



THIBARMY

Powered by

BALLISTIC MANAGEMENT

ABSOLUTE CHEST & DELTS

WEEK 1 / 4

SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Chest / Delts #1	Legs	Chest / Delts #2 + Biceps	Back / triceps	Chest & delts #3	Arms

© 2018 Ballistic Management Inc. All Rights Reserved

Without limiting rights under the copyright reserved above, no part of this publication may be reproduced, stored, introduced into a retrieval system, distributed or transmitted in any form or by any means, including without limitation photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. The scanning, uploading, and/or distribution of this document via the internet or via any other means without the permission of the publisher is illegal and is punishable by law. Please purchase only authorized editions and do not participate in or encourage electronic piracy of copyrightable materials.

<Thibarmy> and Thibarmy logo are trademarks of Ballistic Management Inc. For more information, visit us at www.thibarmy.com or contact us at info@ballisticmanagement.com

DAY 1 - CHEST / DELTS #1

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	INCLINE DB PRESS	4 x 6-10	301	3 min	Heaviest set of 6 is first working set, then 3 back-off sets to stay within the rep range
B	15 DEGREES INCLINE REVERSE BAND SMITH MACHINE PRESS	4 x 12/10/8/15+	311	2 min	Ascending pyramid for the first 3 sets then back-off sets for the last (try to hit 15 up to failure) Pause for 1 sec at bottom
C	DECLINE/VERTICAL MACHINE PRESS	3 x 12-15 + 5p.	301	2 min	5p = add 5 partials at the end of the sets. Partial reps are submitted to the same tempo as full reps
D	DB MILITARY PRESS*	2 x 8-10	311	2 min	Pause for 1 sec at bottom *Work with full range of motion, start each rep from the shoulders, no half reps
E1	CABLE LATERAL RAISE	2 x 10-12	2011	-	Pause and peak at the top
E2	TOP BOTTOM BENT OVER DB LATERAL RAISE	2 x 10-12	301	-	Keep reps from half range to top
E3	BOTTOM HALF BENT OVER DB LATERAL RAISE	2 x 10-12	301	90 sec	Keep reps from bottom to half range
F	MACHINE SHOULDER PRESS	1 x 8-10 + DS + DS	301	-	DS = drop set -20% of the weight, go to concentric failure, rest 15 sec before starting the DS

DAY 2 – LEGS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	LYING LEG CURL	3 x 6-8	411	1 min	Stretch for 1 sec at bottom, co-contraction with quads
A2	SSB SQUAT HEELS ELEVATED	5 x 6-10	301	2 min (4)	Ascending pyramid for the first 3 sets, 4th & 5th sets must be taken just short of failure with 4 minutes pause after 4th set Alternate with A1 for the first 3 sets, rest completely for set 4 and 5
B	LEG EXTENSION WITH ADDED BAND RESISTANCE	3 x 8-15*	3011	2 min	Ascending pyramid for the 3 sets *After the 3rd set, remove the band and do AMRAP, drop off 20%, take 30 sec pause after, and do another AMRAP Hold for 1 sec peak contraction
D	GLUTE HAM RAISE WITH ADDED BAND RESISTANCE	3 x 6-10	301	2 min	Add a resistance band around your neck and execute fast/explosive concentric reps
E	LEG PRESS	1 x 20-25*	301	-	Take as many warm-up sets to get to a challenging 20-25RM *At the end of the sets, drop off 20% of the weight and rest 1 min, then do AMRAP. Drop another 20%, rest another minute and do AMRAP again.

DAY 3 - CHEST / DELTS #2 + BICEPS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	INCLINE BARBELL PRESS	2 x 10-15 1 x 6-8 1 x AMRAP*	301	3 min	*Back off set, drop 20% from the previous set and hit AMRAP
B1	LYING CABLE FLYES ON A BENCH	5 x 5 + 5 partial	303 / 201	-	Peak contraction for 3 sec on each rep After 5 reps, use partial reps to extend the sets
B2	ISOMETRIC CHEST CONTRACTION	5 x 15-20 sec	-	-	Push your hands against each other as in the peaking position of a fly. Apply as much force as you can.
B3	30 DEGREES INCLINE DB FLYES	5 x 10 + STRETCH	301	2 min	STRETCH = Hold the bottom range of the fly and let the dumbbell stretch your chest for 15-20 sec...make sure the stretch is in the chest, not the shoulder joint.
D	WIDE GRIP KNEELING SMITH MACHINE OVERHEAD PRESS	4 x 12/10/8/15	401	2 min	Ascending pyramid for the first 3 sets then back off sets for the last (try to hit 15 up to failure)
E1	DB LATERAL RAISE	3 x 8	2011	-	Make sure to hold 1 sec at the top
E2	DB BENT OVER LATERAL RAISE	3 x 8	2011	-	Hold at the top for 1 sec
E3	CHEST SUPPORTED INCLINE DB SWING	3 x 20	201	-	Be man enough, keep working through the pain, don't put those DBs down before reaching 20 reps!
E4	LATERAL RAISE BAND ISOMETRIC HOLD	3 x 20 sec	-	45 sec	Hold it, stay solid, don't allow yourself to get loose
G1	BARBELL PREACHER CURL	3 x 6	3015	-	Hold for 5 sec isometric at 90 degrees on each reps, contract hard, try to put your elbow inside
G2	INCLINE DB CURL	2 x 10 1 x 10 + DS + DS	301	2 min	DS = 2 x Drop set at the end of the last set
H1	DB HAMMER CURL	3 x 10-15	301	-	
H2	DB ALTERNATE HAMMER CURL	3 x 6-10 / arm	301	-	Don't stop the motion after H1, just extend the set by alternating each arm
H3	BANDS HAMMER GRIP CURL	3 x 10-15	201	45 sec	Your biceps may be blown out, and 45 sec rest is your only rest time, be brave!

DAY 4 – BACK / TRICEPS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	SINGLE ARM DB ROW	1 x 6-8	301	2 min	Build up to a heavy hard set of 6 to 8 reps
B	WIDE GRIP LAT-PULLDOWN	3 x 10/8/6/12	3011	2 min	Ascending pyramid for the first 3 sets then back off sets for the last (try to hit 12 up to failure) Pause for 1 sec at peak contraction
C	CLOSE/NEUTRAL GRIP LAT-PULLDOWN	2 x 8 + DS	301	2 min	DS = Drop 20% and hit AMRAP
D	UPPERBACK DEADLIFT	3 x 6-10	401	2 min	Eccentric under control, smooth transition to concentric, full protraction at bottom & full retraction at the top
E1	NEUTRAL GRIP PULL UP	3 x 5	201	-	Just pump out 5 pull ups
E2	CLOSE SUPINATED PULL UP	3 x 5	201	-	Same shit different grip
E3	CLOSE/NEUTRAL GRIP LAT PULLDOWN	3 x 10-12	301	1 min	You should feel nothing less than pure discomfort from the last at this moment...get through it
F	WRIST STRAP HANDLE SMITH MACHINE LYING TRICEPS EXTENSION	3 x 6-12 1 x 6 + DS + DS	301	2 min	Heaviest set of 6 in first working set, then 3 back off sets to stay within the rep range DS = drop set -20% of the weight, go to concentric failure, rest 15 sec before starting the DS
G	OVERHEAD SINGLE ARM ROPE EXTENSION	1 x 10 + STR	301	-	STR = Build up to a heavy 10 reps, then drop the weight until you reach the smallest amount of weight on the cable machine. Each drop should be pushed to failure.
H1	ROPE TRICEPS PRESSDOWN	3 x 6-12	301	15 sec	Immediately switch for H2
H2	ROPE OVERHEAD TRICEPS EXTENSIONS	3 x 6-12	301	15 sec	Go as hard as you can then immediately return to H2
H3	TRICEPS EXTENSION ON SMITH MACHINE	3 x 6-12	201	15 sec	On a smith machine, do triceps extension on the bar (place it at shoulder level)

DAY 5 - CHEST & DELTS #3

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	SHOULDER WIDTH BARBELL BENCH PRESS	4 x 8	401	45 sec	Focus on tempo and contraction, not weight. Recovery is not sufficient to allow for performance on this one, reach full upper body pump
B	WIDE GRIP BARBELL BENCH PRESS	3 x 8*	401	45 sec	<p>Same thing as A, wide grip to allow more pectoral stretch. You should ask yourself how you will finish those sets at this moment</p> <p>*At the end of the third set, drop down 20% and hold the barbell at 90 degrees for 15-20 sec while trying to crush the bar. At the end, try pushing one last rep then rack the bar.</p>
C	45/30/15 DEGREES DB FLYS	3 x 12-15*	301	2 min	<p>MDS = mechanical drop set, start at 45 degrees, when the 12-15 reps are done, lower the bench to 30 degrees, try to reach 50% of the reps (6-8 reps), then lower the bench again to 15 degrees, and try to complete 50% of the second trial (3-4 reps). This is one set.</p> <p>*At the end of the 3rd set, hold the bottom range and stretch for 15-20 sec.</p>
D1	LOCKED ARM CLAVICULAR CABLE CROSSOVER	3 x 12-15	301	-	Lock your arm and place the pulley to jaw level, then execute a crossover while keeping the arms locked through the full range. Push your chest out at the stretch position and peak the contraction hard in the shortened position
D2	OVER STRETCH PUSH UP	3 x 6-8	311	1 min	Place yourself between two steps and do push-ups with your hands on them. Lower yourself so you can stretch the chest hard, Hold one sec there and push back up
E1	SEATED 45 DEGREES INCLINE BARBELL FRONT RAISE	3 x 10	301	-	Keep the bar within the range you feel the most
E2	SEATED DB LATERAL RAISE	3 x 10-12	3011	-	Peak the contraction for 1 sec at the top position
E3	LOW PULLEY ROPE UPRIGHT ROWS	3 x 10-12	2012	1 min	Hold the peak contraction for 2 sec at the top. I know you want to loosen up the next set, but don't do this, stand tall, contract firmly and get through this
G	REVERSE PEC DECK MACHINE	4 x 20-25	301	1 min	Hit the rear delts as much as you can, pump out 4 sets with the same weight. First should be somewhat easy, but 3rd and 4th should leave you somewhere between hell and here

DAY 6 - ARMS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	SINGLE ARM STANDING BARBELL PREACHER CURL	5 x 8-15	301	30 sec	Start light and build up through the sets to a nice challenging 8 rep sets (not max but challenging)
A2	CROSS CABLE TRICEPS EXTENSION	5 x 10-15	3011	30 sec	Peak every rep for 1 sec, no need to add weight here, just make sure every contraction is maximized, fatigue should make the subsequent set harder and harder.
B1	INCLINE 45 DEGREES DB CURL	4 x 6-10	3011	-	Peak contraction for 1 sec on each rep
B2	INCLINE 45 DEGREES DB TRICEPS EXTENSION	4 x 8-12	311	1 min	Stretch for 1 sec at the bottom position
C1	DB HAMMER CURL	3 x 8-10	301	-	
C2	BANDED CURL	3 x 20-25	201	90 sec	Try to pump what's left off
D1	MACHINE DIPS	3 x 6-10	511	-	Focus on slow eccentric and hold the bottom position for 1 sec before the concentric
D2	ROPE TRICEPS PUSHDOWN	3 x 12-15	301	90 sec	



THIBARMY

Powered by
BALLISTIC MANAGEMENT

ABSOLUTE CHEST & DELTS

WEEK 2 / 4

SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Legs	Chest / Delts #4	Back + triceps	Chest & delts #5	Biceps + Legs	Chest & delts #6

© 2018 Ballistic Management Inc. All Rights Reserved

Without limiting rights under the copyright reserved above, no part of this publication may be reproduced, stored, introduced into a retrieval system, distributed or transmitted in any form or by any means, including without limitation photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. The scanning, uploading, and/or distribution of this document via the internet or via any other means without the permission of the publisher is illegal and is punishable by law. Please purchase only authorized editions and do not participate in or encourage electronic piracy of copyrightable materials.

«Thibarmy» and Thibarmy logo are trademarks of Ballistic Management Inc. For more information, visit us at www.thibarmy.com or contact us at info@ballisticmanagement.com

DAY 1 - LEGS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	LEG EXTENSION WITH ADDED	2 x 5 + AMRAP	505 (301)	2 min	Work up to a challenging set of 5 reps with the added band resistance. Once done, drop the band off and pump as many reps as you can to failure
B	LEG CURL	2 x 5 + AMRAP	505 (301)	2 min	Same as A
C	FRONT SQUAT	4 x 6-10	321	3 min	Heaviest set of 6 is first working set, then 3 back off sets to stay within the rep range Pause for 2 sec at the bottom
D	HACK SQUAT	3 x 10-15	301	2 min	Heaviest set of 10 is first working set, then 2 back off set to stay within the rep range
E	SINGLE LEG PRESS WITH HIGH FOOT	3 x 20-25	401	-	Do 20-25 reps with one leg, then no rest and continue with the other one, when done, switch immediately on the other one and resume second set. No rest until 3 sets are done.

DAY 2 - CHEST & DELTS #4

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	15 DEGREES INCLINE DB PRESS	3 x 6-10	301	3 min	Heaviest set of 6 is first working set, then 2 back off sets to stay within the rep range
B	STRICT DIPS	1 x 8-10 1 x AMRAP bodyweight	301	2 min	Work up to a 8-10RM with added weight, then drop off the weight, take 2 min rest and hit AMRAP with bodyweight only
C1	INCLINE MACHINE PRESS	3 x 8-10	301	-	Nothing special here, just make sure to pump 8 to 10 smooth reps, no momentum and feel the muscle contraction from the start to finish
C2	PEC DEC MACHINE	3 x 12*	301	2 min	*4 first reps with a 3 sec stretch bottom, 4 reps normal, and last 4 reps partial at the top with 3 sec peak contraction
E1	CROSS CABLE REAR DELTS	4 x 10-12	2011	-	1 sec peak contraction on each reps
E2	BENT OVER DB LATERAL RAISE	4 x 10-12	301	-	Resist the need to swing the DB's, focus on a nice contraction at the top and lower the weight under control
E3	BANDED FACE PULL	4 x 15-20	201	1 min	
F	MACHINE SHOULDER PRESS	3 x 8-12*	301	90 sec	*introduce a 3 sec isometric pause mid way through the concentric part

DAY 3 – BACK / TRICEPS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	CLOSE/NEUTRAL GRIP LAT PULLDOWN	1 x 10-15	301	-	Build up to a challenging 10-15 rep set, use as many warm-up sets as you need
A2	ROPE STRAIGHT-ARM PULLDOWN	1 x 12-15*	301	1 min	Build up to a challenging 12-15 reps set, use as many warm-up sets as you need *At the end of the last set, drop down 20% of the weight and do AMRAP to failure
C1	NEUTRAL GRIP PULL-UP	1 x 5-8 1 x AMRAP bodyweight	301	2 min	Build up to a challenging set of 5 to 8 reps, then drop the added weight, wait 2 minutes and do AMRAP bodyweight
C2	ROPE STRAIGHT ARM PULLDOWN	1 x 20-25*	301	-	Do the sets right after the AMRAP set on C1, extend the set to 20-25 reps with a weight you can lift +/-15 times using partial reps to failure
D	DEADLIFT	1 x 4-6	301	2 min	Slowly ramp up the weight to a max 4-6RM. Take as many warm up sets as you need.
E	MACHINE ROW	3 x 10	5013	1 min	Hardest contraction you can do
F	CLOSE GRIP BENCH PRESS	5 x 12/10/8/6/12+	311	2 min	Ascending pyramid for the first 4 sets then back off sets for the last (try hitting 12 up to failure)
G1	DECLINE EZ BAR TRICEPS EXTENSIONS	4 x 8-10	301	-	
G2	DB FRENCH PRESS	4 x 12-15	301	-	
G3	ROPE TRICEPS PUSHDOWN	4 x 6-10	301	1 min	Recovery will feel pretty short after such a giant set, keep getting through the painful pump

DAY 4 - CHEST & DELTS #5

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	15 DEGREES INCLINE DB PRESS	3 x 8-12	301	1 min	Drop off weight if needed to stay within the rep ranges
B	45 DEGREES INCLINE DB PRESS	3 x 8-12*	301	1 min	Drop off weight if needed to stay within the rep ranges *Add 4-6 partial reps at the end of each set. Partial reps are submitted to the same tempo as full reps.
C	SEATED DB SHOULDER PRESS	3 x 8-12*	301	1 min	Drop off weight if needed to stay within the rep ranges *Add 4-6 partial reps at the of each set. Partial reps are submitted to the same tempo as full reps.
D	FLAT DB FLYES	3 x 8-10 1 x AMRAP*	301	2 min	*Drop off 20% of the weight and do AMRAP
E1	CABLE ROPE FRONT RAISE	3 x 8	3012	-	Make sure to hold 2 sec peak contraction at the top
E2	DB LATERAL RAISE	3 x 10	2011	90 sec	Make sure to hold 1 sec at the top
F1	SHOULDER SCOTT PRESS	3 x 12	301	-	
F2	SEATED DB POWER CLEAN	3 x AMRAP*	201	1 min	*Don't put down the DBs from F1, keep the same weight and extend the set by doing as many seated power cleans as you can.

DAY 5 – BICEPS + LEGS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	REVERSE GRIP PULL-UP FOR BICEPS	5 x 3-5	901	45 sec	Make sure you put emphasis on biceps here. Do a fast concentric then go very slow on the eccentric for 9 seconds ensuring full biceps contraction throughout. Push yourself with your feet if you can't complete more concentric reps.
A2	LYING LEG CURL	5 x 5	301(3)	90 sec	Take a 3 sec pause mid way through the concentric phase
B1	BARBELL LUNGES WITH 90 DEGREES ISOMETRIC HOLD BICEPS CURL	3 x 15 / leg	301	-	Hold a barbell at 90 degrees with the biceps then resume the lunges
B2	STANDING BARBELL CURL	3 x AMRAP	201	2 min	Don't drop the bar when B1 is finished, stand up and try to pump out as many curls as you can with the same weight. If you can't complete anymore reps, you can take a lighter barbell to resume the set.
C1	STANDING HAMMER CURL	3 x 12	3012	-	Make sure to hold 2 sec peak contraction at the top
C2	DB SQUAT WITH HEELS ELEVATED	3 x 15-20	501	1 min	Don't drop the weight after C1, with the same weight, start C2 immediately with slow eccentric squat with heels elevated.
F1	EZ BAR REVERSE CURL	3 x 12	301	-	
F2	ROMANIAN DEADLIFT	3 x 12-15	301	1 min	

DAY 6 - CHEST & DELTS #6

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	DB SQUEEZE PRESS	4 x 10-12	303	-	Squeeze the dumbbells against each other during the whole set.
A2	BAND PULL APART	4 x 15	201	1 min	
B	15 DEGREES FLAT DB'S PRESS	4 x 8	6111	1 min	Fully contract chest at the top for 1 second, slow down the eccentric for 6 seconds and stretch at the bottom for 1 second.
C	PEC DECK MACHINE	5 x 12*	301(5)	1 min	*add 5 sec isometric contractions every 4 reps, squeeze as hard as you can
D1	SEATED DB SHOULDER PRESS	4 x 12	301	-	
D2	DUMBBELL 6 WAY	4 x 8-12	301	90 sec	
F1	DUMBBELL SEATED SHOULDER PRESS	3 x 12	301	-	
F2	SEATED DB POWER CLEAN	3 x AMRAP*	201	1 min	*Don't put down the DBs from F1, keep the same weight and extend the set by doing as many seated power cleans as you can.



THIBARMY

Powered by
BALLISTIC MANAGEMENT

ABSOLUTE CHEST & DELTS

WEEK 3 / 4

SCHEDULE				
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Chest & Delts #7 + back	Legs	Chest & delts #8 + triceps	Back + biceps	Chest & Delts #9

© 2018 Ballistic Management Inc. All Rights Reserved

Without limiting rights under the copyright reserved above, no part of this publication may be reproduced, stored, introduced into a retrieval system, distributed or transmitted in any form or by any means, including without limitation photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. The scanning, uploading, and/or distribution of this document via the internet or via any other means without the permission of the publisher is illegal and is punishable by law. Please purchase only authorized editions and do not participate in or encourage electronic piracy of copyrightable materials.

«Thibarmy» and Thibarmy logo are trademarks of Ballistic Management Inc. For more information, visit us at www.thibarmy.com or contact us at info@ballisticmanagement.com

DAY 1 - CHEST & DELTS #7

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	BARBELL BENCH PRESS	5 x 5	311	1 min	Pause for 1 sec at the bottom
A2	STERNUM PULL-UP	5 x 5-7	401	1 min	Try to pull your chest to the bar with a slight body angle
B1	BARBELL STANDING MILITARY PRESS	5 x 6	301	1 min	
B2	BEHIND THE BACK LAT-PULLDOWN	5 x 8-10	3012	1 min	Peak contraction for 2 sec on each rep
C1	STRICT DIPS	4 x 6-8	301	1 min	Add a weight belt if you can
C2	WIDE GRIP BARBELL UPRIGHT ROW	4 x 8-10	3011	1 min	Peak contraction for 1 sec at the top on each rep
D	UPPERBACK DEADLIFT	6 x 6-8	401	2 min	

DAY 2 - LEGS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	FRONT SQUAT	5 x 5	3111	2 min	Pause for 1 sec at bottom, and 1 sec at the top
B	LEG PRESS	5 x 8*	401	2 min	*Add 4-6 partial reps at the end of the sets
C	FRONT FOOT ELEVATED SPLIT SQUAT	3 x 8-10 / leg	301	1 min	Put your front foot on a box
D	GLUTE HAM RAISE WITH ADDED BAND RESISTANCE	6 x 6-8	401	2 min	*Add a resistance band around your neck
E	SMITH MACHINE ROMANIAN DEADLIFT	4 x 12*	411	1 min	*Slow eccentric down in 4 sec, pause at bottom for 1 sec, contract the glutes hard then go up to ¾ of the range, don't lock at the top

DAY 3 – CHEST & DELTS #8 + TRICEPS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	15 DEGREES INCLINE REVERSE BAND SMITH MACHINE BENCH PRESS	1 x 12-15RPS + ISO HOLD**	301	30 sec	<p>RPS = rest pause set Use a weight that challenges you for 6-8 reps and try to do 12-15 reps using rest-pause set method. When reaching failure for the first 6 to 8 reps, take 15-20 sec rest and try a couple more reps until reaching failure again. Then take another 15-20 seconds and try a final try to reach the prescribed number of reps until third failure.</p> <p>ISO-HOLD = at the end of the set, hold the bar at 90 degrees for as long as you can. Focus on contracting the chest hard.</p> <p>**This giant set is intended to be done in 1 crazy hard set but you need to warm-up carefully before attempting the set.</p>
A2	FLAT DB POWER FLYES	1 x 15-20RPS* + STRETCH	401	15 sec	<p>RPS=rest-pause set</p> <p>*When ending A1, immediately reach DBs and start A2. Reach failure 3 times to fall within the prescribed reps.</p> <p>STRETCH = at the end of the set, hold the BDs in the stretch position at the bottom for 15-20 sec</p>
A3	ISOMETRIC CHEST HOLD CONTRACTION	1 x 20-25 sec	-	3 min	Put your hands against each other as in DB flye and apply as much pressure as you can while contracting the chest hard.
B1	SEATED DB MILITARY PRESS	4 x 8-10	311	-	*Make sure to pause for 1 sec at bottom.
B2	CABLE ROPE UPRIGHT ROW	4 x 12-15	2012	1 min	Hold and peak for 2 sec at the top
C1	LYING BARBELL TRICEPS EXTENSION	4 x 8	311	-	Pause for 1 sec in the stretch position
C2	BODYWEIGHTED TRICEPS EXTENSION ON FIX BARBELL	4 x AMRAP	301	2 min	Push as many reps as you can until failure
D	REVERSE GRIP EZ BAR CABLE TRICEPS EXTENSION	3 x 12	3111	1 min	*Stretch for 1 sec and peak the contraction for 1 sec on each rep

DAY 4 – BACK + BICEPS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	REVERSE GRIP PULL-UP	5 x 6-10	301	-	Reach failure only on the last set
A2	STRAIGHT ARM PULLDOWN	1 x 15-20*	301	2 min	*At the end of A1, immediately start a straight-arm pulldown with a 15RM load and go to total failure. Extend the set with partial reps at the end.
C1	BENT OVER BARBELL ROW	3 x 8-10 2 x 8-10	301	2 min	Drop off weight if needed to stay within the rep ranges
C2	UPPERBACK DEADLIFT	2 x 8-10*	301	-	Mix C2 & C3 with the last 2 sets of C1 only *Don't take your hands off the bar and brace your abs, start the upper back deadlift with the same load, should not be heavy but with the muscle fatigue induced, it should already be hard on the upper back.
C3	DEADLIFT	2 x 8-10	311	3 min	At the end of C2, change for a full deadlift and take 1 sec to reset your position before lifting on each rep
D	DB PULLOVER	3 x 10	301	90 sec	
F	INCLINE SEATED CURL	5 x 10	401	1 min	
G	MACHINE BICEPS CURL 2/1 TECHNIQUE	3 x 8-10	301	2 min	*2/1 technique: lift the concentric with both arms and do the eccentric with one arm only. Alternate arms at each rep

DAY 5 - CHEST & DELTS #9

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	INCLINE BARBELL PRESS	3 x 8-15 1 x AMRAP*	301	2 min	Top set of 8 is first working set. Drop weight on 2nd and 3rd set to stay within the rep ranges. *When the 3rd set is done, drop 20% of the weight you did on the last set and rest 2 min. Do AMRAP on this set
B1	INCLINE BARBELL PRESS	4 x 10-12*	301	-	Drop weight on each set to make sure you stay within the rep ranges
B2	LOCKED ARM CLAVICULAR CABLE CROSSOVER	4 x 10-12	301	-	
B3	PEC DECK MACHINE	4 x 10-15	301	1 min	
C1	DB LATERAL RAISES	5 x 8-12	301	-	
C2	PIN WHEEL RAISES	5 x 6-10	301	-	Both delts must be done to count 1 rep
C3	BENT OVER LATERAL RAISE	5 x 10-15	301	1 min	
D	REVERSE PEC DECK MACHINE	3 x 15-20	3011	1 min	*Peak contraction for 1 sec on each rep



THIBARMY

Powered by

BALLISTIC MANAGEMENT

ABSOLUTE CHEST & DELTS

WEEK 4 / 4

SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Legs	Chest & delts #10	Back	Chest & delts # 11	Arms	Chest & delts #12

© 2018 Ballistic Management Inc. All Rights Reserved

Without limiting rights under the copyright reserved above, no part of this publication may be reproduced, stored, introduced into a retrieval system, distributed or transmitted in any form or by any means, including without limitation photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. The scanning, uploading, and/or distribution of this document via the internet or via any other means without the permission of the publisher is illegal and is punishable by law. Please purchase only authorized editions and do not participate in or encourage electronic piracy of copyrightable materials.

«Thibarmy» and Thibarmy logo are trademarks of Ballistic Management Inc. For more information, visit us at www.thibarmy.com or contact us at info@ballisticmanagement.com

DAY 1 - LEGS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	BACK SQUAT	6 x 8/6/4/8/6/4	301	2 min	Wave loading: 2nd wave should be slightly heavier than the first
B	LYING LEG CURL	5 x 12/10/8/6/15+	301	2 min	Ascending pyramid for the first 4 sets then back off sets for the last (try to hit 15 up to failure)
C	LEG PRESS	4 x 8-10*	321	1 min	Hold at the bottom for 2 sec before the concentric phase. *Add 4-6 partial reps at the of each set. Partial reps are submitted to the same tempo as full reps.
D	REVERSE BAND HACK SQUAT	2 x 8-10 + DS + DS	301	3 min	DS = When you've completed the 8-10 reps, drop off weight by -20% and rest 15 sec. Start the set again and reach failure. Drop -20% another time and rest for 15 sec, then resume by reaching failure another time.
E	LEG EXTENSION	2 x 12 + DS + DS	3012	-	Hold at the top for 2 sec peak contraction DS = When you've completed the 8-10 reps, drop off weight by -20% and rest 15 sec. Start the set again and reach failure. Drop -20% another time and rest for 15 sec, then resume by reaching failure another time.

DAY 2 – CHEST & DELTS #10

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	BARBELL BENCH PRESS	1 x 5 2 x 5 cluster*	301	3 min	Work up to 5RM Cluster = do one reps every 15 sec until you reach 5 reps. *Keep the same weight you did with the 5RM
B	30 DEGREES INCLINE REVERSE BAND SMITH MACHINE BENCH PRESS	4 x 6-10	301	2 min	Top set of 4 is first working set, back off weight for the subsequent sets to stay within the rep range
C	15 DEGREES INCLINE POWER FLY	3 x 6/8/10	301	2 min	Top set of 6 is first working set, back off weight for the subsequent sets to stay within the rep range
D	60 DEGREES INCLINE SEATED DB PRESS	6 x 8/6/4/8/6/4	301	3 min	Wave loading: 2nd wave should be slightly heavier than the first
E	SEATED DUMBBELL LATERAL RAISES	4 x 8-12	3012	2 min	Hold at the top for 2 sec peak contraction
F	MACHINE SHOULDER PRESS	3 x 6-10	301	2 min	Top set of 6 is first working set. Drop off weight to stay within the rep range

DAY 3 – BACK

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	NEUTRAL GRIP CHIN UP	3 x 4-10*	301	3 min	First set of 4 is first working set. Drop off weight to stay within the rep range *Extend all sets with bodyweight chin up
B	T-BAR ROW	3 x 6-10	301	2 min	Top set of 6 is first working set, back off weight for the subsequent sets to stay within the rep range
C	SEATED CABLE ROW	4 x 8-12	3011	2 min	Top set of 8 is first working set, back off weight for the subsequent sets to stay within the rep range Peak contraction for 1 sec on each rep
D1	SUPINATED GRIP LAT-PULLDOWN	3 x 10-12	301	-	
D2	WIDE GRIP PRONATED LAT-PULLDOWN	3 x AMRAP	301	2 min	Just switch grip and extend the set for as long as you can

DAY 4 - CHEST & DELTS #11

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	15 DEGREES INCLINE DB BENCH PRESS	1 x 6 2 x AMRAP*	301	3 min	Work up to 6RM Drop off -20% and do AMRAP
B	DECLINE BARBELL BENCH PRESS	4 x 6-10	301	2 min	Top set of 6 is first working set, back off weight for the subsequent sets to stay within the rep range
C1	INCLINE MACHINE PRESS	3 x 8-10	301	-	
C2	CABLE FLYS	3 x 10-12	301	-	
C3	PUSH UP	3 x 6-12	301	2 min	Hold at the top for 2 sec peak contraction
D	MUSCLE SNATCH	6 x 6*	501	1 min	No heavy weight here, make sure you can lift the bar quick and slow the eccentric down in 5 seconds
E1	FACE PULL	4 x 8	3012	-	Peak contraction for 2 seconds on each rep
E2	SEATED INCLINE BARBELL FRONT RAISE	4 x 8-10	301	1 min	

DAY 5 – ARMS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	CROSS CABLE TRICEPS EXTENSION	4 x 6-12	3111	-	Don't focus on big weight here, we want maximal contraction capacities. Peak contraction for 1 sec, stretch for 1 sec on each rep
A2	HIGH CABLE BICEPS CURL	4 x 6-12	3111	2 min	Same thing here, make sure you contract the biceps as hard as you can Peak contraction for 1 sec, stretch for 1 sec on each rep
B1	STANDING BARBELL BICEPS CURL	4 x 12/10/8/15+	301	1 min	Ascending pyramid for the first 3 sets, back off weight for the last set and hit 15 reps up to failure
B2	WRIST STRAP HANDLE SMITH MACHINE LYING TRICEPS EXTENSION	4 x 10/8/6/12+	301	1 min	Ascending pyramid for the first 3 sets, back off weight for the last set and hit 12 reps up to failure
C1	INCLINE DB CURLS	3 x 8-10	401	-	
C2	INCLINE DB TRICEPS EXTENSION	3 x 6-10	411	2 min	Stretch for 1 sec at bottom

DAY 6 – CHEST & DELTS #12

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	FLAT DUMBBELL FLYES	3 x 5	303	1 min	Slow reps both the eccentric and concentric for 3 sec. Focus on mind muscle connection.
B	15 DEGREES INCLINE REVERSE BAND SMITH MACHINE BENCH PRESS	4 x 6-8	321	2 min	Make sure you pause for 2 seconds on the chest
C1	PEC DECK MACHINE	3 x 6 + DS + DS	301	2 min	Drop set: drop off -20%, rest 15-20 sec and do AMRAP. Drop off another 20% and rest again for 15-20 sec. Finish with another AMRAP. Do this for all 3 sets.
C2	MACHINE CHEST PRESS	1 x 20*	301	-	Immediately following C1, start C2. Do 1 all out set. Use a weight you can lift for 8-10RM and try to reach 20 using multiple rest-pause set
D	BAND PULL APART	3 x 20	201	1 min	
E1	DB LATERAL RAISE	3 x 15	301	-	
E2	SCOTT PRESS	3 x 10	301	-	
E3	BENT OVER LATERAL RAISE	3 x 10	301	-	
E4	REVERSE PEC DECK	3 x 12	301	90 sec	