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THIS IS TO BE USED AS AN INFORMATIVE GUIDE ONLY. SEEK A PROFESSIONAL OPINION BEFORE UNDERTAKING ANY PHYSICAL ACTIVITY PROGRAMME. YOU ARE PERFORMING THIS AT YOUR OWN RISK. STAY SAFE.



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1

# THE CRUSADER PROJECT 3-DAY SAMPLE

Firstly, we would like to thank you for expressing interested in our training solutions and hope that you find our 3-day sample informative and practical. Just a reminder that this sample is provided in an easy to read PDF format. Full coaching services are only available through our membership scheme. Once there, you will access our coaching platform, Fitbot. A user friendly, easy to use bit of kit that allows you to track your progression and always have a coach on hand! If you like what you see, sign up today and have your account within minutes; [Click here!](#)

1

# RETHINK YOUR TRAINING ARSENAL THAT'LL LEAVE YOU EMPOWERED, STRONGER, FITTER AND MORE RESILIENT AS AN ATHLETE.

Want to experience the most unimpaired, wholesome strength and conditioning structure that will allow your body to become the best version it can be? The Crusader Project is a monthly rolling program designed primarily to increase your strength, work capacity, bodyweight mastery and general physical preparedness (GPP). Take your training to the next level without beating down your body, done by carefully selected exercise protocols proven to be a potent stimulus. Learn and embrace correct movements that will allow yourself and your clients to experience effective protocols, safety, and mind-blowing progression. See our [FAQ section](#) for more details regarding the workouts.



## WEEK 2 - DAY 2

### **Warm Up:**

[Click here](#) to see our warm up recommended for today's session

### **Main Session:**

A1) Conventional Deadlift // Every 90s for 10 sets, 2 reps @ 75-80% 1RM

B1) Romanian Deadlift // 4 x 10 (light / moderate)

C1) Meadows Row // 4 x 8 per side

D1) Seated banded low row // 4 x 25

D2) Knee banded barbell hip-thrust // 4 x 20

E) Row // 30s:30s on:off x 6 rounds - 75% max effort, trying to keep consistent

Week 3 - Day 2

## WEEK 3 - DAY 2

### **Warm up:**

[Click here](#) to see our warm up recommended for today's session

### **Main Session:**

A) Accessory Work // 4 sets not for time of;

20 Banded pull through

6 DB Romanian deadlifts (moderate)

20s Suitcase hold (each side)

B) Conditioning // 10 Min AMRAP (As Many Rounds As Possible);

400m Run

30 Dumbbell thrusters (22.5/15kg)



## WEEK 4 - DAY 5

### **Warm up:**

[Click here](#) to see our warm up recommended for today's session

### **Main Session:**

A) Movement Work // 3 sets not for time of;

3-5 Chin ups (weighted or assisted if needed)

5 Single leg deadlifts (light, each side)

3 Standing broad jump

B) Gymnasty // 3 sets not for time of;

Accumulate 30s L-sit hold on parallettes

4 Wall walks

15 Hollow rocks

20s Top of ring row ISO hold

C) Odd Object EMOM // 12 mins ( Every Minute On the Minute);

1st: Row @1:55/2:00 pace

2nd: 30s Farmers carry

3rd: Max effort Double Unders in 30s (Singles if needed)

