

Dearest Athlete,

If you are reading this letter and actually paid the \$25 for this program, then I commend you for your honesty and integrity and my mortgage thanks you! – If you are reading this and didn't pay, then I hope you get some awesome results – as well as a lot of warts and paper cuts in the process.

Below is 70+ Pages of a perfected version of my 4HORSEMEN Program. Over many years of trial and error through writing personalized versions of this, I have been able to compile some of the best and most effective parts of this program while discarding many of the things that simply didn't fit or didn't work.

The result is what you are reading now. In the following pages, you will find 48 of the most interesting, demanding and fun workouts I have been able to conjure up within this modality and I truly believe you will find each session to be EXTREMELY challenging, yet somehow enjoyable at the same time.

Since you have chosen to drop some of your hard earned money on this program, I would encourage you to make it worth it. If possible, set aside the next 3 months of your life and make your training a higher priority than you normally would.

If you never do recovery, start now (I have many videos on my channel of how to do this), if you are a little bit too loose with your diet, tighten it up for the next 12 weeks. Be an athlete and choose sleep over Netflix. . . DO THE RIGHT THINGS — Most of you reading this know WHAT you are supposed to do, you just choose not to do it as consistently as you should. Make that change now.

The next 3 months is a VERY short period of your life that could change you and your habits forever. If you walk out of this process that same as you walked in, then you missed a huge opportunity for metamorphosis and growth in your life.

This could be the beginning of the person you always dreamed of being – if you have the courage to see it through.

NONE of you will find this easy. . . But for many of you, this will be the absolute hardest you have ever trained. If that is the case, stick with it and do your best. Everything worth earning is hard.

That said, every single one of you will run into a wall at some point in this process where you will say, “I can’t”. For some of you, that will happen every single workout, for others it may be a rare thing — but it’s coming.

And when it does, you can slap that lie in the mouth and choke it right back down because it is the stupidest thing you have ever said. . .

There are people out there without arms or legs who would die to feel the pain you are in right now. . .

There are paralyzed athletes that would trade EVERYTHING for your “terrible genetics” . . .

I have run everyone from 12 year old soccer players to 64 year old grandfathers through every workout on these pages and NOTHING has been too hard. . . STOP MAKING EXCUSES.

You have every single reason to succeed. The only thing stopping you is you. If you fail it is your fault. If you succeed it is your fault. This is as much of a mental thing as it is physical, so you are going to have to find some reserves you didn’t know you had.

Take some responsibility and Stop wishing it was easier. Become stronger.

This program has been run by thousands of athletes worldwide and we know for sure that the template works. How well it works is 100% up to the athlete, their attitude and the effort they put into this.

If you are going to do this, then do it. — MAKE A DECISION.

If you choose to continue, below you will find 12 weeks of the 4Horsemen program where you will see 4 different intensities, throughout 4 different aspects of each workout, 4 times a week.

I would encourage you to keep 24–48 Hours between workouts as your CNS is going to need to have time to recover between sessions. If that is not possible, do what you can. If you want to get into the gym more often, feel free to push any of the conditioning to day 5 of your schedule, but do so sparingly. If it cuts into your recovery, you will not be able to keep up with the next day's strength session. **REST IS IMPORTANT – DO NOT ADD WORKOUTS TO THIS PROGRAM.**

Each workout is designed to take 75–90 minutes of solid work. At first, adjusting to the short rest periods and being on the clock may be tough for many of you used to straight sets and traditional workouts. Some of you may even see a slight dip in your strength until your work capacity catches up. But rest assured, once it does, you will be a different animal capable of moving heavier weights than you thought possible with much less rest than you would believe. Trust the process but know that you are going to hate your life for the first few weeks.

One of the unique things about this program is that you will have the chance to set new PR's in each of the 4 Big Strength movements (Squat, Bench, Deadlift, Overhead Press) every month. This will give you the opportunity to keep your 1 Rep Maximum percentages as relevant as possible and your training numbers accurate. You will find these opportunities on your "Brutal" or "Testing" days.

"Brutal or Testing" is one of the four intensities that will undulate throughout the week as well as each workout so that you never get too beat-up or over trained at any give time. The other intensities you will be seeing are, "Light", "Medium" and "Heavy". Those should be self explanatory.

You will also find a "BUILD" phase in each workout. The purpose of this stage is to practice going for PR's... **NOTHING ELSE!** You will only be working up to a percentage of your 1RM but I want you to treat your jumps, reps, set-up, walk-out, cues, bracing **EXACTLY** like you would in a competition or testing day. In fact, you are building a routine and practicing for that exact

thing... Thus, when testing or a competition does come, you have been there one hundred times before and you have a process. Practice like you play, people.

You will also find a maximum time cap for this Phase each day that will relate to how high of a percentage you need to hit. In competition, athleticism is about performance on demand, not when it is ideal for you. If it takes you less time than is given for the BUILD phase, then move on to your STRENGTH work – but make sure you are up to the required percentage when you reach the time cap or the workout is going to run long. You DO NOT need to rest 12 minutes between your attempts...

Also, because the BUILD phase has so many single reps at different intensities, you will be practicing your actual 1RM technique more than you normal would. For this reason, I would expect PRs to come more often... not only from strength but also from building skill.

If you want to break all of your old Records, just make sure your recovery is staying ahead of the training and you won't have a problem.

You will also see STRENGTH, CONDITIONING, MINDSET, ASSISTANCE FINISHER & Other Phases throughout this program. All of these should be fairly self explanatory as you come to them but each day will pack a kick in the gut that you did not expect. There are no easy days in here other than the one's you have already completed.

Do your best to complete the workouts exactly as they are written. The order of each phase is there for a reason and changing them around will almost definitely mean you will not be able to finish the workout. At the end of each session you should be completely spent. NEVER go home wishing you would have worked harder.

Since this is an ebook program, there is NO ADDITIONAL coaching associated with it. I wish I could answer all of your individual questions about what you should eat during this or what the best recovery regime would be, but I just don't have the resources or time to do that for each of you.

If you don't recognize an exercise, google it or search it on my channel. I have covered or shown every single thing I have written here in my videos and answer virtually every basic

training question you could have on my YouTube channel. There you can also find a directory of created playlists to make it as easy as possible for you to find the answers you are looking for.

Also, I know there will be typos. I am one step above an idiot and two steps below a fool... please forgive me. If they are bad enough that you cannot figure something out, NEVER hesitate to reach out and ask for clarification. If I can help, I always will!

So that just about covers it.

You are going to hate this program and love it at the same time...

Don't berate yourself if you have a bad day and don't congratulate yourself too much either. There are a lot of weeks to get through and each one will hold challenges of its own. Give everything you have each day and just focus on the goal one meter in front of your face. That is literally the only way you will make it through some of these workouts.

If you stick with this, you will be different - I can promise you that. But change comes at a cost, and this one isn't cheap. It is going to be terrible at times. But it's about becoming better, not feeling comfortable. Choose who you will be each and every workout, each and every set and each and every rep.

I truly thank you for ALL your support, not only with this program but in every way you help me and my channel... I honestly cannot express to you the difference it makes to me and my family as well as my health. I live the life of my dreams every day it is because of the generosity of people like you. I really cannot say thank you enough.

"Commitment is doing what you said you'd do, long after the feeling you said it in has left you."

See this through to the end and walk away a better person.

Die EMPTY,
Brian

4 HORSEMEN

Wave 1/Week 1/Day 1 - Heavy Deadlift Focus

CONDITIONING - At the Top of Every minute for 10 Minutes

100 Foot Farmer's Carry (With Implements or Dumbbells) @ 70% of your 50 Foot maximum weight without drops (1RM)

3 Bodyweight ManMakers or Burpees if you can't move fast Enough.

BUILD - You Have a STRICT 15 Minutes to work up to 85%-90% of Your 1RM Deadlift. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

5 Standing Broad Jumps (As Far As Possible)

As Many Deadlifts as possible @ 80% of Your 1RM (Goal 5+)

1:00 Minute Plank (Weighted if Possible)

Round 2

5 Standing Broad Jumps (As Far As Possible)

As Many Deadlifts as possible @ 75% of Your 1RM (Goal 7+)

1:00 Minute Plank (Weighted if Possible)

Round 3

5 Standing Broad Jumps (As Far As Possible)

As Many Deadlifts as possible @ 70% of Your 1RM (Goal 9+)

1:00 Minute Plank (Weighted if Possible)

ASSISTANCE FINISHER – 5 Rounds (10 Total Minutes)

:30 Seconds Stiff Leg Deadlifts (Same weight as Front Squat)

:30 Seconds Max Front Squats @ 40% of Your 1RM

:30 Seconds Inverted Rows

:30 Seconds Rest

Notes:

Wave 1/Week 1/Day 2 – Medium Overhead Focus

CONDITIONING – As Fast As Possible

20 Sumo Deadlift High-Pulls (Light weight)

20 Burpee Lateral Jumps

15 Sumo Deadlift High-Pulls

15 Burpee Lateral Jumps

10 Sumo Deadlift High-Pulls

10 Burpee Lateral Jumps

BUILD – You Have a STRICT 12 Minutes to work up to 80%–85% of Your 1RM Strict Overhead Press.

Once you are there, Drop Back your Weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 18 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.)

Round 1

7 Wide Grip Pull-Ups (Add Weight if Possible) – Inverted Rows If Necessary

As Many Strict Overhead Presses as possible @ 75% of Your 1RM (Goal 7+)

:30 Seconds Dead Bugs

Round 2

9 Wide Grip Pull-Ups (Add Weight if Possible) – Inverted Rows If Necessary
As Many Strict Overhead Presses as possible @ 70% of Your 1RM (Goal 9+)
:30 Seconds Dead Bugs

Round 3

12 Wide Grip Pull-Ups (Add Weight if Possible) – Inverted Rows If Necessary
As Many Strict Overhead Presses as possible @ 65% of Your 1RM (Goal 12+)
:30 Seconds Dead Bugs

ASSISTANCE FINISHER – (Light-ish...20 Should Be A struggle)

20 Pin Presses From EYE LEVEL
20 Lying Rear Delt Raises
300 Foot Crucifix Walk (Holding Plates out to the Sides)
15 Pin Presses From EYE LEVEL
15 Lying Rear Delt Raises
200 Foot Crucifix Walk (Holding Plates out to the Sides)
10 Pin Presses From EYE LEVEL
10 Lying Rear Delt Raises
100 Foot Crucifix Walk (Holding Plates out to the Sides)

Notes:

Wave 1/Week 1/Day 3 – Light Squat Focus

CONDITIONING – 5 Rounds (10 Total Minutes)

:30 Seconds Bodyweight Bulgarian Split Squats (Left Side)
:30 Seconds Bodyweight Bulgarian Split Squats (Right Side)
:30 Seconds Step-ups (Highest Height you can use)
:30 Seconds Rest

BUILD – You Have a STRICT 10 Minutes to work up to 75%-80% of Your 1RM Squat. Once you are there, Drop Back your Weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 20 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.)

Round 1

6 Box Jumps (Moderate to High Height)

As Many Squats as possible @ 70% of Your 1RM (Goal 9+)

:30 Seconds Hanging “L” Sit or 10 Hanging Leg Raises

Round 2

6 Box Jumps (Moderate to High Height)

As Many Squats as possible @ 65% of Your 1RM (Goal 11+)

:30 Seconds Hanging “L” Sit or 10 Hanging Leg Raises

Round 3

6 Box Jumps (Moderate to High Height)

As Many Squats as possible @ 60% of Your 1RM (Goal 13+)

:30 Seconds Hanging “L” Sit or 10 Hanging Leg Raises

ASSISTANCE FINISHER – (As Fast as Possible) 5, 4, 3, 2, 3, 4, 5 Reps of

Tempo Squats @ 50% of Your 1RM (4 Seconds Down, 4 Second Pause, 4 Seconds Up)

Step-Ups (Each Side)

:45 Second Wall Sit (At Parallel, Hands Above Head)

*Perform your set of 5 Tempo squats. Then with no rest and the same weight, perform the step-ups. Then rack the bar and immediately go into your wall sit. Once the sit is complete, unpack the bar and do you 4 rep set of tempo squats . . . and so on.

Notes:

Wave 1/Week 1/Day 4 – Brutal or Test – Bench Focus

CONDITIONING – 10 Rounds

:20 Seconds Inverted Rows

:10 Seconds Push-Ups (Hand Release or Clapping if possible)

Rest 1 Minute

10 Rounds

:20 Seconds Hollow Rocks

:10 Seconds Jumping Squats

BUILD – You Have a STRICT 12 Minutes to work up to 70%–75% of Your 1RM Bench Press. Once you are there, You will be ADDING WEIGHT for this workout. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 18 Minute Time Cap

Round 1

3 Bent Over Rows (Weight Should be as Close to [or greater than] Your bench as possible)

3 Bench Presses @ 80% of Your 1RM

5 Plate Halos (Each Side)

Round 2

3 Bent Over Rows (Weight Should be as Close to [or great than] Your bench as possible)

2 Bench Presses @ 85% of Your 1RM

5 Plate Halos (Each Side)

Round 3

3 Bent Over Rows (Weight Should be as Close to [or great than] Your bench as possible)

As Many Bench Presses As Possible @ 90% of Your 1RM or Go For a PR if You are absolutely sure it is there. ***

5 Plate Halos (Each Side)

***If your First Rep @ 90% goes EXTREMELY well, Stop the Set. But ONLY IF you are sure that you can break a PR today. DO NOT MISS reps! Only go for a PR if you are ABSOLUTELY sure you have it. You

will have the opportunity to do this every month for each exercise to keep your percentages as relevant as possible. Again, Don't Miss Reps. But if it is there, take it.

WIDOWMAKER - Load the Bar to 65% of Your 1RM Bench Press and complete as many Reps as possible in one set without re-racking the bar. Your goal is between 15-20+ Reps.

ASSISTANCE FINISHER - Complete the Ladder With Moderate weight

10 Pendlay Rows

1 Floor Press

9 Pendlay Rows

2 Floor Presses

8 Pendlay Rows

3 Floor Presses

... Continue this pattern (Your Combined Reps will always Equal 11) until the Ladder is Complete. Do your best to Complete this is Less than 10 Minutes.

Notes:

Wave 1/Week 2/Day 1 - Medium Deadlift Focus

STRONGMAN CONDITIONING - As Many Runs AS Possible In 10 Minutes

Grab Dumbbells or Load Farmer's Handles to 70% of your Heaviest 50ft Walk without any drops (1RM).

Find a 50 Foot Course or as Close to it as You can.

Start the Clock.

Carry the implements as many 50 foot lengths as you can in 10 Minutes.

Keep this number because you will try to beat it later.

BUILD - You Have a STRICT 12 Minutes to work up to 80%-85% of Your 1RM Deadlift. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 18 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.)

Round 1

8 Kettlebell or Dumbbell Swings (Moderate-Weight)
As Many Deadlifts as possible @ 75% of Your 1RM (Goal 7+)
5 Burpee Lateral Jumps
4 Hanging Rainbows (Each Side)

Round 2

8 Kettlebell or Dumbbell Swings (Moderate-Weight)
As Many Deadlifts as possible @ 70% of Your 1RM (Goal 9+)
5 Burpee Lateral Jumps
4 Hanging Rainbows (Each Side)

Round 3

8 Kettlebell or Dumbbell Swings (Moderate-Weight)
As Many Deadlifts as possible @ 65% of Your 1RM (Goal 11+)
5 Burpee Lateral Jumps
4 Hanging Rainbows (Each Side)

ASSISTANCE FINISHER – 5 Rounds (Beltless)

:20 Seconds Max Reps Sumo Deadlift (Moderate Weight)
:10 Seconds Burpee Lateral Jumps
:20 Seconds Max Reps Stiff Leg Deadlift (Same Bar)
:10 Seconds Burpee Lateral Jumps

Then...

5 Rounds

:20 Seconds Max Reps Dumbbell Row (Left Side)
:10 Seconds Rest
:20 Seconds Max Reps Dumbbell Row (Right Side)
:10 Seconds Rest

Notes:

Wave 1/Week 2/Day 2 - Light Overhead Focus

CONDITIONING - At the Top of Every Minute for 10 Minutes

2 Single Arm Dumbbell Clean & Presses (Each Side) @ 60% of Your 1RM. Clean all reps.
Hollow Rocks for the Remainder of the Minute

BUILD - You Have a STRICT 10 Minutes to work up to 70%-75% of Your 1RM Strict Overhead Press. Once you are there, Drop Back your Weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 20 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

3 Weighted Pull-Ups (as Heavy As Possible) - Use Bent Over Rows if Necessary
As Many "Z" Presses as possible @ 70% of Your 1RM (Goal 9+)
5 Windshield Wipers (Each Side) - (Hanging if possible - on Floor if Not)
:30 Seconds Double Unders, jump Rope or Jumping Jacks

Round 2

3 Weighted Pull-Ups (as Heavy As Possible) - Use Bent Over Rows if Necessary
As Many "Z" Presses as possible @ 65% of Your 1RM (Goal 11+)
5 Windshield Wipers (Each Side) - (Hanging if possible - on Floor if Not)
:30 Seconds Double Unders, jump Rope or Jumping Jacks

Round 3

3 Weighted Pull-Ups (as Heavy As Possible) - Use Bent Over Rows if Necessary
As Many "Z" Presses as possible @ 60% of Your 1RM (Goal 13+)
5 Windshield Wipers (Each Side) - (Hanging if possible - on Floor if Not)

:30 Seconds Double Unders, jump Rope or Jumping Jacks

ASSISTANCE FINISHER – Load the Bar to 60% of YOUR STANDING STRICT PRESS

Minute 1: 10 Strict Presses – Remainder of the Minute to Rest

Minute 2: 8 Strict Presses – Remainder of the Minute to Rest

Minute 3: 6 Strict Presses – Remainder of the Minute to Rest

Minute 4: 4 Strict Presses – Remainder of the Minute to Rest

Minute 5: 2 Strict Presses – Remainder of the Minute to Rest

Minute 6: 10 Strict Presses – Remainder of the Minute to Rest

Minute 7: 8 Strict Presses – Remainder of the Minute to Rest

Minute 8: 6 Strict Presses – Remainder of the Minute to Rest

Minute 9: 4 Strict Presses – Remainder of the Minute to Rest

Minute 10: 2 Strict Presses – Remainder of the Minute to Rest

Notes:

Wave 1/Week 2/Day 3 – Brutal or Test Squat Focus

CONDITIONING – 5 Rounds

:30 Seconds Burpee Pull-Ups

:30 Seconds Broad Jumps

:30 Seconds Push-Ups

:30 Seconds Rest

BUILD – You Have a STRICT 15 Minutes to work up to 70%–75% of Your 1RM Squat. Once you are there, You will be ADDING WEIGHT for this workout. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.)

Round 1

50 Foot Side Straddle Walk With a Band or Hip Circle around the Outside of Your knees

3 Squats @ 80% of Your 1RM

5 Full Contact Twists (Each Side)

5 Burpee Pull-Ups or Burpee Bar Touches if you Can't do Pull-ups

Round 2

50 Foot Side Straddle Walk With a Band or Hip Circle around the Outside of Your knees

2 Squats @ 85% of Your 1RM

5 Full Contact Twists (Each Side)

5 Burpee Pull-Ups or Burpee Bar Touches if you Can't do Pull-ups

Round 3

50 Foot Side Straddle Walk With a Band or Hip Circle around the Outside of Your knees

As Many Squats As Possible @ 90% of Your 1RM * or Test out**

5 Full Contact Twists (Each Side)

5 Burpee Pull-Ups or Burpee Bar Touches if you Can't do Pull-ups

*****If your First Rep @ 90% goes EXTREMELY well, Stop the Set. But ONLY IF you are sure that you can break a PR today. DO NOT MISS reps! Only go for a PR if you are ABSOLUTELY sure you have it. You will have the opportunity to do this every month for each exercise to keep your percentages as relevant as possible. Again, Don't Miss Reps. But if it is there, take it.**

MINDSET FINISHER -

Load a Bar with 50 % of Your 1RM Squat and Set a Clock

3:00 Minutes as Many Squats as Possible without RE-RACKING the Bar!

3:00 Minutes Rest

2:00 Minutes as Many Squats as Possible without RE-RACKING the Bar!

2:00 Minutes Rest

1:00 Minute as Many Squats as Possible without RE-RACKING the Bar!

1:00 Minutes Rest

Notes:

Wave 1/Week 2/Day 4 – Heavy Bench Focus

BUILD – You Have a STRICT 15 Minutes to work up to 85%–90% of Your 1RM Bench Press. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.

Round 1

8 Meadows Rows – (Each Side/Heavy Weight)

As Many Bench Presses as possible @ 80% of Your 1RM (Goal 5+)

4 Barbell Overhead Side Bends (Each Side)

Run 400 Meters or 8 Bodyweight ManMakers

Round 2

8 Meadows Rows – (Each Side/Heavy Weight)

As Many Bench Presses as possible @ 75% of Your 1RM (Goal 7+)

4 Barbell Overhead Side Bends (Each Side)

Run 400 Meters or 8 Bodyweight ManMakers

Round 3

8 Meadows Rows – (Each Side/Heavy Weight)

As Many Bench Presses as possible @ 70% of Your 1RM (Goal 9+)

4 Barbell Overhead Side Bends (Each Side)

Run 400 Meters or 8 Bodyweight ManMakers

CONDITIONING – 5 Rounds

:20 Seconds Max Reps Dips or Bench Dips

:20 Seconds Max Reps Push-Ups

:20 Seconds Hollow Rocks

1:00 Minute Rest

ASSISTANCE FINISHER – 3 Rounds

:30 Seconds Single Arm DB Rows Left – Heavy – Use Straps if Necessary

:30 Seconds Single Arm DB Rows Right – Heavy – Use Straps if Necessary
1:00 Minute Rest
1:00 Minute Incline Bench Press (Moderate Weight) – Rest Pause Sets if Needed
1:00 Minute Rest
1:00 Minute Max Reps Deficit Push-Ups
1:00 Minute Rest

Notes:

Wave 1/Week 3/Day 1 – Light Deadlift Focus

CONDITIONING – For 10 Minutes

Plate Pinch Farmer's Walk (Make a Plate Sandwich. 2 Heavier Plates facing in with a smaller plate between. SMOOTH SIDES OUT!!!

Walk as Far as Possible. Every time you Drop them, You Owe 3 Max Distance Broad Jumps. Then pick them Up and Continue. Do this for 10 Minutes.

ENDURANCE – Load a Barbell with 60% of your 1RM Deadlift (Use fat grips or an Axle if Possible)

Minute 1: 2 Reps

Minute 2: 4 Reps

Minute 3: 6 Reps

... Continue to add 2 Reps each minute until you can no longer keep up with the clock.

STRONGMAN – At the Top of Every Minute For 10 Minutes

3 Zercher Squats as Close to bodyweight as Possible or Heavier

10 Goblet Squats @ light Weight

ASSISTANCE FINISHER – 5 Rounds In front of a Clock (Same Heavy DB's for the entire drill)

:30 Seconds Sumo Stance KB or DB Stiff Leg Deadlifts

:30 Seconds Close Stance KB or DB Stiff Leg Deadlifts

:30 Seconds Deep KB or DB Goblet Squats

:30 Seconds Rest

Notes:

Wave 1/Week 3/Day 2 – Brutal or Test Overhead Focus

PRIMING – 5 Rounds

:20 Seconds Max Pull-Ups or Inverted Rows

:20 Seconds Z Press (Very, Very Light)

:20 Seconds Rest

BUILD – You Have a STRICT 15 Minutes to work up to 70%–75% of Your 1RM Push Press or Split Jerk. Once you are there, You will be ADDING WEIGHT for this workout. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.

Round 1

:30 Seconds Jump Rope or Jumping Jacks

3 Push Presses or Split Jerks @ 80% of Your 1RM

4 Barbell Crawls or 30 Hollow Rocks

:30 Seconds Battle Ropes or Medicine Ball Slams or Burpees..There's always burpees...

Round 2

:30 Seconds Jump Rope or Jumping Jacks

2 Push Presses or Split Jerks @ 85% of Your 1RM

4 Barbell Crawls or 30 Hollow Rocks

:30 Seconds Battle Ropes or Medicine Ball Slams or Burpees

Round 3

:30 Seconds Jump Rope or Jumping Jacks

As Many Push Presses or Split Jerks as Possible @ 90% of Your 1RM

4 Barbell Crawls or 30 Hollow Rocks

:30 Seconds Battle Ropes or Medicine Ball Slams or Burpees

***If your First Rep @ 90% goes EXTREMELY well, Stop the Set. But ONLY IF you are sure that you can break a PR today. DO NOT MISS reps! Only go for a PR if you are ABSOLUTELY sure you have it. You will have the opportunity to do this every month for each exercise to keep your percentages as relevant as possible. Again, Don't Miss Reps. But if it is there, take it.

WIDOWMAKER – Load the Bar to 65% of Your 1RM Strict Overhead Press and complete as many Reps as possible in one set without re-racking the bar. Your goal is between 15-20+ Reps.

CONDITIONING – 2 Rounds – This is a Sprint For Time.

Once You Grab the Bar You Cannot release it until ALL REPS OF ALL exercises are complete.

8 Deadlifts

8 Bent Over Rows

8 Power Cleans

8 Front Squats

8 Push-Presses

8 Back Squats

8 Split Jerks

8 Good Mornings

Sprint 200 Meters.

3 Rounds

Notes:

Wave 1/Week 3/Day 3 – Heavy Squat Focus

CONDITIONING – 8,6,4,6,8 Reps of

Dumbbell ManMakers

Dumbbell Turkish Get ups (Total–Not each side)

Dumbbell Stepping Lunges (Each Side)

*Complete your 8 rep set for all 3 exercises before moving on to your 6 rep set. . . then your 4 reps set, etc. . .

BUILD – You Have a STRICT 15 Minutes to work up to 85%–90% of Your 1RM Squat. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.)

Round 1

3 Max Height Vertical Jumps (find something high and try to touch it)

As Many Squats as possible @ 80% of Your 1RM (Goal 5+)

10 Ab Wheel or Barbell Roll-Outs

:30 Seconds Mountain Climbers (Deep ROM)

Round 2

3 Max Height Vertical Jumps (find something high and try to touch it)

As Many Box Squats as possible @ 75% of Your 1RM (Goal 7+)

10 Ab Wheel or Barbell Roll-Outs

:30 Seconds Mountain Climbers (Deep ROM)

Round 3

3 Max Height Vertical Jumps (find something high and try to touch it)

As Many Box Squats as possible @ 70% of Your 1RM (Goal 9+)

10 Ab Wheel or Barbell Roll-Outs

:30 Seconds Mountain Climbers (Deep ROM)

ASSISTANCE FINISHER – Squat Add/Drop Set. (4 Sets up/4 Sets down – No Rest)

Begin with 40% of Your 1RM on the Bar and Complete 5 Reps

Immediately add an appropriate Amount of Weight.

Perform 5 More Squats and Add more weight.

There is NO REST between your sets, if you have training partners, you will not even re-rack the bar.

4 Sets adding weight, 4 Sets back down. 40 Total Reps. Don't wish you would have worked Harder.

Notes:

Wave 1/Week 3/Day 4 - Medium Bench Focus

BUILD - You Have a STRICT 12 Minutes to work up to 80%-85% of Your 1RM Bench Press. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 18 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

8 Pendlay Rows (At Least as Heavy as Your Bench)
As Many Bench Presses as possible @ 75% of Your 1RM (Goal 7+)
:30 Seconds Weighted Russian Twists
5 Burpee Pull-Ups or Burpee Bar Touches

Round 2

10 Pendlay Rows (At Least as Heavy as Your Bench)
As Many Bench Presses as possible @ 70% of Your 1RM (Goal 9+)
:30 Seconds Weighted Russian Twists
5 Burpee Pull-Ups or Burpee Bar Touches

Round 3

12 Pendlay Rows (At Least as Heavy as Your Bench)
As Many Bench Presses as possible @ 65% of Your 1RM (Goal 11+)
:30 Seconds Weighted Russian Twists
5 Burpee Pull-Ups or Burpee Bar Touches

PAY YOUR RENT – For Every INDIVIDUAL Plate, Collar or Bar that you have out, you owe 10 Push-ups before returning it.

ASSISTANCE FINISHER – 8 Total Minutes

:20 Seconds Floor Presses (Light Weight)

:10 Seconds Rest

For 8 Rounds

:20 Seconds Deficit Push-Ups (Deep ROM)

:10 Seconds Rest

For 8 Rounds

Notes:

Wave 1/Week 4/Day 1 – Brutal or Test Deadlift Focus

CONDITIONING – 15, 12, 10 Reps of

Dimel Deadlifts @ 35-40% of Your 1RM

Pull-Ups or Straight Arm Lat Pull-Downs

100 Foot Burpee Broad Jumps between rounds

BUILD – You Have a STRICT 15 Minutes to work up to 70%-75% of Your 1RM Deadlift. Once you are there, You will be ADDING WEIGHT for this workout. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

4 Dumbbell or Kettlebell Snatches (Each Side) Moderate Weight – Be Explosive

3 Deadlifts @ 80% of Your 1RM

:30 Second Side Plank (Each Side)
200 Meter Sprint or 6 Bodyweight ManMakers

Round 2

4 Dumbbell or Kettlebell Snatches (Each Side) Moderate Weight – Be Explosive
2 Deadlifts @ 85% of Your 1RM
:30 Second Side Plank (Each Side)
200 Meter Sprint or 6 Bodyweight ManMakers

Round 3

4 Dumbbell or Kettlebell Snatches (Each Side) Moderate Weight – Be Explosive
As Many Deadlifts as Possible @ 90% (Goal +1) of Your 1RM * or Test out
:30 Second Side Plank (Each Side)
200 Meter Sprint or 6 Bodyweight ManMakers

***If your First Rep @ 90% goes EXTREMELY well, Stop the Set. But ONLY IF you are sure that you can break a PR today. DO NOT MISS reps! Only go for a PR if you are ABSOLUTELY sure you have it. You will have the opportunity to do this every month for each exercise to keep your percentages as relevant as possible. Again, Don't Miss Reps. But if it is there, take it.

WIDOWMAKER – Load the Bar to 65% of Your 1RM Deadlift and complete as many Reps as possible in one set without walking away from the bar. Your goal is between 15-20+ Reps.

ASSISTANCE FINISHER – 20, 15, 10 Reps or
20 Seated Good Mornings
20 Glute Ham Raises or Nordic Hamstring Curls
20 Barbell Rows
15 Seated Good Mornings
15 Glute Ham Raises or Nordic Hamstring Curls
15 Barbell Rows
10 Seated Good Mornings
10 Glute Ham Raises or Nordic Hamstring Curls
10 Barbell Rows

Notes:

Wave 1/Week 4/Day 2 - Heavy Overhead Focus

BUILD - You Have a STRICT 15 Minutes to work up to 85%-90% of Your 1RM Push Press or Jerk (Not Split Jerk). Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

7 Single Arm BARBELL rows (BB in Corner) - Each Side

As Many Push Presses as possible @ 80% of Your 1RM (Goal 5+)

6 Hanging oblique Leg Raises (Each Side)

100 Foot Gator Walk

Round 2

7 Single Arm BARBELL rows (BB in Corner) - Each Side

As Many Push Presses as possible @ 75% of Your 1RM (Goal 7+)

6 Hanging oblique Leg Raises (Each Side)

100 Foot Gator Walk

Round 3

7 Single Arm BARBELL rows (BB in Corner) - Each Side

As Many Push Presses as possible @ 70% of Your 1RM (Goal 9+)

6 Hanging oblique Leg Raises (Each Side)

100 Foot Gator Walk

ASSISTANCE FINISHER - 3 Rounds

Max Reps Close Grip Push-Ups on Dumbbells

1 Dumbbell Repping Waiter Walk*

2:00 Minute Plank as Rest.

***Dumbbell Repping Waiters Walks**

Perform 5 Strict Presses with the Dumbbells On Last press, stay at Lockout.

Walk 5 Steps With Dumbbells in Waiter's Walk Position

5 More Strict Presses

Walk 5 Steps With Dumbbells in Waiter's Walk Position

5 More Strict Presses

Waiter's walk the Dumbbells back to where you started at.

CONDITIONING – Deck of Cards Workout. Complete the Number of reps corresponding with the number on the Card. Face Cards = 10 Reps, Aces = 11.

HEARTS – Burpees

SPADES – Pull-Ups or Inverted Rows

DIAMONDS – Jumping Squat Lateral Jumps

CLUBS – Handstand Push-Ups or Pike Push-Ups

... Get as Far as possible in 12 Minutes

Notes:

Wave 1/Week 4/Day 3 – Medium Squat Focus

CONDITIONING – MINDSET

Get a Mouthful of Water, then for 10 Rounds Complete:

At the Top of Every minute

3 Burpees

20 Kettlebell Swings

Rest the Remainder of the Minute

At the End of the 10 Minutes, Spit the Water Out

...You are going to feel like you are drowning... You aren't. Keep working.

BUILD - You Have a STRICT 15 Minutes to work up to 80%-85% of Your 1RM Squat. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

5 Dumbbell Step-Ups (Each Side) - Light Weight - Explosive

As Many Squats as possible @ 75% of Your 1RM (Goal 7+)

10 Glute Ham Raises, Reverse Hyper or 45 Degree Back Raise

4 Dumbbell Curtis P's (Clean From the Floor to Front Rack, Lunge with left, lunge with right, overhead press with leg drive and return them to the floor). That's 1 Rep.

Round 2

5 Dumbbell Step-Ups (Each Side) - Light Weight - Explosive

As Many Squats as possible @ 70% of Your 1RM (Goal 9+)

10 Glute Ham Raises, Reverse Hyper or 45 Degree Back Raise

4 Dumbbell Curtis P's

Round 3

5 Dumbbell Step-Ups (Each Side) - Light Weight - Explosive

As Many Squats as possible @ 65% of Your 1RM (Goal 11+)

10 Glute Ham Raises, Reverse Hyper or 45 Degree Back Raise

4 Dumbbell Curtis P's

ASSISTANCE FINISHER - Set a Clock for 8 Minutes

Load a bar with a light weight or grab moderate Dumbbells. When You start the Clock, you Start performing walking lunges.

You Can Stop these walking lunges when you 8 Minutes is complete.

Any time other than that. . . If you Stop, you owe 7 Burpees.

Then get right back to your lunges.

Notes:

Wave 1/Week 4/Day 4 – Light Bench Focus

CONDITIONING – 10, 8, 6, 4, 6, 8, 10 Reps of
Single Arm Kettlebell Swings (Left Side)
Single Arm Kettlebell Swings (Right Side)
Kettlebell Snatches (Left Side)
Kettlebell Snatches (Right Side)
Burpees or 200 Meter Sprint in place of them.

BUILD – You Have a STRICT 10 Minutes to work up to 70%–75% of Your 1RM Close Grip Bench Press. Once you are there, Drop Back your Weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 20 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.)

Round 1

10 Pendlay Rows (Heavy As Possible)
As Many Bench Press Presses as possible @ 70% of Your 1RM (Goal 9+)
3 Turkish Get-Ups (Each Side)

Round 2

10 Pendlay Rows (Heavy As Possible)
As Many Bench Press Presses as possible @ 65% of Your 1RM (Goal 11+)
3 Turkish Get-Ups (Each Side)

Round 3

10 Pendlay Rows (Heavy As Possible)
As Many Bench Press Presses as possible @ 60% of Your 1RM (Goal 13+)
3 Turkish Get-Ups (Each Side)

ASSISTANCE FINISHER – Be the Clock . . .

Imagine you are the second Hand standing on top of a big clock face.
Face the 12 and complete 12 Push-Ups.

Turn to 11 O'Clock and perform 11 Push-Ups

Turn to 10 O'Clock and perform 10 Push-Ups

Continue to go back in time until you complete all the numbers on the Face of the Clock.

If this is too easy, Make it a 24 hour Clock and Go to the Right.

Begin with 12 Push-Ups then move to the 1 O'Clock (1300 Hours) Position and perform 13 Push-ups.

Then move to 2 O'clock (1400 Hours) and perform 14 Push-Ups.

Then 1500 /15 Push ups, 1600, 16 Push-Ups, Etc. . . Until you finish all the numbers on the face of the clock.

Notes:

END OF WAVE 1

Wave 2/Week 5/Day 1 – Heavy Deadlift Focus

CONDITIONING – For 10 Minutes

ODD Minutes: Dumbbell Hold (As Heavy As Possible) – For Grip and traps – go heavy

EVEN Minutes: Goblet Squats (Moderate Weight)

BUILD – You Have a STRICT 15 Minutes to work up to 90%–95% of Your 1RM Deadlift. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.)

Round 1

8 Kettlebell or Dumbbell Snatches – Each Side (Heavy Weight)
As Many Deadlifts as possible @ 85% of Your 1RM (Goal 4+)
5 Dragon Flags or 10 Lying Leg Raises

Round 2

8 Kettlebell or Dumbbell Snatches – Each Side (Heavy Weight)
As Many Deadlifts as possible @ 80% of Your 1RM (Goal 5+)
5 Dragon Flags or 10 Lying Leg Raises

Round 3

8 Kettlebell or Dumbbell Snatches – Each Side (Heavy Weight)
As Many Deadlifts as possible @ 75% of Your 1RM (Goal 7+)
5 Dragon Flags or 10 Lying Leg Raises

ASSISTANCE FINISHER – 5 Rounds (10 Total Minutes)

:30 Seconds Seated Good Mornings (Moderate Weight)
:30 Seconds Barbell Walking Lunges
:30 Seconds Prisoner Squat Jumps
:30 Seconds Rest

Notes:

Wave 2/Week 5/Day 2 – Medium Overhead Focus

CONDITIONING – At The Top of Every Minute for 12 Minutes
3 Pull-Ups

6 Burpees
9 Squats
12 Jumping Lunges (Each Side)

BUILD - You Have a STRICT 12 Minutes to work up to 85%-90% of Your 1RM Strict Overhead Press. Once you are there, Drop Back your Weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 18 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

7 Wide Grip Pull-Ups (Add Weight if Possible) - Inverted Rows If Necessary
As Many Strict Overhead Presses as possible @ 80% of Your 1RM (Goal 5+)
:30 Seconds Dead Bugs

Round 2

9 Wide Grip Pull-Ups (Add Weight if Possible) - Inverted Rows If Necessary
As Many Strict Overhead Presses as possible @ 75% of Your 1RM (Goal 7+)
:30 Seconds Dead Bugs

Round 3

12 Wide Grip Pull-Ups (Add Weight if Possible) - Inverted Rows If Necessary
As Many Strict Overhead Presses as possible @ 70% of Your 1RM (Goal 9+)
:30 Seconds Dead Bugs

ASSISTANCE FINISHER - (Light-ish...20 Should Be A struggle)

20 Pin Presses From EYE LEVEL
20 Lying Rear Delt Raises
300 Foot Crucifix Walk (Holding Plates out to the Sides)
15 Pin Presses From EYE LEVEL
15 Lying Rear Delt Raises
200 Foot Crucifix Walk (Holding Plates out to the Sides)
10 Pin Presses From EYE LEVEL
10 Lying Rear Delt Raises
100 Foot Crucifix Walk (Holding Plates out to the Sides)

Notes:

Wave 2/Week 5/Day 3 - Light Squat Focus

BUILD - You Have a STRICT 10 Minutes to work up to 80%-85% of Your 1RM Squat. Once you are there, Drop Back your Weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 20 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

6 Box Jumps (Moderate to High Height)

As Many Squats as possible @ 75% of Your 1RM (Goal 7+)

1:00 Minute Flutter Kick

Round 2

6 Box Jumps (Moderate to High Height)

As Many Squats as possible @ 70% of Your 1RM (Goal 9+)

1:00 Minute Flutter Kick

Round 3

6 Box Jumps (Moderate to High Height)

As Many Squats as possible @ 65% of Your 1RM (Goal 11+)

1:00 Minute Flutter Kick

CONDITIONING - At the Top of Every minute

Minute 1: 2 Squats @ 60% of Your 1RM

Minute 2: 4 Squats @ 60% of Your 1RM

Minute 3: 6 Squats @ 60% of Your 1RM

* Continue to add reps Every Round until you can no longer Keep up with the Clock. Try to make it to 8-10 minutes as your minimum.

Notes:

Wave 2/Week 5/Day 4 – Brutal or Test – Bench Focus

CONDITIONING – 10 Rounds

:20 Seconds Inverted Rows

:10 Seconds Push-Ups (Hand Release or Clapping if possible)

Rest 1 Minute

10 Rounds

:20 Seconds Hollow Rocks

:10 Seconds Jumping Squats

BUILD – You Have a STRICT 12 Minutes to work up to 75%-80% of Your 1RM Bench Press. Once you are there, You will be ADDING WEIGHT for this workout. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 18 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

3 Bent Over Rows (Weight Should be as Close to [or greater than] Your bench as possible)

3 Bench Presses @ 85% of Your 1RM

5 Plate Halos (Each Side)

Round 2

3 Bent Over Rows (Weight Should be as Close to [or great than] Your bench as possible)

2 Bench Presses @ 90% of Your 1RM

5 Plate Halos (Each Side)

Round 3

3 Bent Over Rows (Weight Should be as Close to [or great than] Your bench as possible)

As Many Bench Presses As Possible @ 95% of Your 1RM or Go For a PR if You are absolutely sure it is there.***

5 Plate Halos (Each Side)

***If your First Rep @ 95% goes EXTREMELY well, Stop the Set. But ONLY IF you are sure that you can break a PR today. DO NOT MISS reps! Only go for a PR if you are ABSOLUTELY sure you have it. You will have the opportunity to do this every month for each exercise to keep your percentages as relevant as possible. Again, Don't Miss Reps. But if it is there, take it.

WIDOWMAKER – Load the Bar to 70% of Your 1RM Bench Press and complete as many Reps as possible in one set without re-racking the bar. Your goal is between 15–20+ Reps.

ASSISTANCE FINISHER – Complete the Ladder With Moderate weight

10 Pendlay Rows

1 Floor Press

9 Pendlay Rows

2 Floor Presses

8 Pendlay Rows

3 Floor Presses

... Continue this pattern (Your Combined Reps will always Equal 11) until the Ladder is Complete. Do your best to Complete this is Less than 10 Minutes.

Notes:

Wave 2/Week 6/Day 1 – Medium Deadlift Focus

STRONGMAN CONDITIONING – As Many Runs AS Possible In 10 Minutes

Grab Dumbbells or Load Farmer's Handles to 75% of your 1RM.

Find a 50 Foot Course or as Close to it as You can.

Start the Clock.

Carry the implements as many 50 foot lengths as you can in 10 Minutes.

You are using a heavier weight, hopefully you beat your number from 1 Month ago!

BUILD – You Have a STRICT 12 Minutes to work up to 85%–90% of Your 1RM Deadlift. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 18 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.)

Round 1

:20 Seconds Straight Arm Lat Pull Down (With Machine or Band)

As Many Deadlifts as possible @ 80% of Your 1RM (Goal 5+)

10 Dragon Flags

5 Burpee Lateral Jumps

Round 2

:20 Seconds Straight Arm Lat Pull Down (With Machine or Band)

As Many Deadlifts as possible @ 75% of Your 1RM (Goal 7+)

10 Dragon Flags

5 Burpee Lateral Jumps

Round 3

:20 Seconds Straight Arm Lat Pull Down (With Machine or Band)

As Many Deadlifts as possible @ 70% of Your 1RM (Goal 9+)

10 Dragon Flags

5 Burpee Lateral Jumps

ASSISTANCE FINISHER – 5 Rounds

Once You Grab the Bar, Do Not Release it Until The Complex is Complete

6 Snatch Grip Deadlifts (Heavy)

10 Snatch Grip Shrugs

:30 Seconds Snatch Grip Holds (Just standing and Holding)

Strict 1:00 Minute Rest

... If you Chose your Deadlift weight Correctly, this will be extremely taxing for your Back, Traps and Grip. Manipulate the weight each Round to make it appropriate.

Notes:

Wave 2/Week 6/Day 2 - Light Overhead Focus

BUILD - You Have a STRICT 10 Minutes to work up to 75%-80% of Your 1RM Strict Overhead Press. Once you are there, Drop Back your Weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 20 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

3 Weighted Pull-Ups (as Heavy As Possible) - Use Bent Over Rows if Necessary
As Many "Z" Presses as possible @ 75% of Your 1RM (Goal 7+)
5 Windshield Wipers (Each Side) - (Hanging if possible)
:30 Seconds Double Unders, jump Rope or Jumping Jacks

Round 2

3 Weighted Pull-Ups (as Heavy As Possible) - Use Bent Over Rows if Necessary
As Many "Z" Presses as possible @ 70% of Your 1RM (Goal 9+)
5 Windshield Wipers (Each Side) - (Hanging if possible)
:30 Seconds Double Unders, jump Rope or Jumping Jacks

Round 3

3 Weighted Pull-Ups (as Heavy As Possible) - Use Bent Over Rows if Necessary
As Many "Z" Presses as possible @ 65% of Your 1RM (Goal 11+)
5 Windshield Wipers (Each Side) - (Hanging if possible)
:30 Seconds Double Unders, jump Rope or Jumping Jacks

CONDITIONING – At the Top of Every minute

Minute 1: 2 Strict Presses @ 60% of Your 1RM

Minute 2: 4 Strict Presses @ 60% of Your 1RM

Minute 3: 6 Strict Presses @ 60% of Your 1RM

* Continue to add reps Every Round until you can no longer Keep up with the Clock

ASSISTANCE FINISHER – 2 Rounds

:40 Second Work At each Station / :20 Seconds to Rest and Rotate. Moderate to lighter Weights on All Exercises

Station 1: Max Reps Arnold Presses

Station 2: Max Reps Lateral Raises

Station 3: Max Reps Face Pulls

Station 4: Max Reps Neutral Grip Flat Dumbbell Bench Press

Station 5: 1 Minute Rest

Notes:

Wave 2/Week 6/Day 3 – Brutal or Test Squat Focus

CONDITIONING – 3 Rounds or For 10 Minutes (Whichever comes First)

50 Foot Bear Walk Forward

50 Foot Bear Walk Backward

50 Foot Gator Walk Forward

50 Foot Gator Walk Backward

50 Foot Crab Walk Forward

50 Foot Crab Walk Backward

BUILD – You Have a STRICT 15 Minutes to work up to 75%-80% of Your 1RM Squat. Once you are there, You will be ADDING WEIGHT for this workout. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.)

Round 1

50 Foot Side Straddle Walk With a Band or Hip Circle around the Outside of Your knees
3 Squats @ 85% of Your 1RM
5 Full Contact Twists (Each Side)
15 Kettlebell Swings (Heavy)

Round 2

50 Foot Side Straddle Walk With a Band or Hip Circle around the Outside of Your knees
2 Squats @ 90% of Your 1RM
5 Full Contact Twists (Each Side)
15 Kettlebell Swings (Heavy)

Round 3

50 Foot Side Straddle Walk With a Band or Hip Circle around the Outside of Your knees
As Many Squats As Possible @ 95% of Your 1RM *** or Test out
5 Full Contact Twists (Each Side)
15 Kettlebell Swings (Heavy)

***If your First Rep @ 95% goes EXTREMELY well, Stop the Set. But ONLY IF you are sure that you can break a PR today. DO NOT MISS reps! Only go for a PR if you are ABSOLUTELY sure you have it. You will have the opportunity to do this every month for each exercise to keep your percentages as relevant as possible. Again, Don't Miss Reps. But if it is there, take it.

ASSISTANCE FINISHER – 3 Rounds

20 Squats @ 50% Of Your 1RM
20 Barbell Walking Lunges
10 Bulgarian Split Squats Each Side)

Notes:

Wave 2/Week 6/Day 4 – Heavy Bench Focus

CONDITIONING – 20, 15, 10 Reps of
Pull-Ups Or Inverted Rows (With Pauses at the Top)
Jumping Lunges (Each Side)
Clapping Push-Ups or Deficit Push-Ups
Burpees

BUILD – You Have a STRICT 15 Minutes to work up to 90%–95% of Your 1RM Bench Press. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.

Round 1

6 Single Arm BARBELL Rows – (Each Side/Heavy Weight)
As Many Bench Presses as possible @ 85% of Your 1RM (Goal 4+)
10 Deadbugs
Run 400 Meters or 8 Bodyweight ManMakers

Round 2

6 Single Arm BARBELL Rows – (Each Side/Heavy Weight)
As Many Bench Presses as possible @ 80% of Your 1RM (Goal 5+)
10 Deadbugs
Run 400 Meters or 8 Bodyweight ManMakers

Round 3

6 Single Arm BARBELL Rows – (Each Side/Heavy Weight)
As Many Bench Presses as possible @ 75% of Your 1RM (Goal 7+)
10 Deadbugs
Run 400 Meters or 8 Bodyweight ManMakers

ASSISTANCE FINISHER – 4 Rounds of the Following Giant Set

15 Neutral Grip Dumbbell Bench Presses (As Heavy As Possible)
15 Dips (Bench Dips if Necessary)

15 Cable or Band Tricep Extensions (As Heavy As Possible)

:90 Seconds Rest

Notes:

Wave 2/Week 7/Day 1 - Light Deadlift Focus

CONDITIONING - For 10 Minutes

Plate Pinch Farmer's Walk (Make a Plate Sandwich. 2 Heavier Plates facing in with a smaller plate between.

Walk as Far as Possible. Every time you Drop them, You Owe 3 Max Distance Broad Jumps. Then pick them Up and Continue. Do this for 10 Minutes.

ENDURANCE - Load a Barbell with 65% of your 1RM Deadlift (Use fat grips if Possible)

Minute 1: 2 Reps

Minute 2: 4 Reps

Minute 3: 6 Reps

... Continue to add 2 Reps each minute until you can no longer keep up with the clock.

ASSISTANCE - 5 Rounds In front of a Clock

:40 Seconds Max Reps Single Arm BARBELL Rows (Left Side)

:20 Seconds Rest

:40 Seconds Max Reps Single Arm BARBELL Rows (Left Side)

:20 Seconds Rest

ASSISTANCE FINISHER - 3 Rounds of the Following Giant Set (Same BB)

10 Barbell Walking Lunges (Each Side)

6 Barbell Step-Ups w/ Bar in Front Rack position (Each Side)

15 Dumbbell Stiff Leg Deadlifts

:90 Seconds Rest

Notes:

Wave 2/Week 7/Day 2 – Brutal or Test Overhead Focus

CONDITIONING – 5 Rounds

:30 Seconds Kettlebell or Dumbbell Swings

:30 Seconds Hanging "L" Sit Holds

:30 Seconds Medicine Ball Slams or Bodyweight Manmakers

BUILD – You Have a STRICT 15 Minutes to work up to 75%-80% of Your 1RM Push Press or Split Jerk. Once you are there, You will be ADDING WEIGHT for this workout. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.

Round 1

:30 Seconds Jump Rope or Jumping Jacks

3 Push Presses or Split Jerks @ 85% of Your 1RM

4 Barbell Overhead Side Bends (each Side)

:30 Seconds Battle Ropes or Medicine Ball Slams or Burpees

Round 2

:30 Seconds Jump Rope or Jumping Jacks

2 Push Presses or Split Jerks @ 90% of Your 1RM

4 Barbell Overhead Side Bends (each Side)

:30 Seconds Battle Ropes or Medicine Ball Slams or Burpees

Round 3

:30 Seconds Jump Rope or Jumping Jacks

As Many Push Presses or Split Jerks as Possible @ 95% of Your 1RM

4 Barbell Overhead Side Bends (each Side)

:30 Seconds Battle Ropes or Medicine Ball Slams or Burpees

***If your First Rep @ 90% goes EXTREMELY well, Stop the Set. But ONLY IF you are sure that you can break a PR today. DO NOT MISS reps! Only go for a PR if you are ABSOLUTELY sure you have it. You will have the opportunity to do this every month for each exercise to keep your percentages as relevant as possible. Again, Don't Miss Reps. But if it is there, take it.

WIDOWMAKER – Load the Bar to 70% of Your 1RM Strict Overhead Press and complete as many Reps as possible in one set without re-racking the bar. Your goal is between 15-20+ Reps.

ASSISTANCE FINISHER – Push-Up Challenge – No Rest Between Sets

Drop, Complete 1 Push-Up & Stand.

Immediately Drop and complete 2 Push-Ups & Stand.

Then Drop and do 3 Push-Ups & Stand.

....Work your way up to 10 Reps. If you have anything left, work your way back down to 1.

Notes:

Wave 2/Week 7/Day 3 – Heavy Squat Focus

CONDITIONING – 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Reps of

Pull-ups

Kettlebell Swings

Burpees

BUILD – You Have a STRICT 15 Minutes to work up to 90%-95% of Your 1RM Squat. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

3 Box Jumps (High Height)

As Many Squats as possible @ 85% of Your 1RM (Goal 4+)

10 Ab Wheel or Barbell Roll-Outs

50 Foot Bear Walk

Round 2

3 Box Jumps (High Height)

As Many Box Squats as possible @ 80% of Your 1RM (Goal 5+)

10 Ab Wheel or Barbell Roll-Outs

50 Foot Bear Walk

Round 3

3 Box Jumps (High Height)

As Many Box Squats as possible @ 75% of Your 1RM (Goal 7+)

10 Ab Wheel or Barbell Roll-Outs

50 Foot Bear Walk

ASSISTANCE FINISHER - As Many Rounds As possible in 12 Minutes

5 Front Squats or Zercher Squats (As Heavy As Possible)

10 Glute Ham Raises or Nordic Hamstring Curls

10 Seated Good mornings (Moderate Weight)

Rest :90 Seconds, Manipulate weight if necessary and get right back to your first exercise.

Notes:

Wave 2/Week 7/Day 4 - Medium Bench Focus

BUILD - You Have a STRICT 12 Minutes to work up to 85%-90% of Your 1RM Bench Press. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 18 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

8 Pendlay Rows (At Least as Heavy as Your Bench)
As Many Bench Presses as possible @ 80% of Your 1RM (Goal 5+)
:30 Seconds Weighted Russian Twists
5 Burpee Pull-Ups or Burpee Bar Touches

Round 2

10 Pendlay Rows (At Least as Heavy as Your Bench)
As Many Bench Presses as possible @ 75% of Your 1RM (Goal 7+)
:30 Seconds Weighted Russian Twists
5 Burpee Pull-Ups or Burpee Bar Touches

Round 3

12 Pendlay Rows (At Least as Heavy as Your Bench)
As Many Bench Presses as possible @ 70% of Your 1RM (Goal 9+)
:30 Seconds Weighted Russian Twists
5 Burpee Pull-Ups or Burpee Bar Touches

ASSISTANCE FINISHER – As Many Rounds As Possible in 12 Minutes

12 Dumbbell Rows – each side (As Heavy As Possible)
8 Close Grip Bench Presses (As Heavy As Possible)
12 Dumbbell Floor Presses (As Heavy As Possible)

CONDITIONING – 3:00 Minutes Work / 1:00 Minute Rest for 3 Rounds

4 Suitcase Deadlifts (Left Side)
4 Burpee Lateral Jumps
4 Suitcase Deadlifts (Right Side)
8 Inverted Rows

120 Foot Prowler Sprint or Bear Walk

...Get as Far as you can in 3:00 Minutes. If you finish, go right back to the top. When your 3:00 Minutes expires, pause where you are and take your 1:00 Minute Rest. Once your rest is done, pick back up EXACTLY where you left off.

Notes:

Wave 2/Week 8/Day 1 – Brutal or Test Deadlift Focus

CONDITIONING – 15, 12, 10 Reps of
Dimel Deadlifts @ 35-40% of Your 1RM
Pull-Ups or Straight Arm Lat Pull-Downs
100 Foot Burpee Broad Jumps

BUILD – You Have a STRICT 15 Minutes to work up to 75%-80% of Your 1RM Deadlift. Once you are there, You will be ADDING WEIGHT for this workout. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.)

Round 1

4 Dumbbell or Kettlebell Snatches (Each Side) Moderate Weight – Be Explosive
3 Deadlifts @ 85% of Your 1RM
:30 Second Side Plank (Each Side)
200 Meter Sprint or 6 Bodyweight ManMakers

Round 2

4 Dumbbell or Kettlebell Snatches (Each Side) Moderate Weight – Be Explosive
2 Deadlifts @ 90% of Your 1RM
:30 Second Side Plank (Each Side)
200 Meter Sprint or 6 Bodyweight ManMakers

Round 3

4 Dumbbell or Kettlebell Snatches (Each Side) Moderate Weight – Be Explosive
As Many Deadlifts as Possible @ 95% (Goal +1) of Your 1RM * or Test out
:30 Second Side Plank (Each Side)
200 Meter Sprint or 6 Bodyweight ManMakers

*****If your First Rep @ 95% goes EXTREMELY well, Stop the Set. But ONLY IF you are sure that you can break a PR today. DO NOT MISS reps! Only go for a PR if you are ABSOLUTELY sure you have it. You will have the opportunity to do this every month for each exercise to keep your percentages as relevant as possible. Again, Don't Miss Reps. But if it is there, take it.**

WIDOWMAKER – Load the Bar to 65% of Your 1RM Deadlift and complete as many Reps as possible in one set without walking away from the bar. Your goal is between 15-20+ Reps.

ASSISTANCE FINISHER – 20, 15, 10 Reps or
20 Seated Good Mornings
20 Glute Ham Raises or Nordic Hamstring Curls
20 Barbell Rows
15 Seated Good Mornings
15 Glute Ham Raises or Nordic Hamstring Curls
15 Barbell Rows
10 Seated Good Mornings
10 Glute Ham Raises or Nordic Hamstring Curls
10 Barbell Rows

Notes:

Wave 2/Week 8/Day 2 – Heavy Overhead Focus

CONDITIONING – At the Top of Every Minute (Inverted Rows if Necessary)

Minute 1: 1 Pull-Up/ 2 Burpees/ 3 Kettlebell Swings/ 4 Jumping Lunges (Each Side)
Minute 2: 2 Pull-Up/ 3 Burpees/ 4 Kettlebell Swings/ 5 Jumping Lunges (Each Side)
Minute 3: 3 Pull-Up/ 4 Burpees/ 5 Kettlebell Swings/ 6 Jumping Lunges (Each Side)
Minute 4: 4 Pull-Up/ 5 Burpees/ 6 Kettlebell Swings/ 7 Jumping Lunges (Each Side)
Minute 5: 5 Pull-Up/ 6 Burpees/ 7 Kettlebell Swings/ 8 Jumping Lunges (Each Side)
Minute 6: 6 Pull-Up/ 7 Burpees/ 8 Kettlebell Swings/ 9 Jumping Lunges (Each Side)
Minute 7: 7 Pull-Up/ 8 Burpees/ 9 Kettlebell Swings/ 10 Jumping Lunges (Each Side)
Minute 8: 8 Pull-Up/ 9 Burpees/ 10 Kettlebell Swings/ 11 Jumping Lunges (Each Side)

BUILD - You Have a STRICT 15 Minutes to work up to 90%-95% of Your 1RM Push Press or Jerk (Not Split Jerk). Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

7 Single Arm BARBELL rows (BB in Corner) - Each Side

As Many Push Presses as possible @ 85% of Your 1RM (Goal 4+)

6 Hanging oblique Leg Raises (Each Side)

100 Foot Gator Walk

Round 2

7 Single Arm BARBELL rows (BB in Corner) - Each Side

As Many Push Presses as possible @ 80% of Your 1RM (Goal 5+)

6 Hanging oblique Leg Raises (Each Side)

100 Foot Gator Walk

Round 3

7 Single Arm BARBELL rows (BB in Corner) - Each Side

As Many Push Presses as possible @ 75% of Your 1RM (Goal 7+)

6 Hanging oblique Leg Raises (Each Side)

100 Foot Gator Walk

ASSISTANCE FINISHER - 3 Rounds

Max Reps Close Grip Push-Ups on Dumbbells

1 Dumbbell Repping Waiter Walk*

2:00 Minute Plank as Rest.

*Dumbbell Repping Waiters Walks

Perform 5 Strict Presses with the Dumbbells On Last press, stay at Lockout.

Walk 5 Steps With Dumbbells in Waiter's Walk Position

5 More Strict Presses

Walk 5 Steps With Dumbbells in Waiter's Walk Position

5 More Strict Presses

Waiter's walk the Dumbbells back to where you started at.

Notes:

Wave 2/Week 8/Day 3 - Medium Squat Focus

CONDITIONING - For 10 Rounds

:20 Seconds Max Reps Kettlebell or Dumbbell Swings

:20 Seconds Max Reps Burpees

:20 Seconds Rest

BUILD - You Have a STRICT 15 Minutes to work up to 85%-90% of Your 1RM Squat. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

5 Dumbbell Step-Ups (Each Side) - Light Weight - Explosive

As Many Squats as possible @ 85% of Your 1RM (Goal 4+)

10 Glute Ham Raises, Reverse Hyper or 45 Degree Back Raise

4 Dumbbell Curtis P's (Clean From the Floor to Front Rack, Lunge with left, lunge with right, overhead press with leg drive and return them to the floor). That's 1 Rep.

Round 2

5 Dumbbell Step-Ups (Each Side) - Light Weight - Explosive

As Many Squats as possible @ 80% of Your 1RM (Goal 5+)

10 Glute Ham Raises, Reverse Hyper or 45 Degree Back Raise

4 Dumbbell Curtis P's

Round 3

5 Dumbbell Step-Ups (Each Side) - Light Weight - Explosive

As Many Squats as possible @ 75% of Your 1RM (Goal 7+)
10 Glute Ham Raises, Reverse Hyper or 45 Degree Back Raise
4 Dumbbell Curtis P's

ASSISTANCE FINISHER – Load A Bar to 65% of Your 1RM Front Squat or Zercher Squat and Set a Clock.
At the Top of Every Minute, Complete 3 Squats.
Use the reminder of the minute to complete as Many Burpees as Possible.
You can Stop Your Clock when you Reach 50 Burpees. But at the top of every minute you have a 3 Squat Buy in.

Notes:

Wave 2/Week 8/Day 4 – Light Bench Focus

BUILD – You Have a STRICT 10 Minutes to work up to 75%-80% of Your 1RM Close Grip Bench Press. Once you are there, Drop Back your Weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 20 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

10 Meadows Rows (Heavy As Possible)
As Many Bench Press Presses as possible @ 75% of Your 1RM (Goal 7+)
3 Turkish Get-Ups (Each Side)

Round 2

10 Meadows Rows (Heavy As Possible)
As Many Bench Press Presses as possible @ 70% of Your 1RM (Goal 9+)
3 Turkish Get-Ups (Each Side)

Round 3

10 Meadows Rows (Heavy As Possible)

As Many Bench Press Presses as possible @ 65% of Your 1RM (Goal 11+)
3 Turkish Get-Ups (Each Side)

CONDITIONING – Load A Bar to 40% of Your 1RM Close Grip Bench Press And Set a Clock.

Minute 1: 2 Close Grip Bench Presses

Minute 2: 4 Close Grip Bench Presses

Minute 3: 6 Close Grip Bench Presses

... Continue to add 2 Reps every Minute Until You can no Longer Keep up with the Clock.

ASSISTANCE FINISHER – 2 Rounds

:40 Second Work At each Station / :20 Seconds to Rest and Rotate. Moderate to lighter Weights on All Exercises

Station 1: Max Reps Dumbbell Floor Presses

Station 2: Max Reps Single Arm Dumbbell Rows (:20 Seconds Each Side)

Station 3: Max Reps Dips (Bench Dips if Necessary)

Station 4: Max Reps Neutral Grip Standing Strict Press

Station 5: 1 Minute Rest

Notes:

END OF WAVE 2

Wave 3/Week 9/Day 1 – Heavy Deadlift Focus

CONDITIONING – At the Top of Every minute for 10 Minutes

100 Foot Farmer's Carry (With Implements or Dumbbells) @ 80% of your 1RM

3 Bodyweight ManMakers or 3 Burpees if necessary

BUILD – You Have a STRICT 15 Minutes to work up to 90%–95% Of Your 1RM Deadlift. Then Jump Into Your Reps.

STRENGTH – 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.)

Round 1

5 Standing Broad Jumps (As Far As Possible)

As Many Deadlifts as possible @ 90% of Your 1RM (Goal 3+)

1:00 Minute Plank (weighted if possible)

Round 2

5 Standing Broad Jumps (As Far As Possible)

As Many Deadlifts as possible @ 85% of Your 1RM (Goal 4+)

1:00 Minute Plank (weighted if possible)

Round 3

5 Standing Broad Jumps (As Far As Possible)

As Many Deadlifts as possible @ 80% of Your 1RM (Goal 5+)

1:00 Minute Plank (weighted if possible)

ASSISTANCE FINISHER – 5 Rounds (10 Total Minutes)

:30 Seconds Sumo Deadlifts (Moderate Weight)

:30 Seconds Max Front Squats @ 50% of Your 1RM

:30 Seconds Inverted Rows

:30 Seconds Rest

Notes:

Wave 2/Week 9/Day 2 - Medium Overhead Focus

CONDITIONING - Pull-Up/Dip/Burpee Challenge

Perform 1 Pull-Up, immediately into one Dip, immediately into 1 Burpee

With No rest, go into your 2/2/2 Set. Then your 3/3/3 Set. Work your way up to 10/10/10. If you Have anything Left, Go back Down.

BUILD - You Have a STRICT 12 Minutes to work up to 90% of Your 1RM Strict Overhead Press. Once you are there, Drop Back your Weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 18 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

7 Wide Grip Pull-Ups (Add Weight if Possible) - Inverted Rows If Necessary

As Many Strict Overhead Presses as possible @ 85% of Your 1RM (Goal 4+)

:30 Seconds Dead Bugs

Round 2

9 Wide Grip Pull-Ups (Add Weight if Possible) - Inverted Rows If Necessary

As Many Strict Overhead Presses as possible @ 80% of Your 1RM (Goal 5+)

:30 Seconds Dead Bugs

Round 3

12 Wide Grip Pull-Ups (Add Weight if Possible) - Inverted Rows If Necessary

As Many Strict Overhead Presses as possible @ 75% of Your 1RM (Goal 9+)

:30 Seconds Dead Bugs

ASSISTANCE FINISHER - (Light-ish...20 Should Be A struggle)

20 Pin Presses From EYE LEVEL

20 Lying Rear Delt Raises

300 Foot Crucifix Walk (Holding Plates out to the Sides)

15 Pin Presses From EYE LEVEL

15 Lying Rear Delt Raises

200 Foot Crucifix Walk (Holding Plates out to the Sides)
10 Pin Presses From EYE LEVEL
10 Lying Rear Delt Raises
100 Foot Crucifix Walk (Holding Plates out to the Sides)

Notes:

Wave 3/Week 9/Day 3 - Light Squat Focus

CONDITIONING - 5 Rounds (10 Total Minutes)

:30 Seconds Bodyweight Bulgarian Split Squats (Left Side)
:30 Seconds Bodyweight Bulgarian Split Squats (Right Side)
:30 Seconds Step-ups (Highest Height you can use)
:30 Seconds Rest

BUILD - You Have a STRICT 10 Minutes to work up to 85%-90% of Your 1RM Squat. Once you are there, Drop Back your Weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 20 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

6 Box Jumps (Moderate to High Height)
As Many Squats as possible @ 80% of Your 1RM (Goal 5+)
:30 Seconds Hanging "L" Sit or 10 Hanging Leg Raises

Round 2

6 Box Jumps (Moderate to High Height)
As Many Squats as possible @ 75% of Your 1RM (Goal 7+)
:30 Seconds Hanging "L" Sit or 10 Hanging Leg Raises

Round 3

6 Box Jumps (Moderate to High Height)

As Many Squats as possible @ 70% of Your 1RM (Goal 9+)

:30 Seconds Hanging "L" Sit or 10 Hanging Leg Raises

ASSISTANCE FINISHER - (As Fast as Possible) 5, 4, 3, 2, 3, 4, 5 Reps of

Tempo Squats @ 60% of Your 1RM (4 Seconds Down, 4 Second Pause, 4 Seconds Up)

Step-Ups (Each Side)

:45 Second Wall Sit (At Parallel, Hands Above Head)

*Perform your set of 5 Tempo squats. Then with no rest and the same weight, perform the step-ups. Then rack the bar and immediately go into your wall sit. Once the sit is complete, unpack the bar and do you 4 rep set of tempo squats . . . and so on.

Notes:

Wave 3/Week 9/Day 4 - Testing - Bench Focus

CONDITIONING - 12, 10, 8 Reps of

Thrusters (Light)

Medicine Ball Slams or Burpees

STRENGTH - TESTING - BENCH PRESS

3 Reps @ 50% of Your 1RM

3 Reps @ 62% of Your 1RM

3 Reps @ 75% of Your 1RM

2 Reps @ 80% of Your 1RM

1 Rep @ 90% of Your 1RM

1 Rep @ 95% of Your 1RM

1 Rep @ 102% of Your 1RM

BONUS: 1 Rep @ 104% of Your 1RM Only go for this if your 102% went very smoothly.

Complete Between Attempts:

8 Bent Over Rows

8 Leg Raises

WIDOWMAKER – Load the Bar to 60% of Your 1RM Bench Press and complete as many Reps as possible in one set without re-racking the bar. Your goal is between 15–20+ Reps.

ASSISTANCE FINISHER – Complete the Ladder With Moderate weight

10 Pendlay Rows

1 Floor Press

9 Pendlay Rows

2 Floor Presses

8 Pendlay Rows

3 Floor Presses

... Continue this pattern (Your Combined Reps will always Equal 11) until the Ladder is Complete. Do your best to Complete this is Less than 10 Minutes.

Notes:

Wave 3/Week 10/Day 1 – Medium Deadlift Focus

STRONGMAN CONDITIONING – As Many Runs AS Possible In 10 Minutes

Grab Dumbbells or Load Farmer's Handles to 80% of your 1RM.

Find a 50 Foot Course or as Close to it as You can.

Start the Clock.

Carry the implements as many 50 foot lengths as you can in 10 Minutes.

Keep this number because you will try to beat it later.

BUILD – You Have a STRICT 12 Minutes to work up to 90%–95% of Your 1RM Deadlift. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 18 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.)

Round 1

:20 Seconds Straight Arm Lat Pull Down (With Machine or Band)
As Many Deadlifts as possible @ 85% of Your 1RM (Goal 4+)
5 Burpee Lateral Jumps
4 Hanging Rainbows (Each Side)

Round 2

:20 Seconds Straight Arm Lat Pull Down (With Machine or Band)
As Many Deadlifts as possible @ 80% of Your 1RM (Goal 5+)
5 Burpee Lateral Jumps
4 Hanging Rainbows (Each Side)

Round 3

:20 Seconds Straight Arm Lat Pull Down (With Machine or Band)
As Many Deadlifts as possible @ 75% of Your 1RM (Goal 7+)
5 Burpee Lateral Jumps
4 Hanging Rainbows (Each Side)

ASSISTANCE FINISHER – 5 Rounds (Beltless)

:20 Seconds Max Reps Sumo Deadlift (Moderate Weight)
:10 Seconds Burpee Lateral Jumps
:20 Seconds Max Reps Stiff Leg Deadlift (Same Bar)
:10 Seconds Burpee Lateral Jumps

Then...

5 Rounds

:20 Seconds Max Reps Dumbbell Row (Left Side)
:10 Seconds Rest
:20 Seconds Max Reps Dumbbell Row (Right Side)
:10 Seconds Rest

Notes:

Wave 3/Week 10/Day 2 - Light Overhead Focus

CONDITIONING - As Fast As Possible

50 Reps. 45 lb Plate from Ground to Overhead for Men - 25lb Plate for Women

*Hold the Plate like a steering wheel

Drop into a sumo deadlift and tap the edge of the plate on the ground

Explosively reverse the motion and press until the plate ends in an overhead position

BUILD - You Have a STRICT 10 Minutes to work up to 80%-85% of Your 1RM Strict Overhead Press.

Once you are there, Drop Back your Weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 20 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

3 Weighted Pull-Ups (as Heavy As Possible) - Use Bent Over Rows if Necessary

As Many "Z" Presses as possible @ 80% of Your 1RM (Goal 5+)

5 Windshield Wipers (Each Side) - (Hanging if possible - on Floor if Not)

:30 Seconds Double Unders, jump Rope or Jumping Jacks

Round 2

3 Weighted Pull-Ups (as Heavy As Possible) - Use Bent Over Rows if Necessary

As Many "Z" Presses as possible @ 75% of Your 1RM (Goal 7+)

5 Windshield Wipers (Each Side) - (Hanging if possible - on Floor if Not)

:30 Seconds Double Unders, jump Rope or Jumping Jacks

Round 3

3 Weighted Pull-Ups (as Heavy As Possible) - Use Bent Over Rows if Necessary

As Many "Z" Presses as possible @ 70% of Your 1RM (Goal 9+)

5 Windshield Wipers (Each Side) - (Hanging if possible - on Floor if Not)

:30 Seconds Double Unders, jump Rope or Jumping Jacks

ASSISTANCE FINISHER – Load the Bar to 60% of YOUR STANDING STRICT PRESS

Minute 1: 10 Strict Presses – Remainder of the Minute to Rest

Minute 2: 8 Strict Presses – Remainder of the Minute to Rest

Minute 3: 6 Strict Presses – Remainder of the Minute to Rest

Minute 4: 4 Strict Presses – Remainder of the Minute to Rest

Minute 5: 2 Strict Presses – Remainder of the Minute to Rest

Minute 6: 10 Strict Presses – Remainder of the Minute to Rest

Minute 7: 8 Strict Presses – Remainder of the Minute to Rest

Minute 8: 6 Strict Presses – Remainder of the Minute to Rest

Minute 9: 4 Strict Presses – Remainder of the Minute to Rest

Minute 10: 2 Strict Presses – Remainder of the Minute to Rest

Notes:

Wave 3/Week 10/Day 3 – Brutal or Test Squat Focus

CONDITIONING – 3 Rounds or For 10 Minutes (Whichever comes First)

50 Foot Bear Walk Forward

50 Foot Bear Walk Backward

50 Foot Gator Walk Forward

50 Foot Gator Walk Backward

50 Foot Crab Walk Forward

50 Foot Crab Walk Backward

STRENGTH – SQUAT – TESTING

3 Reps @ 50% of Your 1RM

3 Reps @ 62% of Your 1RM

3 Reps @ 75% of Your 1RM

2 Reps @ 80% of Your 1RM

1 Rep @ 90% of Your 1RM

1 Rep @ 95% of Your 1RM

1 Rep @ 102% of Your 1RM

BONUS: 1 Rep @ 104% of Your 1RM Only go for this if your 102% went very smoothly.

Between Attempts, Complete:

20 Kettlebell Swings

20 Hollow Rocks

MINDSET FINISHER -

Bring Sally Up Squats. Find the Song, "Flower" By Moby.

Load a Bar to 40% of Your 1RM and Push Play.

Every time the song says, "Bring Sally up", Stand up. Every time it says, "Bring Sally Down" Drop into the hole and stay there until the song calls you back out.

Notes:

Wave 3/Week 10/Day 4 - Heavy Bench Focus

BUILD - You Have a STRICT 15 Minutes to work up to 95%-100% of Your 1RM Bench Press. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.

Round 1

8 Meadows Rows - (Each Side/Heavy Weight)

As Many Bench Presses as possible @ 90% of Your 1RM (Goal 3+)

4 Barbell Overhead Side Bends (Each Side)

Run 400 Meters or 8 Bodyweight ManMakers

Round 2

8 Meadows Rows - (Each Side/Heavy Weight)

As Many Bench Presses as possible @ 85% of Your 1RM (Goal 4+)

4 Barbell Overhead Side Bends (Each Side)

Run 400 Meters or 8 Bodyweight ManMakers

Round 3

8 Meadows Rows – (Each Side/Heavy Weight)

As Many Bench Presses as possible @ 80% of Your 1RM (Goal 5+)

4 Barbell Overhead Side Bends (Each Side)

Run 400 Meters or 8 Bodyweight ManMakers

CONDITIONING – 5 Rounds

:20 Seconds Max Reps Dips or Bench Dips

:20 Seconds Max Reps Push-Ups

:20 Seconds Hollow Rocks

1:00 Minute Rest

ASSISTANCE FINISHER – 3 Rounds

:30 Seconds Single Arm DB Rows Left – Heavy – Use Straps if Necessary

:30 Seconds Single Arm DB Rows Right – Heavy – Use Straps if Necessary

1:00 Minute Rest

1:00 Minute Incline Bench Press (Moderate Weight) – Rest Pause Sets if Needed

1:00 Minute Rest

1:00 Minute Max Reps Deficit Push-Ups

1:00 Minute Rest

Notes:

Wave 3/Week 11/Day 1 – Light Deadlift Focus

CONDITIONING – For 10 Minutes

Plate Pinch Farmer's Walk (Make a Plate Sandwich. 2 Heavier Plates facing in with a smaller plate between. SMOOTH SIDES OUT!!)

Walk as Far as Possible. Every time you Drop them, You Owe 3 Max Distance Broad Jumps. Then pick them Up and Continue. Do this for 10 Minutes.

ENDURANCE – Load a Barbell with 70% of your 1RM Deadlift (Use fat grips if Possible)

Minute 1: 2 Reps

Minute 2: 4 Reps

Minute 3: 6 Reps

... Continue to add 2 Reps each minute until you can no longer keep up with the clock.

STRONGMAN – At the Top of Every Minute For 10 Minutes

3 Zercher Squats at Bodyweight +50lbs if possible

10 Goblet Squats @ light Weight

ASSISTANCE FINISHER – 5 Rounds In front of a Clock (Same Heavy DB's for the entire drill)

:30 Seconds Sumo Stance KB or DB Stiff Leg Deadlifts

:30 Seconds Close Stance KB or DB Stiff Leg Deadlifts

:30 Seconds Deep KB or DB Goblet Squats

:30 Seconds Rest

Notes:

Wave 3/Week 11/Day 2 – Testing Overhead Focus

STRENGTH – TESTING – OVERHEAD PRESS (Whichever Style or Implement you Choose)

3 Reps @ 50% of Your 1RM

3 Reps @ 62% of Your 1RM

3 Reps @ 75% of Your 1RM

2 Reps @ 80% of Your 1RM

1 Rep @ 90% of Your 1RM

1 Rep @ 95% of Your 1RM

1 Rep @ 102% of Your 1RM

BONUS: 1 Rep @ 104% of Your 1RM Only go for this if your 102% went very smoothly.

Between attempts, Complete:

3 Weighted Pull-Ups

10 Hanging Leg Raises

WIDOWMAKER – Load the Bar to 60% of Your 1RM Strict Overhead Press and complete as many Reps as possible in one set without re-racking the bar. Your goal is between 15-20+ Reps.

STRONGMAN ASSISTANCE FINISHER – 3 Rounds

Line Up 5 Dumbbells Heaviest to Lightest. The Heaviest Should Be approximately your 3-4RM Simulated Circus Dumbbell.

Begin in Front of the Heaviest & Complete 1 Burpee. Then, Simulating the Circus Dumbbell, Clean and Press the Implement 1x ... Each Side.

Move to the next Dumbbell & Complete 2 Burpees.

Then 2 Circus Dumbbell Clean & Presses ... Each side.

The next DB holds 3 Burpees, 3 C&P each side ...

... Continue this until you clear the ladder.

Rest 2:00 Minutes and go again.

CONDITIONING – 2 Rounds – This is a Sprint For Time.

Once You Grab the Bar You Cannot release it until ALL REPS OF ALL exercises are complete.

8 Deadlifts

8 Bent Over Rows

8 Power Cleans

8 Front Squats

8 Push-Presses

8 Back Squats

8 Split Jerks

8 Good Mornings

Sprint 200 Meters.

3 Rounds

Notes:

Wave 3/Week 11/Day 3 – Heavy Squat Focus

CONDITIONING – 10, 8, 6, 8, 10 Reps of

Dumbbell ManMakers

Dumbbell Turkish Get ups (Total-Not each side)

Dumbbell Stepping Lunges (Each Side)

BUILD - You Have a STRICT 15 Minutes to work up to 95%-100% of Your 1RM Squat. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

3 Max Height Vertical Jumps (find something high and try to touch it)

As Many Squats as possible @ 90% of Your 1RM (Goal 3+)

10 Ab Wheel or Barbell Roll-Outs

:30 Seconds Mountain Climbers (Deep ROM)

Round 2

3 Max Height Vertical Jumps (find something high and try to touch it)

As Many Box Squats as possible @ 85% of Your 1RM (Goal 4+)

10 Ab Wheel or Barbell Roll-Outs

:30 Seconds Mountain Climbers (Deep ROM)

Round 3

3 Max Height Vertical Jumps (find something high and try to touch it)

As Many Box Squats as possible @ 80% of Your 1RM (Goal 5+)

10 Ab Wheel or Barbell Roll-Outs

:30 Seconds Mountain Climbers (Deep ROM)

ASSISTANCE FINISHER - Squat Add/Drop Set. (4 Sets up/4 Sets down - No Rest)

Begin with 40% of Your 1RM on the Bar and Complete 5 Reps

Immediately add an appropriate Amount of Weight.

Perform 5 More Squats and Add more weight.

There is NO REST between your sets, if you have training partners, you will not even re-rack the bar.

4 Sets adding weight, 4 Sets back down. 40 Total Reps. Don't wish you would have worked Harder.

Notes:

Wave 3/Week 11/Day 4 - Medium Bench Focus

BUILD - You Have a STRICT 12 Minutes to work up to 90%-95% of Your 1RM Bench Press. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 18 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

8 Pendlay Rows (At Least as Heavy as Your Bench)
As Many Bench Presses as possible @ 85% of Your 1RM (Goal 4+)
:30 Seconds Weighted Russian Twists
5 Burpee Pull-Ups or Burpee Bar Touches

Round 2

10 Pendlay Rows (At Least as Heavy as Your Bench)
As Many Bench Presses as possible @ 80% of Your 1RM (Goal 5+)
:30 Seconds Weighted Russian Twists
5 Burpee Pull-Ups or Burpee Bar Touches

Round 3

12 Pendlay Rows (At Least as Heavy as Your Bench)
As Many Bench Presses as possible @ 75% of Your 1RM (Goal 7+)
:30 Seconds Weighted Russian Twists
5 Burpee Pull-Ups or Burpee Bar Touches

PAY YOUR RENT - For Every INDIVIDUAL Plate, Collar or Bar that you have out, you owe 10 Push-ups before returning it.

ASSISTANCE FINISHER - 8 Total Minutes

:20 Seconds Floor Presses (Light Weight)
:10 Seconds Rest
For 8 Rounds

:20 Seconds Deficit Push-Ups (Deep ROM)
:10 Seconds Rest
For 8 Rounds

Notes:

Wave 3/Week 12/Day 1 - Testing Deadlift Focus

CONDITIONING - 15, 12, 10 Reps of
Dimel Deadlifts @ 35-40% of Your 1RM
Pull-Ups or Straight Arm Lat Pull-Downs
100 Foot Burpee Broad Jumps

STRENGTH - TESTING - DEADLIFT

3 Reps @ 50% of Your 1RM

3 Reps @ 62% of Your 1RM

3 Reps @ 75% of Your 1RM

2 Reps @ 80% of Your 1RM

1 Rep @ 90% of Your 1RM

1 Rep @ 95% of Your 1RM

1 Rep @ 102% of Your 1RM

BONUS: 1 Rep @ 104% of Your 1RM Only go for this if your 102% went very smoothly.

Between Attempts, Complete:

1:00 Weighted Plank

4 Vertical Jumps as High As possible

WIDOWMAKER – Load the Bar to 60% of Your 1RM Deadlift and complete as many Reps as possible in one set without walking away from the bar. Your goal is between 15-20+ Reps.

ASSISTANCE FINISHER – 20, 15, 10 Reps or

20 Good Mornings

20 Glute Ham Raises or Nordic Hamstring Curls

20 Barbell Rows

15 Good Mornings

15 Glute Ham Raises or Nordic Hamstring Curls

15 Barbell Rows

10 Good Mornings

10 Glute Ham Raises or Nordic Hamstring Curls

10 Barbell Rows

Notes:

Wave 3/Week 12/Day 2 – Heavy Overhead Focus

BUILD – You Have a STRICT 15 Minutes to work up to 95%-100% of Your 1RM Push Press or Jerk (Not Split Jerk). Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

7 Single Arm BARBELL rows (BB in Corner) – Each Side

As Many Push Presses as possible @ 90% of Your 1RM (Goal 3+)

6 Hanging oblique Leg Raises (Each Side)

100 Foot Gator Walk

Round 2

7 Single Arm BARBELL rows (BB in Corner) – Each Side

As Many Push Presses as possible @ 85% of Your 1RM (Goal 4+)
6 Hanging oblique Leg Raises (Each Side)
100 Foot Gator Walk

Round 3

7 Single Arm BARBELL rows (BB in Corner) - Each Side
As Many Push Presses as possible @ 80% of Your 1RM (Goal 5+)
6 Hanging oblique Leg Raises (Each Side)
100 Foot Gator Walk

ASSISTANCE FINISHER - 3 Rounds

Max Reps Close Grip Push-Ups on Dumbbells
1 Dumbbell Repping Waiter Walk*
2:00 Minute Plank as Rest.

*Dumbbell Repping Waiters Walks

Perform 5 Strict Presses with the Dumbbells On Last press, stay at Lockout.
Walk 5 Steps With Dumbbells in Waiter's Walk Position
5 More Strict Presses
Walk 5 Steps With Dumbbells in Waiter's Walk Position
5 More Strict Presses
Waiter's walk the Dumbbells back to where you started at.

CONDITIONING - Deck of Cards Workout. Complete the Number of reps corresponding with the number on the Card. Face Cards = 10 Reps, Aces = 11.

HEARTS - Burpees

SPADES - Pull-Ups or Inverted Rows

DIAMONDS - Jumping Squat Lateral Jumps

CLUBS - Handstand Push-Ups or Pike Push-Ups

... Get as Far as possible in 12 Minutes. Try to Beat the Number of cards you completed 2 months ago!

Notes:

Wave 3/Week 12/Day 3 - Medium Squat Focus

CONDITIONING - MINDSET

Get a Mouthful of Water, then for 10 Rounds Complete:

At the Top of Every minute

3 Burpees

20 Kettlebell Swings

Rest the Remainder of the Minute

At the End of the 10 Minutes, Spit the Water Out

...You are going to feel like you are drowning... You aren't. Keep working.

BUILD - You Have a STRICT 15 Minutes to work up to 90%-95% of Your 1RM Squat. Once you are there, Drop back the weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH - 15 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the "Build" Phase.)

Round 1

5 Dumbbell Step-Ups (Each Side) - Light Weight - Explosive

As Many Squats as possible @ 85% of Your 1RM (Goal 4+)

10 Glute Ham Raises, Reverse Hyper or 45 Degree Back Raise

4 Dumbbell Curtis P's (Clean From the Floor to Front Rack, Lunge with left, lunge with right, overhead press with leg drive and return them to the floor). That's 1 Rep.

Round 2

5 Dumbbell Step-Ups (Each Side) - Light Weight - Explosive

As Many Squats as possible @ 80% of Your 1RM (Goal 5+)

10 Glute Ham Raises, Reverse Hyper or 45 Degree Back Raise

4 Dumbbell Curtis P's

Round 3

5 Dumbbell Step-Ups (Each Side) - Light Weight - Explosive

As Many Squats as possible @ 75% of Your 1RM (Goal 7+)
10 Glute Ham Raises, Reverse Hyper or 45 Degree Back Raise
4 Dumbbell Curtis P's

ASSISTANCE FINISHER – Set a Clock for 8 Minutes

Load a bar with a light weight or grab moderate Dumbbells. When You start the Clock, you Start performing walking lunges.

You Can Stop these walking lunges when you 8 Minutes is complete.

Any time other than that. . . If you Stop, you owe 7 Burpees.

Then get right back to your lunges.

Notes:

Wave 3/Week 12/Day 4 – Light Bench Focus

CONDITIONING – 10, 8, 6, 4, 6, 8, 10 Reps of
Single Arm Kettlebell Swings (Left Side)
Single Arm Kettlebell Swings (Right Side)
Kettlebell Snatches (Left Side)
Kettlebell Snatches (Right Side)
Burpees or 200 Meter Sprint in place of them.

BUILD – You Have a STRICT 10 Minutes to work up to 80%–85% of Your 1RM Close Grip Bench Press. Once you are there, Drop Back your Weight and begin your rounds. Use low reps, this is 1RM practice, not a warm-up.

STRENGTH – 20 Minute Time Cap (PULL THESE PERCENTAGES FROM YOUR TRUE 1RM's. Not what you just worked up to during the “Build” Phase.)

Round 1

10 Pendlay Rows (Heavy As Possible)

As Many Bench Press Presses as possible @ 80% of Your 1RM (Goal 5+)
3 Turkish Get-Ups (Each Side)

Round 2

10 Pendlay Rows (Heavy As Possible)
As Many Bench Press Presses as possible @ 75% of Your 1RM (Goal 7+)
3 Turkish Get-Ups (Each Side)

Round 3

10 Pendlay Rows (Heavy As Possible)
As Many Bench Press Presses as possible @ 70% of Your 1RM (Goal 9+)
3 Turkish Get-Ups (Each Side)

ASSISTANCE FINISHER – Be the Clock . . .

Imagine you are the second Hand standing on top of a big clock face.

Face the 12 and complete 12 Push-Ups.

Turn to 11 O’Clock and perform 11 Push-Ups

Turn to 10 O’Clock and perform 10 Push-Ups

Continue to go back in time until you complete all the numbers on the Face of the Clock.

If this is too easy, Make it a 24 hour Clock and Go to the Right.

Begin with 12 Push-Ups then move to the 1 O’Clock (1300 Hours) Position and perform 13 Push-ups.

Then move to 2 O’clock (1400 Hours) and perform 14 Push-Ups.

Then 1500 /15 Push ups, 1600, 16 Push-Ups, Etc . . . Until you finish all the numbers on the face of the clock.

Notes:

END OF WAVE 3

Alright, So that is it! From here I would encourage you to take a week deload where you do little to no lifting at all. But if you absolutely cannot stay out of the gym then try to keep your weights to below 50%.

Then in weeks 14 & 15 I would either do full PR weeks to see where your Numbers are at. Or if you were consistently hitting PR's throughout the program, then I would just readjust your percentages run this again until you see signs of stalling in your progress.

If you are ready for something new, you can either check out another one of my free programming videos, one of my other \$25 Programs or you can reach out to me and I can help steer you in your next direction.

I am beyond proud of you for sticking to this and like I said, if you are reading this and actually completed the program then I commend you. If you gave your all, I know I am addressing a different individual than I was 3 months ago.

Thank you so much for putting your trust in me for your training and for the support that you provide for me. It really does mean a lot and it does not go unnoticed. I hope you had a great/ horrible time and I look forward to working with you again in the future!

Thank you so much!

Much Respect,
Brian