



THIBARMY

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BALLISTIC MANAGEMENT

STRONG AS YOU LOOK

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RPE CHART

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

PHASE 1 - ISOMETRIC STRENGTH

THE PROGRESSION IS DONE VIA INCREASED INTENSITY/LOWERED REPS EACH WEEK OR BY
INCREASING THE NUMBER OF REPS BY ONE EACH WEEK

Day 1 - Back squat

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 7		RPE 7,5		RPE 8		RPE 8,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Jump squat	3-3-x	4	3-6	4	3-6	4	3-6	4	3-6	1-2 min
B	Front squat	2-(3x2)-1-0	3	5	3	7	3	4	3	6	2-3 min
C	Hanging band front squat	3-2-2-0	3	8	3	10	3	6	3	8	2-3 min
D1	Leg extension	2-0-2-2	3	12	3	12	4	12	4	12	30 sec
D2	Hip thrust	2-0-2-2	3	12	3	12	4	12	4	12	90 sec

B: Take three 2 sec pause during the eccentric, The first pause is done 1-2” after the beginning of the eccentric, the second in the middle of the eccentric and the third pause 1-2” before the end of the eccentric phase, D1-D2 squeeze as hard as you can on the 2 sec on the isometric hold

Day 2 - Bench press

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 7		RPE 7,5		RPE 8		RPE 8,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Plyometric push ups on step	x-1-x (one arm reception)	4	3-6	4	3-6	4	3-6	4	3-6	1-2 min
B	Inclined DB press	2-(3x2)-1-0	3	5	3	7	3	4	3	6	2-3 min
C	Hanging band inclined bench press	3-2-2-0	3	8	3	10	3	6	3	8	2-3 min
D1	DB fly	2-0-2-2	3	12	3	12	4	12	4	12	30 sec
D2	Reverse DB fly	2-0-2-2	3	12	3	12	4	12	4	12	90 sec

B: Take three 2 sec pause during the eccentric, The first pause is done 1-2” after the beginning of the eccentric, the second in the middle of the eccentric and the third pause 1-2” before the end of the eccentric phase, D1-D2 squeeze as hard as you can on the 2 sec. on the isometric hold

Day 3 - Pull ups

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 7		RPE 7,5		RPE 8		RPE 8,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Explosive inverted row	3-3-x	4	3-6	4	3-6	4	3-6	4	3-6	1-2 min
B	Supinated barbell row	2-(3x2)-1-0	3	5	3	7	3	4	3	6	2-3 min
C	Hanging band supinated barbell row	3-2-2-0	3	8	3	10	3	6	3	8	2-3 min
D1	Pull over on pulley	2-0-2-2	3	12	3	12	4	12	4	12	30 sec
D2	DB front raise	2-0-2-2	3	12	3	12	4	12	4	12	90 sec

B: Take three 2 sec pause during the eccentric, The first pause is done 1-2” after the beginning of the eccentric, the second in the middle of the eccentric and the third pause 1-2” before the end of the eccentric phase, D1-D2 squeeze as hard as you can on the 2 sec. on the isometric hold

Day 4 - Deadlift

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 7		RPE 7,5		RPE 8		RPE 8,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Band Pull through	x-1-x (hold 1 sec extension)	4	3-6	4	3-6	4	3-6	4	3-6	1-2 min
B	Floated trap bar deadlift	2-(3x2)-1-0	3	5	3	7	3	4	3	6	2-3 min
C	Hanging band floated trap bar deadlift	3-2-2-0	3	8	3	10	3	6	3	8	2-3 min
D1	Lying leg curl	2-0-2-2	3	12	3	12	4	12	4	12	30 sec
D2	Leg extension	2-0-2-2	3	12	3	12	4	12	4	12	90 sec

B: Take three 2 sec pause during the eccentric, The first pause is done 1-2” after the beginning of the eccentric, the second in the middle of the eccentric and the third pause 1-2” before the end of the eccentric phase, D1-D2 squeeze as hard as you can on the 2 sec. on the isometric hold

Day 5 - Overhead press

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 7		RPE 7,5		RPE 8		RPE 8,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Landmine push press	3-3-x	4	3-6	4	3-6	4	3-6	4	3-6	1-2 min
B	Savickas press	2-(3x2)-1-0	3	5	3	7	3	4	3	6	2-3 min
C	Hanging band seated shoulder press	3-2-2-0	3	8	3	10	3	6	3	8	2-3 min
D1	Lateral raise	2-0-2-2	3	12	3	12	4	12	4	12	30 sec
D2	Shoulder adduction on pulley	2-0-2-2	3	12	3	12	4	12	4	12	90 sec

B: Take three 2 sec pause during the eccentric, The first pause is done 1-2” after the beginning of the eccentric, the second in the middle of the eccentric and the third pause 1-2” before the end of the eccentric phase, D1-D2 squeeze as hard as you can on the 2 sec. on the isometric hold

PHASE 2 - CONCENTRIC STRENGTH

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

Day 1 - Back squat

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 7,5		RPE 8		RPE 8,5		RPE 9		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Seated box jumps	max	4	6-8	4	6-8	4	6-8	4	6-8	1-2 min
B	Zercher Squat	2-1-2-0	3	4	3	6	3	3	4	5	2-3 min
C	Box goblet squat	3-2-1-0	3	6	3	8	3	5	3	7	2-3 min
D1	Leg extension	2-0-2-0	3	10	3	10	4	10	4	10	30 sec
D2	Seated Leg curl	2-0-2-0	3	10	3	10	4	10	4	10	90 sec

C: Sit down for 2 sec. before getting up in 1 sec., D1-D2 1/2+1 = 1 rep.
Do half of the range, go down and get up to reach the full range for one

Day 2 - Bench press

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 7,5		RPE 8		RPE 8,5		RPE 9		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Press ball (medball)	max	4	6-8	4	6-8	4	6-8	4	6-8	1-2 min
B	Declined bench press	2-1-2-0	3	4	3	6	3	3	4	5	2-3 min
C	Floor Press	3-2-1-0	3	6	3	8	3	5	3	7	2-3 min
D1	DB Inclined front raise pronated	2-0-2-0	3	10	3	10	4	10	4	10	30 sec
D2	DB Triceps lying extension neutral	2-0-2-0	3	10	3	10	4	10	4	10	90 sec

C: Let your elbows rest the ground for 2 sec. before pushing the bar up in 1 sec., D1-D2 1/2+1 = 1 rep.
Do half of the range, go down and get up to reach the full range for one rep.

Day 3 - Pull Ups

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 7,5		RPE 8		RPE 8,5		RPE 9		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Slam ball (medball)	max	4	6-8	4	6-8	4	6-8	4	6-8	1-2 min
B	Latpulldown	2-1-2-0	3	4	3	6	3	3	4	5	2-3 min
C	Deadstart chin ups from floor	3-2-1-0	3	6	3	8	3	5	3	7	2-3 min
D1	High crossover on pulley	2-0-2-0	3	10	3	10	4	10	4	10	30 sec
D2	DB biceps curl	2-0-2-0	3	10	3	10	4	10	4	10	90 sec

C: Let the bar rest 2 sec. on pins before pulling it up in 1 sec., D1-D2 1/2+1 = 1 rep.
Do half of the range, go down and get up to reach the full range for one rep.

Day 4 - Deadlift

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 7,5		RPE 8		RPE 8,5		RPE 9		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Clean from blocs (knees height)	max	4	6-8	4	6-8	4	6-8	4	6-8	1-2 min
B	Stiff leg deadlift	2-1-2-0	3	4	3	6	3	3	4	5	2-3 min
C	Rack pull from knees	3-2-1-0	3	6	3	8	3	5	3	7	2-3 min
D1	Hip thrust	2-0-2-0	3	10	3	10	4	10	4	10	30 sec
D2	Leg extension	2-0-2-0	3	10	3	10	4	10	4	10	90 sec

C: Let the bar rest 2 sec. on pins before pulling it up in 1 sec., D1-D2 1/2+1 = 1 rep.
Do half of the range, go down and get up to reach the full range for one rep.

Day 5 - Overhead press

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 7,5		RPE 8		RPE 8,5		RPE 9		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Shoulder press throw (medball)	max	4	6-8	4	6-8	4	6-8	4	6-8	1-2 min
B	Seated DB Shoulder press	2-1-2-0	3	4	3	6	3	3	4	5	2-3 min
C	Kneeling shoulder press on pulley	3-2-1-0	3	6	3	8	3	5	3	7	2-3 min
D1	Inclined trunk lateral raise	2-0-2-0	3	10	3	10	4	10	4	10	30 sec
D2	Inclined barbell front raise	2-0-2-0	3	10	3	10	4	10	4	10	90 sec

C: Let the weight rest 2 sec. before pushing it up in 1 sec. (wide + neutral grip), D1-D2 1/2+1 = 1 rep.
Do half of the range, go down and get up to reach the full range for one rep.

PHASE 3 - ECCENTRIC STRENGTH

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

Day 1 - Back squat

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Depth jump	max	4	6-8	4	6-8	4	6-8	4	6-8	1-2 min
B	Back squat	5-0-1-0	3	3	3	5	3	2	3	4	3-4min
C	Low box squat	4-2-1-0	3	5	3	7	3	4	3	6	2-3 min
D1	Leg extension	3-1-1-0	3	8	3	8	4	8	4	8	30 sec
D2	Reverse hypers	3-0-1-0	3	8	3	8	4	8	4	8	90 sec

D1 1 sec in the stretch position, D2 2/1T. Do the concentric phase with both legs and the eccentric with one.

Day 2 - Bench press

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Drop and catch bench press	max	4	6-8	4	6-8	4	6-8	4	6-8	1-2 min
B	Bench Press	5-0-1-0	3	3	3	5	3	2	3	4	3-4min
C	Close grip bench press	4-2-1-0	3	5	3	7	3	4	3	6	2-3 min
D1	Low cable fly	3-1-1-0	3	8	3	8	4	8	4	8	30 sec
D2	Triceps push down on pulley (handles)	3-0-1-0	3	8	3	8	4	8	4	8	90 sec

D1 1 sec in the stretched position, D2 2/1T. Do the concentric phase with both arms and the eccentric with one.

Day 3 - Pull Ups

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Drop and catch inverted row (wide + Pron.)	max	4	6-8	4	6-8	4	6-8	4	6-8	1-2 min
B	Pull ups	5-0-1-0	3	3	3	5	3	2	3	4	3-4min
C	Rack pull ups	4-2-1-0	3	5	3	7	3	4	3	6	2-3 min
D1	Pull over on pulley supinated	3-1-1-0	3	8	3	8	4	8	4	8	30 sec
D2	Biceps curl on machine	3-0-1-0	3	8	3	8	4	8	4	8	90 sec

D1 1 sec in the stretched position, D2 2/1T. Do the concentric phase with both arms and the eccentric with one.

Day 4 - Deadlift

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	KB swing	max	4	6-8	4	6-8	4	6-8	4	6-8	1-2 min
B	Deadlift	5-0-1-0	3	3	3	5	3	2	3	4	3-4min
C	Romanian deadlift snatch grip	4-2-1-0	3	5	3	7	3	4	3	6	2-3 min
D1	GHD hamstring curl	3-1-1-0	3	8	3	8	4	8	4	8	30 sec
D2	Hip thrust	3-0-1-0	3	8	3	8	4	8	4	8	90 sec

D1 1 sec in the stretched position, D2 2/1T. Do the concentric phase with both legs and the eccentric with one.

Day 5 - Overhead press

	Exercise	Tempo	WEEK 1		WEEK 2		WEEK 3		WEEK 4		REST
			RPE 8		RPE 8,5		RPE 9		RPE 9,5		
			SET	REPS	SET	REPS	SET	REPS	SET	REPS	
A	Drop and catch front raise	max	4	6-8	4	6-8	4	6-8	4	6-8	1-2 min
B	Standing overhead press	5-0-1-0	3	3	3	5	3	2	3	4	3-4min
C	Seated DB V press	4-2-1-0	3	5	3	7	3	4	3	6	2-3 min
D1	DB Inclined front raise supinated	3-1-1-0	3	8	3	8	4	8	4	8	30 sec
D2	Face pull (handles)	3-0-1-0	3	8	3	8	4	8	4	8	90 sec

D1 1 sec in the stretched position, D2 2/1T. Do the concentric phase with both arms and the eccentric with one.