

HYBRID STRENGTH

Hybrid Athlete | DOM Living Philosophy

INTERMEDIATE 8-WEEK PROGRAM

THE COMPLETE HYBRID ATHLETE SYSTEM

This program combines the best of weightlifting and calisthenics to build REAL athletic performance. You'll develop maximal strength, explosive power, and complete body control.

This is the most popular program in the DOM Living system.

PROGRAM OVERVIEW

- Duration: 8 Weeks (2 Mesocycles)
 - Frequency: 4-5 Days per Week
 - Session Length: 60-75 Minutes
 - Focus: Hybrid Training, Strength + Calisthenics, Power Development
 - Equipment: Full Gym Access, Pull-up Bar, Rings, Parallettes
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HYBRID TRAINING PHILOSOPHY

1. COMPOUND STRENGTH

Barbell movements for raw power and mass.

2. BODYWEIGHT MASTERY

Calisthenics for control, mobility, and athleticism.

3. EXPLOSIVE POWER

Plyometrics and dynamic movements for athletic performance.

4. PERIODIZED PROGRESSION

Scientific programming for consistent gains.

WEEKLY SPLIT

Mon: POWER + PUSH (Strength + Calisthenics)

Tue: EXPLOSIVE LEGS + PLYOMETRICS

Wed: REST or Mobility Work

Thu: PULL + BACK (Weighted + Bodyweight)

Fri: HYBRID LEG DAY

Sat: SKILL WORK + ACCESSORIES

Sun: REST

MONDAY: POWER PUSH

PHASE A - STRENGTH (Weeks 1-4)

1. Barbell Bench Press

5 sets x 5 reps @ 80-85% 1RM

Rest: 3 minutes

2. Weighted Dips

4 sets x 6-8 reps

Rest: 2 minutes

3. Handstand Push-Ups (Wall Assisted)

4 sets x 5-8 reps

Rest: 90 seconds

4. Ring Push-Ups

3 sets x 12-15 reps

Rest: 60 seconds

5. Landmine Press

3 sets x 10 reps each arm

Rest: 60 seconds

PHASE B - POWER (Weeks 5-8)

1. Barbell Bench Press (Speed Work)

6 sets x 3 reps @ 70% 1RM (Explosive)

Rest: 2 minutes

2. Weighted Dips

5 sets x 5 reps (Heavy)

Rest: 3 minutes

3. Freestanding Handstand Push-Ups

5 sets x 3-5 reps

Rest: 2 minutes

4. Plyometric Push-Ups

4 sets x 8 reps

Rest: 90 seconds

5. Cable Flyes Superset w/ Ring Push-Ups

3 sets x 12/15 reps

Rest: 60 seconds

ADVANCED NUTRITION PROTOCOL

MACRO TARGETS (Bulking Phase)

- Protein: 1g per lb bodyweight
- Carbs: 3-4g per lb bodyweight
- Fats: 0.4-0.5g per lb bodyweight

NUTRIENT TIMING

- Pre-Workout (60min before): 40g carbs, 20g protein
 - Intra-Workout: 30g fast carbs (optional)
 - Post-Workout (within 30min): 40g protein, 80g carbs
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PERIODIZATION STRATEGY

WEEKS 1-4: HYPERTROPHY PHASE

- Volume: High (12-20 sets per muscle group)
- Intensity: Moderate (70-80% 1RM)
- Focus: Building muscle mass and work capacity

WEEKS 5-8: STRENGTH & POWER PHASE

- Volume: Moderate (8-12 sets per muscle group)
 - Intensity: High (80-90% 1RM)
 - Focus: Maximum strength and explosive power
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HYBRID ATHLETE SKILLS

Calisthenics Goals:

- 10+ Strict Pull-Ups
- 20+ Dips

- 60s Handstand Hold
- 10+ Muscle-Ups
- Front Lever Progression

Strength Goals:

- Bench: 1.5x Bodyweight
 - Squat: 2x Bodyweight
 - Deadlift: 2.5x Bodyweight
 - OHP: 0.75x Bodyweight
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DOM LIVING MINDSET

"From Skinny to Complete Athlete"

The hybrid athlete doesn't choose between strength and skill.
We master both.

Discipline Over Motivation.
Consistency Over Intensity.
Progress Over Perfection.

This is the way.

CONTACT

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Program Support: Available through the website

Discipline. Focus. Dominance.
DOM Living.

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