

ALSRUHE/NEVER SAT

REPS PER MINUTE

| FORM | FAT LOSS | FUNCTION |

VERSION II

Dearest Reader,

Welcome to the Reps Per Minute II (RPM2) Program and thank you for all of your support! These ebooks, coaching calls, the likes, the subscribes, the shares — ALL OF IT helps more than you know — this wouldn't be my job and I wouldn't be able to release all the free content I do if it weren't for the generosity of athletes like yourself.

This fact is not lost on me and I don't want to go any further without mentioning how important this purchase is to my family, my dogs & myself — So truly, from the bottom of my heart . . . and my mortgage, thank you.

What you are about to embark upon are some of the most mentally stimulating and fun workouts I have ever created or done. By design, they are contrived to challenge you in a completely different way than any of my other programs from the past — Just like the first RPM but with all new workouts!

Although this ebook may not add 200lbs to your deadlift in nine weeks, it WILL drop body fat, build work capacity, make your lungs hate you and will give your poor spine and CNS a much needed break from the constant pounding and abuse we all put on them month after month and year after year.

The most understated aspects of my other programs are highlighted here in the RPM, so hopefully this will be the missing link to help you become the best and most well rounded athlete you can possibly be.

Also, please understand that how challenging these training sessions are is a choice left completely up to you. On each of these days, I offer variations/different options (some of which are harder than others) that you will have to choose between and you can also always spice things up by making each minute a combo.

If at any time, things ever seem just a little bit too easy and you would like to add more “work” to each minute instead of increasing the weight on the bar, then just pack some extra core or calisthenic exercises after your main mover in the remainder of the 60 Seconds “rest” you have left.

So if you are doing a 200lb squat for 3 Reps every minute, on the Minute for 10 Minutes, and you find yourself not hating your life enough, then you can make things exponentially harder by adding in 15 Hollow Rocks or 3 Burpees AFTER the main mover is complete for the minute.

This will drastically change things by not only increasing the workload but by also decreasing your rest periods.

If you choose the add on option, always combine the extra core or conditioning work AFTER the prescribed main mover of the minute so that you are as fresh as possible for the reps that truly matter the most. Getting sloppy on your main movers is not dignified nor suggested. Only add extra work if you are ready for it.

Never sacrifice FORM for SPEED and never sacrifice SPEED for WEIGHT – This program is designed to be run light and fast to help your body become technically sound and more explosive. Make your choices based off that goal and act accordingly.

You are either ingraining good reps or bad reps. Make sure every rep you perform is a good one.

The Vast Majority of this program is Run, “Every Minute on the Minute” style. This means that you will need a timer or clock to watch in front of you while training. Every time the second hand of the clock begins a new minute, it is time to start your set.

If in the first minute you finish your prescribed reps in 10 seconds, then you have 50 second of rest remaining to asses your form, mentally prepare and recover for the next set.

If you are being as technically sound as possible, then maybe the same set will take you 30 seconds to complete. . . this means that now you only have 30 seconds of rest before you are asked to answer the call again. Everything costs something so make sure you have an intention to work on each day.

Remember that if things seem too easy, you can always add some weight to the bar or combine some pull-ups or dragon flags to your minute’s main mover for a harder session. Just make sure that when the second hand on the clock comes back around to begin the new minute, you are mentally ready to attack the set and do your job.

During every session, there will be times (usually around sets 4-6 out of the 10) where you think you are not going to make it. The minute seems to short and there isn't enough oxygen in the room.

Keep going.

Just complete 1 more set — then you can reassess & decide.

You absolutely CAN quit... But just make it 60 more seconds before deciding.

When there are 10 seconds remaining prior to the start of the next round, stand up if you are sitting... Get your hands off your knees... hold your head high and fix your face. Stop looking like you are a victim suffering and find some determination. Steel your mind and decide if you are the kind of person who gives up or if you can find enough in the tank for just one more minute.

Whether you like it or not, choice is a habit — and since you will have to decide either to quit or persevere approximately 40x every single training day — whatever you find yourself choosing the most will bleed over into other areas of your life... Believe that. Quitters, quit. Winners get back up for another round.

This program can provide a lot more change than just a six pack if you want it and are willing to work for it. But that choice is one you will have to make each and every day.

Also understand that this format provides you numerous opportunities to perfect your set-up, walkout and cues. These 9 weeks can make you as technically proficient or as sloppy as you allow when it comes to form. Your body will show and feel the level of mediocrity you accept from yourself after 5,000 reps of deadlift. Walk out of the other side of this with better form, more bar speed and less body fat.

Although you can always feel free to just do the conventional versions of the lifts, I also provided some variation to address common areas of weakness with the main movers - Utilizing these may make the program more fun and interesting to run — that said, I am also aware that you probably do not have PRs for many of these exercises.

If you find yourself in this situation, then just look at your (10) - 1 minute sets in a "ramping" fashion.

This means that you will continue to add a small amount of weight to the bar each set you are able to until you cannot effectively hold your form or your bar speed slows to an unsatisfactory level. Once you have found an appropriate weight, stay with it for the remainder of the sets or until it does not feel appropriate anymore.

Manipulating the bar weight throughout the 10 sets to match your energy and focus levels for the day will yield you the best results possible . . . You can always feel free to just follow what is on the paper, but if you wanted to be a little bit more involved in the choices made, then you have that option here with exercise selection, rep number and/or intensity.

As with all strength training, I would encourage you to try to keep as close to 24-48 Hours between barbell sessions as possible to get the maximum benefit from the program. That said, this is the least physically demanding of all of my ebooks so recovery will be slightly less of a priority. This also means that you can utilize things like harder active recovery, my 60 sandbag sessions book, Corona Bodyweight Program or a side sport without much negative affect shown on either activity.

This is probably my most straight forward and easiest to follow program ever, so I suspect that there won't be many questions about the nuts and bolts. But if you have enquiries about an exercise variation, I would encourage you to do a quick youtube or google search because there are extensive exercise libraries online that can easily show a demonstration rather than me trying to explain it to you over email or text. (I am usually bad at that)

But if you do run into snags or questions, always feel free to reach out to NEVERsate@gmail.com for clarification where I am ALWAYS the one responding and am happy to help however I can.

Finally, I just wanted to thank you again for the support. I truly think you will have a blast with this and if you use it correctly, you can walk away a MUCH better lifter, ready to break all of your old PRs with a slimmer waste and a healthier heart.

Always go before you're ready.

Much Respect,
Brian

REPS PER MINUTE 2

Block 1/Week 1/Day 1

LOWER BODY FOCUS – Deadlifts or Zercher Squats – From the Floor (HEAVY)

At the Top of Every Minute for 10 Minutes, Complete:

2-3 Zercher Squats or Deadlifts @ 60-65% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CARRY EVENT – Farmer's Walk (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:

150 Foot Farmer's Carry @ 40-45% of Your 50 ft Maximum Carry weight.

Take the Remainder of the Minute to Rest

or Add 3-5 Burpees during the Remainder of the Minute

**If Carrying or Marching in place is Not Possible, Replace the Carry with your Favorite Deadlift or Row Variation but utilize the same reps & Intensity.*

VERTICAL PRESS FOCUS – “Z” Press or Strict Press (MEDIUM)

At the Top of Every Minute for 10 Minutes, Complete:

4-5 “Z” Presses or Strict Presses @ 50-55% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CORE FOCUS – Kettlebell or Dumbbell Uppercuts

At the Top of Every Minute for 10 Minutes, Complete:

5-8 Kettlebell Uppercuts (Each Side)

10-15 Kettlebell Swings

NOTES:

Block 1/Week 1/Day 2

LOWER BODY FOCUS - Bulgarian Split Squats (LIGHT) or Regular Squats

At the Top of Every Minute for 10 Minutes, Complete:

5-6 Bulgarian Split Squats (each side) @ 40-45% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

BACK FOCUS - Gorilla Rows (MEDIUM) Or Barbell Rows

At the Top of Every Minute for 10 Minutes, Complete:

5-6 Gorilla Rows (Each Side) @ 50-55% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Floor Presses during the Remainder of the Minute

HORIZONTAL PRESS FOCUS - Close Grip Bench Press (HEAVY) or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:

3-4 Close Grip Bench Presses @ 60-65% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Single Arm Dumbbell Rows during the Remainder of the Minute

CONDITIONING FOCUS - Pull-Ups, Push-Ups & Lunges

At the Top of Every Minute for 10 Minutes, Complete:

5 Pull-Ups or Inverted Rows x2

5 Push-Ups

5 Lunges (Each Side)

Take the Remainder of the Minute to Rest

NOTES:

Block 1/Week 1/Day 3

LOWER BODY FOCUS – Romanian Deadlifts (MEDIUM) or Regular Deadlifts

At the Top of Every Minute for 10 Minutes, Complete:

4–5 Romanian Deadlifts @ 50–55% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

BACK FOCUS – Weighted Pull-Ups (HEAVY) (Pull-Downs if Necessary)

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Weighted Pull-Ups @ 60–65% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Push-Ups during the Remainder of the Minute

VERTICAL PRESS FOCUS – Strict Press (LIGHT) or Push-Press

At the Top of Every Minute for 10 Minutes, Complete:

5–6 Strict Presses @ 40–45% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add Inverted Rows during the Remainder of the Minute

ASSISTANCE FOCUS – Barbell Landmines & Lumberjack Squats

At the Top of Every Minute for 10 Minutes, Complete:

ODD MINUTES: 7 Barbell Landmines (Each Side – Heavy)

EVEN MINUTES: 15 LumberJack Squats (Same Weight on Bar)

Take the Remainder of the Minute to Rest

NOTES:

Block 1/Week 1/Day 4

LOWER BODY FOCUS – Front Squats or SSB Squats (HEAVY)

At the Top of Every Minute for 10 Minutes, Complete:
3-4 Front or SSB Squats @ 60-65% of Your 1RM
Take the Remainder of the Minute to Rest
or Add an Ab/Oblique Exercise during the Remainder of the Minute

LOAD FOCUS – Sandbag, Keg, Stone, Plate, Medicine Ball, Odd Object (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:
5-6 Loads or Extensions @ 40-45% Of Your 1RM
Men: 54" Loading Height
Women: 50" Loading Height
Take the Remainder of the Minute to Rest

**If Not Possible, Replace the Load with your Favorite Squat or Row Variation but utilize the same reps & Intensity.*

HORIZONTAL PRESS FOCUS – Larson Press (MEDIUM) or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:
4-5 Larson Presses @ 50-55% of Your 1RM
Take the Remainder of the Minute to Rest
or Add an Ab/Oblique Exercise during the Remainder of the Minute

CONDITIONING FOCUS – Sandbag, Keg, Stone, Plate, Medicine Ball, Odd Object (MEDIUM)

:60 Seconds Max Reps Teddy Bear Squats
:60 Seconds Rest
:45 Seconds Max Reps Teddy Bear Squats
:45 Seconds Rest
:30 Seconds Max Reps Teddy Bear Squats

Or

As Many Rounds as Possible in 10 Minutes
20 Inverted Rows
20 Push-Ups
20 Jumping Squats
20 Stepping Lunges

NOTES:

Block 1/Week 2/Day 1

LOWER BODY FOCUS - Pause + 1 Deadlifts (Pause the First rep 2" off the floor, complete the rep then immediately complete a second TOUCH & GO Rep [but no bouncing]- (LIGHT) or Regular Deadlifts

At the Top of Every Minute for 10 Minutes, Complete:

4-6 Pause + 1 Deadlifts @ 40-45% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CARRY EVENT - Sandbag, Loading Pin, Keg, Stone, Plates, Odd Object Front Carry (MEDIUM)

At the Top of Every Minute for 10 Minutes, Complete:

100 Foot Front Carry (Bear Hug Position) @ 50-55% of Your 50 ft Maximum Carry weight.

Take the Remainder of the Minute to Rest

or Add Burpees or Push-Ups during the Remainder of the Minute

***If Not Possible, Replace the Carry with Marching in place or your Favorite Deadlift or Row Variation but utilize the same reps & Intensity.**

VERTICAL PRESS FOCUS - Push Press (HEAVY) or Strict Press

At the Top of Every Minute for 10 Minutes, Complete:

3-4 Push Presses @ 60-65% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Pull-Ups/Inverted Rows during the Remainder of the Minute

ASSISTANCE FOCUS - Push-Up Death

6 Rounds

:20 Seconds Close Grip Push Ups

:10 Seconds Rest

- Directly into 6 Rounds

:20 Seconds Deficit Push Ups (Hands on bumper plates, DBs or 2" objects)

:10 Seconds Rest
– Directly into 6 Rounds
:20 Seconds Traditional Push Ups
:10 Seconds Rest

NOTES:

Block 1/Week 2/Day 2

LOWER BODY FOCUS – Squats – 3 Second Pause Squat – Pause at bottom of Squat– (MEDIUM) or Regular Squats

At the Top of Every Minute for 10 Minutes, Complete:

4–5 Pause Squats @ 50–55% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

BACK FOCUS – Deadlift Rows (HEAVY) or Barbell Rows

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Deadlift Rows @ 60–65% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Floor Presses/Push-Ups during the Remainder of the Minute

HORIZONTAL PRESS FOCUS – Floor Press (LIGHT) or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:

5–6 Floor Press @ 40–45% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CONDITIONING FOCUS – Sandbag, Loading Pin, Keg, Stone, Plates, Odd Object Front Carry (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:

4 Shoulder Teddy Bear Squats (2 Each Side)

Take the Remainder of the Minute to Rest or Hold a RKC Plank

Or

As many Rounds As Possible in 10 Minutes

6 Inverted Rows

12 Push-Ups

18 Lunges (Single Count)

NOTES:

Block 1/Week 2/Day 3

LOWER BODY FOCUS - Deficit Deadlifts (HEAVY) or Regular Deadlifts

At the Top of Every Minute for 10 Minutes, Complete:

3-4 Deficit Deadlifts @ 60-65% of Your 1RM

Take the Remainder of the Minute to Rest

or Add a Dumbbell/Kettlebell Swing during the Remainder of the Minute

BACK FOCUS - Weighted Chin-Ups (LIGHT) (Pull-Downs [supinated grip] if Necessary)

At the Top of Every Minute for 10 Minutes, Complete:

5-6 Chin-Ups @ 40-45% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add Push-Ups during the Remainder of the Minute

VERTICAL PRESS FOCUS - Pin Press - Pins just above Eye Level (MEDIUM) or Strict Press

At the Top of Every Minute for 10 Minutes, Complete:

4-5 Pin Presses @ 50-55% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

ASSISTANCE FOCUS - Offset Carry

At the Top of Every Minute for 10 Minutes Complete:

50ft Offset Carry (Then Switch sides)

50ft Offset Carry Back to Starting Line

Offset Carry* One weight held in waiter's walk position, other weight held in farmer's walk position.
(One hand above your head, one hand by your side)

***If Not Possible, Replace the Carry with Marching in place or your Favorite Deadlift or Row Variation but utilize the same reps & Intensity.**

NOTES:

Block 1/Week 2/Day 4

LOWER BODY FOCUS – Low Bar Squats (LIGHT) or a Squat Variation you would like

At the Top of Every Minute for 10 Minutes, Complete:

5–6 Low Bar Squats @ 40–45% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

LOAD FOCUS – Sandbag, Keg, Stone, KB, Medicine Ball, Odd Object (MEDIUM)

At the Top of Every Minute for 10 Minutes, Complete:

4–5 Reps to Shoulder @ 50–55% of Your 1RM

Take the Remainder of the Minute to Rest

***If Not Possible, Replace the Shoulder with your Favorite Lunge or Row Variation but utilize the same reps & Intensity.**

HORIZONTAL PRESS FOCUS – 3 Second Pause Bench Press (HEAVY) or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:

3–4 (3 Sec) Pause Bench Presses @ 60–65% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Single Arm Dumbbell Rows the Remainder of the Minute

CONDITIONING FOCUS – Dumbbell Death

MINUTE 1: Max Reps Dumbbell ManMakers (Heavy)

MINUTE 2: Max Reps Dumbbell Floor Press (Same Dumbbells)

MINUTE 3: Max Reps Dumbbell Gorilla Rows (Same Dumbbells)

MINUTE 4: REST

MINUTE 5: Max Reps Dumbbell ManMakers (Heavy)

MINUTE 6: Max Reps Dumbbell Floor Press (Same Dumbbells)

MINUTE 7: Max Reps Dumbbell Gorilla Rows (Same Dumbbells)

MINUTE 8: REST

MINUTE 9: Max Reps Dumbbell ManMakers (Heavy)

MINUTE 10: Max Reps Dumbbell Floor Press (Same Dumbbells)

MINUTE 11: Max Reps Dumbbell Gorilla Rows (Same Dumbbells)

NOTES:

Block 1/Week 3/Day 1

LOWER BODY FOCUS – 13" Deadlifts – (MEDIUM) or Regular Deadlifts

At the Top of Every Minute for 10 Minutes, Complete:

4–5 13" Deadlifts @ 50–55% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CARRY EVENT – Single Arm Farmer's Walk (HEAVY)

At the Top of Every Minute for 10 Minutes, Complete:

50 Foot Single Arm Farmer's Carry (Each Side) @ 60–65% of Your 50 ft Maximum Carry weight.

Take the Remainder of the Minute to Rest

or Add a 10–20 Second Hold at the finish line during the Remainder of the Minute

***If Not Possible, Replace the Carry with Marching in place or your Favorite Deadlift or Row Variation but stick to the same reps & Intensity.**

VERTICAL PRESS FOCUS – Thruster or Jerk (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:

3-4 Thrusters or Jerks @ 40-45% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add Hollow Rocks during the Remainder of the Minute

CONDITIONING FOCUS – Get as Far as You Can in 10 Minutes

1 Pull-Up (or Inverted Row)

2 Dips (or Bench Dips)

3 Push-Ups

4 Squats

2 Pull-Ups (or Inverted Rows)

3 Dips (or Bench Dips)

4 Push-Ups

5 Squats

3 Pull-Up (or Inverted Row)

4 Dips (or Bench Dips)

5 Push-Ups

6 Squats

Continue to add 1 Rep per Exercise, per Round for the allotted 10 Minutes

NOTES:

Block 1/Week 3/Day 2

LOWER BODY FOCUS – Front Foot Elevated Split Squats (HEAVY) or Regular Squats

At the Top of Every Minute for 10 Minutes, Complete:

3-4 Front Foot Elevated Split Squats @ 60-65% of Your 1RM (Foot on Bumper Plate)

Take the Remainder of the Minute to Rest

or Add some Medicine Ball Slams during the Remainder of the Minute

BACK FOCUS – Meadows Rows (LIGHT) or Dumbbell Rows

At the Top of Every Minute for 10 Minutes, Complete:

:20 Seconds Meadows Rows (Left) 1 Second Pauses at the Top

:20 Seconds Meadows Rows (Right) 1 Second Pauses at the Top

:20 Seconds Rest

@ 40–45% of Your 1RM

HORIZONTAL PRESS FOCUS – Dumbbell Squeeze Bench Press (MEDIUM) – Push DBs together during entirety of the press or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:

4–5 DB Squeeze Bench Presses @ 50–55% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Dragon Flags or Leg Raises during the Remainder of the Minute

CONDITIONING FOCUS – Burpee Death

MINUTE 1: 10–15 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 2: 9–14 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 3: 8–13 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 4: 7–12 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 5: 6–11 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 6: 5–10 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 7: 4–9 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 8: 3–8 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 9: 2–7 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 10: 1–6 Burpees, Then Hold Plank for the Remainder of the Minute

NOTES:

Block 1/Week 3/Day 3

LOWER BODY FOCUS – Sumo or Snatch Grip Deadlifts (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:
5-6 Sumo or Snatch Grip Deadlifts @ 40-45% Of Your 1RM
Take the Remainder of the Minute to Rest
or Add an Ab/Oblique Exercise during the Remainder of the Minute

BACK FOCUS - Weighted Pull-Ups (MEDIUM) (Pull-Downs if Necessary)

At the Top of Every Minute for 10 Minutes, Complete:
4-5 Weighted Pull-Ups @ 50-55% of Your 1RM
or Add Push-Ups during the Remainder of the Minute

VERTICAL PRESS FOCUS - Strict Press (HEAVY) or Push Press

At the Top of Every Minute for 10 Minutes, Complete:
3-4 Strict Presses @ 60-65% of Your 1RM
or Add an Ab/Oblique Exercise during the Remainder of the Minute

CORE/OBLIQUE FOCUS - Sandbag, Loading Pin, Keg, Stone, Plates, Odd Object (MEDIUM)

MINUTE 1: Max Reps Odd Object 1 Motion Extensions (Light)
MINUTE 2: Max Reps Bodyweight ManMakers
MINUTE 3: Max Distance Carry or March in Place (Same Object as above)
MINUTE 4: REST
MINUTE 5: Max Reps Odd Object 1 Motion Extensions (Light)
MINUTE 6: Max Reps Bodyweight ManMakers
MINUTE 7: Max Distance Carry or March in Place (Same Object as above)
MINUTE 8: REST
MINUTE 9: Max Reps Odd Object 1 Motion Extensions (Light)
MINUTE 10: Max Bodyweight ManMakers
MINUTE 11: Max Distance Carry or March in Place (Same Object as above)

NOTES:

Block 1/Week 3/Day 4

LOWER BODY FOCUS – Zercher Squats or Front Squats – Out of a Rack (MEDIUM)

At the Top of Every Minute for 10 Minutes, Complete:

3-4 Zercher Squats or Front Squats @ 50-55% of Your 1RM (Each Side)

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

LOAD FOCUS – Sandbag, Keg, Stone, Plate, Medicine Ball, Odd Object (Heavy)

At the Top of Every Minute for 10 Minutes, Complete:

3-4 Loads or Extensions @ 60-65% of Your 1RM

Men Loading Height 52"

Women Loading Height: 48"

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

***If Not Possible, Replace the Load with your Favorite Squat or Row Variation but stick to the same reps & Intensity.**

HORIZONTAL PRESS FOCUS – Weighted Dip or Wide Grip Bench Press (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:

5-6 Weighted Dips or Wide Grip Bench Presses @ 40-45% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add Drain Flags or Leg Lifts during the Remainder of the Minute

CONDITIONING FOCUS – Sandbag, Keg, Stone, Plate, Medicine Ball, Odd Object (Heavy)

MINUTE 1: 1-2 Teddy Bear Squats

MINUTE 2: 2-4 Teddy Bear Squats

MINUTE 3: 4-6 Teddy Bear Squats

MINUTE 4: 6-8 Teddy Bear Squats

MINUTE 5: 8-10 Teddy Bear Squats

MINUTE 6: 10-12 Teddy Bear Squats

Continue to add 1-2 Reps Per Minute Until you Can No Longer Keep up with the Clock

Or

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: Inverted Rows

DIAMONDS: Dumbbell Devil Presses

CLUBS: Dumbbell Swings

NOTES:

END OF BLOCK 1

Block 2/Week 4/Day 1

LOWER BODY FOCUS – Zercher Squats – From the Floor or Regular Deadlifts– (HEAVY)

At the Top of Every Minute for 10 Minutes, Complete:

2–3 Zercher Squats or Deadlifts @ 65–70% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CARRY EVENT – Farmer’s Walk (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:

150 Foot Farmer’s Carry @ 45–50% of Your 50 ft Maximum Carry weight.

Take the Remainder of the Minute to Rest

or Add 3–5 Burpees during the Remainder of the Minute

***If Carrying or Marching is Not Possible, Replace the Carry with your Favorite Deadlift or Row Variation but utilize the same reps & Intensity.**

VERTICAL PRESS FOCUS – “Z” Press (MEDIUM) or Strict Press

At the Top of Every Minute for 10 Minutes, Complete:

4–5 “Z” Presses @ 55–60% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

ASSISTANCE FOCUS – 1 Motion Sandbag Extensions or Kettlebell/Dumbbell Snatches

At the Top of Every Minute for 10 Minutes, Complete:

5–8 (1Motion) Sandbag Extensions

Or

8–10 Single Arm Kettlebell Snatches (Each Side)

NOTES:

Block 2/Week 4/Day 2

LOWER BODY FOCUS – Bulgarian Split Squats (LIGHT) or Regular Squats

At the Top of Every Minute for 10 Minutes, Complete:

5–6 Bulgarian Split Squats (each side) @ 45–50% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

BACK FOCUS – Gorilla Rows (MEDIUM) or Dumbbell Rows

At the Top of Every Minute for 10 Minutes, Complete:

5–6 Gorilla Rows (Each Side) @ 55–60% of Your 1RM

Take the Remainder of the Minute to Rest

or Add DB Floor Presses during the Remainder of the Minute

HORIZONTAL PRESS FOCUS – Close Grip Bench Press (HEAVY) or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Close Grip Bench Presses @ 65–70% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Single Arm Dumbbell Rows during the Remainder of the Minute

CONDITIONING FOCUS – Barbell Rows Should be as Close to Bodyweight as Possible

Minute 1: 8 Barbell Rows & 8 Burpee Lateral Jumps (Over the Bar)

Minute 2: 7 Barbell Rows & 7 Burpee Lateral Jumps

Minute 3: 6 Barbell Rows & 6 Burpee Lateral Jumps

Minute 4: 5 Barbell Rows & 5 Burpee Lateral Jumps

Minute 5: 4 Barbell Rows & 4 Burpee Lateral Jumps

Minute 6: 3 Barbell Rows & 3 Burpee Lateral Jumps

NOTES:

Block 2/Week 4/Day 3

LOWER BODY FOCUS – Romanian Deadlifts (MEDIUM) or Regular Deadlifts

At the Top of Every Minute for 10 Minutes, Complete:

4–5 Romanian Deadlifts @ 55–60% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

BACK FOCUS – Weighted Pull-Ups (HEAVY) (Pull-Downs if Necessary)

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Weighted Pull-Ups @ 65–70% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Push-Ups during the Remainder of the Minute

VERTICAL PRESS FOCUS – Strict Press (LIGHT) or Push-Press

At the Top of Every Minute for 10 Minutes, Complete:

5–6 Strict Presses @ 45–50% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add Inverted Rows during the Remainder of the Minute

ASSISTANCE FOCUS – Burning Legs

At the Top of Every Minute for 10 Minutes, Complete:

ODD MINUTES: 25 Kettlebell Goblet Squats

EVEN MINUTES: 25 Jumping Squats

Take the Remainder of the Minute to Rest

NOTES:

Block 2/Week 4/Day 4

LOWER BODY FOCUS – Front Squats or SSB Squats (HEAVY)

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Front or SSB Squats @ 65–70% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

LOAD FOCUS – Sandbag, Keg, Stone, Plate, Medicine Ball, Odd Object (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:

5–6 Loads or Extensions @ 40–45% Of Your 1RM

Take the Remainder of the Minute to Rest

***If Not Possible, Replace the Load with your Favorite Squat or Row Variation but utilize the same reps & Intensity.**

HORIZONTAL PRESS FOCUS – Larson Press (MEDIUM) or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:

4–5 Larson Presses @ 55–60% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CONDITIONING FOCUS – Sandbag, Keg, Stone, Plate, Medicine Ball, Odd Object (MEDIUM)

:60 Seconds BearHug Hold while Marching

:60 Seconds RKC Plank

:45 Seconds Bearhug Hold while Marching

:45 Seconds RKC Plank

:30 Seconds Bearhug Hold While Marching

:30 Seconds RKC Plank

***If Not Possible, Replace the Load with your Favorite core or Oblique Variation but utilize the same reps & Intensity.**

NOTES:

Block 2/Week 5/Day 1

LOWER BODY FOCUS – Pause + 1 Deadlifts (Pause the First rep 2" off the floor, complete the rep then immediately complete a second TOUCH & GO Rep [but no bouncing]– (LIGHT) or Regular Deadlifts

At the Top of Every Minute for 10 Minutes, Complete:

4–6 Pause + 1 Deadlifts @ 45–50% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CARRY EVENT – Sandbag, Loading Pin, Keg, Stone, Plates, Odd Object Front Carry (MEDIUM)

At the Top of Every Minute for 10 Minutes, Complete:

100 Foot Front Carry (Bear Hug Position) @ 55–60% of Your 50 ft Maximum Carry weight.

Take the Remainder of the Minute to Rest

or Add Burpees or Push-Ups during the Remainder of the Minute

***If Not Possible, Replace the Carry with Marching in place or your Favorite Deadlift or Row Variation but utilize the same reps & Intensity.**

VERTICAL PRESS FOCUS – Push Press (HEAVY) or Jerk

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Push Presses @ 65–70% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Pull-Ups/Inverted Rows during the Remainder of the Minute

ASSISTANCE FOCUS – Shoulder Death

6 Rounds

:20 Seconds Standing Dumbbell Strict Press (As HEAVY As Possible)

:10 Seconds Rest

No Rest – Directly into 6 Rounds

:20 Seconds Standing Dumbbell Push-Presses (As HEAVY As Possible)

:10 Seconds Rest

No Rest – Directly into 6 Rounds

:20 Seconds Dumbbell Waiter's Walk (As HEAVY As Possible)

:10 Seconds Rest

NOTES:

Block 2/Week 5/Day 2

LOWER BODY FOCUS – Squats – 3 Second Pause Squat – Pause at bottom of Squat– (MEDIUM) or Regular Squats

At the Top of Every Minute for 10 Minutes, Complete:

4–5 Pause Squats @ 55–60% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

BACK FOCUS – Deadlift Rows (HEAVY) or Pendlay Rows

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Deadlift Rows @ 65–70% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Push-Ups during the Remainder of the Minute

HORIZONTAL PRESS FOCUS – Floor Press (LIGHT) or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:

5–6 Floor Press @ 45–50% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CONDITIONING FOCUS – Your Choice Start with minute 1 and work your way Up or Start at Minute 10 and Work Your way Down:

Minute 1: 1 Burpee, 2 Push-Ups, 3 Squats

Minute 2: 2 Burpees, 3 Push-Ups, 4 Squats

Minute 3: 3 Burpees, 4 Push-Ups, 5 Squats

Minute 4: 4 Burpees, 5 Push-Ups, 6 Squats

Minute 5: 5 Burpees, 6 Push-Ups, 7 Squats

Minute 6: 6 Burpees, 7 Push-Ups, 8 Squats

Minute 7: 7 Burpees, 8 Push-Ups, 9 Squats

Minute 8: 8 Burpees, 9 Push-Ups, 10 Squats

Minute 9: 9 Burpees, 10 Push-Ups, 11 Squats

Minute 10: 10 Burpees, 11 Push-Ups, 12 Squats

... Double the numbers if this is too easy ...

NOTES:

Block 2/Week 5/Day 3

LOWER BODY FOCUS – Deficit Deadlifts (HEAVY) or Regular Deadlifts

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Deficit Deadlifts @ 65–70% of Your 1RM

Take the Remainder of the Minute to Rest

or Add a Dumbbell/Kettlebell Swing during the Remainder of the Minute

BACK FOCUS – Weighted Chin-Ups (LIGHT) (Pull-Downs [supinated grip] if Necessary)

At the Top of Every Minute for 10 Minutes, Complete:

5–6 Chin-Ups @ 45–50% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

VERTICAL PRESS FOCUS – Pin Press – Pins just above Eye Level (MEDIUM) or Strict Press

At the Top of Every Minute for 10 Minutes, Complete:

4-5 Pin Presses @ 55-60% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

ASSISTANCE FOCUS - Offset Carry - Go Heavier Than in Week 2!

At the Top of Every Minute for 10 Minutes Complete:

50ft Offset Carry (Then Switch sides)

50ft Offset Carry Back to Starting Line

***If Not Possible, Replace the Carry with Marching in place or your Favorite Deadlift or Row Variation but utilize the same reps & Intensity.**

NOTES:

Block 2/Week 5/Day 4

LOWER BODY FOCUS - Low Bar Squats (LIGHT) or Regular squats

At the Top of Every Minute for 10 Minutes, Complete:

5-6 Low Bar Squats @ 45-50% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

LOAD FOCUS - Sandbag, Keg, Stone, KB, Medicine Ball, Odd Object (MEDIUM)

At the Top of Every Minute for 10 Minutes, Complete:

4-5 Reps to Shoulder @ 55-60% of Your 1RM

Take the Remainder of the Minute to Rest

***If Not Possible, Replace the Shoulder with your Favorite Squat or Row Variation but utilize the same reps & Intensity.**

HORIZONTAL PRESS FOCUS - 3 Second Pause Bench Press (HEAVY) or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:

3-4 (3 Sec) Pause Bench Presses @ 65-70% of Your 1RM

Take the Remainder of the Minute to Rest
or Add Single Arm Dumbbell Rows the Remainder of the Minute

CONDITIONING FOCUS – Bring Sally Up

Choose a Bodyweight Exercise such as Squats, Push-Ups, Dips, etc

Then, search for the song “Flower” by Moby on youtube. Push play and follow the lyrics of the song.

Every time the song says, “Bring Sally Down” – Drop into the bottom of your squat or push-up position (DON’T LET CHEST TOUCH!) and Stay there until you hear the song say, “Bring Sally up”.

At that time, return to starting position. It is only 30+ Reps but it is hard. If it is too Easy, Add Weight or choose a weighted exercise.

NOTES:

Block 2/Week 6/Day 1

LOWER BODY FOCUS – 13” Deadlifts – (MEDIUM) or Regular Deadlifts

At the Top of Every Minute for 10 Minutes, Complete:

4–5 13” Deadlifts @ 55–60% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CARRY EVENT – Single Arm Farmer’s Walk (HEAVY)

At the Top of Every Minute for 10 Minutes, Complete:

50 Foot Single Arm Farmer’s Carry (Each Side) @ 65–70% of Your 50 ft Maximum Carry weight.

Take the Remainder of the Minute to Rest

or Add a 10–20 Second Hold at the finish line during the Remainder of the Minute

***If Not Possible, Replace the Carry with Marching in place or your Favorite Deadlift or Row Variation but stick to the same reps & Intensity.**

VERTICAL PRESS FOCUS – Thruster or Jerk (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Thrusters or Jerks @ 45–50% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add Hollow Rocks during the Remainder of the Minute

CONDITIONING FOCUS – At the Top of Every Minute for 10 minutes

ODD MINUTES: 8 Cable Wood Chops or Barbell Full Contact Twists (Each Side)

EVEN MINUTES: 8 Kettlebell Uppercuts (Each Side)

NOTES:

Block 2/Week 6/Day 2

LOWER BODY FOCUS – Front Foot Elevated Split Squats (HEAVY) or Regular Squats

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Front Foot Elevated Split Squats @ 65–70% of Your 1RM

Take the Remainder of the Minute to Rest

or Add some Medicine Ball Slams during the Remainder of the Minute

BACK FOCUS – Meadows Rows (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:

:20 Seconds Meadows Rows (Left)

:20 Seconds Meadows Rows (Right)

:20 Seconds Rest

@ 45–50% of Your 1RM

HORIZONTAL PRESS FOCUS – Dumbbell Squeeze Bench Press (MEDIUM) – Push DBs together during entirety of the press or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:

4–5 DB Squeeze Bench Presses @ 55–60% of Your 1RM

Take the Remainder of the Minute to Rest
or Add Dragon Flags or Leg Raises during the Remainder of the Minute

CONDITIONING/CORE FOCUS – Sandbag, Keg, Plate, Medicine Ball, Odd Object, etc. . .

MINUTE 1: 5 Shoulder Teddy Bear Squats Right & 5 Reps Left Side

MINUTE 2: 4 Shoulder Teddy Bear Squats Right & 4 Reps Left Side

MINUTE 3: 3 Shoulder Teddy Bear Squats Right & 3 Reps Left Side

MINUTE 4: 2 Shoulder Teddy Bear Squats Right & 2 Reps Left Side

MINUTE 5: 5 Shoulder Teddy Bear Squats Right & 5 Reps Left Side

. . . If this is too easy, use Heavier weights

Or

As Many Rounds As possible in 10 Minutes:

20 Bodyweight Squats

20 Stepping Lunges

20 Jumping Lunges

10 Jumping Squats

NOTES:

Block 2/Week 6/Day 3

LOWER BODY FOCUS – Sumo or Snatch Grip Deadlifts (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:

5–6 Sumo or Snatch Grip Deadlifts @ 45–50% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

BACK FOCUS – Weighted Pull-Ups (MEDIUM) (Pull-Downs if Necessary)

At the Top of Every Minute for 10 Minutes, Complete:

4–5 Weighted Pull-Ups @ 55–60% of Your 1RM

VERTICAL PRESS FOCUS – Strict Press (HEAVY)

At the Top of Every Minute for 10 Minutes, Complete:
3–4 Strict Presses @ 65–70% of Your 1RM

CORE/OBLIQUE FOCUS – Tabatas in Front of a Clock

:20 Seconds “V” Sit-Ups

:10 Seconds Rest

For 8 Rounds (4:00 Minutes)

Then ...

:20 Seconds Hollow Rocks

:10 Seconds Rest

For 8 Rounds (4:00 Minutes)

NOTES:

Block 2/Week 6/Day 4

LOWER BODY FOCUS – Safety Bar Squats or Front Squats – Out of a Rack (MEDIUM)

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Safety Bar Squats or Front Squats @ 55–60% of Your 1RM (Each Side)

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

LOAD FOCUS – Sandbag, Keg, Stone, Plate, Medicine Ball, Odd Object (Heavy)

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Loads or Extensions @ 65–70% of Your 1RM

52” Bar Height For Men

48” Bar Height For Women

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

***If Not Possible, Replace the Load with your Favorite Squat or Row Variation but stick to the same reps & Intensity.**

HORIZONTAL PRESS FOCUS – Weighted Dip or Wide Grip Bench Press (LIGHT) or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:

5–6 Weighted Dips or Wide Grip Bench Presses @ 45–50% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add Drain Flags or Leg Lifts during the Remainder of the Minute

CONDITIONING FOCUS – At The Top of Every Minute For 10 Minutes

3–5 Pull-Ups

3–5 Burpees

3–5 Bodyweight ManMakers

Take the Remainder of the Minute to Rest

NOTES:

END OF BLOCK 2

Block 3/Week 7/Day 1

LOWER BODY FOCUS – Zercher Squats – From the Floor or Regular Deadlifts (HEAVY)

At the Top of Every Minute for 10 Minutes, Complete:

2–3 Zercher Squats or Deadlifts @ 70–75% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CARRY EVENT – Farmer's Walk (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:
150 Foot Farmer's Carry @ 50-55% of Your 50 ft Maximum Carry weight.
Take the Remainder of the Minute to Rest
or Add 3-5 Burpees during the Remainder of the Minute

***If Carrying or Marching is Not Possible, Replace the Carry with your Favorite Deadlift or Row Variation but utilize the same reps & Intensity.**

VERTICAL PRESS FOCUS - "Z" Press (MEDIUM) or Strict Press

At the Top of Every Minute for 10 Minutes, Complete:
4-5 "Z" Presses @ 60-65% of Your 1RM
Take the Remainder of the Minute to Rest
or Add an Ab/Oblique Exercise during the Remainder of the Minute

ASSISTANCE FOCUS - Kettlebell or Dumbbell Uppercuts

At the Top of Every Minute for 10 Minutes, Complete:
5-8 Kettlebell Uppercuts (Each Side)
10-15 Kettlebell Swings

NOTES:

Block 3/Week 7/Day 2

LOWER BODY FOCUS - Bulgarian Split Squats (LIGHT) or Regular Squats

At the Top of Every Minute for 10 Minutes, Complete:
5-6 Bulgarian Split Squats (each side) @ 50-55% Of Your 1RM
Take the Remainder of the Minute to Rest
or Add an Ab/Oblique Exercise during the Remainder of the Minute

BACK FOCUS - Gorilla Rows (MEDIUM) or Pendlay Rows

At the Top of Every Minute for 10 Minutes, Complete:
5-6 Gorilla Rows (Each Side) @ 60-65% of Your 1RM

Take the Remainder of the Minute to Rest
or Add Floor Presses during the Remainder of the Minute

HORIZONTAL PRESS FOCUS – Close Grip Bench Press (HEAVY) or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:

3-4 Close Grip Bench Presses @ 70-75% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Single Arm Dumbbell Rows during the Remainder of the Minute

CONDITIONING FOCUS – Pull-Ups, Push-Ups & Lunges

At the Top of Every Minute for 10 Minutes, Complete:

5 Pull-Ups or Inverted Rows x2

5 Push-Ups

5 Lunges (Each Side)

Take the Remainder of the Minute to Rest

NOTES:

Block 3/Week 7/Day 3

LOWER BODY FOCUS – Romanian Deadlifts (MEDIUM) or Regular Deadlifts

At the Top of Every Minute for 10 Minutes, Complete:

4-5 Romanian Deadlifts @ 60-65% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

BACK FOCUS – Weighted Pull-Ups (HEAVY) (Pull-Downs if Necessary)

At the Top of Every Minute for 10 Minutes, Complete:

3-4 Weighted Pull-Ups @ 70-75% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Push-Ups during the Remainder of the Minute

VERTICAL PRESS FOCUS – Strict Press (LIGHT) or Push-Press

At the Top of Every Minute for 10 Minutes, Complete:
5-6 Strict Presses @ 50-55% Of Your 1RM
Take the Remainder of the Minute to Rest
or Add Inverted Rows during the Remainder of the Minute

ASSISTANCE FOCUS - Barbell Landmines & Lumberjack Squats

At the Top of Every Minute for 10 Minutes, Complete:
ODD MINUTES: 7 Barbell Landmines (Each Side - Heavy)
EVEN MINUTES: 15 Lumberjack Squats (Same Weight on Bar)
Take the Remainder of the Minute to Rest

NOTES:

Block 3/Week 7/Day 4

LOWER BODY FOCUS - Front Squats or SSB Squats (HEAVY)

At the Top of Every Minute for 10 Minutes, Complete:
3-4 Front or SSB Squats @ 70-75% of Your 1RM
Take the Remainder of the Minute to Rest
or Add an Ab/Oblique Exercise during the Remainder of the Minute

LOAD FOCUS - Sandbag, Keg, Stone, Plate, Medicine Ball, Odd Object (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:
5-6 Loads or Extensions @ 50-55% Of Your 1RM
Men: 54" Loading Height
Women: 50" Loading Height
Take the Remainder of the Minute to Rest

***If Not Possible, Replace the Load with your Favorite Squat or Row Variation but utilize the same reps & Intensity.**

HORIZONTAL PRESS FOCUS - Larson Press (MEDIUM) or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:

4-5 Larson Presses @ 60-65% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CONDITIONING FOCUS – Sandbag, Keg, Stone, Plate, Medicine Ball, Odd Object (MEDIUM)

:60 Seconds Max Reps Teddy Bear Squats

:60 Seconds Rest

:45 Seconds Max Reps Teddy Bear Squats

:45 Seconds Rest

:30 Seconds Max Reps Teddy Bear Squats

***If Not Possible, Replace the Load with your Favorite core or Oblique Variation but utilize the same reps & Intensity.**

NOTES:

Block 3/Week 8/Day 1

LOWER BODY FOCUS – Pause + 1 Deadlifts (Pause the First rep 2" off the floor, complete the rep then immediately complete a second TOUCH & GO Rep [but no bouncing])– (LIGHT) or Regular Deadlifts

At the Top of Every Minute for 10 Minutes, Complete:

4-6 Pause + 1 Deadlifts @ 50-55% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CARRY EVENT – Sandbag, Loading Pin, Keg, Stone, Plates, Odd Object Front Carry (MEDIUM)

At the Top of Every Minute for 10 Minutes, Complete:

100 Foot Front Carry (Bear Hug Position) @ 60-65% of Your 50 ft Maximum Carry weight.

Take the Remainder of the Minute to Rest

or Add Burpees or Push-Ups during the Remainder of the Minute

***If Not Possible, Replace the Carry with Marching in place or your Favorite Deadlift or Row Variation but utilize the same reps & Intensity.**

VERTICAL PRESS FOCUS – Push Press (HEAVY) or Jerks

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Push Presses @ 70–75% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Pull-Ups/Inverted Rows during the Remainder of the Minute

ASSISTANCE FOCUS – Push-Up Death

6 Rounds

:20 Seconds Close Grip Push Ups

:10 Seconds Rest

No Rest – Directly into 6 Rounds

:20 Seconds Deficit Push Ups (Hands on bumper plates, DBs or 2” objects)

:10 Seconds Rest

No Rest – Directly into 6 Rounds

:20 Seconds Traditional Push Ups

:10 Seconds Rest

NOTES:

Block 3/Week 8/Day 2

LOWER BODY FOCUS – Squats – Pin Squat – Pin Set at bottom of Squat– (MEDIUM) or Regular Squats

At the Top of Every Minute for 10 Minutes, Complete:

4–5 Pin Squats @ 60–65% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

BACK FOCUS – Strict Pendlay Rows (HEAVY) or Deadlift Rows

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Pendlay Rows @ 70–75% of Your 1RM

Take the Remainder of the Minute to Rest
or Add Floor Presses/Push-Ups during the Remainder of the Minute

HORIZONTAL PRESS FOCUS - Pause Bench Press (LIGHT) or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:

5-6 Pause Bench Press @ 50-55% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

CONDITIONING FOCUS

At the Top of Every Minute for 10 Minutes, Complete:

3 Pull-Ups or 6 Inverted Rows

5 Hand Release Push-Ups (On Knees if Necessary)

10 Jumping Squats

Take the Remainder of the Minute to Rest

NOTES:

Block 3/Week 8/Day 3

LOWER BODY FOCUS - Deficit Deadlifts (HEAVY) or Regular Deadlifts

At the Top of Every Minute for 10 Minutes, Complete:

3-4 Deficit Deadlifts @ 70-75% of Your 1RM

Take the Remainder of the Minute to Rest

or Add a Dumbbell/Kettlebell Swing during the Remainder of the Minute

BACK FOCUS - Weighted Chin-Ups (LIGHT) (Pull-Downs [supinated grip] if Necessary)

At the Top of Every Minute for 10 Minutes, Complete:

5-6 Chin-Ups @ 50-55% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

VERTICAL PRESS FOCUS – Pin Press – Pins just above Eye Level (MEDIUM) or Strict Press

At the Top of Every Minute for 10 Minutes, Complete:

4–5 Pin Presses @ 60–65% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

ASSISTANCE FOCUS – Offset Carry – Go Heavier Than Week 5!

At the Top of Every Minute for 10 Minutes Complete:

50ft Offset Carry (Then Switch sides)

50ft Offset Carry Back to Starting Line

***If Not Possible, Replace the Carry with Marching in place or your Favorite Deadlift or Row Variation but utilize the same reps & Intensity.**

NOTES:

Block 3/Week 8/Day 4

LOWER BODY FOCUS – Low Bar Squats (LIGHT) or Regular Squats

At the Top of Every Minute for 10 Minutes, Complete:

5–6 Low Bar Squats @ 50–55% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

LOAD FOCUS – Sandbag, Keg, Stone, KB, Medicine Ball, Odd Object (MEDIUM)

At the Top of Every Minute for 10 Minutes, Complete:

4–5 Reps to Shoulder @ 60–65% of Your 1RM

Take the Remainder of the Minute to Rest

***If Not Possible, Replace the Shoulder with your Favorite Squat or Row Variation but utilize the same reps & Intensity.**

HORIZONTAL PRESS FOCUS – 3 Second Pause Bench Press (HEAVY) or Regular Bench Press

At the Top of Every Minute for 10 Minutes, Complete:
3-4 (3 Sec) Pause Bench Presses @ 70-75% of Your 1RM
Take the Remainder of the Minute to Rest
or Add Single Arm Dumbbell Rows the Remainder of the Minute

CONDITIONING FOCUS – Dumbbell Death

MINUTE 1: Max Reps Dumbbell ManMakers (Heavy)
MINUTE 2: Max Reps Dumbbell Floor Press (Same Dumbbells)
MINUTE 3: Max Reps Dumbbell Gorilla Rows (Same Dumbbells)
MINUTE 4: REST
MINUTE 5: Max Reps Dumbbell ManMakers (Heavy)
MINUTE 6: Max Reps Dumbbell Floor Press (Same Dumbbells)
MINUTE 7: Max Reps Dumbbell Gorilla Rows (Same Dumbbells)
MINUTE 8: REST
MINUTE 9: Max Reps Dumbbell ManMakers (Heavy)
MINUTE 10: Max Reps Dumbbell Floor Press (Same Dumbbells)
MINUTE 11: Max Reps Dumbbell Gorilla Rows (Same Dumbbells)

NOTES:

Block 3/Week 9/Day 1

LOWER BODY FOCUS – 13" Deadlifts – (MEDIUM) or Regular Deadlifts

At the Top of Every Minute for 10 Minutes, Complete:
4-5 13" Deadlifts @ 60-65% of Your 1RM
Take the Remainder of the Minute to Rest
or Add an Ab/Oblique Exercise during the Remainder of the Minute

CARRY EVENT – Single Arm Farmer's Walk (HEAVY)

At the Top of Every Minute for 10 Minutes, Complete:
50 Foot Single Arm Farmer's Carry (Each Side) @ 70-75% of Your 50 ft Maximum Carry weight.
Take the Remainder of the Minute to Rest

or Add a 10-20 Second Hold at the finish line during the Remainder of the Minute

***If Not Possible, Replace the Carry with Marching in place or your Favorite Deadlift or Row Variation but stick to the same reps & Intensity.**

VERTICAL PRESS FOCUS – Thruster or Jerk (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:

3-4 Thrusters or Jerks @ 50-55% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add Hollow Rocks during the Remainder of the Minute

CONDITIONING FOCUS – Get as Far as You Can in 10 Minutes

1 Pull-Up (or Inverted Row)

2 Dips (or Bench Dips)

3 Push-Ups

4 Squats

2 Pull-Ups (or Inverted Rows)

3 Dips (or Bench Dips)

4 Push-Ups

5 Squats

3 Pull-Up (or Inverted Row)

4 Dips (or Bench Dips)

5 Push-Ups

6 Squats

Continue to add 1 Rep per Exercise, per Round for the allotted 10 Minutes

NOTES:

Block 3/Week 9/Day 2

LOWER BODY FOCUS – Front Foot Elevated Split Squats (HEAVY) or Regular Squats

At the Top of Every Minute for 10 Minutes, Complete:

3-4 FFE Split Squats @ 70-75% of Your 1RM

Take the Remainder of the Minute to Rest

or Add some Medicine Ball Slams during the Remainder of the Minute

BACK FOCUS - Meadows Rows (LIGHT) or Dumbbell Rows

At the Top of Every Minute for 10 Minutes, Complete:

:20 Seconds Meadows Rows (Left)

:20 Seconds Meadows Rows (Right)

:20 Seconds Rest

@ 50-55% of Your 1RM

HORIZONTAL PRESS FOCUS - Dumbbell Squeeze Bench Press (MEDIUM) - Push DBs together during entirety of the press or Regular Bench Presses

At the Top of Every Minute for 10 Minutes, Complete:

4-5 DB Squeeze Bench Presses @ 60-65% of Your 1RM

Take the Remainder of the Minute to Rest

or Add Dragon Flags or Leg Raises during the Remainder of the Minute

CONDITIONING FOCUS - Burpee Death

MINUTE 1: 10-15 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 2: 9-14 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 3: 8-13 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 4: 7-12 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 5: 6-11 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 6: 5-10 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 7: 4-9 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 8: 3-8 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 9: 2-7 Burpees, Then Hold Plank for the Remainder of the Minute

MINUTE 10: 1-6 Burpees, Then Hold Plank for the Remainder of the Minute

NOTES:

Block 3/Week 9/Day 3

LOWER BODY FOCUS – Sumo or Snatch Grip Deadlifts (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:

5–6 Sumo or Snatch Grip Deadlifts @ 50–55% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

BACK FOCUS – Weighted Pull-Ups (MEDIUM) (Pull-Downs if Necessary)

At the Top of Every Minute for 10 Minutes, Complete:

4–5 Weighted Pull-Ups @ 60–65% of Your 1RM

VERTICAL PRESS FOCUS – Strict Press (HEAVY) or Push-Press

At the Top of Every Minute for 10 Minutes, Complete:

3–4 Strict Presses @ 70–75% of Your 1RM

CORE/OBLIQUE FOCUS – Sandbag, Loading Pin, Keg, Stone, Plates, Odd Object (MEDIUM)

MINUTE 1: Max Reps Odd Object 1 Motion Extensions (Light)

MINUTE 2: Max Reps Bodyweight ManMakers

MINUTE 3: Max Distance Carry or March in Place (Same Object as above)

MINUTE 4: REST

MINUTE 5: Max Reps Odd Object 1 Motion Extensions (Light)

MINUTE 6: Max Reps Bodyweight ManMakers

MINUTE 7: Max Distance Carry or March in Place (Same Object as above)

MINUTE 8: REST

MINUTE 9: Max Reps Odd Object 1 Motion Extensions (Light)

MINUTE 10: Max Bodyweight ManMakers

MINUTE 11: Max Distance Carry or March in Place (Same Object as above)

NOTES:

Block 3/Week 9/Day 4

LOWER BODY FOCUS – Zercher Squats or Front Squats – Out of a Rack (MEDIUM)

At the Top of Every Minute for 10 Minutes, Complete:

3-4 Zercher Squats or Front Squats @ 60-65% of Your 1RM (Each Side)

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

LOAD FOCUS – Sandbag, Keg, Stone, Plate, Medicine Ball, Odd Object (Heavy)

At the Top of Every Minute for 10 Minutes, Complete:

3-4 Loads or Extensions @ 70-75% of Your 1RM

Take the Remainder of the Minute to Rest

or Add an Ab/Oblique Exercise during the Remainder of the Minute

***If Not Possible, Replace the Load with your Favorite Squat or Row Variation but stick to the same reps & Intensity.**

HORIZONTAL PRESS FOCUS – Weighted Dip or Wide Grip Bench Press (LIGHT)

At the Top of Every Minute for 10 Minutes, Complete:

5-6 Weighted Dips or Wide Grip Bench Presses @ 50-55% Of Your 1RM

Take the Remainder of the Minute to Rest

or Add Drain Flags or Leg Lifts during the Remainder of the Minute

CONDITIONING FOCUS – Sandbag, Keg, Stone, Plate, Medicine Ball, Odd Object (Heavy)

MINUTE 1: 1-2 Teddy Bear Squats

MINUTE 2: 2-4 Teddy Bear Squats

MINUTE 3: 4-6 Teddy Bear Squats

MINUTE 4: 6-8 Teddy Bear Squats

MINUTE 5: 8-10 Teddy Bear Squats

MINUTE 6: 10-12 Teddy Bear Squats

Continue to add 1-2 Reps Per Minute Until you Can No Longer Keep up with the Clock

NOTES:

END OF BLOCK 3

And here we are . . . Whenever I have trained like this, I always have a ton of fun during the workouts and I usually end up gaining a lot more strength than I expected to.

Now that this program is complete, I would either be testing my PRs or jumping right into my next strength program. If you were considering staying with my style of lifting, then I believe my Minimalist program is a great next step after this ebook — followed by one of my more intense programs after that (Such as Powerbuilder, EDC or 4HORSEMEN, 45 MASTER Sessions or my Darkhorse.)

I cannot express how much I truly appreciate your support and all that you do to help me and my channel. It is because of you purchasing programs like this that I am able to do what I love every day and that means so much more to me than words can describe.

I am proud of you for seeing this through when so many other people would have quit and I hope to work together again in the future! Awesome Job!

**Much Respect,
Brian**