

ATHLETIC STRENGTH

Before you build it, test it.

FREE STARTER GUIDE

4-WEEK TRIAL · 2 SESSIONS PER WEEK · FOUNDATION + CONTRAST INTRO

BLOCK 1

FOUNDATION

Weeks 1-2

BLOCK 2

CONTRAST INTRO

Weeks 3-4

KEY

RIR	— Reps In Reserve
RPE	— Rate of Perceived Exertion
SA	— Single Arm
Alt	— Alternating

PAP	— Post-Activation Potentiation
Contra	— Contralateral Loading
Ecc.	— Eccentric
AMRAP	— As Many Reps As Possible

A TASTE OF THE SYSTEM, NOT A SHORTCUT TO IT

This is a 4-week sample of the Athletic Strength methodology — not a compressed version of the full 12-week programme. Weeks 1-2 build your foundation with straight strength work. Weeks 3-4 introduce Contrast Training — pairing a heavy lift with an explosive movement, which is the signature method used across the full programme's Phase 2 and 3.

BE HONEST ABOUT WHAT 4 WEEKS CAN DO

Four weeks won't transform your physique and it won't max out your total. What it will do is show you exactly how this training system feels, moves and progresses — and give you a real, measurable number to judge it by.

BENCHMARK — DAY 1 (do this before your first session)

- Goblet Squat AMRAP — pick a DB you can squat for around 15-20 reps, go to failure, log the number.
- Push-Up AMRAP — strict reps, chest to floor, log the number.
- Plank Hold — max time, log it to the second.
- You'll repeat all three in Week 4 to see exactly what changed.

ACTIVATION

EXERCISE	SETS × REPS	REST	NOTES / COACHING CUES
Cable Half Kneel SA Row + Reach	2x10/Side	30s	Be explosive through end range of the rep.
Banded Open Ups	1x12	—	Straight arms, squeeze through end range.

MAIN WORK

EXERCISE	SETS × REPS	REST	NOTES / COACHING CUES
DB Incline Press	4x6 — 1-2 RIR	90s-2min	RPE 7-8. Speed out of the hole, clean reps.
Weighted Chins	4x6 — 1-2 RIR	90s-2min	Full hang to chin over bar. Control the eccentric.
DB SA Z Press	2x6/Side — 1-2 RIR	90s	Dig heels into ground, toes up to ceiling. Sit forward into it.

ACCESSORIES

EXERCISE	SETS × REPS	REST	NOTES / COACHING CUES
Wide Grip Lat Pulldown	12,10,8	60-90s	Initiate with lats, not biceps. Full stretch at the top.
DB Hammer Curls	3x8	90s	Neutral grip throughout, no momentum.

CORE

EXERCISE	SETS × REPS	REST	NOTES / COACHING CUES
Plate Atomic Crunch	3x12	60s	Controlled tempo, feel the abs, not the hip flexors.

ACTIVATION

EXERCISE	SETS × REPS	REST	NOTES / COACHING CUES
Mini Band Bridged Abduction	1x10/Side	—	Priming the body before you load anything.
ATG Split Squat	2x5/Side	—	Bodyweight, own the bottom position. Control the movement.

MAIN WORK

EXERCISE	SETS × REPS	REST	NOTES / COACHING CUES
BB Split Squat	2x6/Side WU+W — 1-2 RIR	60s / 2min	Split stance, back knee tracks down — feel it in the front leg.
BB Kickstand RDL	2x6/Side WU+W — 1-2 RIR	60s / 2min	Hip hinge, not a squat. Push the floor away.
BB Hip Thrust	4x6 — RPE 8	90s-2min	Full hip extension at the top, squeeze hard.

ACCESSORIES

EXERCISE	SETS × REPS	REST	NOTES / COACHING CUES
KB Swings	3x12	90s	Be explosive, extend hips fully at the top. Do not hyperextend the lumbar spine.

Same lifts as Block 1, heavier and lower reps — this is the intensification half of the system.

ACTIVATION

EXERCISE	SETS × REPS	REST	NOTES / COACHING CUES
Cable Half Kneel SA Row	2x6/Side	60-90s	Controlled tempo, full range.
Banded Open Ups	1x12	—	Straight arms, squeeze through end range.

MAIN WORK

EXERCISE	SETS × REPS	REST	NOTES / COACHING CUES
BB Incline Press	6,6,4,4 — 1-2 RIR	90s-2min	Heavier than Block 1 — same bar speed intent.
BB Pendlay Row	4x6 — 1-2 RIR	90s-2min	BAR SPEED. Maintain posture. Reset at the bottom of each rep.
BB Pin Z Press	4x6 — 1-2 RIR	2-3min	Pins set just above chin height. Elbows tucked tight.

ACCESSORIES

EXERCISE	SETS × REPS	REST	NOTES / COACHING CUES
Wide Grip Lat Pulldown	12,10,8	60-90s	Drive elbows down and back, full stretch at top.
DB Hammer Curls	3x8	90s	Neutral grip throughout, no momentum.

PAP Contrast: do the barbell lift, rest briefly, then explode into the jump — that pairing is the point.

ACTIVATION

EXERCISE	SETS × REPS	REST	NOTES / COACHING CUES
Mini Band Bridged Abduction	1x10/Side	—	Priming the body before you load anything.
ATG Split Squat	2x5/Side	—	Bodyweight. Own the bottom position.

MAIN WORK — PAP CONTRAST PAIRINGS

EXERCISE	SETS × REPS	REST	NOTES / COACHING CUES
BB Box Squat	5,5,3,3 — 1-2 RIR	2-3min	Touch and go. Maintain hip flexion at box contact.
→ Vertical Jump	4x3	20-30s	Stand tall, extend hips and knees simultaneously.
BB RDL	5,5,3,3 — 1-2 RIR	2-3min	Push hips back first. Lats engaged throughout.
→ Standing Broad Jump	4x3	20-30s	Max horizontal distance. Full hip extension at takeoff.

ACCESSORIES

EXERCISE	SETS × REPS	REST	NOTES / COACHING CUES
DB Bulgarian Split Squat	2x6/Side — RPE 8	2min	Front shin vertical, drive through the front heel.

RETEST. THEN DECIDE.

Before your last session, repeat the Day 1 benchmark and log the change.

- Goblet Squat AMRAP, Push-Up AMRAP, Plank Hold — same tests, same standard. Write down the difference.
- That number is real. It's also 4 weeks of a 12-week system, and only 2 of the paid plan's 4 weekly sessions — Phase 2 and Phase 3 build the Contrast method further, and add a dedicated Sprint & Core day this guide doesn't include.
- The full Athletic Strength programme is coached weekly inside Jumman Performance group training.

JOIN THE FULL 12-WEEK PROGRAMME