



12 Week Front Squat Cycle for Strength and Mass

Front Squat Harness Strength Cycle.

I get asked all the time about weights lifted with the [Front Squat Harness](#), what are good weights to be lifting at my bodyweight, what the heaviest weight shifted with the Harness etc

As sole manufactures and worldwide distributors of the Getstrength Front Squat Harness since 2001, we at Getstrength.com have seen some huge numbers lifted with this harness.

In addition, since introducing the New [Front Squat Zercher Harness](#) we have seen these numbers increase to a whole new level.

So we recently decided to start a record keeping board with the use of Youtube Video, we can now keep a record of all lifts done with the Harness.

Re: World Records.

[World Records:](#)

After having a bit of fun setting these targets I have put together a 12 week Training Program purely based upon increasing my 1RM in the Front Squat with the Harness.

A basic westernized Strength Cycle would look like this:

4 weeks of 8

4 weeks of 5

4 weeks of 3

Record Attempt

What I have tried to do is mix a basic westernized Strength Cycle with Eastern methods (Louie Simmons)

After setting a 1RM in the Front Squat with a Harness the program template

would like this:

Week 1 Monday – Squat Option Max Effort 5 Reps

Week 2 Monday – GM Option Max Effort 5 Reps

Week 3 Monday – Deadlift Option Max Effort 5 Reps

Week 4 Monday – Squat Option Max Effort 3 Reps

Week 5 Monday – GM Option Max Effort 3 Reps

Week 6 Monday – Deadlift Option Max Effort 3 Reps

Week 7 Monday – Squat Option Max Effort 5 Reps

Week 8 Monday – GM Option Max Effort 5 Reps

Week 9 Monday – Deadlift Option Max Effort 5 Reps

Week 10 Monday – Straight into Front Squat re: below

Week 11 Monday – Straight into Front Squat re: below

Week 12 Monday – Straight into Front Squat re: below

Squat Options Straight Weight/ Bands / Chains/ Weight Releasers

Squat

Box Squat

Belt Squat

Safety Squat Bar

Cambered Bar

Suspended Chains Squat

Cambered Safety Squat Bar

Front Squat no Harness

Goodmorning Options Straight Weight/ Bands / Chains/

Goodmoring B.B

Safety Squat Bar

Cambered Bar

Suspended Chains Goodmorning

Cambered Safety Squat Bar

Seated Goodmoring

Round back goodmorning

Deadlift Options Straight Weight/ Bands / Chains/

Power Cleans

Snatch Pulls

Sumo Deadlifts

Standard Deadlifts

Low Pulley Deadlifts

Trap Bar Deadlifts

Rack Deadlifts

Block Deadlifts

Band Platform Deadlifts

Max Rep option followed by:

Week 1 Monday – Front Squat with Harness 55% x 8 sets x 2 top sets

Week 2 Monday – Front Squat with Harness 60% x 8 sets x 2 top sets

Week 3 Monday – Front Squat with Harness 65% x 8 sets x 2 top sets

Week 4 Monday – Front Squat with Harness 70% x 8 sets x 2 top sets

Week 5 Monday – Front Squat with Harness 75% x 5 sets x 2 top sets

Week 6 Monday – Front Squat with Harness 80% x 5 sets x 2 top sets

Week 7 Monday – Front Squat with Harness 85% x 5 sets x 2 top sets

Week 8 Monday – Front Squat with Harness 90% x 5 sets x 2 top sets

Week 9 Monday – Front Squat with Harness 95% x 3 sets x 2 top sets

Week 10 Monday – Front Squat with Harness 100% x 3 sets x 2 top sets

Week 11 Monday – Front Squat with Harness 105% x 2-3 sets x 1 top sets

Week 12 Monday – Front Squat with Harness 80% x 5 sets x 1 top sets

Complete Workout with following

2 x Posterior Chain Movements
1 x Reverse Hyper
2 x Abs Movements

Day 2 Friday Box Squat with FS Harness (Speed Day off a parallel or below box)

Week 1 Friday – Box Squat with FS Harness 50% 10 x 2 Straight Weight

Week 2 Friday – Box Squat with FS Harness 55% 8 x 2 Straight Weight

Week 3 Friday – Box Squat with FS Harness 60% 6 x 2 Straight Weight

Week 4 Friday – Box Squat with FS Harness 50% 10 x 2 + #2 Bands

Week 5 Friday – Box Squat with FS Harness 55% 8 x 2 + #3 Bands

Week 6 Friday – Box Squat with FS Harness 60% 6 x 2 + #4 Bands

Week 7 Friday – Box Squat with FS Harness 50% 10 x 2 + Chains

Week 8 Friday – Box Squat with FS Harness 55% 8 x 2 + Chains

Week 9 Friday – Box Squat with FS Harness 60% 6 x 2 + Chains

Week 10 Friday – Box Squat with FS Harness 50% 10 x 2 + Chains + #2 Bands

Week 11 Friday – Box Squat with FS Harness 55% 8 x 2 + Chains + #3 Bands

Week 12 Friday – Box Squat with FS Harness 60% 6 x 2 + Chains + #4 Bands

Complete Workout with the following

1 x Olympic Movement

2 x Posterior Chain Movements

1 x Reverse Hyper

2 x Abs Movement

When competing for a World Record [Front Squat Harness](#) attempt the rules are as follows.

* You must send in accurate Bodyweight, the lifter must weigh themselves the day of the lift attempt.

* The lifters upper thigh must be below or parallel to the floor.



*The attempted must be recorded by video and posted on Youtube.com for a Getstrength.com referee verification. The video must be clear and from a angle with no interference.

*The lifter must attempt the [Front Squat Harness](#) World Record with an official Getstrength.com manufactured Harness.

*The Front Squat Harness World Record attempt has to be a standard front squat, not on to a box or seat.

Recommend for all records attempts the [New Front Squat Zercher Harness](#).

All official attempts will receive a \$20 Getstrength Gift Voucher that can be redeemed at our online shop.

**All New World Records will receive your
Harness purchase refunded in full.**

[Purchase your Harness from FrontSquat.com](#)

If you are interested in competing for a Front Squat Harness World Record, please email Steve Thompson at info@getstrength.com

