chest & triceps
carebee.com

**to failure** power push-ups
3 sets | 20 seconds rest

**to failure** cross tricep extensions
3 sets | 20 seconds rest

20 sec L-sit
3 sets | 20 seconds rest

20 get-ups
3 sets | 20 seconds rest
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Day 14
back & biceps

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20 scapula shrugs
4 sets | 20 seconds rest

20 downward upward dog
4 sets | 20 seconds rest

20 W-extensions
4 sets | 20 seconds rest

20 dolphin kicks
4 sets | 20 seconds rest

20 swimmers
4 sets | 20 seconds rest

60 punches
4 sets | 20 seconds rest
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Day 15
legs
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20 half shrimp squats x 5 sets
20 seconds rest between sets
Tip: You can hold on to something.

20 cross squats x 5 sets
20 seconds rest between sets

20 calf raises x 5 sets
20 seconds rest between sets
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Day 16
abs

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20 plank leg raises
3 sets | 20 seconds rest

20 plank side crunches
3 sets | 20 seconds rest

20 bodysaw
3 sets | 20 seconds rest

20 plank rotations
3 sets | 20 seconds rest

20 side plank rotations
3 sets | 20 seconds rest

20 side plank knee taps
3 sets | 20 seconds rest
Day 17
shoulders, chest & triceps

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to failure dragon push-ups
4 sets | 20 seconds rest

to failure push back push-ups
4 sets | 20 seconds rest

to failure tricep extensions
4 sets | 20 seconds rest

to failure tricep dips
4 sets | 20 seconds rest
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Day 18
back & biceps

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20 downward upward dog
5 sets | 20 seconds rest

20 prone reverse fly
5 sets | 20 seconds rest

20 reverse angels
5 sets | 20 seconds rest

100 backfists
50 per side | 1 set per side
2 sets in total | no rest
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Day 19
legs

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20 decline split squats x 4 sets
20 seconds rest between sets

20 shrimp squats x 4 sets
20 seconds rest between sets

20 single leg bridges x 4 sets
20 seconds rest between sets

3 minutes wall sit once
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Day 20
abs
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20 cross reach sit-ups
4 sets | 20 seconds rest

20 dead bug
4 sets | 20 seconds rest

20 L sit-ups
4 sets | 20 seconds rest

20 knee-ins & twist
4 sets | 20 seconds rest
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Day 21
shoulders, chest & triceps

to failure archer slides
4 sets  |  20 seconds rest

to failure tricep extension into rotation
4 sets  |  20 seconds rest

30sec L-sit
4 sets  |  20 seconds rest

20 get-ups
4 sets  |  20 seconds rest
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Day 22
back & biceps

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20 reverse angels
5 sets | 20 seconds rest

20 prawn extensions
5 sets | 20 seconds rest

20 W-extensions
5 sets | 20 seconds rest

20 full bridges
5 sets | 20 seconds rest

20 full bridge with rotations
5 sets | 20 seconds rest

60 punches
5 sets | 20 seconds rest
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Day 23
legs
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20 half pistol squats x 5 sets
20 seconds rest between sets
Tip: You can hold on to something

40 side leg raises x 4 sets
20 seconds rest between sets

20 single leg deadlifts x 4 sets
20 seconds rest between sets
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Day 24
abs

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2 minutes elbow plank

2 minutes raised leg elbow plank
60 seconds per leg

20 up & down planks
4 sets | 20 seconds rest
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Day 25
shoulders, chest & triceps

circle push-ups
4 sets  |  20 seconds rest between sets

to failure circle push-ups

sliding push-ups
4 sets  |  20 seconds rest

to failure sliding push-ups

cross tricep extensions
4 sets  |  20 seconds rest

to failure cross tricep extensions
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Day 26
back & biceps

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20 downward upward dog
5 sets  | 20 seconds rest

20 dolphin kicks
5 sets  | 20 seconds rest

20 reverse angels
5 sets  | 20 seconds rest

120 backfists
60 per side  | 1 set per side
2 sets in total  | no rest
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Day 27
legs

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20 pistol squats x 5 sets
20 seconds rest between sets

20 cossack squats x 5 sets
20 seconds rest between sets

20 single leg deadlifts x 5 sets
20 seconds rest between sets

3 minutes single leg wall-sit
90 sec per leg
change on the fly
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Day 28
abs
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20 V-ups
4 sets | 20 seconds rest

20 flutter kicks
4 sets | 20 seconds rest

20 side jackknives
4 sets | 20 seconds rest

20 windshield wipers
4 sets | 20 seconds rest

30 sec leg raise hold
4 sets | 20 seconds rest

30 sec L-sit
4 sets | 20 seconds rest
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Day 29
shoulders, chest & triceps
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**to failure** clapping push-ups
4 sets | 20 seconds rest

**to failure** one-arm push-ups
4 sets | 20 seconds rest

20 plank walk-outs
4 sets | 20 seconds rest

**to failure** tricep dips
4 sets | 20 seconds rest
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Day 30
back & biceps
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20 alt arm/leg raises
5 sets | 20 seconds rest

20 prone reverse fly
5 sets | 20 seconds rest

20 W-extensions
5 sets | 20 seconds rest

20 prawn extensions
5 sets | 20 seconds rest

20 reverse angels
5 sets | 20 seconds rest

80 punches
5 sets | 20 seconds rest
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ADDON: Bars

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DAY 2
to failure pull-up
3 sets in total
2 minutes rest

DAY 6
to failure chin-ups
3 sets in total
2 minutes rest

DAY 10
to failure pull-up
3 sets in total
1 minute rest

DAY 14
to failure chin-ups
3 sets in total
1 minute rest

DAY 18
to failure pull-up
4 sets in total
2 minutes rest

DAY 22
to failure chin-ups
4 sets in total
2 minutes rest

DAY 26
to failure pull-up
4 sets in total
1 minute rest

DAY 30
to failure chin-ups
4 sets in total
1 minute rest
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