BASE CAMP

Get built, not burnt with 8 weeks of Functional Bodybuilding progressive training with a focus on strength and positions. Base Camp workouts are designed for minimal equipment and time (most workouts should take about an hour). These fun workouts (3x/week) include warmup, strength, and conditioning to help your motor patterns and movement quality improve. You get three versions of the program: one that includes barbells, and two other versions that load with dumbbells or kettlebells only so you can adapt your workouts to your equipment needs.

SAMPLE WORKOUT

Warmup:

3 Sets:
6-8 Half Kneeling Single Arm Landmine Press @ 2111 tempo
12 Banded Monster Walks (forward and backward)
30sec Side Plank/side
rest as needed between sets

* Landmine sub: Half Kneeling Single Arm KB or DB Press
Bend and Upper Push:

A1) Barbell Z Press
31X1*; 8,7,6; rest 90sec

Or Single Arm Dumbbell or Kettlebell Z Press; 31X1; 8,7,6/arm; rest 90sec

* Tempo: 3 seconds down, hold 1 at the bottom, eXplode up, pause 1 second before next rep

A2) Dumbbell Romanian Deadlift
4111; 6-8reps; rest 90sec x 3 sets

Superset A1 and A2, so alternate these three times before moving on.

B1) Incline Dumbbell Bench Press (or Kettlebell)
31X1; 6-8reps; rest 60sec x 3 sets

B2) Landmine Single Leg Romanian Deadlift
31X1; 6-8reps/leg; rest 60sec x 3 sets

Superset B1 and B2. Landmine sub: Single Arm Cross Body DB or KB Single Leg Romanian Deadlift, same tempo and rep scheme.

C) 10mins Continuous Grind:
5 Seated Box Jumps
10 Russian Kettlebell Swings
10 Tuck Ups
20sec Feet on Box Pike Handstand Hold

KB swing sub: 10 Alternating DB Power Snatch

Join us at https://revival-strength.com/base-camp for lifetime access to the program with our 30 day guarantee!