

MONDAY

BREAK-IN DAY

How to Perform Your Break-In Workout: For each of the exercises, perform to failure taking note of your reps and time. Rest 2 minutes and then resume the clock and continue reps until the 3 minutes of work (5 total minutes are up). Rest 2-3 minutes and then proceed to next exercise.

BREAK-IN:

- 45LB PLATE HIGH HIP BUCKS - Metabolic Posterior Chain Legs x 3 MOW (Minutes of Work)
- PUSHUPS - Metabolic Upper Body Push x 3 MOW (Minutes of Work)
- 50LB GOBLET SQUATS - Metabolic Anterior Chain Legs x 3 MOW (Minutes of Work)
- INVERTED ROWS - Metabolic Upper Body Pull x 3 MOW (Minutes of Work)

TUESDAY

HEAVY PUSH (UNILATERAL+ ECCENTRIC)

Follow the instructions for each exercise for reps, sets and weight selection. Rest 60-90 seconds between sets. The last exercise, Tubing External Rotation, is meant to strengthen your rotator cuff and does not call for you to set a new personal record. Focus on quality reps and make each one count.

- 3 SETS - Front Squat - 5 Reps (Use 7RM - Rest 2 minutes between sets)
- 3 SETS - **UNILATERAL** - DB Bulgarian Split Squats x 10-12RM each leg (forced eccentrics to negative failure - hand supported)
- 3 SETS - Bench Press - 5 Reps (Use 7RM - Rest 2 minutes between sets)
- 3 SETS - **UNILATERAL** - 1-Arm DB Bench Press x 10-12RM each arm (forced eccentrics to negative failure - 2-to-1)
- 4 SETS - Triceps Pushdowns - 4-8RM
- 3 SETS - Tubing External Rotation x 15 each arm

HEAVY PUSH NOTE

NOTE: If you get all 5 reps on each of your 3 sets of your 3x5, move up 10lbs for barbell or 5 lbs for dumbbell next week. If not, re-use same weight as today.

WEDNESDAY

META PULL / FLOOD SETS

The two combos performed in Flood Set fashion will require you to perform 1/3 of the max reps from your Break-In Day this month every minute on the minute. Once you complete those reps, you will perform the corresponding Iso exercise for the balance of the minute (i.e. if you finish your reps in 45 seconds, you will do the Iso for 15 seconds) and then immediately perform the exercise again in this fashion. You are finished when you have either done the exercise for 10 minutes or you cannot perform that number of reps again - whichever comes first. Rest 2-3 minutes after each combo. VHP combos will be done in X-Tinction style, alternating between the two exercises in the combo without rest until one of them falls below 50% of your rep count from the first set of either exercise. Perform 3 sets of each VHP combo, resting 1 minute after each VHP set.

META PULL / FLOOD SETS

1. Inverted Rows (Flood Sets x 10 minutes or Failure) - Iso Horizontal Row Scap Squeeze between sets
2. High Hip Bucks (Flood Sets x 10 minutes or Failure) - Iso Long Leg Bridge Hold between sets

VHP SETS

VHP (Vertical Horizontal Pull) Combo 1 - 3 SETS X-TINCTION STYLE - REST 1 MINUTE BETWEEN EACH COMPLETED VHP SET

3A. Cable High Pulls x F (alternate between exercises without rest until one of them falls below 50% of your rep count from the first set of either exercise)

3B. Cable Face Pulls x F

VHP (Vertical Horizontal Pull) Combo 2 - 3 SETS X-TINCTION STYLE - REST 1 MINUTE BETWEEN EACH COMPLETED VHP SET

4A. Tubing Jack Hammers x F (alternate between exercises without rest until one of them falls below 50% of your rep count from the first exercise)

4B. Band Pull Aparts x F

THURSDAY

BREAKOUT ARM DAY

For all exercises, follow the instructions for reps, sets and weight selection. Perform your heavy sets of biceps first, resting 90 seconds between each set and then move to the first MECH 3 combo. Do 3 rounds of the combo, taking no rest between exercises but resting 90 seconds at the end of each round. Perform heavy triceps, resting 90 seconds between sets, and then proceed to the second MECH 3 combo, which is performed in the same manner as the first.

METABOLIC BICEPS - Barbell Curls x 3 SETS OF 15-20RM to Failure

3 SETS - BREAKOUT "MECH 3" COMBO 1

- A. BICEPS - Incline DB Curls x 12-15RM to F. (Upon reaching failure, using the same weight complete the exercises listed.)
- B. BICEPS - Seated Curls x F
- C. BICEPS - Seated Drag Curls x F

METABOLIC TRICEPS - Triceps Pushdown x 3 SETS OF 15-20RM to Failure

3 SETS - BREAKOUT "MECH 3" COMBO 2

- A. TRICEPS - Lying Triceps Extension x 12-15RM to Failure. (Upon reaching failure, using the same weight complete the exercises listed.)
- B. TRICEPS - Modified French Press x F
- C. TRICEPS - Elbows Tucked DB Bench Press x F

BREAKOUT NOTE

NOTE: Keep rest to a minimum between exercises. Rest 90 seconds when completed and repeat for 3 rounds.

FRIDAY

META PUSH / SPEED REPS

The two combos performed in Speed Reps fashion will require you to perform 60 reps as quickly and explosively as possible. When you finish, rest 60 seconds and then proceed to perform 40 reps, followed by a 40 second rest, then 20 reps, 20 second rest, then 10 reps, followed by a 2-3 minute rest period before complete your 2nd set. The VHP Combos are done in X-Tinction style and follow the same protocol as you did earlier this week with the X-Tinction level being 50% of the initial rep total.

META PUSH / SPEED REPS

1. Goblet Squats - (Speed Reps x 60/40/20/10) - 2 SETS *Note: Use 1/3 of what you would use for 12RM on the exercise.
2. Pushups - (Speed Reps x 60/40/20/10) - 2 SETS *Note: If you can do 40 or more pushups in one set, do them on your toes. If less, from your knees)

VHP SETS

VHP (Vertical Horizontal Push) Combo 1 - 3 SETS X-TINCTION STYLE - REST 1 MINUTE BETWEEN EACH COMPLETED VHP SET

- 3A. Plate Press Outs x F (alternate between exercises without rest, using same weight until one of them falls below 50% of your rep count from the first exercise)
- 3B. Plate Presses x F

VHP (Vertical Horizontal Push) Combo 2 - 3 SETS X-TINCTION STYLE - REST 1 MINUTE BETWEEN EACH COMPLETED VHP SET

- 4A. Side Lateral Raises x F (alternate between exercises without rest using same weight until one of them falls below 50% of your rep count from the first exercise)
- 4B. Wide Arc Shoulder Presses x F

SATURDAY

HEAVY PUSH (UNILATERAL+ ECCENTRIC)

Follow the instructions for each exercise for reps, sets and weight selection. Rest 60-90 seconds between sets unless otherwise noted. For the unilateral exercises performed to negative failure, check detailed instructions inside the portal if you are unsure how to perform these.

- 3 SETS - Deadlift - 5 Reps (Use 7RM - Rest 2 minutes between sets)
- 3 SETS - **UNILATERAL** - Single Leg RDL x 10-12RM each leg (forced eccentrics to negative failure - opposite leg assisted)
- 3 SETS - Underhand BB Row - 5 Reps (Use 7RM - Rest 2 minutes between sets)
- 3 SETS - **UNILATERAL** - 2-to-1 High Cable Row x 10-12RM each arm (forced eccentrics to negative failure - 2-to-1)
- 4 SETS - Barbell Curls - 4-8RM
- 3 SETS - Seated DB Shrugs x 8-10RM

HEAVY PUSH NOTE

NOTE: If you get all 5 reps on each of your 3 sets of your 3x5, move up 10lbs for barbell or 5 lbs for dumbbell next week. If not, re-use same weight as today.

SUNDAY

OFF

MONDAY

BREAKTHROUGH DAY

To perform each exercise properly, you will set a running clock for 5 minutes. Once you start the clock, perform the exercise to failure - once reached, take note of the time and the number of reps you did (they will be important throughout the month). You now have a mandatory 2 minute rest. Once the 2 minutes are up, start repping out again until you reach the 5 minute mark. This will equate to 3 minutes of work with a 2 minute resting period. Try to get as many reps as you can.

BREAKTHROUGH:

- 45LB PLATE HIGH HIP BUCKS - Metabolic Posterior Chain Legs x 3 MOW (Minutes of Work)
- PUSHUPS - Metabolic Upper Body Push x 3 MOW (Minutes of Work)
- 50LB GOBLET SQUATS - Metabolic Anterior Chain Legs x 3 MOW (Minutes of Work)
- INVERTED ROWS - Metabolic Upper Body Pull x 3 MOW (Minutes of Work)

BREAKTHROUGH NOTE

Deduct 2 reps for every rest/stoppage after your mandatory 2 minute rest.

TUESDAY

HEAVY PUSH (UNILATERAL+ ECCENTRIC)

Follow the instructions for each exercise for reps, sets and weight selection. Rest 60-90 seconds between sets. The last exercise, Tubing External Rotation, is meant to strengthen your rotator cuff and does not call for you to set a new personal record. Focus on quality reps and make each one count.

- 3 SETS - Front Squat - 5 Reps (Use 7RM - Rest 2 minutes between sets)
- 3 SETS - **UNILATERAL** - DB Bulgarian Split Squats x 10-12RM each leg (forced eccentrics to negative failure - hand supported)
- 3 SETS - Bench Press - 5 Reps (Use 7RM - Rest 2 minutes between sets)
- 3 SETS - **UNILATERAL** - 1-Arm DB Bench Press x 10-12RM each arm (forced eccentrics to negative failure - 2-to-1)
- 4 SETS - Triceps Pushdowns - 4-8RM
- 3 SETS - Tubing External Rotation x 15 each arm

HEAVY PUSH NOTE

NOTE: If you get all 5 reps on each of your 3 sets of your 3x5, move up 10lbs for barbell or 5 lbs for dumbbell next week. If not, re-use same weight as today.

WEDNESDAY

META PULL / SPEED REPS

The two combos performed in Speed Reps fashion will require you to perform 60 reps as quickly and explosively as possible. When you finish, rest 60 seconds and then proceed to perform 40 reps, followed by a 40 second rest, then 20 reps, 20 second rest, then 10 reps, followed by a 2-3 minute rest period before complete your 2nd set. The VHP Combos are done in Hi-Ladder style with the first exercise in the combo performed in descending order and the second in ascending order. You have 10 minutes to complete each combo with 1 minute rest between the combos.

META PULL / SPEED REPS

1. Inverted Rows (Speed Reps x 60/40/20/10) - 2 SETS *Note: If you can do 40 or more inverted rows in one set, do them on your heels. If less, put feet flat.)
2. High Hip Bucks (Speed Reps x 60/40/20/10) - 2 SETS

VHP SETS

VHP (Vertical Horizontal Pull) Combo 1 - 1 SET HI-LADDER STYLE - YOU HAVE 10 MINUTES TO COMPLETE THIS

- 3A. Cable High Pulls (Use 1/2 of your 12RM - Perform reps in alternating descending order with face pulls - 20,18,16,15,14,13,12,11,10)
- 3B. Cable Face Pulls (Use 1/2 of your 12RM - Perform reps in alternating ascending order with high pulls - 10,11,12,13,14,15,16,18,20)

VHP (Vertical Horizontal Pull) Combo 2 - 1 SET HI-LADDER STYLE - YOU HAVE 10 MINUTES TO COMPLETE THIS

- 4A. Tubing Jack Hammers (Perform reps in alternating descending order with pull aparts - 20,18,16,15,14,13,12,11,10)
- 4B. Band Pull Aparts (Perform reps in alternating ascending order with jack hammers - 10,11,12,13,14,15,16,18,20)

THURSDAY

BREAKOUT ARM DAY

For all exercises, follow the instructions for reps, sets and weight selection. Perform your heavy sets of biceps first, resting 90 seconds between each set and then move to the first MECH 3 combo. Do 3 rounds of the combo, taking no rest between exercises but resting 90 seconds at the end of each round. Perform heavy triceps, resting 90 seconds between sets, and then proceed to the second MECH 3 combo, which is performed in the same manner as the first.

METABOLIC BICEPS - Spider Curls x 3 SETS OF 15-20RM to Failure

3 SETS - BREAKOUT "MECH 3" COMBO 1

A. BICEPS - Standing Supinating Curls (Together) x 12-15RM to Failure. (Upon reaching failure, using the same weight complete the exercises listed.)

B. BICEPS - Standing Supinating Curls (Alternating) x F

C. BICEPS - Hammer Curls (Alternating) x F

METABOLIC TRICEPS - Lying DB Triceps Extension x 3 SETS OF 15-20RM to Failure

3 SETS - BREAKOUT "MECH 3" COMBO 2

A. TRICEPS - Tricep Pushdowns x F

B. TRICEPS - Rowing Tricep Pushdowns x 12-15RM to Failure. (Upon reaching failure, using the same weight complete the exercises listed.)

C. TRICEPS - Alt. Rotational Pushdowns x F

BREAKOUT NOTE

NOTE: Keep rest to a minimum between exercises. Rest 90 seconds when completed and repeat for 3 rounds.

FRIDAY

META PUSH / FLOOD SETS

For Flood Sets perform 1/3 of the max reps from your Break-In Day this month every minute on the minute. Once you complete those reps, you will perform the corresponding Iso exercise for the balance of the minute and then immediately repeat until you have either done the exercise for 10 minutes or you cannot perform that number of reps again - whichever comes first. Rest 2-3 minutes after each combo. VHP combos are done in Hi-Ladder style with the first exercise in the combo performed in descending order and the second in ascending order. You have 10 minutes to complete each combo with 1 minute rest between the combos.

META PUSH / FLOOD SETS

- 50lb Goblet Squats (Flood Sets x 10 Minutes or Failure) - Seated Quad Set Squeeze Between Sets
- Pushups (Flood Sets x 10 Minutes or Failure) - Kneeling Arm Adduction Squeeze Between Sets

VHP SETS

VHP (Vertical Horizontal Push) Combo 1 - 1 SET HI-LADDER STYLE - YOU HAVE 10 MINUTES TO COMPLETE THIS

3A. Plate Press Outs (Use 1/2 of your 12RM - Perform reps in alternating descending order with plate presses - 20,18,16,15,14,13,12,11,10)

3B. Plate Presses (Use 1/2 of your 12RM - Perform reps in alternating ascending order with plate press outs - 10,11,12,13,14,15,16,18,20)

VHP (Vertical Horizontal Push) Combo 2 - 1 SET HI-LADDER STYLE - YOU HAVE 10 MINUTES TO COMPLETE THIS

4A. Side Lateral Raises (Use 1/2 of your 12RM - Perform reps in alternating descending order with wide arc presses - 20,18,16,15,14,13,12,11,10)

4B. Wide Arc Shoulder Presses (Use same weight as above - Perform reps in alternating ascending order with side lateral raises - 10,11,12,13,14,15,16,18,20)

SATURDAY

HEAVY PUSH (UNILATERAL+ ECCENTRIC)

Follow the instructions for each exercise for reps, sets and weight selection. Rest 60-90 seconds between sets unless otherwise noted. For the unilateral exercises performed to negative failure, check detailed instructions inside the portal if you are unsure how to perform these.

3 SETS - Deadlift - 5 Reps (Use 7RM - Rest 2 minutes between sets)

3 SETS - **UNILATERAL** - Single Leg RDL x 10-12RM each leg (forced eccentrics to negative failure - opposite leg assisted)

3 SETS - Underhand BB Row - 5 Reps (Use 7RM - Rest 2 minutes between sets)

3 SETS - **UNILATERAL** - 2-to-1 High Cable Row x 10-12RM each arm (forced eccentrics to negative failure - 2-to-1)

4 SETS - Barbell Curls - 4-8RM

HEAVY PUSH NOTE

NOTE: If you get all 5 reps on each of your 3 sets of your 3x5, move up 10lbs for barbell or 5 lbs for dumbbell next week. If not, re-use same weight as today.

SUNDAY

OFF

MONDAY

BREAKTHROUGH DAY

To perform each exercise properly, you will set a running clock for 5 minutes. Once you start the clock, perform the exercise to failure - once reached, take note of the time and the number of reps you did (they will be important throughout the month). You now have a mandatory 2 minute rest. Once the 2 minutes are up, start repping out again until you reach the 5 minute mark. This will equate to 3 minutes of work with a 2 minute resting period. Try to get as many reps as you can.

BREAKTHROUGH:

- 45LB PLATE HIGH HIP BUCKS - Metabolic Posterior Chain Legs x 3 MOW (Minutes of Work)
- PUSHUPS - Metabolic Upper Body Push x 3 MOW (Minutes of Work)
- 50LB GOBLET SQUATS - Metabolic Anterior Chain Legs x 3 MOW (Minutes of Work)
- INVERTED ROWS - Metabolic Upper Body Pull x 3 MOW (Minutes of Work)

BREAKTHROUGH NOTE

NOTE: Deduct 4 reps for every rest/stoppage after your mandatory 2 minute rest.

TUESDAY

HEAVY PUSH (UNILATERAL+ ECCENTRIC)

Follow the instructions for each exercise for reps, sets and weight selection. Rest 60-90 seconds between sets. The last exercise, Tubing External Rotation, is meant to strengthen your rotator cuff and does not call for you to set a new personal record. Focus on quality reps and make each one count.

- 3 SETS - Front Squat - 5 Reps (Use 7RM - Rest 2 minutes between sets)
- 3 SETS - **UNILATERAL** - DB Step Ups x 10-12RM each leg (forced eccentrics to negative failure - opposite leg assisted) - start with weaker leg to accommodate back to back nature of exercise
- 3 SETS - Bench Press - 5 Reps (Use 7RM - Rest 2 minutes between sets)
- 3 SETS - **UNILATERAL** - 3D Crossovers x 10RM x (forced eccentrics to negative failure - 2-to-1)
- 4 SETS - Lying DB Triceps Extensions - 4-8RM
- 3 SETS - Tubing External Rotation x 15 each arm

HEAVY PUSH NOTE

NOTE: If you get all 5 reps on each of your 3 sets of your 3x5, move up 10lbs for barbell or 5 lbs for dumbbell next week. If not, re-use same weight as today.

WEDNESDAY

META PULL / FLOOD SETS

For Flood Sets perform 1/3 of the max reps from your Break-In Day this month every minute on the minute. Once you complete those reps, you will perform the corresponding Iso exercise for the balance of the minute and then immediately repeat until you have either done the exercise for 10 minutes or you cannot perform that number of reps again - whichever comes first. Rest 2-3 minutes after each combo. The VHP Combos are done in X-Tinction style and follow the same protocol as you did earlier this month with the X-Tinction level being 50% of the initial rep total.

META PULL / FLOOD SETS

1. Inverted Rows (Flood Sets x 10 Minutes or Failure) - Iso Horizontal Row Scap Squeeze Between Sets
2. High Hip Bucks (Flood Sets x 10 Minutes or Failure) - Iso Long Leg Bridge Hold Between Sets

VHP SETS

VHP (Vertical Horizontal Pull) Combo 1 - 3 SETS X-TINCTION STYLE - REST 1 MINUTE BETWEEN EACH COMPLETED VHP SET

- 3A. Cable High Pulls x F (alternate between exercises without rest until one of them falls below 50% of your rep count from the first exercise)
- 3B. Cable Face Pulls x F

VHP (Vertical Horizontal Pull) Combo 2 - 3 SETS X-TINCTION STYLE - REST 1 MINUTE BETWEEN EACH COMPLETED VHP SET

- 4A. Tubing Jack Hammers x F (alternate between exercises without rest until one of them falls below 50% of your rep count from the first exercise)
- 4B. Band Pull Aparts x F

THURSDAY

BREAKOUT ARM DAY

For all exercises, follow the instructions for reps, sets and weight selection. Perform your heavy sets of biceps first, resting 90 seconds between each set and then move to the first MECH 3 combo. Do 3 rounds of the combo, taking no rest between exercises but resting 90 seconds at the end of each round. Perform heavy triceps, resting 90 seconds between sets, and then proceed to the second MECH 3 combo, which is performed in the same manner as the first.

METABOLIC BICEPS - Biceps Cable Curls x 3 SETS OF 15-20RM to Failure

3 SETS - BREAKOUT "MECH 3" COMBO 1

- A. BICEPS - Barbell Curls x 12-15RM to Failure
- B. BICEPS - Inverted Chin Curls x F
- C. BICEPS - Underhanded Inverted Rows x F

METABOLIC TRICEPS - Incline Triceps Kickback x 3 SETS OF 15-20RM to Failure

3 SETS - BREAKOUT "MECH 3" COMBO 2

- A. TRICEPS - Elbows Tucked DB Bench Press x 12-15RM to Failure
- B. TRICEPS - Decline Cobra Push Ups x F
- C. TRICEPS - BW Triceps Extension x F

BREAKOUT NOTE

NOTE: Keep rest to a minimum between exercises. Rest 90 seconds when completed and repeat for 3 rounds.

FRIDAY

META PUSH / SPEED REPS

The two combos performed in Speed Reps fashion will require you to perform 60 reps as quickly and explosively as possible. When you finish, rest 60 seconds and then proceed to perform 40 reps, followed by a 40 second rest, then 20 reps, 20 second rest, then 10 reps, followed by a 2-3 minute rest period before complete your 2nd set. The VHP Combos are done in X-Tinction style and follow the same protocol as you did earlier this week with the X-Tinction level being 50% of the initial rep total.

META PUSH / SPEED REPS

1. Goblet Squats - (Speed Reps x 60/40/20/10) - 2 SETS *Note: Use 1/3 of what you would use for 12RM on the exercise.
2. Pushups - (Speed Reps x 60/40/20/10) - 2 SETS *Note: If you can do 40 or more pushups in one set, do them on your toes. If less, from your knees)

VHP SETS

VHP (Vertical Horizontal Push) Combo 1 - 3 SETS X-TINCTION STYLE - REST 1 MINUTE AFTER EACH COMPLETED VHP SET

3A. Plate Press Outs x F (alternate between exercises without rest, using same weight until one of them falls below 50% of your rep count from the first exercise)

3B. Plate Presses x F

VHP (Vertical Horizontal Push) Combo 2 - 3 SETS X-TINCTION STYLE - REST 1 MINUTE AFTER EACH COMPLETED VHP SET

4A. Side Lateral Raises x F (alternate between exercises without rest using same weight until one of them falls below 50% of your rep count from the first exercise)

4B. Wide Arc Shoulder Presses x F

SATURDAY

HEAVY PULL (UNILATERAL+ ECCENTRIC)

Follow the instructions for each exercise for reps, sets and weight selection. Rest 60-90 seconds between sets unless otherwise noted. For the unilateral exercises performed to negative failure, check detailed instructions inside the portal if you are unsure how to perform these.

3 SETS - Deadlift - 5 Reps (Use 7RM - Rest 2 minutes between sets)

3 SETS - **UNILATERAL** - DB Heel Touch Squats x 10-12RM each leg (forced eccentrics to negative failure - opposite leg assisted)

3 SETS - Underhand BB Row - 5 Reps (Use 7RM - Rest 2 minutes between sets)

3 SETS - **UNILATERAL** - 1-Arm Straight Arm Pushdowns x 10-12RM each arm (forced eccentrics to negative failure - 2-to-1)

4 SETS - DB Hammer Curls - 4-8RM

3 SETS - Barbell Shrugs 1 1/2 Reps x 12RM

HEAVY PULL NOTE

NOTE: If you get all 5 reps on each of your 3 sets of your 3x5, move up 10lbs for barbell or 5 lbs for dumbbell next week. If not, re-use same weight as today.

SUNDAY

OFF

MONDAY

HEAVY PUSH (UNILATERAL+ ECCENTRIC)

Follow the instructions for each exercise for reps, sets and weight selection. Rest 60-90 seconds between sets. The last exercise, Tubing External Rotation, is meant to strengthen your rotator cuff and does not call for you to set a new personal record. Focus on quality reps and make each one count.

- 3 SETS - Front Squat - 5 Reps (Use 7RM - Rest 2 minutes between sets)
- 3 SETS - **UNILATERAL** - DB Step Ups x 10-12RM each leg (forced eccentrics to negative failure - opposite leg assisted) - start with weaker leg to accommodate back to back nature of exercise
- 3 SETS - Bench Press - 5 Reps (Use 7RM - Rest 2 minutes between sets)
- 3 SETS - **UNILATERAL** - 3D Crossovers x 10RM x (forced eccentrics to negative failure - 2-to-1)
- 4 SETS - Lying DB Triceps Extensions - 4-8RM
- 3 SETS - Tubing External Rotation x 15 each arm

HEAVY PUSH NOTE

NOTE: If you get all 5 reps on each of your 3 sets of your 3x5, move up 10lbs for barbell or 5 lbs for dumbbell next week. If not, re-use same weight as today.

TUESDAY

META PULL / SPEED REPS

The two combos performed in Speed Reps fashion will require you to perform 60 reps as quickly and explosively as possible. When you finish, rest 60 seconds and then proceed to perform 40 reps, followed by a 40 second rest, then 20 reps, 20 second rest, then 10 reps, followed by a 2-3 minute rest period before complete your 2nd set. VHP combos are done in Hi-Ladder style with the first exercise in the combo performed in descending order and the second in ascending order. You have 10 minutes to complete each combo with 1 minute rest between the combos.

META PULL / SPEED REPS

- 1. Inverted Rows - (Speed Reps x 60/40/20/10) - 2 SETS *Note: If you can do 40 or more inverted rows in one set, do them on your heels. If less, put feet flat.)
- 2. High Hip Bucks - (Speed Reps x 60/40/20/10) - 2 SETS

VHP SETS

VHP (Vertical Horizontal Pull) Combo 1 - 1 SET HI-LADDER STYLE - YOU HAVE 10 MINUTES TO COMPLETE THIS

- 3A. Cable High Pulls (Use 1/2 of your 12RM - Perform reps in alternating descending order with face pulls - 20,18,16,15,14,13,12,11,10)
- 3B. Cable Face Pulls (Use 1/2 of your 12RM - Perform reps in alternating ascending order with high pulls - 10,11,12,13,14,15,16,18,20)

VHP (Vertical Horizontal Pull) Combo 2 - 1 SET HI-LADDER STYLE - YOU HAVE 10 MINUTES TO COMPLETE THIS

- 4A. Tubing Jack Hammers (Perform reps in alternating descending order with pull aparts - 20,18,16,15,14,13,12,11,10)
- 4B. Band Pull Aparts (Perform reps in alternating ascending order with jack hammers - 10,11,12,13,14,15,16,18,20)

WEDNESDAY

HEAVY PULL (UNILATERAL+ ECCENTRIC)

Follow the instructions for each exercise for reps, sets and weight selection. Rest 60-90 seconds between sets unless otherwise noted. For the unilateral exercises performed to negative failure, check detailed instructions inside the portal if you are unsure how to perform these.

- 3 SETS - Deadlift - 5 Reps (Use 7RM - Rest 2 minutes between sets)
- 3 SETS - **UNILATERAL** - DB Heel Touch Squats x 10-12RM each leg (forced eccentrics to negative failure - opposite leg assisted)
- 3 SETS - Underhand BB Row - 5 Reps (Use 7RM - Rest 2 minutes between sets)
- 3 SETS - **UNILATERAL** - 1-Arm Straight Arm Pushdowns x 10-12RM each arm (forced eccentrics to negative failure - 2-to-1)
- 4 SETS - DB Hammer Curls - 4-8RM
- 3 SETS - Barbell Shrugs 1 1/2 Reps x 12RM

HEAVY PULL NOTE

NOTE: If you get all 5 reps on each of your 3 sets of your 3x5, move up 10lbs for barbell or 5 lbs for dumbbell next week. If not, re-use same weight as today.

THURSDAY

META PUSH / FLOOD SETS

For Flood Sets perform 1/3 of the max reps from your Break-In Day this month every minute on the minute. Once you complete those reps, you will perform the corresponding Iso exercise for the balance of the minute and then immediately repeat until you have either done the exercise for 10 minutes or you cannot perform that number of reps again - whichever comes first. Rest 2-3 minutes after each combo. VHP combos are done in Hi-Ladder style with the first exercise in the combo performed in descending order and the second in ascending order. You have 10 minutes to complete each combo with 1 minute rest between the combos.

META PUSH / FLOOD SETS

1. 50lb Goblet Squats (Flood Sets x 10 Minutes or Failure) - Seated Quad Set Squeeze Between Sets
2. Pushups (Flood Sets x 10 Minutes or Failure) - Kneeling Arm Adduction Squeeze Between Sets

VHP SETS

VHP (Vertical Horizontal Push) Combo 1 - 1 SET HI-LADDER STYLE - YOU HAVE 10 MINUTES TO COMPLETE THIS

3A. Plate Press Outs (Use 1/2 of your 12RM - Perform reps in alternating descending order with face pulls - 20,18,16,15,14,13,12,11,10)

3B. Plate Presses (Use 1/2 of your 12RM - Perform reps in alternating ascending order with high pulls - 10,11,12,13,14,15,16,18,20)

VHP (Vertical Horizontal Push) Combo 2 - 1 SET HI-LADDER STYLE - YOU HAVE 10 MINUTES TO COMPLETE THIS

4A. Side Lateral Raises (Use 1/2 of your 12RM - Perform reps in alternating descending order with wide arc presses - 20,18,16,15,14,13,12,11,10)

4B. Wide Arc Shoulder Presses (Use same weight as above - Perform reps in alternating ascending order with side lateral raises - 10,11,12,13,14,15,16,18,20)

FRIDAY

OFF

SATURDAY

METABOLIC BREAKOUT DAY

How to Perform Your Metabolic Breakout Day Workout: Do as many reps of each exercise as possible in a 3 minute period. You can rest as many times as you want for as long as you want during the 3 minute period, but take note of the fact that the clock is still ticking! Rest 2-3 minutes between exercises.

BREAKTHROUGH:

45LB PLATE HIGH HIP BUCKS - Metabolic Posterior Chain Legs x 3 Minutes AMRAP

PUSHUPS - Metabolic Upper Body Push x 3 Minutes AMRAP

50LB GOBLET SQUATS - Metabolic Anterior Chain Legs x 3 Minutes AMRAP

INVERTED ROWS - Metabolic Upper Body Pull x 3 Minutes AMRAP

SUNDAY

OFF