

HYBRID 5 ATHLETIC VERSION 1.0

This update to *Hybrid 5* is a dramatic change from the standard program. While some of the core principles remain such as the emphasis on percentage-based compound lifts, this new version has a strong emphasis placed on **functionality** in addition to raw strength and muscle mass. This update is for individuals who are looking a program that:

- Decreases gym training frequency to just 3 workouts per 7-day cycle
- Incorporates basic calisthenics as well as standard hypertrophy training
- Introduces sprint training both as a form of high intensity cardio (HIIT) to burn body fat and as an additional form of anaerobic exercise to build speed and leg power
- Is overall less intense in terms of total training volume allowing it to be used during a period of cutting when the individual is eating in a calorie deficit (ideal for summer)

PART 1: GYM TRAINING

Just like with the standard *Hybrid 5* intermediate program, you will be lifting according to a fully laid out program with all compound exercise reps, sets, and weights programmed in. Although you will not be training as often as with the standard version, you will still have three intense gym-based workouts each week with a high emphasis on the fundamental lifts such as the bench press, squat, overhead press, etc. Once again you will be testing your strength routinely using AMRAP sets and this will be tracked in the **PROGRESSION** tab on the bottom left of your screen. As always, the goal is progressive overload which means you want to lift more weight, more reps, or a combination of both!

Two big changes training-wise in this athletic version of *Hybrid 5* are the decreased emphasis on back and leg training in your gym-based workouts. The reason for the decrease in back training volume is because your back will get plenty of stimulation from the calisthenics-based workouts as many of the fundamental bodyweight exercises involve a great deal of back stimulus – such as muscle-ups, pull-ups, chin-ups, L-sit raises, Australian pull-ups, etc. If we were to train back with the same amount of volume and intensity as in the intermediate program **in addition to calisthenics**, your back would never receive sufficient recovery time which can potentially lead to overtraining and an increased risk of injury.

This is a similar case with lower body training where only one day is allotted to gym-based training due to the physically demanding nature of sprint training. If we continued to train legs and squat with the same level of intensity and volume as in the standard version of *Hybrid 5*, you would find incorporating regular sprint training to be extremely difficult – especially for those newer to sprint training (your first few weeks will have you barely able to walk due to the soreness in your calves and hamstrings). This allows you to build a powerful and fast set of legs and ramp up your metabolism simultaneously enabling increased fat loss. However, this will most likely not result in maximal hypertrophy and strength accumulation in your legs so be warned; this version of *Hybrid 5* focuses on trying to make you a more well-rounded and functional lifter, not necessarily maximizing strength as fast as possible. If your primary goal is a 500-lb squat, then you may want to consider sticking with the standard version.

Another big change from the standard version is the dramatically reduced cycle duration. What was once a 40-day cycle consisting of 4 rounds and a mandatory deload round is now a 14-day cycle with an optional deload period. Because of this, you will have to taper down your cycle-to-cycle increases. For example, if you set your cycle-to-cycle increase value as 10 lbs on the bench press, this assumed you put on 10 lbs of strength over the course of 40 days. It is highly unlikely you will be able to gain the same amount of strength in this newly shortened 14-day cycle. Therefore, it is recommended that you taper your cycle-to-cycle increase values down to a value around 40-50% of what you used in the standard version. This may seem disappointing as you're not increased your strength as much as you'd like, but because you'll be doing this much more often in the end it essentially cancels out.

RECOMMENDED CYCLE-TO-CYCLE INCREASES		
EXERCISE	LBS	KG
Bench Press	4	2
Squat	6	3
Overhead Press	2	1

Recommended cycle-to-cycle increases for Hybrid 5 AV1.0

PART 2: CALISTHENICS

Calisthenics refers to a form of exercise which relies on minimal equipment – essentially bodyweight exercises. This is an excellent alternative to standard gym-based training which relies heavily on free weights and machines. Training with bodyweight-only exercises tends to develop a different kind of strength and fitness which many consider equally important as standard weightlifting. Can you build a physique which can bench press 315 lbs with just calisthenics? Probably not, but at the same time if you only focus on standard gym-based strength training weight weights you may never build the agility, coordination, grip and core strength needed to execute even a single muscle-up!

Unlike the standard version of *Hybrid 5* where the primary goal was simply to put on as much muscle mass and raw strength as possible in the main compound movements, this athletic version (**AV 1.0**) places a high emphasis on functional strength as well so that you can build a physique capable of both a 315-lb bench press and performing 10 muscle ups in a row. This will be a physique that not only looks good, but also performs well both in the gym and athletic-style functional movements!

Because *Hybrid 5* was originally meant to be a program combining the best of both bodybuilding and powerlifting, the majority of its users are not used to calisthenics-style training. In fact, I would go as far as to estimate that the typical Hybrid 5 user has never performed the majority of the exercises mentioned down below, aside from the basics such as pull-ups and dips. Because of that, the calisthenics workouts outlined below are aimed at beginners. They are targeting individuals completely new to fitness or those with moderate

experience in the gym, but limited experience with bodyweight training. If you are serious about calisthenics and wish to progress to an intermediate or even advanced level and train exclusively with calisthenics 3+ times per week, then this program may be a bit too basic for you and perhaps a purely calisthenics-focused program would be a better option. However, if you are like me and the majority of your focus is on classic gym-based training, but you're interested in trying something new, then keep reading because you're going to love this!

You will have two workouts which will both be performed within one round of training in conjunction with your strength and spring training. Unlike typical gym-based strength training, calisthenics does not have the advantage of simply using more weight in order to increase workout intensity. Instead, we will be increasing intensity by utilizing circuit-style training with decreased rest periods. Unlike with typical bodybuilding or powerlifting where the individual may lift hard for 30 seconds followed by 2-3 minutes of rest prior to the next set, in circuit-style training rest periods are kept low.

Also, rather than sticking to one exercise for 3-5 sets, the user will jump from exercise to exercise training difficult muscle groups in succession. At the end of the cycle, the user is finally allotted a certain amount of time to rest before starting the cycle all over again. This makes circuit-style calisthenics training surprisingly challenging as it is similar to cardio in addition to strength training. In this style of training, we make up for the lack of heavy weights with high-speed training!

Click the link below for a video walkthrough of each of the exercises in the program:

[WWW.YOUTUBE.COM/WATCH?V=LLLEGKFWJXE](https://www.youtube.com/watch?v=LLLEGKFWJXE)



CALISTHENICS A

EXERCISE	TARGET REPS	PRIMARY MUSCLE	SECONDARY MUSCLE
Muscle-Ups	5	Back	Core
Dips ¹	15	Triceps	
Pull-Ups	10	Back	Biceps
Hanging Knee Raises ²	10	Abs	
Push-Ups	25	Chest	Triceps
L-Sit Raises ³	5	Back	Abs
Reverse Australian Pull-Ups	15	Back	Biceps
Rest 5-7 Minutes			
Muscle-Ups	4	Back	Core
Dips	12	Triceps	
Pull-Ups	8	Back	Biceps
Hanging Knee Raises	8	Abs	
Push-Ups	20	Chest	Triceps
L-Sit Raises	5	Back	Abs
Reverse Australian Pull-Ups	12	Back	Biceps
Rest 5-7 Minutes			
Muscle-Ups	3	Back	Core
Dips	10	Triceps	
Pull-Ups	6	Back	Biceps
Hanging Knee Raises	6	Abs	
Push-Ups	15	Chest	Triceps
L-Sit Raises	5	Back	Abs
Reverse Australian Pull-Ups	10	Back	Biceps

Muscle-Ups are optional as they are somewhat advanced and many beginners will not be able to do even a single rep. This is 100% okay as it takes time to build a foundation of strength and coordination.

¹If regular dips are too hard, to bench dips instead.

²If hanging knee raises are too easy, instead do hanging straight leg raises.

³If L-sit raises are too challenging, use additional momentum AKA “cheating”. Think of this exercise as a stepping stone prior to learning how to muscle-up.

CALISTHENICS B

EXERCISE	TARGET REPS	PRIMARY MUSCLE	SECONDARY MUSCLE
Muscle-Ups	5	Back	Core
Chin-Ups	10	Back	Biceps
Diamond Push-Ups	15	Triceps	Chest
Around the Worlds ⁴	10	Abs	Obliques
Australian Pull-Ups	15	Back	Biceps
Decline Push-Ups ⁵	15	Upper Chest	Triceps
Flutter Kicks	25	Abs	
Dead Hang ⁶	40 Sec	Grip Strength (Forearms)	
Rest 5-7 Minutes			
Muscle-Ups	4	Back	Core
Chin-Ups	8	Back	Biceps
Diamond Push-Ups	12	Triceps	Chest
Around the Worlds	8	Abs	Obliques
Australian Pull-Ups	12	Back	Biceps
Decline Push-Ups	12	Upper Chest	Triceps
Flutter Kicks	20	Abs	
Dead Hang	30 Sec	Grip Strength (Forearms)	
Rest 5-7 Minutes			
Muscle-Ups	3	Back	Core
Chin-Ups	6	Back	Biceps
Diamond Push-Ups	10	Triceps	Chest
Around the Worlds	6	Abs	Obliques
Australian Pull-Ups	10	Back	Biceps
Decline Push-Ups	10	Upper Chest	Triceps
Flutter Kicks	15	Abs	
Dead Hang	20 Sec	Grip Strength (Forearms)	

Dead Hang is also optional as you already get decent forearm training when doing most exercises where grip strength is a factor (pull-ups, chin-ups, etc.)

⁴If “around the worlds” are too easy, replace them with windmills.

⁵The greater the step/box you place your feet on, the harder this exercise becomes. Start low and then over time increase height as you become stronger.

⁶If these are too easy, replace with single arm dead hangs. This will make the exercise much harder so if you do this substitution you may want to decrease the target hang time by 20-30 seconds.

PART 3: SPRINT TRAINING

The final training component in this new version of *Hybrid 5* involves sprint training for three reasons:

- 1.** Sprint training is an excellent form of high-intensity cardio also known as **High Intensity Interval Training (HIIT)**. In addition to the calories burned during this form of cardio, HIIT tends to ramp up the user's metabolism so high that it takes time for it to come back down to normal. This means that the user may experience metabolic benefits even after the HIIT session is over. This will greatly help keep you lean while also preserving muscle (unlike crazy high amounts of standard, low intensity cardio).
- 2.** Unlike typical low intensity cardio, sprint training is a high-intensity anaerobic form of exercise which places a high emphasis on your lower body. This helps stimulate a muscle hypertrophy response in your calves, hamstrings, quadriceps, and even your glutes. Ever notice how all the Olympic sprinters you see on TV look JACKED like bodybuilders? This is why this athletic version of *Hybrid 5* only has one lower body training day in the gym. Because that combined with the high-intensity training you get from sprinting gives your lower body more than enough stimulus!
- 3.** Sprinting is the ultimate test of athleticism. It is the perfect combination of power and endurance because although you are pushing your body as hard as it can go, you still need to maintain that level of intensity for up to 400m (60-80 seconds) which is not an easy feat. Far too many bodybuilders and/or powerlifters find themselves incredibly strong, looking like a superhero, but then completely useless from an endurance standpoint. The goal of this update is not to turn you into the Hulk, but more so into Superman due to his well-rounded physique in terms of strength, speed, endurance, etc.

There are four separate sprint workouts with two performed each round (week). Although they are fully laid out in the accompanying Excel file, I have included them below to get a better idea of target rest periods both between sets (individual sprints) and rounds (groups of 2-3 sprints). In addition, I have included some target time ranges you should be aiming for on each sprint. The goal is to remain within this target time range for all sprints, so don't assume you can do something fantastic like get 30 seconds on your first 200m sprint and then jog the rest of them getting 40+ seconds!

Ideally, the intensity level at which you run these sprints should be about 80-90% of your top speed. You don't want to lazily jog at a speed which is half what you're capable of, but you also don't want to run at 100% like your life depends on it for each sprint. Remember, our goal is to build strength, speed, and endurance as well! This is the case for all sprints except for your last one of the day at which point you should go for it and maybe try to hit a personal best running at close to 100% capacity.

100M SPRINT DAY

Level	Distance	Target	Sets	Set Rest	Rounds	Round Rest
Beginner	100m	15-18 sec	3	60 sec	2	5 min
Intermediate	100m	13-15 sec	3	30 sec	2	5 min
1200m Cooldown (3 laps)						

200M SPRINT DAY

Level	Distance	Target	Sets	Set Rest	Rounds	Round Rest
Beginner	200m	35-42 sec	3	90 sec	2	5 min
Intermediate	200m	30-35 sec	3	60 sec	2	5 min
1200m Cooldown (3 laps)						

400M SPRINT DAY

Level	Distance	Target	Sets	Set Rest
Beginner	400m	<1:30	4	5 min
Intermediate	400m	<1:15	4	5 min
1200m Cooldown (3 laps)				

3-2-1 DAY

Level	Distance	Target	Sets	Set Rest	Round Rest
Beginner	100m	15-18 sec	3	60 sec	5 min
	200m	35-42 sec	2	90 sec	5 min
	400m	<1:15	1		
Intermediate	100m	13-15 sec	3	30 sec	5 min
	200m	30-35 sec	2	60 sec	5 min
	400m	<1:00	1		
1200m Cooldown (3 laps)					

**Please take your own health and physical ability into consideration. If you suffer from any medical conditions which may inhibit your ability to exercise with this type of high-intensity cardiovascular activity, it is highly recommended that you talk to your doctor first before undertaking this exercise program. Always remember to train at a level which is challenging, but not dangerous.*