

12-WEEK

HYBRID STRENGTH + CROSS TRAINING PROGRAM

Build strength. Develop muscle. Improve conditioning.

Designed by Amir Hossein Mahdavian

5 TRAINING DAYS per week	12 WEEKS progressive plan	60-75 MIN typical session
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FITNESS LEVEL: BEGINNER → INTERMEDIATE

For adults who can safely perform resistance training and basic conditioning movements.

WELCOME

This program combines structured resistance training with CrossFit-style conditioning. The goal is to build a stronger, more muscular base while improving work capacity, movement quality, and general fitness.

HOW TO USE THIS PROGRAM

- Train 5 days, recover 2 days. A suggested schedule is Monday–Friday training, Saturday active recovery, Sunday rest.
- Use controlled technique. Quality reps matter more than chasing heavier weights.
- Progress gradually. Add a small amount of weight, one or two reps, or slightly improve conditioning performance when the prescribed work feels manageable.
- Keep 1–3 reps in reserve on most strength sets. Avoid grinding every set to failure.
- Warm up before every session and cool down afterward.
- Scale intelligently. If a movement is too advanced, reduce load, range of motion, reps, or complexity while keeping the intended training stimulus.

WEEKLY STRUCTURE

Day	Focus	Primary Goal
Day 1	Lower Body Strength	Squat + legs + core
Day 2	Upper Body Strength	Press + pull + upper body
Day 3	Conditioning	Mixed-modal engine + technique
Day 4	Full Body Hypertrophy	Muscle-building volume
Day 5	Strength + WOD	Strength under fatigue
Day 6	Active Recovery	Walking, mobility, easy cardio
Day 7	Rest	Full recovery

WARM-UP TEMPLATE

5 min easy cardio → 2–3 min mobility → 2–3 progressive warm-up sets for the first strength movement. Before conditioning, rehearse the key movements at low intensity.

RPE GUIDE

RPE 6: ~4 reps left | RPE 7: ~3 reps left | RPE 8: ~2 reps left | RPE 9: ~1 rep left

MOVEMENT GUIDE & SUBSTITUTIONS

Choose the closest safe alternative when equipment or skill level is limited.

Pattern	Primary Movement	Alternative
Squat	Back Squat	Goblet Squat / Leg Press
Hinge	Romanian Deadlift	Dumbbell RDL / Hip Thrust
Horizontal Push	Bench Press	DB Bench / Push-Up
Horizontal Pull	Barbell Row	Cable Row / DB Row
Vertical Push	Overhead Press	DB Press
Vertical Pull	Pull-Up	Lat Pulldown / Band Pulldown
Olympic Skill	Power Clean	DB Clean / High Pull
Cyclic Cardio	Row / Bike	Run / Incline Walk

CONDITIONING SCALING

For running: substitute rowing, bike, or incline walking. For pull-ups: use assisted pull-ups or pulldowns. For burpees: elevate the hands on a bench. For box jumps: use step-ups. For Olympic lifts: use a light technique variation or dumbbells.

SAFETY NOTE

This guide is educational and is not individualized medical or clinical advice. Stop if you experience sharp pain, dizziness, chest pain, or unusual shortness of breath. Seek qualified professional guidance if you are unsure whether an exercise is appropriate for you.

WEEKS 1-4

Foundation & Technique

DAY 1 — LOWER BODY

Exercise	Prescription	Sets	Reps	Rest
Back Squat	RPE 6-7	3	8	2-3 min
Romanian Deadlift	Controlled	3	10	2 min
Walking Lunge	Moderate	3	10/leg	90 sec
Leg Curl	Controlled	3	12	60-90 sec
Plank	Quality	3	30-45 sec	60 sec

DAY 2 — UPPER BODY

Exercise	Prescription	Sets	Reps	Rest
Bench Press	RPE 6-7	3	8	2-3 min
Lat Pulldown	Controlled	3	10	90 sec
DB Shoulder Press	Moderate	3	10	90 sec
Cable Row	Controlled	3	12	90 sec
DB Curl + Triceps Pushdown	Superset	3	12+12	60 sec

DAY 3 — CONDITIONING

Block	Work	Rounds	Rest	Target
Row	400 m	4	60 sec	Steady-hard
KB Swing	15 reps	4	—	Smooth
Air Squat	15 reps	4	—	Controlled
Easy cool-down	5 min	1	—	Easy

DAY 4 — FULL BODY HYPERTROPHY

Exercise	Prescription	Sets	Reps	Rest
Incline DB Press	RPE 7	3	10	90 sec
Goblet Squat	Controlled	3	12	90 sec
1-Arm DB Row	Controlled	3	10/side	90 sec
Hip Thrust	Moderate	3	12	90 sec
Lateral Raise	Controlled	3	15	60 sec

DAY 5 — STRENGTH + WOD

This is a preview

You've just seen a small part of the program:
the intro, guidelines, and movement substitutions.

The full purchase unlocks all 12 weeks, including:

- All 5 training days, every week
- Progressive overload plan (Weeks 1-11)
- Deload & benchmark week (Week 12)
 - 12-week progress tracker
 - Nutrition & recovery guidance

Get the full program to start training.