

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec work/30sec “rest”) Push Press @ 2 x 10lbs Dumbbells. “Rest” is in Overhead position. Three Sets, Rest 60sec between each. Then: 50x Pull-up (slow, controlled, no kip, dead hang) Then: Work up to Heavy Bench Press Then: 10x10 Bench Press @ 40-50% 1RM Rest 2 minutes between sets Then: “Push-Up Maximus”: 10x Push-up + 10sec Rest Ten Rounds Then: 100x Curl-up Then: Cool Down	Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25# 2x20m Lunge Then: Work up To Heavy Back Squat Then: 10x10 Back Squat @ 50% 1RM Rest 2 minutes between sets Then: 10x 30sec Wall Sit (Strict) Then: Cool Down	60 minute Row/Ride @ Easy Pace	Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 3x10 Shoulder Dislocate Then: Work Up To Heavy Barbell Overhead Press Then: 5x2 Barbell Overhead Press @ 80% 1RM Rest 2 minutes between each set Then: “Ticket To Gainville”: Barbell Bench Press + Pull-up + Barbell Overhead Press + Barbell Bent Row 10-9-8-7-6-5-4-3-2-1 reps of each Choose a weight for each that makes it moderately difficult to complete the first ten reps Then: 10x 30sec Push-up Position Plank	60 minute Row/Ride @ Easy Pace	Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat Then: Work up to Heavy Deadlift Then: 5x2 Deadlift @ 80% 1RM Rest 2 minutes between sets Then: 10x Heavy Goblet Squat (use 60-90lbs) + 20x Heavy Barbell Reverse Lunge (Moderate to Heavy i.e. 95-135lbs) Ten Sets, Rest 90sec between sets Then: 3x10 RDL @ 95-135# Rest 60 seconds between Then: 3x10 Straight Leg Deadlift @ 95-135lbs Rest 60sec between sets Then: Cool Down	REST
A	B	C	D	E	F	G

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY EIGHT	DAY NINE	DAY TEN	DAY ELEVEN	DAY TWELVE	DAY THIRTEEN	DAY FOURTEEN
Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec work/30sec "rest") Push Press @ 2 x 10lbs Dumbbells. "Rest" is in Overhead position. Three Sets, Rest 60sec between each. Then: Work up to Heavy Bench Press Then: 10x10 Bench Press @ 40-50% 1RM (If you were able to complete last week's reps and sets then add 10-15# to BB this week. For example if you were able to do 10x10 @ 225# then this week use 235#) Rest 2 minutes between sets Then: "50QR": 50x Pull-up + 50x Dip + 50x Push-up Then: 100x Curl-up Then: Cool Down	Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25# 2x20m Lunge Then: Work up To Heavy Back Squat Then: 10x10 Back Squat @ ~50% 1RM (If you were able to complete last week's reps and sets then add 10-15# to BB this week. For example if you were able to do 10x10 @ 225# then this week use 235#) Rest 2 minutes between sets Then: 4x (30sec Work/30sec "Rest") Squat. "Rest" is in low parallel position Two Sets, Rest 2 minutes between each Then: Cool Down	60 minute Row/Ride @ Easy Pace	Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec work/30sec "rest") Push Press @ 2 x 10lbs Dumbbells. "Rest" is in Overhead position. Three Sets, Rest 60sec between each. Then: Practice Pull-up, Push-up & Dip Then: "Holy Trinity": 30 minutes of: Max Pull-up Max Dip Max Push-up As many quality reps as possible in 30 minutes Then: 100x Curl-up Then: Cool Down	60 minute Row/Ride @ Easy Pace	Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat Then: Work Up To Heavy Barbell Front Squat Then: 5x2 Front Squat @ 80% 1RM Rest 2 minutes between sets Then: Back Squat + Front Squat 10-1 Ladder of Each @ 135# 10x + 10x + 9x + 9x + etc until one rep of each Then: 5x10 Straight Leg DL @ 95-135# Then: 100x Curl-up Then: Cool Down	REST
A	B	C	D	E	F	G

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY FIFTEEN	DAY SIXTEEN	DAY SEVENTEEN	DAY EIGHTEEN	DAY NINETEEN	DAY TWENTY	DAY TWENTY-ONE
Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec work/30sec “rest”) Push Press @ 2 x 10lbs Dumbbells. “Rest” is in Overhead position. Three Sets, Rest 60sec between each. Then: Work up to Heavy Bench Press Then: 10x10 Bench Press @ 40-50% 1RM (If you were able to complete last week’s reps and sets then add 10-15# to BB this week. For example if you were able to do 10x10 @ 225# then this week use 235#) Rest 2 minutes between sets Then: 100x Pull-up Strict, Dead Hang, No Kip Then: 100x Curl-up Then: Cool Down	Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25# 2x20m Lunge Then: Work up To Heavy Back Squat Then: 10x10 Back Squat @ ~50% 1RM (If you were able to complete last week’s reps and sets then add 10-15# to BB this week. For example if you were able to do 10x10 @ 225# then this week use 235#) Rest 2 minutes between sets Then: 4x (30sec Work/30sec Rest) Frog Hop @ >25 reps per interval pace Two Sets, Rest 2 minutes between sets Then: Cool Down	60 minute Row/Ride @ Easy Pace	Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 25x Pull-up 25x Push-up Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 10# DB. “Rest” is in overhead position. Two Sets, Rest 60sec between each Then: 10x10 Heavy Dumbbell Row. Use a Heavy Weight. Rest 90sec between each set Then: Pull-up Ladder: Start Clock and in first minute do 1x Pull-up. In the second minute do 2x Pull-up. In the third minute do 3x Pull-up. Continue this pattern until you cannot do desired amount of Pull-ups Should last about 12-15 minutes Then: Cool Down	60 minute Row/Ride @ Easy Pace	Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat Then: Work up to Heavy DL Then: 6x2 DL @ 75% 1RM Rest 2 minutes between sets Then: 8x8 Deadlift @ Moderate Weight (i.e. 185-225lbs) Explosive Lift and 4 second negative More Straight Legged Then: 5x10 Romanian Deadlift with Heavy DB or KB. Make sure to exaggerate the stretch Then: 10x30sec Push-up Position Plank Then: Cool Down	REST
A	B	C	D	E	F	G

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY TWENTY-TWO	DAY TWENTY-THREE	DAY TWENTY-FOUR	DAY TWENTY-FIVE	DAY TWENTY-SIX	DAY TWENTY-SEVEN	DAY TWENTY-EIGHT
Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec work/30sec “rest”) Push Press @ 2 x 10lbs Dumbbells. “Rest” is in Overhead position. Three Sets, Rest 60sec between each. Then: Work up to Heavy Bench Press Then: 10x10 Bench Press @ 40-50% 1RM (If you were able to complete last week’s reps and sets then add 10-15# to BB this week. For example if you were able to do 10x10 @ 225# then this week use 235#) Rest 2 minutes between sets Then: 75x Strict Pull-up 75x Dip 75x Push-up Complete reps in any order. Just get 75x quality reps of each movement done. Then: Cool Down	Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat @ 25# 2x20m Lunge Then: Work up To Heavy Back Squat Then: 10x10 Back Squat @ ~50% 1RM (If you were able to complete last week’s reps and sets then add 10-15# to BB this week. For example if you were able to do 10x10 @ 225# then this week use 235#) Rest 2 minutes between sets Then: 5 minute Wall Sit (Goal is to do it with no rest) Then: Cool Down	60 minute Row/Ride @ Easy Pace	Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 3x10 Shoulder Dislocate Then: 2x (30sec work/30sec “rest”) Push Press @ 2 x 10lbs Dumbbells. “Rest” is in Overhead position. Three Sets, Rest 60sec between each. Then: Practice Pull-up, Push-up & Dip Then: “Holy Trinity: (Long Version) 60 minutes of: Max Pull-up Max Dip Max Push-up As many quality reps as possible in 60 minutes Then: 100x Curl-up Then: Cool Down	60 minute Row/Ride @ Easy Pace	Workout: 10 minute cardiovascular warm-up @ Easy pace Then: 2x5 Wall Squat 2x10 Squat 2x5 Goblet Squat Then: Work Up To Heavy Barbell Front Squat Then: 6x2 Front Squat @ 85% 1RM Rest 2 minutes between sets Then: 20-1 Lunge Ladder. In between each set complete 30 sec Wall Sit. Looks like: 20x Lunge + 30sec Wall Sit + 19x Lunge + 30sec Wall Sit + Etc until 1 Lunge and 30sec Wall Sit Then: 5x10 Straight Leg DL @ 95-135# Then: 100x Curl-up Then: Cool Down	REST
A	B	C	D	E	F	G

