

DAY 1**ULTIMATE ARMS: FIRING RANGE**

How to Perform Today's Ultimate Arm Workout - Choose a weight that you would normally use to reach failure at 10-12 regular reps and perform the set using 1 1/2 reps. This should cause you to reach failure within the 5-7 rep range. Upon reaching failure, immediately cut the weight in half and proceed into the second half of the set. Here; you will attempt to complete at least twice as many reps as you did in the first half, before reaching failure. Remember, the rest time between halves of the doubling set is just as long as it takes you to cut the weight in half. 60 second rest is allowed between completed doubling sets.

Your rest time within Doubling Sets is just enough time to cut the weight in half and transition into the second half of the set. Rest time between completed Doubling Sets is 60 seconds.

BICEPS:

No Mo Curls x 5-7 reps (1 1/2 reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

DB Spider Curls x 5-7 reps (1 1/2 reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

DB Hammer Curls x 5-7 reps (1 1/2 reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

TRICEPS:

Elbows Tucked DB Bench Press x 5-7 reps (1 1/2 reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

Inverted DB Tricep Kickbacks x 5-7 reps (1 1/2 reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

Incline DB Tricep X-tensions x 5-7 reps (1 1/2 reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

DAY 2**C-4 BURST TRAINING (THE PIT)**

How to Perform Today's C-4 Burst Workout - In today's workout, you will experience the unique conditioning and forearm blitz known as C-4, first hand by alternating between the forearm/grip reliant dead arm hang and a jump rope drill. If at any time during any round you are unable to hang for the required time you will find yourself in "the pit". Only way out, is to work your way out! Perform 100 Finger Tip Mountain Climbers and it's back to the bar to complete your hang...and your workout! Should your grip slip again, you'll earn another trip to the pit and have to climb out yet again. Will you conquer "The Pit" or will it just become the pits for you?

COMPLETE THE FOLLOWING CIRCUIT:**ROUND 1:**

Dead Arm Hang x 90 seconds

Jump Rope - Two Foot Hops x 100 reps

REST 30 SECONDS

ROUND 3:

Dead Arm Hang x 45 seconds

Jump Rope - High Knees x 50 reps each leg /

Rope Squats x 25 reps / **Two Foot Hops** x 100 reps

REST 30 SECONDS

ROUND 2:

Dead Arm Hang x 60 seconds

Jump Rope - High Knees x 50 reps each leg /

Two Foot Hops x 100 reps

REST 30 SECONDS

ROUND 4:

Dead Arm Hang x 30 seconds

Jump Rope - High Knees x 50 reps each leg / **Rope Squats** x 25 reps / **Double Unders** x 25 reps / **Two Foot Hops** x 100 reps

REST 2 MINUTES AND REPEAT ONE MORE TIME THROUGH.

Note: Each time you are unable to complete your dead arm hang without releasing the bar, you'll need to perform 100 finger tip mountain climbers and then resume your position on the bar for the remaining time. All jump rope reps must be completed before moving on to the bar. There is no penalty for hitting the rope, however you should aim to complete all jumps without ever doing so.

DAY 3

APEX LEG TRAINING

Rest 60-90 seconds between BPC and UAC sets. No rest between exercises within the APEX circuit. 90 seconds between completed rounds of the circuit.

BILATERAL POSTERIOR CHAIN (BPC)

Deadlifts 4 x 8 reps

UNILATERAL ANTERIOR CHAIN (UAC)

DB Bulgarian Split Squats 4 x 10-12 reps each leg

APEX CIRCUIT (APEX)

- A. DB Crush Grip Squats (Anterior)** x 12-15 reps
- B. DB Sprinter Lunges (Posterior)** x 10 reps each leg
- C. DB/KB Swings (Explosive)** x 20 reps

REST 90 SECONDS AND REPEAT FOR A TOTAL OF 3 ROUNDS

DAY 4

UPPER BODY STRENGTH: PULL (WITH BICEPS RE-AX-TION)

Rest 60-90 seconds between traditional sets. Transitional rest only for the duration of the 21 Rack Salute.

UPPER PULL

Underhand Barbell Dead Rows (AUX) 3 x 8-10 reps

Landmine Parallel Rows 3 x 10-12 reps each arm

Weighted Pullups 3-4 reps x F

Prone Grip Dual Handle Pulldowns 3-4 x 10-12 reps

Cable/Tubing Face Pulls 3 x 12-15 reps

BICEPS RE-AX-TION SET

21 Rack Salute - Standing DB Curls (Run the Rack)

Note on BICEPS RE-AX-TION SET: Perform 7 reps each in bottom, top and full range of motion for each weight used (21 style). Run the rack by dropping 10 lbs until using 30lbs and then drop 5 lbs until you're using 15lbs. Total number of reps performed is dependent upon how heavy you start.

DAY 5

UPPER BODY STRENGTH: PUSH (WITH TRICEPS RE-AX-TION)

Rest 60-90 seconds between traditional sets. Transitional rest only for the duration of the 21 Stack Salute.

UPPER PULL

Reverse Iron Cross (AUX) 3 x F

Incline DB Bench Press 3-4 x 10-12 reps

DB Wide Arc Shoulder Press 3-4 x 8-10 reps

Weighted Dips (Planche Mod) 3 x F

Prowler Push Ups 3 x F

TRICEPS RE-AX-TION SET

21 Stack Salute - Tricep Pushdowns (Run the Stack)

Note on TRICEPS RE-AX-TION SET: Use slightly less than your normal 10-12RM as your starting weight. Lighten the stack by 10lbs each time you fail until you cannot perform any meaningful reps. For a more intense challenge, perform each in "21" style with 7 reps in the top half, 7 in the bottom half and 7 full reps at each plate level! Total number of reps performed is dependent upon how heavy you start.

DAY 8**ULTIMATE ARMS: FIBER OPT-X**

How to Perform Today's Ultimate Arm Workout - Perform the prescribed sets in a circuit fashion, moving from one exercise to the next with only enough rest to get in position. For the Fiber Blast sets, it's important to select a weight that is slightly less than you're used to because the pulsing portion of the set is harder than a lot of people realize. In order to truly maximize the intensity of that contraction, it's important that you have complete command over the weight so you're not giving into momentum. It's also important to focus on contracting the triceps during the stretch portion of the biceps curl to achieve greater strength on the biceps contraction.

Rest time within each combo is transitional.
Rest time between completed combos is 60-90 seconds.

BICEPS - 4 SETS EACH:

- 1A.** Fiber Blast - **Inverted Chin Curls** x F
- 1B.** Stretch Reflex - **Incline DB Curls** x F

- 2A.** Fiber Blast - **3-D Curls** x F
- 2B.** Stretch Reflex - **Incline DB Curls** x F

Note: Remember to contract the triceps actively prior to every rep of the incline curls to further enhance the strength of the biceps contraction.

TRICEPS - 4 SETS EACH:

- 1A.** Fiber Blast - **Rocking Tricep Pushdowns** x F
- 1B.** Stretch Reflex - **Lying Triceps X-tensions** x F

- 2A.** Fiber Blast - **Cobra Pushups** x F
- 2B.** Stretch Reflex - **Lying Triceps X-tensions** x F

DAY 9**C-4 BURST TRAINING (DON'T DROP THE BELL 2.0)**

How to Perform Today's C4 Burst Workout - Today's workout will continue the assault on your cardiovascular system while simultaneously crushing your grip and arm strength/endurance. You will perform each of the prescribed exercises for 10 reps followed by 30 seconds of Kettlebell swings. You will not be able to drop the bell until you've reached the end of the circuit and reached the 60 second rest period. If at any point you need to put the bell down you will accrue punishment reps. These punishment reps come in the form of 5 burpees. Keep track of your punishment number and perform the burpees at the end of the workout...preferably in one straight set.

COMPLETE 4 ROUNDS OF THE FOLLOWING**EXERCISES:**

- 1. KB/DB Step Back Curls** x 10 reps
REST 30 SECONDS IN 90 DEGREE ELBOW BEND POSITION
- 2. KB/DB Swings** x 30 reps
REST 30 SECONDS IN 90 DEGREE ELBOW BEND POSITION
- 3. KB/DB Press Outs** x 10 reps
REST 30 SECONDS IN 90 DEGREE ELBOW BEND POSITION
- 4. KB/DB Swings** x 30 reps
REST 30 SECONDS IN 90 DEGREE ELBOW BEND POSITION
- 5. KB/DB Thrusters** x 10 reps

REST 60 SECONDS AND REPEAT UNTIL ALL ROUNDS ARE COMPLETE

Note: Each time you have to put the bell down, you are penalized 5 burpees. Add all burpees up and perform as one set at the end of the workout.

DAY 10**APEX LEG TRAINING**

Rest 60-90 seconds between BAC and UPC sets. No rest between exercises within the APEX circuit.
90 seconds between completed rounds of the circuit.

BILATERAL ANTERIOR CHAIN (BAC)

High Bar Squats 4 x 8-10 reps

UNILATERAL ANTERIOR CHAIN (UAC)

DB Single Leg RDL's 4 x 10-12 reps each leg

APEX CIRCUIT (APEX)

- A. Prisoner Squats (Anterior) x 30 reps
- B. High Hip Bucks (Posterior) x 30 reps
- C. 3-Way Speed Lunge (Explosive) x 10 reps each direction

REST 90 SECONDS AND REPEAT FOR A TOTAL OF 3 ROUNDS

DAY 11**UPPER BODY STRENGTH: PULL (WITH BICEPS RE-AX-TION)**

Rest 60-90 seconds between traditional sets.
Rest 30-60 seconds each time you fail on the way to completing Blast and Burn.

UPPER PULL

Underhand Barbell Dead Rows (AUX) 3 x 8-10 reps
Landmine Offset Underhand Row (AUX) 3 x 10-12 reps each arm
Weighted Pullups 3-4 x F
Prone Grip Dual Handle Pulldowns 3-4 x 10-12 reps
Cable/Tubing Face Pulls 3 x 12-15 reps

BICEPS RE-AX-TION SET

Blast and Burn - DB Spider Curls x 100 reps

Note on BICEPS RE-AX-TION SET: Use approximately 20% less weight than you would use for a full range of motion 12RM Spider Curl.

DAY 12**UPPER BODY STRENGTH: PUSH (WITH TRICEPS RE-AX-TION)**

Rest 60-90 seconds between traditional sets.
Rest 30-60 seconds each time you fail on the way to completing Blast and Burn.

UPPER PUSH

Reverse Iron Cross (AUX) 3 x F
Incline DB Squeeze Press (AUX) 3-4 x 10-12 reps
DB Wide Arc Shoulder Press 3-4 x 8-10 reps
Weighted Dips (Planche Mod) 3 x F
Prowler Push Ups 3 x F

TRICEPS RE-AX-TION SET

Blast and Burn - DB Inverted Kickbacks x 100 reps

Note on TRICEPS RE-AX-TION SET: Use approximately 20% less weight than you would use for a full range of motion 12RM Kickback.

DAY 15**ULTIMATE ARMS: CXc**

How to Perform Today's Ultimate Arm Workout - Perform the first straight set using your usual 10-12 rep max. As always, look to increase the weight whenever possible without sacrificing form. Upon completion of the set 1, jump immediately into the set 2; utilizing a 40 on / 20 off, 30 on / 30 off, 20 on / 40 off etc... upon completing the reps in set 2 move immediately onto set 3 using 50% of the weight you used in set 1. Make sure you leave it all on the table with this set pushing through the burn.

30 seconds between each exercise within a cXc.

Rest as prescribed during the eccentric drop; 60-90 seconds between cXc's.

BICEPS - 5 ROUNDS:

Concentric - Standing Alternating DB Curls x F (10-12RM)

REST 30 SECONDS

Eccentric Drop - Negative Hangs x 40 on / 20 off => 30 on / 30 off => 20 on / 40 off => 10 seconds on

REST 30 SECONDS

Concentric - Standing Alternating DB Curls x F (50% of original weight used)

TRICEPS - 5 ROUNDS:

Concentric - Elbows Tucked DB Bench Press x F (10-12RM)

REST 30 SECONDS

Eccentric Drop - Bodyweight Tricep Extensions x 40 on / 20 off => 30 on / 30 off => 20 on / 40 off => 10 seconds on

REST 30 SECONDS

Concentric - Elbows Tucked DB Bench Press x F (50% of original weight used)

DAY 16**C-4 BURST TRAINING (HEAVY HANDED)**

How to Perform Today's C4 Burst Workout - Perform the prescribed exercises in circuit fashion. Make every attempt to push through the pain and work for the entire amount of time/reps given. Use an empty olympic barbell for this workout. Upon completing the forearm circuit you will perform 200 single unders taking your final 60 second rest period only after you've accumulated all 200 jumps. After your rest period start back at the top and work your way down through the circuit again for a total of 5 rounds. There is no punishment for breaks during this workout but that doesn't mean you should take any!

COMPLETE 5 ROUNDS OF THE FOLLOWING:**EXERCISES:**

Barbell Wring Outs (underhand) x 60 seconds

Barbell Wring Outs (overhand reverse) x 60 seconds

Barbell Wring Outs (switch grip) x 10 reps each (right over left / left over right)

Jump Rope - Two Foot Hops x 200 jumps

REST 60 SECONDS AND REPEAT UNTIL ALL ROUNDS ARE COMPLETE

Note: Use an empty olympic barbell for this workout. If you must rest, take just long enough to shake out those forearms and pick up the barbell to resume your continuous circuit.

DAY 17

APEX LEG TRAINING

Rest 60-90 seconds between BPC and UAC sets. No rest between exercises within the APEX circuit. 90 seconds between completed rounds of the circuit.

BILATERAL POSTERIOR CHAIN (BPC)

Deadlifts 4 x 8-reps

UNILATERAL ANTERIOR CHAIN (UAC)

DB Bulgarian Split Squats 4 x 10-12 reps each leg

APEX CIRCUIT (APEX)

- A. DB Crush Grip Squats (Anterior)** x 12-15 reps
- B. DB Sprinter Lunges (Posterior)** x 10 reps each leg
- C. KB/DB Swings (Explosive)** x 20 reps

REST 90 SECONDS AND REPEAT FOR A TOTAL OF 3 ROUNDS

DAY 18

UPPER BODY STRENGTH: PULL (WITH BICEPS RE-AX-TION)

Rest 60-90 seconds between traditional sets.
Rest 20 seconds between each 40 second set on the way to completing the S.O.B. 320.

UPPER PULL

- Underhand Barbell Dead Rows (AUX)** 3 x 8-10 reps
- Landmine Offset Underhand Row (AUX)** 3 x 10-12 reps each arm
- Weighted Chinups (AUX)** 3-4 x F
- Prone Grip Dual Handle Pulldowns** 3-4 x 10-12 reps
- Cable/Tubing Face Pulls** 3 x 12-15 reps

Note on BICEPS RE-AX-TION SET: Use approximately 50% of your 10-12 rep max.

BICEPS RE-AX-TION SET

S.O.B. 320 - DB Curls x 8 sets (40 seconds on / 20 seconds off)

DAY 19

UPPER BODY STRENGTH: PUSH (WITH TRICEPS RE-AX-TION)

Rest 60-90 seconds between traditional sets.
Rest 20 seconds between each 40 second set on the way to completing S.O.B. 320.

UPPER PUSH

- Reverse Iron Cross (AUX)** 3 x F
- Incline DB Squeeze Press (AUX)** 3-4 x 10-12 reps
- Landmine Shoulder Press (AUX)** 3-4 x 8-10 reps
- Weighted Dips (Planche Mod)** 3 x F
- Prowler Push Ups** 3 x F

Note on TRICEPS RE-AX-TION SET: Use approximately 50% of your 10-12 rep max.

TRICEPS RE-AX-TION SET

S.O.B. 320 - Tricep Pushdowns x 8 sets (40 seconds on / 20 seconds off)

DAY 22**ULTIMATE ARMS: JEFF'S LADDER**

How to Perform Today's Ultimate Arm Workout - Perform the prescribed exercises in circuit fashion resting only long enough to transition. Upon completing an A-B combo, move immediately onto the following A-B combo proceeding down the list until you've completed all of the combos. If rest is absolutely needed; keep it as brief a period as possible in order to regroup. Your weight selection should cause you to fail somewhere in the 8-12 rep range. If you find your reps dipping below 8 in the subsequent sets, drop the weight as needed in order to maintain the rep range.

Transitional rest between exercises.
60-90 seconds between completed rounds.

COMPLETE 4 ROUNDS OF THE FOLLOWING:**BICEPS/TRICEPS:**

- 1A. **DB Straight Bar Curls** x F
- 1B. **Elbows Tucked DB Bench Press** x F

- 2A. **3-D Curls** x F
- 2B. **Tricep Pushdowns** x F

- 3A. **Bicep Chin Curls (assisted if necessary)** x F
- 3B. **Diamond Cutter Pushups** x F

- 4A. **Tubing Curls** x F
- 4B. **Tubing Tricep Pushaways** x F

DAY 23**C-4 BURST TRAINING (DISARMED)**

How to Perform Today's C4 Burst Workout - By now you should be familiar with the structure of this workout. You are to perform the prescribed exercises for their noted set and rep scheme. Dropping the weight at any time results in a punishment of 5 Double Unders that are to be performed at the end of your workout. An important detail to note about this workout is the position of your arms. After completing the dead arm hang, you're allowed to lower your arms only long enough to grab the DBs and get them over head for the overhead farmers carry. That's a lot of air time for those arms if you're keeping score at home...and that's exactly the purpose! The remainder of the workout is no less forgiving, just done with your arms at your side (which you'll see can become pretty cumbersome as well). Keep rest periods to the amount of time it takes to get into position. When choosing a weight for the overhead carry, try and shoot for 20% less than your 10RM overhead dumbbell pressing weight. If it feels too easy, feel free to increase the weight.

COMPLETE 5 ROUNDS OF THE FOLLOWING:**ARMS UP:**

- Dead Arm Hang** x 30 seconds
- DB Overhead Farmer's Carry** x 30 steps (march in place if needed)

ARMS DOWN:

- DB Deadlifts** x 30 reps
- DB Farmer's Carry** x 30 steps (march in place if needed)

INTRINSIC GRIP / HAND WORK:

- Finger Tip Mountain Climbers** x 50 on each leg
- Finger Tip Pushups** x 25 reps

REST 60 SECONDS AND REPEAT UNTIL ALL ROUNDS ARE COMPLETE

Note: Weight used here should be 20% less than your 10RM overhead dumbbell press. If you have to put the dumbbells down at any point in the circuit, you accrue 5 jump rope double unders that will all need to be performed at the end of the workout.

DAY 24

APEX LEG TRAINING

Rest 60-90 seconds between BAC and UPC sets. No rest between exercises within the APEX circuit.
90 seconds between completed rounds of the circuit.

BILATERAL ANTERIOR CHAIN (BAC)

High Bar Squats 4 x 8-10 reps

UNILATERAL POSTERIOR CHAIN (UPC)

DB Single Leg RDL's 4 X 10-12 each leg

APEX CIRCUIT (APEX)

- A. Prisoner Squats (Anterior)** x 30 reps
- B. High Hip Bucks (Posterior)** x 30 reps
- C. 3-Way Speed Lunge (Explosive)** x 10 reps each direction

REST 90 SECONDS AND REPEAT FOR A TOTAL OF 3 ROUNDS

DAY 25

UPPER BODY STRENGTH: PULL (WITH BICEPS RE-AX-TION)

Rest 60-90 seconds between traditional sets
No rest within the Plysometric Step Ladder

UPPER PULL

- Underhand Barbell Dead Rows (AUX)** 3 x 8-10 reps
- Landmine Offset Underhand Row (AUX)** 3 x 10-12 reps each arm
- Weighted Chinups (AUX)** 3-4 x F
- Dual Handle Underhand Pulldowns (AUX)** 3-4 x 10-12 reps
- Cable/Tubing Face Pulls** 3 x 12-15 reps

Note on BICEPS RE-AX-TION SET: Perform a plyometric rep (using approximately 20% less than your normal 10-12RM curl weight) followed by a 5 sec isometric hold in the midrange of the movement. Next, perform 2 plyometric reps followed by a 5 sec isometric hold in the midrange. Continue to progress up the "ladder" adding an additional plyo rep until you reach failure. After reaching failure, drop the weight approx 10-20 lbs and continue until your last set is performed with just the bar.

BICEPS RE-AX-TION SET

Plysometric Step Ladder - Barbell Plyo Curls
Sets and Reps: TBD (Based on your performance)

DAY 26

UPPER BODY STRENGTH: PUSH (WITH TRICEPS RE-AX-TION)

Rest 60-90 seconds between traditional sets
No rest within the Plysometric Step Ladder

UPPER PUSH

- Reverse Iron Cross (AUX)** 3 x F
- Incline DB Squeeze Press (AUX)** 3-4 x 10-12 reps
- Landmine Shoulder Press (AUX)** 3-4 x 8-10 reps
- Weighted Tricep Upright Dips (AUX)** 3 x F
- Prowler Push Ups** 3 x F

Note on TRICEPS RE-AX-TION SET: Perform a plyometric rep (with your legs extended behind you) followed by a 5 second isometric hold in the midrange of the movement. Next, perform 2 plyometric reps followed by a 5 second isometric hold in the midrange. Continue to progress up the "ladder" adding an additional plyo rep until you reach failure. After reaching failure, move your feet closer to the bar and repeat your ladder. Continue stepping down the intensity to allow for more ladders.

TRICEPS RE-AX-TION SET

Plysometric Step Ladder - Bodyweight Triceps Extensions
Sets and Reps: TBD (Based on your performance)