

DAY 1

PART 1 – HIGH FREQUENCY STRENGTH

Perform 3-6 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Ideally perform the three exercises as a circuit. 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	4 x 6	6 x 2	5 x 6	3 x 2
LOAD	8RM	4RM	10lbs more than week 1	10lbs more than week 2

*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. Burpees
- D3. Mountain climber
- D4. Push ups (or elevated push ups)
- D5. Bodyweigh 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

PROWLER WORK

Grinding work ... push the prowler at walking speed, just fast enough to avoid stopping, focus on full extension and contraction

- E. Forward pushing
- F. Backward pushing

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of grind	45 sec.	45sec.	60sec.	60 sec.
Rest	45 sec.	30 sec.	45 sec.	30 sec.
Number of sets	4	6	6	4

DAY 2

PART 1 – HIGH FREQUENCY STRENGTH

Perform 3-6 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Ideally perform the three exercises as a circuit. 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	4 x 8	6 x 4	5 x 8	3 x 4
LOAD	10RM	6RM	10lbs more than week 1	10lbs more than week 2

*Maximum weight you can use for 10 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. KB swings
- D2. Vertical jumps
- D3. Battling ropes (any style)
- D4. Jumping jacks
- D5. Horizontal row/fatman pull up (or TRX row)

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

PROWLER WORK

Speed work ... push the prowler as fast as you can speed. Use the maximum weight you can go fast with for the whole distance

- E. Forward pushing
- F. Backward pushing

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Distance of sprint	15yds	15yds	20yds.	20yds
Rest	30 sec	15 sec.	25 sec.	10 sec.
Number of sets	6	8	8	4

DAY 3

PART 1 – HIGH FREQUENCY STRENGTH

Perform 3-6 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Ideally perform the three exercises as a circuit. This day is done FOR SPEED.

- 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	6 x 3	8 x 3	8 x 3	4 x 3
LOAD	45%	45%	50%	55%

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. Single KB push press
- D2. High knees running in place
- D3. Tire striking or medicine ball slam
- D4. Burpees
- D5. 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

PROWLER WORK

Contrast work ...Alternate 2 sets of grinding with 1 set of sprint. 2 grinds and 1 sprint = 1 wave

- E. Forward pushing
- F. Backward pushing

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of grind	45 sec.	45sec.	60sec.	60 sec.
Distance of sprint	15yds	15yds	20yds.	20yds
Rest	30 sec	15 sec.	25 sec.	10 sec.
Number of waves	2	3	3	2

DAY 4**PART 1 – HIGH FREQUENCY STRENGTH**

Perform 3-6 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Ideally perform the three exercises as a circuit. 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	4 x 6	6 x 2	5 x 6	3 x 2
LOAD	8RM	4RM	10lbs more than week 1	10lbs more than week 2

*Maximum weight you can use for 8 solid reps

PART II – STRENGTH

- D. Push press
- F. Deadlift (any variation)

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Sets/Reps	1x7,1x5,1x3	1x6,1x5,1x4,1x3	1x5,1x4,1x3,1x2,1x1	1x3,1x2,1x1,1x3,1x2,1x1

STRUCTURAL (same weight for all 4 weeks unless it really becomes too easy)

- G. Lat pulldown (any grip)
- H. Lateral raise

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Sets/Reps	3 x 6	5 x 6	5 x 8	3 x 10

PROWLER WORK

Grinding work ... push the prowler at walking speed, just fast enough to avoid stopping, focus on full extension and contraction

- E. Forward pushing
- F. Backward pushing

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Duration of grind	45 sec.	45sec.	60sec.	60 sec.
Rest	45 sec.	30 sec.	45 sec.	30 sec.
Number of sets	4	6	6	4

DAY 5**PART 1 – HIGH FREQUENCY STRENGTH**

Perform 3-6 sets of the exercises listed. None of these sets are maximal as they will be trained every day. Ideally perform the three exercises as a circuit. 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	4 x 8	6 x 4	5 x 8	3 x 4
LOAD	10RM	6RM	10lbs more than week 1	10lbs more than week 2

*Maximum weight you can use for 10 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. Right arm KB swing
- D2. Left arm KB swing
- D3. KB swing (same weight as the previous 2 exercises)
- D4. Burpees
- D5. 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

PROWLER WORK

Speed work ... push the prowler as fast as you can speed. Use the maximum weight you can go fast with for the whole distance

- E. Forward pushing
- F. Backward pushing

PROGRESSION MODEL				
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	BASE	STRESS	SHOCK	PEAK
Distance of sprint	15yds	15yds	20yds.	20yds
Rest	30 sec	15 sec.	25 sec.	10 sec.
Number of sets	6	8	8	4

**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