



THIBARMY

Powered by
BALLISTIC MANAGEMENT

HIGH PERFORMANCE FAT LOSS

NOTE: For all the phases, the Tuesday and Thursday workouts are optional.
Not everybody can train 6 days a week. But if you can do them you will get faster results.

PHASE 1 – FAT MOBILIZATION REPROGRAMMING

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	

© 2017 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

MONDAY – DAY 1

Steady State Cardio: IDEALLY done first thing in the morning in a fasted state (a coffee is fine and even recommended) at an intensity of around 110-120 beats per minute (heart rate). Between 40-60 minutes. Could be brisk walking or using any cardio equipment you like.

EXERCISE		METHOD/TEMPO ²	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A	FRANKENSTEIN SQUAT	4010	3	6	4	6	5	6	2	8	3 min
B	ROMANIAN DEADLIFT	4010	3	6	4	6	5	6	2	8	3 min
C	BULGARIAN SPLIT SQUAT	2010	3	6/leg	4	6/leg	5	6/leg	2	8/leg	2 min
D	FARMER'S WALK¹	Stiff walk ³	3	20m	4	20m	5	20m	2	30m	2 min
E	STEADY STATE CARDIO	110-120 BPM	20 min		20 min		20 min		40 min		

¹ For the Farmer's walk you can use the specific Farmer's handles if you have them, dumbbells (if you have DBs that are heavy enough) or a trap bar

² In the tempo the first number refers to the length of the eccentric (lowering) phase in seconds, the second number is the pause between the eccentric and concentric, third number is the concentric (lifting) phase and the fourth is the pause at the end of the concentric. NOTE that I give these for general recommendations as to HOW you should do the reps. You don't have to do the exact number of seconds. Just know that 4-5 sec is slow, 2-3 is normal speed, 1 is trying to accelerate a bit, X is explosive, etc.

³ Stiff walk means that you focus on keeping everything tight: abs, upper back, etc. Avoid swaying from side to side or leaning forward. Walk fairly slowly, to maintain tightness.

TUESDAY - DAY 2

EXERCISE	METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A	SWISS BALL CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
B	STEADY STATE CARDIO	110-120 bpm	15 min		20 min		20 min		25 min		
C	SERRATUS CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
D	STEADY STATE CARDIO	110-120 bpm	15 min		20 min		20 min		25 min		
E	SEATED CABLE CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
F	STEADY STATE CARDIO	110-120 bpm	15 min		20 min		20 min		25 min		

WEDNESDAY – DAY 3

Steady State Cardio: : IDEALLY done first thing in the morning in a fasted state (a coffee is fine and even recommended) at an intensity of around 110-120 beats per minute (heart rate). Between 40-60 minutes. Could be brisk walking or using any cardio equipment you like.

EXERCISE	METHOD/TEMPO ³	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A	CHEST SUPPORTED T-BAR ROW	Hold peak 2 sec	3	6	4	6	5	6	2	8	3 min
B	UPPER BACK DEADLIFT¹	3021	3	6	4	6	5	6	2	8	3 min
C	SUPINATED LAT PULLDOWN	Hold peak 2 sec	3	6	4	6	5	6	2	8	2 min
D	INCLINE BENCH PRESS	4010	3	6	4	6	5	6	3	8	2 min
E	DUMBBELL BENCH PRESS	4010	3	6	4	6	5	6	3	8	2 min
F	PROWLER PUSHING/BIKE²	Slow steady ⁴	3	20m or sec	4	20m or sec	5	20m or sec	2	30m or sec	2 min
G	STEADY STATE CARDIO	110-120 BPM	20 min		20 min		20 min		40 min		

¹ <https://thibarmy.com/special-exercises-series-no-13-upper-drop-snatch/>

² Ideally use the prowler, but if you don't have access to one you can use a stationary bike with lots of resistance

³ In the tempo the first number refers to the length of the eccentric (lowering) phase in seconds, the second number is the pause between the eccentric and concentric, third number is the concentric (lifting) phase and the fourth is the pause at the end of the concentric. NOTE that I give these for general recommendations as to HOW you should do the reps. You don't have to do the exact number of seconds. Just know that 4-5 sec is slow, 2-3 is normal speed, 1 is trying to accelerate a bit, X is explosive, etc.

⁴ You want a resistance level that prevents you from sprinting/going fast, but not so much that it looks choppy, it should be fluid.

THURSDAY - DAY 4

EXERCISE	METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A	SWISS BALL CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
B	STEADY STATE CARDIO	110-120 bpm	15 min		20 min		20 min		25 min		
C	SERRATUS CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
D	STEADY STATE CARDIO	110-120 bpm	15 min		20 min		20 min		25 min		
E	SEATED CABLE CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
F	STEADY STATE CARDIO	110-120 bpm	15 min		20 min		20 min		25 min		

FRIDAY – DAY 5

Steady State Cardio: IDEALLY done first thing in the morning in a fasted state (a coffee is fine and even recommended) at an intensity of around 110-120 beats per minute (heart rate). Between 40-60 minutes. Could be brisk walking or using any cardio equipment you like.

EXERCISE		METHOD/TEMPO ²	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A	LEG PRESS OR HACK SQUAT	4010	3	6	4	6	5	6	2	8	3 min
B	LEG CURL (LYING OR SEATED)	4010	3	6	4	6	5	6	2	8	3 min
C	LUNGES	N/A	3	6/leg	4	6/leg	5	6/leg	2	8/leg	2 min
D	FARMER'S WALK¹	Stiff walk ³	3	20m	4	20m	5	20m	2	30m	2 min
E	STEADY STATE CARDIO	110-120 BPM	20 min		20 min		20 min		40 min		

¹ For the Farmer's walk you can use the specific Farmer's handles if you have them, dumbbells (if you have DBs that are heavy enough) or a trap bar

² In the tempo the first number refers to the length of the eccentric (lowering) phase in seconds, the second number is the pause between the eccentric and concentric, third number is the concentric (lifting) phase and the fourth is the pause at the end of the concentric. NOTE that I give these for general recommendations as to HOW you should do the reps. You don't have to do the exact number of seconds. Just know that 4-5 sec is slow, 2-3 is normal speed, 1 is trying to accelerate a bit, X is explosive, etc.

³ Stiff walk means that you focus on keeping everything tight: abs, upper back, etc. Avoid swaying from side to side or leaning forward. Walk fairly slowly, to maintain tightness.

SATURDAY – DAY 6

Steady State Cardio: : IDEALLY done first thing in the morning in a fasted state (a coffee is fine and even recommended) at an intensity of around 110-120 beats per minute (heart rate). Between 40-60 minutes. Could be brisk walking or using any cardio equipment you like.

EXERCISE		METHOD/TEMPO ²	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A	SEATED CABLE ROW	Hold peak 2 sec	3	6	4	6	5	6	2	8	3 min
B	BACK EXTENSION	Hold peak 2 sec	3	6	4	6	5	6	2	8	3 min
C	PRONATED LAT PULLDOWN	Hold peak 2 sec	3	6	4	6	5	6	2	8	2 min
D	FLOOR CLOSE-GRIP BENCH PRESS	3210	3	6	4	6	5	6	3	8	2 min
E	DB SHOULDER PRESS	4010	3	6	4	6	5	6	3	8	2 min
F	PROWLER PUSHING/BIKE¹	Slow steady ³	3	20m or sec	4	20m or sec	5	20m or sec	2	30m or sec	2 min
G	STEADY STATE CARDIO	110-120 BPM	20 min		20 min		20 min		40 min		

¹ Ideally use the prowler, but if you don't have access to one you can use a stationary bike with lots of resistance

² In the tempo the first number refers to the length of the eccentric (lowering) phase in seconds, the second number is the pause between the eccentric and concentric, third number is the concentric (lifting) phase and the fourth is the pause at the end of the concentric. NOTE that I give these for general recommendations as to HOW you should do the reps. You don't have to do the exact number of seconds. Just know that 4-5 sec is slow, 2-3 is normal speed, 1 is trying to accelerate a bit, X is explosive, etc.

³ You want a resistance level that prevents you from sprinting/going fast, but not so much that it looks choppy, it should be fluid.



THIBARMY

Powered by

BALLISTIC MANAGEMENT

HIGH PERFORMANCE FAT LOSS

PHASE 2 – PERFORMANCE INTEGRATION

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	

© 2017 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

MONDAY – DAY 1

Steady State Cardio: IDEALLY done first thing in the morning in a fasted state (a coffee is fine and even recommended) at an intensity of around 110-120 beats per minute (heart rate). Between 40-60 minutes. Could be brisk walking or using any cardio equipment you like.

EXERCISE		METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A1 ¹	BACK SQUAT	4010	4	6	4	8	4	10	3	12	90 sec
A2	LEG CURL	4010	4	6	4	8	4	10	3	12	90 sec
B1	DEADLIFT	2010	4	6	4	6+3 ³	4	6+3	3	6+3+3 ⁴	90 sec
B2	LEG PRESS OR HACK SQUAT	4010	4	10	4	12	4	15	3	20	90 sec
C	FARMER'S WALK	Rapid but good position	3	30 sec ²	4	30 sec	4	30 sec	3	45 sec	2 min
D	HIGH INTENSITY INTERVALS	45 sec relax/15 sec all-out	8x		10x		10x		12x		
E	STEADY STATE CARDIO	115-120 BPM	12 min		12 min		12 min		15 min		

¹ Where there is a letter and number, it means that both exercises are alternated. For example, one set of A1, rest 90 sec, one set of A2, rest 90 sec, back to A1...

² Use a moderate weight and carry for the longest distance you can in the prescribed time period. Since the goal is body comp you can use straps to hold on to the weight

³ and ⁴ do 6 reps, rest 20 sec and do 3 extra reps... if it's 6+3+3 you rest another 20 sec and do 3 more reps

TUESDAY - DAY 2

EXERCISE	METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A	SWISS BALL CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
B	PROWLER OR BIKE SPRINT¹		15 sec all-out / 45 sec rest x 3 sets		15 sec all-out / 45 sec rest x 4 sets		15 sec all-out / 45 sec rest x 4 sets		30 sec all-out / 45 sec rest x 3 sets		
C	SERRATUS CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
D	PROWLER OR BIKE SPRINT		15 sec all-out / 45 sec rest x 3 sets		15 sec all-out / 45 sec rest x 4 sets		15 sec all-out / 45 sec rest x 4 sets		30 sec all-out / 45 sec rest x 3 sets		
E	SEATED CABLE CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
F	PROWLER OR BIKE SPRINT		15 sec all-out / 45 sec rest x 3 sets		15 sec all-out / 45 sec rest x 4 sets		15 sec all-out / 45 sec rest x 4 sets		30 sec all-out / 45 sec rest x 3 sets		

¹ If doing bike sprints, use enough resistance to make it hard. On the prowler, use a moderate resistance so that you can still sprint, but have to work to go fast

WEDNESDAY – DAY 3

Steady State Cardio: IDEALLY done first thing in the morning in a fasted state (a coffee is fine and even recommended) at an intensity of around 110-120 beats per minute (heart rate). Between 40-60 minutes. Could be brisk walking or using any cardio equipment you like.

EXERCISE		METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A1 ¹	UPPER BACK DEADLIFT	4010	4	6	4	8	4	10	3	12	90 sec
A2	BENCH PRESS	4010	4	6	4	8	4	10	3	12	90 sec
B1	SEATED CABLE ROW	Hold peak 2 sec	4	6	4	8	4	10	3	12	90 sec
B2	MILITARY PRESS	4010	4	6	4	8	4	10	3	12	90 sec
C	PROWLER PUSHING OR RESISTED BIKE ²	Hard/slow	3	20m or 20 sec	4	20m or 20 sec	4	20m or 20 sec	3	30m or 30 sec	2 min
D	HIGH INTENSITY INTERVALS	45 sec relax/15 sec all-out	8x		10x		10x		12x		
E	STEADY STATE CARDIO	115-120 BPM	12 min		12 min		12 min		15 min		

¹ Where there is a letter and number, it means that both exercises are alternated. For example, one set of A1, rest 90 sec, one set of A2, rest 90 sec, back to A1...

² Either go as heavy as you can for the prescribed distance for the prowler or use the highest resistance you can without having a choppy movement on the bike

THURSDAY – DAY 4

EXERCISE	METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A	SWISS BALL CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
B	ROWING ERGOMETER		3 x 250m all-out with 90 sec rest		3 x 250m all-out with 90 sec rest		3 x 250m all-out with 90 sec rest		2 x 500m all-out with 90 sec rest		
C	SERRATUS CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
D	ROWING ERGOMETER		3 x 250m all-out with 90 sec rest		3 x 250m all-out with 90 sec rest		3 x 250m all-out with 90 sec rest		2 x 500m all-out with 90 sec rest		
E	SEATED CABLE CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
F	ROWING ERGOMETER		3 x 250m all-out with 90 sec rest		3 x 250m all-out with 90 sec rest		3 x 250m all-out with 90 sec rest		2 x 500m all-out with 90 sec rest		

FRIDAY – DAY 5

Steady State Cardio: IDEALLY done first thing in the morning in a fasted state (a coffee is fine and even recommended) at an intensity of around 110-120 beats per minute (heart rate). Between 40-60 minutes. Could be brisk walking or using any cardio equipment you like.

EXERCISE		METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A1 ¹	FRONT SQUAT	3010	4	6	5	6	5	6	3	4	60 sec
A2	ROMANIAN DEADLIFT	4010	4	6	5	6	5	6	3	4	60 sec
A3	WALKING LUNGES	N/A	4	10/leg	5	10/leg	5	10/leg	3	8/leg	60 sec
A4	AIR SQUAT	Fast but good form	4	Max in 30 sec	5	Max in 30 sec	5	Max in 30 sec	3	Max in 60 sec	2 min
B	FARMER'S WALK	Rapid but good position	3	30 sec ²	4	30 sec	4	30 sec	5	6	2 min
C	HIGH INTENSITY INTERVALS	45 sec relax/15 sec all-out	8x		10x		10x		12x		
D	STEADY STATE CARDIO	115-120 BPM	12 min		12 min		12 min		15 min		

¹ A1 to A4 are a circuit, do one set of each with 60 sec of rest in between, then take 2 min of rest before the next set

² Use a moderate weight and carry for the longest distance you can in the prescribed time period. Since the goal is body comp you can use straps to hold on to the weight

SATURDAY – DAY 6

Steady State Cardio: IDEALLY done first thing in the morning in a fasted state (a coffee is fine and even recommended) at an intensity of around 110-120 beats per minute (heart rate). Between 40-60 minutes. Could be brisk walking or using any cardio equipment you like.

EXERCISE		METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A1 ¹	DUMBBELL SHOULDER PRESS	3010	4	6	5	6	5	6	3	4	60 sec
A2	SEATED CABLE ROW NEUTRAL	Hold peak 2 sec	4	6	5	6	5	6	3	8	60 sec
A3	DUMBBELL BENCH PRESS	3010	4	Max ²	5	Max	5	Max	3	Max	60 sec
A4	SEATED CABLE ROW SUPINATED	Hold peak 2 sec	4	6	5	6	5	6	3	8	2 min
B	FARMER'S WALK	Rapid but good position	3	30 sec ³	4	30 sec	4	30 sec	5	6	2 min
C	HIGH INTENSITY INTERVALS	45 sec relax/15 sec all-out	8x		10x		10x		12x		
D	STEADY STATE CARDIO	115-120 BPM	12 min		12 min		12 min		15 min		

¹ A1 to A4 are a circuit, do one set of each with 60 sec of rest in between, then take 2 min of rest before the next set

² For the Dumbbell bench press, use the same weight as the dumbbell shoulder press and do as many reps as you can

³ Use a moderate weight and carry for the longest distance you can in the prescribed time period. Since the goal is body comp you can use straps to hold on to the weight



THIBARMY

Powered by

BALLISTIC MANAGEMENT

HIGH PERFORMANCE FAT LOSS

PHASE 3 – HIGH PERFORMANCE FAT LOSS

SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	

© 2017 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

MONDAY – DAY 1

Steady State Cardio: IDEALLY done first thing in the morning in a fasted state (a coffee is fine and even recommended) at an intensity of around 110-120 beats per minute (heart rate). Between 40-60 minutes. Could be brisk walking or using any cardio equipment you like.

EXERCISE	METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A1	ZERCHER SQUAT	3010	4 5	4 5	5 3	5 5-4-3-2-1	60 sec			
A2	ROWING ERGOMETER	4 250m	4 250m	5 250m	5 250m	3 min				
B1	ROMANIAN DEADLIFT	3010	4 5	4 5	5 3	5 5-4-3-2-1	60 sec			
B2	BATTLE ROPES ¹	Two arms at a time	4 30 sec	4 30 sec	5 30 sec	5 30 sec	3 min			
C	PROWLER/BIKE SPRINT	Max speed	4 30m 30 sec	3 45m 45 sec	3 45m 45 sec	3 60m 60 sec	2 min			
D	KB SWINGS [RUSSIAN] ²	Modified Tabata	8 x 10 reps / 20 sec rest	8 x 10 reps / 20 sec rest	8 x 10 reps / 20 sec rest	8 x 10 reps / 20 sec rest	N/A			
E	STEADY STATE CARDIO	115-125 BPM	15 min	15 min	15 min	15 min				

¹ If you don't have battle ropes you can use a large beach towel and do the same movement trying to "snap/whip" the towel

² In the Russian KB swing you don't bring the KB higher than your shoulders

TUESDAY - DAY 2

EXERCISE	METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A	SWISS BALL CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
B	PROWLER OR BIKE SPRINT¹		15 sec all-out / 45 sec rest x 3 sets		15 sec all-out / 45 sec rest x 4 sets		15 sec all-out / 45 sec rest x 4 sets		30 sec all-out / 45 sec rest x 3 sets		
C	SERRATUS CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
D	PROWLER OR BIKE SPRINT		15 sec all-out / 45 sec rest x 3 sets		15 sec all-out / 45 sec rest x 4 sets		15 sec all-out / 45 sec rest x 4 sets		30 sec all-out / 45 sec rest x 3 sets		
E	SEATED CABLE CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
F	PROWLER OR BIKE SPRINT		15 sec all-out / 45 sec rest x 3 sets		15 sec all-out / 45 sec rest x 4 sets		15 sec all-out / 45 sec rest x 4 sets		30 sec all-out / 45 sec rest x 3 sets		

¹ If doing bike sprints, use enough resistance to make it hard. On the prowler, use a moderate resistance so that you can still sprint, but have to work to go fast

WEDNESDAY – DAY 3

Steady State Cardio: IDEALLY done first thing in the morning in a fasted state (a coffee is fine and even recommended) at an intensity of around 110-120 beats per minute (heart rate). Between 40-60 minutes. Could be brisk walking or using any cardio equipment you like.

EXERCISE	METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A1	BENCH PRESS	3010	4 5	4 5	4 5	5 3	5 5-4-3-2-1	60 sec		
A2	PROWLER OR FARMER'S WALK	Moderate	4 50m	4 50m	5 50m	5 50m	3 min			
B1	SEATED CABLE ROW	3010	4 5	4 5	5 3	5 5-4-3-2-1	60 sec			
B2	PROWLER OR FARMER'S WALK	Moderate	4 50m	4 50m	5 50m	5 50m	3 min			
C	ROWING ERGOMETER	All-out	4 500m	3 500m	3 500m	3 500m	3 min			
D	DB THRUSTERS	Modified Tabata	8 x 10 reps / 20 sec rest	8 x 10 reps / 20 sec rest	8 x 10 reps / 20 sec rest	8 x 10 reps / 20 sec rest	N/A			
E	STEADY STATE CARDIO	115-125 BPM	15 min	15 min	15 min	15 min				

THURSDAY – DAY 4

EXERCISE	METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A	SWISS BALL CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
B	PROWLER OR BIKE SPRINT¹		15 sec all-out / 45 sec rest x 3 sets		15 sec all-out / 45 sec rest x 4 sets		15 sec all-out / 45 sec rest x 4 sets		30 sec all-out / 45 sec rest x 3 sets		
C	SERRATUS CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
D	PROWLER OR BIKE SPRINT		15 sec all-out / 45 sec rest x 3 sets		15 sec all-out / 45 sec rest x 4 sets		15 sec all-out / 45 sec rest x 4 sets		30 sec all-out / 45 sec rest x 3 sets		
E	SEATED CABLE CRUNCHES	3022	3	8-12	4	8-12	5	8-12	2	8-12	1 min
F	PROWLER OR BIKE SPRINT		15 sec all-out / 45 sec rest x 3 sets		15 sec all-out / 45 sec rest x 4 sets		15 sec all-out / 45 sec rest x 4 sets		30 sec all-out / 45 sec rest x 3 sets		

¹ If doing bike sprints, use enough resistance to make it hard. On the prowler, use a moderate resistance so that you can still sprint, but have to work to go fast

FRIDAY - DAY 5

EXERCISE		METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A	BACK SQUAT	3010	5	5	6	5-3-1- 5-3-1	5	5-4-3-2-1	3	Cluster ¹	2-3 min
B	DEADLIFT	2010	5	5	6	5-3-1- 5-3-1	5	5-4-3-2-1	3	Cluster ¹	2-3 min
C	BULGARIAN SPLIT SQUAT	3010	3	6 to 8/leg	3	6 to 8/leg	3	6 to 8/leg	3	6 to 8/leg	90 sec
D	LEG PRESS/HACK SQUAT	3010	3	10 to 12	3	10 to 12	3	10 to 12	3	10 to 12	2 min
E	STEADY STATE CARDIO	115-125 BPM	30 min		30 min		30 min		30 min		

¹ For the cluster, use the weight you used for your set of 3 the preceding week and do 5 reps per set, taking 20 sec of rest between reps (rack the bar)

SATURDAY – DAY 6

EXERCISE		METHOD/TEMPO	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A	BENCH PRESS	3010	5	5	6	5-3-1- 5-3-1	5	5-4-3-2-1	3	Cluster ¹	2-3 min
B	MILITARY PRESS	2010	5	5	6	5-3-1- 5-3-1	5	5-4-3-2-1	3	Cluster ¹	2-3 min
C	SEATED CABLE ROW NEUTRAL GRIP	3010	3	6 to 8/leg	3	6 to 8/leg	3	6 to 8/leg	3	6 to 8/leg	90 sec
D	SUPINATED LAT PULLDOWN	3010	3	10 to 12	3	10 to 12	3	10 to 12	3	10 to 12	2 min
E	STEADY STATE CARDIO	115-125 BPM	30 min		30 min		30 min		30 min		

¹ For the cluster, use the weight you used for your set of 3 the preceding week and do 5 reps per set, taking 20 sec of rest between reps (rack the bar)