



THIBARMY

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BALLISTIC MANAGEMENT

PHYSIQUE TRANSFORMATION

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RPE CHART

RATE OF PERCEIVED EFFORT IN LIFTING ACTIVITIES		
10	Maximal effort	Couldn't do anything more
9.5	Almost limit effort	Couldn't have done more reps, but maybe could have done a bit more weight
9	Extremely hard	Could do 1 more rep
8.5	Very hard	Could do 1 more rep, maybe 2
8	Hard	Could do 2 more reps
7.5	Fairly hard	Could do 2 more reps for sure, maybe 3
7	Somewhat demanding	Could do 3 more reps
6	Comfortable	Could do 4-6 more reps
4	Very easy	Warm-up

PHASE 1

THE PROGRESSION IS DONE VIA INCREASED INTENSITY/LOWERED REPS EACH WEEK.

Monday - Day 1 - Whole body Performance- Isometric emphasis

	Exercise	Method / Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
LISS	Steady state cardio	Around 120 bpm	15 min		15 min		15 min		15 min		
A	Back squat	*Multi-pause eccentric	3	5	3	4	4	3	4	2	3-4 min
B	Bench press	*Multi-pause eccentric	3	5	3	4	4	3	4	2	3-4 min
C	Deadlift	*Multi-pause eccentric	3	5	3	4	4	3	4	2	3-4 min
D	Chest supported row	*Multi-pause eccentric	3	5	3	4	4	3	4	2	3-4 min
LISS	Steady state cardio	Around 120 bpm	12 min		15 min		18 min		20 min		

*take three 3 sec pause during the eccentric, The pauses are done 1-2” after the beginning of the eccentric, in the middle of the eccentric, and 1-2” before the end of the eccentric phase

Wednesday - Day 2 - Whole body Performance- Eccentric emphasis

	Exercise	Method / Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
LISS	Steady state cardio	Around 120 bpm	15 min		15 min		15 min		15 min		
A	Back squat	10-0-1	3	5	3	3	4	2	4	1	3-4 min
B	Bench press	10-0-1	3	5	3	3	4	2	4	1	3-4 min
C	Deadlift	10-0-1	3	5	3	3	4	2	4	1	3-4 min
D	Chest supported row	10-0-1	3	5	3	3	4	2	4	1	3-4 min
LISS	Steady state cardio	Around 120 bpm	12 min		15 min		18 min		20 min		

Friday - Day 3 - Whole body Performance - Concentric emphasis

	Exercise	Method / Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
LISS	Steady state cardio	Around 120 bpm	15 min		15 min		15 min		15 min		
A	Back squat	2-0-1	3	5	3	4	3	3	3	cluster	3-4 min
B	Bench press	2-0-1	3	5	3	4	3	3	3	cluster	3-4 min
C	Deadlift	2-0-1	3	5	3	4	3	3	3	cluster	3-4 min
D	Chest supported row	2-0-1	3	5	3	4	3	3	3	cluster	3-4 min
LISS	Steady state cardio	Around 120 bpm	12 min		15 min		18 min		20 min		

*For the sets of 5, use a weight that is around 82-85% of your maximum. For the sets of 3, around 87-90% and for the clusters, get as many reps as you can with around 90%.

**Clusters are done one rep at a time: Do 1 rep, rack the bar (or put it on the floor), rest 20 seconds, do 1 rep, rest 20 sec, etc. until you hit your maximum.

Additional Bodybuilding session - one time per week, can be done on any of the non-performance days

	Exercise	Method / Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
LISS	Steady state cardio	Around 120 bpm	15 min		15 min		15 min		15 min		
A1	Savickas DB press	3-0-1	3	8	3	10	3	12	3	15	75-90 sec
A2	Face pull	3-0-1	3	8	3	10	3	12	3	15	75-90 sec
B1	Barbell curl	3-0-1	3	8	3	10	3	12	3	15	75-90 sec
B2	Ez bar skullcrusher	3-0-1	3	8	3	10	3	12	3	15	75-90 sec
C1	Glute ham raise	3-0-1	3	8	3	10	3	12	3	15	75-90 sec
C2	Chin-up or lat-pulldown	3-0-1	3	8	3	10	3	12	3	15	75-90 sec
LISS	Steady state cardio	Around 120 bpm	12 min		15 min		18 min		20 min		

*When the reps increase from week to week, try to keep using the same weight as you did the previous week, but with more reps.

Day 5 - Cardio & abs - Any day on non performance days

	Exercise	Method / Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Cable crunches	3-0-2-2	4	10	4	10	4	12	4	12	45-60 sec
LISS	Steady state cardio	Around 120-bpm	20 min		22 min		24 min		26 min		
C	Swiss ball crunches	3-0-2-2	4	10	4	10	4	12	4	12	45-60 sec
LISS	Steady state cardio	Around 120 bpm	20 min		22 min		24 min		26 min		

PHASE 2

THE PROGRESSION IS DONE VIA INCREASED INTENSITY/LOWERED REPS EACH WEEK.

Monday - Day 1 - Whole body Performance- Heavy

	Exercise	Method / Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Back squat	3-0-1	Ramp	5	Ramp	3	Ramp	2	Ramp	1	3-4 min
B	Bench press	3-0-1	Ramp	5	Ramp	3	Ramp	2	Ramp	1	3-4 min
C	Deadlift	3-0-1	Ramp	5	Ramp	3	Ramp	2	Ramp	1	3-4 min
D	Chest supported row	3-0-1	Ramp	5	Ramp	3	Ramp	2	Ramp	1	3-4 min
HIIT	Intervals	15 sec max / 45 sec low	10 min		12 min		14 min		16 min		
LISS	Steady state cardio	Around 140 bpm	16 min		14 min		12 min		10 min		

*Ramp means that you start with around 60% of your max on the bar and you gradually add weight until you hit the heaviest weight you can do for the prescribed number of reps.

The first 2-3 sets can be done for 5 reps, after that switch to only the prescribed number of reps to minimize fatigue.
Try to reach your max in around 8 sets.

Wednesday - Day 2 - Upper body bodybuilding

	Exercise	Method / Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Shoulder press	Mechanical drop set	3	10+max+max	3	10+max+max	3	10+max+max	3	10+max+max	2-3 min
A2	Curl	Mechanical drop set	3	10+max+max	3	10+max+max	3	10+max+max	3	10+max+max	2-3 min
B1	Seated row	Mechanical drop set	3	10+max+max	3	10+max+max	3	10+max+max	3	10+max+max	2-3 min
B2	Dirty 30	Mechanical drop set	3	10+10+10	3	10+10+10	4	10+10+10	4	10+10+10	2-3 min
C1	Lateral raise	Mechanical drop set	3	10+max+max	3	10+max+max	3	10+max+max	3	10+max+max	2-3 min
C2	Shrugs	Mechanical drop set	3	10+max+max	3	10+max+max	3	10+max+max	3	10+max+max	2-3 min
HIIT	Intervals	15 sec max / 45 sec low	10 min		12 min		14 min		16 min		
LISS	Steady state cardio	Around 140 bpm	16 min		14 min		12 min		10 min		

A1 Mechanical drop set: - Arnold press - DB shoulder press - DB incline press

A2 Mechanical drop set: - Wide grip preacher curl - Narrow grip preacher curl - Mid grip standing curl

B1 Mechanical drop set: - Row leaning forward - Row back upright - Row leaning back slightly

B2 Mechanical drop set: - EZ bar lying triceps ext. - EZ bar pullover - EZ bar close-grip bench

C1 Mechanical drop set: - Incline lateral raise - standing lateral raise - half reps lateral raise

C2 Mechanical drop set: - Kirk shrugs - Strict shrugs - Power shrugs

Friday - Day 3 - Whole body performance - explosive

	Exercise	Method / Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Back squat	Explosive	6	4 (70% of 4RM)	8	3(70% of 3RM)	10	2(70% of 2RM)	12	1 (70% Of 1RM)	1 min
B	Bench press	2-0-1	6	4 (70% of 4RM)	8	3(70% of 3RM)	10	2(70% of 2RM)	12	1 (70% Of 1RM)	1 min
C	Deadlift	2-0-1	6	4 (70% of 4RM)	8	3(70% of 3RM)	10	2(70% of 2RM)	12	1 (70% Of 1RM)	1 min
D	Chest supported row	2-0-1	6	4 (70% of 4RM)	8	3(70% of 3RM)	10	2(70% of 2RM)	12	1 (70% Of 1RM)	1 min
HIIT	Intervals	15 sec max/45 sec low	10 min		12 min		14 min		16 min		
LISS	Steady state cardio	Around 120 bpm	16 min		14 min		12 min		10 min		

*For the explosive lifting, do the eccentric under control but try to do the concentric as fast as humanly possible. % based on Day 1 performance.

Saturday - Day 4 - Lower body bodybuilding

	Exercise	Method / Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Bulgarian split squat	High double contraction	3	6	3	6	3	8	3	8	75-90 sec
A2	Single leg curl	High double contraction	3	6	3	6	3	8	3	8	75-90 sec
B1	Barbell hip thrust	Iso-dynamic contrast	3	30 sec + 6	3	30 sec + 6	3	30 sec + 8	3	30 sec + 8	75-90 sec
B2	Lumberjack squat	5-0-1	3	6	3	6	3	8	3	8	75-90 sec
C1	Romanian deadlift	5-0-1	3	6	3	6	3	8	3	8	75-90 sec
C2	Standing calves raise	Iso-dynamic contrast	3	30 sec + 6	3	30 sec + 6	3	30 sec + 8	3	30 sec + 8	75-90 sec
HIIT	Intervals	15 sec max/45 sec low	10 min		12 min		14 min		16 min		
LISS	Steady state cardio	Around 120 bpm	16 min		14 min		12 min		10 min		

*High double contraction: Do the top half of the range of motion twice per rep.
For example. Squat halfway down, go back up, squat down completely, stand up. This is ONE rep

*Iso-dynamic contract: Hold the peak contraction for 30 sec, squeezing the target muscle as hard as possible, then do your reps (no pause after the hold)

PHASE 3

Monday - Day 1 - Whole body Performance- Heavy

	Exercise	Method / Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Back squat	EMOM Alternating	20 min	3 (80%)	20 min	4 (80%)	20 min	5 (80%)	20 min	6 (80%)	Odd min: squat
A2	Bench press			3 (80%)		4 (80%)		5 (80%)		6 (80%)	Even min: bench
B1	Deadlift	EMOM Alternating	20 min	3 (80%)	20 min	4 (80%)	20 min	5 (80%)	20 min	6 (80%)	Odd min: Deadlift
B2	Chin-up supinated			3 (80%)		4 (80%)		5 (80%)		6 (80%)	Even min: Chin-up
HIIT	Intervals	15 sec max/45 sec low	10 min		12 min		14 min		16 min		
LISS	Steady state cardio	Around 120 bpm	16 min		14 min		12 min		10 min		

EMOM alternating means that you start a set at the beginning of each minute (at 0:00 you do a set, at 1:00 you do a set, at 2:00 you do a set...) You alternate the exercise done each minute. For example, 0:00 3 reps squat, 1:00 3 reps bench, 2:00 3 reps squat, 3:00 3 reps bench, etc.

Wednesday - Day 2 - Upper body - GBC

	Exercise	Method / Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	DB Shoulder press	4-0-1	3	12	4	12	3	15	4	15	45-60 sec
A2	Front squat	4-0-1	3	8	4	8	3	10	4	10	60-75 sec
B1	Romanian deadlift	4-0-1	3	8	4	8	3	10	4	10	45-60 sec
B2	Seated row	3-0-1-2	3	12	4	12	3	15	4	15	60-75 sec
C1	Close grip bench press	4-0-1	3	12	4	12	3	15	4	15	45-60 sec
C2	Zercher squat	4-0-1	3	8	4	8	3	10	4	10	60-75 sec
HIIT	Intervals	30 sec max / 30 sec low	10 min		12 min		14 min		16 min		
LISS	Steady state cardio	Around 140 bpm	16 min		14 min		12 min		10 min		

Friday - Day 3 - Whole body performance - explosive

	Exercise	Method / Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Back squat	Explosive	6	4 (70% of 4RM)	8	3(70% of 3RM)	10	2(70% of 2RM)	12	1 (70% Of 1RM)	1 min
B	Bench press	2-0-1	6	4 (70% of 4RM)	8	3(70% of 3RM)	10	2(70% of 2RM)	12	1 (70% Of 1RM)	1 min
C	Deadlift	2-0-1	6	4 (70% of 4RM)	8	3(70% of 3RM)	10	2(70% of 2RM)	12	1 (70% Of 1RM)	1 min
D	Chest supported row	2-0-1	6	4 (70% of 4RM)	8	3(70% of 3RM)	10	2(70% of 2RM)	12	1 (70% Of 1RM)	1 min
HIIT	Intervals	30 sec max/30 sec low	10 min		12 min		14 min		16 min		
LISS	Steady state cardio	Around 120 bpm	16 min		14 min		12 min		10 min		

*For the explosive lifting, do the eccentric under control but try to do the concentric as fast as humanly possible. % based on Day 1 performance.

Saturday - Day 4 - Bodybuilding

	Exercise	Method / Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A1	Bulgarian split squat	High double contraction	3	6	3	6	3	8	3	8	75-90 sec
A2	Single leg curl	High double contraction	3	6	3	6	3	8	3	8	75-90 sec
B1	Seated row	Iso-dynamic contrast	3	30 sec + 6	3	30 sec + 6	3	30 sec + 8	3	30 sec + 8	75-90 sec
B2	Pec deck	5-0-1	3	6	3	6	3	8	3	8	75-90 sec
C1	Preacher curl	5-0-1	3	6	3	6	3	8	3	8	75-90 sec
C2	Decline DB triceps extension	5-0-1	3	6	3	6	3	8	3	8	75-90 sec
HIIT	Intervals	30 sec max / 30 sec low	10 min		12 min		14 min		16 min		