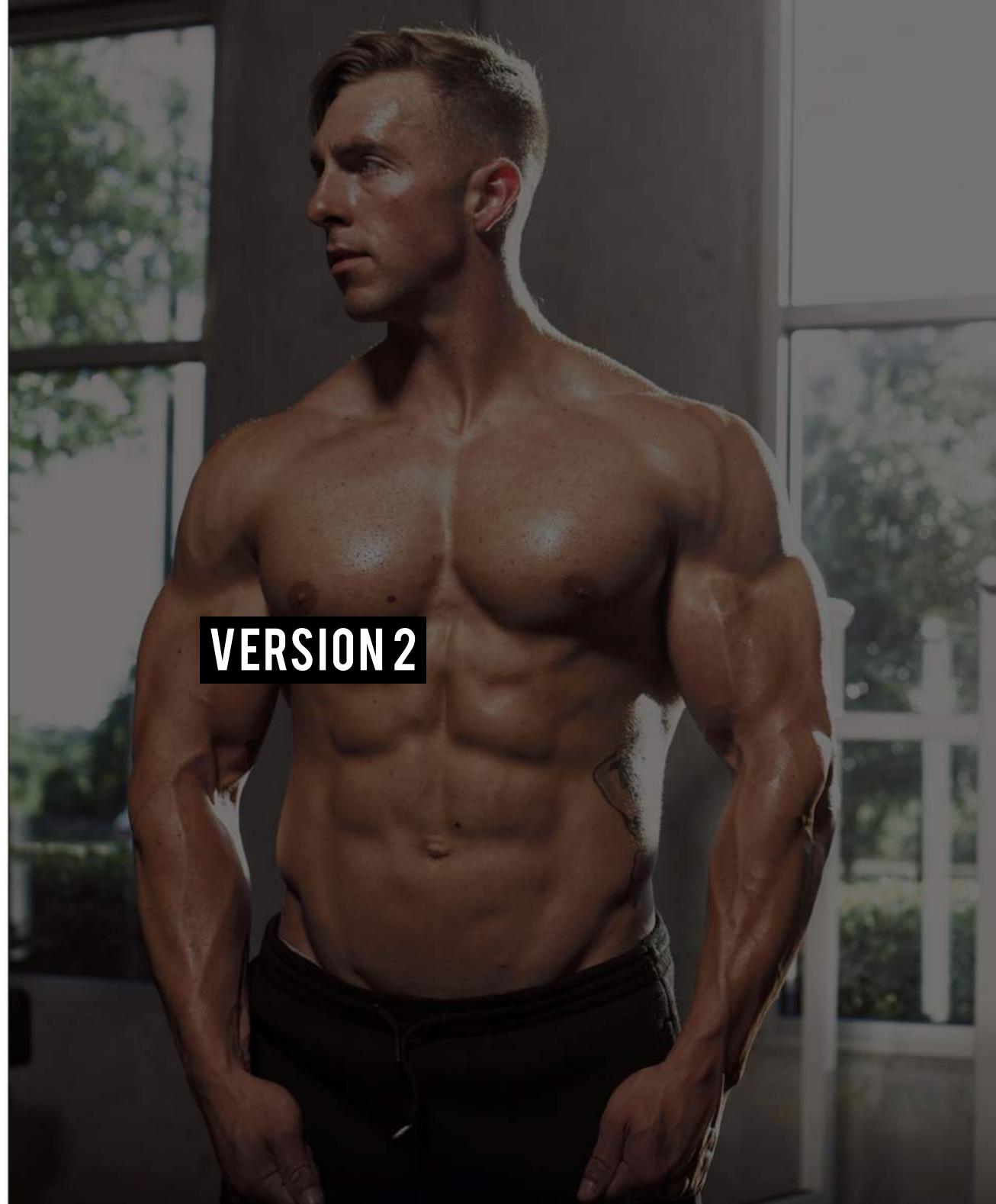


ETS

12 WEEK CHALLENGE

EMBRACE
THE
SUCK

POWERED BY NICK BARE FITNESS



THE PROGRAM

BLOCK 1
WEEK 1-4

DAY 1: PUSH DAY
DAY 2: PULL DAY + METCON
DAY 3: LOWER DAY + METCON
DAY 4: PUSH DAY + CARDIO
DAY 5: PULL DAY +
DISTANCE CARDIO
DAY 6: LOWER DAY + METCON

BLOCK 2
WEEK 5-8

DAY 1: UPPER HYPERTROPHY
DAY 2: LOWER DAY + METCON
DAY 3: BENCH HEAVY + METCON
DAY 4: LOWER DAY + CARDIO
DAY 5: PUSH PRESS HEAVY +
DISTANCE CARDIO
DAY 6: STRONGMAN SATURDAY +
METCON

BLOCK 3
WEEK 9-12

DAY 1: BENCH/PUSH PRESS
DAY 2: BACK SQUAT + METCON
DAY 3: DEADLIFT + METCON
DAY 4: BODYWEIGHT +
DISTANCE CARDIO
DAY 5: FRONT SQUAT + CARDIO
DAY 6: HERO WOD



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 1, Day 1 : PUSH DAY

EXERCISE	SETS	REPS	NOTES
Push Ups	4	25	*Warm up to activate chest, shoulders and triceps.
Incline Barbell Press	5	6-8	
Barbell Push Press	2	10	
Barbell Push Press	2	5	*The intent of the barbell push press ladder is to work up to a 3-RM x 3 sets.
Barbell Push Press	3	3	
Hand Stand Push Ups	5	AMRAP	*These are a great exercise for upper body strength and development. If you can't do any - start working towards 1 rep.
Tricep Rope Push Downs	3	12-15	
Muscle Ups	5	AMRAP	*Bar or rings. If you can't do any - start working towards 1 rep.
Close Grip Bench Press	10-12	4	
Hanging Leg Raises	4	20-25	
L-Sits	4	ALAP	*As long as possible for each set.



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 1, Day 2 : PULL DAY

EXERCISE	SETS	REPS	NOTES		
Pull Ups	4	AMRAP	*Warm up to activate back and biceps.		
Lat Pull Downs	3	12-15			
Deadlifts	2	10			
Deadlifts	2	5	*The intent of the deadlift ladder is to work up to a 3-RM x 3 sets.		
Deadlifts	3	3			
Barbell Curl	4	10-12	SUPERSET		
Dumbbell Curl	4	10-12			
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
METCON:	EMOM (every minute on the minute) for 20 minutes.				
	ODD minutes: 3 cleans + 3 front squats + 3 jerks @ Men: 155 lbs / Women: 95 lbs				
	EVEN minutes: 10 bar facing burpees				



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 1, Day 3 : LOWER DAY

EXERCISE	SETS	REPS	NOTES
Leg Extensions	4	12-15	*Warm up to activate quads.
Leg Curls	4	12-15	*Warm up to activate hamstrings.
Barbell Squats	2	10	
Barbell Squats	2	5	*The intent of the squat ladder is to work up to a 3-RM x 3 sets.
Barbell Squats	3	3	
Barbell Walking Lunges	4	12-15 steps each leg	
Barbell Squats	4	AMRAP	SUPERSET using the same weight
L-Sits	4	ALAP	*As long as possible.
CARDIO:	5 sets x 3 minute rounds with 2 minutes rest between rounds		
Each Round:	500 meter row + max effort wall ball with remaining time (20 pounds wall ball)		
	* Substitute row with 30 second assault bike or 60 second sprint.		



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 1, Day 4 : PUSH DAY

EXERCISE	SETS	REPS	NOTES
Push Ups	4	25	*Warm up to activate chest, shoulders and triceps.
Side Lateral Raises	4	12-15	
Bench Press	2	10	
Bench Press	2	5	*The intent of the bench press ladder is to work up to a 3-RM x 3 sets.
Bench Press	3	3	
Dips	4	10-12	
Tricep Push Downs	4	10-12	SUPERSET
Barbell Push Press	4	5	*70% 1RM
Hand Stand Push Ups	10	5	5 HSPU every minute on the minute for 10 minutes.
GHD Sit Ups	4	20-25	
Hanging Leg Raises	4	20-25	
CARDIO:	Optional Swim Workout: 200m warmup, 6x50m sprint, 500m pace		



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12-WEEK TRAINING PROGRAM V2



Week 1, Day 5 : PULL DAY

EXERCISE	SETS	REPS	NOTES		
Pull Ups	4	AMRAP	*Warm up to activate back and biceps.		
Pendlay Rows	4	8-10			
Deadlifts	2	10			
Deadlifts	2	8			
Deadlifts	3	6			
Preacher Curl	4	10-12	SUPERSET		
Hammer Curl	4	10-12			
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO			3 mile run for time		



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 1, Day 6 : LOWER DAY

EXERCISE	SETS	REPS	NOTES					
Body Squats	4	50	*Warm up to activate lower body.					
Front Squats	2	10	*The intent of the front squat ladder is to work up to a 3-RM x 3 sets.					
Front Squats	2	5						
Front Squats	3	3						
Stiff Legged Deadlifts	4	10-12	SUPERSET					
Leg Curl	4	10-12						
L-Sits	4	20-25						
Hanging Leg Raises	4	20-25						
METCON:	21 - 15 - 9							
	3 round of:							
	21 wallballs, 15 pull-ups, 9 burpees							



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12-WEEK TRAINING PROGRAM V2



Week 2, Day 1 : PUSH DAY

EXERCISE	SETS	REPS	NOTES
Push Ups	4	25	*Warm up to activate chest, shoulders and triceps.
Incline Barbell Press	5	6-8	
Barbell Push Press	2	10	
Barbell Push Press	5	5	
Hand Stand Push Ups	5	AMRAP	*These are a great exercise for upper body strength and development. If you can't do any - start working towards 1 rep.
Tricep Rope Push Downs	3	12-15	
Muscle Ups	5	AMRAP	*Bar or rings. If you can't do any - start working towards 1 rep.
Close Grip Bench Press	10-12	4	
Hanging Leg Raises	4	20-25	
L-Sits	4	ALAP	*As long as possible for each set.



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 2, Day 2 : PULL DAY

EXERCISE	SETS	REPS	NOTES		
Pull Ups	4	AMRAP	*Warm up to activate back and biceps.		
Lat Pull Downs	3	12-15			
Deadlifts	2	10			
Deadlifts	5	5			
Barbell Curl	4	10-12	SUPerset		
Dumbbell Curl	4	10-12			
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
METCON:	As Many Rounds As Possible In 20 Minutes				
Each Round:	5 pull ups				
	10 push ups				
	15 body squats				



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12-WEEK TRAINING PROGRAM V2



Week 2, Day 3 : LOWER DAY

EXERCISE	SETS	REPS	NOTES
Leg Extensions	4	12-15	*Warm up to activate quads.
Leg Curls	4	12-15	*Warm up to activate hamstrings.
Barbell Squats	2	10	
Barbell Squats	5	5	
Barbell Walking Lunges	4	12-15 steps each leg	SUPERSET using the same weight
Barbell Squats	4	AMRAP	
L-Sits	4	ALAP	*As long as possible.
<u>METCON:</u>	3 rounds (each for time) with 2 minutes rest in between		
<u>Each Round:</u>	20 wall balls		
	20 KB swings - Men: 53 lbs/Women: 35 lbs		
	20 Box Jumps - Men: 24 inch/Women: 20 inch		



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12-WEEK TRAINING PROGRAM V2



Week 2, Day 4 : PUSH DAY

EXERCISE	SETS	REPS	NOTES
Push Ups	4	25	*Warm up to activate chest, shoulders and triceps.
Side Lateral Raises	4	12-15	
Bench Press	2	10	
Bench Press	5	5	
Dips	4	10-12	SUPerset
Tricep Push Downs	4	10-12	
Barbell Push Press	4	5	*70% 1RM
Hand Stand Push Ups	10	5	5 HSPU every minute on the minute for 10 minutes.
GHD Sit Ups	4	20-25	
Hanging Leg Raises	4	20-25	
CARDIO:	Optional Swim Workout: 200m warmup, 6x50m sprint, 500m pace		



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12-WEEK TRAINING PROGRAM V2



Week 2, Day 5 : PULL DAY

EXERCISE	SETS	REPS	NOTES		
Pull Ups	4	AMRAP	*Warm up to activate back and biceps.		
Pendlay Rows	4	8-10			
Deadlifts	2	10			
Deadlifts	2	8			
Deadlifts	3	6			
Preacher Curl	4	10-12	SUPerset		
Hammer Curl	4	10-12			
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO			5 mile run for time		



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12-WEEK TRAINING PROGRAM V2



Week 2, Day 6 : LOWER DAY

EXERCISE	SETS	REPS	NOTES		
Body Squats	4	50	*Warm up to activate lower body.		
Front Squats	2	10			
Front Squats	5	5			
Stiff Legged Deadlifts	4	10-12	SUPerset		
Leg Curl	4	10-12			
L-Sits	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO:	Rower for 10 minutes				
	1 min hard row				
	1 min easy row				



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 3, Day 1 : PUSH DAY

EXERCISE	SETS	REPS	NOTES
Push Ups	4	25	*Warm up to activate chest, shoulders and triceps.
Incline Barbell Press	5	6-8	
Barbell Push Press	2	10	
Barbell Push Press	2	5	*The intent of the front squat ladder is to work up to a 1-RM x 3 sets.
Barbell Push Press	3	2	
Hand Stand Push Ups	5	AMRAP	*These are a great exercise for upper body strength and development. If you can't do any - start working towards 1 rep.
Tricep Rope Push Downs	3	12-15	
Muscle Ups	5	AMRAP	*Bar or rings. If you can't do any - start working towards 1 rep.
Close Grip Bench Press	10-12	4	
Hanging Leg Raises	4	20-25	
L-Sits	4	ALAP	*As long as possible for each set.



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12-WEEK TRAINING PROGRAM V2



Week 3, Day 2 : PULL DAY

EXERCISE	SETS	REPS	NOTES		
Pull Ups	4	AMRAP	*Warm up to activate back and biceps.		
Lat Pull Downs	3	12-15			
Deadlifts	2	10			
Deadlifts	5	5	*The intent of the front squat ladder is to work up to a 1-RM x 3 sets.		
Deadlifts	3	2			
Barbell Curl	4	10-12			
Dumbbell Curl	4	10-12	SUPERSET		
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
METCON:	As Many Rounds As Possible In 25 Minutes				
Each Round:	250m row				
	50 ft Overhead Walking Lunge with 45 lb. Plate				
	10 Hand Stand Push Ups				



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12-WEEK TRAINING PROGRAM V2



Week 3, Day 3 : LOWER DAY

EXERCISE	SETS	REPS	NOTES
Leg Extensions	4	12-15	*Warm up to activate quads.
Leg Curls	4	12-15	*Warm up to activate hamstrings.
Barbell Squats	2	10	
Barbell Squats	2	5	
Barbell Squats	3	2	
Barbell Walking Lunges	4	12-15 steps each leg	SUPERSET using the same weight
Barbell Squats	4	AMRAP	
L-Sits	4	ALAP	*As long as possible.
METCON:	10 Minutes - As Many Rounds As Possible		
Each Round:	3 Pull Ups		
	6 Burpees		
	9 KB Swings - Men: 53 lbs. / Women: 35 lbs.		



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12-WEEK TRAINING PROGRAM V2



Week 3, Day 4 : PUSH DAY

EXERCISE	SETS	REPS	NOTES
Push Ups	4	25	*Warm up to activate chest, shoulders and triceps.
Side Lateral Raises	4	12-15	
Bench Press	2	10	
Bench Press	2	5	*The intent of the front squat ladder is to work up to a 1-RM x 3 sets.
Bench Press	3	2	
Dips	4	10-12	
Tricep Push Downs	4	10-12	SUPERSET
Barbell Push Press	4	5	*70% 1RM
Hand Stand Push Ups	10	5	5 HSPU every minute on the minute for 10 minutes.
GHD Sit Ups	4	20-25	
Hanging Leg Raises	4	20-25	
CARDIO:	Optional Swim Workout: 200m warmup, 6x50m sprint, 500m pace		



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12-WEEK TRAINING PROGRAM V2



Week 3, Day 5 : PULL DAY

EXERCISE	SETS	REPS	NOTES		
Pull Ups	4	AMRAP	*Warm up to activate back and biceps.		
Pendlay Rows	4	8-10			
Deadlifts	2	10			
Deadlifts	2	8			
Deadlifts	3	6			
Preacher Curl	4	10-12	SUPERSET		
Hammer Curl	4	10-12			
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO			3 mile run for time		



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 3, Day 6 : LOWER DAY

EXERCISE	SETS	REPS	NOTES					
Body Squats	4	50	*Warm up to activate lower body.					
Front Squats	2	10	*The intent of the front squat ladder is to work up to a 1-RM x 3 sets.					
Front Squats	2	5						
Front Squats	3	2						
Stiff Legged Deadlifts	4	10-12	SUPERSET					
Leg Curl	4	10-12						
L-Sits	4	20-25						
Hanging Leg Raises	4	20-25						
CARDIO:	Sprint Intervals x 6							
	400m sprint , 400m easy jog							



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12-WEEK TRAINING PROGRAM V2



Week 4, Day 1 : PUSH DAY

EXERCISE	SETS	REPS	NOTES
Push Ups	4	25	*Warm up to activate chest, shoulders and triceps.
Incline Barbell Press	5	6-8	
Barbell Push Press	2	10	
Barbell Push Press	5	5	
Hand Stand Push Ups	5	AMRAP	*These are a great exercise for upper body strength and development. If you can't do any - start working towards 1 rep.
Tricep Rope Push Downs	3	12-15	
Muscle Ups	5	AMRAP	*Bar or rings. If you can't do any - start working towards 1 rep.
Close Grip Bench Press	10-12	4	
Hanging Leg Raises	4	20-25	
L-Sits	4	ALAP	*As long as possible for each set.



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12-WEEK TRAINING PROGRAM V2



Week 4, Day 2 : PULL DAY

EXERCISE	SETS	REPS	NOTES		
Pull Ups	4	AMRAP	*Warm up to activate back and biceps.		
Lat Pull Downs	3	12-15			
Deadlifts	2	10			
Deadlifts	5	5			
Barbell Curl	4	10-12	SUPerset		
Dumbbell Curl	4	10-12			
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
METCON:		For Time			
		500m Row			
		5 rounds x 10 pull ups, 10 wallballs			
		50 burpees			



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12-WEEK TRAINING PROGRAM V2



Week 4, Day 3 : LOWER DAY

EXERCISE	SETS	REPS	NOTES
Leg Extensions	4	12-15	*Warm up to activate quads.
Leg Curls	4	12-15	*Warm up to activate hamstrings.
Barbell Squats	2	10	
Barbell Squats	5	5	
Barbell Walking Lunges	4	12-15 steps each leg	SUPERSET using the same weight
Barbell Squats	4	AMRAP	
L-Sits	4	ALAP	*As long as possible.
<u>METCON:</u>	4 Rounds		
<u>Each Round:</u>	25 KB Swings - Men: 53 lbs. / Women: 35 lbs.		
	25 Burpees		



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12-WEEK TRAINING PROGRAM V2



Week 4, Day 4 : PUSH DAY

EXERCISE	SETS	REPS	NOTES
Push Ups	4	25	*Warm up to activate chest, shoulders and triceps.
Side Lateral Raises	4	12-15	
Bench Press	2	10	
Bench Press	5	5	
Dips	4	10-12	SUPerset
Tricep Push Downs	4	10-12	
Barbell Push Press	4	5	*70% 1RM
Hand Stand Push Ups	10	5	5 HSPU every minute on the minute for 10 minutes.
GHD Sit Ups	4	20-25	
Hanging Leg Raises	4	20-25	
CARDIO:	Optional Swim Workout: 200m warmup, 6x50m sprint, 500m pace		



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12-WEEK TRAINING PROGRAM V2



Week 4, Day 5 : PULL DAY

EXERCISE	SETS	REPS	NOTES		
Pull Ups	4	AMRAP	*Warm up to activate back and biceps.		
Pendlay Rows	4	8-10			
Deadlifts	2	10			
Deadlifts	2	8			
Deadlifts	3	6			
Preacher Curl	4	10-12	SUPerset		
Hammer Curl	4	10-12			
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO			3 mile run for time		



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 4, Day 6 : LOWER DAY

EXERCISE	SETS	REPS	NOTES		
Body Squats	4	50	*Warm up to activate lower body.		
Front Squats	2	10			
Front Squats	5	5			
Stiff Legged Deadlifts	4	10-12	SUPerset		
Leg Curl	4	10-12			
L-Sits	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO:	100 Burpees For Time				



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 5, Day 1 : UPPER HYPERTROPHY

EXERCISE	SETS	REPS	NOTES		
Push Ups	1	AMRAP	*As Many Reps As Possible In 4 Minutes		
Pull Ups	1	AMRAP	*As Many Reps As Possible In 4 Minutes		
Hand Stand Push Ups	5	AMRAP	*As Many Reps As Possible Each Set. 90 second rest.		
Muscle Ups	4	AMRAP	*As Many Reps As Possible Each Set. 90 second rest.		
Dumbbell Chest Press	4	8-10			
Lat Pull Downs	4	12-15			
Side Lateral Raise	4	12-15	SUPerset		
Strict Barbell Shoulder Press	4	8-10			
Close Grip Bench Press	10-12	4			
Legless Rope Climbs	3	3	*optional		
Hanging Leg Raises	4	20-25			
L-Sits	4	ALAP	*As long as possible for each set.		



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 5, Day 2 : LOWER DAY

EXERCISE	SETS	REPS	NOTES		
Body Squats	4	25	SUPerset: Thrusters (use dumbbell set that is challenging for all 15 reps per set)		
Dumbbell Thrusters	4	15			
Barbell Squat	2	8			
Barbell Squat	2	6			
Barbell Squat	2	4			
Barbell Squat	2	2			
Dumbbell Step Ups	4	10-12			
Dumbbell Split Squats	4	10-12	SUPSET		
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
<u>METCON:</u>	5 rounds - each round is 2 minutes. 2 minutes rest in between sets.				
<u>Each Round:</u>	400m sprint				
	Squat bodyweight on barbell with remaining time for max reps (ex: if you weigh 225 lbs - place 225 lbs on the bar)				



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 5, Day 3 : BENCH HEAVY

EXERCISE	SETS	REPS	NOTES
Bench Press	2	8	*The intent of the bench press ladder is to work up to a 2-RM x 2 sets.
Bench Press	2	6	
Bench Press	2	4	
Bench Press	2	2	
Incline Dumbbell Press	4	8-10	
Weighted Dips	4	10-15	SUPerset
Rope Tricep Push Downs	4	10-12	
L-Sits	5	ALAP	*As long as possible.
METCON:	5 rounds		
Each Round:	500 meter row max effort - 2 minute rest in between rounds		
	* Substitute row with 30 second assault bike or 60 second sprint.		



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 5, Day 4 : LOWER DAY

EXERCISE	SETS	REPS	NOTES
Walking Barbell Lunge	4	15-20	
Overhead Plate Lunge	4	50 ft.	Men: 45 lb / Women: 25 lb
Front Squat	2	6	
Front Squat	2	4	*The intent of the front squat ladder is to work up to a 2-RM x 2 sets.
Front Squat	2	2	
Leg Extensions	4	12-15	
Leg Curls	4	12-15	SUPERSET
Kettlebell Swings	4	15-20	Men: 53 lb / Women: 35 lb
GHD Sit Ups	4	20-25	
Hanging Leg Raises	4	20-25	
CARDIO:	Optional Swim Workout: 200m warmup, 6x50m sprint, 500m pace		



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 5, Day 5 : PUSH PRESS HEAVY

EXERCISE	SETS	REPS	NOTES		
Pull Ups	4	AMRAP			
Push Press	2	6	*The intent of the push press ladder is to work up to a 2-RM x 2 sets.		
Push Press	2	4			
Push Press	2	2			
Hand Stand Push Ups	5	5			
Pendlay Row	4	10-12	SUPERSET		
Low Cable Row	4	10-12			
Legless Rope Climbs	3	3			
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO			3 mile run for time		



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 5, Day 6 : STRONGMAN SATURDAYS

EXERCISE	SETS	REPS	NOTES		
Deadlifts	4	3			
Bench Press	4	3			
Barbell Squat	4	3			
L-Sits	4	20-25			
Hanging Leg Raises	4	20-25			
<u>METCON:</u>	1-2-3-4-5-6-7-8-9-10 reps for time of the following: Dumbbell Squats + Bar facing burpees Men: 50 lbs / Women: 30 lbs				



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 6, Day 1 : UPPER HYPERTROPHY

EXERCISE	SETS	REPS	NOTES		
Push Ups	1	AMRAP	*As Many Reps As Possible In 4 Minutes		
Pull Ups	1	AMRAP	*As Many Reps As Possible In 4 Minutes		
Hand Stand Push Ups	5	AMRAP	*As Many Reps As Possible Each Set. 90 second rest.		
Muscle Ups	4	AMRAP	*As Many Reps As Possible Each Set. 90 second rest.		
Dumbbell Chest Press	4	8-10			
Lat Pull Downs	4	12-15			
Side Lateral Raise	4	12-15	SUPerset		
Strict Barbell Shoulder Press	4	8-10			
Close Grip Bench Press	10-12	4			
Legless Rope Climbs	3	3	*optional		
Hanging Leg Raises	4	20-25			
L-Sits	4	ALAP	*As long as possible for each set.		



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 6, Day 2 : LOWER DAY

EXERCISE	SETS	REPS	NOTES			
Body Squats	4	25	SUPERSET: Thrusters (use dumbbell set that is challenging for all 15 reps per set)			
Dumbbell Thrusters	4	15				
Barbell Squat	2	8				
Barbell Squat	2	6				
Barbell Squat	2	4				
Barbell Squat	2	2				
Dumbbell Step Ups	4	10-12				
Dumbbell Split Squats	4	10-12	SUPERSET			
GHD Sit Ups	4	20-25				
Hanging Leg Raises	4	20-25				
METCON:	The 300 - for time					
	50 Deadlifts (Men: 225 lbs \ Women: 155 lbs)					
	50 Bench Press (Men: 185 lbs \ Women: 95 lbs)					
	50 Box Jumps (24 inches)					
	50 Wall Balls					
	50 Push Ups					
	500 m Row					



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 6, Day 3 : BENCH HEAVY

EXERCISE	SETS	REPS	NOTES
Bench Press	2	8	
Bench Press	2	6	
Bench Press	2	4	
Bench Press	2	2	
Incline Dumbbell Press	4	8-10	
Weighted Dips	4	10-15	SUPerset
Rope Tricep Push Downs	4	10-12	
L-Sits	5	ALAP	*As long as possible.
METCON:	100 burpees for time		



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 6, Day 4 : LOWER DAY

EXERCISE	SETS	REPS	NOTES
Walking Barbell Lunge	4	15-20	
Overhead Plate Lunge	4	50 ft.	Men: 45 lb / Women: 25 lb
Front Squat	2	6	
Front Squat	2	4	*The intent of the front squat ladder is to work up to a 2-RM x 2 sets.
Front Squat	2	2	
Leg Extensions	4	12-15	
Leg Curls	4	12-15	SUPERSET
Kettlebell Swings	4	15-20	Men: 53 lb / Women: 35 lb
GHD Sit Ups	4	20-25	
Hanging Leg Raises	4	20-25	
CARDIO:	Optional Swim Workout: 200m warmup, 6x50m sprint, 500m pace		



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 6, Day 5 : PUSH PRESS HEAVY

EXERCISE	SETS	REPS	NOTES		
Pull Ups	4	AMRAP			
Push Press	2	6	*The intent of the push press ladder is to work up to a 2-RM x 2 sets.		
Push Press	2	4			
Push Press	2	2			
Hand Stand Push Ups	5	5			
Pendlay Row	4	10-12	SUPERSET		
Low Cable Row	4	10-12			
Legless Rope Climbs	3	3			
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO			4 mile run for time		



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12-WEEK TRAINING PROGRAM V2



Week 6, Day 6 : STRONGMAN SATURDAYS

EXERCISE	SETS	REPS	NOTES		
Deadlifts	5	5			
Bench Press	5	5			
Barbell Squat	5	5			
L-Sits	4	20-25			
Hanging Leg Raises	4	20-25			
<u>METCON:</u>		For Time:			
		55 Deadlifts (Men: 225 lbs \ Women: 155 lbs)			
		55 Wall balls			
		100 Calorie Row or 800 meter sprint			
		55 handstand push ups			



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12-WEEK TRAINING PROGRAM V2



Week 7, Day 1 : UPPER HYPERTROPHY

EXERCISE	SETS	REPS	NOTES		
Push Ups	1	AMRAP	*As Many Reps As Possible In 4 Minutes		
Pull Ups	1	AMRAP	*As Many Reps As Possible In 4 Minutes		
Hand Stand Push Ups	5	AMRAP	*As Many Reps As Possible Each Set. 90 second rest.		
Muscle Ups	4	AMRAP	*As Many Reps As Possible Each Set. 90 second rest.		
Dumbbell Chest Press	4	8-10			
Lat Pull Downs	4	12-15			
Side Lateral Raise	4	12-15	SUPerset		
Strict Barbell Shoulder Press	4	8-10			
Close Grip Bench Press	10-12	4			
Legless Rope Climbs	3	3	*optional		
Hanging Leg Raises	4	20-25			
L-Sits	4	ALAP	*As long as possible for each set.		



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12-WEEK TRAINING PROGRAM V2



Week 7, Day 2 : LOWER DAY

EXERCISE	SETS	REPS	NOTES			
Body Squats	4	25	SUPerset: Thrusters (use dumbbell set that is challenging for all 15 reps per set)			
Dumbbell Thrusters	4	15				
Barbell Squat	2	8				
Barbell Squat	2	6				
Barbell Squat	2	4				
Barbell Squat	2	2				
Dumbbell Step Ups	4	10-12				
Dumbbell Split Squats	4	10-12	SUPSET			
GHD Sit Ups	4	20-25				
Hanging Leg Raises	4	20-25				
<u>METCON:</u>	4 rounds for time					
<u>Each Round:</u>	250m row					
	20 wall balls					
	20 box jumps					
	20 push ups					



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12-WEEK TRAINING PROGRAM V2



Week 7, Day 3 : BENCH HEAVY

EXERCISE	SETS	REPS	NOTES
Bench Press	2	8	
Bench Press	2	6	
Bench Press	2	4	
Bench Press	2	2	
Incline Dumbbell Press	4	8-10	
Weighted Dips	4	10-15	SUPerset
Rope Tricep Push Downs	4	10-12	
L-Sits	5	ALAP	*As long as possible.
<u>METCON:</u>	3 rounds		
<u>For Time:</u>	400m sprint		
	10 KB Swings (Men: 53 lbs \ Women: 35 lbs)		
	10 Burpees		
	10 Box Jumps		



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12-WEEK TRAINING PROGRAM V2



Week 7, Day 4 : LOWER DAY

EXERCISE	SETS	REPS	NOTES
Walking Barbell Lunge	4	15-20	
Overhead Plate Lunge	4	50 ft.	Men: 45 lb / Women: 25 lb
Front Squat	2	6	
Front Squat	2	4	*The intent of the front squat ladder is to work up to a 2-RM x 2 sets.
Front Squat	2	2	
Leg Extensions	4	12-15	
Leg Curls	4	12-15	SUPERSET
Kettlebell Swings	4	15-20	Men: 53 lb / Women: 35 lb
GHD Sit Ups	4	20-25	
Hanging Leg Raises	4	20-25	
CARDIO:	Optional Swim Workout: 200m warmup, 6x50m sprint, 500m pace		



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12-WEEK TRAINING PROGRAM V2



Week 7, Day 5 : PUSH PRESS HEAVY

EXERCISE	SETS	REPS	NOTES		
Pull Ups	4	AMRAP			
Push Press	2	6	*The intent of the push press ladder is to work up to a 2-RM x 2 sets.		
Push Press	2	4			
Push Press	2	2			
Hand Stand Push Ups	5	5			
Pendlay Row	4	10-12	SUPERSET		
Low Cable Row	4	10-12			
Legless Rope Climbs	3	3			
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO	2 mile run for time				



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12-WEEK TRAINING PROGRAM V2



Week 7, Day 6 : STRONGMAN SATURDAYS

EXERCISE	SETS	REPS	NOTES		
Deadlifts	4	8			
Bench Press	4	8			
Barbell Squat	4	8			
L-Sits	4	20-25			
Hanging Leg Raises	4	20-25			
<u>TRACK WORKOUT</u>					
			400 m x 2		
			800 m x 1		
			400 m x 2		
			50 m x 10		



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12-WEEK TRAINING PROGRAM V2



Week 8, Day 1 : UPPER HYPERTROPHY

EXERCISE	SETS	REPS	NOTES		
Push Ups	1	AMRAP	*As Many Reps As Possible In 4 Minutes		
Pull Ups	1	AMRAP	*As Many Reps As Possible In 4 Minutes		
Hand Stand Push Ups	5	AMRAP	*As Many Reps As Possible Each Set. 90 second rest.		
Muscle Ups	4	AMRAP	*As Many Reps As Possible Each Set. 90 second rest.		
Dumbbell Chest Press	4	8-10			
Lat Pull Downs	4	12-15			
Side Lateral Raise	4	12-15	SUPerset		
Strict Barbell Shoulder Press	4	8-10			
Close Grip Bench Press	10-12	4			
Legless Rope Climbs	3	3	*optional		
Hanging Leg Raises	4	20-25			
L-Sits	4	ALAP	*As long as possible for each set.		



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12-WEEK TRAINING PROGRAM V2



Week 8, Day 2 : LOWER DAY

EXERCISE	SETS	REPS	NOTES			
Body Squats	4	25	SUPerset: Thrusters (use dumbbell set that is challenging for all 15 reps per set)			
Dumbbell Thrusters	4	15				
Barbell Squat	2	8				
Barbell Squat	2	6				
Barbell Squat	2	4				
Barbell Squat	2	2				
Dumbbell Step Ups	4	10-12				
Dumbbell Split Squats	4	10-12	SUPSET			
GHD Sit Ups	4	20-25				
Hanging Leg Raises	4	20-25				
<u>METCON:</u>	As Many Rounds As Possible In 20 Minutes					
<u>Each Round:</u>	10 Push Ups					
	5 Pull Ups					
	10 Body Squats					
	10 Box Jumps					



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12-WEEK TRAINING PROGRAM V2



Week 8, Day 3 : BENCH HEAVY

EXERCISE	SETS	REPS	NOTES
Bench Press	2	8	*The intent of the bench press ladder is to work up to a 2-RM x 2 sets.
Bench Press	2	6	
Bench Press	2	4	
Bench Press	2	2	
Incline Dumbbell Press	4	8-10	
Weighted Dips	4	10-15	SUPerset
Rope Tricep Push Downs	4	10-12	
L-Sits	5	ALAP	*As long as possible.
<u>METCON:</u>	17.1 Crossfit Games Open (Men: 50 lb Dumbbell \ Women: 35 lb Dumbbell)		
<u>For Time:</u>	10 Dumbbell Snatches		
	15 Burpee Box Jump Overs		
	20 Dumbbell Snatches		
	15 Burpee Box Jump Overs		
	30 Dumbbell Snatches		
	15 Burpee Box Jump Overs		
	40 Dumbbell Snatches		
	15 Burpee Box Jump Overs		
	50 Dumbbell Snatches		
	15 Burpee Box Jump Overs		



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12-WEEK TRAINING PROGRAM V2



Week 8, Day 4 : LOWER DAY

EXERCISE	SETS	REPS	NOTES
Walking Barbell Lunge	4	15-20	
Overhead Plate Lunge	4	50 ft.	Men: 45 lb / Women: 25 lb
Front Squat	2	6	
Front Squat	2	4	*The intent of the front squat ladder is to work up to a 2-RM x 2 sets.
Front Squat	2	2	
Leg Extensions	4	12-15	
Leg Curls	4	12-15	SUPERSET
Kettlebell Swings	4	15-20	Men: 53 lb / Women: 35 lb
GHD Sit Ups	4	20-25	
Hanging Leg Raises	4	20-25	
CARDIO:	Optional Swim Workout: 200m warmup, 6x50m sprint, 500m pace		



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12-WEEK TRAINING PROGRAM V2



Week 8, Day 5 : PUSH PRESS HEAVY

EXERCISE	SETS	REPS	NOTES		
Pull Ups	4	AMRAP			
Push Press	2	6	*The intent of the push press ladder is to work up to a 2-RM x 2 sets.		
Push Press	2	4			
Push Press	2	2			
Hand Stand Push Ups	5	5			
Pendlay Row	4	10-12	SUPERSET		
Low Cable Row	4	10-12			
Legless Rope Climbs	3	3			
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO			50m sprints x 20		



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12-WEEK TRAINING PROGRAM V2



Week 8, Day 6 : STRONGMAN SATURDAYS

THE MURPH - For Time

1 mile run

100 pull ups

200 push ups

300 body squats

1 mile run



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12-WEEK TRAINING PROGRAM V2



Week 9, Day 1 : BENCH/PUSH PRESS FOCUS

EXERCISE	SETS	REPS	NOTES		
Bench Press	2	10	Work up to a 3 rep max.		
Bench Press	2	6			
Bench Press	3	3			
Push Ups	4	25			
Incline Dumbbell Press	4	8-10			
Barbell Push Press	2	10	Work up to a 3 rep max.		
Barbell Push Press	2	6			
Barbell Push Press	3	3			
Hand Stand Push Ups	5	AMRAP			
Weighted Dips	4	12-15	SUPERSET		
Close Grip Bench Press	4	8-10	SUPERSET		
Hanging Leg Raises	4	20-25			
L-Sits	4	ALAP	*As long as possible for each set.		



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12-WEEK TRAINING PROGRAM V2



Week 9, Day 2 : BACK SQUAT FOCUS

EXERCISE	SETS	REPS	NOTES			
Leg Extensions	4	10-12	SUPERSET			
Leg Curls	4	10-12				
Barbell Squat	As Many As Needed	3	Work up to a 3 rep max.			
Barbell Squat	1	AMRAP	*90% of 1 rep max			
Barbell Squat	1	AMRAP	*85% of 1 rep max			
Barbell Squat	1	AMRAP	*80% of 1 rep max			
Dumbbell Step Ups	4	10-12	SUPERSET			
Dumbbell Split Squats	4	10-12				
GHD Sit Ups	4	20-25				
Hanging Leg Raises	4	20-25				
METCON:	For Time					
	400m run					
	30 Dumbbell Snatch (Men: 50 lbs \ Women: 35 lbs)					
	30 Pullups					
	400m run					
	20 Dumbbell Snatch (Men: 50 lbs \ Women: 35 lbs)					
	20 Pullups					
	400m run					
	10 Dumbbell Snatch (Men: 50 lbs \ Women: 35 lbs)					
	10 Pullups					
	400m run					



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12-WEEK TRAINING PROGRAM V2



Week 9, Day 3 : DEADLIFT FOCUS

EXERCISE	SETS	REPS	NOTES					
Deadlift	2	10	Work up to a 3 rep max.					
Deadlift	2	6						
Deadlift	2	3						
Deadlift	1	AMRAP	80% of 1 rep max					
Lat Pull Down	4	8-10						
Facepulls	4	10-15	SUPERSET					
Preacher Curl	4	10-12						
L-Sits	5	ALAP	*As long as possible.					
METCON:	5 rounds for time							
Each Round:	20 pull ups							
	30 push ups							
	40 sit ups							
	50 air squats							
	2 minutes rest							



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12-WEEK TRAINING PROGRAM V2



Week 9, Day 4 : BODYWEIGHT FOCUS

EXERCISE	SETS	REPS	NOTES		
Push Ups	1	AMRAP	As Many Reps As Possible In 5 Minutes		
Pull Ups	1	AMRAP	As Many Reps As Possible In 5 Minutes		
Hand Stand Push Ups	10	5	5 HSPU every minute on the minute for 10 minutes		
Legless Rope Climbs	3	3			
Muscle Ups	1	AMRAP	As Many Reps As Possible In 7 Minutes		
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO:	5 miles for time				



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12-WEEK TRAINING PROGRAM V2



Week 9, Day 5 : FRONT SQUAT FOCUS

EXERCISE	SETS	REPS	NOTES					
Front Squat	As Many As Needed	3	Work up to a 3 rep max.					
Front Squat	1	AMRAP	*85% of 1 rep max					
Front Squat	1	AMRAP	*80% of 1 rep max					
Front Squat	1	AMRAP	*75% of 1 rep max					
Walking Barbell Lunge	5	12-15						
Stiff Legged Deadlift	4	10-12	SUPerset					
Leg Curl	4	10-12						
Hip Thrusters	4	8-10						
GHD Sit Ups	4	20-25						
Hanging Leg Raises	4	20-25						
<u>CARDIO</u>	Swim Workout (optional)							
	200m, 2 x 100m, 8 x 50m, 200m							



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12-WEEK TRAINING PROGRAM V2



Week 9, Day 6 : HERO WOD SATURDAYS

BERT - For Time

50 Burpees

400m run

100 push ups

400m run

150 walking lunges

400m run

200 air squats

400m run

150 walking lunges

400m run

100 push ups

400m run

50 burpees



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12-WEEK TRAINING PROGRAM V2



Week 10, Day 1 : BENCH/PUSH PRESS FOCUS

EXERCISE	SETS	REPS	NOTES		
Bench Press	2	10	Work up to a 3 rep max.		
Bench Press	2	6			
Bench Press	3	3			
Push Ups	4	25			
Incline Dumbbell Press	4	8-10			
Barbell Push Press	2	10	Work up to a 3 rep max.		
Barbell Push Press	2	6			
Barbell Push Press	3	3			
Hand Stand Push Ups	5	AMRAP			
Weighted Dips	4	12-15	SUPERSET		
Close Grip Bench Press	4	8-10	SUPERSET		
Hanging Leg Raises	4	20-25			
L-Sits	4	ALAP	*As long as possible for each set.		



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12-WEEK TRAINING PROGRAM V2



Week 10, Day 2 : BACK SQUAT FOCUS

EXERCISE	SETS	REPS	NOTES			
Leg Extensions	4	10-12	SUPerset			
Leg Curls	4	10-12				
Barbell Squat	As Many As Needed	3	Work up to a 3 rep max.			
Barbell Squat	1	AMRAP	*90% of 1 rep max			
Barbell Squat	1	AMRAP	*85% of 1 rep max			
Barbell Squat	1	AMRAP	*80% of 1 rep max			
Dumbbell Step Ups	4	10-12	SUPerset			
Dumbbell Split Squats	4	10-12				
GHD Sit Ups	4	20-25				
Hanging Leg Raises	4	20-25				
METCON:	3 rounds					
Each Round:	400m run					
	30 Wallballs					
	20 Burpees					



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12-WEEK TRAINING PROGRAM V2



Week 10, Day 3 : DEADLIFT FOCUS

EXERCISE	SETS	REPS	NOTES					
Deadlift	2	10	Work up to a 3 rep max.					
Deadlift	2	6						
Deadlift	2	3						
Deadlift	1	AMRAP	80% of 1 rep max					
Lat Pull Down	4	8-10						
Facepulls	4	10-15	SUPERSET					
Preacher Curl	4	10-12						
L-Sits	5	ALAP	*As long as possible.					
METCON:	For Time							
	800m run							
	21 Power Cleans (Men: 155 lbs \ Women: 95 lbs)							
	21 bar facing burpees							
	400m run							
	15 Power Cleans							
	15 bar facing burpees							
	200m run							
	9 Power Cleans							
	9 bar facing burpees							



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12-WEEK TRAINING PROGRAM V2



Week 10, Day 4 : BODYWEIGHT FOCUS

EXERCISE	SETS	REPS	NOTES		
Push Ups	1	AMRAP	As Many Reps As Possible In 5 Minutes		
Pull Ups	1	AMRAP	As Many Reps As Possible In 5 Minutes		
Hand Stand Push Ups	10	5	5 HSPU every minute on the minute for 10 minutes		
Legless Rope Climbs	3	3			
Muscle Ups	1	AMRAP	As Many Reps As Possible In 7 Minutes		
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO:	Row: 3 x 1500m, 3 minutes rest between				



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12-WEEK TRAINING PROGRAM V2



Week 10, Day 5 : FRONT SQUAT FOCUS

EXERCISE	SETS	REPS	NOTES					
Front Squat	As Many As Needed	3	Work up to a 3 rep max.					
Front Squat	1	AMRAP	*85% of 1 rep max					
Front Squat	1	AMRAP	*80% of 1 rep max					
Front Squat	1	AMRAP	*75% of 1 rep max					
Walking Barbell Lunge	5	12-15						
Stiff Legged Deadlift	4	10-12	SUPerset					
Leg Curl	4	10-12						
Hip Thrusters	4	8-10						
GHD Sit Ups	4	20-25						
Hanging Leg Raises	4	20-25						
<u>CARDIO</u>	Swim Workout (optional)							
	200m, 2 x 100m, 8 x 50m, 200m							



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12-WEEK TRAINING PROGRAM V2



Week 10, Day 6 : HERO WOD SATURDAYS

CHRIS KYLE - 3 rounds for time

40 kettlebell swings (Men: 53 lbs \ Women: 35 lbs)

40 Box Jumps (Men: 24 inch \ Women: 20 inch)

40 Thrusters (Men: 65 lbs \ 45 lbs)

40 Elevated Push Ups



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12-WEEK TRAINING PROGRAM V2



Week 11, Day 1 : BENCH/PUSH PRESS FOCUS

EXERCISE	SETS	REPS	NOTES		
Bench Press	2	10			
Bench Press	2	8			
Bench Press	5	5			
Push Ups	4	25			
Incline Dumbbell Press	4	8-10			
Barbell Push Press	2	10	Work up to a 3 rep max.		
Barbell Push Press	2	6			
Barbell Push Press	3	3			
Hand Stand Push Ups	5	AMRAP			
Weighted Dips	4	12-15	SUPERSET		
Close Grip Bench Press	4	8-10			
Hanging Leg Raises	4	20-25			
L-Sits	4	ALAP	*As long as possible for each set.		



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12-WEEK TRAINING PROGRAM V2



Week 11, Day 2 : BACK SQUAT FOCUS

EXERCISE	SETS	REPS	NOTES			
Leg Extensions	4	10-12	SUPERSET			
Leg Curls	4	10-12				
Barbell Squat	As Many As Needed	3	Work up to a 3 rep max.			
Barbell Squat	1	AMRAP	*90% of 1 rep max			
Barbell Squat	1	AMRAP	*85% of 1 rep max			
Barbell Squat	1	AMRAP	*80% of 1 rep max			
Dumbbell Step Ups	4	10-12	SUPERSET			
Dumbbell Split Squats	4	10-12				
GHD Sit Ups	4	20-25				
Hanging Leg Raises	4	20-25				
METCON:	5 rounds for time					
Each Round:	100m row 5 front squats (Men: 185 lbs \ Women: 115 lbs) 10 Hand Stand Push Ups 100m row 1 minute rest					



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12-WEEK TRAINING PROGRAM V2



Week 11, Day 3 : DEADLIFT FOCUS

EXERCISE	SETS	REPS	NOTES									
Deadlift	2	10										
Deadlift	2	8										
Deadlift	5	5										
Deadlift	1	AMRAP	80% of 1 rep max									
Lat Pull Down	4	8-10										
Facepulls	4	10-15	SUPERSET									
Preacher Curl	4	10-12										
L-Sits	5	ALAP	*As long as possible.									
METCON:		As Many Rounds As Possible In 10 Minutes										
10 Calorie Row												
10 Kettlebell swings (Men: 53 lbs \ Women: 35 lbs)												
10 Hand Stand Push Ups												



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12-WEEK TRAINING PROGRAM V2



Week 11, Day 4 : BODYWEIGHT FOCUS

EXERCISE	SETS	REPS	NOTES		
Push Ups	1	AMRAP	As Many Reps As Possible In 5 Minutes		
Pull Ups	1	AMRAP	As Many Reps As Possible In 5 Minutes		
Hand Stand Push Ups	10	5	5 HSPU every minute on the minute for 10 minutes		
Legless Rope Climbs	3	3			
Muscle Ups	1	AMRAP	As Many Reps As Possible In 7 Minutes		
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO:	3 mile run for time				



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12-WEEK TRAINING PROGRAM V2



Week 11, Day 5 : FRONT SQUAT FOCUS

EXERCISE	SETS	REPS	NOTES					
Front Squat	As Many As Needed	3	Work up to a 3 rep max.					
Front Squat	1	AMRAP	*85% of 1 rep max					
Front Squat	1	AMRAP	*80% of 1 rep max					
Front Squat	1	AMRAP	*75% of 1 rep max					
Walking Barbell Lunge	5	12-15						
Stiff Legged Deadlift	4	10-12	SUPerset					
Leg Curl	4	10-12						
Hip Thrusters	4	8-10						
GHD Sit Ups	4	20-25						
Hanging Leg Raises	4	20-25						
CARDIO	Swim Workout (optional)							
	200m, 2 x 100m, 8 x 50m, 200m							



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12-WEEK TRAINING PROGRAM V2



Week 11, Day 6 : HERO WOD SATURDAYS

THE SEVEN - 7 rounds for time

7 hand stand push ups

7 thrusters (Men: 135 lbs \ Women: 95 lbs)

7 toes to bar

7 deadlifts (Men: 245 lbs \ Women: 165 lbs)

7 burpees

7 kettlebell swings (Men: 53 lbs \ Women: 35 lbs)

7 pull ups



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12-WEEK TRAINING PROGRAM V2



Week 12, Day 1 : BENCH/PUSH PRESS FOCUS

EXERCISE	SETS	REPS	NOTES		
Bench Press	2	10			
Bench Press	2	8			
Bench Press	5	5			
Push Ups	4	25			
Incline Dumbbell Press	4	8-10			
Barbell Push Press	2	10	Work up to a 3 rep max.		
Barbell Push Press	2	6			
Barbell Push Press	3	3			
Hand Stand Push Ups	5	AMRAP			
Weighted Dips	4	12-15	SUPERSET		
Close Grip Bench Press	4	8-10			
Hanging Leg Raises	4	20-25			
L-Sits	4	ALAP	*As long as possible for each set.		



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12-WEEK TRAINING PROGRAM V2



Week 12, Day 2 : BACK SQUAT FOCUS

EXERCISE	SETS	REPS	NOTES		
Leg Extensions	4	10-12	SUPERSET		
Leg Curls	4	10-12			
Barbell Squat	As Many As Needed	3	Work up to a 3 rep max.		
Barbell Squat	1	AMRAP	*90% of 1 rep max		
Barbell Squat	1	AMRAP	*85% of 1 rep max		
Barbell Squat	1	AMRAP	*80% of 1 rep max		
Dumbbell Step Ups	4	10-12	SUPERSET		
Dumbbell Split Squats	4	10-12			
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
METCON:	3 rounds for time				
Each Round:	400m run				
	30 box jumps				
	30 wall balls				



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12-WEEK TRAINING PROGRAM V2



Week 12, Day 3 : DEADLIFT FOCUS

EXERCISE	SETS	REPS	NOTES					
Deadlift	2	10						
Deadlift	2	8						
Deadlift	5	5						
Deadlift	1	AMRAP	80% of 1 rep max					
Lat Pull Down	4	8-10						
Facepulls	4	10-15	SUPERSET					
Preacher Curl	4	10-12						
L-Sits	5	ALAP	*As long as possible.					
METCON:	As Many Rounds As Possible In 15 Minutes							
	10 Burpees							
	10 Kettlebell swings (Men: 53 lbs \ Women: 35 lbs)							
	250m row							



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12-WEEK TRAINING PROGRAM V2



Week 12, Day 4 : BODYWEIGHT FOCUS

EXERCISE	SETS	REPS	NOTES		
Push Ups	1	AMRAP	As Many Reps As Possible In 5 Minutes		
Pull Ups	1	AMRAP	As Many Reps As Possible In 5 Minutes		
Hand Stand Push Ups	10	5	5 HSPU every minute on the minute for 10 minutes		
Legless Rope Climbs	3	3			
Muscle Ups	1	AMRAP	As Many Reps As Possible In 7 Minutes		
GHD Sit Ups	4	20-25			
Hanging Leg Raises	4	20-25			
CARDIO:	10 mile run for time				



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12-WEEK TRAINING PROGRAM V2



Week 12, Day 5 : FRONT SQUAT FOCUS

EXERCISE	SETS	REPS	NOTES					
Front Squat	As Many As Needed	3	Work up to a 3 rep max.					
Front Squat	1	AMRAP	*85% of 1 rep max					
Front Squat	1	AMRAP	*80% of 1 rep max					
Front Squat	1	AMRAP	*75% of 1 rep max					
Walking Barbell Lunge	5	12-15						
Stiff Legged Deadlift	4	10-12	SUPerset					
Leg Curl	4	10-12						
Hip Thrusters	4	8-10						
GHD Sit Ups	4	20-25						
Hanging Leg Raises	4	20-25						
<u>CARDIO</u>	Swim Workout (optional)							
	200m, 2 x 100m, 8 x 50m, 200m							



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 12, Day 6 : HERO WOD SATURDAYS

ZEUS - 3 rounds for time

30 wall balls

30 deadlifts (Men: 155 lbs \ Women: 95 lbs)

30 box jumps

30 push presses (Men: 95 lbs \ Women: 55 lbs)

30 calorie row

30 push ups

10 back squats (bodyweight on bar)