



STRONG AT HOME

ALCHEM 365 ANYWHERE



LET'S DO THIS.

Welcome to the Strong At Home program!

You're here because you want to dedicate at least some of your training time to getting stronger and you know that a little focus will go a long way.

This program consists of nine workouts, meant to be completed over the course of three weeks (3x/week). No two people are alike and of course, you need to listen to your body throughout these next three weeks but generally, we encourage our athletes to supplement these strength classes with our regularly programmed A50 classes. In other words, while these classes will leave you sore and tired, this isn't meant to be a stand alone program. Feel free to integrate them with your other training (and always take a rest or light day whenever your body or mind needs it).

Each class will begin with a short, basic yoga flow sequence designed to get the body moving. Following the flow sequence, each class will break into a slightly more intense, more movement and lifting oriented warm-up sequence, usually encompassing 4-6 different movements, meant to be completed for 3-5 rounds. DON'T WORRY! Your coach will be with you the entire time, guiding you each step of the way.

At this point, you'll be sweating, breathing, and pumped up.

Which is when the fun really begins. The serious work takes place after the warm-up is complete and will always include two "couplets" of two movements each meant to be completed as a "superset" wherein you go back and forth between the movements. And each training block ends with some kind of higher intensity burn-out sequence that's short, but meant to be completed full bore.

Classes will end with some basic stretching and restorative yoga flow to ensure you finish the workout feeling better and more alive than when you started.

That's it! Nothing to it, but to do it. Always remember your coach will be there to guide you. The athlete on your screen will be there to help pace your work and the pause, rewind, and fast-forward buttons will always be there in case you need a break, to jump ahead, or to review something once more.

[Start Your First Workout](#)

TRAINING KEY

There are likely to be a few elements to this training program that are new to you or that you might have some questions about. This key should help clarify some of the language and provide options to maximize your effort.

TEMPO

There are four numbers that constitute the tempo of an exercise, so it may look something like this: (3010) ... The first number (3) is the eccentric, or lowering, component of the lift. In this example, you would lower the weight to the starting position over the course of three seconds. The second number (0) denotes any pause at the midpoint. In this example you would spend no time holding your transition at the midpoint. The third number (1) is the concentric, or lifting, component. So in this case you would contract and expel energy over the course of 1 second. The fourth number (0), denotes any pause time at the top/finish of the lift. In this example, you would pause for no time.

Sometimes, the third number is replaced with an "X" which simply indicates maximum effort.

So, using a squat as an example: (33X1) would denote that you should lower into the bottom of the squat over three seconds, hold the bottom of the squat for three seconds under tension, stand using max effort, and hold the top for one second before repeating.

There are many reasons to use tempo training. Here's just a brief list:

- Improved body awareness.
- Improved control of lifts.
- Development of connective tissue strength.
- Improved stability.

Focus on muscular elements versus tendinous elements

(a slow, controlled motion is going to place more stress on the muscles, whereas a bouncy or ballistic motion will place more stress on the tendons, etc.).

MOST IMPORTANTLY

Because Alchemy Anywhere is a program designed around minimal equipment, we want a program that can be done with only a Torpedo or set of dumbbells. Since varying our loading isn't always an option, we have to vary the amount of time we spend under tension. So tempo is a great way to make a lighter weight feel heavy and affect our bodies as such.

REST AND PACE

You'll notice early on in the program that your coach builds some rest into your sets. In other words, you won't always move directly from one thing to the next. Instead, there will be some rest built in. It's very important that you heed this guidance from the coach. Almost all of the individual work sets prescribed in the program are designed to be done "unbroken" or in one single effort. In order to ensure that you can continually complete the prescribed work in one set, you will likely need to rest and recover between efforts. So be sure to follow the rest to the best of your ability. If you really wish to go faster, you can, but keep the program's objectives in mind. Likewise, you can always feel free to rest a little more than the coach prescribes, if that's what your body needs.

Pacing your work is another important piece of this strength series. You'll regularly hear your coaches reference their demonstrating athlete any time they

TRAINING KEY

wish to show you something specific about a movement or cue, but you can (and should) also use the athlete on your screen as a kind of “pace car” for your own workout. These athletes tend to have a lot of experience with these workouts, understand the training objectives, and can help you keep your speed where it should be through the workout.

MODIFICATION

Lastly, there will be at least a few times throughout the course of your nine strength sessions where the movement, rep scheme, temp etc. is not appropriate for you. You might find that either your form begins to deteriorate, or you simply cannot complete the workload as it was prescribed. There is no one-size-fits-all modification advice, but please understand that you do have the liberty to adjust the workout according to your fitness and experience levels.

You can switch single handed movements to two-handed movements and increase the rep count.

You can decrease the rep count (so long as you maintain some of the critical volume to the best of your ability).

You can increase the tempo i.e. take a three second squat descent and make it two seconds, just decreasing the amount of time you spend under tension.

While it should be avoided you can decrease range of motion on a movement depending on your unique anatomy.

Also to be avoided, you can swap a movement out for a similar movement that's more achievable for you, or a different movement that targets the same body part. A lunge, for example, could be modified to a squat.

Remember that maintaining proper, and thus, safe movement is critical to the long term success of the program and your long-term health. Never rush, or get tempted into a movement, load, or rep scheme that feels outside of your safe comfort zone. Modification is nothing to shy away from. In fact, smart athletes know how to modify to ensure they're getting the most of their training time.

If there are any questions regarding how to best modify a movement, please feel free to reach out via [email](#) or in our [facebook community group](#)!

THE WORKOUTS

On-Demand Library

Click the link below to access a library of our Strong at Home workouts!

[View Video Library](#)

Programming Breakdown

Here's a breakdown of each Strong at Home workout in this program:

DAY 1

3 Rounds:

A1: Tempo Single Arm Strict Press:
8-10 Reps

A2: Tempo 2-point BO Row: 8-10 Reps

... then ...

3 Rounds

B1: Renegade Rows: 8-10 Reps

B2: Lay Back Press Reps (controlled
pace): 10-12

... then ...

3 Minutes:

12 Leg Extensions + 24 Bicycles

DAY 2

3 Rounds:

Front Rack - 15 x Drop Lunge + 3 Split
Squats

Single Leg Glute Bridges: 10 Reps

3 Rounds

12 Front Squat Pulses

... then ...

8 x Tabata Curl and Press

DAY 3

3 Rounds:

A1: Single Arm Strict Press: 8-10

A2: Single Arm Hang to OH (center
handle): 8-10

... then ...

B1: Single Arm Tempo Hammer Curls:
8-10 (R/L)

B2: Extended Push-ups: 8-10 (R/L)

4 Rounds

30 Seconds: Swings

30 Seconds: Straight Leg DL

CONTINUED



THE WORKOUTS

DAY 4

3 Rounds

A1: Tempo Goblet Lateral Lunges:
10-12 Reps

A2: Gorilla Rows: 10-12 Reps

... then ...

3x Rounds

B1: Farmer Carry Single Leg DL > 1
Leg Mountain: 8-10 Reps

B2: Staggered OH Squat: 10 Reps

... then ...

10x Tabata Jumping Lunges

DAY 5

3 Rounds

A1: Close Grip Push-up: 10-12 Reps

A2: Forward Raises: 10-15 Reps

... then ...

3 Rounds:

2 Rounds:

B1: 30 Seconds: Max Curls

B2: 30 Seconds: Max OH Tricep
Extensions

10 x Tabata Strict Burpees

DAY 6

3 Rounds:

Farmer Carry Split Straight Leg DL:
8-10 Reps

Torpedo Glute Bridges: 10-15 Reps

... then ...

3 Rounds

Single Arm Ground to Shoulder: 10-12
Reps

Windmills: 8-10 Reps

... then ...

3 Rounds:

21 Swings

21 Back Extensions

DAY 7

3 Rounds

A1: Tempo Single Arm Strict Press:
10-14 Reps

A2: Tempo 2-point BO Row: 10-14
Reps

... then ...

3 Rounds

B1: Renegade Rows: 10-14 Reps

B2: Single Arm Bridged Floor Press:
8-10 Reps

... then ...

10-9-8-7-6-5-4-3-2-1:

Floating Lunges

Tempo Push-ups

DAY 8

3 Rounds

A1: Strict Long Arm Ground to OH

A2: Toes to Torpedo: 10-12 Reps

... then ...

3 Rounds

B1: Single Arm Cross Rack Tempo
Lunge: 8-10 Reps

B2: 24 Jumping Lunges

... then ...

4 Minutes:

12 Leg Extensions + 24 Bicycles

DAY 9

3 Rounds

A1: Forward Raises: 10-12 Reps

A2: Single Arm Upright Row: 10-12
Reps (R/L)

A3: Curl and Press: 12-15 Reps

... then ...

3 Rounds

B1: Max Effort Push-up

B2: 50 Hovering Plank Marches

... then ...

4 Rounds:

20 Air Squats

10 Lateral Lunges (R/L)

30 Hunkered Jumps