A FREE WEEK OF
SSS COMPLETE

One real week of programming — exactly as my athletes trained it.

Steve Rose, M.S., CSCS — Strength Speed Steve

HOW THIS WEEK RUNS

Lift Monday, Wednesday, Friday · Conditioning Tuesday, Thursday · Optional run Saturday

Loads are personal, so they aren't printed. Pick a weight that leaves two or three good reps in the tank on your final set. When a note says "increase from last week," add the smallest jump you can — that's how this program progresses, one small jump at a time.

Rest as needed between sets. Train the days in order; if you miss one, just pick up where you left off.

MONDAY — LIFT

BLOCK A

Side Plank — 3 × 30 sec
Can add a weight like a DB or plate on top of your hip, or stick with top leg abducted

Glute Bridge — 3 × 30 sec
Hold for 30 seconds. Hamstring warm up/rehab. Hold a DB on your hips for this week

Plank Shoulder Taps — 3 × 12
12 each side

BLOCK B

Back Squat — 3 × 6
Increase from last week by 10lbs

Lat Pulldown — 3 × 8
Increase in weight from last week

Dragon Flags — 3 × 6

BLOCK C

Decline Cable Fly — 3 × 8

Hamstring Curl on Slides — 3 × 5
Either do a hamstring curl on sliders or can put feet in a TRX for this. Control the rep as your legs extend

DB Bicep Curls — 3 × 6
Increase in weight

TUESDAY — CONDITIONING

Stationary Bike — 1 × 30:00
30 minutes in a zone 3 pace on a stationary bike

WEDNESDAY — LIFT

BLOCK A

Long Lever Hip Bridge — 3 × 30 sec
If this is too easy with 2 legs, do this with 1 leg

Cable Rotations — 3 × 10

Hip 90/90 Extension — 3 × 5
Slow and controlled. Hips should be adjusting to this hopefully by now

BLOCK B

Overhead Pin Press — 3 × 5
Increase in weight by 10-15lbs from your 8's

Lateral Band Walk — 3 × 10
10 steps each direction. Band around ankles is toughest, around knees is easier

BLOCK C

Romanian Deadlift — 3 × 6
Take 5 seconds down for each rep, try to get length in your hamstring. Try to increase by 5-10lbs while keeping the tempo

TRX Row — 3 × 15
Can put a weight on your chest or elevate feet to make this tougher

THURSDAY — CONDITIONING

Rowing — 1 × 30:00
Row for 30 minutes, keep this in a zone 2 pace. Record total distance. If no rower, then perform on a bike.

FRIDAY — LIFT

BLOCK A

Lateral Explosive Push Ups — 3 × 6
3 each side, or 6 total

Pogo Jump — 3 × 15–25
Double leg, in place, low level jumps, sort of like you're jumping rope.

BLOCK B

Pin Barbell Bench — 3 × 5
Press from pins or off of the spotter arms. Reset every rep onto the pins.

Hamstring Curl on Slides — 3 × 5
Do the opposite of what you did earlier in the week. If you used sliders, use the TRX hamstring curl. If you used the TRX, use sliders today. Control on the way out

BLOCK C

Chin-Up — 3 × 6
Add weight from last week

Goblet Lateral Lunge — 3 × 5
Can do this unweighted if hamstring is bothering you, or if the cossack squats were good you can swap them in here.

BLOCK D — PUMPACOLYPSE

TRX Biceps Curl — 3 × 8
Keep palms up by your face

Dips — 3 sets: 14, 14, MAX

SATURDAY — OPTIONAL RECOVERY RUN

Run — 1 × 30:00

Coach's note: "Easy recovery run." Zone 2 Recovery Run. 30 minutes if able. You can write in time run and distance.

WEEK 2 IS IN THE APP

You just trained one week of SSS COMPLETE on paper. In TrainHeroic, the next week is already waiting — every session planned out for you, logged in the app, each week building on the last.

Start your first 7 days free:
marketplace.trainheroic.com/workout-plan/team/sss-complete

Then $30/mo — about $1 a day. Cancel anytime.