



THE SEMPER STRONGER SAMPLER



What is Semper Stronger

Thank you for downloading the Semper Stronger Sampler, your one-stop-shop for becoming the strongest, fittest, and healthiest version of yourself – both inside and out. If you are someone who understands the value of hard work, discipline, and consistency; recognizes that there are no shortcuts when it comes to goal achievement; and is in this for the long haul, then keep reading. You're right where you need to be.

Our mission at Semper Stronger is to empower our community members to build mental and physical strength so that they can overcome life's challenges with confidence. Life can be tough and, at times, present us with unforeseen obstacles. From our own life experiences, we know that when we are strong in body and mind, we are better equipped to tackle these challenges head-on, and better able to serve those who count on us – our family members, friends, colleagues, teammates, and battle buddies.

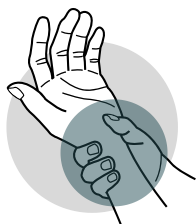
At Semper Stronger, we understand that there are countless ways to get strong. Barbells, kettlebells, dumbbells, sandbags, bodyweight... the list goes on. No matter what training methodology speaks to you, or if you like it all, we have something for you inside our community. We can't (and won't) do the work for you, but we can give you the resources, tools, and accountability you need to be successful on your journey. So, if you're ready to move better, feel better, and get strong for life, then look no further.



This guide includes some of our favorite resources to help you do just that. We're giving you access to our '6 days of mobility' resource, a sampling of our daily workouts, discount links for our trusted partners, other ways to connect with the Semper Stronger community, and more.

6 Days Of Mobility

Click on a body part to learn how to mobilize it.



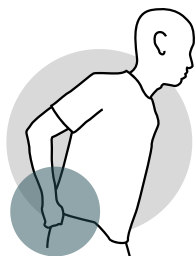
Wrist Mobility



Shoulder Mobility



Thoracic Mobility



Hip Mobility

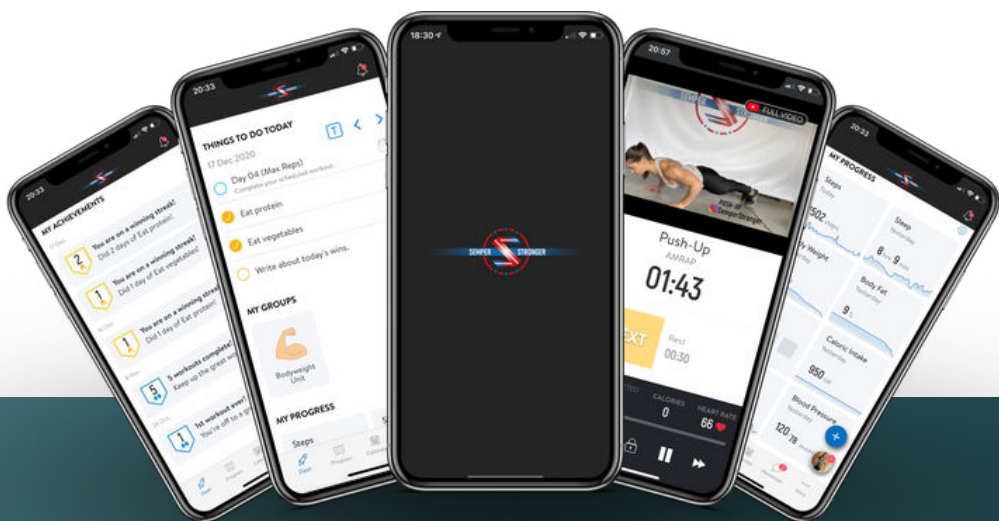


Ankle Mobility



World's Greatest Stretch

Daily WODs



Workouts of the day (WODs) are workouts created by Rebecca and Joel and are delivered daily to your Semper Stronger App. There are currently three (3) different WOD modalities you will receive:

1. **Bodyweight WODs:** These daily workouts require no equipment.
2. **Kettlebell WODs:** These daily workouts require at least one kettlebell.
3. **Mixed Modality WODs:** These are similar to CrossFit workouts. They'll require different types of exercise equipment.

The Semper Stronger App will sync with your wearables, making it an excellent way to track your progress, steps, sleep, and many more metrics.

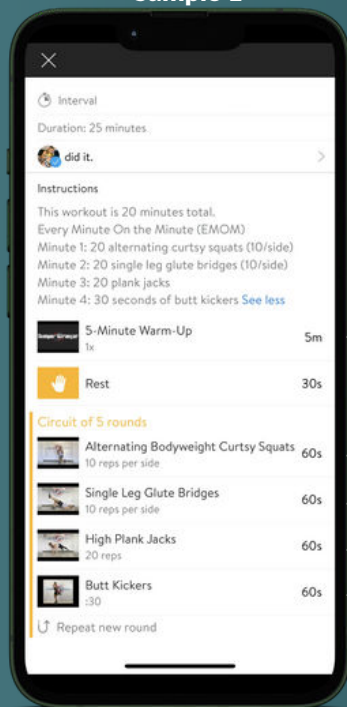
Learn more about the Semper Stronger App here: [WATCH THE VIDEO](#)



Bodyweight WOD Samples

Click on an exercise to view the demo video

Sample 1



5-Minute Warm-Up

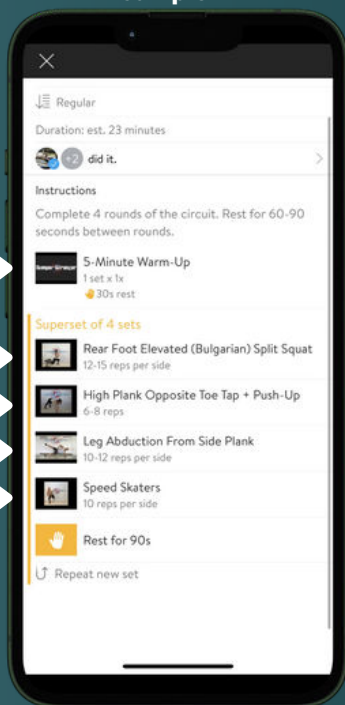
Alternating Bodyweight Curtsy Squats

Single Leg Glute Bridges

High Plank Jacks

Butt Kickers

Sample 2



5-Minute Warm-Up

Rear Foot Elevated (Bulgarian) Split Squat

High Plank Opposite Toe Tap + Push-Up

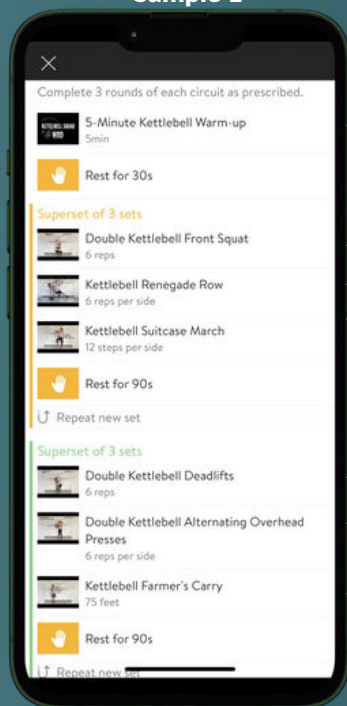
Leg Abduction From Side Plank

Speed Skaters

Kettlebell WOD Samples

Click on an exercise to view the demo video

Sample 1



5-Minute Warm-Up

Double Kettlebell Front Squat

Kettlebell Renegade Row

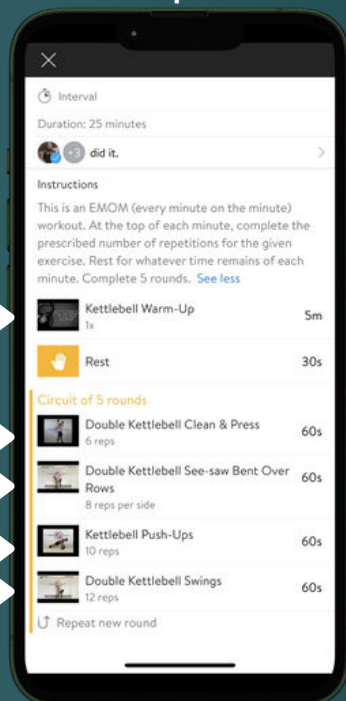
Kettlebell Suitcase March

Double Kettlebell Deadlifts

Double Kettlebell Alt. O/H Press

Kettlebell Farmer's Carry

Sample 2



Kettlebell Warm-Up

Double Kettlebell Clean & Press

Double Kettlebell See-Saw B/O Rows

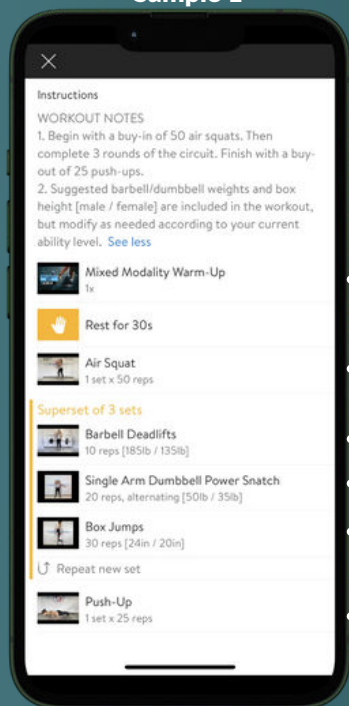
Kettlebell Push-Ups

Double Kettlebell Swings

Mixed Modality WOD Sample

Click on an exercise to view the demo video

Sample 1



Mixed Modality Warm-Up

Air Squat

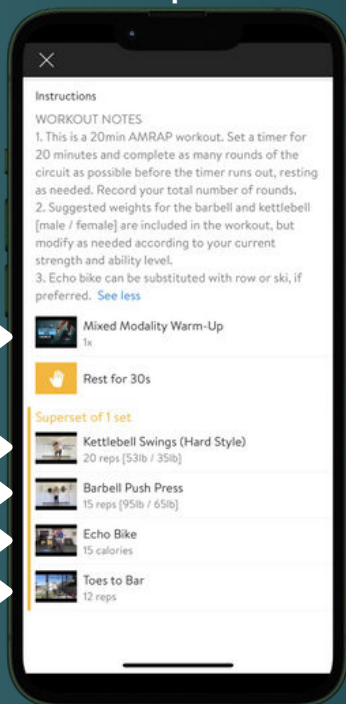
Barbell Deadlifts

Single Arm Dumbbell Power Snatch

Box Jumps

Push-Ups

Sample 2



Mixed Modality Warm-Up

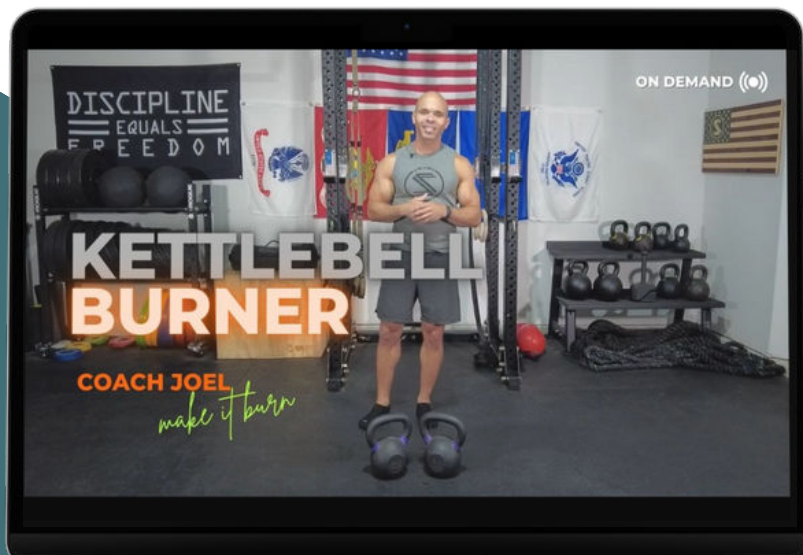
Kettlebell Swing (Hard Style)

Barbell Push Press

Echo Bike

Toes to Bar

Follow Along Video Workout



Tap or click the screen to play

Coach Joel leads you through a fun kettlebell workout. Get your sweat on, get stronger, and do it all while having fun.

Workout info

Workout Length: Approximately 20 minutes

Equipment Needed: 2x medium sized kettlebells

Workout Difficulty: 5/10



Screenshots



*Note: if tapping the screen doesn't work, copy and paste this link to your browser:
<https://www.youtube.com/watch?v=PydIfSDJZlk>



Join The Semper Stronger Squad

[CLICK HERE](#)

Semper Stronger Squad Benefits

Join our digital community and get access to:

- Daily workouts, with in-app demo videos for every exercise.
- The Signature Programs library, featuring a wide range of training modalities and skill levels.
- Connectivity to wearable devices so you can track your progress, sleep, health data, and more throughout your journey.
- Exclusive discounts on apparel and other branded merchandise in our online shop.
- Our team of expert coaches who are available to answer your questions.
- Our global community of like-minded strength seekers to accompany you on your journey.

[JOIN THE SQUAD](#)

Train With A Coach

Our coaches provide results.
Results that last.

Find the right coach for you
here



[FIND A COACH](#)

Why Work With A Coach?

- Individual attention - Tailor your program and workouts to your individual needs, goals, and schedule. We'll provide you with feedback along the way.
- Expertise - Tap into some of the best knowledge and experience in the fitness industry. Our coaches will set you up for success.
- Motivation and accountability - This is one of the biggest reasons why people reach out to our coaches. We help you enjoy the process and keep you on track.
- Reduce risk of injury - We don't cut corners. Our coaches make sure you know the proper way to warm up and to perform any exercise even if that means recording and sending a video to you.
- Improved performance - whether you're an athlete, have a desk job or anything in between, our coaches will help you perform better.
- Faster results - Reach your goals more quickly and efficiently.

There's no need to do it alone. We've got you covered.

[FIND A COACH](#)

1-ON-1 Coaching

Looking for an elevated fitness experience with customized programming? Schedule a consultation with one of our coaches.

[SCHEDULE HERE](#)

The Semper Stronger Foundation

Rebuilding Our Heroes



Semper Stronger gives back

In early 2023 we created the Semper Stronger Foundation. Our mission is to provide health and fitness services to injured service members, combat veterans, and first responders in order to improve their quality of life and longevity.

Strength training and other types of physical activity reduce chronic pain, improve sleep, diminish anxiety, and increase endorphins (the body's 'feel good' hormone).

The Semper Stronger Foundation exists to help heal the minds and bodies of our nation's warriors through the power of physical movement.

[Learn More](https://www.sempstrongerfoundation.org)

www.sempstrongerfoundation.org

Connect With Us



Exclusive Offers From Our Partners

Click on the boxes to open the link

