

## DAY 1

### PART 1 – HIGH FREQUENCY STRENGTH

Perform 3-5 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Perform all 3-5 sets of an exercise before moving on to the next. Focus on exploding on each repetition. Better err on the side of starting a bit too light than too heavy.

- A. Power clean & push press OR Clean high pull from hang
- B. Back squat OR front squat OR trap bar deadlift OR deadlift
- C. Bench press OR incline DB press

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
SETS/REPS	3 x 6	4 x 6	5 x 4	3 x 2
LOAD	8RM*	+10lbs	+10lbs	+10lbs

\*Maximum weight you can use for 8 solid reps

### PART II – WORK CAPACITY

Each set is performed for a specific length of time. You progress from week to week by decreasing the rest intervals between sets or increasing the duration of each station. You do not have to add weight, although you can if an exercise gets too easy.

#### COMPLEX D

- D1. DB curl/squat/press
- D2. Prowler pushing
- D3. DB shoulder press
- D4. Burpees

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of stations	45 sec.	45sec.	60sec.	60 sec.
Rest / Stations	15 sec.	15 sec.	15 sec.	15 sec.
Rest / Sets	90 sec.	60 sec.	90 sec.	60 sec.
Number of sets	4	4	5	3

#### COMPLEX E

- E1. Trap bar deadlift OR DB squat heels elevated
- E2. Jump onto a low box (about 12’’)
- E3. KB swing
- E5. Vertical jumps OR bodyweight squats

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of stations	45 sec.	45sec.	60sec.	60 sec.
Rest / Stations	15 sec.	15 sec.	15 sec.	15 sec.
Rest / Sets	90 sec.	60 sec.	90 sec.	60 sec.
Number of sets	4	4	5	3

**DAY 2****PART 1 – HIGH FREQUENCY STRENGTH**

Perform 3-5 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Perform all 3-5 sets of an exercise before moving on to the next. Focus on exploding on each repetition. Better err on the side of starting a bit too light than too heavy.

- A. Power clean & push press OR Clean high pull from hang
- B. Back squat OR front squat OR trap bar deadlift OR deadlift
- C. Bench press OR incline DB press

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
SETS/REPS	3 x 6	4 x 6	5 x 4	3 x 2
LOAD	8RM*	+10lbs	+10lbs	+10lbs

\*Maximum weight you can use for 8 solid reps

**PART II – WORK CAPACITY**

Each set is performed for a specific length of time. You progress from week to week by decreasing the rest intervals between sets or increasing the duration of each station. You do not have to add weight, although you can if an exercise gets too easy.

**COMPLEX D**

- D1. DB or barbell curl
- D2. Battling ropes (upper arm fixed, arm flexion movement)
- D3. DB or KB triceps extension overhead
- D4. Push ups

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of stations	45 sec.	45sec.	60sec.	60 sec.
Rest / Stations	15 sec.	15 sec.	15 sec.	15 sec.
Rest / Sets	90 sec.	60 sec.	90 sec.	60 sec.
Number of sets	4	4	5	3

**COMPLEX E**

- E1. KB or DB wide stance squat (KB between legs)
- E2. Prowler pushing backwards
- E3. Trap bar deadlift OR DB squat
- E5. Trap bar / DB farmer's walk (40yds)

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of stations	45 sec.	45sec.	60sec.	60 sec.
Rest / Stations	15 sec.	15 sec.	15 sec.	15 sec.
Rest / Sets	90 sec.	60 sec.	90 sec.	60 sec.
Number of sets	4	4	5	3

## DAY 3

### PART 1 – HIGH FREQUENCY STRENGTH

Perform 3-5 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Perform all 3-5 sets of an exercise before moving on to the next. Focus on exploding on each repetition. Better err on the side of starting a bit too light than too heavy.

- A. Power clean & push press OR Clean high pull from hang
- B. Back squat OR front squat OR trap bar deadlift OR deadlift
- C. Bench press OR incline DB press

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
SETS/REPS	3 x 6	4 x 6	5 x 4	3 x 2
LOAD	8RM*	+10lbs	+10lbs	+10lbs

\*Maximum weight you can use for 8 solid reps

### PART II – WORK CAPACITY

Each set is performed for a specific length of time. You progress from week to week by decreasing the rest intervals between sets or increasing the duration of each station. You do not have to add weight, although you can if an exercise gets too easy.

#### COMPLEX D

- D1. Bent over KB/DB row
- D2. Prowler rope pull (20yds)
- D3. KB or DB upright row
- D4. Burpees

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of stations	45 sec.	45sec.	60sec.	60 sec.
Rest / Stations	15 sec.	15 sec.	15 sec.	15 sec.
Rest / Sets	90 sec.	60 sec.	90 sec.	60 sec.
Number of sets	4	4	5	3

#### COMPLEX E

- E1. KB swing
- E2. High knees running in place, holding a 10-20lbs DB on chest
- E3. KB squat
- E5. Mountain climber

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of stations	45 sec.	45sec.	60sec.	60 sec.
Rest / Stations	15 sec.	15 sec.	15 sec.	15 sec.
Rest / Sets	90 sec.	60 sec.	90 sec.	60 sec.
Number of sets	4	4	5	3

## DAY 4

### PART 1 – HIGH FREQUENCY STRENGTH

Perform 3-5 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Perform all 3-5 sets of an exercise before moving on to the next. Focus on exploding on each repetition. Better err on the side of starting a bit too light than too heavy.

- A. Power clean & push press OR Clean high pull from hang
- B. Back squat OR front squat OR trap bar deadlift OR deadlift
- C. Bench press OR incline DB press

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
SETS/REPS	3 x 6	4 x 6	5 x 4	3 x 2
LOAD	8RM*	+10lbs	+10lbs	+10lbs

\*Maximum weight you can use for 8 solid reps

### PART II – WORK CAPACITY

Each set is performed for a specific length of time. You progress from week to week by decreasing the rest intervals between sets or increasing the duration of each station. You do not have to add weight, although you can if an exercise gets too easy.

#### COMPLEX D

- D1. Incline DB press
- D2. Overhead carry walking
- D3. Push ups
- D4. Bear crawl

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of stations	45 sec.	45sec.	60sec.	60 sec.
Rest / Stations	15 sec.	15 sec.	15 sec.	15 sec.
Rest / Sets	90 sec.	60 sec.	90 sec.	60 sec.
Number of sets	4	4	5	3

#### COMPLEX E

- E1. Walking lunges
- E2. Mountain climber
- E3. Backwards walking lunges
- E5. Backwards prowler pushing

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of stations	45 sec.	45sec.	60sec.	60 sec.
Rest / Stations	15 sec.	15 sec.	15 sec.	15 sec.
Rest / Sets	90 sec.	60 sec.	90 sec.	60 sec.
Number of sets	4	4	5	3

## DAY 5

### PART 1 – HIGH FREQUENCY STRENGTH

Perform 3-5 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Perform all 3-5 sets of an exercise before moving on to the next. Focus on exploding on each repetition. Better err on the side of starting a bit too light than too heavy.

- A. Power clean & push press OR Clean high pull from hang
- B. Back squat OR front squat OR trap bar deadlift OR deadlift
- C. Bench press OR incline DB press

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
SETS/REPS	3 x 6	4 x 6	5 x 4	3 x 2
LOAD	8RM*	+10lbs	+10lbs	+10lbs

\*Maximum weight you can use for 8 solid reps

### PART II – WORK CAPACITY

Each set is performed for a specific length of time. You progress from week to week by decreasing the rest intervals between sets or increasing the duration of each station. You do not have to add weight, although you can if an exercise gets too easy.

#### COMPLEX D

- D1. DB trusters
- D2. Prowler pushing
- D3. Battlng ropes
- D4. Burpees

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of stations	45 sec.	45sec.	60sec.	60 sec.
Rest / Stations	15 sec.	15 sec.	15 sec.	15 sec.
Rest / Sets	90 sec.	60 sec.	90 sec.	60 sec.
Number of sets	4	4	5	3

#### COMPLEX E

- E1. KB swings
- E2. Prowler pushing backwards (40yds)
- E3. Burpees
- E5. Mountain climber

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of stations	45 sec.	45sec.	60sec.	60 sec.
Rest / Stations	15 sec.	15 sec.	15 sec.	15 sec.
Rest / Sets	90 sec.	60 sec.	90 sec.	60 sec.
Number of sets	4	4	5	3

**Extra  
Work Capacity  
Workouts**

**PART I – CONDITIONING WORK**

Each set is performed for a specific length of time. You progress from week to week by decreasing the rest intervals between sets or increasing the duration of each station. You do not have to add weight, although you can if an exercise gets too easy.

**COMPLEX A.**

- A1. Prowler pushing (max speed for time)
- A2. Burpees
- A3. Mountain climber
- A4. Bodyweight squats

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of stations	45 sec.	45 sec.	60 sec.	60 sec.
Rest / Stations	15 sec.	15 sec.	15 sec.	15 sec.
Rest / Sets	90 sec.	60 sec.	90 sec.	60 sec.
Number of sets	5	5	6	4

**PART II – ABDOMINAL WORK**

**SUPERSET B. (NO REST BETWEEN STATION, 45-60 SEC. BETWEEN SETS)**

- B1. 1-arm KB/DB crunch
- B2. 2-arms KB/DB serratus crunch
- B3. Crunches with hip elevation

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
B1	10/side	10/side	12/side	15/side
B2	Max	Max	Max	Max
B3	Max	Max	Max	Max
Number of sets	5	5	6	4

**PART I – CONDITIONING WORK**

Each set is performed for a specific length of time. You progress from week to week by decreasing the rest intervals between sets or increasing the duration of each station. You do not have to add weight, although you can if an exercise gets too easy.

**COMPLEX A.**

- A1. Prowler pushing backwards (max speed for time)
- A2. Battling ropes
- A3. Medicine ball slam
- A4. Push ups

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of stations	45 sec.	45 sec.	60 sec.	60 sec.
Rest / Stations	15 sec.	15 sec.	15 sec.	15 sec.
Rest / Sets	90 sec.	60 sec.	90 sec.	60 sec.
Number of sets	5	5	6	4

**PART II – ABDOMINAL WORK**

**SUPERSET B. (NO REST BETWEEN STATION, 45-60 SEC. BETWEEN SETS)**

- B1. 2-arms KB/DB serratus crunch
- B2. V-ups
- B3. Double crunches

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
B1	10	10	12	15
B2	Max	Max	Max	Max
B3	Max	Max	Max	Max
Number of sets	5	5	6	4



# **Extra Weightlifting Workouts**

## PART I – LATS

- A. Kayak row
- B. Straight-arm pulldown with rope
- C. Lat pulldown supinated grip (2 sec. hold at peak)
- D. Seated rowing (2 sec. hold at peak)

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
A	3 x 6/side	4 x 6/side	5 x 8/side	3 x 10/side
B	3 x 8	4 x 8	5 x 10	3 x 12
C	3 x 8	4 x 8	5 x 10	3 x 12
D	3 x 8	4 x 8	5 x 10	3 x 12

\*Use the same weight for all 4 weeks unless it really becomes too easy

## PART II – BICEPS

Note: between sets of biceps work, you perform active rest exercises for the triceps. After the active rest you take 15-30 sec. of rest then start the next biceps set.

- E. DB hammer curl (2 sec. hold at peak)  
Active rest: rope triceps extension x 8-12 (not maximal)
- F. Preacher curl  
Active rest: overhead DB triceps extension x 8-12 (not maximal)
- G. Seated DB curl low double contraction  
Active rest: close-grip push ups x 10-20 (not maximal)

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
E	3 x 8	4 x 8	5 x 10	3 x 12
F	3 x 8	4 x 8	5 x 10	3 x 12
G	3 x 8	4 x 8	5 x 10	3 x 12

\*Use the same weight for all 4 weeks unless it really becomes too easy

**PART I – SHOULDERS**

- A. DB shoulder press alternating
- B. Kettlebell press (1 KB with both arms)
- C. DB lateral raise
- D. Face pull on lat pulldown station (hold peak 2 sec.)

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
A	3 x 6/side	4 x 6/side	5 x 8/side	3 x 10/side
B	3 x 8	4 x 8	5 x 10	3 x 12
C	3 x 8	4 x 8	5 x 10	3 x 12
D	3 x 8	4 x 8	5 x 10	3 x 12

\*Use the same weight for all 4 weeks unless it really becomes too easy

**PART II – TRICEPS**

- E. Close-grip bench press
- F. Rope triceps pressdown
- G. Overhead rope triceps extension

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
E	3 x 8	4 x 8	5 x 10	3 x 12
F	3 x 8	4 x 8	5 x 10	3 x 12
G	3 x 8	4 x 8	5 x 10	3 x 12

\*Use the same weight for all 4 weeks unless it really becomes too easy

**LIFTING****EXTRA SESSION – LIFTING – LOWER BODY****PART I – QUADS**

- A. Back squat OR DB squat
- B. Leg press
- C. Bulgarian split squat
- D. Leg extension

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
A	3 x 8	4 x 8	5 x 10	3 x 12
B	3 x 8	4 x 8	5 x 10	3 x 12
C	3 x 8/leg	4 x 8/leg	5 x 10/leg	3 x 12/leg
D	3 x 8	4 x 8	5 x 10	3 x 12

\*Use the same weight for all 4 weeks unless it really becomes too easy

**PART II – HAMSTRINGS**

- E. Walking lunges long steps
- F. Lying leg curl
- G. KB wide-stance squat

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
E	3 x 8/leg	4 x 8/leg	5 x 10/leg	3 x 12/leg
F	3 x 8	4 x 8	5 x 10	3 x 12
G	3 x 8	4 x 8	5 x 10	3 x 12

\*Use the same weight for all 4 weeks unless it really becomes too easy