

8-WEEK BACK SQUAT CYCLE

Max Strength // Programmed by Ben Wise

ZOAR

Week 1

Monday

Pause Front Squat (4,4,4)

Front Squat (3,3,3)

Pause Back Squat (2,2,2)

Back Squat (1,1,1)

Wednesday

Anderson Squats (6x3)

[off jerk blocks]

Bicycle Squats (2x15) 30%

Walking Lunges (200m)

Friday

Banded Speed Back Squat (6x3)

(Bar Wt. 35%)

EMOM 10

-6 Back Squat

(50% + 20% band tension)

Week 2

Monday

Back Squat (4x2)

(Build to a heavy double)

EMOM 6 (at average double weight)

-1 Back Squat

Wednesday

Box Squat (6x4)

(Box height at sticky point in squat)

Pause Bicycle Squat (3x12) 38%

(Feet all the way together, Heels elevated)

Friday

EMOM 6: 3 Back Squat (for Speed) 40%

(Controlled lower, Explode up)

EMOM 10: 6 Back Squat (60%)

(If you are worried you won't make all ten minutes, drop reps to 4 or 5)

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Week 3

Monday

Back Squat

(3,3,3) Warm-up Sets

(1,1,1) Submaximal load, for Speed

(2,2,2) Max Load

50 Front Squats for Time @ 40%

Wednesday

EMOM 10 (add weight each minute)

-2 Banded Box Squat (heavy bands)

AMRAP (2 Sets) Rest Time = 3 min

-Banded Belt Squats + 30% in Front Rack

Friday

EMOM 8

-Odd: 3 Box Jumps (Hip Transfer)

-Even: 3 Back Squat Jumps (Empty Barbell)

EMOM 10

-3 Speed Eccentric Back Squat 40%

AMRAP 1:00

-Back Squat 55%

Week 4

Monday

Back Squat (3,2,2) Tempo @61x1

Reverse Banded Back Squat (5x1)

Eccentric Only Back Squat (5x1)

AMRAP 1:00

-Overhead Squats @ 33%

Wednesday

Anderson Squats (6,5,4,3,2)

Alternating Reverse Lunges (5x10)

For time... 100 Squats

Banded Belt Squats with Empty Bar

Friday

Triphasic Plyo Circuit (10 Steady Rounds)

-3 Speed Eccentric Squat 30%

-3 Hurdles (broad jump over)

-3 Back Squat Jump with Bar

-3 Assisted Vertical Jump

Back Squat (7x8) same weight all sets

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Week 5

Monday

Pause Front Squat (4,4,4)

Front Squat (3,3,3)

Pause Back Squat (2,2,2)

Back Squat (1,1,1)

Wednesday

Anderson Squats (6x3)

[off jerk blocks]

Bicycle Squats (2x20) 27%

Walking Lunges (200m)

Friday

Banded Speed Back Squat (6x3)

(Bar Wt. 35%)

EMOM 10

-6 Back Squat

(55% + 20% band tension)

Week 6

Monday

Back Squat (4x3)

(Build to a heavy double)

EMOM 6 (at average triple weight)

-1 Pause Back Squat

Wednesday

Box Squat (7x3)

(Box height at sticky point in squat)

Pause Bicycle Squat (3x12) 38%

(Feet all the way together, Heels elevated)

Friday

EMOM 6: 3 Back Squat (for Speed) 40%

(Controlled lower, Explode up)

Every 2 Minutes, x 5 Sets, 10 Minutes

-10 Back Squat 60%

(If you are worried you won't make all ten minutes, drop reps to 7 or 8)

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Week 7

Monday

Back Squat

(3,3,3) Warm-up Sets

(1,1,1) Submaximal load, for Speed

(2,2,2) Max Load

50 Front Squats for Time @ 40%

Wednesday

EMOM 10 (add weight each minute)

-2 Banded Box Squat (heavy bands)

Belt Squat with Dumbbells in Front Rack
(50/35lbs for M/F)

Set 1 [At 0:00] Max Reps in Unbroken Set

Set 2 [At 5:00] Max Reps in Unbroken Set

Friday

EMOM 8

-Odd: 3 Box Jumps (Hip Transfer)

-Even: 3 Back Squat Jumps (Empty Barbell)

EMOM 10

-3 Speed Eccentric Back Squat 40%

AMRAP 1:15

-Back Squat 45%

Week 8

Monday

Back Squat (2,1,1) Tempo @61x1

Reverse Banded Back Squat (5x1)

Eccentric Only Back Squat (5x1)

AMRAP 1:15

-Overhead Squats @ 30%

Wednesday

Anderson Squats (5,4,3,2,1)

Alternating Reverse Lunges (5x10)

Banded March (10:00)

-On the Minute: 25 Air Squats

Friday

Triphasic Plyo Circuit (10 Steady Rounds)

-3 Speed Eccentric Squat 30%

-3 Hurdles (broad jump over)

-3 Back Squat Jump with Bar

-3 Assisted Vertical Jump

Back Squat (6x7) same weight all sets

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