

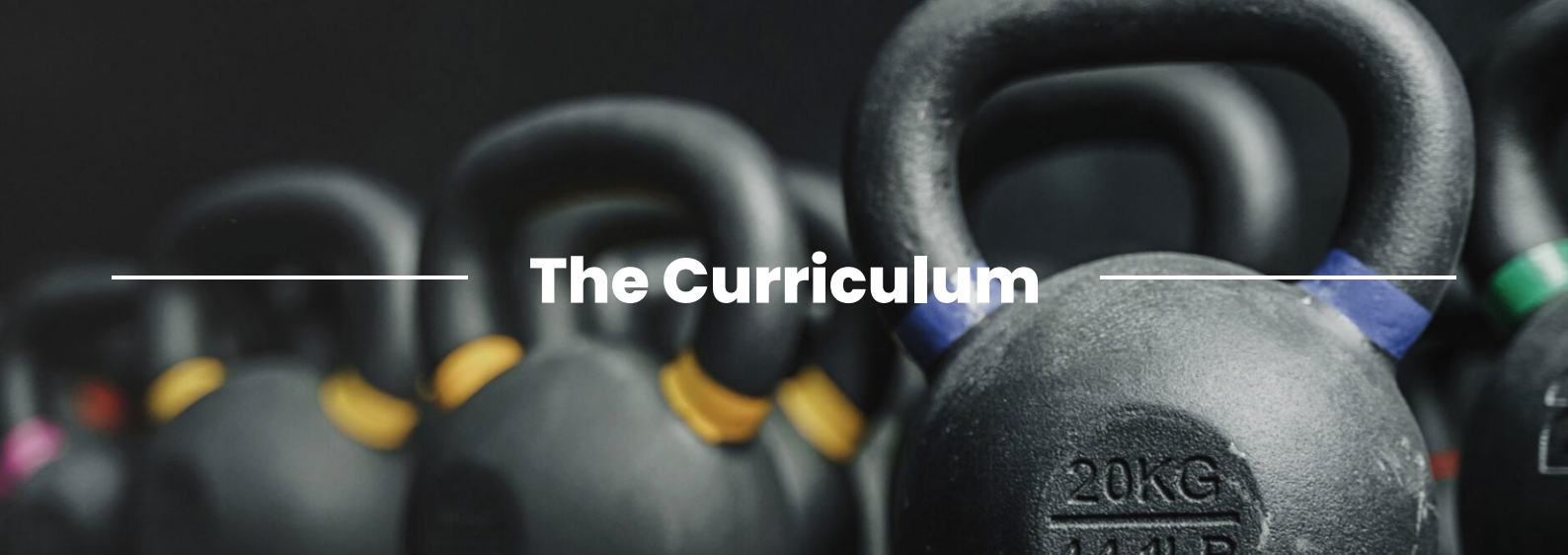


KEEPING YOU **STRONG**

Sustained Strength 104 : Intro to Dumbbells – Upper Body Pull

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 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 104 (SS-104) is a 4-week free course of simple but effective dumbbell exercises that will develop your body, with emphasis on the pulling muscles of your upper body. SS-104 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 the many muscles of your back with dumbbells, you will complete the dumbbell series with arms and core work in SS-105.

Video tutorials

Each exercise includes a free linked technique tutorial on YouTube. The SS-104 course intro video will get you started:

<https://youtu.be/15mdfBVWv7E>

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 back, rear deltoids, scapula, and thoracic spine work as a team. Each of the three workouts hits the major pulling muscles of the upper body directly to improve mobility, minimize injury risk, maximize power output, and reduce joint wear.

Why we care about our upper body

The pulling muscles of the upper back are often overlooked in favor of the "mirror muscles" of the frontside of the body. However, a strong upper back, lats, and rear delts gives your upper body aesthetic balance, prevents injury, reinforces proper posture, and increases overall power as the largest muscle group of the upper body. SS-104 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 pushing movements to preserve strength in other areas. Like SS-102 and SS-103, they can be broken into mini-sessions that focus on resistance or mobility training.

Advancement criteria

As you learned in SS-102 and SS-103, in SS-104 you will again gauge the intensity of your output with reps in reserve (RIR). In the last week of SS-104 you will test your improved upper body pulling 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-104 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

Biasing in weightlifting is the adjustment of exercise angles, form, or equipment to preferentially work one muscle over another. Biasing is especially important for the muscles of the back because they typically work as a team and one dominant muscle can often deny a supporting muscle the direct stimulus required to grow. In SS-104 and future courses, the biased muscle is noted in brackets. As you become more experienced you will be able to feel how minor adjustments in torso or arm position in a common exercise like a pull up can shift the bias from the lats to others such as the traps, rhomboids, or teres major.



WEEK 1

Workout 1 (Lat. Emphasis)

Bar Hang

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

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

Scapular Pull Up

1 set, 10 bodyweight reps (use wraps if grip fails)

 **YouTube** https://youtube.com/shorts/CZupc_TFcl8

Scapular Protraction Push Up

1 set, 10 bodyweight reps

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

Overhand Grip Pull Up [Lat. Bias, Band Assist Optional]

3 sets x 8 bodyweight reps (3111)

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

Dumbbell Standard Stance Row [Lat. Bias]

3 sets x 10 reps at 3 RIR, lbs. (2111)

 **YouTube** <https://youtube.com/shorts/F4fw8snd5SA>

Dumbbell Gait Stance Row [Lat. Bias]

3 sets x 10 reps at 3 RIR, lbs. (2111)

 **YouTube** <https://youtube.com/shorts/VnB2RCZ68Qw>

Dumbbell Chest-Supported Low Row [Lat. Bias]

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

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

Single Leg Hip Thrust

3 sets x 10 bodyweight reps, (2112)

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

**Date
Completed**

Dumbbell Incline Fly w/Pronated Grip [Upper Chest Bias]

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

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

Copenhagen Plank

1 bodyweight set x 30 secs per leg

 **YouTube**
<https://youtube.com/shorts/FtXl36A9fD4>

WEEK 1

Workout 2 (Rear Delt. Emphasis)

Quadruped Thread-the-Needle

1 set, 5 deep breaths per side

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

Lat. & Subscapularis Ball Roll

1 set, 10 rotations per side

 **YouTube** <https://www.youtube.com/watch?v=3gpjLDJyYvc>

Foam Roller Snow Angel

1 set, 10 bodyweight reps

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

Dumbbell Chest-Supported Row [Rear Delt. Bias]

3 sets x 10 reps at 3 RIR, lbs. (2111)

 **YouTube** <https://youtube.com/shorts/gD83fHbbuBg>

Dumbbell Seated Reverse Fly [Rear Delt. Bias]

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

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

Dumbbell Chest-Supported Swing [Rear Delt. Bias]

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

 **YouTube** <https://youtube.com/shorts/63Eus1pDUX8>

Dumbbell Chest-Supported Grip Reverse Fly [Rear Delt. Bias]

3 sets x 10 reps at 3 RIR, lbs (2111)

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

Dumbbell Incline Sternal Chest Press [Mid. Chest Bias]

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

 **YouTube** <https://youtube.com/shorts/5tI8IV3okwI>

**Date
Completed**

Bulgarian Split Squat [Glute Bias]

3 sets x 10 reps at 3 RIR, lbs (2212)

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

Dumbbell Concentration Curl

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

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



WEEK 1

Workout 3 (Upper & Mid. Back Emphasis)

Door Frame Lat. Stretch

45 secs. each side

 **YouTube** <https://www.youtube.com/shorts/62jgSq8XfDs>

Banded Rear Delt. Stretch

45 secs. each side

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

Banded Lat. Stretch

45 secs. each side

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

Neutral Grip Pull Up [Mid. Back & Lat. Bias, Band Assist Optional]

3 sets x 8 bodyweight reps (3111)

 **YouTube** <https://youtube.com/shorts/xL2w3-K-bkQ>

Upper Back Pull Up [Upper Back Bias, Band Assist Optional]:

3 sets x 8 bodyweight reps (3111)

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

Dumbbell Chest-Supported High Row [Upper Back Bias]

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

 **YouTube** <https://youtube.com/shorts/emuuomPc7Kk>

Inverted Row [Mid. Back Bias]

3 sets x 8 bodyweight reps (2112)

 **YouTube** <https://youtube.com/shorts/6BG1QiODdwg>

**Date
Completed**

Stabilized Single Leg Deadlift

3 sets x 10 reps at 3 RIR, lbs

 **YouTube**
<https://youtu.be/PFf1x53sgOM>

Dumbbell Shoulder Press [Front & Mid. Delt. Bias]

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

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

Dumbbell Angled Triceps Extension

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

 **YouTube**
<https://youtube.com/shorts/iw-P7c8JHkl>



WEEK 2

Workout 4 (Lat. Emphasis)

Bar Hang

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

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

Scapular Pull Up

1 set, 12 bodyweight reps (use wraps if grip fails)

 **YouTube** https://youtube.com/shorts/CZupc_TFcl8

Scapular Protraction Push Up

1 set, 12 bodyweight reps

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

Overhand Grip Pull Up [Lat. Bias, Band Assist Optional]

3 sets x 10 bodyweight reps (3111)

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

Dumbbell Standard Stance Row [Lat. Bias]

3 sets x 12 reps at 3 RIR, lbs. (2111)

 **YouTube** <https://youtube.com/shorts/F4fw8snd5SA>

Dumbbell Gait Stance Row [Lat. Bias]

3 sets x 12 reps at 3 RIR, lbs. (2111)

 **YouTube** <https://youtube.com/shorts/VnB2RCZ68Qw>

Dumbbell Chest-Supported Low Row [Lat. Bias]

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

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

Single Leg Hip Thrust

3 sets x 12 bodyweight reps, (2112)

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

**Date
Completed**

Dumbbell Incline Fly w/Pronated Grip [Upper Chest Bias]

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

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

Copenhagen Plank

1 bodyweight set x 45 secs per leg

 **YouTube**
<https://youtube.com/shorts/FtXl36A9fD4>



WEEK 2

Workout 5 (Rear Delt. Emphasis)

Quadruped Thread-the-Needle

1 set, 5 deep breaths per side

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

Lat. & Subscapularis Ball Roll

1 set, 10 rotations per side

 **YouTube** <https://www.youtube.com/watch?v=3gpjLDJyYvc>

Foam Roller Snow Angel

1 set, 10 bodyweight reps

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

Dumbbell Chest-Supported Row [Rear Delt. Bias]

3 sets x 12 reps at 3 RIR, lbs. (2111)

 **YouTube** <https://youtube.com/shorts/gD83fHbbuBg>

Dumbbell Seated Reverse Fly [Rear Delt. Bias]

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

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

Dumbbell Chest-Supported Swing [Rear Delt. Bias]

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

 **YouTube** <https://youtube.com/shorts/63Eus1pDUX8>

Dumbbell Chest-Supported Grip Reverse Fly [Rear Delt. Bias]

3 sets x 12 reps at 3 RIR, lbs (2111)

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

Dumbbell Incline Sternal Chest Press [Mid. Chest Bias]

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

 **YouTube** <https://youtube.com/shorts/5tI8IV3okwI>

**Date
Completed**

Bulgarian Split Squat [Glute Bias]

3 sets x 12 reps at 3 RIR, lbs (2212)

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

Dumbbell Concentration Curl

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

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



WEEK 2

Workout 6 (Upper & Mid. Back Emphasis)

Door Frame Lat. Stretch

60 secs. each side

 **YouTube** <https://www.youtube.com/shorts/62jgSq8XfDs>

Banded Rear Delt. Stretch

60 secs. each side

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

Banded Lat. Stretch

60 secs. each side

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

Neutral Grip Pull Up [Mid. Back & Lat. Bias, Band Assist Optional]

3 sets x 10 bodyweight reps (3111)

 **YouTube** <https://youtube.com/shorts/xL2w3-K-bkQ>

Upper Back Pull Up [Upper Back Bias, Band Assist Optional]:

3 sets x 10 bodyweight reps (3111)

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

Dumbbell Chest-Supported High Row [Upper Back Bias]

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

 **YouTube** <https://youtube.com/shorts/emuuomPc7Kk>

Inverted Row [Mid. Back Bias]

3 sets x 10 bodyweight reps (2112)

 **YouTube** <https://youtube.com/shorts/6BG1QiODdwg>

**Date
Completed**

Stabilized Single Leg Deadlift

3 sets x 12 reps at 3 RIR, lbs

 **YouTube**
<https://youtu.be/PFf1x53sgOM>

Dumbbell Shoulder Press [Front & Mid. Delt. Bias]

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

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

Dumbbell Angled Triceps Extension

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

 **YouTube**
<https://youtube.com/shorts/iw-P7c8JHkl>



WEEK 3

Workout 7 (Lat. Emphasis)

Bar Hang

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

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

Scapular Pull Up

1 set, 15 bodyweight reps (use wraps if grip fails)

 **YouTube** https://youtube.com/shorts/CZupc_TFcl8

Scapular Protraction Push Up

1 set, 12 bodyweight reps

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

Overhand Grip Pull Up [Lat. Bias, Band Assist Optional]

3 sets x 12 bodyweight reps (3111)

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

Dumbbell Standard Stance Row [Lat. Bias]

3 sets x 15 reps at 3 RIR, lbs. (2111)

 **YouTube** <https://youtube.com/shorts/F4fw8snd5SA>

Dumbbell Gait Stance Row [Lat. Bias]

3 sets x 15 reps at 3 RIR, lbs. (2111)

 **YouTube** <https://youtube.com/shorts/VnB2RCZ68Qw>

Dumbbell Chest-Supported Low Row [Lat. Bias]

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

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

Single Leg Hip Thrust

3 sets x 15 bodyweight reps, (2112)

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

**Date
Completed**

Dumbbell Incline Fly w/Pronated Grip [Upper Chest Bias]

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

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

Copenhagen Plank

1 bodyweight set x 60 secs per leg

 **YouTube**
<https://youtube.com/shorts/FtXl36A9fD4>



WEEK 3

Workout 8 (Rear Delt. Emphasis)

Quadruped Thread-the-Needle

1 set, 5 deep breaths per side

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

Lat. & Subscapularis Ball Roll

1 set, 10 rotations per side

 **YouTube** <https://www.youtube.com/watch?v=3gpjLDJyYvc>

Foam Roller Snow Angel

1 set, 10 bodyweight reps

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

Dumbbell Chest-Supported Row [Rear Delt. Bias]

3 sets x 15 reps at 3 RIR, lbs. (2111)

 **YouTube** <https://youtube.com/shorts/gD83fHbbuBg>

Dumbbell Seated Reverse Fly [Rear Delt. Bias]

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

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

Dumbbell Chest-Supported Swing [Rear Delt. Bias]

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

 **YouTube** <https://youtube.com/shorts/63Eus1pDUX8>

Dumbbell Chest-Supported Grip Reverse Fly [Rear Delt. Bias]

3 sets x 15 reps at 3 RIR, lbs (2111)

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

Dumbbell Incline Sternal Chest Press [Mid. Chest Bias]

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

 **YouTube** <https://youtube.com/shorts/5tI8IV3okwI>

**Date
Completed**

Bulgarian Split Squat [Glute Bias]

3 sets x 15 reps at 3 RIR, lbs (2212)

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

Dumbbell Concentration Curl

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

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



WEEK 3

Workout 9 (Upper & Mid. Back Emphasis)

Door Frame Lat. Stretch

75 secs. each side

 **YouTube** <https://www.youtube.com/shorts/62jgSq8XfDs>

Banded Rear Delt. Stretch

75 secs. each side

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

Banded Lat. Stretch

75 secs. each side

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

Neutral Grip Pull Up [Mid. Back & Lat. Bias, Band Assist Optional]

3 sets x 12 bodyweight reps (3111)

 **YouTube** <https://youtube.com/shorts/xL2w3-K-bkQ>

Upper Back Pull Up [Upper Back Bias, Band Assist Optional]:

3 sets x 12 bodyweight reps (3111)

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

Dumbbell Chest-Supported High Row [Upper Back Bias]

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

 **YouTube** <https://youtube.com/shorts/emuumomPc7Kk>

Inverted Row [Mid. Back Bias]

3 sets x 12 bodyweight reps (2112)

 **YouTube** <https://youtube.com/shorts/6BG1QiODdwg>

**Date
Completed**

Stabilized Single Leg Deadlift

3 sets x 15 reps at 3 RIR, lbs

 **YouTube**
<https://youtu.be/PFf1x53sgOM>

Dumbbell Shoulder Press [Front & Mid. Delt. Bias]

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

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

Dumbbell Angled Triceps Extension

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

 **YouTube**
<https://youtube.com/shorts/iw-P7c8JHkl>



WEEK 4

Workout 10 (Lat. Emphasis)

Bar Hang

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

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

Scapular Pull Up

1 set, 18 bodyweight reps (use wraps if grip fails)

 **YouTube** https://youtube.com/shorts/CZupc_TFcl8

Scapular Protraction Push Up

1 set, 15 bodyweight reps

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

Overhand Grip Pull Up [Lat. Bias, Band Assist Optional]

3 sets x 15 bodyweight reps (3111)

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

Dumbbell Standard Stance Row [Lat. Bias]

3 sets x 12 reps at 3 RIR, weight lbs. (2111)

 **YouTube** <https://youtube.com/shorts/F4fw8snd5SA>

Dumbbell Gait Stance Row [Lat. Bias]

3 sets x 12 reps at 3 RIR, weight lbs. (2111)

 **YouTube** <https://youtube.com/shorts/VnB2RCZ68Qw>

Dumbbell Chest-Supported Low Row [Lat. Bias]

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

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

Single Leg Hip Thrust

3 sets x 20 bodyweight reps, (2112)

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

**Date
Completed**

Dumbbell Incline Fly w/Pronated Grip [Upper Chest Bias]

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

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

Copenhagen Plank

1 bodyweight set x 75 secs per leg

 **YouTube**
<https://youtube.com/shorts/FtXl36A9fD4>

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 II (Rear Delt. Emphasis)

Quadruped Thread-the-Needle

1 set, 5 deep breaths per side

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

Lat. & Subscapularis Ball Roll

1 set, 10 rotations per side

 **YouTube** <https://www.youtube.com/watch?v=3gpjLDJyYvc>

Foam Roller Snow Angel

1 set, 10 bodyweight reps

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

Dumbbell Chest-Supported Row [Rear Delt. Bias]

3 sets x 12 reps at 3 RIR, lbs. (2111)

 **YouTube** <https://youtube.com/shorts/gD83fHbbuBg>

Dumbbell Seated Reverse Fly [Rear Delt. Bias]

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

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

Dumbbell Chest-Supported Swing [Rear Delt. Bias]

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

 **YouTube** <https://youtube.com/shorts/63Eus1pDUX8>

Dumbbell Chest-Supported Grip Reverse Fly [Rear Delt. Bias]

3 sets x 12 reps at 3 RIR, lbs (2111)

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

Dumbbell Incline Sternal Chest Press [Mid. Chest Bias]

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

 **YouTube** <https://youtube.com/shorts/5tI8IV3okwI>

**Date
Completed**

Bulgarian Split Squat [Glute Bias]

3 sets x 12 reps at 3 RIR, lbs (2212)

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

Dumbbell Concentration Curl

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

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



WEEK 4

Workout 12 (Upper & Mid. Back Emphasis)

Door Frame Lat. Stretch

90 secs. each side

 **YouTube** <https://www.youtube.com/shorts/62jgSq8XfDs>

Banded Rear Delt. Stretch

90 secs. each side

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

Banded Lat. Stretch

90 secs. each side

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

Neutral Grip Pull Up [Mid. Back & Lat. Bias, Band Assist Optional]

3 sets x 15 bodyweight reps (3111)

 **YouTube** <https://youtube.com/shorts/xL2w3-K-bkQ>

Upper Back Pull Up [Upper Back Bias, Band Assist Optional]:

3 sets x 15 bodyweight reps (3111)

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

Dumbbell Chest-Supported High Row [Upper Back Bias]

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

 **YouTube** <https://youtube.com/shorts/emuuomPc7Kk>

Inverted Row [Mid. Back Bias]

3 sets x 15 bodyweight reps (2112)

 **YouTube** <https://youtube.com/shorts/6BG1QiODdwg>

**Date
Completed**

Stabilized Single Leg Deadlift

3 sets x 12 reps at 3 RIR, lbs

 **YouTube**
<https://youtu.be/PFf1x53sgOM>

Dumbbell Shoulder Press [Front & Mid. Delt. Bias]

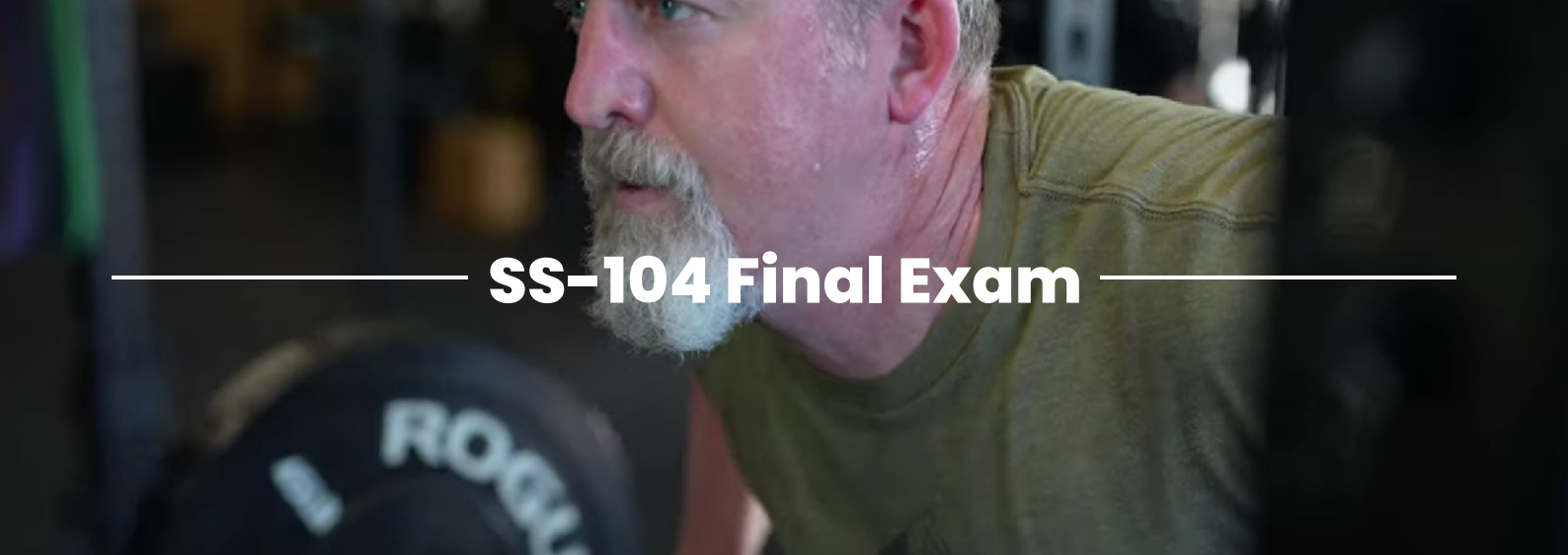
3 sets x 12 reps at 3 RIR, lbs
(2112)

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

Dumbbell Angled Triceps Extension

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

 **YouTube**
<https://youtube.com/shorts/iw-P7c8JHkl>



SS-104 Final Exam

SS-104 Final Exam

Once you have completed the fourth, and final, week of SS-104 you have two options to assess your readiness to advance to SS-105, Intro to Dumbbells - Arms and Core:

Option 1

Advance by Weight (Load)

You have been using RIR throughout SS-104 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-105.

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-105.

What if I didn't meet the advancement criteria?

If you did not progress at least 10% across each SS-104 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-105 but add your lagging SS-104 exercises to your SS-104 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/>