



THIBARMY

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BALLISTIC MANAGEMENT

PROGRAM 3 – FAT LOSS / BODY COMPOSITION

PHASE 1 – 4 WEEKS

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Whole body #1	Energy systems work	Whole body #2		Whole body #3	Energy systems work	

MONDAY - WHOLE BODY #1

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	12 min		15 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A1. BACK SQUAT	70% 4 reps/set Alternate EMOM 16 min		70% 4 reps/set Alternate EMOM 18 min		70% 4 reps/set Alternate EMOM 20 min		N/A	Alternating EMOM: you initiate a set at the beginning of every minute (0:00, 1:00, 2:00, etc.). Even minutes = A1 Odd minutes = A2
A2. DB BENCH PRESS							N/A	
B1. ROMANIAN DEADLIFT	70% 4 reps/set Alternate EMOM 16 min		70% 4 reps/set Alternate EMOM 18 min		70% 4 reps/set Alternate EMOM 20 min		N/A	Alternating EMOM: you initiate a set at the beginning of every minute (0:00, 1:00, 2:00, etc.). Even minutes = B1 Odd minutes = B2
B2. DB SHOULDER PRESS							N/A	
C1. HACK SQUAT MACHINE	70% 4 reps/set Alternate EMOM 16 min		70% 4 reps/set Alternate EMOM 18 min		70% 4 reps/set Alternate EMOM 20 min		N/A	Alternating EMOM: you initiate a set at the beginning of every minute (0:00, 1:00, 2:00, etc.). Even minutes = C1 Odd minutes = C2
C2. BENT OVER BARBELL ROW							N/A	

TUESDAY – ENERGY SYSTEMS WORK (POWER)

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	12 min		15 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. ROWING ERGOMETER	<u>Intervals</u> 125m all-out 45 sec rest Do 6 intervals		<u>Intervals</u> 125m all-out 45 sec rest Do 8 intervals		<u>Intervals</u> 125m all-out 45 sec rest Do 10 intervals		N/A	
B. STATIONARY BIKE WITH RESISTANCE	<u>Intervals</u> 30 sec all-out 60 sec rest Do 6 intervals		<u>Intervals</u> 30 sec all-out 60 sec rest Do 8 intervals		<u>Intervals</u> 30 sec all-out 60 sec rest Do 10 intervals		N/A	Either use an Airdyne/Assault bike or a regular stationary bike on which you put on a lot of resistance (so that you can't spin fast even if you try)
C. DUMBBELL THRUSTER	<u>Intervals</u> Max reps / 20 sec Rest 40 sec Do 6 intervals		<u>Intervals</u> Max reps / 20 sec Rest 40 sec Do 8 intervals		<u>Intervals</u> Max reps / 20 sec Rest 40 sec Do 10 intervals		N/A	Use a moderate weight, about 40-50% of what you can use for 6 reps on strict dumbbell shoulder press. Go as fast as you can but do full reps with good form.
CARDIO	25 min		23 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale

WEDNESDAY - WHOLE BODY #2

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	12 min		15 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A1. POWER CLEAN FROM HANG	3	5 reps (focus on form not weight)	3	5 reps (focus on form not weight)	3	5 reps (focus on form not weight)	30-45 sec	A1 and A2 are a complex: perform a set of A1, rest briefly (30-45 sec), do one set of A2. Rest then start a new set.
A2. ROMANIAN DEADLIFT	3	6 reps	3	8 reps (try to use same weight as week 1 & 2)	3	10 reps (try to use same weight as week 3)	120 sec	
B1. MEDICINE BALL THROW FROM CHEST	3	10 reps	3	10 reps	3	10 reps	30-45 sec	B1 and B2 are a complex: perform a set of B1, rest briefly (30-45 sec), do one set of B2. Rest then start a new set.
B2. BENCH PRESS	3	6 reps	3	8 reps (try to use same weight as week 1 & 2)	3	10 reps (try to use same weight as week 3)	120 sec	
C1. STATIONARY BIKE WITH RESISTANCE	3	20 sec all-out	3	30 sec all-out	3	40 sec all-out	30-45 sec	C1 and C2 are a complex: perform a set of C1, rest briefly (30-45 sec), do one set of C2. Rest then start a new set.
C2. WALKING LUNGES	3	6/leg	3	8/leg (try to use same weight as week 1 & 2)	3	10 reps (try to use same weight as week 3)	120 sec	

FRIDAY - WHOLE BODY #3

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	12 min		15 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. MACHINE HACK SQUAT	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	90 sec	
B. LYING LEG CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	90 sec	
C. BENCH PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	90 sec	
D. PEC DECK MACHINE	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	90 sec	
E. SEATED ROW (MACHINE OR PULLEY)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	90 sec	
F. SMITH MACHINE SHOULDER PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 (failure)	90 sec	

SATURDAY – ENERGY SYSTEMS WORK [CAPACITY]

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	12 min		15 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. ABS SHREDDER 1 <i>ROWING ERGOMETER + SWISS BALL CRUNCHES</i>	<u>Intervals</u> 10-12 ball crunches 350m rowing ergometer Rest 30 sec Perform 5 intervals		<u>Intervals</u> 10-12 ball crunches 425m rowing ergometer Rest 30 sec Perform 6 intervals		<u>Intervals</u> 10-12 ball crunches 500m rowing ergometer Rest 30 sec Perform 7 intervals		N/A	
B. ABS SHREDDER 2 <i>STATIONARY BIKE W/RESISTANCE + CABLE CRUNCHES</i>	<u>Intervals</u> 10-12 cable crunches 60 sec bike Rest 30 sec Do 5 intervals		<u>Intervals</u> 10-12 cable crunches 75 sec bike Rest 30 sec Do 6 intervals		<u>Intervals</u> 10-12 cable crunches 90 sec bike Rest 30 sec Do 7 intervals		N/A	Either use an Airdyne/Assault bike or a regular stationary bike on which you put on a lot of resistance (so that you can't spin fast even if you try)
C. ABS SHREDDER 3 <i>PROWLER PUSHING OR ELLIPTICAL TRAINER + SERRATUS CRUNCHES</i>	<u>Intervals</u> 10-12 serratus crunch 40m prowler or 60 sec elliptical Resr 30 sec Do 5 intervals		<u>Intervals</u> 10-12 serratus crunch 50m prowler or 75 sec elliptical Resr 30 sec Do 6 intervals		<u>Intervals</u> 10-12 serratus crunch 60m prowler or 90 sec elliptical Resr 30 sec Do 7 intervals		N/A	I prefer the prowler, but if you use the elliptical add resistance and go fairly fast... not sprint-like but intense
CARDIO	25 min		23 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale



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PROGRAM 3 – FAT LOSS / BODY COMPOSITION

PHASE 2 – 4 WEEKS

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Whole body #1	Energy systems work	Whole body #2		Whole body #3	Energy systems work	

MONDAY - WHOLE BODY #1

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	15 min		20 min		25 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A1. BACK SQUAT	70% 6 reps per set 4 sets		72.5% 6 reps per set 4 sets		75% 6 reps per set 4 sets		60 sec	Alternate A1 and A2 with a full minute of rest between exercises and sets.
A2. DB BENCH PRESS							60 sec	
B1. ROMANIAN DEADLIFT	70% 6 reps per set 4 sets		72.5% 6 reps per set 4 sets		75% 6 reps per set 4 sets		60 sec	Alternate B1 and B2 with a full minute of rest between exercises and sets
B2. DB SHOULDER PRESS							60 sec	
C1. HACK SQUAT MACHINE	70% 6 reps per set 4 sets		72.5% 6 reps per set 4 sets		75% 6 reps per set 4 sets		60 sec	Alternate C1 and C2 with a full minute of rest between exercises and sets
C2. BENT OVER BARBELL ROW							60 sec	

TUESDAY – ENERGY SYSTEMS WORK (POWER)

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	15 min		20 min		25 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. ROWING ERGOMETER	1000m as fast as possible Rest 2 min 500m as fast as possible Rest 2 min 250m as fast as possible Rest 2 min 2 x 125m as fast as possible Rest 1 min	1000m as fast as possible Rest 2 min 500m as fast as possible Rest 2 min 2 x 250m as fast as possible Rest 2 min	1000m as fast as possible Rest 2 min 500m as fast as possible Rest 2 min 250m as fast as possible		1000m as fast as possible Rest 2 min 750m as fast as possible Rest 2 min 250m as fast as possible		N/A	
B. STATIONARY BIKE WITH RESISTANCE	<u>Intervals</u> 30 sec all-out 45 sec rest Do 4 intervals	<u>Intervals</u> 30 sec all-out 30 sec rest Do 5 intervals	<u>Intervals</u> 40 sec all-out 30 sec rest Do 6 intervals		N/A		N/A	Either use an Airdyne/Assault bike or a regular stationary bike on which you put on a lot of resistance (so that you can't spin fast even if you try)
C. BATTLE ROPES (BOTH ARMS)	<u>Intervals</u> Max reps / 20 sec Rest 40 sec Do 4 intervals	<u>Intervals</u> Max reps / 30 sec Rest 40 sec Do 5 intervals	<u>Intervals</u> Max reps / 40 sec Rest 40 sec Do 6 intervals		N/A		N/A	
CARDIO	30 min		25 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale

WEDNESDAY - WHOLE BODY #2

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	12 min		15 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. POWER CLEAN FROM HANG	3	5 @ 70% 3 @ 80% 1 @ 90%	3	5 @ 72.5% 3 @ 82.5% 1 @ 92.5%	3	5 @ 75% 3 @ 85% 1 @ 95%	120 sec	
B. FRONT SQUAT	3	5 @ 70% 3 @ 80% 1 @ 90%	3	5 @ 72.5% 3 @ 82.5% 1 @ 92.5%	3	5 @ 75% 3 @ 85% 1 @ 95%	120 sec	
C. BENCH PRESS	3	5 @ 70% 3 @ 80% 1 @ 90%	3	5 @ 72.5% 3 @ 82.5% 1 @ 92.5%	3	5 @ 75% 3 @ 85% 1 @ 95%	120 sec	
D. BENT OVER BARBELL ROW	3	10 (easy) 8 (moderate) 6-8 (failure)	3	10 (easy) 8 (moderate) 6-8 (failure)	3	10 (easy) 8 (moderate) 6-8 (failure)	120 sec	
E. PROWLER PUSHING OR STATIONARY BIKE WITH RESISTANCE	6 x 60m or 60 sec		8 x 60m or 60 sec		10 x 60m or 60 sec		90 sec	

FRIDAY - WHOLE BODY #3

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	12 min		15 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. MACHINE HACK SQUAT	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	RP = Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
B. LYING LEG CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	RP = Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
C. BENCH PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	RP = Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
D. PEC DECK MACHINE	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	RP = Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
E. SEATED ROW (MACHINE OR PULLEY)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	RP = Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight
F. SMITH MACHINE SHOULDER PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 RP	90 sec	RP = Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight

SATURDAY – ENERGY SYSTEMS WORK [CAPACITY]

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	15 min		20 min		25 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. ABS SHREDDER 1 <i>ROWING ERGOMETER + SWISS BALL CRUNCHES</i>	<u>Intervals</u> 10-12 ball crunches 350m rowing ergometer Rest 30 sec Perform 5 intervals		<u>Intervals</u> 10-12 ball crunches 425m rowing ergometer Rest 30 sec Perform 6 intervals		<u>Intervals</u> 10-12 ball crunches 500m rowing ergometer Rest 30 sec Perform 7 intervals		N/A	
CARDIO	15 min		20 min		25 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
B. ABS SHREDDER 2 <i>STATIONARY BIKE W/RESISTANCE + CABLE CRUNCHES</i>	<u>Intervals</u> 10-12 cable crunches 60 sec bike Rest 30 sec Do 5 intervals		<u>Intervals</u> 10-12 cable crunches 75 sec bike Rest 30 sec Do 6 intervals		<u>Intervals</u> 10-12 cable crunches 90 sec bike Rest 30 sec Do 7 intervals		N/A	Either use an Airdyne/Assault bike or a regular stationary bike on which you put on a lot of resistance (so that you can't spin fast even if you try)
C. ABS SHREDDER 3 <i>PROWLER PUSHING OR ELLIPTICAL TRAINER + SERRATUS CRUNCHES</i>	<u>Intervals</u> 10-12 serratus crunch 40m prowler or 60 sec elliptical Resr 30 sec Do 5 intervals		<u>Intervals</u> 10-12 serratus crunch 50m prowler or 75 sec elliptical Resr 30 sec Do 6 intervals		<u>Intervals</u> 10-12 serratus crunch 60m prowler or 90 sec elliptical Resr 30 sec Do 7 intervals		N/A	I prefer the prowler, but if you use the elliptical add resistance and go fairly fast... not sprint-like but intense
CARDIO	25 min		23 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale



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PROGRAM 3 – FAT LOSS / BODY COMPOSITION

PHASE 3 – 4 WEEKS

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Whole body #1	Energy systems work	Whole body #2		Whole body #3	Energy systems work	

MONDAY - WHOLE BODY #1

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	20 min		25 min		30 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A1. BACK SQUAT	77.5% 4 reps per set 4 sets		80% 4 reps per set 4 sets		82.5% 6 reps per set 4 sets		60 sec	Alternate A1 and A2 with a full minute of rest between exercises and sets.
A2. DB BENCH PRESS							60 sec	
B1. ROMANIAN DEADLIFT	77.5% 4 reps per set 4 sets		80% 4 reps per set 4 sets		82.5% 6 reps per set 4 sets		60 sec	Alternate B1 and B2 with a full minute of rest between exercises and sets
B2. DB SHOULDER PRESS							60 sec	
C1. HACK SQUAT MACHINE	77.5% 4 reps per set 4 sets		80% 4 reps per set 4 sets		82.5% 6 reps per set 4 sets		60 sec	Alternate C1 and C2 with a full minute of rest between exercises and sets
C2. BENT OVER BARBELL ROW							60 sec	

TUESDAY – ENERGY SYSTEMS WORK (POWER)

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	20 min		25 min		30 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. ROWING ERGOMETER	1000m as fast as possible Rest 2 min 750m as fast as possible Rest 2 min 250m as fast as possible		1000m as fast as possible Rest 2 min 1000m as fast as possible		2000m as fast as possible		N/A	
B. STATIONARY BIKE WITH RESISTANCE	<u>Intervals</u> 20 sec all-out 30 sec rest Do 8 intervals		<u>Intervals</u> 20 sec all-out 20 sec rest Do 8 intervals		<u>Intervals</u> 20 sec all-out 10 sec rest Do 9 intervals		N/A	Either use an Airdyne/Assault bike or a regular stationary bike on which you put on a lot of resistance (so that you can't spin fast even if you try)
C. KB SWINGS	<u>Intervals</u> 20 sec all-out 30 sec rest Do 8 intervals		<u>Intervals</u> 20 sec all-out 20 sec rest Do 8 intervals		<u>Intervals</u> 20 sec all-out 10 sec rest Do 9 intervals		N/A	
CARDIO	30 min		25 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale

WEDNESDAY - WHOLE BODY #2

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	15 min		20 min		25 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. POWER CLEAN FROM HANG	3	5 @ 72.5% 3 @ 82.5% 1 @ 92.5%	3	5 @ 75% 3 @ 85% 1 @ 95%	3	5 @ 77.5% 3 @ 87.5% 1 @ 97.5%	180 sec	
B. FRONT SQUAT	3	5 @ 72.5% 3 @ 82.5% 1 @ 92.5%	3	5 @ 75% 3 @ 85% 1 @ 95%	3	5 @ 77.5% 3 @ 87.5% 1 @ 97.5%	180 sec	
C. BENCH PRESS	3	5 @ 72.5% 3 @ 82.5% 1 @ 92.5%	3	5 @ 75% 3 @ 85% 1 @ 95%	3	5 @ 77.5% 3 @ 87.5% 1 @ 97.5%	180 sec	
D. BENT OVER BARBELL ROW	3	10 (easy) 8 (moderate) 6-8 (failure)	3	10 (easy) 8 (moderate) 6-8 (failure)	3	10 (easy) 8 (moderate) 6-8 (failure)	120 sec	
E. PROWLER PUSHING OR STATIONARY BIKE WITH RESISTANCE	6 x 60m or 60 sec		8 x 60m or 60 sec		10 x 60m or 60 sec		90 sec	

FRIDAY - WHOLE BODY #3

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	15 min		20 min		25 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. MACHINE HACK SQUAT	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	DRP = Double Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
B. LYING LEG CURL	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	DRP = Double Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
C. BENCH PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	DRP = Double Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
D. PEC DECK MACHINE	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	DRP = Double Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
E. SEATED ROW (MACHINE OR PULLEY)	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	DRP = Double Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time
F. SMITH MACHINE SHOULDER PRESS	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	3	1 x 10 (easy) 1 x 8 (average) 1 x 6-8 DRP	90 sec	DRP = Double Rest/Pause... do around 6-8 reps to failure, rest 15 sec, and perform reps to failure again with the same weight, take 20 seconds and go to failure a third time

SATURDAY – ENERGY SYSTEMS WORK [CAPACITY]

EXERCISE	WEEK 1 & 2		WEEK 3		WEEK 4		REST	NOTE
	SETS	REPS	SETS	REPS	SETS	REPS		
CARDIO	20 min		25 min		30 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale
A. ABS SHREDDER 1 <i>ROWING ERGOMETER + SWISS BALL CRUNCHES</i>	<u>Intervals</u> 10-12 ball crunches 350m rowing ergometer Rest 30 sec Perform 5 intervals		<u>Intervals</u> 10-12 ball crunches 425m rowing ergometer Rest 30 sec Perform 6 intervals		<u>Intervals</u> 10-12 ball crunches 500m rowing ergometer Rest 30 sec Perform 7 intervals		N/A	
B. ABS SHREDDER 2 <i>KB SWINGS + CABLE CRUNCHES</i>	<u>Intervals</u> 10-12 cable crunches Max @ 45 sec Rest 30 sec Do 5 intervals		<u>Intervals</u> 10-12 cable crunches Max @ 60 sec Rest 30 sec Do 5 intervals		<u>Intervals</u> 10-12 cable crunches Max @ 75 sec Rest 30 sec Do 5 intervals		N/A	Either use an Airdyne/Assault bike or a regular stationary bike on which you put on a lot of resistance (so that you can't spin fast even if you try)
C. ABS SHREDDER 3 <i>BATTLE ROPES (TWO ARMS) + SERRATUS CRUNCHES</i>	<u>Intervals</u> 10-12 serratus crunch Max @ 45 sec Resr 30 sec Do 5 intervals		<u>Intervals</u> 10-12 serratus crunch Max @ 60 sec Resr 30 sec Do 5 intervals		<u>Intervals</u> 10-12 serratus crunch Max @ 75 sec Resr 30 sec Do 5 intervals		N/A	
CARDIO	25 min		23 min		20 min			On any cardio machine Moderate pace, about a 6/10 on the effort scale