

A man wearing a dark cap and a tactical vest with the HTK logo, looking off to the side. The background is dark with some diagonal light streaks.

**HTK**

HARDTOKILLFITNESS.CO

**HOME BASED**

# BUILT DIFFERENT

**8-WEEK TRAINING PLAN**



# TABLE OF CONTENTS

INTRO .....	03
BEFORE YOU START .....	04
CONDITIONING 01 .....	08
CONDITIONING 02 .....	11
TRAINING PHASE ONE .....	13
WEEK 01 .....	14
WEEK 02 .....	16
WEEK 03 .....	19
WEEK 04 .....	21
TRAINING PHASE TWO .....	23
WEEK 05 .....	24
WEEK 06 .....	26
WEEK 07 .....	29
WEEK 08 .....	31
WORKOUT TRACKER .....	33
CONCLUSION .....	35

# WELCOME TO THE BROTHERHOOD

Welcome to the Brotherhood.

Before you begin, I want to congratulate you on taking the initiative to crush your goals and go after what you want in life. This is what will separate you from the crowd & build you into the person you want to be.

This transformation program is designed to take your performance & physique to the next level no matter your current situation regarding equipment or experience.

The following pages contain all the details you need to know about this program including training, equipment, warmups, substitutions etc. Please take the time to read though them thoroughly so I know you will get the most out of this training and see the results you deserve.

The HTK team and I have put our blood, sweat & tears into creating this and our wish is to see you put the same commitment into improving your health and fitness.

Let's get after it!

-Bony  
OWNER, HTK FITNESS

# BEFORE YOU START

## MEASURING YOUR PROGRESS

We want to record where you are at before you began this training so you can look back and be proud of how far you have come. When things get tough you need to keep yourself motivated and what better motivator than seeing your own personal progress.

We will be measuring your progress in 3 ways. Our new **HTK8 fitness test**, **Before & after photos** and **body part measurements**. These are optional but we highly recommend you begin your training by tracking at least the first two.

## BEFORE & AFTER PHOTOS

Yes, the typical before and after photos. It does feel odd standing in front of the mirror posing for a photo but trust me, they do help you stay motivated. Remember no one else has to see these photos if you do not wish, they are for your eyes only so don't be shy. Here are some best practices to help you keep it simple;

- Use good lighting and try and keep the same lighting for before and after images.
- Aim for a plain background when taking images.
- Take at least 3 images. One from front on, one from side view and one from back.
- Assume a natural relaxed pose.

## HTK8

Performance is a huge part of your progress. We want to help you look the part but, when it comes to your training, if you are lacking in your performance it could be a life-or-death situation.

We created this HTK8 test to easily and effectively test key areas of your performance and see what area you need to put more focus on.

There are 8 key exercises for you to perform with a scoring system to see how you are measuring up. There is a full rundown in your 'members area' when you log in to your account, or you can follow this [link](#), for further info including how to perform, scoring charts & test calculator.

No more guessing, we want to help you start hitting those elite standards.

## BODY PART MEASUREMENTS

SHOULD BE TAKEN FROM THE FOLLOWING AREAS;	
CHEST	Take just above nipple line, around. Stand up straight, relax and then release all the air out of your lungs. Now take your measurement.
WAIST	Measure from just above your bellybutton and around. Take this while standing up straight.

*For the following measurements, you can take them with the muscles relaxed or flexed, just be sure to specify this when recording your results.*

BICEP	Taken between shoulder and elbow, choose the widest part of your arm (usually right in the middle).
THIGH	Taken below the butt but above your knee. Stand up straight and pick the widest part of your thigh.

*Note: If you feel one arm or leg is different from the other (usually is the case) feel free to measure each arm and each leg, just clearly document the results.*



# YOUR TRAINING

## BUILT TO IMPROVE YOUR ALL-ROUND PERFORMANCE & PHYSIQUE

This program is built to improve your all-round performance & physique. To achieve this, we are focusing on a schedule that targets different goals throughout the week. Strength, speed, endurance, power & hypertrophy (increased muscle).

During phase One, we are starting off at a lower intensity & volume then slowly ramping up to allow for adaptation to take place without burning you out. Once you hit phase two, we up the ante even more so. We have increased the density of training by including more supersets, so you achieve more in a similar time frame.

## SCHEDULE

SCHEDULE	
DAY 1	LOWER STRENGTH / FASTED LIC
DAY 2	UPPER STRENGTH / HIIT
DAY 3	CORE
DAY 4	LOWER POWER & VOLUME / FASTED LIC
DAY 5	UPPER POWER & VOLUME
DAY 6	SPRINTS
DAY 7	REST / RECOVER

## WARM-UP

Every session will begin with a short sharp warm-up to set you up for success. The goal is to get the blood flowing and build up a light sweat so your muscles are ready for what's to come.

You will start with 5 minutes of a low intensity aerobic activity (jogging, jump rope, shadow boxing), then move straight into our HTKMOB routine.

This is the only warmup routine you will ever need, no matter what muscles you are targeting in your workout. It only takes 5 minutes to complete the full routine and uses exercises that flow together and makes sure every muscle is activated and ready.

# YOUR TRAINING

## WORKOUT

### WORKOUT

- 1.) KNEE SQUEEZE X10 SECS W/ 10 GLUTE BRIDGES.  
REPEAT THE PAIR OF EXERCISES TWICE. (USE EITHER A FOAM ROLLER, YOGA BLOCK, RUGBY, GRIDIRON BALL, ETC)
- 2.) STANDING FULL BODY TWIST X12  
(IMAGINE THROWING A HOOK BUT WITH A LOOSE RELAXED BODY.)
- 3.) GROINER X5 EACH SIDE  
(MOUNTAIN CLIMBER BUT WITH FEET TO THE OUTSIDE)
- 4.) GROINER THORACIC TWIST X5 EACH SIDE
- 5.) HIP FLEXOR WAVE X6 EACH SIDE
- 6.) SQUAT TO TOE TOUCH X6
- 7.) COSSACK SQUAT X5 EACH SIDE
- 8.) HEEL TO GROIN TO STANDING BOW POSE X4 EACH SIDE
- 9.) BAND PULL APART TO DISLOCATE X8



These aren't your average commonly known exercises so we created a full video and explanation page that can be found at this [link](#). Alternatively head to your 'members area' to get access.



# THINGS TO CONSIDER / TRAINING TIPS

## SUBSTITUTIONS / ALTERNATIVE EXERCISES

We recommend sticking to the prescribed programming however you may not always have the required equipment or ability to perform the exercise how it is.

The only rule when substituting exercises is that you are replacing the exercise with a similar movement. For example, you can switch pull-ups with band pull-downs or Push-ups with Parallel bar dips.

We realize some of you may not have or want a Stability ball in your house so alternatives for this specific piece of equipment are:

Stability ball leg curls	Floor slider leg curls
Stability ball crunches	Regular crunches
Stability ball rollouts	Kneeling floor walkouts
Stability ball YTWL	Band pull-apart to chest / band pull-apart overhead

## REST PERIODS

For all sets, we recommend moving fast & keeping the rest periods between 60-90 seconds. Start with 90 seconds in the first week and progress as you see fit. For your supersets, make sure you are not resting until all the repetitions of both exercises are complete.

## LIFTING TEMPOS

For all exercises we recommend a lifting tempo of (2-0-1-0).

What this means is you will be lowering the weight for 2 seconds, followed by 0 pause at the bottom, then lifting the weight explosively in 1 second or less, then finally 0 pause at the top. Although we recommend this, don't get caught up in the exact times. If you're focusing on a controlled lower and explosive lift, then you're on the right track.

## EXERCISES TOO EASY?

If you are finding the bodyweight exercises too easy, we recommend adding a plate carrier or backpack. Alternatively, we recommend adding a 3 second pause to each repetition. Remember this will change depending on whether it is a pulling or pushing exercise.

For example, you would pause 3 seconds at the top of a pull-up, yet you would pause 3 seconds at the bottom of a push-up.

## CAN I ADD EXTRA CONDITIONING SESSIONS?

Extra cardio can be performed if you are chasing more fat loss. Add in 1-2 extra sessions of **Fasted LIC** or 1 extra session of **HIIT** on days that you don't already have it scheduled.



# BUILT DIFFERENT

## FASTED LIC (LOW INTENSITY CARDIO) SESSIONS

These sessions will be 20 – 40 minutes first thing in the morning before you have eaten. You can take a pre-workout or black coffee here but make sure you are not having sugar. The time you spend on this session is ultimately your choice but remember 20 minutes of continuous exercise is the minimum. If you have extra pounds to lose, I recommend putting in the entire 40 minutes.

This is a good opportunity to put a podcast on & get some learning in. Work hard but remember this is a low intensity workout, so you should always aim to maintain an intensity where you can breathe through your nose the entire session.

### CHOOSE AN EXERCISE TO USE FROM THE FOLLOWING:

Running / Jogging – *Outside or on a treadmill*

Cycling – *Outside or on a stationary bike*

Swimming

Jump rope

Ruck – *Ideally outside but wearing a plate carrier and using a treadmill on max incline also works great.*

Stairmaster

Air assault bike

## SPRINT SESSIONS

These sessions are built to improve your acceleration, max speed & speed endurance. You will have one sprints session per week so be sure to give it your everything. Before you begin, make sure you warm up properly. For this I suggest performing a half mile jog followed by the HTKMOB dynamic warm-up.

Once you're ready you will start with **Acceleration & Max speed** completing several short sprints using your walk back as recovery between each.

Next is your **Speed Endurance Pyramids**. Make sure you have a watch to time yourself, as you will be performing several short sprints and need to focus on giving it your all in your on time. These sessions are designed to help you build your capacity to sprint at a high intensity over and over while also melting away fat. As you progress through the weeks these sessions will get increasingly harder, so you keep challenging yourself.

Finish each session with a half mile jog to cooldown followed by some light static stretching.



# WEEK 01.

## ACCELERATION & MAX SPEED

4 x 40yds with slow walk back between each sprint

SPEED ENDURANCE PYRAMIDS
10S SPRINT / 50S REST
15S SPRINT / 45S REST
20S SPRINT / 40S REST
25S SPRINT / 35S REST
30S SPRINT / 30S REST
25S SPRINT / 30S REST

# WEEK 03.

## ACCELERATION & MAX SPEED

6 x 40yds with slow walk back between each sprint

SPEED ENDURANCE PYRAMIDS
10S SPRINT / 50S REST
15S SPRINT / 45S REST
30S SPRINT / 30S REST
60S SPRINT / 60S REST
30S SPRINT / 30S REST
15S SPRINT / 45S REST
10S SPRINT / 45S REST

# WEEK 02.

## ACCELERATION & MAX SPEED

5 x 40yds with slow walk back between each sprint

SPEED ENDURANCE PYRAMIDS
15S SPRINT / 45S REST
20S SPRINT / 40S REST
25S SPRINT / 35S REST
30S SPRINT / 30S REST
35S SPRINT / 25S REST
30S SPRINT / 30S REST
25S SPRINT / 35S REST

# WEEK 04.

## ACCELERATION & MAX SPEED

7 x 40yds with slow walk back between each sprint

SPEED ENDURANCE PYRAMIDS
15S SPRINT / 45S REST
20S SPRINT / 40S REST
30S SPRINT / 30S REST
45S SPRINT / 45S REST
60S SPRINT / 60S REST
45S SPRINT / 45S REST
15S SPRINT / 45S REST

# WEEK 05.

## ACCELERATION & MAX SPEED

8 x 60yds with slow walk back between each sprint

SPEED ENDURANCE PYRAMIDS
10S SPRINT / 50S REST
15S SPRINT / 45S REST
20S SPRINT / 40S REST
45S SPRINT / 45S REST
60S SPRINT / 60S REST
45S SPRINT / 45S REST
20S SPRINT / 40S REST
10S SPRINT / 50S REST

# WEEK 07.

## ACCELERATION & MAX SPEED

10 x 60yds with slow walk back between each sprint

SPEED ENDURANCE PYRAMIDS
10S SPRINT / 50S REST
15S SPRINT / 45S REST
20S SPRINT / 40S REST
30S SPRINT / 30S REST
45S SPRINT / 45S REST
60S SPRINT / 60S REST
45S SPRINT / 45S REST

# WEEK 06.

## ACCELERATION & MAX SPEED

9 x 60yds with slow walk back between each sprint

SPEED ENDURANCE PYRAMIDS
15S SPRINT / 45S REST
20S SPRINT / 40S REST
30S SPRINT / 30S REST
45S SPRINT / 45S REST
60S SPRINT / 60S REST
45S SPRINT / 45S REST
30S SPRINT / 30S REST
20S SPRINT / 40S REST
15S SPRINT / 45S REST

# WEEK 08.

## ACCELERATION & MAX SPEED

10 x 60yds with slow walk back between each sprint

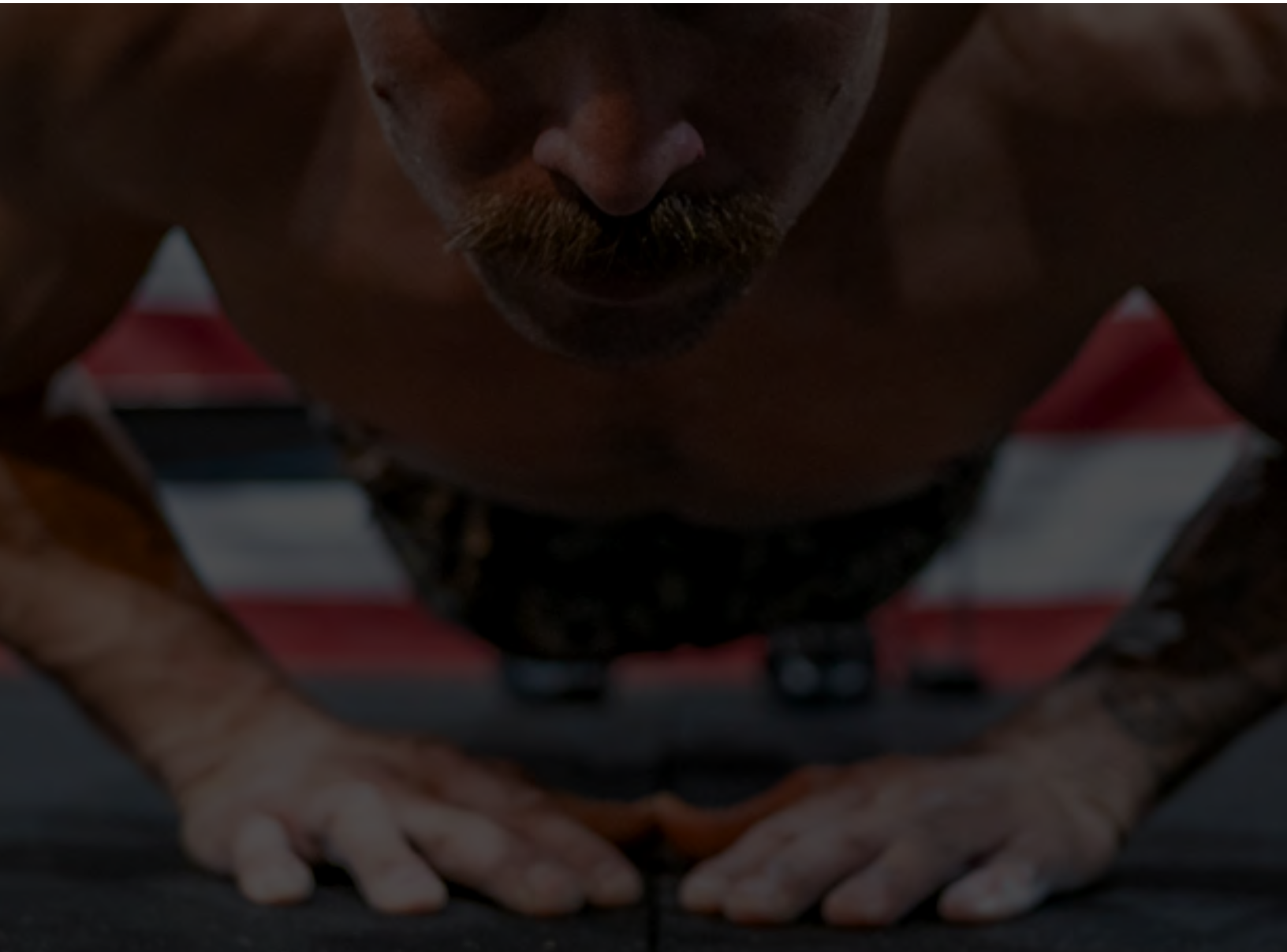
SPEED ENDURANCE PYRAMIDS
10S SPRINT / 50S REST
15S SPRINT / 45S REST
20S SPRINT / 40S REST
30S SPRINT / 30S REST
45S SPRINT / 45S REST
60S SPRINT / 60S REST
45S SPRINT / 45S REST
10S SPRINT / 50S REST

# HIIT SESSIONS

## HIIT (HIGH INTENSITY INTERVAL TRAINING) SESSIONS

**For your HIIT, you must complete one session per week.** What you decide to do will come down to you. We have created options to cover your personal preferences.

For each exercise, there are 2 different workouts to choose from. You only need to choose one workout from one exercise of your choice for your HIIT session. There are 8 options so you can challenge yourself to a new workout each week.





## JUMP ROPE

### WORKOUT OPTION 1

FOR THE LAST 15 SECONDS OF EACH ROUND MAKE SURE YOU USE MAX EFFORT.

2 MINS WORK / 30 SECS REST

REPEAT 6-8 TIMES

### WORKOUT OPTION 2

AIM TO DO DOUBLE UNDERS FOR THE WORK PERIODS AS MUCH AS POSSIBLE.

JUMP ROPE TABATA'S: TOTAL OF 8 MINUTES

20 SECS WORK / 10 SECS REST

### WORKOUT OPTION 3

JUMP ROPE PYRAMID:

50 – 100 – 150 – 200 – 150 – 100 – 50

PERFORM EACH NUMBER OF SKIPS FOLLOWED BY 30-60 SECONDS OF REST, THEN CONTINUE ALL THE WAY UP AND BACK DOWN. TO MAKE THIS MORE CHALLENGING, PERFORM EACH REP AS A DOUBLE UNDER.

### WORKOUT OPTION 3

JUMPING JACKS X 30 SECS

MOUNTAIN CLIMBERS X 30 SECS

SHOULDER TAPS X 30 SECS

REST X 30 SECS

REPEAT 4-5 TIMES

### WORKOUT OPTION 4

180 SQUAT JUMPS X 20 SECS

JUMPING JACKS X 40 SECS

TUCK JUMPS X 20 SECS

JUMPING JACKS X 40 SECS

LUNGE JUMPS X 20 SECS

JUMPING JACKS X 40 SECS

REST X 60 SECS

REPEAT 3-4 TIMES

### WORKOUT OPTION 5

HIGH KNEES RUNNING ON SPOT X 20 SECS

SHADOW BOXING X 40 SECS

KNUCKLE PUSH-UPS X 20 SECS

LEG RAISES X 40 SECS

REST 60 SECS

REPEAT 4-5 TIMES

## BODYWEIGHT

(PLATE CARRIER / BACKPACK CAN BE WORN)

### WORKOUT OPTION 1

BODYWEIGHT SQUAT X 25 / BEAR CRAWL X 40M/ REST 30 SECS

REPEAT 8-10 TIMES

### WORKOUT OPTION 2

BURPEE TABATA'S: TOTAL OF 8 MINUTES

20 SECONDS WORK / 10 SECS REST

TRAINING PHASE 1

# WEEKS 01-04

# WEEK 01.

## DAY 1. LOWER STRENGTH

EXERCISE	SETS & REPS
BULGARIAN SPLIT SQUAT	3 X 8 / EACH SIDE
SINGLE LEG ROMANIAN DL	3 X 10 / EACH SIDE
SINGLE LEG HIP BRIDGE	3 X 10 / EACH SIDE
SINGLE LEG CALF RAISE SUPERSET WITH, TIBIALIS RAISE	3 X 15 / EACH SIDE  3 X 15

CONDITIONING: FASTED LIC

## DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
WEIGHTED PUSH-UPS	3 X 15
NEUTRAL GRIP PULL-UPS	3 X MAX
HEADBANGER CHIN-UPS	3 X MAX
PIKE PUSH-UPS	3 X MAX
STABILITY BALL YTWL	3 X 8 / EACH WAY

CONDITIONING: HIIT

## DAY 3. CORE

EXERCISE	SETS & REPS
STABILITY BALL ROLLOUTS	3 X MAX REPS
BICYCLE CRUNCHES	3 X 15 / EACH SIDE
SIDE PLANK	2 X 30 SECONDS / EACH SIDE
STABILITY BALL CRUNCHES	2 X 30

## DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
BROAD JUMPS	3 X 3
HEELS RAISED GOBLET SQUATS	3 X 20
FROG GLUTE BRIDGES	3 X 25
STABILITY BALL LEG CURLS	3 X 20
REVERSE LUNGES W/ BAG ABOVE HEAD	3 X 10 / EACH SIDE

CONDITIONING: FASTED LIC

## WEEK 1 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

CONDITIONING: SPRINTS



# WEEK 01.

## DAY 5. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
HANDS RAISED EXPLOSIVE PUSH-UPS	3 X 8
DEEP PUSH-UPS	100 TOTAL REPS
PULL-UPS OR BAND PULL-DOWNS	50 TOTAL REPS
IRON CROSS	3 X 30 SECONDS

EXERCISE	SETS & REPS
CHAIR DIPS	3 X 20
BAND BICEP CURLS SUPERSET WITH, DIAMOND PUSH-UPS	3 X 20  3 X MAX REPS

CONDITIONING: FASTED LIC

## DAY 6. CONDITIONING

CONDITIONING: SPRINTS

## DAY 7. REST & RECOVER

TAKE A DAY TO REST, YOU'VE EARNED IT.

## WEEK 1 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

CONDITIONING: SPRINTS

# WEEK 02.

## DAY 1. LOWER STRENGTH

EXERCISE	SETS & REPS
BULGARIAN SPLIT SQUAT	4 X 8-12 / EACH SIDE
SINGLE LEG ROMANIAN DL	4 X 12 / EACH SIDE
SINGLE LEG HIP BRIDGE	4 X 12 / EACH SIDE
SINGLE LEG CALF RAISE SUPERSET WITH, TIBIALIS RAISE	3 X 15 / EACH SIDE  3 X 15

CONDITIONING: FASTED LIC

## DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
WEIGHTED PUSH-UPS	4 X 15
NEUTRAL GRIP PULL-UPS	4 X MAX
HEADBANGER CHIN-UPS	4 X MAX
PIKE PUSH-UPS	4 X MAX
STABILITY BALL YTWL	3 X 8 / EACH MOVEMENT

CONDITIONING: HIIT

## DAY 3. CORE

EXERCISE	SETS & REPS
STABILITY BALL ROLLOUTS	3 X MAX REPS
BICYCLE CRUNCHES	3 X 20 / EACH SIDE
SIDE PLANK	2 X 45 SECONDS / EACH SIDE
STABILITY BALL CRUNCHES	2 X 35

## DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
BROAD JUMPS	3 X 3
HEELS RAISED GOBLET SQUATS	3 X 25
FROG GLUTE BRIDGES	3 X 30
STABILITY BALL LEG CURLS	3 X 25
REVERSE LUNGES W/ BAG ABOVE HEAD	3 X 10 / EACH SIDE

CONDITIONING: FASTED LIC

## WEEK 2 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

CONDITIONING: SPRINTS

# WEEK 02.

## DAY 5. UPPER POWER & VOLUME

EXERCISE
HANDS RAISED EXPLOSIVE PUSH-UPS
DEEP PUSH-UPS
PULL-UPS OR BAND PULL-DOWNS
IRON CROSS

SETS & REPS
3 X 8
125 TOTAL REPS
60 TOTAL REPS
3 X 45 SECONDS

EXERCISE
CHAIR DIPS
BAND BICEP CURLS SUPERSET WITH, DIAMOND PUSH-UPS

SETS & REPS
3 X 25
3 X 25
3 X MAX REPS

## DAY 6. CONDITIONING

CONDITIONING: SPRINTS

## DAY 7. REST & RECOVER

TAKE A DAY TO REST, YOU'VE EARNED IT.

## WEEK 2 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

CONDITIONING: SPRINTS



A background image of two soldiers in a gym. The soldier on the left is wearing a black t-shirt and camouflage shorts, looking forward. The soldier on the right is wearing a grey t-shirt, a tactical vest, and a cap, looking down. They are standing in front of gym equipment. The image is darkened to make the text stand out.

”

**A PINT OF SWEAT,  
WILL SAVE A  
GALLON OF BLOOD.**

— GEN. GEORGE S. PATTON

**HTK**

# WEEK 03.

## DAY 1. LOWER STRENGTH

EXERCISE	SETS & REPS
BULGARIAN SPLIT SQUAT	5 X 8-12 / EACH SIDE
SINGLE LEG ROMANIAN DL	5 X 12-15 / EACH SIDE
SINGLE LEG HIP BRIDGE	5 X 12-15 / EACH SIDE
SINGLE LEG CALF RAISE SUPERSET WITH, TIBIALIS RAISE	3 X 15 / EACH SIDE  3 X 15

CONDITIONING: FASTED LIC

## DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
WEIGHTED PUSH-UPS	5 X 20
NEUTRAL GRIP PULL-UPS	5 X MAX
HEADBANGER CHIN-UPS SUPERSET WITH, PIKE PUSH-UPS	4 X MAX  4 X MAX
STABILITY BALL YTWL	3 X 8 / EACH MOVEMENT

CONDITIONING: HIIT

## DAY 3. CORE

EXERCISE	SETS & REPS
PLANK	3 X 60 SECONDS
4 COUNT FLUTTERKICKS	3 X 10
DEAD BUGS	3 X 30 SECONDS
CANNONBALL CRUNCHES	2 X 20

## DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
BROAD JUMPS	3 X 3
HEELS RAISED GOBLET SQUATS	4 X 20
FROG GLUTE BRIDGES	4 X 25
STABILITY BALL LEG CURLS	4 X 20
REVERSE LUNGES W/ BAG ABOVE HEAD	3 X 10 / EACH SIDE

CONDITIONING: FASTED LIC

## WEEK 3 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

CONDITIONING: SPRINTS



# WEEK 03.

## DAY 5. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
HANDS RAISED EXPLOSIVE PUSH-UPS	3 X 8
DEEP PUSH-UPS	150 TOTAL REPS
PULL-UPS OR BAND PULL-DOWNS	70 TOTAL REPS
IRON CROSS	4 X 30 SECONDS

EXERCISE	SETS & REPS
CHAIR DIPS	4 X 20
BAND BICEP CURLS SUPERSET WITH, DIAMOND PUSH-UPS	4 X 20  4 X MAX REPS

## DAY 6. CONDITIONING

CONDITIONING: SPRINTS

## DAY 7. REST & RECOVER

TAKE A DAY TO REST, YOU'VE EARNED IT.

## WEEK 3 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

CONDITIONING: SPRINTS



# WEEK 04.

## DAY 1. LOWER STRENGTH

EXERCISE	SETS & REPS
BULGARIAN SPLIT SQUAT	5 X 8-12 / EACH SIDE
SINGLE LEG ROMANIAN DL	5 X 15 / EACH SIDE
SINGLE LEG HIP BRIDGE	5 X 15 / EACH SIDE
SINGLE LEG CALF RAISE SUPERSET WITH, TIBIALIS RAISE	3 X 15 / EACH SIDE  3 X 15

CONDITIONING: FASTED LIC

## DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
WEIGHTED PUSH-UPS	5 X 20
NEUTRAL GRIP PULL-UPS	5 X MAX
HEADBANGER CHIN-UPS SUPERSET WITH, PIKE PUSH-UPS	4 X MAX  4 X MAX
STABILITY BALL YTWL	3 X 8 / EACH MOVEMENT

CONDITIONING: HIIT

## DAY 3. CORE

EXERCISE	SETS & REPS
PLANK	3 X 75 SECONDS
4 COUNT FLUTTERKICKS	3 X 15
DEAD BUGS	3 X 40 SECONDS
CANNONBALL CRUNCHES	2 X 25

## DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
BROAD JUMPS	3 X 3
HEELS RAISED GOBLET SQUATS	4 X 25
FROG GLUTE BRIDGES	4 X 30
STABILITY BALL LEG CURLS	4 X 25
REVERSE LUNGES W/ BAG ABOVE HEAD	3 X 10 / EACH SIDE

CONDITIONING: FASTED LIC

## WEEK 4 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

CONDITIONING: SPRINTS

# WEEK 04.

## DAY 5. UPPER POWER & VOLUME

EXERCISE	SETS & REPS	EXERCISE	SETS & REPS
HANDS RAISED EXPLOSIVE PUSH-UPS	3 X 8	CHAIR DIPS	5 X 20
DEEP PUSH-UPS	175 TOTAL REPS	BAND BICEP CURLS SUPERSET WITH, DIAMOND PUSH-UPS	5 X 20
PULL-UPS OR BAND PULL-DOWNS	75 TOTAL REPS		5 X MAX REPS
IRON CROSS	4 X 45 SECONDS		

## DAY 6. CONDITIONING

CONDITIONING: SPRINTS

## DAY 7. REST & RECOVER

TAKE A DAY TO REST, YOU'VE EARNED IT.

## WEEK 4 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

CONDITIONING: SPRINTS

TRAINING PHASE 2

WEEKS  
05-08



# WEEK 05.

## DAY 1. LOWER STRENGTH

EXERCISE	SETS & REPS
GOBLET WALKING LUNGES	3 X 10 / EACH SIDE
BAND ROMANIAN DL SUPERSET WITH, WALL SITS	3 X 15 3 X 30 SECONDS
SINGLE LEG HIP BRIDGE	3 X 15 / EACH SIDE
SINGLE LEG CALF RAISE SUPERSET WITH, TIBIALIS RAISE	3 X 15 / EACH SIDE 3 X 15

CONDITIONING: FASTED LIC

## DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
FEET RAISED WEIGHTED PUSH-UPS	3 X 15
OVERHAND GRIP PULL-UPS	3 X MAX REPS
SINGLE ARM BAND CURLS SUPERSET WITH, SPHINX PUSH-UPS	3 X 21 (7/7/7) / EACH SIDE 3 X MAX REPS
STABILITY BALL YTWL	3 X 10 / EACH WAY

CONDITIONING: HIIT

## DAY 3. CORE

EXERCISE	SETS & REPS
PLANK WALK UPS	3 X 30-45 SECONDS
BAND KNEELING WOODCHOP	3 X 15 / EACH SIDE
BAND SIDE RAISES	2 X 20 / EACH SIDE
BUTTERFLY SIT-UPS	2 X 20

## DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
SQUAT JUMPS	3 X 8
BULGARIAN SPLIT SQUATS	3 X 20 / EACH SIDE
SINGLE LEG ROMANIAN DL	3 X 20 / EACH SIDE
HEELS RAISED GOBLET SQUATS	3 X MAX REPS
STABILITY BALL LEG CURLS SUPERSET WITH, FROG GLUTE BRIDGES	3 X 20 3 X MAX REPS

CONDITIONING: FASTED LIC

## WEEK 5 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

# WEEK 05.

## DAY 5. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
EXPLOSIVE PUSH-UPS	3 X 8
BAND PUSH-UPS	100 TOTAL REPS
BAND ONE ARM ROWS	50 TOTAL REPS / EACH SIDE
CHAIR DIPS	3 X 20

EXERCISE	SETS & REPS
SHOULDER TAPS SUPERSET WITH, LYING STATIC T HOLD	3 X 20 SECONDS 3 X 20 SECONDS
BAND HAMMER CURLS SUPERSET WITH, BAND TRICEPS PUSHDOWNS	3 X 20 3 X MAX REPS

## DAY 6. CONDITIONING

CONDITIONING: SPRINTS

## DAY 7. REST & RECOVER

TAKE A DAY TO REST, YOU'VE EARNED IT.

## WEEK 5 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

# WEEK 06.

## DAY 1. LOWER STRENGTH

EXERCISE	SETS & REPS
GOBLET WALKING LUNGES	4 X 12 / EACH SIDE
BAND ROMANIAN DL SUPERSET WITH, WALL SITS	4 X 15 4 X 30 SECONDS
SINGLE LEG HIP BRIDGE	3 X 15-20 / EACH SIDE
SINGLE LEG CALF RAISE SUPERSET WITH, TIBIALIS RAISE	3 X 15-20 / EACH SIDE 3 X 15-20

CONDITIONING: FASTED LIC

## DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
FEET RAISED WEIGHTED PUSH-UPS	4 X 15-20
OVERHAND GRIP PULL-UPS	4 X MAX REPS
SINGLE ARM BAND CURLS SUPERSET WITH, SPHINX PUSH-UPS	4 X 21 (7/7/7) / EACH SIDE 4 X MAX REPS
STABILITY BALL YTWL	3 X 12 / EACH WAY

CONDITIONING: HIIT

## DAY 3. CORE

EXERCISE	SETS & REPS
PLANK WALK UPS	3 X 45-60 SECONDS
BAND KNEELING WOODCHOP	3 X 15-20 / EACH SIDE
BAND SIDE RAISES	2 X 25 / EACH SIDE
BUTTERFLY SIT-UPS	2 X 25

## DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
SQUAT JUMPS	3 X 8
BULGARIAN SPLIT SQUATS	4 X 20 / EACH SIDE
SINGLE LEG ROMANIAN DL	4 X 20 / EACH SIDE
HEELS RAISED GOBLET SQUATS	4 X MAX REPS
STABILITY BALL LEG CURLS SUPERSET WITH, FROG GLUTE BRIDGES	3 X 20 3 X MAX REPS

CONDITIONING: FASTED LIC

## WEEK 6 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT



# WEEK 06.

## DAY 5. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
EXPLOSIVE PUSH-UPS	3 X 8
BAND PUSH-UPS	125 TOTAL REPS
BAND ONE ARM ROWS	60 TOTAL REPS / EACH SIDE
CHAIR DIPS	3 X 25

EXERCISE	SETS & REPS
SHOULDER TAPS SUPERSET WITH, LYING STATIC T HOLD	3 X 25 SECONDS 3 X 25 SECONDS
BAND HAMMER CURLS SUPERSET WITH, BAND TRICEPS PUSHDOWNS	3 X 25 3 X MAX REPS

## DAY 6. CONDITIONING

CONDITIONING: SPRINTS

## DAY 7. REST & RECOVER

TAKE A DAY TO REST, YOU'VE EARNED IT.

## WEEK 6 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

A silhouette of a person running over a pile of tires at sunset. The person is in the center, running towards the right. The background is a warm, orange and yellow sunset sky. The tires are in the foreground, creating a sense of motion and effort.

”

WINNING

IS NOT EVERYTHING,  
BUT WANTING  
TO WIN IS.

— VINCE LOMBARDI

HTK

# WEEK 07.

## DAY 1. LOWER STRENGTH

EXERCISE	SETS & REPS
GOBLET WALKING LUNGES	4 X 15 / EACH SIDE
BAND ROMANIAN DL SUPERSET WITH, WALL SITS	4 X 15-20 4 X 40 SECONDS
SINGLE LEG HIP BRIDGE	3 X 20 / EACH SIDE
SINGLE LEG CALF RAISE SUPERSET WITH, TIBIALIS RAISE	3 X 20 / EACH SIDE 3 X 20

CONDITIONING: FASTED LIC

## DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
FEET RAISED WEIGHTED PUSH-UPS	4 X 20
OVERHAND GRIP PULL-UPS	4 X MAX REPS
SINGLE ARM BAND CURLS SUPERSET WITH, SPHINX PUSH-UPS	4 X 21 (7/7/7) / EACH SIDE 4 X MAX REPS
STABILITY BALL YTWL	3 X 12-15 / EACH WAY

CONDITIONING: HIIT

## DAY 3. CORE

EXERCISE	SETS & REPS
DEAD BUGS	3 X 30-45 SECONDS
RUSSIAN TWISTS	3 X 15 / EACH SIDE
HIP DIP PLANKS	2 X 15 / EACH SIDE
STABILITY BALL CRUNCHES	2 X 30

## DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
SQUAT JUMPS	3 X 8
BULGARIAN SPLIT SQUATS	4 X 20-25 / EACH SIDE
SINGLE LEG ROMANIAN DL	4 X 20-25 / EACH SIDE
HEELS RAISED GOBLET SQUATS	4 X MAX REPS
STABILITY BALL LEG CURLS SUPERSET WITH, FROG GLUTE BRIDGES	4 X 20 4 X MAX REPS

CONDITIONING: FASTED LIC

## WEEK 7 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT



# WEEK 07.

## DAY 4. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
EXPLOSIVE PUSH-UPS	3 X 8
BAND PUSH-UPS	150 TOTAL REPS
BAND ONE ARM ROWS	70 TOTAL REPS / EACH SIDE
CHAIR DIPS	3 X 30

EXERCISE	SETS & REPS
SHOULDER TAPS SUPERSET WITH, LYING STATIC T HOLD	3 X 30 SECONDS 3 X 30 SECONDS
BAND HAMMER CURLS SUPERSET WITH, BAND TRICEPS PUSHDOWNS	3 X 30 3 X MAX REPS

## DAY 6. CONDITIONING

CONDITIONING: SPRINTS

## DAY 7. REST & RECOVER

TAKE A DAY TO REST, YOU'VE EARNED IT.

## WEEK 7 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

# WEEK 08.

## DAY 1. LOWER STRENGTH

EXERCISE	SETS & REPS
GOBLET WALKING LUNGES	4 X 15-20 / EACH SIDE
BAND ROMANIAN DL SUPERSET WITH, WALL SITS	4 X 15-20 4 X 45 SECONDS
SINGLE LEG HIP BRIDGE	3 X 20-25 / EACH SIDE
SINGLE LEG CALF RAISE SUPERSET WITH, TIBIALIS RAISE	3 X 20-25 / EACH SIDE 3 X 20-25

CONDITIONING: FASTED LIC

## DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
FEET RAISED WEIGHTED PUSH-UPS	5 X 20
OVERHAND GRIP PULL-UPS	5 X MAX REPS
SINGLE ARM BAND CURLS SUPERSET WITH, SPHINX PUSH-UPS	4 X 21 (7/7/7) / EACH SIDE 4 X MAX REPS
STABILITY BALL YTWL	3 X 15 / EACH WAY

CONDITIONING: HIIT

## DAY 3. CORE

EXERCISE	SETS & REPS
DEAD BUGS	3 X 45-60 SECONDS
RUSSIAN TWISTS	3 X 20 / EACH SIDE
HIP DIP PLANKS	2 X 20 / EACH SIDE
STABILITY BALL CRUNCHES	2 X 35

## DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
SQUAT JUMPS	3 X 8
BULGARIAN SPLIT SQUATS	4 X 25 / EACH SIDE
SINGLE LEG ROMANIAN DL	4 X 25 / EACH SIDE
HEELS RAISED GOBLET SQUATS	4 X MAX REPS
STABILITY BALL LEG CURLS SUPERSET WITH, FROG GLUTE BRIDGES	4 X 20 4 X MAX REPS

CONDITIONING: FASTED LIC

## WEEK 8 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

# WEEK 08.

## DAY 4. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
EXPLOSIVE PUSH-UPS	3 X 8
BAND PUSH-UPS	175 TOTAL REPS
BAND ONE ARM ROWS	75 TOTAL REPS / EACH SIDE
CHAIR DIPS	3 X 30-35

EXERCISE	SETS & REPS
SHOULDER TAPS SUPERSET WITH, LYING STATIC T HOLD	3 X 30-40 SECONDS 3 X 30-40 SECONDS
BAND HAMMER CURLS SUPERSET WITH, BAND TRICEPS PUSHDOWNS	3 X 30-35 3 X MAX REPS

## DAY 6. CONDITIONING

CONDITIONING: SPRINTS

## DAY 7. REST & RECOVER

TAKE A DAY TO REST, YOU'VE EARNED IT.

## WEEK 8 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT



EXERCISES WORKOUT 1	WEEK #: DATE:	WEEK #: DATE:	WEEK #: DATE:	WEEK #: DATE:
WORKOUT 2	DATE:	DATE:	DATE:	DATE:
WORKOUT 3	DATE:	DATE:	DATE:	DATE:
WORKOUT 4	DATE:	DATE:	DATE:	DATE:
WORKOUT 5	DATE:	DATE:	DATE:	DATE:
WORKOUT 6	DATE:	DATE:	DATE:	DATE:

EXERCISES WORKOUT 1	WEEK #: DATE:	WEEK #: DATE:	WEEK #: DATE:	WEEK #: DATE:
WORKOUT 2	DATE:	DATE:	DATE:	DATE:
WORKOUT 3	DATE:	DATE:	DATE:	DATE:
WORKOUT 4	DATE:	DATE:	DATE:	DATE:
WORKOUT 5	DATE:	DATE:	DATE:	DATE:
WORKOUT 6	DATE:	DATE:	DATE:	DATE:

# CONCLUSION

## BUILT DIFFERENT 8 WEEK TRAINING PROGRAM

**Congratulations on making it through these last 8-weeks of your Built Different transformation program!**

You will be able to look in the mirror now proud of what you see & how far you've come. You are now, and always will be a vital part of the HTK Fitness Tribe. The journey you are on doesn't stop here. It is a part of who you are.

Keep striving to go further and pushing forward every day. We will make sure we're here right alongside you.

**"A warrior is worthless unless he rises above others and stands strong in the midst of a storm."**



All our other training plans can be found up on our site at [www.hardtokillfitness.co](http://www.hardtokillfitness.co)  
For any other questions or help with your training, feel free to reach out to me at [support@hardtokillfitness.co](mailto:support@hardtokillfitness.co)

## DISCLAIMER

Copyright © 2021 by Hard to Kill Fitness Limited.

*This publication is entitled to the full protections given by the Copyright Act 1994. Except as provided by that Act, no part of this publication may be reproduced, copied or used in any manner whatsoever without the prior, written and express consent of the copyright owner.*

**DISCLAIMER:** Participation in any exercise program involves the risk of physical injury. You are strongly encouraged to consult with your doctor before beginning this program. Your engagement with this program is at your own risk and, by so engaging, you agree that, to the extent the law permits, you will assume all risk of injury to yourself and release and discharge Hard to Kill Fitness (and its agents and employees) from any and all claims or causes of action arising from your engagement with the program.



ИТК

