

FREE TRAINING GUIDE

CIPHER STRENGTH

THE STRENGTH BASE

FOUR WEEKS. THREE SESSIONS A WEEK.

A complete, evidence-informed full-body training plan for building strength, improving technique, and learning how to progress.

DESIGNED BY A MASTER'S-LEVEL KINESIOLOGY GRADUATE

WEEK 01



WEEK 02



WEEK 03



WEEK 04



3 DAYS / WEEK

~40-65 MIN / SESSION

HOME + GYM | FREE TO USE

cipherstrength.net

01 / THE STARTING POINT

Built to be used, not admired.

This is a complete four-week plan. You can train without buying anything.

WHO IT IS FOR

Generally healthy adults who want a practical strength routine. Best for beginners and returners who can train three times a week.

WHAT YOU NEED

Home: a sturdy backpack, household weights and floor space. Gym: weights or machines. A notebook and 40-65 minutes.

THE PROMISE

Three full-body sessions each week. A is done at home, B in the gym, and C works in either setting. Repeat exercises to improve technique and performance.

A SIMPLE WEEKLY SCHEDULE

MON WORKOUT A HOME	TUE RECOVER	WED WORKOUT B GYM	THU RECOVER
FRI WORKOUT C HYBRID	SAT OPTIONAL WALK	SUN RECOVER	

Your training days can change. Allow at least one rest day between sessions when practical. Complete A → B → C in order.

BEFORE YOU TRAIN

- General fitness education only; not medical screening, diagnosis, rehabilitation or individualized treatment.
- Learn unfamiliar lifting techniques; use lighter variations and a sturdy, safe setup at home.
- Stop for sharp pain, dizziness, chest pain or unusual symptoms; seek appropriate medical advice.

PRIVATE NOTE Log training locally. No account is needed to use this free guide.

02 / EVERY TRAINING SESSION

From warm-up to finish.

Use the same five rules at home, in the gym or outdoors.

01 WARM UP

Start with 5-8 minutes of walking, stairs, cycling or rowing. Then perform 1-3 easy practice sets of the first major movement.

02 WORK SETS

Complete the listed sets and repetitions with control. Adjust backpack, bodyweight or gym resistance to match the target effort.

03 REST

Take 2-3 minutes after demanding compound lifts and 60-120 seconds after smaller exercises. Rest longer if technique suffers.

04 RECORD

Log resistance, repetitions and approximate reps in reserve (RIR) after each exercise. Note the variation you used.

05 STATIC STRETCHING

After your last set, walk easily for 1-2 minutes. Then stretch your quadriceps, hip flexors, chest and calves: hold each stretch 20-30 seconds per side where relevant. Breathe normally; do not bounce or stretch into pain.

RIR = REPETITIONS IN RESERVE

RIR 3 About 3 clean reps left

RIR 2 About 2 clean reps left

Avoid forced failure and maximal lifts in this four-week block.

03 / THE TRAINING PLAN

Workout A

Squat + horizontal push/pull + hip hinge

HOME / NO GYM REQUIRED

All you need: a securely loaded backpack, stable support and floor space.

EXERCISE	SETS × REPS	REST
01 BACKPACK FRONT SQUAT Hold a securely closed backpack to your chest. Brace; keep full-foot contact.	3 × 8-12	2 min
02 PUSH-UP Keep a straight body line. Make it easier by placing hands on a solid counter.	3 × 6-12	2 min
03 ONE-ARM BACKPACK ROW Brace on stable furniture; pull toward hip without rotating your trunk.	3 × 8-12/side	90-120 s
04 BACKPACK ROMANIAN DEADLIFT Hinge at the hips; keep backpack close and maintain a neutral back.	2 × 10-15	90-120 s
05 FRONT PLANK Exhale, brace and keep ribs and pelvis aligned; shorten the hold if needed.	2 × 30-45 s	45-60 s

EQUIPMENT & ALTERNATIVES

SQUAT	→ Chair squat / bodyweight	PUSH-UP	→ Elevated / wall push-up
ROW	→ Lighter backpack	RDL	→ Bodyweight hip hinge
PLANK	→ Knee / elevated plank		

REPEAT THE SAME VARIATIONS FOR ALL FOUR WEEKS.

03 / THE TRAINING PLAN

Workout B

Hip hinge + vertical push/pull + single-leg work

FULL BODY

Keep the deadlift conservative; quality beats load.

EXERCISE	SETS × REPS	REST
01 TRAP-BAR DEADLIFT Start braced; push the floor away; lower under control.	2 × 4-6	2-3 min
02 DUMBBELL OVERHEAD PRESS Avoid leaning back; keep ribs down; press smoothly.	3 × 6-10	2 min
03 SPLIT SQUAT Stable stance; lower vertically; use full comfortable depth.	2 × 8-10 / leg	90-120 s
04 LAT PULLDOWN Pull elbows toward ribs without leaning far back.	3 × 8-12	90-120 s
05 SIDE PLANK Maintain one line from head to hips; do not sag.	2 × 20-40 s / side	45-60 s

EASIER ALTERNATIVE

TRAP-BAR DEADLIFT	→ High-handle trap bar	DB OVERHEAD PRESS	→ Seated DB press
SPLIT SQUAT	→ Supported split squat	LAT PULLDOWN	→ Assisted pull-up
SIDE PLANK	→ Knee side plank		

03 / THE TRAINING PLAN

Workout C

Choose home and gym exercises to match your week.

HYBRID / HOME OR GYM

Pick one version for each exercise and keep it for all 4 weeks.

EXERCISE	SETS × REPS	REST
01 REVERSE LUNGE Home: bodyweight/backpack. Gym: dumbbells. Use a stable step length.	3 × 8-12/leg	90-120 s
02 PRESS VARIATION Home: controlled push-up. Gym: incline dumbbell press.	3 × 8-12	2 min
03 ROW VARIATION Home: backpack row. Gym: seated cable row.	3 × 8-12	90-120 s
04 HIP EXTENSION Home: glute bridge. Gym: hip thrust. Avoid arching your low back.	2 × 10-15	90-120 s
05 CALF RAISE Home: standing calf raise. Gym: standing or seated calf machine.	2 × 12-20	60-90 s
06 TRUNK CONTROL Home: dead bug. Gym: Pallof press, 10 reps per side.	2 × 8-10/side	45-60 s

EQUIPMENT & ALTERNATIVES

LUNGE	→ Supported reverse lunge	PRESS	→ Higher incline push-up
ROW	→ Lighter backpack / machine	HIP EXT.	→ Bodyweight glute bridge
CALF	→ Two-leg floor calf raise	TRUNK	→ Shorter lever dead bug

REPEAT THE SAME VARIATIONS FOR ALL FOUR WEEKS.

04 / HOW TO GET STRONGER

Progress without guessing.

Use double progression: earn more clean reps before increasing resistance.

- 1

Pick a starting load
Start at the low end of the rep range at the prescribed RIR.
- 2

Build repetitions
Keep the resistance until you reach the top of the rep range on all work sets.
- 3

Increase resistance
In the gym, add a small weight increment. At home, safely add backpack weight or use a harder variation.
- 4

Repeat
If technique worsens or RIR falls below target, hold or reduce the resistance.

EXAMPLE: GYM DUMBBELL OVERHEAD PRESS, 3 × 6-10

WEEK	LOAD / DB	REPS BY SET	RIR	NEXT MOVE
01	12 kg	8 / 8 / 7	~3	Stay
02	12 kg	9 / 8 / 8	~2-3	Stay
03	12 kg	10 / 10 / 10	~2	Add load
04	14 kg	7 / 7 / 6	~2	Build reps

Illustrative numbers, not targets. A harder push-up variation or small backpack weight increase can serve the same progression principle at home.

05 / THE FOUR-WEEK BLOCK

Let effort rise gradually.

Repeat workouts A, B and C each week. Do not change exercises just for variety.

WEEK

01

LEARN

~3 RIR

Choose sustainable loads. Write down all sets. Fix obvious technique problems.

WEEK

02

BUILD

2-3 RIR

Add clean reps where possible. Keep the same exercise variations.

WEEK

03

PROGRESS

~2 RIR

Add a little weight only after hitting the top of the rep range on all sets.

WEEK

04

CONFIRM

1-2 RIR

Look for better reps or modest loads. Never test a max; keep deadlifts at least 2 RIR.

AUTOREGULATION: ADJUST WHEN REAL LIFE HAPPENS**POOR SLEEP OR UNUSUAL FATIGUE?**

Keep the session, but select a lighter load and finish with 3-4 RIR. If needed, remove one set from each exercise. Resume normally when recovered; do not "make up" volume.

06 / GUARDRAILS

Technique beats ego.

Choose the variation that lets you train a muscle or movement pattern safely and consistently.

CONTROL THE REP

Lower without dropping; lift deliberately. Use a comfortable range of motion rather than forcing depth.

KEEP YOUR FORM

Brace your trunk on loaded lifts. Stop a set if your movement pattern changes noticeably.

SWAPS ARE ALLOWED

Use the listed alternatives if equipment is busy or an exercise is beyond your present skill. Keep the swap for all 4 weeks.

NOT EVERY DAY IS A PR

Small improvements matter. A clean extra rep is progress, even if the weight stays unchanged.

RECOVERY ESSENTIALS

- Allow time between hard sessions; avoid cramming two full-body workouts into one day.
- Eat adequately for your goal, including protein-containing meals. Hydrate consistently.
- Aim for a regular sleep schedule. Most adults benefit from about 7-9 hours per night.
- Walking or easy cardio on rest days is fine; it should not sabotage the next workout.

REALITY CHECK

Four weeks can improve exercise skill, consistency and the ability to repeat or add reps. Visible muscle gain and strength changes vary. This guide is not a guarantee of results.

07 / PRINTABLE LOG

Workout A • 4-week tracker

Track backpack load, reps and control. For the plank, record seconds instead of reps.

WRITE EACH SESSION AS: exercise variation | load | reps | final-set RIR

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
BACKPACK FRONT SQUAT 3 × 8-12	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____
PUSH-UP 3 × 6-12	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____
ONE-ARM BACKPACK ROW 3 × 8-12/side	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____
BACKPACK ROMANIAN DEADLIFT 2 × 10-15	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____
FRONT PLANK 2 × 30-45 s	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____

NOTES / ADJUSTMENTS

W1

W2

W3

W4

Keep the exercise variation consistent for a meaningful comparison.

07 / PRINTABLE LOG

Workout B • 4-week tracker

Use the same exercise choices in all four weeks for a meaningful comparison.

WRITE EACH SESSION AS:

Weight | reps for each work set | final-set RIR

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
TRAP-BAR DEADLIFT 2 × 4-6	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____
DUMBBELL OVERHEAD PRESS 3 × 6-10	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____
SPLIT SQUAT 2 × 8-10 / leg	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____
LAT PULLDOWN 3 × 8-12	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____
SIDE PLANK 2 × 20-40 s / side	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____	kg/lb: ____ reps: ____ RIR: ____

NOTES / ADJUSTMENTS

W1

W2

W3

Track honestly. Repeating a load with better control is also progress.

W4

07 / PRINTABLE LOG

Workout C • 4-week tracker

Note HOME or GYM variation for each exercise; keep the same version four weeks.

WRITE EACH SESSION AS: exercise variation | load | reps | final-set RIR

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
REVERSE LUNGE 3 × 8-12/leg	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____
PRESS VARIATION 3 × 8-12	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____
ROW VARIATION 3 × 8-12	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____
HIP EXTENSION 2 × 10-15	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____
CALF RAISE 2 × 12-20	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____
TRUNK CONTROL 2 × 8-10/side	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____	load: ____ reps: ____ RIR: ____

NOTES / ADJUSTMENTS

W1

W2

W3

W4

Keep the exercise variation consistent for a meaningful comparison.

08 / AFTER THE FOURTH WEEK

CIPHER STRENGTH / PRIVATE COACHING

**YOUR GOALS.
YOUR RULES.
YOUR PRIVACY.**

NO ACCOUNT. NO CARDS. MONERO ONLY.

WHY CIPHER STRENGTH

01

NO ACCOUNT REQUIRED.

No sign-up. No login. No social profile.

02

TRAIN ANYWHERE.

Home. Gym. Outdoors. Playground. Street.

03

MONERO ONLY.

No bank transfers. No cards. No PayPal.

PERSONALIZED FOUR-WEEK PROGRAM

BUILD STRENGTH. KEEP YOUR PRIVACY.**0.1 XMR****CIPHERSTRENGTH.NET >**