



HTK

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GYM BASED

BUILT DIFFERENT

8-WEEK TRAINING PLAN



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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.

Both this gym program and your home program are designed to work in together so you can move between the two, performing workouts from each and still see the same great results. The reasoning behind this is I know for many of you even though your gyms may be open, you can only attend a few days a week so being able to move from one program to the other with ease takes away any excuses!

You can also combine these programs for 16 weeks of training focusing more on strength & mass with the gym program then moving into a greater focus on fat loss & conditioning with the home program.

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 & ARMS SPECIALIZATION
DAY 4	LOWER POWER & VOLUME / FASTED LIC
DAY 5	UPPER POWER & VOLUME
DAY 6	SPRINTS & ARMS SPECIALIZATION
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 (with the exception of your strength sets), 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.

STRENGTH SETS WARM-UP

EXAMPLE: DEADLIFT

15-20 REPS WITH AN EMPTY BAR

6 REPS AT 60% 1 RM (REP MAX)

4 REPS AT 70% 1 RM

2 REPS AT 85% 1 RM

The first exercise on your strength days is performed as a reverse pyramid, which means you are going in with your heaviest set first. Because of this it is important that you do an additional exercise specific warmup to get your body prepared.

Before your max strength exercise, perform 4-warm up sets, starting out light and progressively building up. These sets shouldn't be difficult and are used to warm-up and fire up your central nervous system for what's to come. Keep rest periods to 90 seconds.

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 machine pull-downs or DB chest press with weighted push-ups.

We have kept the equipment you need basic to fit a garage gym but if you have access to a commercial gym, DB or BB exercises can be replaced with the corresponding Hammer strength machine.

REST PERIODS

For the heavy strength sets where there are % noted, you need to be resting 2-3 minutes between sets to allow for full recovery. For all other 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.

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.

ABBREVIATIONS

Most exercises are written in full however we have abbreviated Barbell as BB & Dumbbell as DB.

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.

HOW HEAVY SHOULD MY WEIGHTS BE?

You should be choosing weights that cause you to fail on the last repetition of each set.

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 & equipment and to keep these sessions interesting.

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.

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

BOXING

WORKOUT OPTION 1

AIM FOR CONTINUOUS PUNCHES, DON'T WORRY ABOUT POWER.

1 MIN WORK / 1 MIN REST

REPEAT 10-12 TIMES

WORKOUT OPTION 2

AIM FOR POWER SHOTS AND MAX EFFORT WHILE WORKING.

15 SECS WORK / 45 SECS REST

REPEAT 10-12 TIMES

BATTLE ROPES

WORKOUT OPTION 1

BATTLE ROPE TABATA'S: TOTAL OF 8 MINUTES

20 SECS WORK / 10 SECS REST

WORKOUT OPTION 2

AIM FOR CONTINUOUS MOVEMENT WHILE SWITCHING UP YOUR TECHNIQUE
(2 HAND SLAMS, ALTERNATE ARM WAVES, SIDE TO SIDE WAVES ETC)

1 MIN WORK / 1 MIN REST

REPEAT 10-12 TIMES

ROWING

WORKOUT OPTION 1

AIM TO COMPLETE IN UNDER 4 MINUTES. THE GOAL IS
TO BET YOUR TIME WITH EACH ROUND.

ROW 1000M / REST 1 MIN

REPEAT 2-3 TIMES

WORKOUT OPTION 2

ROWING TABATA'S: TOTAL OF 8 MINUTES

20 SECS WORK / 10 SECS REST

SLEDWORK

WORKOUT OPTION 1

8-10 INTERVALS OF SLED DRAGS FOR 15-30 SECS AT 100% EFFORT

RECOVERY: WALK FOR 60-90 SECS BETWEEN

WORKOUT OPTION 2

8-10 INTERVALS OF SLED PUSHES FOR 15-30 SECS AT 100% EFFORT

RECOVERY: WALK FOR 60-90 SECS BETWEEN

BODYWEIGHT

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 SECS WORK / 10 SECS REST

ASSAULT BIKE

WORKOUT OPTION 1

THERE WILL BE NO COMPLETE REST, JUST DIFFERING INTENSITIES HERE

15 SECS HARD WORK / 45 SECS EASY WORK

REPEAT 10-12 TIMES

WORKOUT OPTION 2

WITH EACH ROUND, AIM TO BEAT YOUR PREVIOUS TIME.

BIKE 1 MILE / REST 1 MINUTE

REPEAT 3-4 TIMES

SLEDGEHAMMER

WORKOUT OPTION 1

ALTERNATE LEFT AND RIGHT DIAGONAL OVERHEAD STRIKES

20 SECS WORK / 40 SECS REST

REPEAT 10-12 TIMES

WORKOUT OPTION 2

SLEDGEHAMMER TABATA'S: TOTAL OF 8 MINUTES

20 SECS WORK / 10 SECS REST

TRAINING PHASE 1

WEEKS
01-04

WEEK 01.

DAY 1. LOWER STRENGTH

EXERCISE	SETS & REPS
BB DEADLIFTS RPT	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
HEELS RAISED DB GOBLET SQUAT	3 X 8-12
BB PAUSED HIP BRIDGE (3 SEC PAUSE AT TOP)	3 X 8-12
SINGLE LEG CALF RAISES	3 X 8-15
TIBIALIS RAISES	3 X 15-20
MED BALL SLAMS	3 X 15-20

CONDITIONING: FASTED LIC

DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
BB FLAT BENCH PRESS	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
BB CLEAN & PRESS	3 X 6-8
INVERTED ROWS	3 X MAX REPS
3-WAY DELT RAISE	3 X 6-8 (EACH WAY)
INCLINE HAMMER CURLS	3 X 8-12
TRAP3 RAISE	3 X 12-15

CONDITIONING: HIIT

DAY 3. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
SEATED INCLINE DB CURL SUPERSET WITH, TRICEP DIPS	4 X 8 4 X 8
REVERSE CURL SUPERSET WITH, BAND PUSHDOWNS	4 X 20 4 X 20

DAY 3. CORE

BB ROLLOUTS	3 X MAX REPS
DB RUSSIAN TWISTS	3 X 15 / EACH SIDE
PLATE ARCHES	2 X 15 / EACH SIDE
STABILITY BALL CRUNCHES	2 X 30

DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
SQUAT JUMPS	3 X 8
BB HIGH BAR BACK SQUATS	5 X 10
DB ROMANIAN DL	4 X 10
DB GOBLET WALKING LUNGES	4 X 15 / EACH LEG
STABILITY BALL LEG CURLS	3 X 15
3 SECOND PAUSED SUPERMAN'S	3 X 15

CONDITIONING: FASTED LIC

WEEK 01.

DAY 5. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
EXPLOSIVE PUSH-UPS	3 X 8
DB INCLINE BENCH PRESS SUPERSET WITH, PULL-UPS / PULL-DOWNS	5 X 10 5 X 6-10
DB ONE ARM ROWS	3 X 10 / EACH SIDE
DB OVERHEAD PRESS	2 X 15
WIDE DIPS	2 X 15
FARMERS WALK INTO SHRUGS	3 X 30M W/ REP OUT TO FINISH
BB CURLS SUPERSET WITH, SPHINX PUSH-UPS	2 X 21 (7/7/7) 2 X MAX REPS

DAY 6. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
SEATED INCLINE DB CURL SUPERSET WITH, TRICEP DIPS	4 X 8 4 X 8
REVERSE CURL SUPERSET WITH, BAND PUSHDOWNS	4 X 20 4 X 20

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
BB DEADLIFTS RPT	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
HEELS RAISED DB GOBLET SQUAT	4 X 8-12
BB PAUSED HIP BRIDGE (3 SEC PAUSE AT TOP)	4 X 8-12
SINGLE LEG CALF RAISES	3 X 8-15
TIBIALIS RAISES	3 X 15-20
MED BALL SLAMS	3 X 15-20

CONDITIONING: FASTED LIC

DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
BB FLAT BENCH PRESS	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
BB CLEAN & PRESS	4 X 6-8
INVERTED ROWS	4 X MAX REPS
3-WAY DELT RAISE	3 X 6-8 (EACH WAY)
INCLINE HAMMER CURLS	3 X 8-12
TRAP3 RAISE	3 X 12-15

CONDITIONING: HIIT

DAY 3. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
SEATED INCLINE DB CURL SUPERSET WITH, TRICEP DIPS	4 X 8 4 X 8
REVERSE CURL SUPERSET WITH, BAND PUSHDOWNS	4 X 20 4 X 20

DAY 3. CORE

BB ROLLOUTS	3 X MAX REPS
DB RUSSIAN TWISTS	3 X 15 / EACH SIDE
PLATE ARCHES	2 X 15 / EACH SIDE
STABILITY BALL CRUNCHES	2 X 30

DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
SQUAT JUMPS	3 X 8
BB HIGH BAR BACK SQUATS	6 X 10
DB ROMANIAN DL	4 X 12
DB GOBLET WALKING LUNGES	4 X 15 / EACH LEG
STABILITY BALL LEG CURLS	3 X 15
3 SECOND PAUSED SUPERMAN'S	3 X 15

CONDITIONING: FASTED LIC

WEEK 02.

DAY 5. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
EXPLOSIVE PUSH-UPS	3 X 8
DB INCLINE BENCH PRESS SUPERSET WITH, PULL-UPS / PULL-DOWNS	6 X 10 6 X 6-10
DB ONE ARM ROWS	3 X 12 / EACH SIDE
DB OVERHEAD PRESS	3 X 15
WIDE DIPS	3 X 15
FARMERS WALK INTO SHRUGS	3 X 30M W/ REP OUT TO FINISH
BB CURLS SUPERSET WITH, SPHINX PUSH-UPS	2 X 21 (7/7/7) 2 X MAX REPS

DAY 6. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
SEATED INCLINE DB CURL SUPERSET WITH, TRICEP DIPS	4 X 8 4 X 8
REVERSE CURL SUPERSET WITH, BAND PUSHDOWNS	4 X 20 4 X 20

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

”

THE MORE YOU
SWEAT IN TRAINING,
THE LESS YOU WILL
BLEED IN BATTLE.

— RICHARD MARCINKO

HTK

WEEK 03.

DAY 1. LOWER STRENGTH

EXERCISE	SETS & REPS
BB DEADLIFTS RPT	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
HEELS RAISED DB GOBLET SQUAT	4 X 6-10
BB PAUSED HIP BRIDGE (3 SEC PAUSE AT TOP)	4 X 6-10
SINGLE LEG CALF RAISES	3 X 8-15
TIBIALIS RAISES	3 X 15-20
MED BALL SLAMS	3 X 15-20

CONDITIONING: FASTED LIC

DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
BB FLAT BENCH PRESS	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
BB CLEAN & PRESS	4 X 5-7
INVERTED ROWS	4 X MAX REPS
3-WAY DELT RAISE	3 X 6-8 (EACH WAY)
INCLINE HAMMER CURLS	3 X 8-12
TRAP3 RAISE	3 X 12-15

CONDITIONING: HIIT

DAY 3. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
BB DRAG CURL SUPERSET WITH, BB CLOSE GRIP PRESS	4 X 12 4 X 12
ALTERNATE ARM DB CURL SUPERSET WITH, DB OVERHEAD EXTENSION	4 X 10 / EACH ARM 4 X 20

DAY 3. CORE

WEIGHTED PLANK	3 X 60 SECONDS
BAND ROTATIONS	3 X 15 / EACH SIDE
DEADBUGS	3 X 30 SECONDS
BAND CRUNCHES	2 X 50

DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
SQUAT JUMPS	3 X 8
BB HIGH BAR BACK SQUATS	7 X 10
DB ROMANIAN DL	4 X 15
DB GOBLET WALKING LUNGES	4 X 15 / EACH LEG
STABILITY BALL LEG CURLS	3 X 15
3 SECOND PAUSED SUPERMAN'S	3 X 15

CONDITIONING: FASTED LIC

WEEK 03.

DAY 5. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
EXPLOSIVE PUSH-UPS	3 X 8
DB INCLINE BENCH PRESS SUPERSET WITH, PULL-UPS / PULL-DOWNS	7 X 10 7 X 6-10
DB ONE ARM ROWS	4 X 12 / EACH SIDE
DB OVERHEAD PRESS	3 X 15
WIDE DIPS	3 X 15
FARMERS WALK INTO SHRUGS	3 X 30M W/ REP OUT TO FINISH
BB CURLS SUPERSET WITH, SPHINX PUSH-UPS	2 X 21 (7/7/7) 2 X MAX REPS

DAY 6. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
BB DRAG CURL SUPERSET WITH, BB CLOSE GRIP PRESS	4 X 12 4 X 12
ALTERNATE ARM DB CURL SUPERSET WITH, DB OVERHEAD EXTENSION	4 X 10 / EACH ARM 4 X 20

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
BB DEADLIFTS RPT	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
HEELS RAISED DB GOBLET SQUAT	5 X 6-10
BB PAUSED HIP BRIDGE (3 SEC PAUSE AT TOP)	5 X 6-10
SINGLE LEG CALF RAISES	3 X 8-15
TIBIALIS RAISES	3 X 15-20
MED BALL SLAMS	3 X 15-20

CONDITIONING: FASTED LIC

DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
BB FLAT BENCH PRESS	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
BB CLEAN & PRESS	5 X 5-7
INVERTED ROWS	5 X MAX REPS
3-WAY DELT RAISE	3 X 6-8 (EACH WAY)
INCLINE HAMMER CURLS	3 X 8-12
TRAP3 RAISE	3 X 12-15

CONDITIONING: HIIT

DAY 3. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
BB DRAG CURL SUPERSET WITH, BB CLOSE GRIP PRESS	4 X 12 4 X 12
ALTERNATE ARM DB CURL SUPERSET WITH, DB OVERHEAD EXTENSION	4 X 10 / EACH ARM 4 X 20

DAY 3. CORE

WEIGHTED PLANK	3 X 60 SECONDS
BAND ROTATIONS	3 X 15 / EACH SIDE
DEADBUGS	3 X 30 SECONDS
BAND CRUNCHES	2 X 50

DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
SQUAT JUMPS	3 X 8
BB HIGH BAR BACK SQUATS	8 X 10
DB ROMANIAN DL	4 X 15-20
DB GOBLET WALKING LUNGES	4 X 15 / EACH LEG
STABILITY BALL LEG CURLS	3 X 15
3 SECOND PAUSED SUPERMAN'S	3 X 15

CONDITIONING: FASTED LIC

WEEK 04.

DAY 5. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
EXPLOSIVE PUSH-UPS	3 X 8
DB INCLINE BENCH PRESS SUPERSET WITH, PULL-UPS / PULL-DOWNS	8 X 10 8 X 6-10
DB ONE ARM ROWS	4 X 15 / EACH SIDE
DB OVERHEAD PRESS	3 X 15
WIDE DIPS	3 X 15
FARMERS WALK INTO SHRUGS	3 X 30M W/ REP OUT TO FINISH
BB CURLS SUPERSET WITH, SPHINX PUSH-UPS	2 X 21 (7/7/7) 2 X MAX REPS

DAY 6. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
BB DRAG CURL SUPERSET WITH, BB CLOSE GRIP PRESS	4 X 12 4 X 12
ALTERNATE ARM DB CURL SUPERSET WITH, DB OVERHEAD EXTENSION	4 X 10 / EACH ARM 4 X 20

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
BB BACK SQUAT	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
BB STIFF LEGGED DL	3 X 8-12
DB FRONT FOOT RAISED STATIC LUNGE	3 X 8-12 / EACH SIDE
DB SINGLE LEG HIP BRIDGE	3 X 8-12 / EACH SIDE
CALF RAISE SUPERSET WITH, TIBIALIS RAISE	3 X 8-15 3 X 15-20

CONDITIONING: FASTED LIC

DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
BB INCLINE BENCH PRESS	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
BB OVERHEAD PRESS	3 X 6-8
RING / TRX ROWS WITH PAUSE AT TOP	3 X MAX REPS
DB SEATED 3-WAY DELT RAISE	3 X 8-10 (EACH WAY)
DB ZOTTMAN CURLS	3 X 8-12
DB EXTERNAL ROTATIONS	3 X 12-15

CONDITIONING: HIIT

DAY 3. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
CLOSE GRIP EZ-BAR CURL SUPERSET WITH, SEATED EZ-BAR FRENCH PRESS	4 X 8 4 X 8
DB CROSS BODY HAMMER CURL SUPERSET WITH, SPHINX PUSH-UPS	4 X 20 / EACH SIDE 4 X 20

DAY 3. CORE

BB ROLLOUTS SUPERSET WITH, BIRD-DOGS	3 X MAX REPS 3 X 10 / EACH SIDE
L-SIT SUPERSET WITH, DB STRAIGHT ARM CRUNCHES	3 X 20 SECONDS 3 X 25

DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
BROAD JUMPS	3 X 3
BB DEADLIFT	5 X 10
DB HEELS RAISED GOBLET SQUATS	4 X 10-12
DB SINGLE LEG ROMANIAN DEADLIFT	4 X 12 / EACH SIDE
STABILITY BALL LEG CURLS	3 X 15
QL RAISES	3 X 15

CONDITIONING: FASTED LIC

WEEK 05.

DAY 5. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
IN & OUT EXPLOSIVE PUSH-UPS	3 X 8
DB FLAT BENCH PRESS SUPERSET WITH, CHIN-UPS / UNDERHAND PULL-DOWNS	5 X 10
DB OR MACHINE CHEST SUPPORTED ROW	5 X 10
DB OR MACHINE CHEST SUPPORTED ROW	4 X 10
SINGLE ARM DB SNATCH	2 X 10 / EACH SIDE
RING DIPS	2 X MAX REPS
FARMERS WALK INTO SHRUGS	3 X 50M W/ REP OUT TO FINISH
DB CURLS (ELBOWS TUCKED INTO SIDES)	2 X 10-15
DB SKULLKRUSHERS	2 X 10-15

DAY 6. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
CLOSE GRIP EZ-BAR CURL SUPERSET WITH, SEATED EZ-BAR FRENCH PRESS	4 X 8
DB CROSS BODY HAMMER CURL SUPERSET WITH, SPHINX PUSH-UPS	4 X 8
DB CROSS BODY HAMMER CURL SUPERSET WITH, SPHINX PUSH-UPS	4 X 20 / EACH ARM
DB CROSS BODY HAMMER CURL SUPERSET WITH, SPHINX PUSH-UPS	4 X 20

CONDITIONING: SPRINTS

DAY 7. REST & RECOVER

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

WEEK 5 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

CONDITIONING: SPRINTS

WEEK 06.

DAY 1. LOWER STRENGTH

EXERCISE	SETS & REPS
BB BACK SQUAT	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
BB STIFF LEGGED DL	4 X 8-12
DB FRONT FOOT RAISED STATIC LUNGE	4 X 8-12 / EACH SIDE
DB SINGLE LEG HIP BRIDGE	3 X 8-12 / EACH SIDE
CALF RAISE SUPERSET WITH, TIBIALIS RAISE	3 X 8-15 3 X 15-20

CONDITIONING: FASTED LIC

DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
BB INCLINE BENCH PRESS	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
BB OVERHEAD PRESS	4 X 6-8
RING / TRX ROWS WITH PAUSE AT TOP	4 X MAX REPS
DB SEATED 3-WAY DELT RAISE	3 X 8-10 (EACH WAY)
DB ZOTTMAN CURLS	3 X 8-12
DB EXTERNAL ROTATIONS	3 X 12-15

CONDITIONING: HIIT

DAY 3. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
CLOSE GRIP EZ-BAR CURL SUPERSET WITH, SEATED EZ-BAR FRENCH PRESS	4 X 8 4 X 8
DB CROSS BODY HAMMER CURL SUPERSET WITH, SPHINX PUSH-UPS	4 X 20 / EACH SIDE 4 X 20

DAY 3. CORE

BB ROLLOUTS SUPERSET WITH, BIRD-DOGS	3 X MAX REPS 3 X 10 / EACH SIDE
L-SIT SUPERSET WITH, DB STRAIGHT ARM CRUNCHES	3 X 20 SECONDS 3 X 25

DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
BROAD JUMPS	3 X 3
BB DEADLIFT	6 X 10
DB HEELS RAISED GOBLET SQUATS	4 X 12-15
DB SINGLE LEG ROMANIAN DEADLIFT	4 X 12 / EACH SIDE
STABILITY BALL LEG CURLS	3 X 15
QL RAISES	3 X 15

CONDITIONING: FASTED LIC

WEEK 06.

DAY 5. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
IN & OUT EXPLOSIVE PUSH-UPS	3 X 8
DB FLAT BENCH PRESS SUPERSET WITH, CHIN-UPS / UNDERHAND PULL-DOWNS	6 X 10
DB OR MACHINE CHEST SUPPORTED ROW	6 X 10
DB OR MACHINE CHEST SUPPORTED ROW	4 X 12
SINGLE ARM DB SNATCH	3 X 10 / EACH SIDE
RING DIPS	3 X MAX REPS
FARMERS WALK INTO SHRUGS	3 X 50M W/ REP OUT TO FINISH
DB CURLS (ELBOWS TUCKED INTO SIDES)	2 X 10-15
DB SKULLKRUSHERS	2 X 10-15

DAY 6. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
CLOSE GRIP EZ-BAR CURL SUPERSET WITH, SEATED EZ-BAR FRENCH PRESS	4 X 8
DB CROSS BODY HAMMER CURL SUPERSET WITH, SPHINX PUSH-UPS	4 X 8
DB CROSS BODY HAMMER CURL SUPERSET WITH, SPHINX PUSH-UPS	4 X 20 / EACH ARM
DB CROSS BODY HAMMER CURL SUPERSET WITH, SPHINX PUSH-UPS	4 X 20

CONDITIONING: SPRINTS

DAY 7. REST & RECOVER

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

WEEK 6 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

CONDITIONING: SPRINTS

A silhouette of a person running over a wall, set against a sunset background. The person is in the center, running from left to right. The wall is in the foreground, and the sunset is in the background.

”

VICTORY

IS RESERVED FOR
THOSE WHO ARE
WILLING TO PAY
IT'S PRICE.

— SUN TZU

HTK

WEEK 07.

DAY 1. LOWER STRENGTH

EXERCISE	SETS & REPS
BB BACK SQUAT	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
BB STIFF LEGGED DL	4 X 6-10
DB FRONT FOOT RAISED STATIC LUNGE	4 X 6-10 / EACH SIDE
DB SINGLE LEG HIP BRIDGE	3 X 8-12 / EACH SIDE
CALF RAISE SUPERSET WITH, TIBIALIS RAISE	3 X 8-15 3 X 15-20

CONDITIONING: FASTED LIC

DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
BB INCLINE BENCH PRESS	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
BB OVERHEAD PRESS	4 X 5-7
RING / TRX ROWS WITH PAUSE AT TOP	4 X MAX REPS
DB SEATED 3-WAY DELT RAISE	3 X 8-10 (EACH WAY)
DB ZOTTMAN CURLS	3 X 8-12
DB EXTERNAL ROTATIONS	3 X 12-15

CONDITIONING: HIIT

DAY 3. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
WIDE GRIP EZ-BAR CURL *WITH 3S PAUSE AT TOP SUPERSET WITH, TRICEP DIPS *WITH 3S PAUSE AT BOTTOM	4 X 8 4 X 8
BAND REVERSE CURLS SUPERSET WITH, BAND PUSHDOWNS	4 X 30 4 X 20

DAY 3. CORE

DB HANGING KNEE RAISE SUPERSET WITH, PLANCHE PLANK	3 X 12 3 X 45 SECONDS
BAND WOODCHOPS SUPERSET WITH, DEAD BUGS	3 X 12 / EACH SIDE 3 X 45 SECONDS

DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
BROAD JUMPS	3 X 3
BB DEADLIFT	7 X 10
DB HEELS RAISED GOBLET SQUATS	4 X 15-20
DB SINGLE LEG ROMANIAN DEADLIFT	4 X 12 / EACH SIDE
STABILITY BALL LEG CURLS	3 X 15
QL RAISES	3 X 15

CONDITIONING: FASTED LIC

WEEK 07.

DAY 5. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
IN & OUT EXPLOSIVE PUSH-UPS	3 X 8
DB FLAT BENCH PRESS SUPERSET WITH, CHIN-UPS / UNDERHAND PULL-DOWNS	7 X 10 7 X 10
DB OR MACHINE CHEST SUPPORTED ROW	4 X 15
SINGLE ARM DB SNATCH	3 X 10 / EACH SIDE
RING DIPS	3 X MAX REPS
FARMERS WALK INTO SHRUGS	3 X 50M W/ REP OUT TO FINISH
DB CURLS (ELBOWS TUCKED INTO SIDES)	2 X 10-15
DB SKULLKRUSHERS	2 X 10-15

DAY 6. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
WIDE GRIP EZ-BAR CURL *WITH 3S PAUSE AT TOP SUPERSET WITH, TRICEP DIPS *WITH 3S PAUSE AT BOTTOM	4 X 8 4 X 8
BAND REVERSE CURLS SUPERSET WITH, BAND PUSHDOWNS	4 X 30 4 X 20

CONDITIONING: SPRINTS

DAY 7. REST & RECOVER

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

WEEK 7 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

CONDITIONING: SPRINTS

WEEK 08.

DAY 1. LOWER STRENGTH

EXERCISE	SETS & REPS
BB BACK SQUAT	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
BB STIFF LEGGED DL	4 X 6-10
DB FRONT FOOT RAISED STATIC LUNGE	4 X 6-10 / EACH SIDE
DB SINGLE LEG HIP BRIDGE	3 X 8-12 / EACH SIDE
CALF RAISE SUPERSET WITH, TIBIALIS RAISE	3 X 8-15 3 X 15-20

CONDITIONING: FASTED LIC

DAY 2. UPPER STRENGTH

EXERCISE	SETS & REPS
BB INCLINE BENCH PRESS	90% X 2-4 REPS 80% X 4-6 REPS 70% X 6-8 REPS 60% X 8-12 REPS
BB OVERHEAD PRESS	4 X 5-7
RING / TRX ROWS WITH PAUSE AT TOP	4 X MAX REPS
DB SEATED 3-WAY DELT RAISE	3 X 8-10 (EACH WAY)
DB ZOTTMAN CURLS	3 X 8-12
DB EXTERNAL ROTATIONS	3 X 12-15

CONDITIONING: HIIT

DAY 3. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
WIDE GRIP EZ-BAR CURL *WITH 3S PAUSE AT TOP SUPERSET WITH, TRICEP DIPS *WITH 3S PAUSE AT BOTTOM	4 X 8 4 X 8
BAND REVERSE CURLS SUPERSET WITH, BAND PUSHDOWNS	4 X 30 4 X 20

DAY 3. CORE

DB HANGING KNEE RAISE SUPERSET WITH, PLANCHE PLANK	3 X 12 3 X 45 SECONDS
BAND WOODCHOPS SUPERSET WITH, DEAD BUGS	3 X 12 / EACH SIDE 3 X 45 SECONDS

DAY 4. LOWER POWER & VOLUME

EXERCISE	SETS & REPS
BROAD JUMPS	3 X 3
BB DEADLIFT	8 X 10
DB HEELS RAISED GOBLET SQUATS	4 X 15-20
DB SINGLE LEG ROMANIAN DEADLIFT	4 X 12 / EACH SIDE
STABILITY BALL LEG CURLS	3 X 15
QL RAISES	3 X 15

CONDITIONING: FASTED LIC

WEEK 08.

DAY 5. UPPER POWER & VOLUME

EXERCISE	SETS & REPS
IN & OUT EXPLOSIVE PUSH-UPS	3 X 8
DB FLAT BENCH PRESS SUPERSET WITH, CHIN-UPS / UNDERHAND PULL-DOWNS	8 X 10 8 X 10
DB OR MACHINE CHEST SUPPORTED ROW	4 X 15-20
SINGLE ARM DB SNATCH	3 X 10 / EACH SIDE
RING DIPS	3 X MAX REPS
FARMERS WALK INTO SHRUGS	3 X 50M W/ REP OUT TO FINISH
DB CURLS (ELBOWS TUCKED INTO SIDES)	2 X 10-15
DB SKULLKRUSHERS	2 X 10-15

DAY 6. ARMS SPECIALIZATION (OPTIONAL)

EXERCISE	SETS & REPS
WIDE GRIP EZ-BAR CURL *WITH 3S PAUSE AT TOP SUPERSET WITH, TRICEP DIPS *WITH 3S PAUSE AT BOTTOM	4 X 8 4 X 8
BAND REVERSE CURLS SUPERSET WITH, BAND PUSHDOWNS	4 X 30 4 X 30

CONDITIONING: SPRINTS

DAY 7. REST & RECOVER

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

WEEK 8 CONDITIONING:

CONDITIONING: FASTED LIC

CONDITIONING: HIIT

CONDITIONING: SPRINTS

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
For any other questions or help with your training, feel free to reach out to me at support@hardtokillfitness.co

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ИТК

