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BALLISTIC MANAGEMENT

GET JACKED

ONLINE BOOTCAMP PROGRAM

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MONDAY - WHOLE BODY - LACTIC ACID

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A	GOBLET SQUAT	5020 tempo stop short of lockout	2	8	2	10	2	12	75-90 sec	Try to keep the same weight (at least) from week to week
B	LYING LEG CURL	5020 tempo stop short of extension	2	8	2	10	2	12	75-90 sec	Try to keep the same weight (at least) from week to week
C	LATERAL RAISE	3031 tempo Mechanical drop set	2	8-10 + max + max	2	8-10 + max + max	2	8-10 + max + max	90-120 sec	One set is : - 8-10 reps lateral raise - Max reps front raise - Max reps Arnold press *Using the same weight and no rest between stations
D	PEC DECK	4012 tempo Drop set	2	6-8 + max	2	8-10 + max	2	10-12 + max	90-120 sec	Go to failure on your set, reduce the weight by 25% and try to get as many additional reps as possible
E	STRAIGHT-ARMS PULLDOWN	3020 tempo Drop set	2	6-8 + max	2	8-10 + max	2	10-12 + max	90-120 sec	Go to failure on your set, reduce the weight by 25% and try to get as many additional reps as possible
F	REAR DELTS MACHINE	Mechanical drop set	2	8-10 + max + max	2	8-10 + max + max	2	8-10 + max + max	90-120 sec	One set is : - 8-10 reps hands neutral at ears level - Max reps hands neutral shoulder level - Max reps pronated handle Using the same weight and no rest between stations
G	DB PRESS	5010 tempo	2	8	2	10	2	12	75-90 sec	Try to keep the same weight (at least) from week to week
H	SEATED ROW NEUTRAL GRIP	3012 tempo	2	8	2	10	2	12	75-90 sec	Try to keep the same weight (at least) from week to week

TUESDAY - WHOLE BODY - MUSCLE DAMAGE

	EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A1	ZERCHER SQUAT	3010 tempo	4	8/8/6/6	4	8/6/6/6	4	6/6/4/4	120-150 sec	
A2	ROMANIAN DEADLIFT	3010 tempo	4	8/8/6/6	4	8/6/6/6	4	6/6/4/4	120-150 sec	Elevate front of feet on a 10lbs plate
B1	INCLINE DB PRESS	3010 tempo	4	8/8/6/6	4	8/6/6/6	4	6/6/4/4	90-120 sec	Important to reach full stretch in bottom
B2	NEUTRAL GRIP PULL-UPS OR LAT PULLDOWN	3010 tempo	4	8/8/6/6	4	8/6/6/6	4	6/6/4/4	90-120 sec	
C1	CLOSE-GRIP BENCH PRESS	3010 tempo	4	8/8/6/6	4	8/6/6/6	4	6/6/4/4	75-90 sec	
C2	INCLINE DB CURL	3010 tempo	4	8/8/6/6	4	8/6/6/6	4	6/6/4/4	75-90 sec	

IMPORTANT: Try to do the turnaround (switching from eccentric to concentric) with as much force/power as possible.
Be violent at the initial part of the concentric.

WEDNESDAY - OFF - OPTIONAL CARDIO & ABS

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
A	CABLE CRUNCHES	3022 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
B	HIGH INTENSITY INTERVALS	N/A	10	45/15	10	30/30	10	20/40		First number is duration of intense period and second is relaxed period
C	SWISS BALL CRUNCHES	3010 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
D	STEADY-STATE CARDIO	N/A		20 min		22 min		25 min		

THURSDAY - WHOLE BODY - MUSLCE FATIGUE

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES		
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS				
A	HACK SQUAT MACHINE	4020	tempo	1	8-10 + max	1	8-10 + max + max	1	10+3+3 +3+3+3	120-150 sec	Week 1 – Rest/Pause Week 2 – Double Rest/Pause Week 3 – Myo reps
B	LEG CURL	4020	tempo	1	8-10 + max	1	8-10 + max + max	1	10+3+3 +3+3+3	120-150 sec	
C	MACHINE CHEST PRESS OR SMITH MACHINE BENCH PRESS	4020	tempo	1	8-10 + max	1	8-10 + max + max	1	10+3+3 +3+3+3	120-150 sec	
D	CHEST-SUPPORTED T-BAR ROW	2022	tempo	1	8-10 + max	1	8-10 + max + max	1	10+3+3 +3+3+3	120-150 sec	
E	MACHINE SHOULDER PRESS OR SMITH MACHINE SHOULDER PRESS	4020	tempo	1	8-10 + max	1	8-10 + max + max	1	10+3+3 +3+3+3	120-150 sec	
F	LAT PULLDOWN SUPINATED	2022	tempo	1	8-10 + max	1	8-10 + max + max	1	10+3+3 +3+3+3	120-150 sec	

For the **REST/PAUSE** and **DOUBLE REST/PAUSE** take 15 sec of rest between micro-sets
 For the **MYO REPS** take 5 deep breaths between micro sets (8-10 sec)

FRIDAY - WHOLE BODY - mTOR

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
A	LEG PRESS - FEET LOW AND NARROW	Advanced mTOR sets	1	8-10 + max duration	2	8-10 + max + max	3	8-10 + max + max	120-150 sec	
B	BACK EXTENSION	Advanced mTOR sets	1	8-10 + max duration	2	8-10 + max + max	3	8-10 + max + max	120-150 sec	
C	DECLINE DB PRESS	Advanced mTOR sets	1	8-10 + max duration	2	8-10 + max + max	3	8-10 + max + max	120-150 sec	
D	DB PULLOVER	Advanced mTOR sets	1	8-10 + max duration	2	8-10 + max + max	3	8-10 + max + max	120-150 sec	
E	ARNOLD PRESS	Advanced mTOR sets	1	8-10 + max duration	2	8-10 + max + max	3	8-10 + max + max	120-150 sec	
F	LAT PULLDOWN PRONATED	Advanced mTOR sets	1	8-10 + max duration	2	8-10 + max + max	3	8-10 + max + max	120-150 sec	

ADVANCED MTOR SETS: Eccentric in 5 seconds, hold the stretched position 2 seconds, lift explosively. And at the end of the set hold the stretched position as long as tolerable. Force the stretch if possible (pull yourself with the apparatus on the back extension, lean back on the pulldown)

SATURDAY - WHOLE BODY - MUSCLE DAMAGE

	EXERCISE	METHOD/TEMP	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A	FRONT SQUAT HEELS ELEVATED	3010 tempo	4	8/8/6/6	4	8/6/6/6	4	6/6/4/4	120-150 sec	
B	SUMO DEADLIFT	3010 tempo	4	8/8/6/6	4	8/6/6/6	4	6/6/4/4	120-150 sec	
C	BENCH PRESS	3010 tempo	4	8/8/6/6	4	8/6/6/6	4	6/6/4/4	90-120 sec	
D	SEAL ROW	3010 tempo	4	8/8/6/6	4	8/6/6/6	4	6/6/4/4	90-120 sec	
E	DECLINE DB TRICEPS EXTENSIONS	3010 tempo	4	8/8/6/6	4	8/6/6/6	4	6/6/4/4	75-90 sec	
F	BARBELL CURL	3010 tempo	4	8/8/6/6	4	8/6/6/6	4	6/6/4/4	75-90 sec	

IMPORTANT: Try to do the turnaround (switching from eccentric to concentric) with as much force/power as possible.
Be violent at the initial part of the concentric.

SUNDAY - OFF - OPTIONAL CARDIO & ABS

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
A	CABLE CRUNCHES	3022 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
B	HIGH INTENSITY INTERVALS	N/A	10	45/15	10	30/30	10	20/40		First number is duration of intense period and second is relaxed period
C	SWISS BALL CRUNCHES	3010 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
D	STEADY-STATE CARDIO	N/A		20 min		22 min		25 min		



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MONDAY - PUSH - HEAVY

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
A	SQUAT	3010 tempo	6	7/5/3 7/5/3	6	6/4/2 6/4/2	6	5/3/1 5/3/1	3 min	
B	DECLINE BENCH PRESS	3010 tempo	6	7/5/3 7/5/3	6	6/4/2 6/4/2	6	5/3/1 5/3/1	3 min	
C	MILITARY PRESS	3010 tempo	6	7/5/3 7/5/3	6	6/4/2 6/4/2	6	5/3/1 5/3/1	3 min	
D	DIPS	None specified	N/A	Max reps in 5 min	N/A	Max reps in 8 min	N/A	Max reps in 10 min	N/A	

TUESDAY - PULL - FATIGUE

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
A	LEG CURL	4010 tempo	3	8	3	10	3	12	90-120 sec	Try to at least keep the same weight from week to week
B	STRAIGHT-ARM PULLDOWN	3030 tempo	3	8	3	10	3	12	90-120 sec	Try to at least keep the same weight from week to week
C	SHRUGS	Hold peak 2 sec Mechanical drop set	3	8-10 + max + max	3	8-10 + max + max	3	8-10 + max + max	90-120 sec	Each set is: - 8-10 Kirk shrugs - Max strict shrugs - Max cheated shrugs
D	PREACHER CURL	3010 tempo Mechanical drop set	3	8-10 + max + max	3	8-10 + max + max	3	8-10 + max + max	90-120 sec	Each set is: - 8-10 wide preacher curl - Max narrow preacher - Max narrow standing curl
E	SEAL ROW	2012 tempo	3	8	3	10	3	12	90-120 sec	Try to at least keep the same weight from week to week

WEDNESDAY - OFF - OPTIONAL CARDIO & ABS

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
A	CABLE CRUNCHES	3022 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
B	HIGH INTENSITY INTERVALS	N/A	12	45/15	12	30/30	12	20/40		First number is duration of intense period and second is relaxed period
C	SWISS BALL CRUNCHES	3010 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
D	STEADY-STATE CARDIO	N/A		22 min		25 min		27 min		

TUESDAY - PUSH - FATIGUE

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A	BULGARIAN SPLIT SQUAT	4010 tempo	3	8/leg	3	10/leg	3	12/leg	90-120 sec	Try to at least keep the same weight from week to week
B	PEC DECK	3030 tempo	3	8	3	10	3	12	90-120 sec	Try to at least keep the same weight from week to week
C	DB SHOULDER PRESS	Mechanical drop set	3	8-10 + max + max	3	8-10 + max + max	3	8-10 + max + max	90-120 sec	Each set is: - 8-10 Arnold press - Max shoulder press - Max push press
D	DB PRESS	3010 tempo Mechanical drop set	3	8-10 + max + max	3	8-10 + max + max	3	8-10 + max + max	90-120 sec	Each set is: - 8-10 High incline press - Max low incline press - Max flat press *Take 15 sec between positions
E	BARBELL TRICEPS EXTENSION	3010 tempo Mechanical drop set	3	8-10 + max + max	3	8-10 + max + max	3	8-10 + max + max	90-120 sec	Each set is: - 8-10 Triceps extension - Max JM press - Max close-grip

FRIDAY - CARDIO & ABS

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
A	CABLE CRUNCHES	3022 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
B	HIGH INTENSITY INTERVALS	N/A	12	45/15	12	30/30	12	20/40		First number is duration of intense period and second is relaxed period
C	SWISS BALL CRUNCHES	3010 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
D	STEADY-STATE CARDIO	N/A		22 min		25 min		27 min		

SATURDAY - PULL - HEAVY

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
A	SUMO DEADLIFT	3010 tempo	6	7/5/3 7/5/3	6	6/4/2 6/4/2	6	5/3/1 5/3/1	3 min	
B	ROMANIAN DEADLIFT	3010 tempo	6	7/5/3 7/5/3	6	6/4/2 6/4/2	6	5/3/1 5/3/1	3 min	
C	BARBELL CURL	3010 tempo	6	7/5/3 7/5/3	6	6/4/2 6/4/2	6	5/3/1 5/3/1	3 min	
D	PULL-UPS NEUTRAL GRIP	None specified	N/A	Max reps in 5 min	N/A	Max reps in 8 min	N/A	Max reps in 10 min	N/A	

SUNDAY - OPTIONAL - CARDIO & ABS

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
A	CABLE CRUNCHES	3022 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
B	HIGH INTENSITY INTERVALS	N/A	12	45/15	12	30/30	12	20/40		First number is duration of intense period and second is relaxed period
C	SWISS BALL CRUNCHES	3010 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
D	STEADY-STATE CARDIO	N/A		22 min		25 min		27 min		



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MONDAY - CHEST & BICEPS

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A1	BENCH PRESS	4010 tempo	6	8/6/4 8/6/4	6	6/4/2 6/4/2	5	5/4/3/2/1	120-150 sec	
A2	EZ BAR STANDING CURL	3010 tempo	6	10/8/6 10/8/6	6	8/6/4 8/6/4	5	5/4/3/2/1	120-150 sec	Each rep is.. Lower to the bottom, lift halfway up, go back down, lift up... This is ONE rep
B1	INCLINE DB PRESS	1 ½ reps - bottom	3	10	3	8	3	6	90-120 sec	Each rep is.. Lower to the bottom, lift halfway up, go back down, lift up... This is ONE rep
B2	PREACHER CURL NARROW GRIP	1 ½ reps - bottom	3	10	3	8	3	6	90-120 sec	
C1	DIPS - WEIGHTED IF POSSIBLE	3210 tempo	3	10	3	8	3	6	90-120 sec	
C2	INCLINE DB HAMMER CURL	3210 tempo	3	10	3	8	3	6	90-120 sec	

TUESDAY - LOWER BODY

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A1	FRONT SQUAT	4010 tempo	6	8/6/4 8/6/4	6	6/4/2 6/4/2	5	5/4/3/2/1	150-180 sec	
A2	ROMANIAN DEADLIFT	3010 tempo	6	10/8/6 10/8/6	6	8/6/4 8/6/4	5	5/4/3/2/1	150-180 sec	Each rep is.. Lower to the bottom, lift halfway up, go back down, lift up... This is ONE rep
B1	HACK SQUAT MACHINE OR GOBLET SQUAT	1 ½ reps - bottom	3	10	3	8	3	6	120-150 sec	Each rep is.. Lift halfway up, go back down, lift up... This is ONE rep
B2	LEG CURL	1 ½ reps - bottom	3	10	3	8	3	6	120-150 sec	
C1	BULGARIAN SPLIT SQUAT	3210 tempo	3	10/leg	3	8/leg	3	6/leg	120-150 sec	
C2	SINGLE-LEG BACK EXTENSION	3210 tempo	3	10/leg	3	8/leg	3	6/leg	120-150 sec	

WEDNESDAY - OFF - OPTIONAL CARDIO & ABS

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
A	CABLE CRUNCHES	3022 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
B	HIGH INTENSITY INTERVALS	N/A	14	45/15	14	30/30	14	20/40		First number is duration of intense period and second is relaxed period
C	SWISS BALL CRUNCHES	3010 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
D	STEADY-STATE CARDIO	N/A		25 min		27 min		30 min		

THURSDAY - BACK & BICEPS

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
A1	CHEST SUPPORTED ROW - T-BAR OR SEAL ROW	4010 tempo	6	8/6/4 8/6/4	6	6/4/2 6/4/2	5	5/4/3/2/1	150-180 sec	
A2	CLOSE-GRIP BENCH PRESS	3010 tempo	6	10/8/6 10/8/6	6	8/6/4 8/6/4	5	5/4/3/2/1	150-180 sec	Each rep is.. Pull to abdomen, go back down halfway, pull back, go back to starting position... This is ONE rep
B1	NEUTRAL GRIP SEATED ROW	1 ½ reps - bottom	3	10	3	8	3	6	120-150 sec	Each rep is.. Press down, come halfway up, back down, up completely... This is ONE rep
B2	EZ BAR CABLE TRICEPS PUSHDOWN	1 ½ reps - bottom	3	10	3	8	3	6	120-150 sec	
C1	FACE PULL	3210 tempo	3	10/leg	3	8/leg	3	6/leg	120-150 sec	
C2	ROPE CABLE PRESSDOWN	3210 tempo	3	10/leg	3	8/leg	3	6/leg	120-150 sec	

FRIDAY - ABS SHREDDER

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A1	CABLE CRUNCHES	2022 tempo	3	10-12	3	10-12	3	10-12	30-45 sec	
A2	PROWLER SPRINT - OR STATIONARY BIKE WITH HIGH RESISTANCE	N/A	3	20 sec	3	30 sec	3	40 sec	120-150 sec	
B1	SWISS BALL CRUNCHES	3030 tempo	3	10-12	3	10-12	3	10-12	30-45 sec	
B2	ROWING ERGOMETER	1 ½ reps - peak	3	300 m	3	400 m	3	500 m	120-150 sec	
C1	SEATED KNEE TUCK	2013 tempo Hold peak 3 sec	3	10-12	3	10-12	3	10-12	30-45 sec	
C2	SPRINTS - OR TREADMILL SPRINTS - OR SPRINT ON ELLIPTICAL	2013 tempo Hold peak 3 sec	3	20 sec	3	30 sec	3	40 sec	120-150 sec	

SATURDAY - DELTS & TRAPS

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A1	MILITARY PRESS	3010 tempo	6	8/6/4 8/6/4	6	6/4/2 6/4/2	5	5/4/3/2/1	120-150 sec	
A2	KIRK SHRUGS	2013 tempo Hold peak 3 sec	6	10/8/6 10/8/6	6	8/6/4 8/6/4	5	7/6/5/4/3	120-150 sec	Each rep is.. Press up, go down halfway, lift back up, come down... This is ONE rep
B1	SEATED DB PRESS	1 ½ reps - top	3	10	3	8	3	6	120-150 sec	Each rep is.. Lift up, go down halfway, lift back up, come down... This is ONE rep
B2	ROPE UPRIGHT ROW	1 ½ reps - top	3	10	3	8	3	6	120-150 sec	
C1	INCLINE DB LATERAL RAISE	2013 tempo Hold peak 3 sec	3	10	3	8	3	6	75-90 sec	
C2	DB SHRUGS	2013 tempo Hold peak 3 sec	3	10	3	8	3	6	75-90 sec	

SUNDAY - OPTIONAL CARDIO & ABS

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
A	CABLE CRUNCHES	3022 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
B	HIGH INTENSITY INTERVALS	N/A	12	45/15	12	30/30	12	20/40		First number is duration of intense period and second is relaxed period
C	SWISS BALL CRUNCHES	3010 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
D	STEADY-STATE CARDIO	N/A		22 min		25 min		27 min		



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PHASE 4 - PEAKING

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MONDAY - WHOLE BODY

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A1	BACK SQUAT	3010 tempo	4	10				60-75 sec	
A2	LEG CURL	3010 tempo	4	10				60-75 sec	
B1	INCLINE DB PRESS	3010 tempo	4	12				60-75 sec	
B2	PREACHER CURL NARROW GRIP	2012 tempo	4	12				60-75 sec	
C1	DIPS - WEIGHTED IF POSSIBLE	3010 tempo	4	15				60-75 sec	
C2	INCLINE DB HAMMER CURL	3010 tempo	4	15				60-75 sec	
D	TREADMILL - OR BIKE - OR ELLIPTICAL	High intensity intervals	10	30/30				60-75 sec	

TUESDAY - WHOLE BODY

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A1	HACK SQUAT	3010 tempo	4	10				60-75 sec	
A2	DB ROMANIAN DEADLIFT	3010 tempo	4	10				60-75 sec	
B1	FLAT DB PRESS	3010 tempo	4	12				60-75 sec	
B2	CHEST-SUPPORTED REAR DELTS RAISE	2012 tempo	4	12				60-75 sec	
C1	DB SHOULDER PRESS	3010 tempo	4	15				60-75 sec	
C2	STRAIGHT-ARM PULLDOWN	3010 tempo	4	15				60-75 sec	
D	TREADMILL - OR BIKE - OR ELLIPTICAL	High intensity intervals	10	30/30				60-75 sec	

WEDNESDAY- WHOLE BODY

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A1	DB THRUSTERS	Circuit A1-A5	4	10-12				30-45 sec	
A2	BENT OVER DB ROW		4	10-12				30-45 sec	
A3	DB CLEAN & PRESS		4	10-12				30-45 sec	Clean and press every rep
A4	EZ BAR CURL		4	10-12				30-45 sec	
A5	CABLE CRUNCHES		4	10-12				30-45 sec	
D	TREADMILL - OR BIKE - OR ELLIPTICAL	High intensity intervals	4	30/30					

THURSDAY - UPPER BODY

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A1	FLAT DB PRESS	1010 tempo	4	12-15				60-75 sec	
A2	SEATED ROW SUPINATED	1010 tempo	4	12-15				60-75 sec	
B1	DB SHOULDER PRESS	1010 tempo	4	12-15				60-75 sec	
B2	LAT PULLDOWN PRONATED	1010 tempo	4	12-15				60-75 sec	
C1	ROPE TRICEPS PRESSDOWN	1010 tempo	4	12-15				60-75 sec	
C2	BARBELL CURL	1010 tempo	4	12-15				60-75 sec	

By **1010 TEMPO** I don't mean that you should swing the weight, but that you de-emphasize the eccentric to reduce the inflammatory response that will limit glycogen resynthesis

FRIDAY - DELTS & TRAPS - EMPHASIS

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A	LATERAL RAISE	Mechanical drop set	3	10-12 + max + max					Each set is: - 10-12 lateral raise - Max front raise - Max Arnold press
B	FRONT RAISE	Mechanical drop set	3	10-12 + max + max					Each set is: - 10-12 front raise - Max Arnold press - Max shoulder press
C	SEATED LATERAL RAISE	Mechanical drop set	3	10-12 + max + max					Each set is: - 10-12 seated laterals - Max bent over laterals - Max seated front raise
D	BARBELL SHRUGS	Mechanical drop set	3	10-12 + max + max					Each set is: - 10-12 Kirk shrugs - Max strict shrugs - Max cheated shrugs
E	OVERHEAD PLATE RAISE			100					

SATURDAY

Take pictures

MONDAY – WESNESDAY

Cut out all carbs / Drink as much water as humanly possible (2-3 gallons)

THURSDAY

Have 50g of carbs pre-workout and 50g post-workout, no carbs for the rest of the day/drink like Mon-Wed

FRIDAY

50g of carbs pre-workout and 100g post-workout / take in 30-60g of carbs in 3 other meals depending on your size / drink normally until 2pm then stop drinking until the photos.