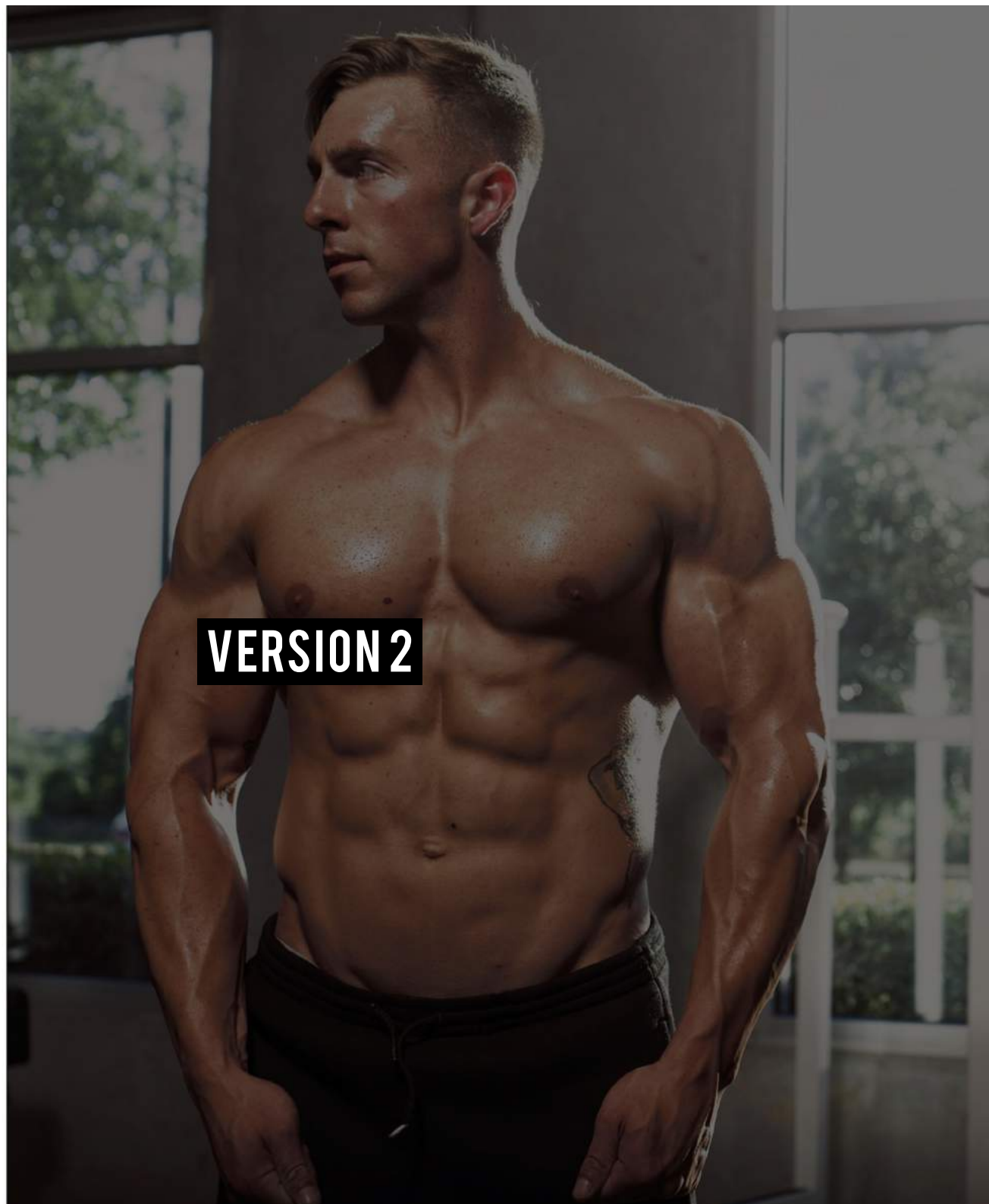


# ETS

EMBRACE  
THE  
SUCK

12 WEEK CHALLENGE

POWERED BY NICK BARE FITNESS



VERSION 2

# ***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    | *The intent of the barbell push press ladder is to work up to a 3-RM x 3 sets.  |
| Barbell Push Press     | 2     | 5     |   |
| 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    | *The intent of the deadlift ladder is to work up to a 3-RM x 3 sets. |  |  |
| Deadlifts          | 2   | 5     |  |  |  |
| 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 |  |  |  |
| <b>METCON:</b>     | 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                   | *The intent of the squat ladder is to work up to a 3-RM x 3 sets. |
| Barbell Squats         | 2  | 5                    |   |
| Barbell Squats         | 3  | 3                    |   |
| 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.   |
| <b>CARDIO:</b>         | 5 sets x 3 minute rounds with 2 minutes rest between rounds                    |                      |   |
| <b>Each Round:</b>     | 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    | *The intent of the bench press ladder is to work up to a 3-RM x 3 sets. |
| Bench Press         | 2                                    | 5     |   |
| Bench Press         | 3                                    | 3     |   |
| 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 |   |
| <b>CARDIO:</b>      | Optional Swim Workout:               |       |   |
|                     | 200m warmup, 6x50m sprint, 500m pace |       |   |



# EMBRACE THE SUCK

## 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 |                                       |  |  |
| <b>CARDIO</b>      | 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 |   |  |  |
| <b>METCON:</b>         | 21 - 15 - 9                          |       |   |  |  |
|                        | 3 round of:                          |       |   |  |  |
|                        | 21 wallballs, 15 pull-ups, 9 burpees |       |   |  |  |



# EMBRACE THE SUCK

## 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 |                                       |  |  |
| <b>METCON:</b>     | As Many Rounds As Possible In 20 Minutes |       |                                       |  |  |
| <b>Each Round:</b> | 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.            |
| <b>METCON:</b>         | 3 rounds (each for time) with 2 minutes rest in between |                      |                                  |
| <b>Each Round:</b>     | 20 wall balls   |                      |                                  |
|                        | 20 KB swings - Men: 53 lbs/Women: 35 lbs                |                      |                                  |
|                        | 20 Box Jumps - Men: 24 inch/Women: 20 inch              |                      |                                  |



# EMBRACE THE SUCK

## 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 |  |  |  |
| <b>CARDIO:</b>      | Optional Swim Workout:               |       |  |  |  |
|                     | 200m warmup, 6x50m sprint, 500m pace |       |  |  |  |



# EMBRACE THE SUCK

## 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 |                                       |  |  |
| <b>CARDIO</b>      | 5 mile run for time |       |                                       |  |  |



# EMBRACE THE SUCK

## 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 |                                  |  |  |
| <b>CARDIO:</b>         | 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    | *The intent of the front squat ladder is to work up to a 1-RM x 3 sets.   |
| Barbell Push Press     | 2     | 5     |   |
| 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.  |





# EMBRACE THE SUCK

## 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    | *The intent of the front squat ladder is to work up to a 1-RM x 3 sets. |  |  |
| Deadlifts          | 5  | 5     |   |  |  |
| Deadlifts          | 3  | 2     |   |  |  |
| Barbell Curl       | 4  | 10-12 | SUPERSET  |  |  |
| Dumbbell Curl      | 4  | 10-12 |   |  |  |
| GHD Sit Ups        | 4  | 20-25 |   |  |  |
| Hanging Leg Raises | 4  | 20-25 |   |  |  |
| <b>METCON:</b>     | As Many Rounds As Possible In 25 Minutes       |       |   |  |  |
| <b>Each Round:</b> | 250m row                                       |       |   |  |  |
|                    | 50 ft Overhead Walking Lunge with 45 lb. Plate |       |   |  |  |
|                    | 10 Hand Stand Push Ups                         |       |   |  |  |



# EMBRACE THE SUCK

## 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                   | *The intent of the front squat ladder is to work up to a 1-RM x 3 sets. |
| 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.   |
| <b>METCON:</b>         | 10 Minutes - As Many Rounds As Possible     |                      |   |
| <b>Each Round:</b>     | 3 Pull Ups                                  |                      |   |
|                        | 6 Burpees                                   |                      |   |
|                        | 9 KB Swings - Men: 53 lbs. / Women: 35 lbs. |                      |   |



# EMBRACE THE SUCK

## 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    | *The intent of the front squat ladder is to work up to a 1-RM x 3 sets. |
| Bench Press         | 2                                    | 5     |   |
| Bench Press         | 3                                    | 2     |   |
| 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 |   |
| <b>CARDIO:</b>      | Optional Swim Workout:               |       |   |
|                     | 200m warmup, 6x50m sprint, 500m pace |       |   |



# EMBRACE THE SUCK

## 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 |                                       |  |  |
| <b>CARDIO</b>      | 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 |   |  |  |
| <b>CARDIO:</b>         | Sprint Intervals x 6        |       |   |  |  |
|                        | 400m sprint , 400m easy jog |       |   |  |  |



# EMBRACE THE SUCK

## 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.  |  |  |



# EMBRACE THE SUCK

## 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 |                                       |  |  |
| <b>METCON:</b>     | For Time                             |       |                                       |  |  |
|                    | 500m Row                             |       |                                       |  |  |
|                    | 5 rounds x 10 pull ups, 10 wallballs |       |                                       |  |  |
|                    | 50 burpees                           |       |                                       |  |  |



# EMBRACE THE SUCK

## 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.            |
| <b>METCON:</b>         | 4 Rounds                                     |                      |                                  |
| <b>Each Round:</b>     | 25 KB Swings - Men: 53 lbs. / Women: 35 lbs. |                      |                                  |
|                        | 25 Burpees                                   |                      |                                  |





# EMBRACE THE SUCK

## 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 |  |  |  |
| <b>CARDIO:</b>      | Optional Swim Workout:               |       |  |  |  |
|                     | 200m warmup, 6x50m sprint, 500m pace |       |  |  |  |



# EMBRACE THE SUCK

## 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 |                                       |  |  |
| <b>CARDIO</b>      | 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 |                                  |  |  |
| <b>CARDIO:</b>         | 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     | *The intent of the squat ladder is to work up to a 2-RM x 2 sets.                  |
| Barbell Squat         | 2  | 6     |  |
| Barbell Squat         | 2  | 4     |  |
| Barbell Squat         | 2  | 2     |  |
| 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 |  |
| <b>METCON:</b>        | 5 rounds - each round is 2 minutes. 2 minutes rest in between sets.  |       |  |
| <b>Each Round:</b>    | 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      | *The intent of the front squat ladder is to work up to a 2-RM x 2 sets. |  |  |
| Front Squat           | 2                                    | 4      |   |  |  |
| Front Squat           | 2                                    | 2      |   |  |  |
| Leg Extensions        | 4                                    | 12-15  | SUPERSET  |  |  |
| Leg Curls             | 4                                    | 12-15  |   |  |  |
| Kettlebell Swings     | 4                                    | 15-20  | Men: 53 lb / Women: 35 lb   |  |  |
| GHD Sit Ups           | 4                                    | 20-25  |   |  |  |
| Hanging Leg Raises    | 4                                    | 20-25  |   |  |  |
| <b>CARDIO:</b>        | 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 |  |  |  |
| <b>CARDIO</b>       | 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 |       |  |  |
| <b>METCON:</b>     | 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     | *The intent of the squat ladder is to work up to a 2-RM x 2 sets.                  |
| Barbell Squat         | 2   | 6     |  |
| Barbell Squat         | 2   | 4     |  |
| Barbell Squat         | 2   | 2     |  |
| 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 |  |
| <b>METCON:</b>        | 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     | *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:                | 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      | *The intent of the front squat ladder is to work up to a 2-RM x 2 sets. |  |  |
| Front Squat           | 2                                    | 4      |   |  |  |
| Front Squat           | 2                                    | 2      |   |  |  |
| Leg Extensions        | 4                                    | 12-15  | SUPERSET  |  |  |
| Leg Curls             | 4                                    | 12-15  |   |  |  |
| Kettlebell Swings     | 4                                    | 15-20  | Men: 53 lb / Women: 35 lb   |  |  |
| GHD Sit Ups           | 4                                    | 20-25  |   |  |  |
| Hanging Leg Raises    | 4                                    | 20-25  |   |  |  |
| <b>CARDIO:</b>        | 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 |  |  |  |
| <b>CARDIO</b>       | 4 mile run for time |       |  |  |  |



# EMBRACE THE SUCK

## 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 |       |  |  |
| <b>METCON:</b>     | For Time:                                    |       |       |  |  |
|                    | 55 Deadlifts (Men: 225 lbs \ Women: 155 lbs) |       |       |  |  |
|                    | 55 Wall balls                                |       |       |  |  |
|                    | 100 Calorie Row or 800 meter sprint          |       |       |  |  |
|                    | 55 handstand push ups                        |       |       |  |  |



# EMBRACE THE SUCK

## 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.                  |  |  |





# EMBRACE THE SUCK

## 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     | *The intent of the squat ladder is to work up to a 2-RM x 2 sets.                  |
| Barbell Squat         | 2                 | 6     |  |
| Barbell Squat         | 2                 | 4     |  |
| Barbell Squat         | 2                 | 2     |  |
| 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 |  |
| <b>METCON:</b>        | 4 rounds for time |       |  |
| <b>Each Round:</b>    | 250m row          |       |  |
|                       | 20 wall balls     |       |  |
|                       | 20 box jumps      |       |  |
|                       | 20 push ups       |       |  |



# EMBRACE THE SUCK

## 12-WEEK TRAINING PROGRAM V2



### Week 7, 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:                | 3 rounds                                   |       |   |  |  |
| For Time:              | 400m sprint                                |       |   |  |  |
|                        | 10 KB Swings (Men: 53 lbs \ Women: 35 lbs) |       |   |  |  |
|                        | 10 Burpees                                 |       |   |  |  |
|                        | 10 Box Jumps                               |       |   |  |  |



# EMBRACE THE SUCK

## 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      | *The intent of the front squat ladder is to work up to a 2-RM x 2 sets. |  |  |
| Front Squat           | 2                                    | 4      |   |  |  |
| Front Squat           | 2                                    | 2      |   |  |  |
| Leg Extensions        | 4                                    | 12-15  | SUPERSET  |  |  |
| Leg Curls             | 4                                    | 12-15  |   |  |  |
| Kettlebell Swings     | 4                                    | 15-20  | Men: 53 lb / Women: 35 lb   |  |  |
| GHD Sit Ups           | 4                                    | 20-25  |   |  |  |
| Hanging Leg Raises    | 4                                    | 20-25  |   |  |  |
| <b>CARDIO:</b>        | Optional Swim Workout:               |        |   |  |  |
|                       | 200m warmup, 6x50m sprint, 500m pace |        |   |  |  |



# EMBRACE THE SUCK

## 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 |  |  |  |
| <b>CARDIO</b>       | 2 mile run for time |       |  |  |  |



# EMBRACE THE SUCK

## 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 |       |  |  |
| <b><u>TRACK<br/>WORKOUT</u></b> |           |       |       |  |  |
|                                 | 400 m x 2 |       |       |  |  |
|                                 | 800 m x 1 |       |       |  |  |
|                                 | 400 m x 2 |       |       |  |  |
|                                 | 50 m x 10 |       |       |  |  |



# EMBRACE THE SUCK

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.                  |  |  |



# EMBRACE THE SUCK

## 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     | *The intent of the squat ladder is to work up to a 2-RM x 2 sets.                  |
| Barbell Squat         | 2  | 6     |  |
| Barbell Squat         | 2  | 4     |  |
| Barbell Squat         | 2  | 2     |  |
| 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 |  |
| <b>METCON:</b>        | As Many Rounds As Possible In 20 Minutes |       |  |
| <b>Each Round:</b>    | 10 Push Ups                              |       |  |
|                       | 5 Pull Ups                               |       |  |
|                       | 10 Body Squats                           |       |  |
|                       | 10 Box Jumps                             |       |  |



# EMBRACE THE SUCK

## 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.   |  |  |
| <b>METCON:</b>         | 17.1 Crossfit Games Open (Men: 50 lb Dumbbell \ Women: 35 lb Dumbbell) |       |   |  |  |
| <b>For Time:</b>       | 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   |       |   |  |  |





# EMBRACE THE SUCK

## 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      | *The intent of the front squat ladder is to work up to a 2-RM x 2 sets. |  |  |
| Front Squat           | 2                                    | 4      |   |  |  |
| Front Squat           | 2                                    | 2      |   |  |  |
| Leg Extensions        | 4                                    | 12-15  | SUPERSET  |  |  |
| Leg Curls             | 4                                    | 12-15  |   |  |  |
| Kettlebell Swings     | 4                                    | 15-20  | Men: 53 lb / Women: 35 lb   |  |  |
| GHD Sit Ups           | 4                                    | 20-25  |   |  |  |
| Hanging Leg Raises    | 4                                    | 20-25  |   |  |  |
| <b>CARDIO:</b>        | Optional Swim Workout:               |        |   |  |  |
|                       | 200m warmup, 6x50m sprint, 500m pace |        |   |  |  |



# EMBRACE THE SUCK

## 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 |  |  |  |
| <b>CARDIO</b>       | 50m sprints x 20 |       |  |  |  |



# EMBRACE THE SUCK

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



# EMBRACE THE SUCK

## 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  |                                    |  |  |
| 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 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 |                         |  |  |
| <b>METCON:</b>        | 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   |       |                         |  |  |



# EMBRACE THE SUCK

## 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    |       |                         |  |  |



# EMBRACE THE SUCK

## 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 |  |  |  |
| <b>CARDIO:</b>      | 5 miles for time |       |  |  |  |



# EMBRACE THE SUCK

## 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 |                         |  |  |
| <b>CARDIO</b>         | Swim Workout (optional)       |       |                         |  |  |
|                       | 200m, 2 x 100m, 8 x 50m, 200m |       |                         |  |  |





# EMBRACE THE SUCK

## 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         |



# EMBRACE THE SUCK

## 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  |                                    |  |  |
| 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 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 |                         |  |  |
| <b>METCON:</b>        | 3 rounds          |       |                         |  |  |
| <b>Each Round:</b>    | 400m run          |       |                         |  |  |
|                       | 30 Wallballs      |       |                         |  |  |
|                       | 20 Burpees        |       |                         |  |  |



# EMBRACE THE SUCK

## 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                           |       |                         |  |  |



# EMBRACE THE SUCK

## 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 |  |  |  |
| <b>CARDIO:</b>      | Row: 3 x 1500m, 3 minutes rest between |       |  |  |  |



# EMBRACE THE SUCK

## 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 |                         |  |  |
| <b>CARDIO</b>         | Swim Workout (optional)       |       |                         |  |  |
|                       | 200m, 2 x 100m, 8 x 50m, 200m |       |                         |  |  |



# EMBRACE THE SUCK

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



# EMBRACE THE SUCK

## 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. |  |  |





# EMBRACE THE SUCK

## 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 |                         |  |  |
| <b>METCON:</b>        | 5 rounds for time                              |       |                         |  |  |
| <b>Each Round:</b>    | 100m row                                       |       |                         |  |  |
|                       | 5 front squats (Men: 185 lbs \ Women: 115 lbs) |       |                         |  |  |
|                       | 10 Hand Stand Push Ups                         |       |                         |  |  |
|                       | 100m row                                       |       |                         |  |  |
|                       | 1 minute rest                                  |       |                         |  |  |



# EMBRACE THE SUCK

## 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                             |       |                       |  |  |



# EMBRACE THE SUCK

## 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 |  |  |  |
| <b>CARDIO:</b>      | 3 mile run for time |       |  |  |  |



# EMBRACE THE SUCK

## 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 |                         |  |  |
| <b>CARDIO</b>         | Swim Workout (optional)       |       |                         |  |  |
|                       | 200m, 2 x 100m, 8 x 50m, 200m |       |                         |  |  |



# EMBRACE THE SUCK

## 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



# EMBRACE THE SUCK

## 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. |  |  |



# EMBRACE THE SUCK

## 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 |                         |  |  |
| <b>METCON:</b>        | 3 rounds for time |       |                         |  |  |
| <b>Each Round:</b>    | 400m run          |       |                         |  |  |
|                       | 30 box jumps      |       |                         |  |  |
|                       | 30 wall balls     |       |                         |  |  |



# EMBRACE THE SUCK

## 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 |  |  |  |
| <b>CARDIO:</b>      | 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 |                         |  |  |
| <b>CARDIO</b>         | Swim Workout (optional)       |       |                         |  |  |
|                       | 200m, 2 x 100m, 8 x 50m, 200m |       |                         |  |  |



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## 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)