



STRENGTH FOCUS

TRAINING PROGRAM

Squat, bench, deadlift, and press built around progressive overload for raw, usable strength.

TENSOR FORCE

1-WEEK STRENGTH PROGRAM

GOAL

Build maximal strength while keeping enough assistance work for balance, muscle, and joint support.

BEST FOR

Intermediate gym members prioritizing squat, bench press, deadlift, and overhead strength.

SCHEDULE

4 gym sessions

SPLIT

Lower Strength / Upper Strength / Lower Deadlift / Upper Volume

TRAIN WITH INTENT. BUILD CAPACITY. STAY CONSISTENT.

One-week training template | Exercise descriptions + RPE targets included

PROGRAM OVERVIEW

Build maximal strength while keeping enough assistance work for balance, muscle, and joint support.

SESSION	FOCUS	LIFESTYLE PLACEMENT
1	LOWER STRENGTH	Start of week
2	UPPER STRENGTH	1-2 days later
3	LOWER DEADLIFT	After a rest or lighter day
4	UPPER VOLUME	Later in week

HOW TO USE THIS WEEK

- No main lift should exceed RPE 8 this week. The goal is quality strength volume, not testing.
- If a main lift feels unusually heavy, reduce load 2.5-5% and keep the assigned RPE.
- Use at least one rest day between Day 2 and Day 3 when possible.

RPE TARGETING

RPE 6 = about 4 reps in reserve **RPE 7** = about 3 reps left **RPE 8** = about 2 reps left **RPE 9** = about 1 rep left **RPE 10** = maximal effort / no reps left.

Treat the RPE target as the main loading rule. The written sets and reps tell you the work to perform; RPE tells you how heavy or difficult that work should feel.

PROGRESSION

If you complete every set with clean technique and finish below the target RPE, add a small amount of load next time. If you overshoot the target RPE, reduce load or use an easier variation. Progress is earned through repeatable quality, not forced jumps in weight.

DAY 1 - LOWER STRENGTH

EXERCISE	SETS x REPS	RPE	REST
Back Squat	5 x 3	7-8	3-4 min
Romanian Deadlift	4 x 5	7-8	2-3 min
Leg Press	3 x 6-8	8	2 min
Hamstring Curl	3 x 8-10	8-9	75 sec
Standing Calf Raise	3 x 8-10	8	60 sec
Weighted Plank	3 x 30-45 sec	8	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 2 - UPPER STRENGTH

EXERCISE	SETS x REPS	RPE	REST
Bench Press	5 x 3	7-8	3-4 min
Barbell Row	4 x 5-6	8	2 min
Overhead Press	3 x 5-6	8	2 min
Lat Pulldown	3 x 6-8	8	90 sec
Triceps Pressdown	3 x 8-10	8-9	60 sec
Dumbbell Curl	3 x 8-10	8	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 3 - LOWER DEADLIFT

EXERCISE	SETS x REPS	RPE	REST
Deadlift	4 x 3	7-8	3-4 min
Front Squat	4 x 5	7-8	2-3 min
Bulgarian Split Squat	3 x 6-8/leg	8	90 sec
Back Extension	3 x 8-10	8	75 sec
Hamstring Curl	3 x 8-10	8-9	60 sec
Ab Wheel	3 x 8-12	8	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 4 - UPPER VOLUME

EXERCISE	SETS x REPS	RPE	REST
Close-Grip Bench Press	4 x 5	7-8	2-3 min
Pull-Up	4 x 6	8	2 min
Incline Dumbbell Press	3 x 6-8	8	90 sec
Chest-Supported Row	3 x 6-8	8	90 sec
Lateral Raise	3 x 10-12	8-9	60 sec
Triceps Extension	3 x 8-10	8-9	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

EXERCISE GUIDE

Use these descriptions as execution reminders. They are not a replacement for in-person coaching when a movement is new, painful, or technically difficult.

Back Squat

Brace before unracking. Sit the hips down and back while keeping the whole foot planted, reach a controlled depth, then drive the floor away to stand.

Romanian Deadlift

Keep a soft knee bend and push the hips backward while the weight stays close to the legs. Stop when the hamstrings are loaded without losing spinal position, then extend the hips.

Leg Press

Set the feet securely on the platform, lower until the hips and knees reach a comfortable depth without the pelvis rolling, then press through the full foot.

Hamstring Curl

Curl the pad by bending the knees while keeping the hips stable. Squeeze the hamstrings, then return slowly to the start.

Standing Calf Raise

Rise onto the balls of the feet through the largest pain-free range. Pause at the top and lower slowly into a controlled calf stretch.

Weighted Plank

Maintain a straight line from shoulders to heels while bracing the abs and glutes. Do not allow the lower back to sag or the hips to rise.

Bench Press

Set the upper back firmly on the bench, keep the feet planted, lower the bar under control to the torso, then press it back up while maintaining a stable shoulder position.

Barbell Row

Hinge to a stable torso angle, brace, and row the bar toward the lower ribs or upper abdomen. Control the descent without changing torso position.

Overhead Press

Start with the bar near the upper chest, brace the trunk and glutes, and press overhead until the arms are extended without excessive lower-back arch.

Lat Pulldown

Keep the torso stable and pull the bar toward the upper chest by driving the elbows down. Control the return until the lats are lengthened.

Triceps Pressdown

Keep the upper arms close to the torso and extend the elbows until the arms are straight. Return under control without letting the shoulders roll forward.

Dumbbell Curl

Keep the upper arm quiet and curl the dumbbell by bending the elbow. Squeeze at the top and lower with control.

Deadlift

Brace hard before the bar leaves the floor. Push through the floor while keeping the bar close, stand tall without leaning back, and lower with control.

Front Squat

Hold the bar securely on the front of the shoulders, keep the elbows high and torso upright, squat to a controlled depth, then stand by driving through the whole foot.

Bulgarian Split Squat

Place the rear foot on a bench and keep most of the load on the front leg. Lower under control, keep the front foot planted, and drive through the front leg.

Back Extension

Hinge over the pad with a braced trunk and move through the hips. Finish in a straight body position rather than hyperextending the lower back.

Ab Wheel

Start from the knees, brace the trunk and slowly roll forward while keeping the ribs down. Reverse before the lower back begins to arch.

Close-Grip Bench Press

Use a comfortable grip slightly narrower than a standard bench press. Lower with the elbows controlled and press while emphasizing strong triceps drive.

Pull-Up

Start from a controlled hang. Pull the chest toward the bar by driving the elbows down, then lower under control to a long-arm position.

Incline Dumbbell Press

Set the bench to a moderate incline. Lower the dumbbells under control with stable shoulders, then press upward without over-arching the back.

Chest-Supported Row

Keep the chest supported against the pad and row by driving the elbows back. Pause briefly near the torso and control the stretch on the return.

Lateral Raise

Raise the arms out to the sides with a slight elbow bend until around shoulder height. Keep the torso still and lower slowly.

Triceps Extension

Keep the upper arm stable while bending and straightening the elbow through a comfortable range. Avoid using torso momentum.

TRAINING STANDARDS

Warm-Up

Before the first hard working set, increase movement range and load gradually. Your warm-up should prepare you without creating fatigue.

Pain vs Effort

Muscle effort and fatigue are expected. Sharp, sudden, or escalating joint pain is not. Stop or modify painful movements.

Rest Periods

Use the listed rest times as a starting point. Take slightly longer when needed to preserve technique on compound lifts.

Recovery

Sleep, food, hydration, and stress management affect training quality. A program only works when you can recover from it.

Repeatability

This is a one-week template. When repeating the week, keep the structure stable long enough to measure progress before changing exercises unnecessarily.

GENERAL DISCLAIMER

This program is general fitness education and is not individualized medical advice. Training should be adjusted for your experience, health status, injuries, available equipment, and professional guidance where appropriate.