

**CrossFit Strength Bias  
4 Week Test Program**

	Back/Front Squat	Deadlift/Biceps	OFF	METCON/Tricep	Chest	Clean and Press	OFF
<b>Week One</b>	Back Squat 3x5 or 5x3 Front Squat 3x5 or 5x3 10-7-4 Protocol on both	Deadlift 3x3 1x15-20 Biceps: BB Curl 3x4-6 Preacher 3x8-12 Inc. DB Curl 3x12		Tricep: Skull Crush 3x6 OH Press 3x8 Press Down 3x12 METCON 20min(AMRAP) or Heavy GSD	BB Bench 3x4-6 Inc BB 3x6-8 Inc. DB 3x8-12 Heavy METCON GSD	3x5 or 5x3 10-7-4 Protocol METCON Benchmark METCON GSD	
<b>Week Two</b>	Back Squat 3x5 or 5x3 Front Squat 3x5 or 5x3 12-9-6 Protocol on both	Deadlift 3x3 12-9-6 Protocol Biceps: BB Curl 3x4-6 Preacher 3x8-12 Inc. DB Curl 3x12		Tricep: Skull Crush 3x6 OH Press 3x8 Press Down 3x12 METCON 20min(AMRAP) or Heavy GSD	BB Bench 3x4-6 Inc BB 3x6-8 Inc. DB 3x8-12 Heavy METCON GSD	3x5 or 5x3 10-7-4 Protocol METCON Benchmark METCON GSD	
<b>Week Three</b>	Back Squat 3x5 or 5x3 Front Squat 3x5 or 5x3 15-12-9 Protocol on both	Deadlift 3x3 15-12-9 Protocol Biceps: BB Curl 3x4-6 Preacher 3x8-12 Inc. DB Curl 3x12		Tricep: Skull Crush 3x6 OH Press 3x8 Press Down 3x12 METCON 20min(AMRAP) or Heavy GSD	BB Bench 3x4-6 Inc BB 3x6-8 Inc. DB 3x8-12 Heavy METCON GSD	3x5 or 5x3 12-9-6 Protocol METCON Benchmark METCON GSD	
<b>Week Four</b>	Back Squat 3x5 or 5x3 Front Squat 3x5 or 5x3 15-12-9 Protocol on both	Deadlift 3x3 15-12-9 Protocol Biceps: BB Curl 3x4-6 Preacher 3x8-12 Inc. DB Curl 3x12		Tricep: Skull Crush 3x6 OH Press 3x8 Press Down 3x12 METCON 20min(AMRAP) or Heavy GSD	BB Bench 3x4-6 Inc BB 3x6-8 Inc. DB 3x8-12 Heavy METCON GSD	3x5 or 5x3 12-9-6 Protocol METCON Benchmark METCON GSD	

**CrossFit Strength Bias  
4 Week Test Program**

