

# STEEL MACE TRAINING

Weekly program — functional strength, shoulders and core (the ancient gada)

Mark an X on each day you complete the exercise. ALWAYS start with a weight you can control with ease.

## DAY 1 — TECHNIQUE & SHOULDERS · THE MOVEMENT BASE

*The 360 is the star movement: it develops shoulder mobility and strength. Start here to build the foundation for everything else.*

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Shoulder mobility (warm-up)	5-10 min							
10 to 2 (slow control)	3 x 8/side							
360 mill	3 x 6/side							
Reverse mill	3 x 6/side							
Side presentation	3 x 8/side							

## DAY 2 — CORE & ROTATIONAL STRENGTH

*The mace works the core anti-rotationally (resisting the twist). This is the functional core that really serves in real life, not endless ab sets.*

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Front swing	4 x 10							
Grip switch	3 x 8/side							
Lunge with mace on shoulder	3 x 10/side							
Controlled trunk rotation	3 x 12/side							
Plank with mace (drag)	3 x 8/side							

## DAY 3 — REST

**REST** — The shoulder needs recovery after intense work. Without recovery there's no safe progress.

## DAY 4 — DIRECT STRENGTH & PRESS

*Holding the mace vertically is a huge stabilisation challenge due to the off-centre weight. This is where direct shoulder strength is built.*

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Shoulder mobility (warm-up)	5-10 min							
Military press with mace	4 x 8							
Single-arm press (if weight allows)	3 x 6/side							
Grip curl (off-centre bar)	3 x 10							
Front raise with mace	3 x 10							

## DAY 5 — CONDITIONING & COMPLEXES

Chain movements without releasing the mace to work endurance. This is where the heart pumps and the grip burns.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Complex: swing + mill + press	4 rounds							
10 to 2 continuous pace	4 x 12/side							
Explosive swing	4 x 15							
Grip work (hold out front)	3 x 30s							
Burpees (optional, between rounds)	3 x 10							

## DAY 6 — GRIP & MOBILITY (LIGHT)

A gentle day to consolidate grip strength and shoulder health without fatigue. The mace also serves for active recovery.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Full joint mobility	10 min							
10 to 2 very light (technique)	3 x 10/side							
Hold and control (grip)	4 x 30-40s							
Slow wrist rotations	3 x 12/side							
Shoulder and back stretch	5-10 min							

## DAY 7 — COMPLETE REST

**REST — The shoulder needs recovery after intense work. Without recovery there's no safe progress.**

*Tip: off-centre weight deceives — a 5 kg mace feels far heavier than a 5 kg dumbbell. Master the technique with light weight before going up.  
Warm up the shoulder thoroughly.*