

Supplemental Digital Content - Table 1. Resistance Training Program

Weeks 1-3			Weeks 4-6		
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
2 RIR	1 RIR	0 RIR	2 RIR	1 RIR	0 RIR
Training Sessions	Exercises	(Sets) x (Reps)	Training Sessions	Exercises	(Sets) x (Reps)
Lower Body	Hip Sled	3 x 6-8	Lower Body	Hip Sled	3 x 4-6
	Romanian Deadlift	3 x 10-12		Romanian Deadlift	3 x 8-10
	DB Walking Lunges	3 x 10-12		DB Walking Lunges	3 x 8-10
	Lying Leg Curl	2 x 10-12		Lying Leg Curl	2 x 8-10
	Leg Extension	2 x 10-12		Leg Extension	2 x 8-10
	Single Leg DB Calf Raise	2 x 10-12		Single Leg DB Calf Raise	2 x 8-10
Upper Body	Bench Press	4 x 6-8	Upper Body	Bench Press	4 x 4-6
	Supinated BB Row	3 x 6-8		Supinated BB Row	3 x 4-6
	Close Grip Bench Press	3 x 10-12		Close Grip Bench Press	3 x 8-10
	Neutral Grip Pull up	2 x 10-12		Neutral Grip Pull up	2 x 8-10
	DB Side Laterals	2 x 10-12		DB Side Laterals	2 x 8-10
	EZ Bar Bicep Curl	2 x 10-12		EZ Bar Bicep Curl	2 x 8-10
Full Body	BB Conventional Deadlift	3 x 6-8	Full Body	BB Conventional Deadlift	3 x 4-6
	Hip Sled	2 x 10-12		Hip Sled	2 x 8-10
	Seated Leg Curl	2 x 10-12		Seated Leg Curl	2 x 8-10
	Feet up Bench Press	3 x 10-12		Feet up Bench Press	3 x 8-10
	Pendlay Row	2 x 10-12		Pendlay Row	2 x 8-10
	DB Kickbacks	2 x 10-12		DB Kickbacks	2 x 8-10
	DB Curl	2 x 10-12		DB Curl	2 x 8-10

Abbreviations. RIR = repetitions in reserve; DB = dumbbell; BB = barbell