

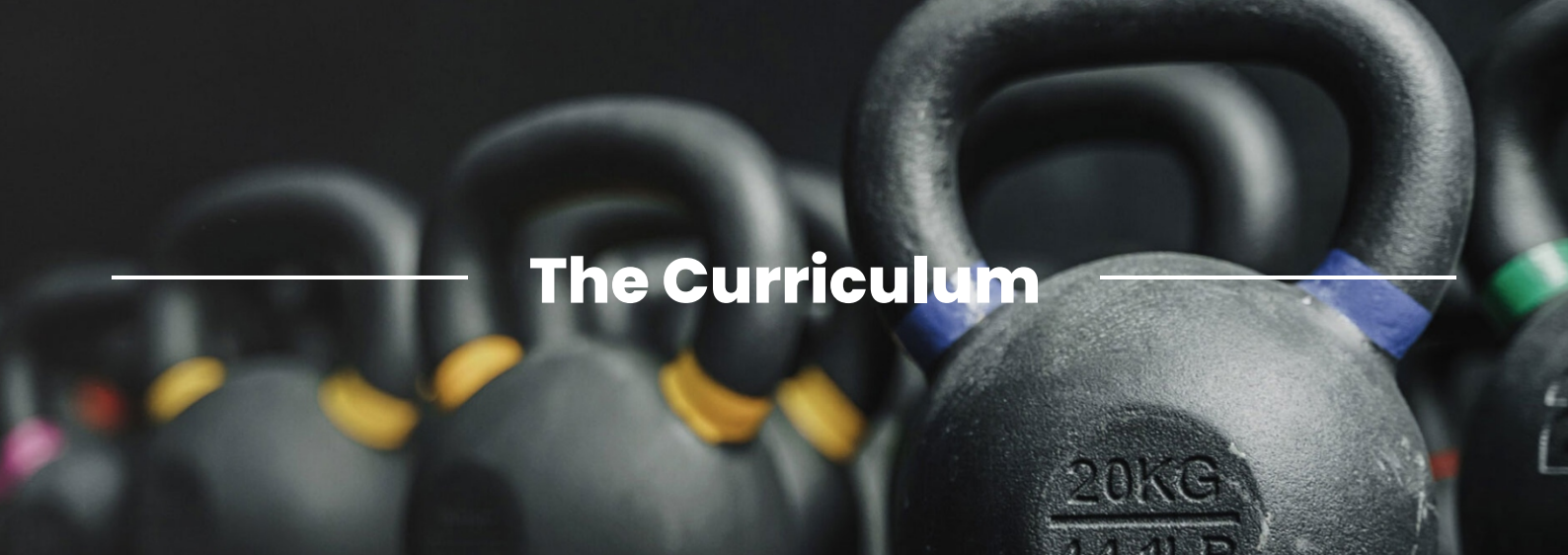


KEEPING YOU **STRONG**

Sustained Strength 105 : Intro to Dumbbells – Arms & Core

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 105 (SS-105) is a 4-week free course of simple but effective dumbbell exercises that will develop your body, with emphasis on the arms and the oft-neglected core. SS-105 is three resistance workouts per week, with the option for a fourth day per week of mobility work drawn from the SS-101 course. Afterward you will have a solid understanding of various ways to train the muscles of your arms and core with dumbbells or bodyweight—and congrats, you have completed the dumbbell series!

Video tutorials

Each exercise includes a free linked technique tutorial on YouTube. The SS-105 course intro video will get you started:

<https://www.youtube.com/watch?v=9Y-eGol30dk>

Learning objective

You will learn variations of the most common arms and core movements, giving you an effective workout and an education on how your biceps, triceps, abs, obliques, and other core muscles work. The key is to avoid common cheating in the forms of shoulder flexion (for arms) or hip flexion (for abs/core).

Why we care about our upper body

The stabilizing muscles of the core are among the most important for power, balance, posture, and reducing injury risk—they are much more than a cool-looking 6-pack. Most people don't need added justification to develop their arms, as they are among the most visible and aesthetic muscles on the body. That said, strong arms will assist other big lifts like the bench press, pull up, and overhead press.

Course duration

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

Advancement criteria

As in earlier courses, you will gauge the intensity of your output with reps in reserve (RIR). In the last week of SS-105 you will test your improved arm and core strength. You must achieve at least a 10% improvement in strength (measured either as a 10% increase in repetitions/time or a 10% increase in weight) across all of the SS-105 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

An **isometric hold** in weightlifting is an easy, low injury risk technique to develop strength in both the muscular and connective tissue. You simply hold a position—often in the middle of a typical weightlifting or calisthenic exercise—under tension with no visible movement. In other words, you are contracting the muscle—often quite hard—but not seeking to actually move your skeletal system with the contraction. Isometrics strengthen tendons and ligaments, improve joint stability, and can help remedy poor posture.



WEEK 1

Workout 1 (Bicep Emphasis)

Dumbbell Bicep Curl Supinated Grip

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

 **YouTube** <https://youtube.com/shorts/XAymV4thXG4>

Dumbbell Incline Bicep Curl

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

 **YouTube** <https://www.youtube.com/watch?v=DCe8f6vMe9A>

Dumbbell Strict Hammer Curl

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

 **YouTube** <https://youtube.com/shorts/UX3FxaK1w>

Dumbbell Chest Supported Tricep Kickback

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

 **YouTube** <https://youtube.com/shorts/HXJ3aCntEI0>

Dumbbell Bulgarian Split Squat [Glute Bias]

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

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

Dumbbell Incline Sternal Chest Press [Mid. Chest Bias]

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

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

Dumbbell Chest-Supported Row [Rear Delt. Bias]

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

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

Bodyweight Plank

2 bodyweight sets each side x 30 sec. hold

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

**Date
Completed**

Dumbbell/KB Russian Twist

2 sets x 20 bodyweight reps

 **YouTube**
<https://youtube.com/shorts/f5Rq3VAzXIk>

Bodyweight Starfish Crunch

2 sets x 20 bodyweight reps

 **YouTube**
<https://youtube.com/shorts/SXFh9CnBd-Q>



WEEK 1

Workout 2 (Tricep Emphasis)

Dumbbell Angled Triceps Extension

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

 **YouTube** <https://youtube.com/shorts/iw-P7c8JHkI>

Dumbbell PJR Pullover

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

 **YouTube** <https://youtube.com/shorts/3rfSYj6uNb0>

Dumbbell Incline Skull Crusher

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

 **YouTube** <https://youtube.com/shorts/l2dIXjslchl>

Bodyweight Bench Dip

2 sets x 8 bodyweight reps (2212)

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

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 10 bodyweight reps, (2112)

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

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>

**Date
Completed**

Dumbbell Standard Stance Row [Lat. Bias]

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

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

Bodyweight Side Plank

2 sets x 30 secs. hold each side

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

Dumbbell Wood Chop

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

 **YouTube**
<https://youtube.com/shorts/re-JiP4Kc4g>

WEEK 1

Workout 3 (Core Emphasis)

Bodyweight Copenhagen Plank

1 bodyweight set x 30 secs. hold per leg

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

Dumbbell Windmill

2 sets, 10 reps per side at 5 RIR, weight lbs (3121)

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

Dumbbell/KB Suitcase Carry

2 sets x 20 steps per leg at 5 RIR, weight lbs (1111)

 **YouTube** <https://youtube.com/shorts/7vnYQp8GSWs>

Dumbbell/KB Otis Up

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

 **YouTube** <https://youtube.com/shorts/xbYo8K30wrM>

Bodyweight Superman

2 sets x 10 bodyweight reps at 5 RIR, (2112)

 **YouTube** <https://youtube.com/shorts/itDZinlwqN4>

Dumbbell Zottman Curl

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

 **YouTube** <https://youtube.com/shorts/HZiPBhJMP2k>

Bodyweight Tricep (Diamond) Pushup

2 sets x 8 bodyweight reps (3111)

 **YouTube** <https://youtube.com/watch?v=EQjexKQpGeQ>

**Date
Completed**

Dumbbell Stabilized Single Leg Deadlift

3 sets x 10 reps at 3 RIR, weight lbs

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

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

3 sets x 8 bodyweight reps (3111)

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

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

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

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



WEEK 2

Workout 4 (Bicep Emphasis)

Dumbbell Bicep Curl Supinated Grip

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

 **YouTube** <https://youtube.com/shorts/XAymV4thXG4>

Dumbbell Incline Bicep Curl

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

 **YouTube** <https://www.youtube.com/watch?v=DCe8f6vMe9A>

Dumbbell Strict Hammer Curl

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

 **YouTube** <https://youtube.com/shorts/UX3FxajkK1w>

Dumbbell Chest Supported Tricep Kickback

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

 **YouTube** <https://youtube.com/shorts/HXJ3aCntEI0>

Dumbbell Bulgarian Split Squat [Glute Bias]

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

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

Dumbbell Incline Sternal Chest Press [Mid. Chest Bias]

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

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

Dumbbell Chest-Supported Row [Rear Delt. Bias]

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

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

Bodyweight Plank

2 bodyweight sets each side x 45 sec. hold

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

**Date
Completed**

Dumbbell/KB Russian Twist

2 sets x 22 bodyweight reps

 **YouTube**
<https://youtube.com/shorts/f5Rq3VAzXIk>

Bodyweight Starfish Crunch

2 sets x 22 bodyweight reps

 **YouTube**
<https://youtube.com/shorts/SXFh9CnBd-Q>



WEEK 2

Workout 5 (Tricep Emphasis)

Dumbbell Angled Triceps Extension

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

 **YouTube** <https://youtube.com/shorts/iw-P7c8JHkI>

Dumbbell PJR Pullover

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

 **YouTube** <https://youtube.com/shorts/3rfSYj6uNb0>

Dumbbell Incline Skull Crusher

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

 **YouTube** <https://youtube.com/shorts/l2dIXjslchl>

Bodyweight Bench Dip

2 sets x 10 bodyweight reps (2212)

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

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 12 bodyweight reps, (2112)

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

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>

**Date
Completed**

Dumbbell Standard Stance Row [Lat. Bias]

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

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

Bodyweight Side Plank

2 sets x 45 secs. hold each side

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

Dumbbell Wood Chop

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

 **YouTube**
<https://youtube.com/shorts/re-JiP4Kc4g>



WEEK 2

Workout 6 (Core Emphasis)

Bodyweight Copenhagen Plank

1 bodyweight set x 45 secs. hold per leg

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

Dumbbell Windmill

2 sets, 12 reps per side at 5 RIR, lbs (3121)

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

Dumbbell/KB Suitcase Carry

2 sets x 22 steps per leg at 5 RIR, lbs (1111)

 **YouTube** <https://youtube.com/shorts/7vnYQp8GSWs>

Dumbbell/KB Otis Up

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

 **YouTube** <https://youtube.com/shorts/xbYo8K30wrM>

Bodyweight Superman

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

 **YouTube** <https://youtube.com/shorts/itDZinlwqN4>

Dumbbell Zottman Curl

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

 **YouTube** <https://youtube.com/shorts/HZIPBhJMP2k>

Bodyweight Tricep (Diamond) Pushup

2 sets x 10 bodyweight reps (3111)

 **YouTube** <https://youtube.com/watch?v=EQjexKQpGeQ>

**Date
Completed**

Dumbbell Stabilized Single Leg Deadlift

3 sets x 12 reps at 3 RIR, lbs

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

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

3 sets x 10 bodyweight reps (3111)

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

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

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

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



WEEK 3

Workout 7 (Bicep Emphasis)

Dumbbell Bicep Curl Supinated Grip

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

 **YouTube** <https://youtube.com/shorts/XAymV4thXG4>

Dumbbell Incline Bicep Curl

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

 **YouTube** <https://www.youtube.com/watch?v=DCe8f6vMe9A>

Dumbbell Strict Hammer Curl

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

 **YouTube** <https://youtube.com/shorts/UX3FxajkK1w>

Dumbbell Chest Supported Tricep Kickback

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

 **YouTube** <https://youtube.com/shorts/HXJ3aCntEI0>

Dumbbell Bulgarian Split Squat [Glute Bias]

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

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

Dumbbell Incline Sternal Chest Press [Mid. Chest Bias]

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

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

Dumbbell Chest-Supported Row [Rear Delt. Bias]

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

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

Bodyweight Plank

2 bodyweight sets each side x 60 sec. hold

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

**Date
Completed**

Dumbbell/KB Russian Twist

2 sets x 25 bodyweight reps

 **YouTube**
<https://youtube.com/shorts/f5Rq3VAzXIk>

Bodyweight Starfish Crunch

2 sets x 25 bodyweight reps

 **YouTube**
<https://youtube.com/shorts/SXFh9CnBd-Q>



WEEK 3

Workout 8 (Tricep Emphasis)

Dumbbell Angled Triceps Extension

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

 **YouTube** <https://youtube.com/shorts/iw-P7c8JHkI>

Dumbbell PJR Pullover

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

 **YouTube** <https://youtube.com/shorts/3rfSYj6uNb0>

Dumbbell Incline Skull Crusher

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

 **YouTube** <https://youtube.com/shorts/l2dIXjslchl>

Bodyweight Bench Dip

2 sets x 12 bodyweight reps (2212)

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

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 15 bodyweight reps, (2112)

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

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>

**Date
Completed**

Dumbbell Standard Stance Row [Lat. Bias]

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

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

Bodyweight Side Plank

2 sets x 60 secs. hold each side

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

Dumbbell Wood Chop

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

 **YouTube**
<https://youtube.com/shorts/re-JiP4Kc4g>



WEEK 3

Workout 9 (Core Emphasis)

Bodyweight Copenhagen Plank

1 bodyweight set x 60 secs. hold per leg

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

Dumbbell Windmill

2 sets, 15 reps per side at 5 RIR, weight lbs (3121)

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

Dumbbell/KB Suitcase Carry

2 sets x 25 steps per leg at 5 RIR, weight lbs (1111)

 **YouTube** <https://youtube.com/shorts/7vnYQp8GSWs>

Dumbbell/KB Otis Up

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

 **YouTube** <https://youtube.com/shorts/xbYo8K30wrM>

Bodyweight Superman

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

 **YouTube** <https://youtube.com/shorts/itDZinlwqN4>

Dumbbell Zottman Curl

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

 **YouTube** <https://youtube.com/shorts/HZiPBhJMP2k>

Bodyweight Tricep (Diamond) Pushup

2 sets x 12 bodyweight reps (3111)

 **YouTube** <https://youtube.com/watch?v=EQjexKQpGeQ>

**Date
Completed**

Dumbbell Stabilized Single Leg Deadlift

3 sets x 15 reps at 3 RIR, weight lbs

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

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

3 sets x 12 bodyweight reps (3111)

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

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

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

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



WEEK 4

Workout 10 (Bicep Emphasis)

Dumbbell Bicep Curl Supinated Grip

3 sets x 10 reps at 2 RIR, weight lbs. (2112)

 **YouTube** <https://youtube.com/shorts/XAymV4thXG4>

Dumbbell Incline Bicep Curl

3 sets x 10 reps at 32 RIR, weight lbs. (2112)

 **YouTube** <https://www.youtube.com/watch?v=DCe8f6vMe9A>

Dumbbell Strict Hammer Curl

3 sets x 10 reps at 2 RIR, weight lbs. (2112)

 **YouTube** <https://youtube.com/shorts/UX3FxaK1w>

Dumbbell Chest Supported Tricep Kickback

3 sets x 10 reps at 2 RIR, weight lbs. (2112)

 **YouTube** <https://youtube.com/shorts/HXJ3aCntEI0>

Dumbbell Bulgarian Split Squat [Glute Bias]

3 sets x 10 reps at 2 RIR, weight lbs. (2212)

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

Dumbbell Incline Sternal Chest Press [Mid. Chest Bias]

3 sets x 10 reps at 2 RIR, weight lbs (2112)

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

Dumbbell Chest-Supported Row [Rear Delt. Bias]

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

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

Bodyweight Plank

2 bodyweight sets each side x 90 sec. hold

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

**Date
Completed**

Dumbbell/KB Russian Twist

2 sets x 30 bodyweight reps

 **YouTube**
<https://youtube.com/shorts/f5Rq3VAzXIk>

Bodyweight Starfish Crunch

2 sets x 30 bodyweight reps

 **YouTube**
<https://youtube.com/shorts/SXFh9CnBd-Q>

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 (Tricep Emphasis)

Dumbbell Angled Triceps Extension

3 sets x 10 reps at 2 RIR, lbs. (2112)

YouTube <https://youtube.com/shorts/iw-P7c8JHkI>

Dumbbell PJR Pullover

3 sets x 10 reps at 2 RIR, lbs (2112)

YouTube <https://youtube.com/shorts/3rfSYj6uNb0>

Dumbbell Incline Skull Crusher

3 sets x 10 reps at 2 RIR, lbs (2112)

YouTube <https://youtube.com/shorts/l2dIXjslchl>

Bodyweight Bench Dip

2 sets x 15 bodyweight reps (2112)

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

Dumbbell Concentration Curl

3 sets x 10 reps at 2 RIR, lbs (2112)

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

Single Leg Hip Thrust

3 sets x 20 bodyweight reps, (2112)

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

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

3 sets x 10 reps at 2 RIR, lbs (3111)

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

**Date
Completed**

Dumbbell Standard Stance Row [Lat. Bias]

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

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

Bodyweight Side Plank

2 sets x 90 secs. hold each side

YouTube
<https://youtube.com/shorts/ldtocSLvwPU>

Dumbbell Wood Chop

2 sets x 10 reps at 2 RIR, lbs (3111)

YouTube
<https://youtube.com/shorts/re-JiP4Kc4g>



WEEK 4

Workout 12 (Core Emphasis)

Bodyweight Copenhagen Plank

1 bodyweight set x 90 secs. hold per leg

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

Dumbbell Windmill

2 sets, 10 reps per side at 3 RIR, lbs (3121)

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

Dumbbell/KB Suitcase Carry

2 sets x 30 steps per leg at 3 RIR, lbs (1111)

 **YouTube** <https://youtube.com/shorts/7vnYQp8GSWs>

Dumbbell/KB Otis Up

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

 **YouTube** <https://youtube.com/shorts/xbYo8K30wrM>

Bodyweight Superman

2 sets x 20 bodyweight reps at 3 RIR, (2112)

 **YouTube** <https://youtube.com/shorts/itDZinlwqN4>

Dumbbell Zottman Curl

3 sets x 10 reps at 2 RIR, lbs (2112)

 **YouTube** <https://youtube.com/shorts/HZIPBhJMP2k>

Bodyweight Tricep (Diamond) Pushup

2 sets x 20 bodyweight reps (3111)

 **YouTube** <https://youtube.com/watch?v=EQjexKQpGeQ>

**Date
Completed**

Dumbbell Stabilized Single Leg Deadlift

3 sets x 10 reps at 2 RIR, lbs

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

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

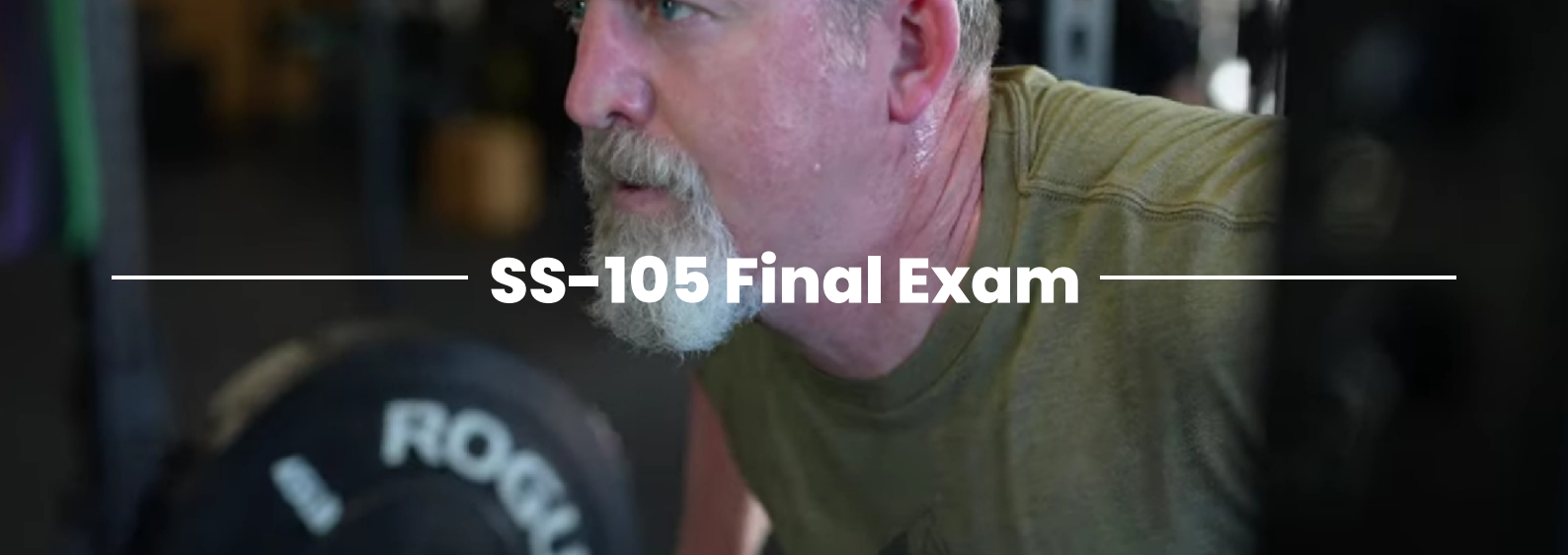
3 sets x 15 bodyweight reps (3111)

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

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

3 sets x 10 reps at 2 RIR, lbs
(2112)

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



SS-105 Final Exam

SS-105 Final Exam

Once you have completed the fourth, and final, week of SS-105 you have two options to assess your readiness to advance to SS-106, Intro to Barbells - Phase One:

Option 1

Advance by Weight (Load):

You have been using RIR throughout SS-105 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-106.

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-106.

What if I didn't meet the advancement criteria?

If you did not progress at least 10% across each SS-105 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-106 but add your lagging SS-105 exercises to your SS-106 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/>