



HEALTH – FITNESS - WELLBEING

Dad Strong part 1 – A DAD BOD TRANSFORMATION EXCLUSIVE

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This beginner programme into the world of strength is designed to in the first part, get you used to the movements involved in lifting progressively bigger and bigger weights.

Secondly it will place you in a zone I like to call “Power Building”, where strength comes first, and then some level of Aesthetic training afterward.

It is VITAL you ensure you perform the exercises correctly and safely to avoid injury.

If you follow this programme you are agreeing that you are placing yourself at potential risk and the responsibility for this is yours alone.

G Force Strength and Conditioning accepts no liability or responsibility for any injuries or accidents that may occur.

Now that is out of the way, lets get to it:

Weeks 1-4

You will spend a month learning your bodies limitations and response to very basic strength training.

Each week progress by attempting to reach the top of the rep range. Once this is complete, add 5lbs/2.5kgs to the barbell and continue with the heavier load.



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Workout 1:

- **1: Barbell Back Squat – 2 sets of 6-8 repetitions –**

Notes

Ensure the hip crease where the thigh meets the hip is below the top surface of the knee. Stretching of your ankles, hip flexors and shoulder girdle may be a requirement.

- **2: Barbell Bench Press – 2 sets of 10-12 repetitions –**

Notes

Keep the bar under control, I highly recommend chalking the underside of the bar, ensuring it is being brought down to a consistent point just above your sternum.

- **3: Straight Leg Romanian Deadlift – 2 sets 8-10 repetitions –**

Notes

Keep your hips pushed back and try to create a V shape with your thighs and torso keeping the bar close

Workout 2:

- **1: Barbell Deadlift – 2 sets 6-8 repetitions –**

Notes

Allow each repetition to come to a complete stop (i.e Dead stop) before attempting to lift the weight again.

- **2: Standing Military Press – 2 sets 8-10 repetitions –**

Notes

Keep your feet in line with each other rather than one forward and one back – this places uneven tension through the hips



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- **3: Front Squat – 2 sets – 10-12 repetitions –**

Notes

Torso to remain as upright as possible

Workout 3

- **1: Barbell Squats – 3 sets 5 repetitions**

Notes

This will require more weight than workout 1 to be effective, ensure correct form is maintained

- **2: Incline Dumbbell Press – 2 sets 12 repetitions**

Notes

Keep yourself stable during this work

- **3: Alternate week to week Barbell Row/Narrow Grip Pulldown – 2 sets 10-12 repetitions**

Notes

Focus on trying to squeeze your shoulder blades together as if crushing a pencil between them

Once you have completed this micro cycle you may progress to the next part of this training, however if you are unsure of your form or feel uncomfortable with this work please repeat weeks 1 to 4 using more weight until such a time that you do feel able to progress.



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Weeks 5 – 8

Workout 1

1: Barbell Back Squat – 5 sets, 5 repetitions

Notes

Keep the same weight for all sets, once you can complete this increase the load by 10lbs or 5kgs

2: Bench Press – 3 sets, 8 repetitions

Notes

Control each rep, do not bounce the bar off the chest

3: Front Squat – 6 sets, 3 repetitions

Notes

Drive up as fast as possible while maintaining form

4: Dumbbell Hammer curl – 4 sets, 4 repetitions

Notes

Control the movement, lower under control



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Workout 2

1: Bench Press – 5 sets, 5 repetitions

Notes

Pause the first repetition under control on the chest, the rest can be touch and go

2: Squats – 3 sets, 8 repetitions

Notes

Do not lock out the rep at the top, keep the bar in motion

3: Close Grip Bench Press – 3 sets, 8 repetitions

Notes

Use a grip only 2 inches closer than your regular bench grip

4: Planks – 3 sets, 30 seconds hold

Notes

Don't just hold yourself in position, squeeze your abs

Workout 3

1: Deadlift – 3 sets, 3 repetitions

Notes

Focus on good form, load the hamstrings before each rep



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2: Barbell Push Press – 6 sets, 3 repetitions

Notes

Explode upwards with force, as the bar passes your forehead, drive your head under the bar, the bar should be over your traps at lockout (this may require shoulder girdle stretching to achieve the correct position)

3: Pause Squat – 6 sets, 2 repetitions

Notes

Pause at the bottom for a 2 count, drive up as fast as possible while maintaining form

4: Dumbbell Skull Crushers – 4 sets, 12 repetitions

Notes

Keep the DB's under good control, lower to either side of the face, to make the movement harder, perform lying on the floor and allow the weight to come to a dead stop then power up.

Once you complete Weeks 5-8 you have the option of recycling the workout with heavier weights until progression slows.

At this point you will require some time to recover from the heavy loads (this may occur mid cycle).

Strength training is extremely taxing on the nervous system, if you not some simple symptoms listed below, it is time to reduce the load and recover:

- Lack of appetite
- Trouble sleeping
- Irritability
- Sudden lapse in strength

If you are in doubt send me a message to discuss, show me a video to critique form or ask on the page.