

MEN'S TOILETS



[WWW.CRUSADERSTRENGTH.COM](http://WWW.CRUSADERSTRENGTH.COM)

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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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## THE CRUSADER POWER BUILD 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!](#)

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## IT'S TIME TO HIT THE PLATFORM STRONGER, HEALTHIER AND MORE RESILIENT THAN YOU HAVE EVER BEEN BEFORE.

Want to join in on a strength biased programming structure that will allow your lifts to progress but also preparing your body for battle by building credible resiliency to match your athlete status. The Crusader Power Build is a strength-based system designed to increase strength, power and resiliency through a hybrid of linear and undulating periodisation. Take your training and your lifting 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 1 - DAY 5

#### **Warm Up:**

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

#### **Main Session:**

- A) High bar back squat // 4 x 5 @ 75%
- B) Comp style back squat w/ pause // 3 x 5 @ 75%
- C) Leg press // @ 51x1 tempo // 4 x 6
- D) Forward`reverse lunge combo // 4 x 8 per side
- E) Reverse hyper // 4 x 18

## WEEK 2 - DAY 3

### **Warm Up:**

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

### **Main Session:**

A) Deadlift, comp style // From 2 " blocks // 4 x 6 @ 70%

B) Deadlift, comp style // From floor w/ 1s pause at knee // 3 x 6 @ 70%

C) Romanian deadlift // @ 60x1 tempo // 4 x 8

D) Snatch grip shrug // 4 x 8

E) Meadows row // 4 x 8 per side



## WEEK 7 - DAY 7

### **Warm Up:**

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

### **Main Session:**

A) Barbell bench press // 4 x 5 @ 80%

B) Barbell bench press // Wide grip (1" wider than comp) // 3 x 5 @ 80%

C) Chest supported incline DB row // 5 x 10

D) Dual dumbbell neutral grip bench press // 4 x 8 plus drop set on last set

