

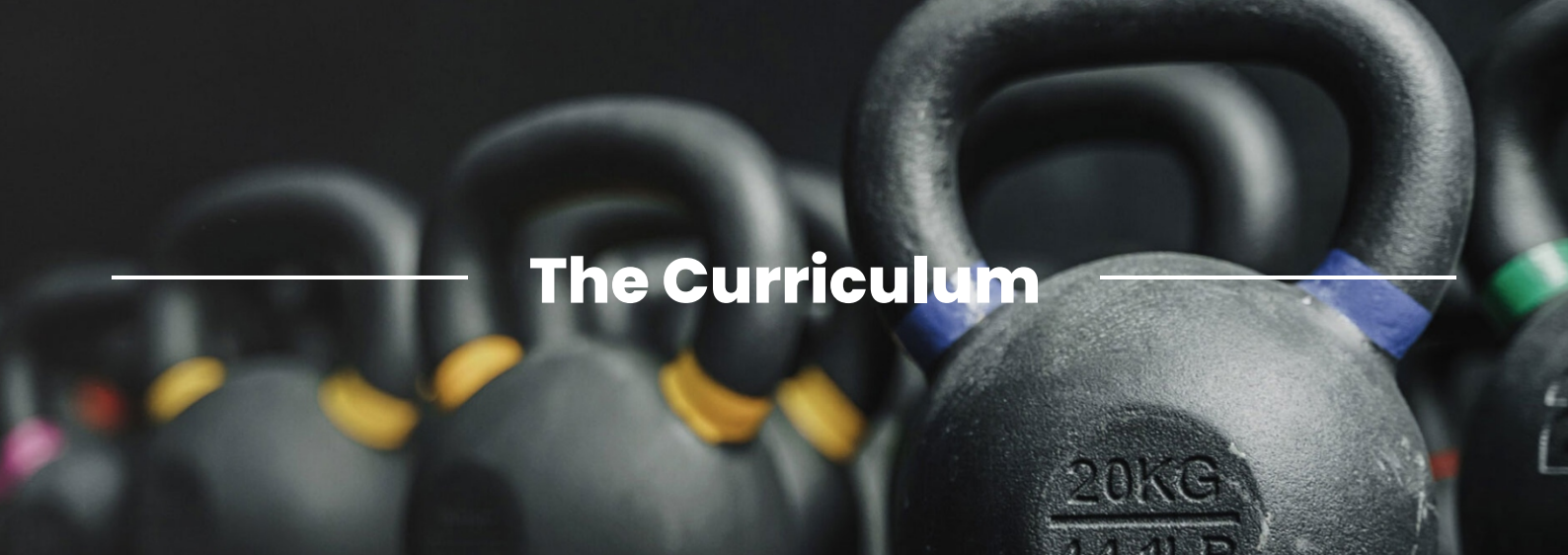


KEEPING YOU **STRONG**

Sustained Strength 103 : Intro to Dumbbells – Upper Body Push

Created by Joel Brand, NASM, NCCPT, N1

TiremeFit.com



The Curriculum

Curriculum Overview

Welcome to The Curriculum from Sustained-Strength.com. This is a new approach to your peak fitness. This isn't a typical online workout program, it is a customized fitness education modeled on a university degree.

Just like a university education, you will choose a major and minor and we will design specific coursework for you in the gym to achieve your goals.

- The courses become more challenging as you become more fit. The 100 series is all about the fundamentals. You will start with proper body

mechanics, test your mobility, while we coach you through a full range of motion. You will then develop the fundamental exercise knowledge that you need to meet your goals, while we guide you through the tools and techniques that will enable your progress. Each 100 series course also introduces a new training concept to help you with control factors such as intensity, tempo, failure, biasing, etc.

- During the 200 series effort and intensity increase as you grow your work capacity and broaden your range of exercise mastery;
- During the 300 series you will start to specialize toward your major and minor goals;
- During the 400 series you will choose a graduation date and we will tailor your program for you to hit your chosen peak fitness goals on that date.





Course Description

Sustained-Strength 103 (SS-103) is a 4-week free course of simple but effective dumbbell exercises that will develop your body, with emphasis on the pushing muscles of your upper body. SS-103 is three resistance workouts per week, with the option for a fourth day per week of upper body mobility work drawn from the SS-101 course. After gaining a solid understanding of various ways to train your chest and shoulders with dumbbells, you will move on to the upper body pulling movements in SS-104 and round it out with arms and core work in SS-105.

Video tutorials

Each exercise includes a free linked technique tutorial on YouTube. The SS-103 course intro video will get you started: <https://youtu.be/kFyWflrN54A>

Learning objective

You will learn variations to some of the most common upper body training movements, giving you an effective workout and an education on how your shoulders, arms, and thoracic spine work as a team. Each of the three workouts hits the major pushing muscles of the upper body directly to improve mobility, minimize injury risk, maximize power output, and reduce joint wear.

Why we care about upper body

The pushing muscles of the upper body are often prioritized by men because they convey some of the most visible indicators of formidability and masculinity—broad shoulders, strong arms, and a thick chest. However, many men overdo it, losing balance, function, and range of motion in their upper body leading to shoulder injuries, poor athleticism, and diminished strength over time. Conversely, women will often neglect their upper

body fearing unwanted bulk but sacrificing athletic function, healthy posture, and a balanced physique. SS-103 gives you the lifting skills, exercise knowledge, and athletic balance to achieve the upper body physique and function you seek.

Course duration

Three workouts per week over four weeks for a total of twelve workouts. The workouts include some leg, core, and upper body pulling movements to preserve strength in other areas. Like SS-102, they can be broken into mini-sessions that focus on resistance or mobility training.

Advancement criteria

As you learned in SS-102, in SS-103 you will again gauge the intensity of your output with reps in reserve (RIR). In the last week of SS-103 you will test your improved upper body pushing strength. You must achieve at least a 10% improvement in strength (measured either as a 10% increase in repetitions or a 10% increase in weight) across all of the SS-103 exercises to advance to the next course. RIR will allow you to safely get close to your true maximum output, a.k.a. failure, without the injury risk or form degradation that often comes with true failure.

NEW TOOL: Tempo

Weightlifting tempo is a variable measurement of the speed of each of the four phases of a lift (eccentric - working with gravity; isometric - hold in the stretch; concentric - working against gravity; and isometric - hold in the contraction). In SS-103 and future courses, tempo is expressed as seconds in each phase. For example, an exercise with a (2112) tempo is 2 seconds lowering with gravity, 1 second hold in the stretch, 1 second to lift the weight, and 2 seconds to contract the weight at the completion the movement.



WEEK 1

Workout 1 (Mobility Emphasis)

Quadruped Thread-the-Needle

1 set, 5 deep breaths per side

 **YouTube** <https://youtu.be/CtB3QBoylWc>

Latissimus Dorsi Dowel Stretch

1 set, 10 reps

 **YouTube** <https://youtu.be/YGB15OpReTY>

Supinated Pectoralis Stretch

1 set, 60 secs per arm

 **YouTube** <https://www.youtube.com/shorts/uRZv1YRqPUU>

Dumbbell Around-the-World

2 sets x 10 reps at 5 RIR, lbs (2111)

 **YouTube** <https://youtube.com/shorts/-JvKpeEW0u0>

Full Stretch Push Up

2 sets x 10 bodyweight reps (2211)

 **YouTube** <https://youtube.com/shorts/Rc2Y1RzbxqA>

Hand Release Push Up

2 sets x 10 bodyweight reps (2111)

 **YouTube** <https://youtube.com/shorts/rqut2o6vwlM>

Dumbbell Shoulder Press (Frontal Plane)

3 sets x 10 reps at 3 RIR, lbs (3112)

 **YouTube** <https://youtube.com/shorts/yRNtJ7cmdgs>

Dumbbell Lateral Raise (Scapular Plane)

3 sets x 10 reps at 3 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/UFcaodmbXd8>

**Date
Completed**

Rear Deltoid Flye

3 sets x 10 reps at 3 RIR, lbs (2112)

 **YouTube**
<https://youtube.com/shorts/HhbD7d8VbCY>

Plank

2 bodyweight sets each side x 30 secs

 **YouTube**
<https://youtube.com/shorts/Uw454Le9Bqw>

Assisted Pull Up (Lat Bias)

3 sets x 8 bodyweight reps (3112)

 **YouTube**
<https://youtu.be/HNpl0AUjn3k>

Bulgarian Split Squat (Glute Bias)

3 sets x 10 reps at 3 RIR, lbs (2112)

 **YouTube**
https://youtube.com/shorts/b_dB4eHKCxY

WEEK 1

Workout 2 (Chest Emphasis)

Banded Front Deltoid Stretch

45 secs each side

 **YouTube** <https://youtube.com/watch?v=q1-WK4pLJJA>

Banded Lat Stretch

45 secs each side

 **YouTube** <https://youtube.com/shorts/xwjFKhvkDIk>

Banded Rear Deltoid Stretch

45 secs each side

 **YouTube** <https://youtube.com/shorts/P5fOKWeo6IM>

Turkish Half Get Up

1 set x 6 reps each side at 6 RIR, lbs (2112)

 **YouTube** https://youtube.com/watch?v=r_sJKLowdak

Dumbbell Face Pull

2 sets x 12 reps at 5 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/KHsd7U1tNcA>

Chest Supported Y Raise

3 sets x 10 reps at 5 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/sc6Z3H0nC0c>

Incline Sternal Dumbbell Chest Press

3 sets x 10 reps at 3 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/5tl8lV3okwI>

Dumbbell Shoulder Press (Scapular Plane)

3 sets x 10 reps at 3 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/RXViKP5V52E>

**Date
Completed**

Incline Dumbbell Fly (Pronated Grip)

3 sets x 10 reps at 3 RIR, lbs (3111)

 **YouTube**
<https://youtube.com/shorts/XfJBOoB-BZo>

Dumbbell Concentration Curl

3 sets x 10 reps at 3 RIR, lbs (2112)

 **YouTube**
<https://youtube.com/shorts/J9rJbHluvo8>

Single Leg Hip Thrust

3 sets x 15 bodyweight reps

 **YouTube**
<https://youtube.com/shorts/foU4Xb8XXcU>

Chest Supported Dumbbell Low Row (Lat Bias)

3 sets x 10 reps at 3 RIR, lbs

 **YouTube**
<https://youtube.com/shorts/MI3c36JJ01I>



WEEK 1

Workout 3 (Shoulder Emphasis)

Bar Hang

1 set, 45 seconds (use wrist wraps if your grip fails)

 **YouTube** https://youtube.com/shorts/iTQd_AW9HAo

Foam Roller Weighted Thoracic Extension

1 set, 12 reps, 10 - 25 lbs

 **YouTube** https://youtube.com/shorts/5MUY_fJYMwQ

Foam Roller Snow Angel

1 set, 12 reps

 **YouTube** <https://youtube.com/shorts/LrklQvSIHxg>

Dumbbell Windmill

2 sets, 10 reps per side, weight lbs

 **YouTube** <https://youtu.be/rUuYOmpOTB0>

Scapular Pronation Pushup

2 sets x 10 bodyweight reps (2112)

 **YouTube** <https://youtu.be/77A2vI8RRao>

Incline Dumbbell Chest Press

3 sets x 10 reps at 3 RIR, weight lbs (2112)

 **YouTube** https://youtube.com/shorts/f2ymnfdz_i0

Weighted Pec Stretch

45 secs at 10 - 20 lbs

 **YouTube** https://youtube.com/shorts/3RJ_QpSwzLY

Arnold Press

3 sets x 10 reps at 3 RIR, weight lbs (2112)

 **YouTube** <https://youtube.com/shorts/Yz3tkWBikgQ>

**Date
Completed**

Dumbbell Upright Row

3 sets x 10 reps at 3 RIR, weight lbs (2112)

 **YouTube**
<https://youtube.com/shorts/kMKmfaZiYxs>

Assisted Pull Up (Upper Back Bias)

3 sets x 8 bodyweight reps (2112)

 **YouTube**
<https://youtube.com/shorts/BnkDgLRqc28>

Dumbbell Deadlift

3 sets x 10 reps at 3 RIR, weight lbs (2112)

 **YouTube**
<https://youtube.com/shorts/vH7fgQEI4Jk>

Bench Dip

2 sets x 8 bodyweight reps (2211)

 **YouTube**
<https://youtube.com/shorts/45bXZbPqW9E>



WEEK 2

Workout 4 (Mobility Emphasis)

Quadruped Thread-the-Needle

1 set, 5 deep breaths per side

 **YouTube** <https://youtu.be/CtB3QBoylWc>

Latissimus Dorsi Dowel Stretch

1 set, 10 reps

 **YouTube** <https://youtu.be/YGB15OpReTY>

Supinated Pectoralis Stretch

1 set, 60 secs per arm

 **YouTube** <https://www.youtube.com/shorts/uRZv1YRqPUU>

Dumbbell Around-the-World

2 sets x 12 reps at 5 RIR, lbs (2111)

 **YouTube** <https://youtube.com/shorts/-JvKpeEW0u0>

Full Stretch Push Up

2 sets x 12 bodyweight reps (2211)

 **YouTube** <https://youtube.com/shorts/Rc2Y1RzbxqA>

Hand Release Push Up

2 sets x 12 bodyweight reps (2111)

 **YouTube** <https://youtube.com/shorts/rqut2o6vwIM>

Dumbbell Shoulder Press (Frontal Plane)

3 sets x 12 reps at 3 RIR, lbs (3112)

 **YouTube** <https://youtube.com/shorts/yRNtJ7cmdgs>

Dumbbell Lateral Raise (Scapular Plane)

3 sets x 12 reps at 3 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/UFcaodmbXd8>

**Date
Completed**

Rear Deltoid Flye

3 sets x 12 reps at 3 RIR, lbs (2112)

 **YouTube**
<https://youtube.com/shorts/HhbD7d8VbCY>

Plank

2 bodyweight sets each side x 40 secs

 **YouTube**
<https://youtube.com/shorts/Uw454Le9Bqw>

Assisted Pull Up (Lat Bias)

3 sets x 10 bodyweight reps (3112)

 **YouTube**
<https://youtu.be/HNpl0AUjn3k>

Bulgarian Split Squat (Glute Bias)

3 sets x 12 reps at 3 RIR, lbs (2112)

 **YouTube**
https://youtube.com/shorts/b_dB4eHKCxY



WEEK 2

Workout 5 (Chest Emphasis)

Banded Front Deltoid Stretch

45 secs each side

 **YouTube** <https://youtube.com/watch?v=q1-WK4pLJJA>

Banded Lat Stretch

45 secs each side

 **YouTube** <https://youtube.com/shorts/xwjFKhvkDIk>

Banded Rear Deltoid Stretch

45 secs each side

 **YouTube** <https://youtube.com/shorts/P5fOKWeo6IM>

Turkish Half Get Up

1 set x 6 reps each side at 5 RIR, lbs (2112)

 **YouTube** https://youtube.com/watch?v=r_sJKLowdak

Dumbbell Face Pull

2 sets x 15 reps at 5 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/KHsd7U1tNcA>

Chest Supported Y Raise

3 sets x 12 reps at 5 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/sc6Z3H0nC0c>

Incline Sternal Dumbbell Chest Press

3 sets x 12 reps at 3 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/5tl8lV3okwI>

Dumbbell Shoulder Press (Scapular Plane)

3 sets x 12 reps at 3 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/RXViKP5V52E>

Date Completed

Incline Dumbbell Fly (Pronated Grip)

3 sets x 12 reps at 3 RIR, lbs (3111)

 **YouTube** <https://youtube.com/shorts/XfJBOoB-BZo>

Dumbbell Concentration Curl

3 sets x 12 reps at 3 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/J9rJbHluvo8>

Single Leg Hip Thrust

3 sets x 20 bodyweight reps

 **YouTube** <https://youtube.com/shorts/foU4Xb8XXcU>

Chest Supported Dumbbell Low Row (Lat Bias)

3 sets x 12 reps at 3 RIR, lbs

 **YouTube** <https://youtube.com/shorts/MI3c36JJ01I>



WEEK 2

Workout 6 (Shoulder Emphasis)

Bar Hang

1 set, 60 seconds (use wrist wraps if your grip fails)

 **YouTube** https://youtube.com/shorts/iTQd_AW9HAo

Foam Roller Weighted Thoracic Extension

1 set, 15 reps, 10 - 25 lbs

 **YouTube** https://youtube.com/shorts/5MUY_fJYMwQ

Foam Roller Snow Angel

1 set, 15 reps

 **YouTube** <https://youtube.com/shorts/LrklQvSIHxg>

Dumbbell Windmill

2 sets, 12 reps per side, lbs

 **YouTube** <https://youtu.be/rUuYOmpOTB0>

Scapular Pronation Pushup

2 sets x 12 bodyweight reps (2112)

 **YouTube** <https://youtu.be/77A2vI8RRao>

Incline Dumbbell Chest Press

3 sets x 12 reps at 3 RIR, lbs (2112)

 **YouTube** https://youtube.com/shorts/f2ymnfdz_i0

Weighted Pec Stretch

45 secs at 10 - 20 lbs

 **YouTube** https://youtube.com/shorts/3RJ_QpSwzLY

Arnold Press

3 sets x 12 reps at 3 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/Yz3tkWBikgQ>

**Date
Completed**

Dumbbell Upright Row

3 sets x 12 reps at 3 RIR, lbs (2112)

 **YouTube**
<https://youtube.com/shorts/kMKmfaZiYxs>

Assisted Pull Up (Upper Back Bias)

3 sets x 10 bodyweight reps (2112)

 **YouTube**
<https://youtube.com/shorts/BnkDgLRqc28>

Dumbbell Deadlift

3 sets x 12 reps at 3 RIR, lbs (2112)

 **YouTube**
<https://youtube.com/shorts/vH7fgQEI4Jk>

Bench Dip

2 sets x 10 bodyweight reps (2211)

 **YouTube**
<https://youtube.com/shorts/45bXZbPqW9E>



WEEK 3

Workout 7 (Mobility Emphasis)

Quadruped Thread-the-Needle

1 set, 6 deep breaths per side

 **YouTube** <https://youtu.be/CtB3QBoylWc>

Latissimus Dorsi Dowel Stretch

1 set, 12 reps

 **YouTube** <https://youtu.be/YGB15OpReTY>

Supinated Pectoralis Stretch

1 set, 75 secs per arm

 **YouTube** <https://www.youtube.com/shorts/uRZv1YRqPUU>

Dumbbell Around-the-World

2 sets x 15 reps at 5 RIR, lbs (2111)

 **YouTube** <https://youtube.com/shorts/-JvKpeEW0u0>

Full Stretch Push Up

2 sets x 15 bodyweight reps (2211)

 **YouTube** <https://youtube.com/shorts/Rc2Y1RzbxqA>

Hand Release Push Up

2 sets x 15 bodyweight reps (2111)

 **YouTube** <https://youtube.com/shorts/rqut2o6vwlM>

Dumbbell Shoulder Press (Frontal Plane)

3 sets x 15 reps at 3 RIR, lbs (3112)

 **YouTube** <https://youtube.com/shorts/yRNtJ7cmdgs>

Dumbbell Lateral Raise (Scapular Plane)

3 sets x 15 reps at 3 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/UFcaodmbXd8>

Date
Completed

Rear Deltoid Flye

3 sets x 15 reps at 3 RIR, lbs (2112)

 **YouTube**
<https://youtube.com/shorts/HhbD7d8VbCY>

Plank

2 bodyweight sets each side x 50 secs

 **YouTube**
<https://youtube.com/shorts/Uw454Le9Bqw>

Assisted Pull Up (Lat Bias)

3 sets x 12 bodyweight reps (3112)

 **YouTube**
<https://youtu.be/HNpl0AUjn3k>

Bulgarian Split Squat (Glute Bias)

3 sets x 15 reps at 3 RIR, lbs (2112)

 **YouTube**
https://youtube.com/shorts/b_dB4eHKCxY



WEEK 3

Workout 8 (Chest Emphasis)

Banded Front Deltoid Stretch

60 secs each side

 **YouTube** <https://youtube.com/watch?v=q1-WK4pLJJA>

Banded Lat Stretch

60 secs each side

 **YouTube** <https://youtube.com/shorts/xwjFKhvkDIk>

Banded Rear Deltoid Stretch

60 secs each side

 **YouTube** <https://youtube.com/shorts/P5fOKWeo6IM>

Turkish Half Get Up

1 set x 8 reps each side at 5 RIR, lbs (2112)

 **YouTube** https://youtube.com/watch?v=r_sJKLowdak

Dumbbell Face Pull

2 sets x 20 reps at 5 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/KHsd7U1tNcA>

Chest Supported Y Raise

3 sets x 20 reps at 5 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/sc6Z3H0nC0c>

Incline Sternal Dumbbell Chest Press

3 sets x 15 reps at 3 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/5tl8lV3okwI>

Dumbbell Shoulder Press (Scapular Plane)

3 sets x 15 reps at 3 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/RXViKP5V52E>

Date Completed

Incline Dumbbell Fly (Pronated Grip)

3 sets x 15 reps at 3 RIR, lbs (3111)

 **YouTube** <https://youtube.com/shorts/XfJB0oB-BZo>

Dumbbell Concentration Curl

3 sets x 15 reps at 3 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/J9rJbHluvo8>

Single Leg Hip Thrust

3 sets x 10 reps at 3 RIR, lbs

 **YouTube** <https://youtube.com/shorts/foU4Xb8XXcU>

Chest Supported Dumbbell Low Row (Lat Bias)

3 sets x 15 reps at 3 RIR, lbs

 **YouTube** <https://youtube.com/shorts/MI3c36JJ0I>



Bar Hang

1 set, 75 seconds (use wrist wraps if your grip fails)

 **YouTube** https://youtube.com/shorts/iTQd_AW9HAo

Foam Roller Weighted Thoracic Extension

1 set, 20 reps, 10 - 25 lbs

 **YouTube** https://youtube.com/shorts/5MUY_fJYMwQ

Foam Roller Snow Angel

1 set, 20 reps

 **YouTube** <https://youtube.com/shorts/LrklQvSIHxg>

Dumbbell Windmill

2 sets, 15 reps per side, lbs

 **YouTube** <https://youtu.be/rUuYOmpOTB0>

Scapular Pronation Pushup

2 sets x 15 bodyweight reps (2112)

 **YouTube** <https://youtu.be/77A2vI8RRao>

Incline Dumbbell Chest Press

3 sets x 15 reps at 3 RIR, lbs (2112)

 **YouTube** https://youtube.com/shorts/f2ymnfdz_i0

Weighted Pec Stretch

60 secs at 10 - 20 lbs

 **YouTube** https://youtube.com/shorts/3RJ_QpSwzLY

Arnold Press

3 sets x 15 reps at 3 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/Yz3tkWBikgQ>

**Date
Completed**

Dumbbell Upright Row

3 sets x 15 reps at 3 RIR, lbs (2112)

 **YouTube**
<https://youtube.com/shorts/kMKmfaZiYxs>

Assisted Pull Up (Upper Back Bias)

3 sets x 12 bodyweight reps (2112)

 **YouTube**
<https://youtube.com/shorts/BnkDgLRqc28>

Dumbbell Deadlift

3 sets x 15 reps at 3 RIR, lbs (2112)

 **YouTube**
<https://youtube.com/shorts/vH7fgQEI4Jk>

Bench Dip

2 sets x 12 bodyweight reps (2211)

 **YouTube**
<https://youtube.com/shorts/45bXZbPqW9E>



WEEK 4

Workout 10 (Mobility Emphasis)

Quadruped Thread-the-Needle

1 set, 8 deep breaths per side

 **YouTube** <https://youtu.be/CtB3QBoylWc>

Latissimus Dorsi Dowel Stretch

1 set, 15 reps

 **YouTube** <https://youtu.be/YGB15OpReTY>

Supinated Pectoralis Stretch

1 set, 90 secs per arm

 **YouTube** <https://www.youtube.com/shorts/uRZv1YRqPUU>

Dumbbell Around-the-World

2 sets x 12 reps at 4 RIR, lbs (2111)

 **YouTube** <https://youtube.com/shorts/-JvKpeEW0u0>

Full Stretch Push Up

2 sets x 20 bodyweight reps (2211)

 **YouTube** <https://youtube.com/shorts/Rc2Y1RzbxqA>

Hand Release Push Up

2 sets x 20 bodyweight reps (2111)

 **YouTube** <https://youtube.com/shorts/rqut2o6vwIM>

Dumbbell Shoulder Press (Frontal Plane)

3 sets x 12 reps at 2 RIR, lbs (3112)

 **YouTube** <https://youtube.com/shorts/yRNtJ7cmdgs>

Dumbbell Lateral Raise (Scapular Plane)

3 sets x 12 reps at 2 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/UFcaodmbXd8>

Date Completed

Rear Deltoid Flye

3 sets x 12 reps at 2 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/HhbD7d8VbCY>

Plank

2 bodyweight sets each side x 60 secs

 **YouTube** <https://youtube.com/shorts/Uw454Le9Bqw>

Assisted Pull Up (Lat Bias)

3 sets x 15 bodyweight reps (3112)

 **YouTube** <https://youtu.be/HNpl0AUjn3k>

Bulgarian Split Squat (Glute Bias)

3 sets x 12 reps at 2 RIR, lbs (2112)

 **YouTube** https://youtube.com/shorts/b_dB4eHKCXY

Note:

In week four you are decreasing your reps in reserve (RIR) for your dumbbell exercises. This is your opportunity to increase the weight of your dumbbells, aim for at least a 10 % increase of the weight loads you did on week one. Preserve good form while pushing yourself to assess your true strength gains.



WEEK 4

Workout 11 (Chest Emphasis)

Banded Front Deltoid Stretch

75 secs each side

 **YouTube** <https://youtube.com/watch?v=q1-WK4pLJJA>

Banded Lat Stretch

75 secs each side

 **YouTube** <https://youtube.com/shorts/xwjFKhvkDIk>

Banded Rear Deltoid Stretch

75 secs each side

 **YouTube** <https://youtube.com/shorts/P5fOKWeo6IM>

Turkish Half Get Up

1 set x 6 reps each side at 4 RIR, lbs (2112)

 **YouTube** https://youtube.com/watch?v=r_sJKLowdak

Dumbbell Face Pull

2 sets x 15 reps at 4 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/KHsd7U1tNcA>

Chest Supported Y Raise

3 sets x 15 reps at 4 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/sc6Z3H0nC0c>

Incline Sternal Dumbbell Chest Press

3 sets x 12 reps at 2 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/5tl8lV3okwI>

Dumbbell Shoulder Press (Scapular Plane)

3 sets x 12 reps at 2 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/RXViKP5V52E>

Date Completed

Incline Dumbbell Fly (Pronated Grip)

3 sets x 12 reps at 2 RIR, lbs (3111)

 **YouTube** <https://youtube.com/shorts/XfJB0oB-BZo>

Dumbbell Concentration Curl

3 sets x 12 reps at 2 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/J9rJbHluvo8>

Single Leg Hip Thrust

3 sets x 10 reps at 2 RIR, lbs

 **YouTube** <https://youtube.com/shorts/foU4Xb8XXcU>

Chest Supported Dumbbell Low Row (Lat Bias)

3 sets x 12 reps at 2 RIR, lbs

 **YouTube** <https://youtube.com/shorts/MI3c36JJ01I>



WEEK 4

Workout 12 (Shoulder Emphasis)

Bar Hang

1 set, 90 seconds (use wrist wraps if your grip fails)

 **YouTube** https://youtube.com/shorts/iTQd_AW9HAo

Foam Roller Weighted Thoracic Extension

1 set, 15 reps, 10 - 25 lbs

 **YouTube** https://youtube.com/shorts/5MUY_fJYMwQ

Foam Roller Snow Angel

2 set, 15 reps

 **YouTube** <https://youtube.com/shorts/LrklQvSIHxg>

Dumbbell Windmill

2 sets, 20 reps per side, lbs

 **YouTube** <https://youtu.be/rUuYOmpOTB0>

Scapular Pronation Pushup

2 sets x 20 bodyweight reps (2112)

 **YouTube** <https://youtu.be/77A2vl8RRao>

Incline Dumbbell Chest Press

3 sets x 12 reps at 2 RIR, lbs (2112)

 **YouTube** https://youtube.com/shorts/f2ymnfdz_i0

Weighted Pec Stretch

75 secs at 10 - 20 lbs

 **YouTube** https://youtube.com/shorts/3RJ_QpSwzLY

Arnold Press

3 sets x 12 reps at 2 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/Yz3tkWBikgQ>

**Date
Completed**

Dumbbell Upright Row

3 sets x 12 reps at 2 RIR, lbs (2112)

 **YouTube**
<https://youtube.com/shorts/kMKmfaZiYxs>

Assisted Pull Up (Upper Back Bias)

3 sets x 15 bodyweight reps (2112)

 **YouTube**
<https://youtube.com/shorts/BnkDgLRqc28>

Dumbbell Deadlift

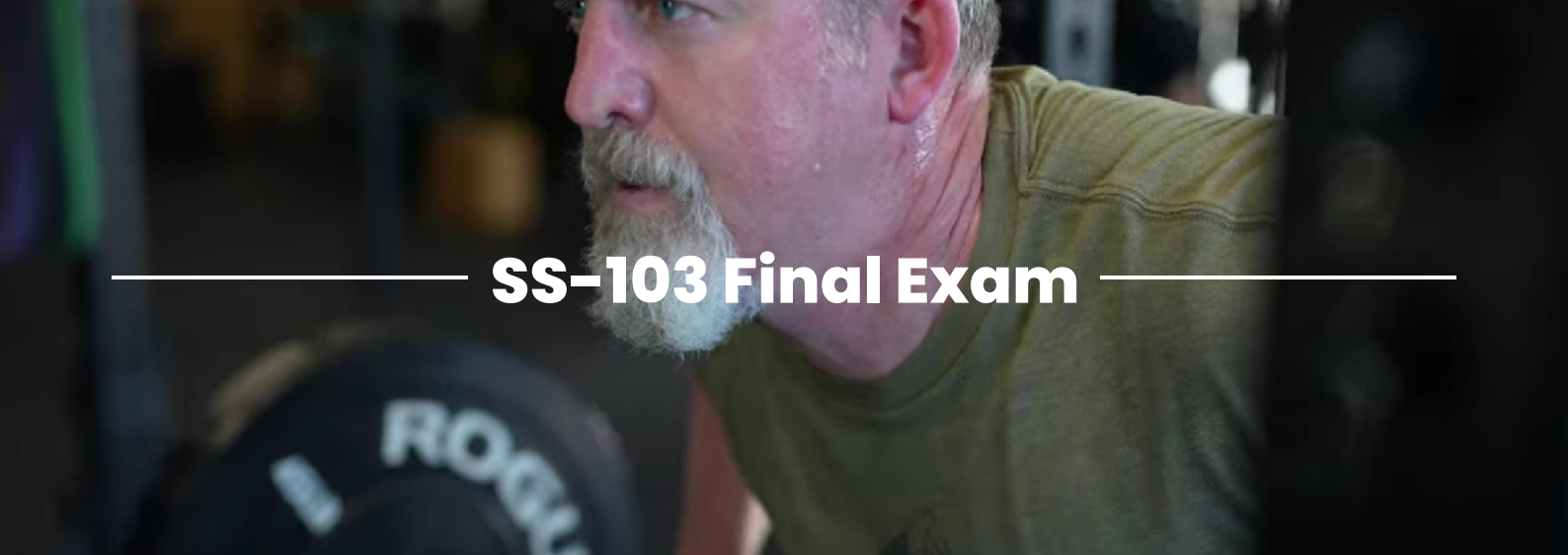
3 sets x 12 reps at 2 RIR, lbs (2112)

 **YouTube**
<https://youtube.com/shorts/vH7fgQEI4Jk>

Bench Dip

2 sets x 15 bodyweight reps (2211)

 **YouTube**
<https://youtube.com/shorts/45bXZbPqW9E>



SS-103 Final Exam

SS-103 Final Exam

Once you have completed the fourth, and final, week of SS-103 you have two options to assess your readiness to advance to SS-104, Intro to Dumbbells - Upper Body Pull:

Option 1

Advance by Weight (Load)

You have been using RIR throughout SS-103 to ensure that you are gradually increasing the weight on a given exercise while remaining safely a few reps short of true failure. Over the four weeks that should result in your ability to do the same lift on week four that you did on week one, with the same RIR, yet with increased weight. If at the end for week four that increase is 10% or greater than your week one baseline, congratulations, you advance to SS-104.

Option 2

Advance by Reps (Volume)

RIR works for reps just as easily as weight. Over the four weeks that should result in your ability to do the same lift on week four that you did on week one, with the same RIR, yet with increased reps. If at the end for week four that increase is 10% or greater than your week one baseline, congratulations, you advance to SS-104.

What if I didn't meet the advancement criteria?

If you did not progress at least 10% across each SS-103 exercise in either weight or reps, no problem. Simply run the course (it's free) for another two weeks until you meet the advancement criteria. If you didn't meet the advancement criteria in only a handful of exercises, feel free to advance to SS-104 but add your lagging SS-103 exercises to your SS-103 program to give yourself added time to meet your advancement criteria.

Contact Us!

Any questions on form, reps, technique, RIR, tempo, rest times, recovery—or anything else—hit the contact tab on our website. We typically reply to messages within one business day.
<https://sustained-strength.com/contact-sustained-strength-online-fitness-coaching/>