

Sbd Program For Athletes

PrimeForMen | Practical worksheet | September 18, 2026

For adult athletes already technically competent in the main lifts.
Put practice, matches and travel on the calendar before lifting.
Use the full article for the complete exercise and phase tables.
Main-lift starting example: squat 3 x 5; bench 3 x 5; deadlift 2 x 5.
Target roughly RPE 6-7, keeping several controlled reps available.
Rest 2-3 minutes between main-lift sets; longer if necessary.
Do not interpret an effort estimate as a precise safety measurement.
Use competent coaching, appropriate rack safeties and spotting.
Log sport workload and next-day practice quality as well as load.
In a busy competition week, reduce volume before chasing progression.
Avoid new accessory exercises close to an important match.
A stronger SBD total does not guarantee improved sport performance.

Week / phase / matches / demanding practices / planned lifting days

Lift / load / sets and reps / RPE / accessory work completed

Practice quality / fatigue / next-week changes agreed with coach

Instructions and adaptations: primeformen.com/sbd-program-for-athletes/

Educational example, not individualized care. Stop for pain or unusual symptoms.