

CONJUGATE X CONDITIONING



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The Conjugate Method

- ▶ Means “joined together”
- ▶ Training several motor abilities within the same week
- ▶ Programming is sequential to create favorable conditions for strong training effects without overtraining
- ▶ Structured, but constantly varied
- ▶ Emphasis on limitations



General Strength



- ✓ Refers to strength of the whole muscular system
- ✓ Foundation of any general fitness program
- ✓ Can be developed using GPP measures such as sledwork
- ✓ If neglected the clients progress can be impeded and/or significant deficiencies may exist
- ✓ Base of Conjugate Training

Aerobic Methods

- ▶ Improving the aerobic abilities of fast-twitch fibers means high power output can be maintained longer
- ▶ Excellent for general fitness
- ▶ Manage stress levels
- ▶ Bridge gap between demanding training
- ▶ Recovery via decreasing resting HR



The Max Effort Method



01

Brings forth the greatest strength gains

02

Maximal number of motor units is activated

03

Incredibly safe when used correctly

04

Creates a synergy between Dynamic Effort Method

05

Low volume, but highest intensity

Dynamic Effort Method

- ▶ Less emphasis on loading & more emphasis on efficiency than bar speed
- ▶ Balances out training modalities to prevent overtraining
- ▶ Utilizes Type 2 fibers
- ▶ Recruits high-threshold motor units
- ▶ Improve motor patterns
- ▶ [Dynamic Effort Lower](#)
- ▶ [Dynamic Effort Upper](#)
- ▶ How to set-up bands for [squats & bench](#)

- ✓ Utilizes Fast twitch muscle-fiber - higher threshold motor units
- ✓ As you age type 2 fibers deteriorate
- ✓ Applicable to other aspects of health and performance
- ✓ Done on Dynamic Effort Days using jump variations and in phase 6 of our warm-ups

Explosive Strength

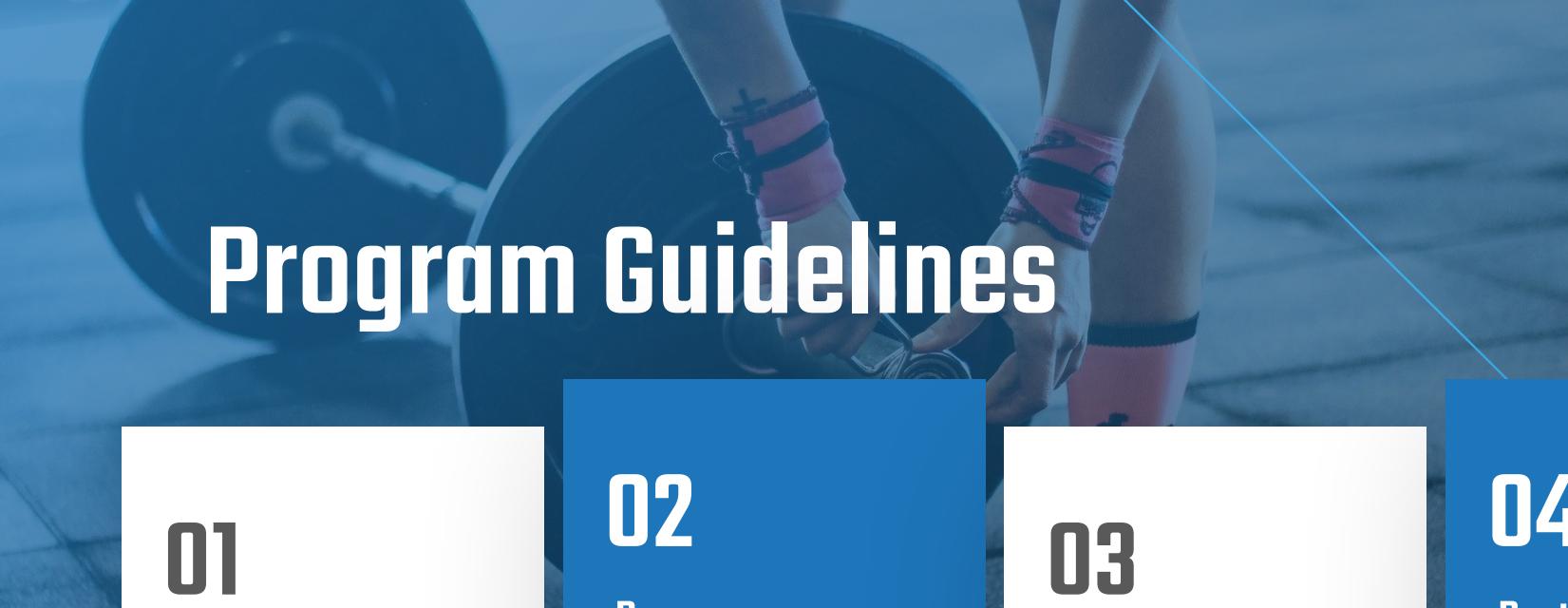
Repeated Effort method



- ▶ Stimulate hypertrophy - body composition
- ▶ Low intensity/high volume
- ▶ Sarcoplasmic adaptations
- ▶ Ability for muscle to generate force
- ▶ Decrease risk of injury
- ▶ Base building - general strength
- ▶ Done on all ME/DE days

Prilepins Chart - Volume Prescriptions

PERCENT 1RM	APPROXIMATE NUMBER OF REPETITIONS	OPTIMAL	TOTAL RANGE
40%	4-8	36	30 to 50
50%	3-6	30	18 to 30
60%	3-6	24	18 to 30
70%	3-6	18	12 to 24
80%	2-4	15	10 to 20
90%	1-2	4 to 10	1 to 10



Program Guidelines

01

1 Rep Maxes

Build over the course of 8-10 sets.
Use a rep scheme of 5-4-3-2-1
then 3-4 singles ABOVE 90%

02

Rep schemes.

You'll see two numbers of sets - the first number being the number of ramp-up sets and the second number being the number of 'work sets' eg. $2/4 \times 8-10 = 2$ ramp-up sets and 4 work sets. If you see - "5/0 x 5" this means 5 sets of 5 building in weight to a heavy 5.

03

Repetition of movements

We will perform 2 WEEKS of the same assistance exercises. This gives you time to enforce good movement patterns and get the most from each exercise variation.

04

Rest intervals

Rest intervals are provided but if needed you may increase to match your level of work capacity.



Private Facebook Group: [Here](#)

05

Recovery Conditioning.

Do not SKIP these days - these are vital part of the process of improving your aerobic system/facilitating recovery. Feel free to use your own imagination as long as you stay within the guidelines.

Program Template

1	Day 1- Max Effort or Submax Lower
2	Day 2- Conditioning
3	Day 3- Max Effort or Submax Upper
4	Day 4- Recovery Conditioning
5	Day 5- Dynamic Effort Lower
6	Day 6- Dynamic Effort Upper
7	Day 7- Active Recovery or OFF

Warm-ups

Lower #1 (Squat Emphasis)	Lower #2 (Lower Hinge Emphasis)	Upper #1 (Upper Pull Emphasis)	Upper #2 (Upper Push Emphasis)	Conditioning
1) Oscillatory Foam Roll Adductors : 1-2 inches of motion x 2-3 spots x 20-30 seconds each.	1) Oscillatory Foam Roll Hamstrings : 1-2 inches of motion x 2-3 spots x 20-30 seconds each.	1) Oscillatory Foam Roll Lats : 1-2 inches of motion x 2-3 spots x 20-30 seconds each.	1) Oscillatory Foam Roll Pecs : 1-2 inches of motion x 2-3 spots x 20-30 seconds each.	1) Oscillatory Foam Roll Hip Flexors : 1-2 inches of motion x 2-3 spots x 20-30 seconds each.
2) Quadruped Rockback Adductor Stretch x 60s each side	2) Active Straight Leg Raises x 45s each	2) Hip-Hinge Lat Stretch x 60s each.	2) Half-Kneeling Biphasic Pec stretch x 60s each.	2) Half-Kneeling Biphasic Hip Flexor Stretch x 60s each.
3) Bird Dogs : 3 x 5 ea.	3) Bird Dogs : 3 x 5 ea.	3) Side Lying Thoracic Spine Rotations : 3 x 5 ea.	3) Thoracic Rotations : 3 x 5 ea.	3) Bird Dogs : 3 x 5 ea.
4) Banded Glute Bridge : 3 x 5	4) Single Leg Glute Bridge : 3 x 5 ea. No rest.	4) Upper-Back Triplet : 2-3 x 10 ea.	4) Upper-back Triplet : 2-3 x 10 ea.	4) Supine Banded Hip Flexion : 3 x 5 ea.
5) Tempo Goblet Squat : 3 x 3-5 @3111	5) Tempo KB RDL : 3 x 3-5 @3111. Rest 20s.	5) Banded Push-ups : 3 x 5. Rest 20s.	5) Banded Push-ups : 3 x 5. Rest 20s.	5) Lateral Lunges : 3 x 5 ea.
6a) Twitchy Jumping Jack : 4 x 5. No rest 6b) Seated Dynamic Jumps Vertical : 4 x 1. Rest 30s.	6a) Twitchy Lateral Skip : 4 x 6. 6b) Kneeling Jumps + Vertical : 4 x 1. Rest 30s.	6a) Skip Jacks : 3 x 5. No rest. 6b) Medball Chest Presses : 3 x 3. Rest 30s.	6a) Skip Jacks : 3 x 5. No rest. 6b) Medball Chest Presses : 3 x 3. Rest 30s.	6a) Twitchy A-Skips : 3 x 6. No rest. 6b) Seated Dynamic Vertical : 3 x 1. Rest 30s.

Cooldowns

Global Foam Rolling.



6-12 inches of relative motion rolling proximal to distal. This is done on the same musculature you foam rolled in your warm-up but now the execution is different to expedite recovery.

Biphasic stretching.

Same as done in your warm-up.



Parasympathetic Breathing Drills.



10-15 Nasal Breaths with a 5 second inhale + 1 second hold + 5 second exhale +1 second hold at the bottom

Week 1 - Day 1: ME Lower

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) Back Squat	1RM in 10 sets	2:30		*Get a baseline number today
2) Reverse Band Trap Bar RDL	2/4 x 8-10	90s		*Sub Straight bar if needed
3) Double KB Box Squat	2/4 x 8-10	90s		*14-15" Box
4) Russian Kettlebell Swings	1/4 x 25	60s		*Squeeze glutes at top
5) Standing Banded Abs	0/4 x 8-10	60s		*Contract abs as hard as possible

Week 1- Day 2: Conditioning

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) <u>Air Bike Sprint</u>	10 Minutes x Max Calories	As needed.		*80% effort - this should be uncomfortable but sustainable. Record your totals. Rest 60s before going to #2
2) <u>Farmer Carry</u>	10 Minutes x Max 60 yard trips	As needed		*Heaviest DBs or KBs. Rest 60s before going to #2. Shoot for 5+ sets.
3) <u>Rowing Machine</u>	10 Minutes x Max Calories	No rest.		*80% effort - this should be uncomfortable but sustainable. Record your totals.
4) <u>Banded Leg Curls</u>	2 x 75 ea.	No rest		*Explosive reps

Week 1- Day 3: Upper

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) Bench Press	1RM in 10 sets.	2:00		*Use your most comfortable grip
2) Slight Incline DB Bench Press - pronated grip	2/4 x 8-10	60s		
3) Tempo Chin-up	Accumulate 15-20 reps	90s		*3-5 second raise + 3-5 second lowering
4a) Rollback Triceps Extensions	1/4 x 10-12	45s		
4b) Chest Supported Rows	1/4 x 12-15	45s		
5) Sledpull Facepulls	400 Meters	N/A		*Use a moderate load. If unable to use a sled perform AMRAP 5 of upper-back triset that was done in the warm-up

Week 1- Day 4: Recovery Conditioning

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1a) Run	10 x 50s	10s		*This is a EMOM 30 with three movements - go from 1a, 1b, to 1c then repeat for a total of 30:00
1b) Bike	10 x 50s	10s		*All work should be conversational - heart-rate should NOT exceed 150 BPM and average around 135
1c) Single Unders	10 x 50s	10s		
2) Half-Kneeling Banded Pallof Press	0/4 x 8 each	60s		*Brace abs hard

Week 1- Day 5: DE Lower

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) <u>Box Squat</u>	3/8 x 3 @50% + 25% accommodating resistance	Every 60s		*Use 1RM Back Squat from Day 1 *Parallel Box w. a wide stance *Use chains or bands (25% of your 1RM from Day 1 in tension.)
2) <u>Sumo Deadlift against a band</u>	7/0 x 4	90s		*Elevate plates 2" off floor *Build in weight over the course of 7 sets *Reset on each rep
3) <u>Barbell Glute Hip Thrusts</u>	2/4 x 5-5s-4-4s-3-3s-2-2s-1-1s	90s		*Perform 5 reps + 5s hold + 4 reps + 4s hold and so on
4) <u>Goblet Reverse Lunges</u>	1/3 x 12 each	60s		
5) <u>Sledpull Powerwalk + Farmer Carry</u>	400 Meters for time	N/A		*Light loads. Go with minimal amount of stoppage. Sub a 400 Meter Heavy Farmer Carry if no sled

Week 1- Day 6: DE Upper

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) Speed Bench Press	3/9 x 3 @45% + 25% of AR	Every 60s		*Chains or bands @25% of 1RM from Day 3 *Change grip every 3 sets ie. close, medium, 1" wider than medium.
2) Football Bar Bench Press	2/3 x 8-10	2:00		*3 sets with the same load. No Accommodating Resistance. Use a straight bar if no FB bar.
3) Fat Bar Inverted Rows	0/5 x 8-10	60s		*Elevate feet if needed. Use a straight bar if no access to fat gripz
4) V-Handle Lat Pulldowns	1/4 x 12-15	60s		*Sub band assisted pull-up if needed for 4 sets of 8-10
5) Incline Lateral Raises	1/3 x 15	60s		

Week 1 - Day 7: Active Recovery or OFF

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
"Easy" Conditioning	20-30 minutes	120-130		Row, jog, light sledpull, bike, swim
Band Work	100-200 reps	30-60s		*Your choice of pushdowns, leg curls, pull-aparts
Static Stretching	5 Minutes	N/A		
<u>Parasympathetic Breathing</u>	5 Minutes	N/A		

Week 2 - Day 1: ME Lower

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) <u>Anderson Front Squat</u>	1RM in 10 sets	2:30		*Use bands if possible. Set pins so you start at parallel.
2) <u>Reverse Band Trap Bar RDL</u>	2/4 x 8-10	90s		**Sub Straight bar if needed
3) <u>Double KB Box Squat</u>	2/4 x 8-10	90s		*14-15" Box
4) <u>Russian Kettlebell Swings</u>	1/4 x 25	60s		*Squeeze glutes at top
5) <u>Standing Banded Abs</u>	0/4 x 8-10	60s		

Week 2- Day 2: Conditioning

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) Air Bike Sprint	10 Minutes x Max Calories	As needed.		*80% effort - this should be uncomfortable but sustainable. Record your totals. Rest 60s before going to #2. Exceed total cals from last week by 10-15.
2) Farmer Carry	10 Minutes x Max 60 yard trips	As needed		*Heaviest DBs or KBs. Rest 60s before going to #2. Match sets from last week.
3) Rowing Machine	10 Minutes x Max Calories	No rest.		*80% effort - this should be uncomfortable but sustainable. Record your totals. Exceed total cals from last week by 10-15.
4) Banded Leg Curls	2 x 75 ea.	No rest		*Explosive reps

Week 2- Day 3: Upper

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) <u>Fat Bar Close Grip Floor Press</u>	3RM in 8 sets.	2:00		*Just inside shoulder width grip
2) <u>Slight Incline DB Bench Press - pronated grip</u>	2/4 x 8-10	60s		
3) <u>Tempo Chin-up</u>	Accumulate 15-20 reps	90s		*3-5 second raise + 3-5 second lowering
4a) <u>Rollback Triceps Extensions</u>	1/4 x 10-12	45s		
4b) <u>Chest Supported Rows</u>	1/4 x 12-15	45s		

Week 2- Day 4: Recovery Conditioning

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1a) Run	10 x 50s	10s		*This is a EMOM 30 with three movements - go from 1a, 1b, to 1c then repeat for a total of 30:00
1b) Bike	10 x 50s	10s		*All work should be conversational - heart-rate should NOT exceed 150 BPM and average around 135
1c) Single Unders	10 x 50s	10s		
2) Half-Kneeling Banded Pallof Press	0/4 x 8 each	60s		*Brace abs hard

Week 2- Day 5: DE Lower

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) Box Squat	3/8 x 3 @55% + 25% accommodating resistance	Every 60s		*Use 1RM Back Squat from Day 1 *Parallel Box w. a wide stance *Use chains or bands (25% of your 1RM from Day 1 in tension.)
2) Sumo Deadlift against a band	8/0 x 3	90s		*Elevate plates 2" off floor *Build in weight over the course of 8 sets *Reset on each rep
3) Barbell Glute Hip Thrusts	2/4 x 5-5s-4-4s-3-3s-2-2s-1-1s	90s		*Perform 5 reps + 5s hold + 4 reps + 4s hold and so on
4) Goblet Reverse Lunges	1/3 x 12 each	60s		
5) Sledpull Powerwalk + Farmer Carry	400 Meters for time	N/A		*Light loads. Sub 400 meter heavy FC if no access to sled.

Week 2- Day 6: DE Upper

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) <u>Speed Bench Press</u>	3/9 x 3 @50% + 25% of AR	Every 60s		*Chains or bands @25% of 1RM from Day 3 *Change grip every 3 sets ie. close, medium, 1" wider than medium.
2) <u>Football Bar Bench Press</u>	3/3 x 7-9	2:00		*3 sets with the same load. No Accommodating Resistance. Use a straight bar if no FB bar. Slightly heavier than last week.
3) <u>Fat Bar Inverted Rows</u>	0/5 x 8-10	60s		*Elevate feet if needed. Use straight bar if no access to fat grips
4) <u>V-Handle Lat Pulldowns</u>	1/4 x 12-15	60s		*Sub band assisted pull-up if needed for 4 sets of 8-10
5) <u>Incline Lateral Raises</u>	1/3 x 15	60s		

Week 2 - Day 7: Active Recovery or OFF

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
"Easy" Conditioning	20-30 minutes	120-130		Row, jog, light sledpull, bike, swim
Band Work	100-200 reps	30-60s		*Your choice of pushdowns, leg curls, pull-aparts
Static Stretching	5 Minutes	N/A		
<u>Parasympathetic Breathing</u>	5 Minutes	N/A		

Week 3 - Day 1: Submax Lower

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) <u>Trap Bar Deadlift</u>	5/0 x 5	2:00		*Build in weight - these are touch n go reps. *Elevate plates to maintain a neutral spine
2) <u>Back Squat to pins</u>	5/0 x 4	2:00		*Pins set above parallel *Dead stop on each rep
3) <u>Single-Leg Supported RDLs</u>	2/4 x 6-8 each	90s		
4) <u>Banded Glute Bridges</u>	0/4 x 15	60s		*Squeeze glutes at top
5) <u>Straight Leg Raises</u>	0/4 x 8-10	60s		

Week 3- Day 2: Conditioning

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) <u>KB Complex from Hell</u>	AMRAP 20	Rest as needed		*See attached video *Goal = 4+ rounds. Each round should take around 4 minutes to complete.
2) <u>Crossbody Carry</u>	AMRAP 8 x 30 yards.			*Switch sides every 30 yards
3) Recovery	10 Minutes	steady-state		*Choose between row, bike or light <u>sledpull powerwalk</u>
4) <u>Double Leg Banded Leg Curls</u>	0/4 x 30	60s		

Week 3- Day 3: ME Upper

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) <u>Pull-up with chain</u>	1RM in 6 sets + drop sets	90s		*Once 1RM is achieved remove 1 chain and perform 2-3 reps x 3 cycles.
2a) <u>Supported Elbow out Landmine Row</u>	2/4 x 8-10 each	45s		
2b) <u>DB Floor Press</u>	2/4 x 8-10	45s		*Neutral grip
3) <u>Seated DB Lateral Raises</u>	1/3 x 12-15	60s		
4) <u>Overhead Triceps Extensions</u>	0/3 x 50	60s		

Week 3 - Day 4: Recovery Conditioning

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) Run	10 Minutes	130-150		*All done non-stop at a conversational pace
2) Row	10 Minutes	130-150		*After 10 minutes is done proceed to 2 and then 3
3) Bike	10 Minutes	130-150		
4) <u>Banded Back Complex</u>	50 reps each position	N/A		*Facepull-apart + Pulldowns + Pull-aparts
5) <u>World's Greatest Stretch</u>	10 reps each side	N/A		

Week 3- Day 5: DE Lower

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) <u>Box Squat</u>	3/7 x 3 @60% + 25% accommodating resistance	Every 60s		*Use 1RM Back Squat from Day 1 *Parallel Box w. a wide stance *Use chains or bands (25% of your 1RM from Day 1 in tension.)
2) <u>Sumo RDL w. Bands pulling forward</u>	3/3 x 10	90s		
3) <u>Rear Foot Elevated Split Squats</u>	2/4 x 6-8 each	90s		
4) <u>Band Resisted Russian KBS</u>	EMOM 5 x 20 reps	Remaining time in the minute		*AHAP
5) <u>Banded Alphabet</u>	3 sets on each side	60s		

Week 3 - Day 6: DE Upper

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) <u>Speed Bench Press</u>	3/9 x 3 @55% + 25% of AR	Every 60s		*Chains or bands @25% of 1RM from Day 3 *Change grip every 3 sets ie. close, medium, 1" wider than medium.
2) <u>Football Bar Bench Press</u>	2/3 x 6-8	2:00		*3 sets with the same load. No Accommodating Resistance. Use a straight bar if no FB bar. Slightly heavier than last week.
3a) <u>Chest Supported DB Rows</u>	4 x 12-15	45s		*1s pause on each rep
3b) <u>Push-ups on Kettlebells</u>	4 x submax	45s		*2-3 reps shy of failure
4) <u>Close C2B Chin-up</u>	Accumulate 25 reps	As needed		*Sets of 4-5 should be challenging

Week 3 - Day 7: Active Recovery or OFF

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
"Easy" Conditioning	20-30 minutes	120-130		Row, jog, light sledpull, bike, swim
Band Work	100-200 reps			*Your choice of pushdowns, leg curls, pull-aparts
Static Stretching	5 Minutes			
<u>Parasympathetic Breathing</u>	5 Minutes			

Week 4 - Day 1: Submax Lower

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) <u>Trap Bar Deadlift</u>	7/0 x 4	2:00		*Build in weight - these are touch n go reps. *Elevate plates to maintain a neutral spine
2) <u>Back Squat to pins</u>	5/0 x 4	2:00		*Pins set above parallel *Dead stop on each rep *Goal = 5% heavier than last week
3) <u>Single-Leg Supported RDLs</u>	1/4 x 6-8 each	90s		
4) <u>Banded Glute Bridges</u>	0/4 x 15	60s		*Squeeze glutes at top

Week 4 - Day 2: Conditioning

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) <u>KB Complex from Hell</u>	AMRAP 20	Rest as needed		*See attached video *Goal = +10 reps more than last week. Each round should take around 4 minutes to complete.
2) <u>Crossbody Carry</u>	AMRAP 8 x 30 yards.			*Switch sides every 30 yards
3) Recovery	10 Minutes	steady-state		*Choose between row, bike or light <u>sledpull powerwalk</u>
4) <u>Double Leg Banded Leg Curls</u>	0/4 x 30	60s		

Week 4 - Day 3: ME Upper

Movement	Rep Scheme	Rest interval	Work Weight or Max load achieved	Training Notes
1) <u>Pull-up with chain</u>	2RM in 6 sets + drop sets	90s		*Once 1RM is achieved remove 1 chain and perform 2-3 reps x 3 cycles. *Match 1RM from last week x 2
2a) <u>Supported Elbow out Landmine Row</u>	2/4 x 8-10 each	45s		
2b) <u>DB Floor Press</u>	2/4 x 8-10	45s		*Neutral grip
3) <u>Seated DB Lateral Raises</u>	1/3 x 12-15	60s		
4) <u>Overhead Triceps Extensions</u>	0/3 x 50	60s		

Week 4 - Day 4: Recovery Conditioning

Movement	Rep Scheme	Heart Rate	Work Weight or Max load achieved	Training Notes
1) Run	12 Minutes	130-150		*All done non-stop at a conversational pace
2) Row	12 Minutes	130-150		*After 10 minutes is done proceed to 2 and then 3
3) Bike	12 Minutes	130-150		
4) <u>Banded Back Complex</u>	50 reps each position	N/A		*Facepull-apart + Pulldowns + Pull-aparts

Week 4 - Day 5: DE Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) Front Box Squat	3/5 x 5 @50% + 25% accommodating resistance	Every 60s		*Use 1RM Front Squat *13-14" Box *Use chains or bands (25% of your 1RM in tension.)
2) Sumo RDL w. Bands pulling forward	3/3 x 10	90s		
3) Rear Foot Elevated Split Squats	2/4 x 6-8 each	90s		
4) Band Resisted Russian KBS	EMOM 5 x 20 reps	Remaining time in the minute		*AHAP
5) Banded Alphabet	3 sets on each side	60s		

Week 4 - Day 6: DE Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Tall Kneeling Bilateral Landmine Press - Speed</u>	2/5 x 5	45s		*Light & Fast
2) <u>Pin Bench Press</u>	6/0 x 5	2:00		*Use accommodating resistance if possible *Set pins so you start 4-5" over chest - use medium grip
3a) <u>Chest Supported DB Rows</u>	4 x 12-15	30s		*1s pause on each rep
3b) <u>Push-ups on Kettlebells</u>	4 x submax	30s		*2-3 reps shy of failure
4) <u>Close C2B Chin-up</u>	Accumulate 25 reps	As needed		*Sets of 4-5 should be challenging

Week 4 - Day 7: Active Recovery or OFF

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
"Easy" Conditioning	20-30 minutes	120-130		Row, jog, light sledpull, bike, swim
Band Work	100-200 reps	30-60s		*Your choice of pushdowns, leg curls, pull-aparts
Static Stretching	5 Minutes	N/A		
<u>Parasympathetic Breathing</u>	5 Minutes	N/A		

Week 5 - Day 1: ME Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Sumo Stance Rack Deadlift</u>	1RM in 10 sets	3:00		*Build in weight over the course of 10 sets. Set bar so it's right below your knees
2) <u>Goblet Squat</u>	2/4 x 10-12	90s		*Pause on each rep for a 1 count
3) <u>Glute Ham Raises</u>	Accumulate 30 reps	60s - 90s		
4) <u>Single Leg Glute Hip Thrust</u>	0/4 x 12-15 each	60s		*Squeeze glutes at top
5) <u>Stir the Pot</u>	4 x 20s on	40s		

Week 5- Day 2: Conditioning

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Sledpush</u>	8 x 60 yards.	90s - 2:00		*Or Bike Sprints x 20 seconds if no sled available
2) <u>Trap Bar Farmer Carry</u>	4 x 60 yards.	90s - 2:00		*OR Heaviest DBs or KBs *BW on Trap Bar
3) <u>Banded Leg Curls</u>	0/3 x 50 ea.	No rest		
4) <u>Parasympathetic Breathing</u>	5 Minutes	N/A		

Week 5- Day 3: ME Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Floor Press</u>	1RM in 10 sets	2:00		*Use your bench press grip *Build over the course of 8-10 sets
2) <u>Single Arm DB Bench Press</u>	3/4 x 6-8 each	90s		*Neutral Grip
3) <u>T-Bar Rows - neutral grip</u>	2/4 x 12-15	60s		*Or a horizontal row variation
4) <u>Rollback Triceps Extensions</u>	1/5 x 8-10	60s		
5) <u>L-Sit Hold</u>	Accumulate 1:00	As needed		

Week 5 - Day 4: Recovery Conditioning

Movement	Rep Scheme	Heart Rate	Work Weight or Max load achieved	Training Notes
1a) Run	2 x 5:00	130-150		*All done non-stop at a conversational pace
1b) Row	2 x 5:00	130-150		*This a 2 round workout - 1 round consists of 5:00 Run + 5:00 Row + 5:00 Bike
1c) Bike	2 x 5:00	130-150		
2) <u>Banded Triceps Pushdowns</u>	150 Reps	Rest as needed		
3) <u>Banded Back Triset</u>	60s Max Reps per position	30-60s		*Shoot for 50 reps each position - pass thru + facepull-apart + pull-apart

Week 5 - Day 5: DE Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Front Box Squat</u>	3/5 x 4 @55% + 25% accommodating resistance	Every 60s		*Use 1RM Front Squat *13-14" Box *Use chains or bands (25% of your 1RM in tension.)
2) <u>Conventional Deadlift against a band</u>	3/6 x 2 @55%	Every 60s		*Reset on each rep
3) <u>BB Glute Bridge</u>	2/4 x 8-10	90s		
4) <u>Lateral Step-ups</u>	1/3 x 8-10 each	60s		*14-18" Box
5) <u>KB March</u>	8 x 20s on/10s off	10s		*Alternate sides

Week 5- Day 6: DE Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Tall Kneeling Bilateral Landmine Press - Speed</u>	2/5 x 5	45s		*Light & Fast
2a) <u>DB Push Press</u>	2/4 x 6-8	60s		
2b) <u>Inverted Rows - pronated grip</u>	Perform 10 reps between sets of Push Press (6 sets total)	60s		
3) <u>Push-ups on Kettlebells</u>	0/4 x submax	60s		*2-3 reps shy of failure *Denote totals achieved
4) <u>Alternating DB Curls</u>	Down the rack	10-20s	*Until failure	*Start with a weight you can complete 10 reps on each arm with then keep moving down the rack completing 5-10 reps.

Week 5 - Day 7: Active Recovery or OFF

Movement	Rep Scheme	Heart Rate	Work Weight or Max load achieved	Training Notes
"Easy" Conditioning	20-30 minutes	120-130		Row, jog, light sledpull, bike, swim
Band Work	100-200 reps	30-60s		*Your choice of pushdowns, leg curls, pull-aparts
Static Stretching	5 Minutes	N/A		
<u>Parasympathetic Breathing</u>	5 Minutes	N/A		

Week 6 - Day 1: ME Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Anderson Back Squat</u>	1RM in 10 sets	3:00		*Build in weight over the course of 10 sets. Set pins so you start at parallel. Use chains and an SSB if possible.
2) <u>Goblet Squat</u>	2/4 x 10-12	90s		*Pause on each rep for a 1 count
3) <u>Glute Ham Raises</u>	Accumulate 30-40 reps	60s - 90s		*Increase volume from last week
4) <u>Single Leg Glute Hip Thrust</u>	0/4 x 12-15 each	60s		*Squeeze glutes at top
5) <u>Stir the Pot</u>	4 x 20s on	40s		

Week 6 - Day 2: Conditioning

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Sledpush</u>	10 x 60 yards.	90s - 2:00		*Or Bike Sprints x 20 seconds if no sled available
2) <u>Trap Bar Farmer Carry</u>	5 x 60 yards.	90s - 2:00		*OR Heaviest DBs or KBs *BW on Trap Bar
3) <u>Banded Leg Curls</u>	0/4 x 50 ea.	No rest		
4) <u>Parasympathetic Breathing</u>	5 Minutes	N/A		

Week 6 - Day 3: ME Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Shoulder Press off pins</u>	1RM	2:00		*Set pins at eye level *Use bands if possible
2) <u>Single Arm DB Bench Press</u>	3/4 x 6-8 each	90s		*Neutral Grip
3) <u>T-Bar Rows - neutral grip</u>	2/4 x 12-15	60s		*Or a horizontal row variation
4) <u>Rollback Triceps Extensions</u>	1/5 x 8-10	60s		
5) <u>L-Sit Hold</u>	Accumulate 1:00	As needed		

Week 6 - Day 4: Recovery Conditioning

Movement	Rep Scheme	Heart Rate	Work Weight or Max load achieved	Training Notes
1a) Run	2 x 5:00	130-150		*All done non-stop at a conversational pace
1b) Row	2 x 5:00	130-150		*This a 2 round workout - 1 round consists of 5:00 Run + 5:00 Row + 5:00 Bike
1c) Bike	2 x 5:00	130-150		
2) <u>Banded Triceps Pushdowns</u>	150 Reps	Rest as needed		
3) <u>Banded Back Triset</u>	60s Max Reps per position	30-60s		*Shoot for 50 reps each position - pass thru + facepull-apart + pull-apart

Week 6 - Day 5: DE Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Front Box Squat</u>	3/5 x 4 @60% + 25% accommodating resistance	Every 60s		*Use 1RM Front Squat *13-14" Box *Use chains or bands (25% of your 1RM in tension.)
2) <u>Conventional Deadlift against a band</u>	3/5 x 2 @60%	Every 60s		*Reset on each rep
3) <u>BB Glute Bridge</u>	2/4 x 8-10	90s		
4) <u>Lateral Step-ups</u>	1/3 x 8-10 each	60s		*14-18" Box
5) <u>KB March</u>	8 x 20s on/10s off	10s		

Week 6- Day 6: DE Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Tall Kneeling Bilateral Landmine Press - Speed</u>	2/5 x 4	45s		*Light & Fast
2a) <u>DB Push Press</u>	2/4 x 6-8	60s		
2b) <u>Inverted Rows - pronated grip</u>	Perform 10 reps between sets of Push Press (6 sets total)	60s		
3) <u>Push-ups on Kettlebells</u>	0/4 x submax	60s		*2-3 reps shy of failure *Beat total reps from last week
4) <u>Alternating DB Curls</u>	Down the rack	No rest	*Until failure	*Start with a weight you can complete 10 reps on each arm with then keep moving down the rack completing 5-10 reps.

Week 6 - Day 7: Active Recovery or OFF

Movement	Rep Scheme	Heart Rate	Work Weight or Max load achieved	Training Notes
"Easy" Conditioning	20-30 minutes	120-130		Row, jog, light sledpull, bike, swim
Band Work	100-200 reps	30-60s		*Your choice of pushdowns, leg curls, pull-aparts
Static Stretching	5 Minutes	N/A		
<u>Parasympathetic Breathing</u>	5 Minutes	N/A		

Week 7 - Day 1: ME Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Reverse Band Box Squat</u>	3RM in 8 sets	2:00		*Build in weight over the course of 8 sets. *16" Box
2) <u>Hybrid Stance Romanian Deadlift</u>	2/4 x 8-10	2:00		*Slightly closer than sumo stance. Use chains if possible.
3) <u>Offset Landmine Reverse Lunges</u>	1/3 x 12-15 each	60s		*Non-alternating
4) <u>X-Band Walk + Goodmorning</u>	AMRAP 5 x 5 steps right/5 steps left + 5 good mornings	As little as possible		
5) <u>Landmine Rotations from a squat</u>	0/3 x 20 total	60s		

Week 7 - Day 2: Conditioning

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1a) Row	4 x 500 meters	No rest.		*Proceed right to 1b after your 500m row
1b) <u>Landmine Thrusters</u>	4 x 15 Reps	Rest 2:00		*Each round is max effort.
2) <u>Front Rack + Overhead Carry</u>	AMRAP 6 x 30 yards.	As needed		*Switch sides every 30 yards
3) <u>Banded Pull-Throughs</u>	0/4 x 25	60s		
4) Recovery	10 Minutes	Steady state		*Choose between row, bike or light <u>sledpull powerwalk</u>

Week 7- Day 3: Submax Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Jettison DB Pull-ups</u>	Accumulate 30 Reps	90s - 2:00		*2-3 reps with DB between feet + 2-3 reps BW
2) <u>Close Close Grip Bench Press</u>	6/0 x 5	2:00		*Heavy 5 in 6 sets
3a) <u>Iso Dynamic Chest Supported Rows</u>	1/4 x 10 each	45s		
3b) <u>Incline Tate Presses</u>	1/4 x 12-15	45s		
4) <u>Banded Hammer Curls</u>	0/4 x 25	60s		*Light & explosive reps

Week 7- Day 4: Recovery Conditioning

Movement	Rep Scheme	Heart Rate	Work Weight or Max load achieved	Training Notes
1a) Run	4 x 3:00	130-150		*All done non-stop at a conversational pace
1b) Row	4 x 3:00	130-150		*This a 3 round workout - 1 round consists of 3:00 Run + 3:00 Row + 3:00 Bike
1c) Bike	4 x 3:00	130-150		
2) <u>Banded Triceps Pushdowns</u>	150 Reps	Rest as needed		
3) <u>Banded Back Triset</u>	60s Max Reps per position	30-60s		*Shoot for 50 reps each position - pass thru + facepull-apart + pull-apart

Week 7- Day 5: DE Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>DB Squat Jump + Box Jump</u>	Accumulate 25 Total Jumps	Every 45s		*Moderate height box *1 Squat Jump + 1 Box Jump = 1 rep
2) <u>Speed Front Squats w. chains</u>	3/8 x 3@50% + 25% AR	Every 60s		
3) <u>Landmine Split Squats</u>	1/4 x 8-10 each	60s		
4) <u>Single-Leg Landmine RDL</u>	1/4 x 8-10 each	60s		
5) <u>Glute March</u>	5:00 Max Reps	As little as possible		*Denote total reps achieved

Week 7 - Day 6: DE Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1a) Landmine Split Jerk	3/5 x 3 each	No rest		*All sets explosive.
1b) Medball Chest Press	3 reps between sets of Split Jerk	30s		
2) DB Floor Press	Build to a heavy set of 6-8 then perform 3-4 sets with that weight	90s		
3) Trap Bar Rows	2/4 x 8-10	60s		
4) DB Pull-overs	1/4 x 10-12	60s		
5) Banded Triceps Complex	60s Max Reps each position	As little as possible		*Supinated Pushdown + Neutral Pushdown + Overhead Extensions

Week 7 - Day 7: Active Recovery or OFF

Movement	Rep Scheme	Heart Rate	Work Weight or Max load achieved	Training Notes
"Easy" Conditioning	20-30 minutes	120-130		Row, jog, light sledpull, bike, swim
Band Work	100-200 reps	30-60s		*Your choice of pushdowns, leg curls, pull-aparts
Static Stretching	5 Minutes	N/A		
<u>Parasympathetic Breathing</u>	5 Minutes	N/A		

Week 8 - Day 1: Submax Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Reverse Band Box Squat</u>	4RM in 7 sets	2:00		*Match last weeks top weight. *16" Box
2) <u>Hybrid Stance Romanian Deadlift</u>	2/4 x 8-10	2:00		*Slightly closer than sumo stance. Use chains if possible.
3) <u>Offset Landmine Reverse Lunges</u>	1/3 x 12-15 each	60s		*Non-alternating
4) <u>X-Band Walk + Goodmorning</u>	AMRAP 5 x 5 steps right/5 steps left + 5 good mornings	As little as possible		
5) <u>Landmine Rotations from a squat</u>	0/3 x 20 total	60s		

Week 8 - Day 2: Conditioning

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1a) Row	5 x 500 meters	No rest.		*Proceed right to 1b after your 500m row
1b) <u>Landmine Thrusters</u>	5 x 15 Reps	Rest 2:00		*Each round is max effort.
2) <u>Front Rack + Overhead Carry</u>	AMRAP 6 x 30 yards.	As needed		*Switch sides every 30 yards
3) <u>Banded Pull-Throughs</u>	0/4 x 25	60s		
4) Recovery	10 Minutes	Steady state		*Choose between row, bike or light <u>sledpull powerwalk</u>

Week 8- Day 3: Submax Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Jettison DB Pull-ups</u>	Accumulate 30 Reps	90s - 2:00		*2-3 reps with DB between feet + 2-3 reps BW
2) <u>Close Close Grip Bench Press</u>	6/0 x 6	2:00		*Heavy 6 in 6 sets *Match last weeks top set
3a) <u>Iso Dynamic Chest Supported Rows</u>	1/4 x 10 each	45s		
3b) <u>Incline Tate Presses</u>	1/4 x 12-15	45s		
4) <u>Banded Hammer Curls</u>	0/4 x 25	60s		*Light & explosive reps

Week 8 - Day 4: Recovery Conditioning

Movement	Rep Scheme	Heart rate	Work Weight or Max load achieved	Training Notes
1a) Run	4 x 3:00	130-150		*All done non-stop at a conversational pace
1b) Row	4 x 3:00	130-150		*This a 3 round workout - 1 round consists of 3:00 Run + 3:00 Row + 3:00 Bike
1c) Bike	4 x 3:00	130-150		
<u>2) Banded Triceps Pushdowns</u>	150 Reps	Rest as needed		
<u>3) Banded Back Triset</u>	60s Max Reps per position			*Shoot for 50 reps each position - pass thru + facepull-apart + pull-apart

Week 8- Day 5: DE Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>DB Squat Jump + Box Jump</u>	Accumulate 25 Total Jumps	Every 45s		*Moderate height box *1 Squat Jump + 1 Box Jump = 1 rep
2) <u>Speed Front Squats w. chains</u>	3/8 x 3@55% + 25% AR	Every 60s		
3) <u>Landmine Split Squats</u>	1/4 x 8-10 each	60s		
4) <u>Single-Leg Landmine RDL</u>	1/4 x 8-10 each	60s		
5) <u>Glute March</u>	5:00 Max Reps	As little as possible		*Denote total reps achieved

Week 8 - Day 6: DE Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1a) <u>Landmine Split Jerk</u>	3/5 x 3 each	No rest		*All sets explosive.
1b) <u>Medball Chest Press</u>	3 reps between sets of Split Jerk	30s		
2) <u>Pronated Grip DB Floor Press</u>	Build to a heavy set of 6-8 then perform 3-4 sets with that weight	90s		*Pronated grip
3) <u>Trap Bar Rows</u>	2/4 x 8-10	60s		
4) <u>DB Pull-overs</u>	1/4 x 10-12	60s		
5) <u>Banded Triceps Complex</u>	60s Max Reps each position	As little as possible		*Supinated Pushdown + Neutral Pushdown + Overhead Extensions

Week 8 - Day 7: Active Recovery or OFF

Movement	Rep Scheme	Heart rate	Work Weight or Max load achieved	Training Notes
"Easy" Conditioning	20-30 minutes	120-130		Row, jog, light sledpull, bike, swim
Band Work	100-200 reps	30-60s		*Your choice of pushdowns, leg curls, pull-aparts
Static Stretching	5 Minutes	N/A		
<u>Parasympathetic Breathing</u>	5 Minutes	N/A		

Week 9 - Day 1: Submax Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Elevated Trap Bar Deadlift w. chains</u>	8/0 x 3	2:00		*Reset on each rep - not touch n go
2) <u>Hang Power Clean + Front Rack Reverse Lunge</u>	5/0 x 3 each	90s - 2:00		*1 Hang Power Clean + 3 Reverse Lunges right + 3 Left
3) <u>Dimel Deadlifts</u>	1/3 x 30	60s		*30-40% of 1RM Deadlift
4) <u>Fat Grip 1-Arm Rows</u>	1/4 x 8-10 ea.	60s		
5) <u>Sledpull Powerwalk + Farmer Carry</u>	400 Meters for time	N/A		*Light loads. Go with minimal amount of stoppage. Compare to Week 1

Week 9 - Day 2: Conditioning

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1a) <u>Asymmetrical KB Carry</u>	5 x 20 seconds	30s		*Go from 1a, 1b, 1c for 5 rounds.
1b) <u>Double KB Overhead Carry</u>	5 x 20 seconds	30s		
1c) <u>Sledpush - moderate weight</u>	5 x 20 seconds	2:00 - 3:00		Heart-rate should come down to 120 during rest
2) <u>Double Leg Banded Leg Curls</u>	0/2 x 50	60s		
3) <u>Banded Glute Bridge</u>	0/4 x 15	60s		

Week 9 - Day 3: ME Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Push Press</u>	1RM in 10 sets	2:00		
2) <u>Wide Grip Pull-ups</u>	0/6 x 5	90s		*6 challenging sets, but not maximal
3) <u>Rollback Triceps Extensions - slight decline</u>	1/5 x 10	60s		
4) <u>KB Windmills</u>	1/3 x 8 ea.	60s		*Light
5) <u>Banded Pull-apart</u>	0/3 x 50	60s		*pronated grip for all sets

Week 9 - Day 4: Conditioning

Movement	Rep Scheme	Heart Rate	Work Weight or Max load achieved	Training Notes
1) <u>Light Sledpull</u> - straps attached to weight belt	15 Minutes	130-150		*Alternate between forward, backward, laterally every 400 meters.
2) Row or bike or fast walk	15 Minutes	130-150		*your choice today
3) <u>Single Arm Banded Pushdowns</u>	0/4 x 25 each	60s		
3) Global Foam Rolling	5 Minutes	N/A		

Week 9 - Day 5: DE Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>DB Squat Jump + Box Jump</u>	Accumulate 25 Total Jumps	Every 45s		*Moderate height box *1 Squat Jump + 1 Box Jump = 1 rep
2) <u>Speed Front Squats w. chains</u>	3/7 x 3@60% + 25% AR	Every 60s		
3) <u>Landmine RDL</u>	2/4 x 8-10	90s		*This is done bilaterally so make sure to watch attached video
4) <u>1 1/4 DB Split Squats</u>	1/3 x 8-10 ea.	60s		
5) <u>Double KB Swings</u>	0/4 x 25	60s		*Or <u>Reverse Hypers</u> - 3-4 x 20-25

Week 9 - Day 6: DE Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Speed Push Press</u>	8 x 2 @50% + 25% of Band Tension	Every 60s		*Use 1RM from Day 1 *If no bands use 70-75% of 1RM *How to set-up <u>bands</u>
2) <u>Slight Incline Bench Press</u>	5/0 x 5	90s		*Build to a moderate/heavy 5
3) <u>Seated V-Handle Rows + Iso</u>	2/4 x 8-10	90s		*3s iso hold on each rep
4) <u>Prone Rear Lateral Raises Circuit</u>	1/3 x 10 ea.	60s		*Pronated + neutral + supinated grip
5) <u>DBall Floor Press</u>	100 Reps AFAP	As needed		*Perform light DB Floor Press w. Neutral grip if needed

Week 9 - Day 7: Active Recovery or OFF

Movement	Rep Scheme	Heart Rate	Work Weight or Max load achieved	Training Notes
"Easy" Conditioning	20-30 minutes	120-130		Row, jog, light sledpull, bike, swim
Band Work	100-200 reps	30-60s		*Your choice of pushdowns, leg curls, pull-aparts
Static Stretching	5 Minutes	N/A		
<u>Parasympathetic Breathing</u>	5 Minutes	N/A		

Week 10 - Day 1: Submax Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Elevated Trap Bar Deadlift w. chains</u>	7/0 x 4	2:00		*Reset on each rep - not touch n go. Match last weeks top set
2) <u>Hang Power Clean + Front Rack Reverse Lunge</u>	5/0 x 4 each	90s - 2:00		*1 Hang Power Clean + 3 Reverse Lunges right + 3 Left
3) <u>Dimel Deadlifts</u>	1/3 x 30	60s		*30-40% of 1RM Deadlift
4) <u>Fat Grip 1-Arm Rows</u>	1/4 x 8-10 ea.	60s		
5) <u>Sledpull Powerwalk + Farmer Carry</u>	400 Meters for time	N/A		*Light loads. Go with minimal amount of stoppage. Compare to Week 1

Week 10 - Day 2: Conditioning

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1a) <u>Asymmetrical KB Carry</u>	5 x 30 seconds	20s		*Go from 1a, 1b, 1c for 5 rounds.
1b) <u>Double KB Overhead Carry</u>	5 x 30 seconds	20s		
1c) <u>Sledpush - moderate weight</u>	5 x 30 seconds	2:00		Heart-rate should come down to 120 during rest
2) <u>Double Leg Banded Leg Curls</u>	0/2 x 50	60s		
3) <u>Banded Glute Bridge</u>	0/4 x 15	60s		

Week 10 - Day 3: ME Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Fat Bar Close Grip Floor Press</u>	3RM in 8 sets.	2:00		*Just inside shoulder width grip. Compare to Week 2
2) <u>Wide Grip Pull-ups</u>	0/6 x 5	90s		*6 challenging sets, but not maximal
3) <u>Rollback Triceps Extensions - slight decline</u>	1/5 x 10	60s		
4) <u>KB Windmills</u>	1/4 x 8 ea.	60s		*Light
5) <u>Supinated Banded Pull-apart</u>	0/4 x 50	60s		*supinated grip for all sets

Week 10 - Day 4: Conditioning

Movement	Rep Scheme	Heart rate	Work Weight or Max load achieved	Training Notes
1) <u>Light Sledpull</u> - straps attached to weight belt	15 Minutes	130-150		*Alternate between forward, backward, laterally every 400 meters.
2) Row or bike or fast walk	15 Minutes	130-150		*your choice today
3) <u>Single Arm Banded Pushdowns</u>	0/4 x 25 each	60s		
3) Global Foam Rolling	5 Minutes	N/A		

Week 10 - Day 5: DE Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Kneeling Jump + Box Jumps</u>	Accumulate 30 Jumps	Every 45s		*Moderate height box
2) <u>Sumo Deadlift w. chains</u>	3/9 x 3 @50%	Every 60s		*Elevate plates 2"
3) <u>Landmine RDL</u>	2/4 x 8-10	90s		
4) <u>1 1/4 DB Split Squats</u>	1/3 x 8-10 ea.	60s		
5) <u>Double KB Swings</u>	0/4 x 25	60s		*Or <u>Reverse Hypers</u> - 3-4 x 20-25

Week 10 - Day 6: DE Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Speed Push Press</u>	7 x 2 @55% + 25% of Band Tension	Every 60s		*Use 1RM from Day 1 *If no bands use 70-75% of 1RM
2) <u>Slight Incline Bench Press</u>	5/0 x 5	90s		*Build to a moderate/heavy 5
3) <u>Seated V-Handle Rows + Iso</u>	2/4 x 8-10	60s		*3s iso hold on each rep
4) <u>Prone Rear Lateral Raises Circuit</u>	1/3 x 10 ea.	60s		*Pronated + neutral + supinated grip
5) <u>DBall Floor Press</u>	100 Reps AFAP	As needed		*Sub light Light <u>DB Floor Press</u> with a neutral grip if needed

Week 10 - Day 7: Active Recovery or OFF

Movement	Rep Scheme	Heart Rate	Work Weight or Max load achieved	Training Notes
"Easy" Conditioning	20-30 minutes	120-130		Row, jog, light sledpull, bike, swim
Band Work	100-200 reps	30-60s		*Your choice of pushdowns, leg curls, pull-aparts
Static Stretching	5 Minutes	N/A		
<u>Parasympathetic Breathing</u>	5 Minutes	N/A		

Week 11 - Day 1: Deload Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Double KB Box Squat</u>	2/4 x 8-10	90s		*Reset on each rep - not touch n go. Match last weeks top set
2) <u>DB Reverse Lunges</u>	1/3 x 8-10 each	60s		*1 Hang Power Clean + 3 Reverse Lunges right + 3 Left
3) <u>DB RDLs</u>	2/3 x 8-10 each	60s		
4) <u>Fat Grip 1-Arm Rows</u>	1/4 x 8-10 ea.	60s		
5) <u>RKC Plank</u>	4 x 20s on/40s off	40s		

Week 11 - Day 2: Recovery Conditioning

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1a) Run	10 x 50s	10s		*This is a EMOM 30 with three movements - go from 1a, 1b, to 1c then repeat for a total of 30:00
1b) Bike	10 x 50s	10s		*All work should be conversational - heart-rate should NOT exceed 150 BPM and average around 135
1c) Single Unders	10 x 50s	10s		
2) <u>Half-Kneeling Banded Palloff Press</u>	0/4 x 8 each	60s		*Brace abs hard

Week 11 - Day 3: Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>DB Bench Press</u>	2/5 x 6-8	90s		*Moderate weight today
2) <u>Neutral Grip Pull-ups</u>	0/3 x 6-8	90s		
3) <u>Rollback Triceps Extensions - slight decline</u>	1/3 x 12	60s		
4) <u>KB Windmills</u>	1/3 x 8 ea.	60s		*Light
5) <u>Banded Pull-apart</u>	100 Reps	60s		*supinated grip for all sets

Week 11 - Day 4: Conditioning

Movement	Rep Scheme	Heart rate	Work Weight or Max load achieved	Training Notes
1) <u>Light Sledpull</u> - straps attached to weight belt	800 Meters	130-150		*Alternate between forward, backward, laterally every 400 meters.
2) Row or bike or fast walk	800 Meters	130-150		*your choice today
3) <u>Single Arm Banded Pushdowns</u>	0/2 x 50 each	30s		
3) Global Foam Rolling	5 Minutes	N/A		

Week 11 - Day 5: DE Lower

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Kneeling Jump + Box Jumps</u>	Accumulate 30 Jumps	Every 45s		*Moderate height box
2) <u>Sumo Deadlift w. chains</u>	3/8 x 3 @55%	Every 60s		*Elevate plates 2"
3) <u>Landmine RDL</u>	2/3 x 8-10	90s		*Done bilaterally
4) <u>Double KB Swings</u>	0/2 x 25	60s		*Or <u>Reverse Hypers</u> - 3-4 x 20-25
5) <u>Sledpull with straps between legs</u>	400 Meters	As needed		*Light

Week 11 - Day 6: DE Upper

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Speed Push Press</u>	6 x 2 @60% + 25% of Band Tension	Every 60s		*Use 1RM from Day 1 *If no bands use 70-75% of 1RM
2) <u>Seated V-Handle Rows + Iso</u>	2/4 x 8-10	90s		*3s iso hold on each rep
3) <u>Sledpull Presses</u>	400 Meters	As needed		*Go right from presses to rows
4) <u>Sledpull Rows + Facepulls</u>	400 Meters	As needed		
5) <u>Overhead KB Carry</u>	4 x 90 ft.	60 - 90s		*Light

Week 11 - Day 7: Active Recovery or OFF

Movement	Rep Scheme	Heart Rate	Work Weight or Max load achieved	Training Notes
"Easy" Conditioning	20-30 minutes	120-130		Row, jog, light sledpull, bike, swim
Band Work	100-200 reps	30-60s		*Your choice of pushdowns, leg curls, pull-aparts
Static Stretching	5 Minutes	N/A		
<u>Parasympathetic Breathing</u>	5 Minutes	N/A		

Week 12 Notes

For week 12 the ideal split would be 96 hours between session 1 and 3 and at least 48 hours between session 1, 2, and 3. For instance:

Day 1

Monday

Day 2

Wednesday

Day 3

Friday

Then, Take the entire weekend -
OFF. Crush some calories!



Week 12 - Day 1: Deadlift Testing

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Deadlift</u>	1RM in 10 sets	3:00		*Any style you choose - conventional or sumo. Build in weight over the course of 10 sets. Goal = 5# PR
2) <u>DB Reverse Lunges</u>	3 x 10 ea.	60s		*Alternating legs
3) <u>1-Arm KB Rows with rotation</u>	3 x 10 ea.	60s		
4) <u>Reverse Hypers</u>	2 x 25	60s		*If no access to a reverse hyper perform 4 x 10 <u>deadbugs</u>

Week 12 - Day 2: Bench Press Testing

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Bench Press</u>	1RM in 10 sets	2:00		*Build in weight over the course of 10 sets. Goal = 5# PR
2) <u>Chest Supported Rows</u>	1/3 x 20 (total)	30s		
3) <u>DB Bench Press - neutral grip</u>	1/3 x 12	30s		
4) <u>Barbell Curls 21s</u>	1/3 x 21	No rest		*7 Reps at 1/4 ROM + 7 Reps at 1/2 ROM + 7 Reps at full ROM
5) <u>Banded Upper Back Complex</u>	60s max reps each position	As needed		*Light

Week 12 - Day 3: Squat Testing

Movement	Rep Scheme	Rest Interval	Work Weight or Max load achieved	Training Notes
1) <u>Back Squat</u>	1RM	3:00		*Build in weight over the course of 10 sets. Goal = 5# PR
2) <u>Glute Hip Thrusts</u>	1/3 x 10	60s		*Light weight. Contract glutes for a 1 count at top of each rep
3) <u>Goblet Squats</u>	1/3 x 10	60s		*Light/slow & controlled reps
4) <u>Banded Pallof Press</u>	0/3 x 8 ea.	60s		*If you have access to a <u>Reverse Hyper</u> use it today - 2 x 30

Conclusion



Thank you for training with us! We would love to hear about your progress as well as your feedback so feel free to email us at info@bptrainingsystems.com - tag us on social media [@bptrainingsystems](#)



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