

LOWER BODY ONE

***Throughout this session perform full range of motion, strict chin-ups.** If you cannot do them, get assistance from a band or a partner. Avoid pull-down and assisted pull up machines if possible.



Reps:

Weeks 1-6: Females: 15-25/Males: 25-35

Week 7: Females 5-10/Males 15-20

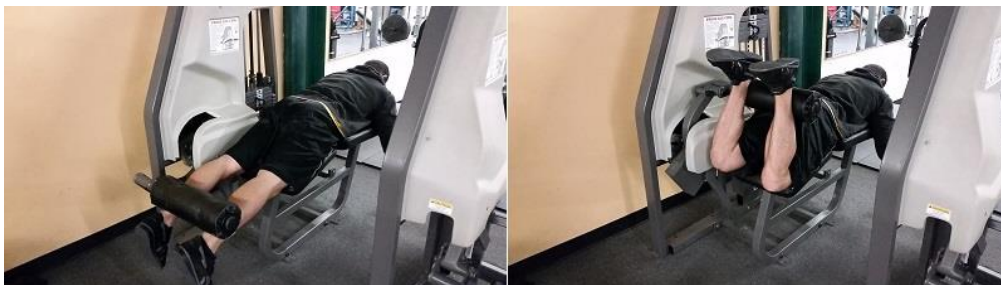
Weeks 8-15: Females: 20-30/Males: 30-40

Sets: You can execute these wherever you choose. Just make certain you complete the number of reps instructed above by the end of this session. If you can perform 10 strict chin ups or more in a single set, add enough resistance to where 6-8 reps would be your max instead.

A1) Lying hamstring curls w/special technique

Special technique:

- Perform 5 full reps.



- Then execute 5 bottom-half partial reps.



- Next do 5 top-half partial reps.



- To finish, perform an isometric hold for 5 seconds with the hamstrings at full contraction.



Sets: 3

Reps: 5 full/5 bottom-half/5 top-half/5 sec isometric hold

Rest between sets: 60 seconds

Complete all sets of A before moving onto B.

B1) Paused front squats



Week 1: 3x6 (120 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving 1-2 reps "in the tank".

Week 2: 4x6 (120 seconds rest between sets) -Use same weight as week 1.

Week 3: 5x6 (120 seconds rest between sets) -Use same weight as weeks 1 and 2.

Week 4: 3x3 (150 seconds rest between sets) -Perform with more weight than previous weeks.

Week 5: 4x3 (150 seconds rest between sets) - Use same weight as week 4.

Week 6: 5x3 (150 seconds rest between sets) - Use same weight as week 4 and 5.

Week 7: 2x12 (180 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving at least 2 reps "in the tank". Do not pause at the bottom this week.

Week 8: 3x6 (120 seconds rest between sets) -Use more weight than week 1.

Week 9: 4x6 (120 seconds rest between sets) -Use same weight as week 8.

Week 10: 5x6 (120 seconds rest between sets) -Use same weight as weeks 8 and 9.

Week 11: 2x3 (150 seconds rest between sets) -Perform with more weight than week 4.

Week 12: 3x3 (150 seconds rest between sets) -Perform with same weight as week 11.

C1) Romanian deadlifts (you can use straps with these if wanted)



Week 1: 3x10 (75 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving 1-2 reps "in the tank".

Week 2: 3x12 (75 seconds rest between sets) -Use same weight as week 1.

Week 3: 3x15 (75 seconds rest between sets) -Use same weight as weeks 1 and 2.

Week 4: 3x10 (75 seconds rest between sets) -Perform with more weight than previous weeks.

Week 5: 3x12 (75 seconds rest between sets) -Use same weight as week 4.

Week 6: 3x15 (75 seconds rest between sets) -Use same weight as week 4 and 5.

Week 7: 2x12 (120 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving at least 2 reps "in the tank".

Week 8: 3x10 (75 seconds rest between sets) -Use more weight than week 1.

Week 9: 3x12 (75 seconds rest between sets) -Use same weight as week 8.

Week 10: 3x15 (75seconds rest between sets) -Use same weight as weeks 8 and 9.

Week 11: 2x10 (75 seconds rest between sets) -Perform with more weight than week 4.

Week 12: 3x10 (75 seconds rest between sets) -Perform with same weight as week 11.

D1) Standing calf raises



Week 1: 3x12-15 (60 seconds rest between sets) Establish a working weight.

Week 2: 4x12-15 (60 seconds rest between sets) Use same weight as week 1.

Week 3: 3x12-15 (45 seconds rest between sets) Use same weight as week 1.

Week 4: 4x12-15 (45 seconds rest between sets) Use same weight as week 1.

Week 5: 3x12-15 (30 seconds rest between sets) Use same weight as week 1.

Week 6: 4x12-15 (30 seconds rest between sets) Use same weight as week 1.

Week 7: 2x12 (90 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving at least 2 reps "in the tank".

Week 8: 3x12-15 (60 seconds rest between sets) -Use more weight than week 1.

Week 9: 3x12-15 (60 seconds rest between sets) -Use same weight as week 8.

Week 10: 3x12-15 (45 seconds rest between sets) -Use same weight as weeks 8 and 9.

Week 11: 2x12-15 (45 seconds rest between sets) -Perform with more weight than week 4.

Week 12: 3x12-15 (30 seconds rest between sets) -Perform with same weight as week 11.

D2) Ab dolly rollouts from the knees



Sets: 3

Reps: 8-15

Rest time between sets: 45 seconds

UPPER BODY ONE

A1) Head supported dumbbell rear deltoid raises w/special technique



Special technique:

- Perform the reps listed below with full range of motion.
- Add 10 more bottom-half partial reps to each set.

Week 1: 3x15 (45 seconds rest between sets) Establish a working weight.

Week 2: 3x20 (45 seconds rest between sets) Use same weight as week 1.

Week 3: 3x25 (45 seconds rest between sets) Use same weight as week 1.

Week 4: 3x10 (60 seconds rest between sets) Increase resistance above the previous weeks.

Week 5: 3x12 (60 seconds rest between sets) Use same weight as week 5.

Week 6: 3x15 (60 seconds rest between sets) Use same weight as week 6.

Week 7: 2x12 (90 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving at least 2 reps "in the tank".

Week 8: 3x20 (45 seconds rest between sets) Use more weight than week 1.

Week 9: 3x25 (45 seconds rest between sets) Use same weight as week 8.

Week 10: 3x30 (45 seconds rest between sets) Use same weight as week 8 and 9.

Week 11: 3x10 (60 seconds rest between sets) Increase the resistance above what you used week 4.

Week 12: 3x12 (60 seconds rest between sets) Use same weight as week 11.

B1) Push Press with 4 second eccentric



Week 1: 3x6 (120 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving 1-2 reps "in the tank".

Week 2: 4x6 (120 seconds rest between sets) -Use same weight as week 1.

Week 3: 5x6 (120 seconds rest between sets) -Use same weight as weeks 1 and 2.

Week 4: 3x3 (150 seconds rest between sets) -Perform with more weight than previous weeks.

Week 5: 4x3 (150 seconds rest between sets) - Use same weight as week 4.

Week 6: 5x3 (150 seconds rest between sets) - Use same weight as week 4 and 5.

Week 7: 2x8: (180 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving at least 2 reps "in the tank". Do not use a slow 4 second eccentric this week, instead lower down with a count of 1-2 seconds.

Week 8: 3x6 (120 seconds rest between sets) -Use more weight than week 1.

Week 9: 4x6 (120 seconds rest between sets) -Use same weight as week 8.

Week 10: 5x6 (120 seconds rest between sets) -Use same weight as weeks 8 and 9.

Week 11: 3x3 (150 seconds rest between sets) -Perform with more weight than week 4.

Week 12: 4x3 (150 seconds rest between sets) - Use same weight as week 11.

C1) 1 arm dumbbell row



Special technique:

- Hold for 2 seconds at full contraction of each rep
- Hold for 5 seconds at full contraction on the last rep of each set.

Sets: 3

Reps: 8 per side

Rest: 30 seconds then perform C2)

C2) Triceps pushdowns



Sets: 3

Reps: 8

Rest: 75 seconds then back to C1)

Perform 1 set of C1) rest 30 seconds, then perform one set of C2) and rest 75 seconds. Repeat this until all of your sets are completed.

D1) Front side raises (50 reps total)



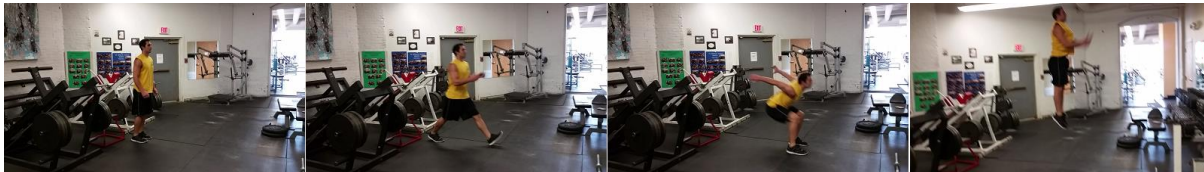
Sets: Ideally 1-2 (or as many as it takes you)

Reps: 25 front raises/25 side raises

- Perform one front raise, then one side raise. Repeat this until you get to 50 reps total or 25 reps of each using minimal to no rest.
- Use controlled momentum as needed to finish the reps.

LOWER BODY TWO

A1) One step vertical jumps



Sets: 3

Reps: 6 (alternate the lead foot)

Rest between sets: 30 seconds

B1) Trap bar deadlift



Week 1: 3x5 (180-210 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving 1-2 reps "in the tank".

Week 2: 3x6 (180-210 seconds rest between sets) -Use same weight as week 1.

Week 3: 3x7 (180-210 seconds rest between sets) -Use same weight as weeks 1 and 2.

Week 4: 3x5 (180-210 seconds rest between sets) -Perform with more weight than previous weeks.

Week 5: 3x6 (180-210 seconds rest between sets) - Use same weight as week 4.

Week 6: 3x7 (180-210 seconds rest between sets) - Use same weight as week 4 and 5.

Week 7: 2x10 (210 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving at least 2 reps "in the tank". If you have straps, use them this week.

Week 8: 3x5 (180-210 seconds rest between sets) -Use more weight than week 1.

Week 9: 3x6 (180-210 seconds rest between sets) -Use same weight as week 8.

Week 10: 3x7 (180-210 seconds rest between sets) -Use same weight as weeks 8 and 9.

Week 11: 3x5 (180-210 seconds rest between sets) -Perform with more weight than week 4.

Week 12: 3x6 (180-210 seconds rest between sets) - Use same weight as week 11.

C1) Walking goblet lunges (with 4 second eccentric)



Week 1: 3x6 per leg (90 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving 1-2 reps "in the tank".

Week 2: 3x8 per leg (90 seconds rest between sets) -Use same weight as week 1.

Week 3: 3x10 per leg (90 seconds rest between sets) -Use same weight as weeks 1 and 2.

Week 4: 3x6 per leg (90 seconds rest between sets) -Perform with more weight than previous weeks.

Week 5: 3x8 per leg (90 seconds rest between sets) - Use same weight as week 4.

Week 6: 3x10 per leg (90 seconds rest between sets) - Use same weight as week 4 and 5.

Week 7: 2x6 per leg (120 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving at least 2 reps "in the tank". Do not use a slow 4 second eccentric this week, instead lower down with a count of 1-2 seconds.

Week 8: 3x6 per leg (90 seconds rest between sets) -Use more weight than week 1.

Week 9: 3x8 per leg (90 seconds rest between sets) -Use same weight as week 8.

Week 10: 3x10 per leg (90 seconds rest between sets) -Use same weight as weeks 8 and 9.

Week 11: 3x6 per leg (90 seconds rest between sets) -Perform with more weight than week 4.

Week 12: 3x8 per leg (90 seconds rest between sets) - Use same weight as week 11.

D1) Leg extensions



Week 1: 3x10 (60 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving 1-2 reps "in the tank".

Week 2: 3x12 (60 seconds rest between sets) -Use same weight as week 1.

Week 3: 3x15 (60 seconds rest between sets) -Use same weight as weeks 1 and 2.

Week 4: 3x10 (60 seconds rest between sets) -Perform with more weight than previous weeks.

Week 5: 3x12 (60 seconds rest between sets) - Use same weight as week 4.

Week 6: 3x15 (60 seconds rest between sets) - Use same weight as week 4 and 5.

Week 7: 2x12 (90 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving at least 2 reps "in the tank".

Week 8: 3x10 (60 seconds rest between sets) -Use more weight than week 1.

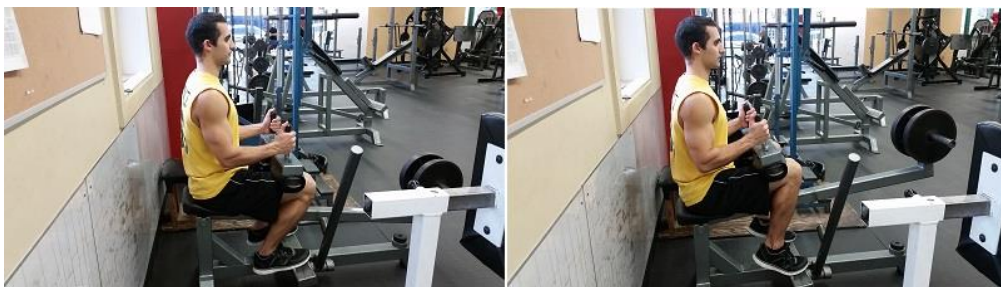
Week 9: 3x12 (60 seconds rest between sets) -Use same weight as week 8.

Week 10: 3x15 (60 seconds rest between sets) -Use same weight as weeks 8 and 9.

Week 11: 3x10 (60 seconds rest between sets) -Perform with more weight than week 4.

Week 12: 3x12 (60 seconds rest between sets) - Use same weight as week 11.

E1) Seated calf raises



Sets: 3

Reps: 12-15

Rest between sets: None, go right into E2).

E2) Hanging leg raises



Sets: 3

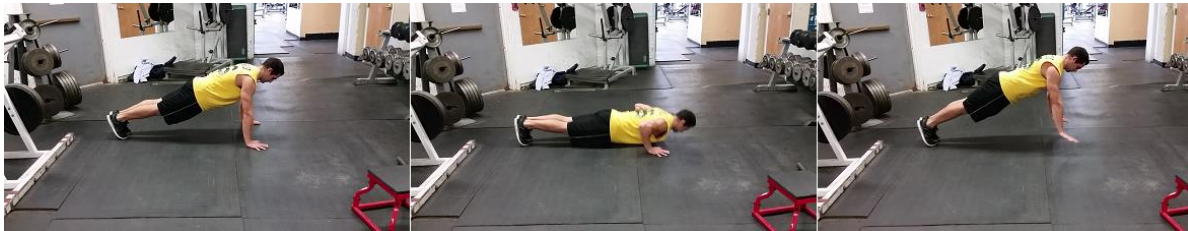
Reps: 5-15 or as many as your body allows

Rest between sets: 45 seconds then back into E1).

Perform one set of E1) then with minimal to no rest perform one set of E2). From here, rest 45 seconds and repeat until all sets are completed.

UPPER BODY TWO

A1) Plyometric push ups



Sets: 3

Reps: 3-5

Rest time between sets: 30 seconds

B1) Incline dumbbell bench press



Week 1: 3x8 (120 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving 1-2 reps "in the tank".

Week 2: 4x8 (120 seconds rest between sets) -Use same weight as week 1.

Week 3: 5x8 (120 seconds rest between sets) -Use same weight as weeks 1 and 2.

Week 4: 3x5 (150 seconds rest between sets) -Perform with more weight than previous weeks.

Week 5: 4x5 (150 seconds rest between sets) - Use same weight as week 4.

Week 6: 5x5 (150 seconds rest between sets) - Use same weight as week 4 and 5.

Week 7: 2x12 (180 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving at least 2 reps "in the tank".

Week 8: 3x8 (120 seconds rest between sets) -Use more weight than week 1.

Week 9: 4x8 (120 seconds rest between sets) -Use same weight as week 8.

Week 10: 5x8 (120 seconds rest between sets) -Use same weight as weeks 8 and 9.

Week 11: 3x5 (150 seconds rest between sets) -Perform with more weight than week 4..

Week 12: 4x5 (150 seconds rest between sets) - Use same weight as week 11.

C1) Wide Grip Flat barbell bench Press with 4 second eccentric



Week 1: 3x4 (120 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving 1-2 reps "in the tank".

Week 2: 3x5 (120 seconds rest between sets) -Use same weight as week 1.

Week 3: 3x6 (120 seconds rest between sets) -Use same weight as weeks 1 and 2.

Week 4: 3x4 (120 seconds rest between sets) -Perform with more weight than previous weeks.

Week 5: 3x5 (120 seconds rest between sets) - Use same weight as week 4.

Week 6: 3x6 (120 seconds rest between sets) - Use same weight as week 4 and 5.

Week 7: 2x4 (150 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving at least 2 reps "in the tank". Do not use a slow 4 second eccentric this week, instead lower down with a count of 1-2 seconds.

Week 8: 3x4 (120 seconds rest between sets) -Use more weight than week 4

Week 9: 3x5 (120 seconds rest between sets) -Use same weight as week 8.

Week 10: 3x6 (120 seconds rest between sets) -Use same weight as weeks 8 and 9.

Week 11: 3x4 (120 seconds rest between sets) -Perform with more weight than week 8.

Week 12: 3x5 (120 seconds rest between sets) - Use same weight as week 11.

D1) Hammer strength row



Week 1: 3x6 (90 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving 1-2 reps "in the tank".

Week 2: 3x8 (90 seconds rest between sets) -Use same weight as week 1.

Week 3: 3x10 (90 seconds rest between sets) -Use same weight as weeks 1 and 2.

Week 4: 3x6 (90 seconds rest between sets) -Perform with more weight than previous weeks.

Week 5: 3x8 (90 seconds rest between sets) - Use same weight as week 4.

Week 6: 3x10 (90 seconds rest between sets) - Use same weight as week 4 and 5.

Week 7: 2x12 (120 seconds rest between sets) -Choose a weight you can perform all sets and reps with leaving at least 2 reps "in the tank".

Week 8: 3x6 (90 seconds rest between sets) -Use more weight than week 1.

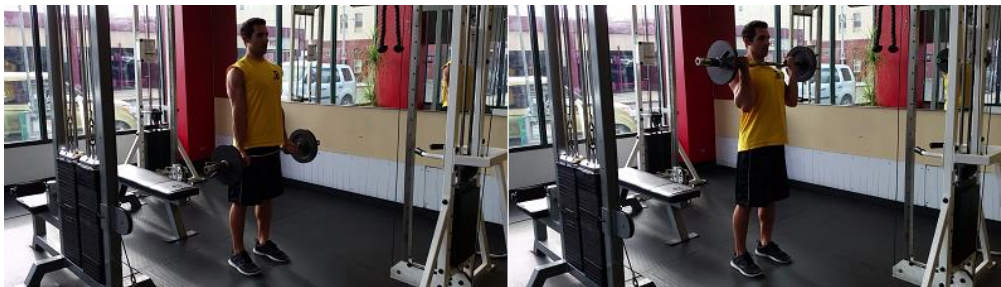
Week 9: 3x8 (90 seconds rest between sets) -Use same weight as week 8.

Week 10: 3x10 (90 seconds rest between sets) -Use same weight as weeks 8 and 9.

Week 11: 3x6 (90 seconds rest between sets) -Perform with more weight than week 4

Week 12: 3x8 (90 seconds rest between sets) - Use same weight as week 11.

E1) Barbell biceps curls w/special technique



Special technique:

- Curl the barbell.
- Lower it down for a count of 3 seconds.
- On the last rep you lower down, hold the barbell at midpoint for 5 seconds.

Sets: 4

Reps: 6

Rest time between sets: 30 seconds then right into E2)

E2) Lying overhead rope triceps extensions w/special technique



Special technique:

- On the eccentric portion of the exercise, lower down for a count of 3 seconds.
- On the last rep of each set, hold at full contraction (elbows straight) for 5 seconds.

OPTIONAL CONDITIONING DAY

A1) 250 meters on concept rower (125 meters overhand/125 meters underhand)



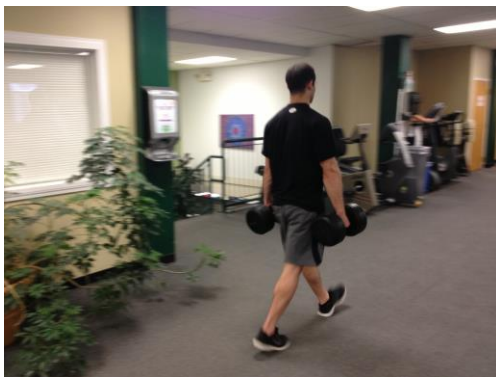
A2) Alternating split squat jumps x20



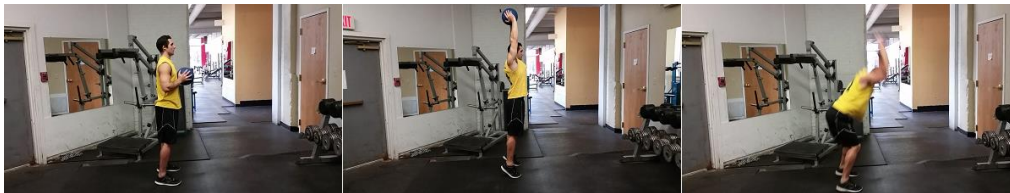
A3) Push ups x10



A4) Farmers Walks x40 yards



A5) 20 Medicine ball slams



Go through exercises A1-A5, in order, with the prescribed number of reps above, and parameters below.

Week 1: 1-2 rounds (90 seconds rest after each round) -Minimal to no rest between exercises.

Week 2: 2-3 rounds (90 seconds rest after each round) -Minimal to no rest between exercises.

Week 3: 3-4 rounds (90 seconds rest after each round) -Minimal to no rest between exercises.

Week 4: 1-2 rounds (90 seconds rest after each round) -Minimal to no rest between exercises.

Week 5: 2-3 rounds (90 seconds rest after each round) -Minimal to no rest between exercises.

Week 6: 3-4 rounds (90 seconds rest after each round) -Minimal to no rest between exercises.

Week 7: 1-2 rounds (120 seconds rest after each round) -30 seconds rest between exercises.

Week 8: 1-2 rounds (90 seconds rest after each round) -Minimal to no rest between exercises.

Week 9: 2-3 rounds (90 seconds rest after each round) -Minimal to no rest between exercises.

Week 10: 3-4 rounds (90 seconds rest after each round) -Minimal to no rest between exercises.

Week 11: 1-2 rounds (90 seconds rest after each round) -Minimal to no rest between exercises.

Week 12: 2-3 rounds (90 seconds rest after each round) -Minimal to no rest between exercises.

Some Training Schedule Options

Option #1

Day One: Lower Body 1 (Quads, hamstrings, calves, core, chin ups)

Day Two: Off

Day Three: Upper Body 1 (Shoulder's, back, triceps)

Day Four: Off

Day Five: Lower Body 2 (Quads, hamstrings, calves, core, traps)

Day Six: Upper Body 2 (Chest, back, biceps, triceps)

*Day Seven: *Optional day*

Option #2

Day One: Lower Body (Quads, hamstrings, calves, core, chin ups)

Day Two: Upper Body (Shoulder's, back, triceps)

Day Three: Off

Day Four: Lower Body (Quads, hamstrings, calves, core)

Day Five: Off

Day Six: Upper Body (Chest, back, biceps, triceps)

*Day Seven: *Optional day*

Option #3

Day One: Lower Body (Quads, hamstrings, calves, core, chin ups)

Day Two: Upper Body (Shoulder's, back, triceps)

Day Three: Off

Day Four: Lower Body (Quads, hamstrings, calves, core)

Day Five: Upper Body (Chest, back, biceps, triceps)

Day Six: Off

*Day Seven: *Optional day*