

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<p>Workout:</p> <p>1) 10 minute Run or Row or Bike @ Easy Pace</p> <p>2) 2x5 Wall Squat, 2x15 Squat, 2x5 Goblet Squat @ 25lbs, 2x20m Lunge</p> <p>3) Work up To a Heavy Deadlift. Start with 30% 1RM and do it 10 times. Then go up to 50% and do it for 5 reps. Do 3 reps @ 70% 1RM. Then singles at 80%, 85% and 90% 1RM.</p> <p>4) <b>“5 By 3 At 80”:</b> 5 Sets of 3 Deadlift at 80% 1RM. Rest 3 minutes between sets.</p> <p>5) Complete 5x (1-4) Pull-up Ladder (50 reps total). Do 1 rep, rest, do 2, rest, do 3, rest do 4. That’s one ladder. Go through that five times. If you cannot do pull-ups you can choose to do “Aussie Rows” or Horizontal Plank Pulls.</p> <p>6) 10x30sec Push-up Position Plank (FLR). Rest 30sec between each</p> <p>7) 10 minute Run or Row or Bike @ Easy Pace</p>	<p>Off Day</p>	<p>Workout:</p> <p>1) 10 minute Run or Row or Bike @ Easy Pace</p> <p>2) 20x Air Squat + 10x Reverse Lunge (10 each leg), Three Rounds</p> <p>3) <b>“Gut Punch”</b> Grab two 16-kilogram kettlebells or 35-pound dumbbells (Women use 12kg or 25lbs) and do 50 reps of the step-up (25 on each leg). Then do 50 reps of KTE. Repeat, this time doing 40 reps of each. Now repeat three more times, doing 30, 20, and 10 reps, respectively. So essentially: Dumbbell Step-up + KTE 50-40-30-20-10 reps of each</p> <p>4) 10 minute Run or Bike or Row @ Easy Pace</p>	<p>Off Day</p>	<p>Workout:</p> <p>1) 10 minute Row or Run or Bike @ Easy Pace</p> <p>2) <b>“THE HOLY TRINITY”:</b> 45 Minutes Of: Pull-ups Dips Push-ups The goal is the maximum amount of repetitions possible in each category.</p> <p>3) 100x Curl-up (Slow, Controlled, Strict)</p> <p>4) 10 minute Row or Run or Bike @ Easy Pace</p> <p>Note: If you cannot complete the pull-ups or they are too difficult you may substitute with an “Aussie” row or a Horizontal Plank Pull. These can be done on a straight bar or rings.</p> <p>Note 2: If you cannot do Dips focus on Push-ups and Pull-ups or include Bench Dips in place of standard Dips.</p>	<p>Off Day</p>	<p>Off Day</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY EIGHT</b>	<b>DAY NINE</b>	<b>DAY TEN</b>	<b>DAY ELEVEN</b>	<b>DAY TWELVE</b>	<b>DAY THIRTEEN</b>	<b>DAY FOURTEEN</b>
Workout: 1) 10 minute Run or Row or Bike @ Easy Pace 2) 2x5 Wall Squat, 2x15 Squat, 2x5 Goblet Squat @ 25lbs, 2x20m Lunge 3) Work up To a Heavy Front Squat. Start with 30% 1RM and do it 10 times. Then go up to 50% and do it for 5 reps. Do 3 reps @ 70% 1RM. Then singles at 80%, 85% and 90% 1RM. 4) <b>“5 By 3 At 80”:</b> 5 Sets of 3 Front Squat at 80% 1RM. Rest 3 minutes between sets. 5) 10-1 Curl-up Ladder. In between each “rung” of the ladder complete 30sec of Push-up Position Plank. Looks like 10x Curl-up + 30sec Plank + 9x Curl-up + 30sec Plank all the way to 1 rep of Curl-up and a final 30sec plank hold. 6) 10 minute Run or Row or Bike @ Easy Pace	Off Day	Workout: 1) 10 minute Row or Run or Bike @ Easy Pace 2) 3x10 Shoulder Dislocate 3) 2x (30sec work/30sec “rest”) Push Press @ 2 x 5lbs Dumbbells. “Rest” is in Overhead position. Three Sets, Rest 60sec between each. 4) Practice Pull-up, Push-up (i.e. 3 sets of 5-10 reps of each) 5) 10-1 Ladder of Barbell Overhead Press. Start at 45lbs Barbell and add 5-10 pound each set until at 1 rep (Women add 2.5-5lbs per set) 6) 10 minute Z-Press Max Reps @ 45lbs Barbell. (use 33lbs Barbell for Women) 7) 10 minute Row or Run or Bike @ Easy Pace	Off Day	Workout: 1) 10 minute Run or Row or Bike @ Easy Pace 2) 2x5 Wall Squat, 2x15 Squat, 3x5 Goblet Squat @ 25lbs, 2x20m Lunge 3) 2x (30sec Work/30sec “Rest”) Squat. “Rest” is in parallel position. Two Sets, Rest 2min between each 4) 5x5 SL Squat @ 20” Box 5) Goblet Squat & Reverse Lunge Combo. 10-1 Ladder of each. 10x Goblet + 10x Lunge (1 each side so 20 total) + 9x Goblet + 9x Lunge (1 on each side so 18 total) + etc until 1 rep of each. Use a 16kg KB. (Women use 12kg) 5) 100x KTE (Knees To Elbow). Strict Form. Rest as needed on way to 100 reps. 6) 10 minute Run or Row or Bike @ Easy Pace	Off Day	Off Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY FIFTEEN</b>	<b>DAY SIXTEEN</b>	<b>DAY SEVENTEEN</b>	<b>DAY EIGHTEEN</b>	<b>DAY NINETEEN</b>	<b>DAY TWENTY</b>	<b>DAY TWENTY-ONE</b>
Workout: 1) 10 minute Row or Run or Bike @ Easy Pace 2) 3x10 Shoulder Dislocate 3) 2x (30sec work/30sec “rest”) Push Press @ 2 x 5lbs Dumbbells. “Rest” is in Overhead position. Three Sets, Rest 60sec between each. 4) Practice Pull-up, Push-up (i.e. 3 sets of 5-10 reps of each) 5) Work up To a Heavy Bench Press. Start with 30% 1RM and do it 10 times. Then go up to 50% and do it for 5 reps. Do 3 reps @ 70% 1RM. Then singles at 80%, 85% and 90% 1RM. 6) <b>“4 By 4 At 75”:</b> 4 Sets of 4 Bench Press at 75% 1RM. Rest 3 minutes between sets. 7) “Push-up Maximus”: 10x Push-up + 10sec Rest, Ten Rounds 8) 10 minute Row or Run or Bike @ Easy Pace	Off Day	Workout: 1) 10 minute Row or Run 2) 3x20 Deadlift @ ~30% 1RM 3) 3x20 Deadlift @ ~30% 1RM off 4” Platform 4) 50x Turkish Get-up @ 10-25lbs Dumbbell. 25 reps each side done in alternating fashion. Focus is on perfect form. The key is to go as close to 25lbs as possible while maintaining perfect form. If you can only do perfect form with a 15lbs then stick with that. 5) 10 minute Row or Run or Bike @ Easy Pace	Off Day	Workout: 1) 10 minute Row or Run or Bike @ Easy Pace 2) <b>“THE HOLY TRINITY”:</b> 45 Minutes Of: Pull-ups Dips Push-ups The goal is the maximum amount of repetitions possible in each category. 3) 100x Curl-up (Slow, Controlled, Strict) 4) 10 minute Row or Run or Bike @ Easy Pace  Note: If you cannot complete the pull-ups or they are too difficult you may substitute with an “Aussie” row or a Horizontal Plank Pull. These can be done on a straight bar or rings.  Note 2: If you cannot do Dips focus on Push-ups and Pull-ups or include Bench Dips in place of standard Dips.	Off Day	Off Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAY TWENTY-TWO</b>	<b>DAY TWENTY-THREE</b>	<b>DAY TWENTY-FOUR</b>	<b>DAY TWENTY-FIVE</b>	<b>DAY TWENTY-SIX</b>	<b>DAY TWENTY-SEVEN</b>	<b>DAY TWENTY-EIGHT</b>
<p>Workout:</p> <p>1) 10 minute Run or Row or Bike @ Easy Pace</p> <p>2) 2x5 Wall Squat, 2x15 Squat, 2x5 Goblet Squat @ 25lbs, 2x20m Lunge</p> <p>3) Work up To a Heavy Back Squat. Start with 30% 1RM and do it 10 times. Then go up to 50% and do it for 5 reps. Do 3 reps @ 70% 1RM. Then singles at 80%, 85% and 90% 1RM.</p> <p>4) <b>“5 By 2 At 80”:</b> 5 Sets of 2 Back Squat at 80% 1RM. Rest 3 minutes between sets.</p> <p>5) 4x (30sec Work/30sec “rest”) V-Sit Kickout. “Rest” is in extended position with shoulder blades and feet two inches off the ground. Two Sets, Rest 2 minutes between sets.</p> <p>6) 10 minute Run or Row or Bike @ Easy Pace</p>	<p>Off Day</p>	<p>Workout:</p> <p>1) 10 minute Row or Run or Bike @ Easy Pace</p> <p>2) 3x10 Shoulder Dislocate</p> <p>3) 2x (30sec work/30sec “rest”) Push Press @ 2 x 5lbs Dumbbells. “Rest” is in Overhead position. Three Sets, Rest 60sec between each.</p> <p>4) Practice Pull-up, Push-up (i.e. 3 sets of 5-10 reps of each)</p> <p>5) 6x TGU (Turkish Get-up) (3 each side) @ 25lbs Dumbbell (Women use 15lbs)+ 60sec Push-up Position Plank Five Rounds. Only Rest as needed. Ideally you will go right through exercise.</p> <p>6) “50 QR”: 50x quality reps of Pull-ups, Dips, And Push-ups. Thats 50x Pull-up, 50x Dip, and 50x Push-up. The key is perfect form.</p> <p>7) 10 minute Row or Run or Bike @ Easy Pace</p>	<p>Off Day</p>	<p>Workout:</p> <p>1) 10 minute Row or Run or Bike @ Easy Pace</p> <p>2) 3x10 Shoulder Dislocate</p> <p>3) Work Up To Heavy Barbell Overhead Press (i.e. 10 reps @ 30% 1RM, 5 reps @ 50% 1RM, 3 reps @ 70% 1RM, 2 reps @ 80% 1RM, 1 rep @ 90% 1RM).</p> <p>5) <b>“Ticket To Gainzville”:</b> 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.</p> <p>6) 100x KTE (Knees To Elbow). Strict Form. Rest as needed on way to 100 reps.</p> <p>7) 10 minute Row or Run or Bike @ Easy Pace</p> <p>Note: If you cannot complete the pull-ups or they are too difficult you may substitute with an “Aussie” row or a Horizontal Plank Pull. These can be done on a straight bar or rings.</p>		