

MONDAY

BREAK-IN DAY

Perform each exercise with a 3 second eccentric. When those 3 seconds cannot be maintained the set is over. Rest 1 minute and repeat for 2 more rounds. Sum up all reps completed in the 3 rounds for your Eccentric Output on that exercise. Complete all 4 exercises in the same manner, resting 1 minute between rounds.

BREAK-IN:

- 3 SETS - PB GLUTE HAM RAISE x Eccentric Failure
- 3 SETS - PLYO PUSHUPS x Eccentric Failure
- 3 SETS - DB JUMP SQUATS x Eccentric Failure (Use 1/2 your bodyweight as combined dumbbell weight)
- 3 SETS - STEP UP PULL UPS x Eccentric Failure

TUESDAY

HEAVY CHEST | META SHOULDERS | ECC TRICEPS

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 8 Heavy Push workout to determine the weight you will use for Warm Up Progression, Touch Up Sets and Performance Sets. For Touch Up Sets refer to the Touch Up Calculator in the portal or on the PDF for Friday Week 2. Proceed to "Drop Out" and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

- 3 SETS - INCLINE DB PAUSE BENCH x 10
- DB BENCH PRESS x Warm Up Progression* x 2 Touch Up Sets and 5 Performance Sets
- *Warm-Up Weight Selection - 50% of Break-in x 3 / 75% of Break-in x 3 / 100% Break-in for 3 less than test.

1 ROUND - Metabolic Shoulders "Drop Out" **

"SORE IN 6" TRICEPS FINISHERS

- MINUTE 1 & 4: DB Incline Triceps Extensions "21" Style x AMRAP
- MINUTE 2 & 5: Inverted DB Kickbacks x AMRAP
- MINUTE 3 & 6: Eccentric Overload DB Modified French Press x AMRAP

** DB OHP, Push Press, High Pull, Plate 8's with 1 DB, Plate Press Out, Mule Kicks, Pike Pushups. Use 75% of your 10-12RM for dumbbell overhead presses and perform this entire sequence of exercises as a mechanical drop set without resting. As soon as you reach failure on an exercise, proceed to the next in the sequence and perform it to failure. Continue until failure is reached on your last exercise.

WEDNESDAY

HEAVY BACK | META UPPER BACK | ECC BICEPS

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 8 Heavy Pull workout to determine the weight you will use for Warm Up Progression, Touch Up Sets and Performance Sets. For Touch Up Sets refer to the Touch Up Calculator in the portal or on the PDF for Friday Week 2. Proceed to VHP Sets and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

- 3 SETS - TOUCH & GO ROWS x 10
- UNDERHAND BARBELL ROWS x Warm Up Progression* x 2 Touch Up Sets and 5 Performance Sets
- *Warm-Up Weight Selection - 50% of Break-in x 3 / 75% of Break-in x 3 / 100% Break-in for 3 less than test.

VHP SETS

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

- 3A. Cable Face 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 High 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)

"SORE IN 6" BICEPS FINISHERS

- MINUTE 1-5: Incline DB Curls/Seated DB Curls/Leaning DB Drag Curls x 5 reps each exercise (lower DBs to count of 3 seconds, raise DBs to count of 1 second)
- MINUTE 6: Incline DB Curls x TBD - Use knees to bring DBs up to starting position, slowly lower to focus on eccentric portion of the rep

THURSDAY

HEAVY SHOULDERS | META TRICEPS | ECC CHEST

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 1 Break In Day workout to determine the weight you will use. Perform 3 sub-maximal sets for 3 reps each and 1 set using the weight you chose for 1-4 reps as your warm-up. Then choose a weight that is 5% heavier for your 2 Touch-Up sets before performing your 5 Performance Sets with the weight you have chose as your 4-8 rep max. Proceed to "Cubed" and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - 1.5 REP SIDE LATERAL RAISE x 10

DB CHEAT LATERAL RAISES x 2 Touch Up Sets and 5 Performance Sets

1 ROUND - Metabolic Triceps "Cubed" **

"SORE IN 6" CHEST FINISHERS

MINUTE 1 & 5: Eccentric Floor Flys x AMRAP

MINUTE 2 & 4: DB Chest Pullovers x AMRAP

MINUTE 3: DB Crush Grip Press x AMRAP

MINUTE 6: Twisting Spiderman Pushups x AMRAP

** Use whatever weight you would use for a set of 21's on triceps pushdowns and bump up the weight by 20 lbs. Perform 7 reps in the top third of the pushdown. Drop 10 lbs on the stack and perform 7 reps in the bottom third. Drop 10 more lbs and perform the full 7 reps. Rest 30 seconds, add 10 lbs back and repeat the sequence. Do this a total of 5 times.

FRIDAY

HEAVY QUADS | META GLUTES / HAMS | ECC LEGS

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 8 Heavy Push workout to determine the weight you will use for Warm Up Progression, Touch Up Sets and Performance Sets. For Touch Up Sets refer to the Touch Up Calculator in the portal or on the PDF for Friday Week 2. Proceed to Flood Sets and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - PLATE RAISE SQUATS x 10

BB FRONT SQUATS x Warm Up Progression* x 2 Touch Up Sets and 5 Performance Sets

*Warm-Up Weight Selection - 50% of Break-in x 3 / 75% of Break-in x 3 / 100% Break-in for 3 less than test.

High Hip Bucks (FLOOD SETS) - 1/3 Max Reps (from month 2 BREAKOUT Day) - perform to F or 10 round max. (whichever comes first) every minute on the minute. Perform ISO Long Leg Bridge Hold for the balance of each minute.

"SORE IN 6" LEGS FINISHERS

Barbell Squat + Hold 10 reps + 10 second hold on last rep, 8+8, 6+6, 4+4, 2+2 (alternate sets with Stiff Legged Deadlift)

Stiff Legged Deadlift + Hold 10 reps + 10 second hold on last rep, 8+8, 6+6, 4+4, 2+2 (alternate sets with Barbell Squat)

NOTE: You will be alternating sets for this workout e.g., Barbell Squat 10 reps + 10 second isometric hold on the last rep, followed by Stiff Legged Deadlift x 10 reps + 10 second isometric hold on the last rep, then Barbell Squat x 8 reps + 8 second isometric hold on the last rep, etc.

SATURDAY

BREAKOUT ARMS

Perform each combo in Killswitch style, alternating between exercises until you can't hold for 10 seconds or can't perform half of your original rep total (note your first set total to determine your Killswitch end point). When reached, proceed to the next combo and apply the same rules. Complete 2-3 rounds of each combo in today's workout.

KILLSWITCH COMBO 1

1A. 2-3 ROUNDS - Banded Chin Ups x Failure

2A. 2-3 ROUNDS - Biceps Negative Chin Hold x 1 Rep To Negative Failure

KILLSWITCH COMBO 2

1A. 2-3 ROUNDS - Diamond Cutter Push Ups x Failure

2A. 2-3 ROUNDS - Seated Dip Holds x 1 Rep To Negative Failure

SUNDAY

OFF

MONDAY**HEAVY UPPER BACK | META BICEPS | ECC BACK**

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 1 Break In Day workout to determine the weight you will use. Perform 3 sub-maximal sets for 3 reps each and 1 set using the weight you chose for 1-4 reps as your warm-up. Then choose a weight that is 5% heavier for your 2 Touch-Up sets before performing your 5 Performance Sets with the weight you have chose as your 4-8 rep max. Proceed to "Cubed" and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - SEATED DB SHUGS X 10

RACK PULLS x 2 Touch Up Sets and 5 Performance Sets

1 ROUND - Metabolic Biceps "Cubed" **

"SORE IN 6" BACK FINISHERS

MINUTE 1 & 5: Lat Pulldown x AMRAP

MINUTE 2 & 6: DB Pullover "21" Style x AMRAP

MINUTE 3 & 4: Rotational High Row x AMRAP

** Use whatever weight you would use for a set of 21's on DB Biceps Curls and bump up two weights heavier on the rack. Perform 7 reps in the bottom third of the curl. Drop to the next lightest pair of dumbbells and perform 7 reps in the top third of the curl. Drop to the next lightest pair of dumbbells and perform the full 7 reps. Rest 30 seconds and jump back up to the next heavier pair and repeat the sequence. Do this a total of 5 times.

TUESDAY**HEAVY TRICEPS | META CHEST | ECC SHOULDERS**

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 1 Break In Day workout to determine the weight you will use. Perform 3 sub-maximal sets for 3 reps each and 1 set using the weight you chose for 1-4 reps as your warm-up. Then choose a weight that is 5% heavier for your 2 Touch-Up sets before performing your 5 Performance Sets with the weight you have chose as your 4-8 rep max. Proceed to Flood Sets and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - TRICEPS PULLOVERS X 10

LYING DB TRICEPS EXTENSIONS x 2 Touch Up Sets and 5 Performance Sets

Push-Ups (FLOOD SETS) - 1/3 Max Reps (from month 2 BREAKOUT Day) - perform to F or 10 round max. (whichever comes first) every minute on the minute. Perform Kneeling Arm Adduction Squeeze for the balance of each minute.

"SORE IN 6" SHOULDER FINISHERS

MINUTE 1: Incline DB Front Raise x AMRAP

MINUTE 2 & 3: Leaning Middle Delt DB Raise (1 minute each arm) x AMRAP

MINUTE 4 & 5: Leaning 1-Arm Reverse Fly (1 minute each arm) x AMRAP

MINUTE 6: Seated Overhead Press x AMRAP

WEDNESDAY**HEAVY BICEPS | META BACK | ECC TRAPS**

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 1 Break In Day workout to determine the weight you will use. Perform 3 sub-maximal sets for 3 reps each and 1 set using the weight you chose for 1-4 reps as your warm-up. Then choose a weight that is 5% heavier for your 2 Touch-Up sets before performing your 5 Performance Sets with the weight you have chose as your 4-8 rep max. Proceed to Flood Sets and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - LEANING CABLE CURLS X 10

BB CURLS X 2 Touch Up Sets & 5 Performance Sets

Inverted Rows (FLOOD SETS) - 1/3 Max Reps (from month 2 BREAKOUT Day) - perform to F or 10 round max. (whichever comes first) every minute on the minute. Perform Horizontal Row Scap Squeeze for the balance of each minute.

"SORE IN 6" TRAPS FINISHERS

MINUTES 1-6: Barbell Shrug + Hold (10 reps + 10 second hold on last rep, 9 reps + 9 second hold on last rep, 8 reps + 8 second hold, etc.) If you need to put the bar down, perform Overhead Plate Trap Raise for 10 reps, then resume shrugs wherever you left off. If finished before 6 minutes is up, perform ISO Trap Hold for the remaining time.

THURSDAY

HEAVY GLUTES / HAMS | META QUADS | ECC LEGS

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 8 Heavy Push workout to determine the weight you will use for Warm Up Progression, Touch Up Sets and Performance Sets. For Touch Up Sets refer to the Touch Up Calculator in the portal or on the PDF for Friday Week 2. Proceed to Flood Sets and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - 1.5 REP DEADLIFT x 10

DEADLIFT x Warm-Up Progression* x 2 Touch Up Sets & 5 Performance Sets

*Warm-Up Weight Selection - 50% of Break-in x 3 / 75% of Break-in x 3 / 100% Break-in for 3 less than test.

Goblet Squats (FLOOD SETS) - 1/3 Max Reps (from month 2 BREAKOUT Day) - perform to F or 10 round max. (whichever comes first) every minute on the minute. Perform Seated Quad Set for the balance of each minute.

"SORE IN 6" LEGS FINISHERS

Barbell Squat + Hold 10 reps + 10 second hold on last rep, 8+8, 6+6, 4+4, 2+2 (alternate sets with Stiff Legged Deadlift)

Stiff Legged Deadlift + Hold 10 reps + 10 second hold on last rep, 8+8, 6+6, 4+4, 2+2 (alternate sets with Barbell Squat)

NOTE: You will be alternating sets for this workout e.g., Barbell Squat 10 reps + 10 second isometric hold on the last rep, followed by Stiff Legged Deadlift x 10 reps + 10 second isometric hold on the last rep, then Barbell Squat x 8 reps + 8 second isometric hold on the last rep, etc.

FRIDAY

BREAKOUT ARMS

Perform each combo in Killswitch style, alternating between exercises until you can't hold for 10 seconds or can't perform half of your original rep total (note your first set total to determine your Killswitch end point). When reached, proceed to the next combo and apply the same rules. Complete 2-3 rounds of each combo in today's workout.

KILLSWITCH COMBO 1

1A. 2-3 ROUNDS - Biceps Cable Curls x Failure with 12-15RM

2A. 2-3 ROUNDS - Cable Curl Squat Hold x 1 Rep To Negative Failure

KILLSWITCH COMBO 2

1A. 2-3 ROUNDS - Triceps Pushdowns x Failure with 12-15RM

2A. 2-3 ROUNDS - Cheat Pushdown Holds x 1 Rep to Negative Failure

SATURDAY

OFF

SUNDAY

BREAKTHROUGH DAY

Perform each exercise with a 3 second eccentric. When those 3 seconds cannot be maintained the set is over. Rest 1 minute and repeat for 2 more rounds. Sum up all reps completed in the 3 rounds for your Eccentric Output on that exercise. Complete all 4 exercises in the same manner, resting 1 minute between rounds. You must equal or beat your totals from Break-In Day!

BREAKTHROUGH:

3 SETS - PB GLUTE HAM RAISE x Eccentric Failure

3 SETS - PLYO PUSHUPS x Eccentric Failure

3 SETS - DB JUMP SQUATS 3 x Eccentric Failure (Use 1/2 your bodyweight as combined dumbbell weight)

3 SETS - STEP UP PULL UPS 3 x Eccentric Failure

MONDAY

HEAVY CHEST | META SHOULDERS | ECC TRICEPS

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 8 Heavy Push workout to determine the weight you will use for Warm Up Progression, Touch Up Sets and Performance Sets. For Touch Up Sets refer to the Touch Up Calculator in the portal or on the PDF for Friday Week 2. Proceed to "Lights Out" and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - ELBOWS TUCKED FLOOR PRESS x 10

DB BENCH x Warm-Up Progression* x 2 Touch Up Sets & 5 Performance Sets

*Warm-Up Weight Selection - 50% of Break-in x 3 / 75% of Break-in x 3 / 100% Break-in for 3 less than test.

1 ROUND - Metabolic Shoulders "Lights Out" **

"SORE IN 6" TRICEPS FINISHERS

MINUTE 1 & 4: DB Incline Triceps Extensions "21" Style x AMRAP

MINUTE 2 & 5: Inverted DB Kickbacks x AMRAP

MINUTE 3 & 6: Eccentric Overload DB Modified French Press x AMRAP

** Incline Inv. DB Laterals x F > DB Rear Delt Row X F > Lateral Raise X F > Hi Pull X F > Front Raise X F > Overhead Press X F Use your 10-12RM for Incline Inverted DB Laterals and perform this entire sequence of exercises as a mechanical advantage set without resting. As soon as you reach failure on an exercise, proceed to the next in the sequence and perform it to failure. Continue until failure is reached on your last exercise.

TUESDAY

HEAVY BACK | META UPPER BACK | ECC BICEPS

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 8 Heavy Push workout to determine the weight you will use for Warm Up Progression, Touch Up Sets and Performance Sets. For Touch Up Sets refer to the Touch Up Calculator in the portal or on the PDF for Friday Week 2. Proceed to VHP Combo and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - BB DRAG CURLS X 10

UNDERHAND BB ROW x Warm-Up Progression* x 2 Touch Up Sets & 5 Performance Sets

*Warm-Up Weight Selection - 50% of Break-in x 3 / 75% of Break-in x 3 / 100% Break-in for 3 less than test.

VHP SETS

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

3A. Cable High Pulls x F (alternate betw. exercises without rest, using same weight until one falls below 50% of your rep count from first exercise)

3B. Cable Face Pulls x F

"SORE IN 6" BICEPS FINISHERS

MINUTE 1-5: Incline DB Curls/Seated DB Curls/Leaning DB Drag Curls x 5 reps each exercise (lower DBs to count of 3 secs, raise DBs 1 sec)

MINUTE 6: Incline DB Curls x TBD - Use knees to bring DBs up to starting position, slowly lower to focus on eccentric portion of the rep

WEDNESDAY

HEAVY SHOULDERS | META TRICEPS | ECC CHEST

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 1 Break In Day workout to determine the weight you will use. Perform 3 sub-maximal sets for 3 reps each and 1 set using the weight you chose for 1-4 reps as your warm-up. Then choose a weight that is 5% heavier for your 2 Touch-Up sets before performing your 5 Performance Sets with the weight you have chose as your 4-8 rep max. Proceed to "Bail Out" and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - DB HIP DRAGS X 10

DB CHEAT LATERAL RAISES x 2 Touch Up Sets and 5 Performance Sets

1 ROUND - Metabolic Triceps "Bail Out" **

"SORE IN 6" CHEST FINISHERS

MINUTE 1 & 5: Eccentric Floor Flys x AMRAP

MINUTE 2 & 4: DB Chest Pullovers x AMRAP

MINUTE 3: DB Crush Grip Press x AMRAP

MINUTE 6: Twisting Spiderman Pushups x AMRAP

** Choose your 12RM for tricep pushdowns and perform 10 reps. Rest 10 seconds and perform 9 reps. Rest 10 seconds and attempt 8 reps, etc. If at any point you cannot complete your rep total, immediately drop to next lightest weight on the stack and finish your reps. Continue this descending ladder until you've completed your last single rep. When done, multiply the number of times you dropped the stack by 10 and perform that many reps in rest pause fashion (without letting the stack rest) using half as much weight as you started the workout with.

BAIL OUT NOTE

NOTE: If your weight drops past half of what you started with in order to complete the initial portion of this, simply drop to the next lightest weight to perform your multiplier reps at the end.

THURSDAY

HEAVY QUADS | META GLUTES / HAMS | ECC LEGS

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 8 Heavy Push workout to determine the weight you will use for Warm Up Progression, Touch Up Sets and Performance Sets. For Touch Up Sets refer to the Touch Up Calculator in the portal or on the PDF for Friday Week 2. Proceed to Speed Reps and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - THRUSTERS x 10

BB FRONT SQUAT x Warm-Up Progression* x 2 Touch Up Sets & 5 Performance Sets

*Warm-Up Weight Selection - 50% of Break-in x 3 / 75% of Break-in x 3 / 100% Break-in for 3 less than test.

High Hip Bucks - (SPEED REPS x 60/40/20/10) - 2 SETS - Perform 60 reps as quickly and explosively as possible. When done, rest 60 seconds and perform 40 reps. Rest 40 seconds and perform 20 reps. Rest 20 seconds and complete your final 10 reps. If you must rest at any point, keep it to a strict 5 second rest/pause and resume repping. Rest 2-3 minutes after each completed set of speed reps.

"SORE IN 6" LEGS FINISHERS

Barbell Squat + Hold 10 reps + 10 second hold on last rep, 8+8, 6+6, 4+4, 2+2 (alternate sets with Stiff Legged Deadlift)

Stiff Legged Deadlift + Hold 10 reps + 10 second hold on last rep, 8+8, 6+6, 4+4, 2+2 (alternate sets with Barbell Squat)

NOTE: You will be alternating sets for this workout e.g., Barbell Squat 10 reps + 10 second isometric hold on the last rep, followed by Stiff Legged Deadlift x 10 reps + 10 second isometric hold on the last rep, then Barbell Squat x 8 reps + 8 second isometric hold on the last rep, etc.

FRIDAY

BREAKOUT ARMS

Perform each combo in Killswitch style, alternating between exercises until you can't hold for 10 seconds or can't perform half of your original rep total (note your first set total to determine your Killswitch end point). When reached, proceed to the next combo and apply the same rules. Complete 2-3 rounds of each combo in today's workout.

KILLSWITCH COMBO 1

1A. 2-3 ROUNDS - Biceps Cable Curls x Failure with 12-15RM

2A. 2-3 ROUNDS - Cable Curl Squat Hold x 1 Rep To Negative Failure

KILLSWITCH COMBO 2

1A. 2-3 ROUNDS - Triceps Pushdowns x Failure with 12-15RM

2A. 2-3 ROUNDS - Cheat Pushdown Holds x 1 Rep to Negative Failure

SATURDAY

OFF

SUNDAY

HEAVY UPPER BACK | META BICEPS | ECC BACK

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 1 Break In Day workout to determine the weight you will use. Perform 3 sub-maximal sets for 3 reps each and 1 set using the weight you chose for 1-4 reps as your warm-up. Then choose a weight that is 5% heavier for your 2 Touch-Up sets before performing your 5 Performance Sets with the weight you have chose as your 4-8 rep max. Proceed to "Bail Out" and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - BARBELL SHRUGS X 10

RACK PULLS x 2 Touch Up Sets and 5 Performance Sets

1 ROUND - Metabolic Biceps "Bail Out" **

"SORE IN 6" BACK FINISHERS

MINUTE 1 & 5: Lat Pulldown x AMRAP

MINUTE 2 & 6: DB Pullover "21" Style x AMRAP

MINUTE 3 & 4: Rotational High Row x AMRAP

** Choose your 12RM for dumbbell biceps curls and perform 10 reps. Rest 10 seconds and perform 9 reps. Rest 10 seconds and attempt 8 reps, etc. If at any point you cannot complete your rep total, immediately drop to the next lightest set of dumbbells and finish your reps. Continue this descending ladder until you've completed your last single rep. When done, multiply the number of times you dropped to lighter dumbbells by 10 and perform that many reps in rest pause fashion (without putting down your dumbbells) using half as much weight as you started the workout with.

BAIL OUT NOTE

NOTE: If your weight drops past half of what you started with in order to complete the initial portion of this, simply drop to the next lightest weight to perform your multiplier reps at the end.

MONDAY

HEAVY TRICEPS | METABOLIC CHEST | ECC SHOULDERS

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 1 Break In Day workout to determine the weight you will use. Perform 3 sub-maximal sets for 3 reps each and 1 set using the weight you chose for 1-4 reps as your warm-up. Then choose a weight that is 5% heavier for your 2 Touch-Up sets before performing your 5 Performance Sets with the weight you have chose as your 4-8 rep max. Proceed to Speed Reps and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - TRICEP DB BUMPER EXTENSIONS x 10

LYING DB TRICEPS EXTENSIONS x 2 Touch Up Sets & 5 Performance Sets

Pushups - (SPEED REPS x 60/40/20/10) - 2 SETS - Perform 60 reps as quickly and explosively as possible. When done, rest 60 seconds and perform 40 reps. Rest 40 seconds and perform 20 reps. Rest 20 seconds and complete your final 10 reps. If you must rest at any point, keep it to a strict 5 second rest/pause and resume repping. Rest 2-3 minutes after each completed set of speed reps.

"SORE IN 6" SHOULDER FINISHERS

MINUTE 1: Incline DB Front Raise x AMRAP

MINUTE 2 & 3: Leaning Middle Delt DB Raise (1 minute each arm) x AMRAP

MINUTE 4 & 5: Leaning 1-Arm Reverse Fly (1 minute each arm) x AMRAP

MINUTE 6: Seated Overhead Press x AMRAP

TUESDAY

HEAVY QUADS | META GLUTES / HAMS | ECC LEGS

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 8 Heavy Push workout to determine the weight you will use for Warm Up Progression, Touch Up Sets and Performance Sets. For Touch Up Sets refer to the Touch Up Calculator in the portal or on the PDF for Friday Week 2. Proceed to Speed Reps and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - RACK PULLS x 10

DEADLIFT x Warm-Up Progression* x 2 Touch Up Sets & 5 Performance Sets

*Warm-Up Weight Selection - 50% of Break-in x 3 / 75% of Break-in x 3 / 100% Break-in for 3 less than test.

Goblet Squats - (SPEED REPS x 60/40/20/10) - 2 SETS - Perform 60 reps as quickly and explosively as possible. When done, rest 60 seconds and perform 40 reps. Rest 40 seconds and perform 20 reps. Rest 20 seconds and complete your final 10 reps. If you must rest at any point, keep it to a strict 5 second rest/pause and resume repping. Rest 2-3 minutes after each completed set of speed reps.

"SORE IN 6" LEGS FINISHERS

Barbell Squat + Hold 10 reps + 10 second hold on last rep, 8+8, 6+6, 4+4, 2+2 (alternate sets with Stiff Legged Deadlift)

Stiff Legged Deadlift + Hold 10 reps + 10 second hold on last rep, 8+8, 6+6, 4+4, 2+2 (alternate sets with Barbell Squat)

NOTE: You will be alternating sets for this workout e.g., Barbell Squat 10 reps + 10 second isometric hold on the last rep, followed by Stiff Legged Deadlift x 10 reps + 10 second isometric hold on the last rep, then Barbell Squat x 8 reps + 8 second isometric hold on the last rep, etc.

WEDNESDAY

HEAVY BICEPS | META BACK | ECC TRAPS

Perform the first exercise in today's workout for 3 sets of 10 reps. For the second exercise use the same weight you used in Week 1 Break In Day workout to determine the weight you will use. Perform 3 sub-maximal sets for 3 reps each and 1 set using the weight you chose for 1-4 reps as your warm-up. Then choose a weight that is 5% heavier for your 2 Touch-Up sets before performing your 5 Performance Sets with the weight you have chose as your 4-8 rep max. Proceed to Speed Reps and "Sore In 6". Rest 45-60 seconds between Break-Up sets and 90 seconds to 2 minutes between Touch Up Sets and Performance Sets.

3 SETS - DB SPIDER CURLS x 10

BB CURLS x 2 Touch Up Sets & 5 Performance Sets

Inverted Rows - (SPEED REPS x 60/40/20/10) - 2 SETS - Perform 60 reps as quickly and explosively as possible. When done, rest 60 seconds and perform 40 reps. Rest 40 seconds and perform 20 reps. Rest 20 seconds and complete your final 10 reps. If you must rest at any point, keep it to a strict 5 second rest/pause and resume repping. Rest 2-3 minutes after each completed set of speed reps.

"SORE IN 6" TRAPS FINISHERS

MINUTES 1-6: Barbell Shrug + Hold (10 reps + 10 second hold on last rep, 9 reps + 9 second hold on last rep, 8 reps + 8 second hold, etc.) If you need to put the bar down, perform Overhead Plate Trap Raise for 10 reps, then resume shrugs wherever you left off. If finished before 6 minutes is up, perform ISO Trap Hold for the remaining time.

THURSDAY

OFF

FRIDAY

BREAKOUT DAY: MONTH 1

Choose a weight that will cause you to reach failure anywhere in the 4-8 rep range for each of the four exercises. Follow the warmup protocol provided (based on your weight selection) and perform your test set. Make note of the weight used and reps performed for each exercise. You will need this information for future workouts this month. Rest 45-60 seconds between sets.

BREAKOUT:

FRONT SQUAT - Bar (joint warmup) ==> ~ 1/2 of test weight x 15 ==> 3/4 of test weight x 6 pause ==> 4-8 Rep Test
DB BENCH PRESS - Light (joint warmup) ==> ~ 1/2 of test weight x 15 ==> 3/4 of test weight x 6 pause ==> 4-8 Rep Test
DEADLIFT - KB Swings (joint warmup) ==> ~ 1/2 of test weight x 15 ==> 3/4 of test weight x 8 ==> 4-8 Rep Test
ROW - Bar (joint warmup) ==> ~ 1/2 of test weight x 15 ==> 3/4 of test weight x 8 ==> 4-8 Rep Test

SATURDAY

BREAKOUT DAY: MONTH 2

Perform as many reps as possible in 3 straight running minutes. You may rest as often as you like without penalty, but realize that your clock is ticking and you are losing valuable seconds. You will need to beat your initial Break-In total, without the benefit of the 2 minute rest you were granted the first time you did this.

BREAKOUT:

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)

SUNDAY

BREAKOUT DAY: MONTH 3

Perform each exercise with a 3 second eccentric. When those 3 seconds cannot be maintained the set is over. Rest 1 minute and repeat for 2 more rounds. Sum up all reps completed in the 3 rounds for your Eccentric Output on that exercise. Complete all 4 exercises in the same manner, resting 1 minute between rounds.

BREAK-IN:

3 SETS - PB GLUTE HAM RAISE x Eccentric Failure
3 SETS - PLYO PUSHUPS x Eccentric Failure
3 SETS - DB JUMP SQUATS x Eccentric Failure (Use 1/2 your bodyweight as combined dumbbell weight)
3 SETS - STEP UP PULL UPS x Eccentric Failure