



**THIBARMY**

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**BALLISTIC MANAGEMENT**

**SPRINT TO SUMMER  
ONLINE NEUROTYPING TRAINING CAMP**

**PHASE 1 - ACCUMULATION**

<b>SCHEDULE</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>SQUAT</b>	<b>BENCH PRESS</b>		<b>HIP RINGE</b>	<b>OVERHEAD PRESS</b>	<b>PULLING</b>	

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## SKELETON PROGRAM (EVERY NEUROTYPED DOES THIS PART)

MONDAY - DAY 1. SQUAT									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>BACK SQUAT</b>	3010	3 to 5 <sup>1</sup> (75%)	6 except for the last set, which is maximum reps	3 to 5 <sup>1</sup> (77.5%)	5 except for the last set, which is maximum reps.	3 to 5 <sup>1</sup> (80%)	5 except for the last set, which is maximum reps.	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min
<b>B.</b>	<b>FRANKENSTEIN SQUAT</b>	4010	3 to 5 <sup>1</sup>	8 to 12 <sup>2</sup>	3 to 5	6 to 10 <sup>3</sup>	3 to 5	5 to 8 <sup>4</sup>	Same

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B** = 8, **2A** = 10, **2B/3** = 12

<sup>3</sup> **1A/1B** = 6, **2A** = 8, **2B/3** = 10

<sup>4</sup> **1A/1B** = 5, **2A** = 7, **2B/3** = 8

## ASSISTANCE WORK (PER NEUROTYPED)

### 1A

MONDAY - DAY 1. SQUAT									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>HACK SQUAT MACHINE</b>	5010	3	8	3	6	3	6	3 min
<b>D.</b>	<b>BULGARIAN SPLIT SQUAT</b>	Low double contraction <sup>1</sup>	2	6/leg	2	6/leg	2	6/leg	1 min after first leg, 2 min after 2 <sup>nd</sup> leg

<sup>2</sup> **Low double contraction** = on each rep you go all the way down, slowly go halfway up, slowly go back down, go up completely... this is **ONE REP**

## 1B

MONDAY - DAY 1. SQUAT									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	WALKING LUNGES	N/A	3	6/leg	3	6/leg	3	6/leg	2 min
D.	BACKWARD LUNGES (NOT WALKING)	N/A	3	6/leg	3	6/leg	3	6/leg	2 min
E.	LEG PRESS	Piston reps (1010 tempo)	1	Max in 15 sec <sup>1</sup>	1	Max in 20 sec <sup>1</sup>	1	Max in 25 sec <sup>1</sup>	N/A

<sup>1</sup> Use a moderate weight and keep the same weight from week to week while you are adding duration

## 2A

MONDAY - DAY 1. SQUAT									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	HACK SQUAT MACHINE	High double contraction <sup>1</sup>	3	6	3	8	3	10	90 sec
D.	LEG PRESS	Low double contraction <sup>2</sup>	3	8	3	10	3	12	90 sec
E.	LEG EXTENSION	Iso-dynamic contrast <sup>3</sup>	2	15 sec + 8-10	2	20 sec + 8-10	2	25 sec + 8-10	75 sec

<sup>1</sup> **High double contraction** = Go halfway down slowly, back up, down completely, back up... this is **ONE REP**

<sup>2</sup> **Low double contraction** = Go all the way down, halfway up slowly, go back down, lift up completely ... this is **ONE REP**

<sup>3</sup> **Iso-dynamic contrast** = Start with holding the peak contraction 15-25 seconds then do 8-10 reps (use a weight you could do 12-15 times)

## 2B

### MONDAY - DAY 1. SQUAT

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>HACK SQUAT MACHINE</b>	High double contraction <sup>1</sup>	3	6	3	8	3	10	90 sec
<b>D.</b>	<b>LEG PRESS</b>	Low double contraction <sup>2</sup>	3	8	3	10	3	12	90 sec
<b>E.</b>	<b>LEG EXTENSION</b>	Iso-dynamic contrast <sup>3</sup>	2	15 sec + 8-10	2	20 sec + 8-10	2	25 sec + 8-10	75 sec

<sup>1</sup> **High double contraction** = Go halfway down slowly, back up, down completely, back up... this is **ONE REP**

<sup>2</sup> **Low double contraction** = Go all the way down, halfway up slowly, go back down, lift up completely ... this is **ONE REP**

<sup>3</sup> **Iso-dynamic contrast** = Start with holding the peak contraction 15-25 seconds then do 8-10 reps (use a weight you could do 12-15 times)

## 3

### MONDAY - DAY 1. SQUAT

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>BACK SQUAT</b>	Week 1 = 6010 Week 2 = 3 sec pause/ midrange Week 3 = 3 pauses (2" from start, midrange, bottom), 2 sec each	3	6	3	6	3	6	3 min
<b>D.</b>	<b>SPLIT SQUAT</b>	3010	2	8/leg	2	10/leg	2	12/leg	90 sec between legs

## SKELETON PROGRAM (EVERY NEUROTYPED DOES THIS PART)

TUESDAY - DAY 2. BENCH PRESS									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>BENCH PRESS</b>	3010	3 to 5 <sup>1</sup> (75%)	6 except for the last set, which is maximum reps	3 to 5 <sup>1</sup> (77.5%)	5 except for the last set, which is maximum reps.	3 to 5 <sup>1</sup> (80%)	5 except for the last set, which is maximum reps.	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min
<b>B.</b>	<b>CLOSE-GRIP FLOOR PRESS</b>	4010	3 to 5 <sup>1</sup>	8 to 12 <sup>2</sup>	3 to 5	6 to 10 <sup>3</sup>	3 to 5	5 to 8 <sup>4</sup>	Same

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B** = 8, **2A** = 10, **2B/3** = 12

<sup>3</sup> **1A/1B** = 6, **2A** = 8, **2B/3** = 10

<sup>4</sup> **1A/1B** = 5, **2A** = 7, **2B/3** = 8

## ASSISTANCE WORK (PER NEUROTYPED)

### 1A

TUESDAY - DAY 2. BENCH PRESS									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>INCLINE DB PRESS</b>	5010	3	8	3	6	3	6	3 min
<b>D.</b>	<b>DIPS</b> (WEIGHTED IF POSSIBLE)	Low double contraction <sup>1</sup>	2	6	2	6	2	6	3 min

<sup>1</sup> **Low double contraction** = on each rep you go all the way down, slowly go halfway up, slowly go back down, go up completely... **this is 1 REP**

# 1B

TUESDAY - DAY 2. BENCH PRESS									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	INCLINE DB PRESS	¾ method <sup>1</sup>	3	8	3	8	3	6	2 min
D.	OVERHEAD EZ TRICEPS EXTENSION	3010	3	6	3	8	3	10	90 sec
E.	DIPS (WEIGHTED IF POSSIBLE)	Piston reps (1010 tempo)	1	Max in 15 sec	1	Max in 20 sec	1	Max in 25 sec	N/A

<sup>1</sup> ¾ method = the first ¾ of the eccentric/lowering phase is done slowly, but in the last ¼ you accelerate a bit to catch the stretch reflex

# 2A

TUESDAY - DAY 2. BENCH PRESS									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	INCLINE DB PRESS	Low double contraction <sup>2</sup>	3	6	3	8	3	10	90 sec
D.	PEC DECK	High double contraction <sup>1</sup>	3	8	3	10	3	12	90 sec
E.	LYING DB TRICEPS EXTENSION	Iso-dynamic contrast <sup>3</sup>	2	15 sec + 8-10	2	20 sec + 8-10	2	25 sec + 8-10	75 sec

<sup>1</sup> High double contraction = Go halfway down slowly, back up, down completely, back up... this is **ONE REP**

<sup>2</sup> Low double contraction = Go all the way down, halfway up slowly, go back down, lift up completely ... this is **ONE REP**

<sup>3</sup> Iso-dynamic contrast = Start with holding the peak contraction 15-25 seconds then do 8-10 reps (use a weight you could do 12-15 times)

## 2B

### TUESDAY - DAY 2. BENCH PRESS

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>INCLINE DB PRESS</b>	Low double contraction <sup>2</sup>	3	6	3	8	3	10	90 sec
<b>D.</b>	<b>PEC DECK</b>	High double contraction <sup>1</sup>	3	8	3	10	3	12	90 sec
<b>E.</b>	<b>LYING DB TRICEPS EXTENSION</b>	Iso-dynamic contrast <sup>3</sup>	2	15 sec + 8-10	2	20 sec + 8-10	2	25 sec + 8-10	75 sec

<sup>1</sup> **High double contraction** = Go halfway down slowly, back up, down completely, back up... this is **ONE REP**

<sup>2</sup> **Low double contraction** = Go all the way down, halfway up slowly, go back down, lift up completely ... this is **ONE REP**

<sup>3</sup> **Iso-dynamic contrast** = Start with holding the peak contraction 15-25 seconds then do 8-10 reps (use a weight you could do 12-15 times)

## 3

### TUESDAY - DAY 2. BENCH PRESS | -

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>BENCH PRESS</b>	Week 1 = 6010 Week 2 = 3 sec pause/ midrange Week 3 = 3 pauses (2" from start, midrange, bottom), 2 sec each	3	6	3	6	3	6	3 min
<b>D.</b>	<b>ROPE TRICEPS PRESSDOWN</b>	3030	2	8	2	10	2	12	90 sec

## SKELETON PROGRAM [EVERY NEUROTYPED DOES THIS PART]

THURSDAY - DAY 3. HIP HINGE									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b> DEADLIFT (SUMO, TRAP BAR OR CONVENTIONAL, MAKE A CHOICE BUT STICK WITH IT FOR THE WHOLE PROGRAM)	3010	3 to 5 <sup>1</sup> (75%)	6 except for the last set, which is maximum reps	3 to 5 <sup>1</sup> (77.5%)	5 except for the last set, which is maximum reps.	3 to 5 <sup>1</sup> (80%)	5 except for the last set, which is maximum reps.	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min	
<b>B.</b> ROMANIAN DEADLIFT	4010	3 to 5 <sup>1</sup>	8 to 12 <sup>2</sup>	3 to 5	6 to 10 <sup>3</sup>	3 to 5	5 to 8 <sup>4</sup>	Same	

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B** = 8, **2A** = 10, **2B/3** = 12

<sup>3</sup> **1A/1B** = 6, **2A** = 8, **2B/3** = 10

<sup>4</sup> **1A/1B** = 5, **2A** = 7, **2B/3** = 8

## ASSISTANCE WORK [PER NEUROTYPED]

### 1A

THURSDAY - DAY 3. HIP HINGE									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b> PIN PULL (BELOW KNEES)	3010	3	8	3	6	3	6	3 min	
<b>D.</b> GLUTE HAM RAISE OR BACK EXTENSION	3010	2	6	2	6	2	6	3 min	



## 1B

### THURSDAY - DAY 3. HIP HINGE

EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C. DB ROMANIAN DEADLIFT WITH FRONT OF FEET ELEVATED	¾ method <sup>1</sup>	3	8	3	8	3	6	2 min
D. GLUTE HAM RAISE OF BACK EXTENSION	3010	3	6	3	8	3	10	90 sec
E. LEG CURL	2010	3	6	3	8	3	10	90 sec

<sup>1</sup> ¾ method = the first ¾ of the eccentric/lowering phase is done slowly, but in the last ¼ you accelerate a bit to catch the stretch reflex

## 2A

### THURSDAY - DAY 3. HIP HINGE

EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C. LYING LEG CURL	Low double contraction <sup>2</sup>	3	6	3	8	3	10	90 sec
D. BACK EXTENSION	High double contraction <sup>1</sup>	3	8	3	10	3	12	90 sec
E. BARBELL HIP THRUST	Iso-dynamic contrast <sup>3</sup>	2	15 sec + 8-10	2	20 sec + 8-10	2	25 sec + 8-10	75 sec

<sup>1</sup> High double contraction = Go halfway down slowly, back up, down completely, back up... this is **ONE REP**

<sup>2</sup> Low double contraction = Go all the way down, halfway up slowly, go back down, lift up completely ... this is **ONE REP**

<sup>3</sup> Iso-dynamic contrast = Start with holding the peak contraction 15-25 seconds then do 8-10 reps (use a weight you could do 12-15 times)

## 2B

### THURSDAY - DAY 3. HIP HINGE

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>LYING LEG CURL</b>	Low double contraction <sup>2</sup>	3	6	3	8	3	10	90 sec
<b>D.</b>	<b>BACK EXTENSION</b>	High double contraction <sup>1</sup>	3	8	3	10	3	12	90 sec
<b>E.</b>	<b>BARBELL HIP THRUST</b>	Iso-dynamic contrast <sup>3</sup>	2	15 sec + 8-10	2	20 sec + 8-10	2	25 sec + 8-10	75 sec

<sup>1</sup> **High double contraction** = Go halfway down slowly, back up, down completely, back up... this is **ONE REP**

<sup>2</sup> **Low double contraction** = Go all the way down, halfway up slowly, go back down, lift up completely ... this is **ONE REP**

<sup>3</sup> **Iso-dynamic contrast** = Start with holding the peak contraction 15-25 seconds then do 8-10 reps (use a weight you could do 12-15 times)

## 3

### THURSDAY - DAY 3. HIP HINGE

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>DEADLIFT</b>	Week 1 = 6010 Week 2 = 3 sec pause/ midrange Week 3 = 3 pauses (2" from start, midrange, bottom), 2 sec each	3	6	3	6	3	6	3 min
<b>D.</b>	<b>LEG CURL</b>	3030	2	8	2	10	2	12	90 sec

## SKELETON PROGRAM (EVERY NEUROTYPED DOES THIS PART)

FRIDAY - DAY 4. OVERHEAD PRESS									
EXERCISE		TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A.	MILITARY PRESS	3010	3 to 5 <sup>1</sup> (75%)	6 except for the last set, which is maximum reps	3 to 5 <sup>1</sup> (77.5%)	5 except for the last set, which is maximum reps.	3 to 5 <sup>1</sup> (80%)	5 except for the last set, which is maximum reps.	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min
B.	SAVICKAS PRESS	4010	3 to 5 <sup>1</sup>	8 to 12 <sup>2</sup>	3 to 5	6 to 10 <sup>3</sup>	3 to 5	5 to 8 <sup>4</sup>	Same

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B** = 8, **2A** = 10, **2B/3** = 12

<sup>3</sup> **1A/1B** = 6, **2A** = 8, **2B/3** = 10

<sup>4</sup> **1A/1B** = 5, **2A** = 7, **2B/3** = 8

## ASSISTANCE WORK (PER NEUROTYPED)

### 1A

FRIDAY - DAY 4. OVERHEAD PRESS									
EXERCISE		TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C.	HIGH INCLINE (60 DEG) DB PRESS	5010	3	8	3	6	3	6	3 min
D.	FACE PULLS	High double contraction <sup>1</sup>	2	6	2	6	2	6	3 min

<sup>1</sup> **High double contraction** = Go halfway down slowly, back up, down completely, back up... this is **ONE REP**

# 1B

FRIDAY - DAY 4. OVERHEAD PRESS									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	HIGH INCLINE DB PRESS	¾ method <sup>1</sup>	3	8	3	8	3	6	2 min
D.	LATERAL RAISE SEATED ON INCLINE (45 DEG) BENCH	3010	3	6	3	8	3	10	90 sec
E.	FACE PULLS	2010	3	6	3	8	3	10	90 sec

<sup>1</sup> ¾ method = the first ¾ of the eccentric/lowering phase is done slowly, but in the last ¼ you accelerate a bit to catch the stretch reflex

# 2A

FRIDAY - DAY 4. OVERHEAD PRESS									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	DB PRESS MECHANICAL DROP SET <sup>1</sup>	Mechanical drop set <sup>1</sup>	3	6-8 + max + max	3	8-10 + max + max	3	10-12 + max + max	120 sec
D.	LATERAL RAISE MECHANICAL DROP SET <sup>2</sup>	Mechanical drop set	3	8	3	10	3	12	90 sec
E.	FACE PULLS	Iso-dynamic contrast <sup>3</sup>	2	15 sec + 8-10	2	20 sec + 8-10	2	25 sec + 8-10	75 sec

<sup>1</sup> **Mechanical drop set** = Do the prescribed reps on standing **Arnold press**. Rest 10 sec, do as many **DB shoulder press** as you can, rest 10 and do as many **DB push presses** as you can. This **ONE SET**. Use the same weight for all 3 exercises.

<sup>2</sup> **Mechanical drop set (lateral raise)** = Do the prescribed number of **DB lateral raise seated on incline bench**, rest 10 sec, do as many **standing lateral raise** as you can, rest 10 sec, do as many **DB front raises** as you can. This is **ONE SET**. Use the same weight for all 3 exercises.

<sup>3</sup> **Iso-dynamic contrast** = Start with holding the peak contraction 15-25 seconds then do 8-10 reps (use a weight you could do 12-15 times)

## 2B

### FRIDAY - DAY 4. OVERHEAD PRESS

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>DB PRESS MECHANICAL DROP SET <sup>1</sup></b>	Mechanical drop set <sup>1</sup>	3	6-8 + max + max	3	8-10 + max + max	3	10-12 + max + max	120 sec
<b>D.</b>	<b>LATERAL RAISE MECHANICAL DROP SET <sup>2</sup></b>	Mechanical drop set	3	8	3	10	3	12	90 sec
<b>E.</b>	<b>FACE PULLS</b>	Iso-dynamic contrast <sup>3</sup>	2	15 sec + 8-10	2	20 sec + 8-10	2	25 sec + 8-10	75 sec

<sup>1</sup> **Mechanical drop set** = Do the prescribed reps on standing **Arnold press**. Rest 10 sec, do as many **DB shoulder press** as you can, rest 10 and do as many **DB push presses** as you can. This **ONE SET**. Use the same weight for all 3 exercises.

<sup>2</sup> **Mechanical drop set (lateral raise)** = Do the prescribed number of **DB lateral raise seated on incline bench**, rest 10 sec, do as many **standing lateral raise** as you can, rest 10 sec, do as many **DB front raises** as you can. This is **ONE SET**. Use the same weight for all 3 exercises.

<sup>3</sup> **Iso-dynamic contrast** = Start with holding the peak contraction 15-25 seconds then do 8-10 reps (use a weight you could do 12-15 times)

## 3

### FRIDAY - DAY 4. OVERHEAD PRESS

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>MILITARY PRESS</b>	Week 1 = 6010 Week 2 = 3 sec pause/ midrange Week 3 = 3 pauses (2" from start, midrange, bottom), 2 sec each	3	6	3	6	3	6	3 min
<b>D.</b>	<b>FACE PULL</b>	3030	2	8	2	10	2	12	90 sec

## SKELETON PROGRAM (EVERY NEUROTYPED DOES THIS PART)

SATURDAY - DAY 5. PULLING									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b> SUPINATED PULL-UPS (OR LAT PULL-DOWN IF YOU CAN'T DO PULL-UPS)	3010	3 to 5 <sup>1</sup> (75%)	6 except for the last set, which is maximum reps	3 to 5 <sup>1</sup> (77.5%)	5 except for the last set, which is maximum reps.	3 to 5 <sup>1</sup> (80%)	5 except for the last set, which is maximum reps.	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min	
<b>B.</b> STANDING BARBELL CURL	4010	3 to 5 <sup>1</sup>	8 to 12 <sup>2</sup>	3 to 5	6 to 10 <sup>3</sup>	3 to 5	5 to 8 <sup>4</sup>	Same	

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B** = 8, **2A** = 10, **2B/3** = 12

<sup>3</sup> **1A/1B** = 6, **2A** = 8, **2B/3** = 10

<sup>4</sup> **1A/1B** = 5, **2A** = 7, **2B/3** = 8

## ASSISTANCE WORK (PER NEUROTYPED)

### 1A

SATURDAY - DAY 5. PULLING									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b> T-BAR ROW	Hold peak 3 seconds	3	8	3	6	3	6	3 min	
<b>D.</b> PREACHER CURL	Low double contraction <sup>1</sup>	2	6	2	6	2	6	3 min	

<sup>1</sup> **Low double contraction** = Lift halfway up, go back down slowly, lift completely, go back to the starting position... this is **ONE REP**

## 1B

### SATURDAY - DAY 5. PULLING

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>BENT OVER BARBELL ROW</b>	¾ method <sup>1</sup>	3	8	3	8	3	6	2 min
<b>D.</b>	<b>INCLINE DB CURLS</b>	¾ method <sup>1</sup>	3	6	3	8	3	10	90 sec
<b>E.</b>	<b>1-ARM DB ROW</b>	Piston reps (1010)	3	Max in 15 sec/arm	3	Max in 20 sec/arm	3	Max in 25 sec/arm	90 sec

<sup>1</sup> ¾ **method** = the first ¾ of the eccentric/lowering phase is done slowly, but in the last ¼ you accelerate a bit to catch the stretch reflex

## 2A

### SATURDAY - DAY 5. PULLING

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>SEATED ROW MECHANICAL DROP SET <sup>1</sup></b>	Mechanical drop set <sup>1</sup>	3	6-8 + max + max	3	8-10 + max + max	3	10-12 + max + max	120 sec
<b>D.</b>	<b>PREACHER CURL MECHANICAL DROP SET <sup>2</sup></b>	Mechanical drop set	3	8	3	10	3	12	90 sec
<b>E.</b>	<b>STRAIGHT ARMS PULLDOWN</b>	Iso-dynamic contrast <sup>3</sup>	2	15 sec + 8-10	2	20 sec + 8-10	2	25 sec + 8-10	75 sec

<sup>1</sup> **Mechanical drop set (seated row)** = Do the prescribed reps on standing **Leaning forward seated row**. Rest 10 sec, do as many **Torso upright seated row** as you can, rest 10 and do as many **Leaning back seated row** as you can. This is **ONE SET**. Use the same weight for all 3 exercises.

<sup>2</sup> **Mechanical drop set (preacher)** = Do the prescribed number of **Wide-grip preacher curls** rest 10 sec, do as many **Close-grip preacher curls** as you can, rest 10 sec, do as many **standing curl** as you can. This is **ONE SET**. Use the same weight for all 3 exercises.

<sup>3</sup> **Iso-dynamic contrast** = Start with holding the peak contraction 15-25 seconds then do 8-10 reps (use a weight you could do 12-15 times)

## 2B

### SATURDAY - DAY 5. PULLING

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> SEATED ROW MECHANICAL DROP SET <sup>1</sup>	Mechanical drop set <sup>1</sup>	3	6-8 + max + max	3	8-10 + max + max	3	10-12 + max + max	120 sec
<b>D.</b> PREACHER CURL MECHANICAL DROP SET <sup>2</sup>	Mechanical drop set	3	8	3	10	3	12	90 sec
<b>E.</b> STRAIGHT ARMS PULLDOWN	Iso-dynamic contrast <sup>3</sup>	2	15 sec + 8-10	2	20 sec + 8-10	2	25 sec + 8-10	75 sec

<sup>1</sup> **Mechanical drop set (seated row)** = Do the prescribed reps on standing **Leaning forward seated row**. Rest 10 sec, do as many **Torso upright seated row** as you can, rest 10 and do as many **Leaning back seated row** as you can. This **ONE SET**. Use the same weight for all 3 exercises.

<sup>2</sup> **Mechanical drop set (preacher)** = Do the prescribed number of **Wide-grip preacher curls** rest 10 sec, do as many **Close-grip preacher curls** as you can, rest 10 sec, do as many **standing curl** as you can. This is **ONE SET**. Use the same weight for all 3 exercises.

<sup>3</sup> **Iso-dynamic contrast** = Start with holding the peak contraction 15-25 seconds then do 8-10 reps (use a weight you could do 12-15 times)

## 3

### SATURDAY - DAY 5. PULLING

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> LAT PULLDOWN SUPINATED	Week 1 = 6010 Week 2 = 3 sec pause/ midrange	3	6	3	6	3	6	3 min
<b>D.</b> PREACHER CURL	Week 3 = 3 pauses (2" from start, midrange, bottom), 2 sec each	2	8	2	10	2	12	2 min





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**PHASE 2 - INTENSIFICATION**

<b>SCHEDULE</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>SQUAT</b>	<b>BENCH PRESS</b>		<b>HIP RINGE</b>	<b>OVERHEAD PRESS</b>	<b>PULLING</b>	

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## SKELETON PROGRAM (EVERY NEUROTYPED DOES THIS PART)

MONDAY - DAY 1. SQUAT									
EXERCISE		TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>A.</b>	<b>BACK SQUAT</b>	3010	3 to 5 <sup>1</sup> (82.5%)	5 except for the last set, which is maximum reps	3 to 5 <sup>1</sup> (85%)	5 except for the last set, which is maximum reps.	3 to 5 <sup>1</sup> (87.5%)	4 except for the last set, which is maximum reps.	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min
<b>B.</b>	<b>FRONT SQUAT</b>	3010	3	See note 2	3	See note 2	3	See note 2	Same

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B & 2A** = cluster for 4-6 reps (with around 3RM), **2B** = Rest/pause Start with 6 reps/rest 20 sec/max additional reps, **3** = 6 reps

**Cluster** = Do one rep/rack the bar and wait 15 sec/do one rep/rack the bar and wait 15 sec/do one rep/etc. getting as many quality reps as you can

## ASSISTANCE WORK (PER NEUROTYPED)

### 1A

MONDAY - DAY 1. SQUAT									
EXERCISE		TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b>	<b>BACK SQUAT FROM PINS</b> (STARTING AT 90 DEGREES)	5010	3	6	3	4	3	4	3 min
<b>D.</b>	<b>FARMER'S WALK</b>	Heavy but in control	3	40 m	3	30 m	3	20 m	3 min

# 1B

MONDAY - DAY 1. SQUAT									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	BACK SQUAT	EMOM <sup>1</sup>	10 min	3 (80%)	10 min	2 (85%)	10 min	1 (87.5%)	EMOM
D.	RUSIN'S FORWARD TO REVERSE LUNGE <sup>2</sup>	N/A	3	6/leg	3	6/leg	3	6/leg	2 min
E.	PROWLER SPRINT OR BIKE SPRINT WITH HIGH RESISTANCE	FAST	3	20 m or 10 sec (bike)	3	30 m or 15 sec (bike) <sup>1</sup>	3	40 m or 20 sec (bike)	2 min

<sup>1</sup> EMOM = you start your set at the beginning of each minute on the clock. Start one set at 0:00, one at 1:00, one at 2:00, all the way up to 10:00

<sup>2</sup> Rusin's forward to reverse lunge: <https://www.youtube.com/watch?v=l1YFw-0GF9Q> ... 1 rep = forward and backwards

# 2A

MONDAY - DAY 1. SQUAT									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	BACK SQUAT	EMOM <sup>1</sup>	10 min	3 (80%)	10 min	2 (85%)	10 min	1 (87.5%)	EMOM
D.	RUSIN'S FORWARD TO REVERSE LUNGE <sup>2</sup>	N/A	3	6/leg	3	6/leg	3	6/leg	2 min
E.	PROWLER SPRINT OR BIKE SPRINT WITH HIGH RESISTANCE	FAST	3	20 m or 10 sec (bike)	3	30 m or 15 sec (bike) <sup>1</sup>	3	40 m or 20 sec (bike)	2 min

<sup>1</sup> EMOM = you start your set at the beginning of each minute on the clock. Start one set at 0:00, one at 1:00, one at 2:00, all the way up to 10:00

<sup>2</sup> Rusin's forward to reverse lunge: <https://www.youtube.com/watch?v=l1YFw-0GF9Q> ... 1 rep = forward and backwards

## 2B

MONDAY - DAY 1. SQUAT									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	HACK SQUAT MACHINE	Rest/pause <sup>1</sup>	3	6 + max	3	5 + max	3	4 + max	150 sec
D.	DB SQUAT HEAVY MECHANICAL DROP SET <sup>2</sup>	Mechanical drop set <sup>2</sup>	3	5 + max	3	4 + max	3	3 + max	150 sec
E.	LEG PRESS	Iso-dynamic contrast <sup>3</sup>	3	10 + max time	3	8 + max time	3	6 + max time	150 sec

<sup>1</sup> **Rest/pause** = Do the prescribed number of reps/rest 15 seconds and do as many additional reps as you can with the same weight

<sup>2</sup> **Heavy mechanical drop set (DB squat)** = Do the prescribed number of reps on **front rack DB squat**, rest 10 sec and do as many **DB squat** (holding DBs to your side) as you can with the same weight.

<sup>3</sup> **Iso-dynamic contrast** = Do the prescribed number of reps, to failure or close to it, then hold the midrange position as long as you can

## 3

MONDAY - DAY 1. SQUAT									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	FRONT SQUAT MECHANICAL DROP SET <sup>1</sup>		3	8 + max	3	6 + max	3	4 + max	3 min
D.	LEG PRESS	5010	2	8	2	6	2	4	2 min

<sup>1</sup> **Mechanical drop set (front squat)** = Do the prescribed number of reps on the front squat/rest 20 sec and do as many reps of back squat with the same weight.

## SKELETON PROGRAM [EVERY NEUROTOPE DOES THIS PART]

TUESDAY - DAY 2. BENCH PRESS									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>BENCH PRESS</b>	3010	3 to 5 <sup>1</sup> (82.5%)	5 except for the last set, which is maximum reps	3 to 5 <sup>1</sup> (85%)	5 except for the last set, which is maximum reps.	3 to 5 <sup>1</sup> (87.5%)	4 except for the last set, which is maximum reps.	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min
<b>B.</b>	<b>DECLINE BENCH PRESS</b>	3010	3	See note 2	3	See note 2	3	See note 2	Same

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B & 2A** = cluster for 4-6 reps (with around 3RM), **2B** = Rest/pause Start with 6 reps/rest 20 sec/max additional reps, **3** = 6 reps

**Cluster** = Do one rep/rack the bar and wait 15 sec/do one rep/rack the bar and wait 15 sec/do one rep/etc. getting as many quality reps as you can

## ASSISTANCE WORK [PER NEUROTOPE]

### 1A

TUESDAY - DAY 2. BENCH PRESS									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>BENCH PRESS FROM PINS</b> (STARTING AT 90 DEGREES)	5010	3	6	3	4	3	4	3 min
<b>D.</b>	<b>EZ BAR LYING TRICEPS EXTENSION</b>	5010	3	6-8	3	4-6	3	3-5	3 min

# 1B

## TUESDAY - DAY 2. BENCH PRESS

EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C. BENCH PRESS	EMOM <sup>1</sup>	10 min	3 (80%)	10 min	2 (85%)	10 min	1 (87.5%)	EMOM
D. INCLINE DB PRESS	Double rebound <sup>2</sup>	3	6	3	6	3	6	2 min
E. EZ BAR LYING TRICEPS EXTENSION	5010	3	6-8	3	4-6	3	3-5	75 sec

<sup>1</sup> **EMOM** = You start your set at the beginning of each minute on the clock. Start one set at 0:00, one at 1:00, one at 2:00, all the way up to 10:00

<sup>2</sup> **Double rebound** = Use the ¾ method (first ¾ of eccentric is slow, then speed up to catch the rebound), catch the first rebound but only go halfway up, then go back down fast to catch the rebound a second time and lift the weight up completely (explosively if you can)... this is **ONE** rep... it is like an explosive low double contraction.

# 2A

## TUESDAY - DAY 2. BENCH PRESS

EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C. BENCH PRESS	EMOM <sup>1</sup>	10 min	3 (80%)	10 min	2 (85%)	10 min	1 (87.5%)	EMOM
D. INCLINE DB PRESS	Double rebound <sup>2</sup>	3	6	3	6	3	6	2 min
E. EZ BAR LYING TRICEPS EXTENSION	5010	3	6-8	3	4-6	3	3-5	75 sec

<sup>1</sup> **EMOM** = You start your set at the beginning of each minute on the clock. Start one set at 0:00, one at 1:00, one at 2:00, all the way up to 10:00

<sup>2</sup> **Double rebound** = Use the ¾ method (first ¾ of eccentric is slow, then speed up to catch the rebound), catch the first rebound but only go halfway up, then go back down fast to catch the rebound a second time and lift the weight up completely (explosively if you can)... this is **ONE** rep... it is like an explosive low double contraction.

## 2B

### TUESDAY - DAY 2. BENCH PRESS

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> SMITH MACHINE INCLINE BENCH PRESS	Rest/pause <sup>1</sup>	3	6 + max	3	5 + max	3	4 + max	150 sec
<b>D.</b> DB PRESS HEAVY MECHANICAL DROP SET <sup>2</sup>	Mechanical drop set <sup>2</sup>	3	5 + max	3	4 + max	3	3 + max	150 sec
<b>E.</b> PEC DECK	Iso-dynamic contrast <sup>3</sup>	3	10 + max time	3	8 + max time	3	6 + max time	150 sec

<sup>1</sup> **Rest/pause** = Do the prescribed number of reps/rest 15 seconds and do as many additional reps as you can with the same weight

<sup>2</sup> **Heavy mechanical drop set (DB press)** = Do the prescribed number of reps on **Incline DB press**, rest 10 sec and do as many **Flat DB press** as you can with the same weight.

<sup>3</sup> **Iso-dynamic contrast** = Do the prescribed number of reps, to failure or close to it, then hold the peak contraction position as long as you can

## 3

### TUESDAY - DAY 2. BENCH PRESS|→

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> BENCH PRESS MECHANICAL DROP SET <sup>1</sup>		3	8 + max	3	6 + max	3	4 + max	3 min
<b>D.</b> EZ BAR LYING TRICEPS EXTENSION	5010	3	10-12	3	8-10	3	6-8	2 min

<sup>1</sup> **Mechanical drop set** = Do the prescribed number of reps on the **close-grip bench press**/rest 20 sec and do as many reps of **bench press** with the same weight.

## SKELETON PROGRAM (EVERY NEUROTYPED DOES THIS PART)

THURSDAY - DAY 3. HIP HINGE									
EXERCISE		TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A.	DEADLIFT	3010	3 to 5 <sup>1</sup> (82.5%)	5 except for the last set, which is maximum reps	3 to 5 <sup>1</sup> (85%)	5 except for the last set, which is maximum reps.	3 to 5 <sup>1</sup> (87.5%)	4 except for the last set, which is maximum reps.	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min
B.	PIN PULL FROM BELOW THE KNEES	3010	3	See note 2	3	See note 2	3	See note 2	Same

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B & 2A** = cluster for 4-6 reps (with around 3RM), **2B** = Rest/pause Start with 6 reps/rest 20 sec/max additional reps, **3** = 6 reps

**Cluster** = Do one rep/rack the bar and wait 15 sec/do one rep/rack the bar and wait 15 sec/do one rep/etc. getting as many quality reps as you can

## ASSISTANCE WORK (PER NEUROTYPED)

### 1A

THURSDAY - DAY 3. HIP HINGE									
EXERCISE		TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C.	PIN PULL FROM ABOVE THE KNEES	3010	3	6	3	4	3	3	3 min
D.	LEG CURL	2/1 technique <sup>1</sup>	3	6/leg	3	4/leg	3	2/leg	3 min

<sup>1</sup> **2/1 technique** = Lift fast (but under control) with the two legs. Hold 1-2 sec at the top, remove one leg and do the eccentric/lowering with the other leg in 5 seconds. Change leg on every rep



# 1B

## THURSDAY - DAY 3. HIP HINGE

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>DEADLIFT</b>	EMOM <sup>1</sup>	10 min	3 (80%)	10 min	2 (85%)	10 min	1 (87.5%)	EMOM
<b>D.</b>	<b>SNATCH-GRIP HIGH PULL FROM THE HANG</b>	N/A	3	6	3	6	3	6	2 min
<b>E.</b>	<b>LEG CURL</b>	2/1 technique <sup>2</sup>	3	6-8	3	4-6	3	3-5	75 sec

<sup>1</sup> **EMOM** = you start your set at the beginning of each minute on the clock. Start one set at 0:00, one at 1:00, one at 2:00, all the way up to 10:00

<sup>2</sup> **2/1 technique** = Lift fast (but under control) with the two legs. Hold 1-2 sec at the top, remove one leg and do the eccentric/lowering with the other leg in 5 seconds. Change leg on every rep

# 2A

## THURSDAY - DAY 3. HIP HINGE

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>DEADLIFT</b>	EMOM <sup>1</sup>	10 min	3 (80%)	10 min	2 (85%)	10 min	1 (87.5%)	EMOM
<b>D.</b>	<b>SNATCH-GRIP HIGH PULL FROM THE HANG</b>	N/A	3	6	3	6	3	6	2 min
<b>E.</b>	<b>LEG CURL</b>	2/1 technique <sup>2</sup>	3	6-8	3	4-6	3	3-5	75 sec

<sup>1</sup> **EMOM** = you start your set at the beginning of each minute on the clock. Start one set at 0:00, one at 1:00, one at 2:00, all the way up to 10:00

<sup>2</sup> **2/1 technique** = Lift fast (but under control) with the two legs. Hold 1-2 sec at the top, remove one leg and do the eccentric/lowering with the other leg in 5 seconds. Change leg on every rep

## 2B

### THURSDAY - DAY 3. HIP HINGE

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> LEG PRESS FEET HIGH ON BOARD (ONLY HEELS ON THE BOARD)	Rest/pause <sup>1</sup>	3	6 + max	3	5 + max	3	4 + max	150 sec
<b>D.</b> LEG CURL HEAVY MECHANICAL DROP SET	Mechanical drop set <sup>2</sup>	3	5 + max	3	4 + max	3	3 + max	150 sec
<b>E.</b> BACK EXTENSION	Iso-dynamic contrast <sup>3</sup>	3	10 + max time	3	8 + max time	3	6 + max time	150 sec

<sup>1</sup> **Rest/pause** = Do the prescribed number of reps/rest 15 seconds and do as many additional reps as you can with the same weight

<sup>2</sup> **Heavy mechanical drop set (leg curl)** = Do the prescribed number of reps on **leg curl legs turned in**, rest 10 sec and do as many **legs turned out (or neutral)** as you can with the same weight.

<sup>3</sup> **Iso-dynamic contrast** = Do the prescribed number of reps, to failure or close to it, then hold the peak contraction position as long as you can

## 3

### THURSDAY - DAY 3. HIP HINGE

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> BENCH PRESS MECHANICAL DROP SET <sup>1</sup>		3	8 + max	3	6 + max	3	4 + max	3 min
<b>D.</b> EZ BAR LYING TRICEPS EXTENSION	5010	3	10-12	3	8-10	3	6-8	2 min

<sup>1</sup> **Mechanical drop set (romanian deadlift)** = Do the prescribed number of reps on the **RDL with front of the feet elevated**/rest 20 sec and do as many reps of **regular RDL** with the same weight.

## SKELETON PROGRAM (EVERY NEUROTYPED DOES THIS PART)

FRIDAY - DAY 4. OVERHEAD PRESS									
EXERCISE		TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A.	MILITARY PRESS	3010	3 to 5 <sup>1</sup> (82.5%)	5 except for the last set, which is maximum reps	3 to 5 <sup>1</sup> (85%)	5 except for the last set, which is maximum reps.	3 to 5 <sup>1</sup> (87.5%)	4 except for the last set, which is maximum reps.	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min
B.	SEATED SHOULDER PRESS FROM PINS (EYES LEVEL)	3010	3	See note 2	3	See note 2	3	See note 2	Same

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B & 2A** = cluster for 4-6 reps (with around 3RM), **2B** = Rest/pause Start with 6 reps/rest 20 sec/max additional reps, **3** = 6 reps

**Cluster** = Do one rep/rack the bar and wait 15 sec/do one rep/rack the bar and wait 15 sec/do one rep/etc. getting as many quality reps as you can

## ASSISTANCE WORK (PER NEUROTYPED)

### 1A

FRIDAY - DAY 4. OVERHEAD PRESS									
EXERCISE		TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C.	BOTTOM HALF SEATED DB SHOULDER PRESS <sup>1</sup>	3010	3	6	3	4	3	3	3 min
D.	ARNOLD PRESS	3010	3	8	3	6	3	4	3 min

<sup>1</sup> **Bottom half seated DB shoulder press** = Lift the DN halfway up (up until the DB clear the top of your head), lower them back slowly

# 1B

FRIDAY - DAY 4. OVERHEAD PRESS									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>MILITARY PRESS</b>	EMOM <sup>1</sup>	10 min	3 (80%)	10 min	2 (85%)	10 min	1 (87.5%)	EMOM
<b>D.</b>	<b>PUSH PRESS</b>	N/A	3	5	3	5	3	5	2 min
<b>E.</b>	<b>BENT OVER DB LATERALS</b>	3010	3	6	3	8	3	10	2 min

<sup>1</sup> EMOM = you start your set at the beginning of each minute on the clock. Start one set at 0:00, one at 1:00, one at 2:00, all the way up to 10:00

# 2A

FRIDAY - DAY 4. OVERHEAD PRESS									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>MILITARY PRESS</b>	EMOM <sup>1</sup>	10 min	3 (80%)	10 min	2 (85%)	10 min	1 (87.5%)	EMOM
<b>D.</b>	<b>PUSH PRESS</b>	N/A	3	5	3	5	3	5	2 min
<b>E.</b>	<b>BENT OVER DB LATERALS</b>	3010	3	6	3	8	3	10	2 min

<sup>1</sup> EMOM = you start your set at the beginning of each minute on the clock. Start one set at 0:00, one at 1:00, one at 2:00, all the way up to 10:00

## 2B

### FRIDAY - DAY 4. OVERHEAD PRESS

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> SMITH MACHINE SHOULDER PRESS	Rest/pause <sup>1</sup>	3	6 + max	3	5 + max	3	4 + max	150 sec
<b>D.</b> DB SHOULDER PRESS ROM DROP SET <sup>2</sup>	Range of motion drop set <sup>2</sup>	3	5 + max	3	4 + max	3	3 + max	150 sec
<b>E.</b> LATERAL RAISE	Iso-dynamic contrast <sup>3</sup>	3	10 + max time	3	8 + max time	3	6 + max time	150 sec

<sup>1</sup> **Rest/pause** = Do the prescribed number of reps/rest 15 seconds and do as many additional reps as you can with the same weight

<sup>2</sup> **Range of motion drop set (ROM)** = Do the prescribed number of reps on the full lift, then do as many bottom half (clearing the head) reps as you can

<sup>3</sup> **Iso-dynamic contrast** = Do the prescribed number of reps, to failure or close to it, then hold the peak contraction position as long as you can

## 3

### FRIDAY - DAY 4. OVERHEAD PRESS

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> MILITARY PRESS MECHANICAL DROP SET <sup>1</sup>		3	8+ max	3	6 + max	3	4 + max	3 min
<b>D.</b> BENT OVER DB LATERALS	3010	3	10-12	3	8-10	3	6-8	2 min

<sup>1</sup> **Mechanical drop set (military press)** = Do the prescribed number of reps on the **Close-grip military press (1" narrower per side)**/rest 20 sec and do as many reps of **regular military press** with the same weight.

## SKELETON PROGRAM (EVERY NEUROTYPED DOES THIS PART)

SATURDAY - DAY 5. PULLING									
EXERCISE		TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>A.</b>	<b>SUPINATED CHIN-UP OR LAT PULLDOWN</b>	3010	3 to 5 <sup>1</sup> (82.5%)	5 except for the last set, which is maximum reps	3 to 5 <sup>1</sup> (85%)	5 except for the last set, which is maximum reps.	3 to 5 <sup>1</sup> (87.5%)	4 except for the last set, which is maximum reps.	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min
<b>B.</b>	<b>PREACHER CURL</b>	3010	3	See note 2	3	See note 2	3	See note 2	Same

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B & 2A** = cluster for 4-6 reps (with around 3RM), **2B** = Rest/pause Start with 6 reps/rest 20 sec/max additional reps, **3** = 6 reps

**Cluster** = Do one rep/rack the bar and wait 15 sec/do one rep/rack the bar and wait 15 sec/do one rep/etc. getting as many quality reps as you can

## ASSISTANCE WORK (PER NEUROTYPED)

### 1A

SATURDAY - DAY 5. PULLING									
EXERCISE		TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b>	<b>BOTTOM HALF NEUTRAL GRIP PULL-UP<sup>1</sup></b>	3010	3	6	3	4	3	3	3 min
<b>D.</b>	<b>BARBELL CURL</b>	3010	3	8	3	6	3	4	3 min

<sup>1</sup> **Bottom half neutral grip pull-up** = Lift yourself from the bottom position to around the midrange point, then lower yourself back down slowly. Use extra weight if possible

## 1B

### SATURDAY - DAY 5. PULLING

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> SUPINATED PULL-UPS OR BOTTOM HALF NEUTRAL GRP PULL-UP	EMOM <sup>1</sup>	10 min	3 (80%)	10 min	2 (85%)	10 min	1 (87.5%)	EMOM
<b>D.</b> PENDLAY ROW	Hold peak 2 sec	3	5	3	5	3	5	2 min
<b>E.</b> BARBELL CURL	3010	3	8	3	6	3	4	2min

<sup>1</sup> EMOM = you start your set at the beginning of each minute on the clock. Start one set at 0:00, one at 1:00, one at 2:00, all the way up to 10:00

## 2A

### SATURDAY - DAY 5. PULLING

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> SUPINATED PULL-UPS OR BOTTOM HALF NEUTRAL GRP PULL-UP	EMOM <sup>1</sup>	10 min	3 (80%)	10 min	2 (85%)	10 min	1 (87.5%)	EMOM
<b>D.</b> PENDLAY ROW	Hold peak 2 sec	3	5	3	5	3	5	2 min
<b>E.</b> BARBELL CURL	3010	3	8	3	6	3	4	2min

<sup>1</sup> EMOM = you start your set at the beginning of each minute on the clock. Start one set at 0:00, one at 1:00, one at 2:00, all the way up to 10:00

## 2B

SATURDAY - DAY 5. PULLING									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	SEATED ROW	Rest/pause <sup>1</sup>	3	6 + max	3	5 + max	3	4 + max	150 sec
D.	BENT OVER ROW MECHANICAL DROP SET <sup>2</sup>	Range of motion drop set <sup>2</sup>	3	5 + max	3	5 + max	3	5 + max	150 sec
E.	PREACHER CURL	Iso-dynamic contrast <sup>3</sup>	3	10 + max time	3	8 + max time	3	6 + max time	150 sec

<sup>1</sup> **Rest/pause** = Do the prescribed number of reps/rest 15 seconds and do as many additional reps as you can with the same weight

<sup>2</sup> **Mechanical drop set (bent over row)** = Do the prescribed number of reps on the Pendlay row, rest 10 sec, then do as many additional reps as you can on bent over barbell row with the torso slightly elevated

<sup>3</sup> **Iso-dynamic contrast** = Do the prescribed number of reps, to failure or close to it, then hold the peak contraction position as long as you can

## 3

SATURDAY - DAY 5. PULLING									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	BENT OVER ROW MECHANICAL DROP SET <sup>2</sup>		3	8 + max	3	6 + max	3	4 + max	3 min
D.	PREACHER CURL	3010	3	10-12	3	8-10	3	6-8	2 min

<sup>1</sup> **Mechanical drop set (bent over row)** = Do the prescribed number of reps on the Pendlay row, rest 10 sec, then do as many additional reps as you can on bent over barbell row with the torso slightly elevated





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**PHASE 3 - ACCUMULATION**

<b>SCHEDULE</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>SQUAT</b>	<b>BENCH PRESS</b>		<b>HIP RINGE</b>	<b>OVERHEAD PRESS</b>	<b>PULLING</b>	

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## SKELETON PROGRAM [EVERY NEUROTYPED DOES THIS PART]

MONDAY - DAY 1. SQUAT									
EXERCISE		TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>A.</b>	<b>BACK SQUAT</b>	Week 1 = 3010 Week 2 = 5010 Week 3 = 7010  *The 1B uses the ¾ method, so the 3, 5 and 7 sec eccentrics are done over the first ¾ of the range of motion	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min
<b>B.</b>	<b>HACK SQUAT</b>	3010	3	See note 2	3	See note 2	3	See note 2	Same

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B & 2A** = Rest/pause starting at 6-8 reps/rest 15 sec/max reps with same weight **2B** = 10-6-10 method: Hold midrange 10 sec/do 6 reps with a 6010 tempo then do 10 top half partials, **3** = 8-10 full reps + 5-10 top half partials

## ASSISTANCE WORK [PER NEUROTYPED]

### 1A

MONDAY - DAY 1. SQUAT									
EXERCISE		TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b>	<b>LEG PRESS MECHANICAL DROP SET<sup>1</sup></b>	4010	3	6 + max	3	6 + max	3	8 + max	3 min
<b>D.</b>	<b>LEG EXTENSION</b>	High double contraction <sup>2</sup>	3	6	3	6	3	6	3 min

<sup>1</sup> **Mechanical drop set (leg press)** = Do the prescribed number of reps on **narrow stance leg press**/rest 15 sec/then do as many additional reps of **medium stance leg press**

<sup>2</sup> **High double contraction** = Lift all the way up, slowly lower halfway down, get back up and hold the peak 2 sec., go back to the starting position. That's **ONE REP**

# 1B

## MONDAY - DAY 1. SQUAT

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> LEG PRESS MECHANICAL DROP SET <sup>1</sup>	2010	3	6 + max	3	6 + max	3	8 + max	3 min
<b>D.</b> BULGARIAN SPLIT SQUAT	2010	3	6/leg	3	6/leg	3	6/leg	2 min
<b>E.</b> LEG EXTENSION	High double contraction <sup>2</sup>	3	6	3	6	3	6	3 min

<sup>1</sup> **Mechanical drop set (leg press)** = Do the prescribed number of reps on **narrow stance leg press**/rest 15 sec/then do as many additional reps of **medium stance leg press**

<sup>2</sup> **High double contraction** = Lift all the way up, slowly lower halfway down, get back up and hold the peak 2 sec., go back to the starting position. That's **ONE REP**

# 2A

## MONDAY - DAY 1. SQUAT

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> LEG PRESS MECHANICAL DROP SET <sup>1</sup>	2010	3	6 + max + max	3	6 + max + max	3	8 + max + max	3 min
<b>D.</b> RUSIN'S FORWARD TO REVERSE LUNGE <sup>2</sup>	N/A	3	8/leg	3	8/leg	3	8/leg	2 min
<b>E.</b> LEG EXTENSION	High double contraction <sup>2</sup>	2	8	2	8	2	8	2 min

<sup>1</sup> **Mechanical drop set (leg press)** = Do the prescribed number of reps on **narrow stance leg press**/rest 15 sec/  
then do as many additional reps of **medium stance leg press**/rest 15 sec/then do as many **wide stance, feet high, leg press**

<sup>2</sup> **High double contraction** = Lift all the way up, slowly lower halfway down, get back up and hold the peak 2 sec., go back to the starting position. That's **ONE REP**

## 2B

### MONDAY - DAY 1. SQUAT

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C. LEG PRESS MECHANICAL DROP SET <sup>1</sup>	3010	2	6 + max + max	2	6 + max + max	2	8 + max + max	3 min
D. RUSIN'S FORWARD TO REVERSE LUNGE <sup>2</sup>	N/A	2	8/leg	2	8/leg	2	8/leg	2 min
E. LEG EXTENSION	High double contraction <sup>2</sup>	2	8	2	8	2	8	2 min

<sup>1</sup> **Mechanical drop set (leg press)** = Do the prescribed number of reps on **narrow stance leg press**/rest 15 sec/

then do as many additional reps of **medium stance leg press**/rest 15 sec/then do as many **wide stance, feet high, leg press**

<sup>2</sup> **High double contraction** = Lift all the way up, slowly lower halfway down, get back up and hold the peak 2 sec., go back to the starting position. That's **ONE REP**

## 3

### MONDAY - DAY 1. SQUAT

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C. LEG PRESS MECHANICAL DROP SET <sup>1</sup>	5010	3	8 + max	3	8 + max	3	10 + max	3 min
D. GOBLET SQUAT	6040	2	6	2	6	2	6	2 min

<sup>1</sup> **Mechanical drop set (leg press)** = Do the prescribed number of reps on **narrow stance leg press**/rest 15 sec/then do as many additional reps of **medium stance leg press**

## SKELETON PROGRAM [EVERY NEUROTYPED DOES THIS PART]

TUESDAY - DAY 2. BENCH PRESS									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>BENCH PRESS</b>	Week 1 = 3010 Week 2 = 5010 Week 3 = 7010  *The 1B uses the ¾ method, so the 3, 5 and 7 sec eccentrics are done over the first ¾ of the range of motion	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min
<b>B.</b>	<b>SMITH MACHINE INCLINE BENCH</b>	3010	3	See note 2	3	See note 2	3	See note 2	Same

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B & 2A** = Rest/pause starting at 6-8 reps/rest 15 sec/max reps with same weight **2B** = 10-6-10 method: Hold midrange 10 sec/do 6 reps with a 6010 tempo then do 10 top half partials, **3** = 8-10 full reps + 5-10 top half partials

## ASSISTANCE WORK [PER NEUROTYPED]

### 1A

TUESDAY - DAY 2. BENCH PRESS									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>FLOOR PRESS MECHANICAL DROP SET<sup>1</sup></b>	4010	3	6 + max	3	6 + max	3	8 + max	3 min
<b>D.</b>	<b>PEC DECK</b>	High double contraction <sup>2</sup>	3	6	3	6	3	6	3 min

<sup>1</sup> **Mechanical drop set (floor press)** = Do the prescribed number of reps on **close-grip floor press**/rest 15 sec/then do as many additional reps of **floor press**

<sup>2</sup> **High double contraction** = Lift all the way up, slowly lower halfway down, get back up and hold the peak 2 sec., go back to the starting position. That's **ONE REP**

# 1B

## TUESDAY - DAY 2. BENCH PRESS

EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C. FLOOR PRESS MECHANICAL DROP SET <sup>1</sup>	4010	3	6 + max	3	6 + max	3	8 + max	3 min
D. DECLINE DB TRICEPS EXTENSION	2010	3	8	3	10	3	12	2 min
E. PEC DECK	High double contraction <sup>2</sup>	3	6	3	6	3	6	2 min

<sup>1</sup> **Mechanical drop set (floor press)** = Do the prescribed number of reps on **close-grip floor press**/rest 15 sec/then do as many additional reps of **floor press**

<sup>2</sup> **High double contraction** = Lift all the way up, slowly lower halfway down, get back up and hold the peak 2 sec., go back to the starting position. That's **ONE REP**

# 2A

## TUESDAY - DAY 2. BENCH PRESS

EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C. FLOOR PRESS MECHANICAL DROP SET <sup>1</sup>	4010	3	8 + max	3	8 + max	3	10 + max	2 min
D. TRICEPS EXTENSION MECHANICAL DROP SET <sup>2</sup>	N/A	3	8 + max + max	3	8 + max + max	3	8 + max + max	2 min
E. PEC DECK	High double contraction	3	8	3	8	3	8	2 min

<sup>1</sup> **Mechanical drop set (floor press)** = Do the prescribed number of reps on **close-grip floor press**/rest 15 sec/then do as many additional reps of **floor press**

<sup>2</sup> **Mechanical drop set (triceps)** = Do the prescribed number of reps on the **reverse grip cable pressdown**/rest 10 sec (change to a rope)/do as many **rope triceps pressdown** as you can/ rest 10 sec (get back to EZ bar)/do as many **pronated triceps pressdown** as you can.

## 2B

### TUESDAY - DAY 2. BENCH PRESS

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C. FLOOR PRESS MECHANICAL DROP SET <sup>1</sup>	4010	3	8 + max	3	8 + max	3	10 + max	2 min
D. TRICEPS EXTENSION MECHANICAL DROP SET <sup>2</sup>	N/A	3	8 + max + max	3	8 + max +max	3	8 + max + max	2 min
E. PEC DECK	High double contraction	3	8	3	8	3	8	2 min

<sup>1</sup> **Mechanical drop set (floor press)** = Do the prescribed number of reps on **close-grip floor press**/rest 15 sec/then do as many additional reps of **floor press**

<sup>2</sup> **Mechanical drop set (triceps)** = Do the prescribed number of reps on the **reverse grip cable pressdown**/rest 10 sec (change to a rope)/do as many **rope triceps pressdown** as you can/  
rest 10 sec (get back to EZ bar)/do as many **pronated triceps pressdown** as you can.

## 3

### TUESDAY - DAY 2. BENCH PRESS

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C. FLOOR PRESS MECHANICAL DROP SET <sup>1</sup>	4010	3	8 + max	3	8 + max	3	10 + max	2 min
D. PUSH UPS	3030	2	max	2	max	2	max	2 min

<sup>1</sup> **Mechanical drop set (floor press)** = Do the prescribed number of reps on **close-grip floor press**/rest 15 sec/then do as many additional reps of **floor press**

## SKELETON PROGRAM (EVERY NEUROTYPED DOES THIS PART)

THURSDAY - DAY 3. HIP HINGE									
EXERCISE		TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>A.</b>	<b>DEADLIFT</b>	Week 1 = 3010 Week 2 = 5010 Week 3 = 7010  *The 1B uses the ¾ method, so the 3, 5 and 7 sec eccentrics are done over the first ¾ of the range of motion	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min
<b>B.</b>	<b>ROMANIAN DEADLIFT</b>	3010	3	See note 2	3	See note 2	3	See note 2	Same

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B & 2A** = Rest/pause starting at 6-8 reps/rest 15 sec/max reps with same weight **2B** = 10-6-10 method: Hold midrange 10 sec/do 6 reps with a 6010 tempo then do 10 top half partials, **3** = 8-10 full reps + 5-10 top half partials

## ASSISTANCE WORK (PER NEUROTYPED)

### 1A

THURSDAY - DAY 3. HIP HINGE									
EXERCISE		TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b>	<b>LONG STEPS LUNGE</b>	4010	3	6/leg	3	6/leg	3	8/leg	90 sec between legs
<b>D.</b>	<b>BACK EXTENSION MECHANICAL DROP SET</b>	Mechanical drop set <sup>1</sup>	3	6/leg + max	3	6/leg + max	3	8/leg + max	3 min

<sup>1</sup> **Mechanical drop set (floor press)** = Do the prescribed number of reps on **close-grip floor press**/rest 15 sec/then do as many additional reps of **floor press**

<sup>2</sup> **High double contraction** = Lift all the way up, slowly lower halfway down, get back up and hold the peak 2 sec., go back to the starting position. That's **ONE REP**



# 1B

## THURSDAY - DAY 3. HIP HINGE

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> KB HINGE MECHANICAL DROP SET <sup>1</sup>	Mechanical drop set <sup>1</sup>	3	10 + 10	3	12 + 12	3	15 + 15	3 min
<b>D.</b> LEG CURL MECHANICAL DROP SET <sup>2</sup>	Mechanical drop set <sup>2</sup>	3	6/leg + max	3	6/leg + max	3	8/leg + max	3 min
<b>E.</b> BACK EXTENSION MECHANICAL DROP SET <sup>3</sup>	Mechanical drop set <sup>3</sup>	3	6/leg + max	3	6/leg + max	3	8/leg + max	3 min

<sup>1</sup> **Mechanical drop set (KB hinge)** = Do the prescribed number of reps on **KB swing**/rest 15 sec/then do the prescribed reps on **KB Romanian deadlift**

<sup>2</sup> **Mechanical drop set (leg curl)** = Do the prescribed number of reps on **Leg curl right leg** then do the prescribed repetitions on **Leg curl left leg** and then do as many reps of **leg curls** with both legs (use the same weight on the 3 stations). This is **ONE SET**

<sup>3</sup> **Mechanical drop set (back extension)** = Do the prescribed number of reps on **Back extension right leg** then do the prescribed repetitions on **back extension left leg** and then do as many reps of **back extension** with both legs (use the same weight on the 3 stations). This is **ONE SET**

# 2A

## THURSDAY - DAY 3. HIP HINGE

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> LEG CURL MECHANICAL DROP SET <sup>1</sup>	Mechanical drop set <sup>1</sup>	3	6/leg + max	3	6/leg + max	3	8/leg + max	3 min
<b>D.</b> BACK EXTENSION MECHANICAL DROP SET <sup>2</sup>	Mechanical drop set <sup>2</sup>	3	6/leg + max	3	6/leg + max	3	8/leg + max	3 min
<b>E.</b> BARBELL HIP HINGE	Hold peak 3 sec/rep	3	8	3	8	3	8	2 min

<sup>1</sup> **Mechanical drop set (leg curl)** = Do the prescribed number of reps on **Leg curl right leg** then do the prescribed repetitions on **Leg curl left leg** and then do as many reps of **leg curls** with both legs (use the same weight on the 3 stations). This is **ONE SET**.

<sup>2</sup> **Mechanical drop set (back extension)** = Do the prescribed number of reps on **Back extension right leg** then do the prescribed repetitions on **back extension left leg** and then do as many reps of **back extension with both legs** (use the same weight on the 3 stations). This is **ONE SET**

## 2B

### THURSDAY - DAY 3. HIP HINGE

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> LEG CURL MECHANICAL DROP SET <sup>1</sup>	Mechanical drop set <sup>1</sup>	3	6/leg + max	3	6/leg + max	3	8/leg + max	3 min
<b>D.</b> BACK EXTENSION MECHANICAL DROP SET <sup>2</sup>	Mechanical drop set <sup>2</sup>	3	6/leg + max	3	6/leg + max	3	8/leg + max	3 min
<b>E.</b> BARBELL HIP HINGE	Hold peak 3 sec/rep	3	8	3	8	3	8	2 min

<sup>1</sup> **Mechanical drop set (leg curl)** = Do the prescribed number of reps on **Leg curl right leg** then do the prescribed repetitions on **Leg curl left leg** and then do as many reps of **leg curls** with both legs (use the same weight on the 3 stations). This is **ONE SET**.

<sup>2</sup> **Mechanical drop set (back extension)** = Do the prescribed number of reps on **Back extension right leg** then do the prescribed repetitions on **back extension left leg** and then do as many reps of **back extension with both legs** (use the same weight on the 3 stations). This is **ONE SET**

## 3

### THURSDAY - DAY 3. HIP HINGE

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> ROMANIAN DEADLIFT MECHANICAL DROP SET <sup>1</sup>	4010	3	8 + max	3	8 + max	3	10 + max	2 min
<b>D.</b> PUSH UPS	3030	2	max	2	max	2	max	2 min

<sup>1</sup> **Mechanical drop set (Romanian deadlift)** = Do the prescribed number of reps on **Wide stance Romanian deadlift**/rest 15 sec/then do as many additional reps of **regular Romanian deadlift**

## SKELETON PROGRAM (EVERY NEUROTYPED DOES THIS PART)

FRIDAY - DAY 4. OVERHEAD PRESS									
EXERCISE		TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A.	MILITARY PRESS	Week 1 = 3010 Week 2 = 5010 Week 3 = 7010  *The 1B uses the ¾ method, so the 3, 5 and 7 sec eccentrics are done over the first ¾ of the range of motion	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min
B.	SMITH MACHINE SHOULDER PRESS	3010	3	See note 2	3	See note 2	3	See note 2	Same

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B & 2A** = Rest/pause starting at 6-8 reps/rest 15 sec/max reps with same weight **2B** = 10-6-10 method: Hold midrange 10 sec/do 6 reps with a 6010 tempo then do 10 top half partials, **3** = 8-10 full reps + 5-10 top half partials

## ASSISTANCE WORK (PER NEUROTYPED)

### 1A

FRIDAY - DAY 4. OVERHEAD PRESS									
EXERCISE		TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
C.	DB PRESS MECHANICAL DROP SET <sup>1</sup>	Mechanical drop set <sup>1</sup>	3	6 + max	3	6 + max	3	8 + max	3 min
D.	DB CUBAN PRESS	2020	3	6	3	8	3	10	2 min

<sup>1</sup> **Mechanical drop set (DB press):** Do the prescribed number of reps on **Standing DB shoulder press** / rest 10 sec/ do as many reps of high **incline DB press** as you can

# 1B

## FRIDAY - DAY 4. OVERHEAD PRESS

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> DB PRESS MECHANICAL DROP SET <sup>1</sup>	Mechanical drop set <sup>1</sup>	3	6 + max	3	6 + max	3	8 + max	3 min
<b>D.</b> DB SEATED CLEAN AND PRESS	N/A	3	8	3	10	3	12	3 min
<b>E.</b> BENT OVER DB LATERALS	2020	3	8	3	10	3	12	2 min

<sup>1</sup> **Mechanical drop set (DB press):** Do the prescribed number of reps on **Standing DB shoulder press** / rest 10 sec/ do as many reps of high **incline DB press** as you can

# 2A

## FRIDAY - DAY 4. OVERHEAD PRESS

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> DB PRESS MECHANICAL DROP SET <sup>1</sup>	Mechanical drop set <sup>1</sup>	3	8 + max + max	3	8 + max + max	3	10 + max + max	2 min
<b>D.</b> DB LATERAL RAISE MECHANICAL DROP SET <sup>2</sup>	Mechanical drop set <sup>2</sup>	3	8 + max + max	3	8 + max + max	3	10 + max + max	2 min
<b>E.</b> FACE PULL	Hold peak 3 sec/rep	3	8	3	8	3	10	75 sec

<sup>1</sup> **Mechanical drop set (DB press):** Do the prescribed number of reps on **Standing DB shoulder press** / rest 10 sec/ do as many reps of high **incline DB press** as you can/  
rest 10 sec/do as many reps on **low incline DB press**

<sup>2</sup> **Mechanical drop set (Lateral raise)** = Do the prescribed number of reps on **DB lateral raise**/rest 10 sec/do as many **DB front raise** as you can/rest 10 sec/do as many **bent over DB lateral raise** as you can

## 2B

### FRIDAY - DAY 4. OVERHEAD PRESS

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> <b>DB PRESS MECHANICAL DROP SET <sup>1</sup></b>	Mechanical drop set <sup>1</sup>	3	8 + max + max	3	8 + max + max	3	10 + max + max	2 min
<b>D.</b> <b>DB LATERAL RAISE MECHANICAL DROP SET <sup>2</sup></b>	Mechanical drop set <sup>2</sup>	3	8 + max + max	3	8 + max + max	3	10 + max + max	2 min
<b>E.</b> <b>FACE PULL</b>	Hold peak 3 sec/rep	3	8	3	8	3	10	75 sec

<sup>1</sup> **Mechanical drop set (DB press):** Do the prescribed number of reps on **Standing DB shoulder press** / rest 10 sec/ do as many reps of **high incline DB press** as you can/ rest 10 sec/do as many reps on **low incline DB press**

<sup>2</sup> **Mechanical drop set (Lateral raise) =** Do the prescribed number of reps on **DB lateral raise**/rest 10 sec/do as many **DB front raise** as you can/rest 10 sec/do as many **bent over DB lateral raise** as you can

## 3

### FRIDAY - DAY 4. OVERHEAD PRESS

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>C.</b> <b>DB PRESS MECHANICAL DROP SET <sup>1</sup></b>	Mechanical drop set <sup>1</sup>	3	8 + max + max	3	8 + max + max	3	10 + max + max	2 min
<b>D.</b> <b>FACE PULL</b>	Hold peak 3 sec/rep	3	8	3	8	3	10	75 sec

<sup>1</sup> **Mechanical drop set (DB press):** Do the prescribed number of reps on **Standing DB shoulder press** / rest 10 sec/ do as many reps of **high incline DB press** as you can/ rest 10 sec/do as many reps on **low incline DB press**

## SKELETON PROGRAM (EVERY NEUROTYPED DOES THIS PART)

SATURDAY - DAY 5. PULLING									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>SUPINATED PULL-UPS OR LAT PULLDOWN</b>	Week 1 = 3010 Week 2 = 5010 Week 3 = 7010  *The 1B uses the ¾ method, so the 3, 5 and 7 sec eccentrics are done over the first ¾ of the range of motion	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	3 to 5 <sup>1</sup>	1A/1B = 6 2A = 8 2B = 10 3 = 12	1A = 3 min 1B = 150 sec 2A = 120 sec 2B = 150 sec 3 = 3 min
<b>B.</b>	<b>PREACHER CURL</b>	3010	3	See note 2	3	See note 2	3	See note 2	Same

<sup>1</sup> Types **1A** and **1B** do 3 work sets, Type **2A** do 5 work sets, Types **2B** and **3** do 4 work sets

<sup>2</sup> **1A/1B & 2A** = Rest/pause starting at 6-8 reps/rest 15 sec/max reps with same weight **2B** = 10-6-10 method: Hold midrange 10 sec/do 6 reps with a 6010 tempo then do 10 top half partials, **3** = 8-10 full reps + 5-10 top half partials

## ASSISTANCE WORK (PER NEUROTYPED)

### 1A

SATURDAY - DAY 5. PULLING									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>PENDLAY ROW</b>	Rest/pause <sup>1</sup>	3	6 + max	3	6 + max	3	8 + max	3 min
<b>D.</b>	<b>DB HAMMER CURL (BOTH AT THE SAME TIME)</b>	Rest/pause	3	6 + max	3	8 + max	3	10 + max	2 min

<sup>1</sup> **Rest/pause** = Do the prescribed number of reps / rest 15 sec/ do as many additional reps as you can

# 1B

## SATURDAY - DAY 5. PULLING

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>PENDLAY ROW</b>	Rest/pause <sup>1</sup>	3	6 + max	3	6 + max	3	8 + max	3 min
<b>D.</b>	<b>DB HAMMER CURL (BOTH AT THE SAME TIME)</b>	Rest/pause	3	6 + max	3	8 + max	3	10 + max	2 min
<b>E.</b>	<b>BARBELL CURL</b>	Moderate reps/ max speed	3	Max in 15 sec	3	Max in 20 sec	3	Max in 25 sec	2 min

<sup>1</sup> Rest/pause = Do the prescribed number of reps / rest 15 sec/ do as many additional reps as you can

# 2A

## SATURDAY - DAY 5. PULLING

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>C.</b>	<b>SEAL ROW</b>	Rest/pause <sup>1</sup>	3	8 + max	3	8 + max	3	10 + max	2 min
<b>D.</b>	<b>STRAIGHT ARMS PULLDOWN</b>	10-6-10 <sup>2</sup>	3	10-6-10	3	10-6-10	3	10-6-10	2 min
<b>E.</b>	<b>ROPE HAMMER CURL</b>	Rest/pause	3	8 + max	3	8 + max	3	10 + max	2 min
<b>F.</b>	<b>ROPE CURL</b>	10-6-10	3	10-6-10	3	10-6-10	3	10-6-10	2 min

<sup>1</sup> Rest/pause = Do the prescribed number of reps / rest 15 sec/ do as many additional reps as you can

<sup>2</sup> 10-6-10 = Hold the peak contraction 10 seconds, do 6 reps with a 3030 tempo and finish with 10 partial reps

## 2B

SATURDAY - DAY 5. PULLING									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	SEAL ROW	Rest/pause <sup>1</sup>	3	8 + max	3	8 + max	3	10 + max	2 min
D.	STRAIGHT ARMS PULLDOWN	10-6-10 <sup>2</sup>	3	10-6-10	3	10-6-10	3	10-6-10	2 min
E.	ROPE HAMMER CURL	Rest/pause	3	8 + max	3	8 + max	3	10 + max	2 min
F.	ROPE CURL	10-6-10	3	10-6-10	3	10-6-10	3	10-6-10	2 min

<sup>1</sup> Rest/pause = Do the prescribed number of reps / rest 15 sec/ do as many additional reps as you can

<sup>2</sup> 10-6-10 = Hold the peak contraction 10 seconds, do 6 reps with a 3030 tempo and finish with 10 partial reps

## 3

SATURDAY - DAY 5. PULLING									
EXERCISE	TEMPO/METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
C.	SEAL ROW	Rest/pause <sup>1</sup>	3	8 + max	3	8 + max	3	10 + max	2 min
D.	ROPE HAMMER CURL	Hold peak 3 sec/rep	3	10	3	12	3	105	75 sec

<sup>1</sup> Rest/pause = Do the prescribed number of reps / rest 15 sec/ do as many additional reps as you can





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**PHASE 4 - INTENSIFICATION**

<b>SCHEDULE</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WHOLE BODY</b>		<b>WHOLE BODY</b>		<b>WHOLE BODY</b>	<b>BODYBUILDING</b>	

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# 1A

## MONDAY - DAY 1. WHOLE BODY

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>A.</b> BACK SQUAT	Ramp <sup>1</sup>	N/A	Ramp to 3RM	N/A	Ramp to 2RM	N/A	Ramp to 1RM	2-4 min
<b>B.</b> BENCH PRESS	Ramp	N/A	Ramp to 3RM	N/A	Ramp to 2RM	N/A	Ramp to 1RM	2-4 min
<b>C.</b> DEADLIFT	Ramp	N/A	Ramp to 3RM	N/A	Ramp to 2RM	N/A	Ramp to 1RM	2-4 min
<b>D.</b> PULL-UPS SUPINATED	3010	3	Max reps	3	Max reps	3	Max reps	2 min

<sup>1</sup> **Ramp** = Gradually work up to the max weight you can lift for the prescribed number of reps. Take 6-9 sets to get there. Except for the first 2 (lighter) sets, only do the prescribed number of reps

# 1B

## MONDAY - DAY 1. WHOLE BODY

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>A.</b> BACK SQUAT	Ramp <sup>1</sup>	N/A	Ramp to 3RM	N/A	Ramp to 2RM	N/A	Ramp to 1RM	2-4 min
<b>B.</b> BENCH PRESS	Ramp	N/A	Ramp to 3RM	N/A	Ramp to 2RM	N/A	Ramp to 1RM	2-4 min
<b>C.</b> DEADLIFT	Ramp	N/A	Ramp to 3RM	N/A	Ramp to 2RM	N/A	Ramp to 1RM	2-4 min
<b>D.</b> PULL-UPS SUPINATED	3010	3	Max reps	3	Max reps	3	Max reps	2 min

<sup>1</sup> **Ramp** = Gradually work up to the max weight you can lift for the prescribed number of reps. Take 6-9 sets to get there. Except for the first 2 (lighter) sets, only do the prescribed number of reps

## 2A

### MONDAY - DAY 1. WHOLE BODY

	EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A.	BACK SQUAT	Ramp <sup>1</sup>	N/A	Ramp to 5RM	N/A	Ramp to 3RM	N/A	Ramp to 1RM	2-3 min
B.	BENCH PRESS	Ramp	N/A	Ramp to 5RM	N/A	Ramp to 3RM	N/A	Ramp to 1RM	2-3 min
C.	DEADLIFT	Ramp	N/A	Ramp to 5RM	N/A	Ramp to 3RM	N/A	Ramp to 1RM	2-3 min
D.	PULL-UPS SUPINATED	3010	3	Max reps	3	Max reps	3	Max reps	2 min

<sup>1</sup> **Ramp** = Gradually work up to the max weight you can lift for the prescribed number of reps. Take 5-10 (more sets for the sets of 1) sets to get there. Except for the first 2 (lighter) sets, only do the prescribed number of reps

## 2B

### MONDAY - DAY 1. WHOLE BODY

	EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A.	BACK SQUAT	Ramp <sup>1</sup>	N/A	Ramp to 7RM	N/A	Ramp to 5RM	N/A	Ramp to 3RM	2-3 min
B.	BENCH PRESS	Ramp	N/A	Ramp to 7RM	N/A	Ramp to 5RM	N/A	Ramp to 3RM	2-3 min
C.	DEADLIFT	Ramp	N/A	Ramp to 7RM	N/A	Ramp to 5RM	N/A	Ramp to 3RM	2-3 min
D.	PULL-UPS SUPINATED	3010	3	Max reps	3	Max reps	3	Max reps	2 min

<sup>1</sup> **Ramp** = Gradually work up to the max weight you can lift for the prescribed number of reps. Take 5-10 (more sets for the sets of 1) sets to get there. Except for the first 2 (lighter) sets, only do the prescribed number of reps

### 3

## MONDAY - DAY 1. WHOLE BODY

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>BACK SQUAT</b>	Ramp <sup>1</sup>	N/A	Ramp to 5RM	N/A	Ramp to 3RM	N/A	Ramp to 1RM	2-3 min
<b>B.</b>	<b>BENCH PRESS</b>	Ramp	N/A	Ramp to 5RM	N/A	Ramp to 3RM	N/A	Ramp to 1RM	2-3 min
<b>C.</b>	<b>DEADLIFT</b>	Ramp	N/A	Ramp to 5RM	N/A	Ramp to 3RM	N/A	Ramp to 1RM	2-3 min
<b>D.</b>	<b>PULL-UPS SUPINATED</b>	3010	3	Max reps	3	Max reps	3	Max reps	2 min

<sup>1</sup> **Ramp** = Gradually work up to the max weight you can lift for the prescribed number of reps. Take 5-10 (more sets for the sets of 1) sets to get there. Except for the first 2 (lighter) sets, only do the prescribed number of reps

# 1A

## WEDNESDAY - DAY 2. WHOLE BODY

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>A.</b> TOP HALF BACK SQUAT FROM PINS	Ramp <sup>1</sup>	N/A	Ramp to 3RM	N/A	Ramp to 2RM	N/A	Ramp to 1RM	2-4 min
<b>B.</b> TOP HALF BENCH PRESS FROM PINS	Ramp	N/A	Ramp to 3RM	N/A	Ramp to 2RM	N/A	Ramp to 1RM	2-4 min
<b>C.</b> PIN PULL BELOW KNEES	Ramp	N/A	Ramp to 3RM	N/A	Ramp to 2RM	N/A	Ramp to 1RM	2-4 min
<b>D.</b> BOTTOM HALF PULL-UPS	Ramp	N/A	Ramp to 3RM	N/A	Ramp to 2RM	N/A	Ramp to 1RM	2-4 min

<sup>1</sup> **Ramp** = Gradually work up to the max weight you can lift for the prescribed number of reps. Take 6-9 sets to get there. Except for the first 2 (lighter) sets, only do the prescribed number of reps

# 1B

## WEDNESDAY - DAY 2. WHOLE BODY

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
<b>A.</b> BACK SQUAT	Explosive <sup>1</sup>	6	3 reps at 80% of 3RM	8	3 reps at 80% of 2RM	10	2 reps at 80% of 1RM	1-2 min
<b>B.</b> BENCH PRESS	Explosive	6	3 reps at 80% of 3RM	8	3 reps at 80% of 2RM	10	2 reps at 80% of 1RM	1-2 min
<b>C.</b> DEADLIFT	Explosive	6	3 reps at 80% of 3RM	8	3 reps at 80% of 2RM	10	2 reps at 80% of 1RM	1-2 min
<b>D.</b> PULL-UPS SUPINATED	2010	4	80% of your max reps	4	80% of your max reps	4	80% of your max reps	2 min

<sup>1</sup> **Explosive** = Do each rep as violently explosive (on the concentric) as possible

## 2A

### WEDNESDAY - DAY 2. WHOLE BODY

	EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A.	BACK SQUAT	Explosive <sup>1</sup>	6	3 reps at 85% of 5RM	8	3 reps at 80% of 3RM	10	2 reps at 80% of 1RM	1-2 min
B.	BENCH PRESS	Explosive	6	3 reps at 85% of 5RM	8	3 reps at 80% of 3RM	10	2 reps at 80% of 1RM	1-2 min
C.	DEADLIFT	Explosive	6	3 reps at 85% of 5RM	8	3 reps at 80% of 3RM	10	2 reps at 80% of 1RM	1-2 min
D.	PULL-UPS SUPINATED	2010	4	80% of your max reps	4	80% of your max reps	4	80% of your max reps	2 min

<sup>1</sup> **Explosive** = Do each rep as violently explosive (on the concentric) as possible

## 2B

### WEDNESDAY - DAY 2. WHOLE BODY

	EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A.	BACK SQUAT	6010	3	Max @ 80% of 7RM	3	Max @ 80% of 5RM	3	Max @ 80% of 3RM	2-3 min
B.	BENCH PRESS	6010	3	Max @ 80% of 7RM	3	Max @ 80% of 5RM	3	Max @ 80% of 3RM	2-3 min
C.	DEADLIFT	6010	3	Max @ 80% of 7RM	3	Max @ 80% of 5RM	3	Max @ 80% of 3RM	2-3 min
D.	PULL-UPS SUPINATED	6010	3	Max reps	3	Max reps	3	Max reps	2 min

### 3

## WEDNESDAY - DAY 2. WHOLE BODY

EXERCISE		TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS	
A.	BACK SQUAT	6010	3	Max @ 80% of 7RM	3	Max @ 80% of 5RM	3	Max @ 80% of 3RM	2-3 min
B.	BENCH PRESS	6010	3	Max @ 80% of 7RM	3	Max @ 80% of 5RM	3	Max @ 80% of 3RM	2-3 min
C.	DEADLIFT	6010	3	Max @ 80% of 7RM	3	Max @ 80% of 5RM	3	Max @ 80% of 3RM	2-3 min
D.	PULL-UPS SUPINATED	6010	3	Max reps	3	Max reps	3	Max reps	2 min

# 1A

## FRIDAY - DAY 3. WHOLE BODY

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>BACK SQUAT</b>	Paused reps <sup>1</sup>	3	Max reps at 70% of 3RM	3	Max reps at 70% of 2RM	3	Max reps at 70% of 2RM	2-4 min
<b>B.</b>	<b>BENCH PRESS</b>	Paused reps	3	Max reps at 70% of 3RM	3	Max reps at 70% of 2RM	3	Max reps at 70% of 2RM	2-4 min
<b>C.</b>	<b>DEADLIFT</b>	Paused reps	3	Max reps at 70% of 3RM	3	Max reps at 70% of 2RM	3	Max reps at 70% of 2RM	2-4 min
<b>D.</b>	<b>SUPINATED PULL UPS</b>	Paused reps	3	Max reps at 70% of 3RM	3	Max reps at 70% of 2RM	3	Max reps at 70% of 2RM	2-4 min

<sup>1</sup> **Paused reps:** Pause for 3 sec ON EACH REP; during the eccentric phase. On the squat pause in the **bottom** (stay tight!), on the bench press pause **1" from the chest**, on the deadlift pause **1" from the floor**, on the pull-ups pause **just before full extension**

# 1B

## FRIDAY - DAY 3. WHOLE BODY

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>BACK SQUAT</b>	Paused reps <sup>1</sup>	3	Max reps at 70% of 3RM	3	Max reps at 70% of 2RM	3	Max reps at 70% of 2RM	2-4 min
<b>B.</b>	<b>BENCH PRESS</b>	Paused reps	3	Max reps at 70% of 3RM	3	Max reps at 70% of 2RM	3	Max reps at 70% of 2RM	2-4 min
<b>C.</b>	<b>DEADLIFT</b>	Paused reps	3	Max reps at 70% of 3RM	3	Max reps at 70% of 2RM	3	Max reps at 70% of 2RM	2-4 min
<b>D.</b>	<b>PULL-UPS SUPINATED</b>	Paused reps	3	Max reps at 70% of 3RM	3	Max reps at 70% of 2RM	3	Max reps at 70% of 2RM	2-4 min

<sup>1</sup> **Paused reps:** Pause for 3 sec ON EACH REP; during the eccentric phase. On the squat pause at the **mid-range**, on the bench press pause at the **mid-range**, on the deadlift pause just below the knee, on the pull-ups pause **elbows at 90 degrees**



## 2A

### FRIDAY - DAY 3. WHOLE BODY

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>BACK SQUAT</b>	Paused reps <sup>1</sup>	3	Max reps at 75% of 5RM	3	Max reps at 70% of 3RM	3	Max reps at 70% of 2RM	2-3 min
<b>B.</b>	<b>BENCH PRESS</b>	Paused reps	3	Max reps at 75% of 5RM	3	Max reps at 70% of 3RM	3	Max reps at 70% of 2RM	2-3 min
<b>C.</b>	<b>DEADLIFT</b>	Paused reps	3	Max reps at 75% of 5RM	3	Max reps at 70% of 3RM	3	Max reps at 70% of 2RM	2-3 min
<b>D.</b>	<b>SUPINATED PULL UPS</b>	Paused reps	3	Max reps at 75% of 5RM	3	Max reps at 70% of 3RM	3	Max reps at 70% of 2RM	2-3 min

<sup>1</sup> **Paused reps:** Pause for 3 sec ON EACH REP; during the eccentric phase. On the squat pause at the **mid-range**, on the bench press pause at the **mid-range**, on the deadlift pause just below the knee, on the pull-ups pause **elbows at 90 degrees**

## 2B

### FRIDAY - DAY 3. WHOLE BODY

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>BACK SQUAT</b>	Three pauses <sup>1</sup>	3	Max @ 70% of 7RM	3	Max @ 70% of 5RM	3	Max @ 70% of 3RM	2-3 min
<b>B.</b>	<b>BENCH PRESS</b>	Three pauses	3	Max @ 70% of 7RM	3	Max @ 70% of 5RM	3	Max @ 70% of 3RM	2-3 min
<b>C.</b>	<b>DEADLIFT</b>	Three pauses	3	Max @ 70% of 7RM	3	Max @ 70% of 5RM	3	Max @ 70% of 3RM	2-3 min
<b>D.</b>	<b>PULL-UPS SUPINATED</b>	3 sec hold at peak	3	Max reps	3	Max reps	3	Max reps	2 min

<sup>1</sup> **Three pauses** = Do three 2-second pauses during the eccentric portion of the lift (2" from the top, mid-range, bottom), bench press (2" from top, mid-range, just before chest), Deadlift (mid-thigh, just below knees, 1" from floor)

### 3

## FRIDAY - DAY 3. WHOLE BODY

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>BACK SQUAT</b>	Three pauses <sup>1</sup>	3	Max @ 70% of 7RM	3	Max @ 70% of 5RM	3	Max @ 70% of 3RM	2-3 min
<b>B.</b>	<b>BENCH PRESS</b>	Three pauses	3	Max @ 70% of 7RM	3	Max @ 70% of 5RM	3	Max @ 70% of 3RM	2-3 min
<b>C.</b>	<b>DEADLIFT</b>	Three pauses	3	Max @ 70% of 7RM	3	Max @ 70% of 5RM	3	Max @ 70% of 3RM	2-3 min
<b>D.</b>	<b>PULL-UPS SUPINATED</b>	3 sec hold at peak	3	Max reps	3	Max reps	3	Max reps	2 min

<sup>1</sup> **Three pauses** = Do three 2-second pauses during the eccentric portion of the lift (2" from the top, mid-range, bottom), bench press (2" from top, mid-range, just before chest), Deadlift (mid-thigh, just below knees, 1" from floor)

# 1A

SATURDAY - DAY 4. BODYBUILDING									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A.	HACK SQUAT	4010	3	6	3	6	3	6	2-3 min
B.	DB SHOULDER PRESS	4010	3	6	3	6	3	6	2-3 min
C.	ROMANIAN DEADLIFT	4010	3	6	3	6	3	6	2-3 min
D.	PENDLAY ROW	Hold peak 2 sec	3	6	3	6	3	6	2-3 min

# 1B

SATURDAY - DAY 4. BODYBUILDING									
EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A.	HACK SQUAT	2010	3	8	3	8	3	8	2-3 min
B.	DB SHOULDER PRESS	2010	3	8	3	8	3	8	2-3 min
C.	ROMANIAN DEADLIFT	2010	3	8	3	8	3	8	2-3 min
D.	BENT OVER BARBELL ROW	Hold peak 2 sec	3	8	3	8	3	8	2-3 min

## 2A

### SATURDAY - DAY 4. BODYBUILDING

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>LEG EXTENSION</b>	Hold peak 2 sec	3	Max @ 70% of 7RM	3	Max @ 70% of 5RM	3	Max @ 70% of 3RM	2-3 min
<b>B.</b>	<b>PEC DECK</b>	Hold peak 2 sec	3	Max @ 70% of 7RM	3	Max @ 70% of 5RM	3	Max @ 70% of 3RM	2-3 min
<b>C.</b>	<b>LEG CURL</b>	5010	3	Max @ 70% of 7RM	3	Max @ 70% of 5RM	3	Max @ 70% of 3RM	2-3 min
<b>D.</b>	<b>SEATED ROW</b>	Hold peak 2 sec	3	Max reps	3	Max reps	3	Max reps	2 min

## 2B

### SATURDAY - DAY 4. BODYBUILDING

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>LEG EXTENSION</b>	Hold peak 2 sec	3	Max @ 70% of 7RM	3	Max @ 70% of 5RM	3	Max @ 70% of 3RM	2-3 min
<b>B.</b>	<b>PEC DECK</b>	Hold peak 2 sec	3	Max @ 70% of 7RM	3	Max @ 70% of 5RM	3	Max @ 70% of 3RM	2-3 min
<b>C.</b>	<b>LEG CURL</b>	5010	3	Max @ 70% of 7RM	3	Max @ 70% of 5RM	3	Max @ 70% of 3RM	2-3 min
<b>D.</b>	<b>SEATED ROW</b>	Hold peak 2 sec	3	Max reps	3	Max reps	3	Max reps	2 min

### 3

## SATURDAY - DAY 4. BODYBUILDING

EXERCISE	TEMPO/ METHOD	WEEK 1		WEEK 2		WEEK 3		REST	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A.</b>	<b>HACK SQUAT</b>	6010	3	6	3	6	3	6	2-3 min
<b>B.</b>	<b>DB SHOULDER PRESS</b>	6010	3	6	3	6	3	6	2-3 min
<b>C.</b>	<b>ROMANIAN DEADLIFT</b>	6010	3	6	3	6	3	6	2-3 min
<b>D.</b>	<b>PENDLAY ROW</b>	Hold peak 2 sec	3	6	3	6	3	6	2-3 min