

ADVANCED PROGRAMMING

Your Workouts: I've designed 12 weeks worth of muscle building, fat losing, bad-ass making workouts. Each week provides two upper body workouts and two lower body workouts. All workouts end with dynamic conditioning work, and every week incorporates core building abdominal strength work. I would highly advise that you don't complete more than two workouts in a row without taking a day off. You could workout Monday, Wednesday, Friday, and Saturday; or you could workout Monday, Tuesday, Thursday, and Saturday, etc. Just make sure you give your body enough rest and recovery!

Rest Days: You can take a yoga class, work on mobility work, foam roll, or take long walks. Go for a bike ride, go hiking on the weekend, vary your fitness and do something fun. But most importantly, rest! If your muscles are screaming then stretch them, roll them, drink lots of water, soak in epsom salt baths, and relax. The muscles build when they rest. So rest!

How to--Understanding sets and reps:

When you see something like "3x10" or "5x5," the first number means **SETS:** The number of times you will perform a certain exercise. For example, you will perform 3 sets of squats today. The second number is **REPS:** How many times (repetitions) you'll perform the exercise within each set. For example, you'll perform 10 squats within each set. So 3x10 squats means you'll perform three sets of 10 squats.

Supersets means to do two exercises back to back. So if it says to "superset with..." that means do one set of the first exercise, immediately do one set of the next exercise, THEN take your break before round two.

Work sets: for many of the exercises listed in this program it will be important to do a few warm up sets before doing the **work sets**, which are the sets that have enough resistance to produce the muscle growth. We have not listed warm up sets in the program. We recommend doing warm up sets on all exercises that use different muscles. (If you are unsure if you should do a warm up set or not then err on the side of doing more warm up sets.) All of the exercise sets listed in this program are work sets.

How do you choose the appropriate amount of weight for each exercise? If you don't already know one-rep maxes for the major lifts, that's ok! You may end up performing an extra set (call it a warm up set) to figure out exactly what weight you should use for each exercise. Whenever you lift, the last three repetitions should be tough enough that you need a minimum of 30 seconds to one minute to recover from the lift. If you're performing 10 repetitions, reps 8, 9, and 10 should feel very challenging, yet still doable. Rep 11 should feel impossible. If you're doing sets of 8, then reps 6, 7, and 8 should be very tough to accomplish! If you're doing five reps, rep 3, 4, and 5 should feel damn near impossible--meaning the whole

set is really heavy! One of the biggest mistakes that lifters do early on is not lift heavy enough to get results. Remember: there's a fine line between "pushing for muscle growth" and "injuring yourself." Be smart enough to know your body and understand the difference.

Some of the exercises listed below are linked to YouTube videos for further detail on how to perform each lift correctly. Scroll to the end to find technique video links for the squat, deadlift, and bench press.

Weeks 1-4, Day 1

Warmup: 5-8 minutes light cardio and dynamic stretching and remember it is very wise to do warm up sets for new exercises, especially ones that are incorporating new muscle groups.

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: Box jumps, 20 total					
Barbell Bulgarian Split Squats 5x5/leg					
Barbell Hip Thrust 3x10 (Aim for your body weight and increase weight each set)					
Front Squats: 3x8 @ about 75% of your max					
Back Squats: 3x12 @65% max					
Goblet Squats 5x20					
Dynamic Conditioning: 5 rounds of 400 meter run with a 1 minute plank hold at the end of each run. Rest 3 minutes between each sprint.					

Day 2 Workout Weeks 1-4

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: Wall Balls 20 reps					
Push-ups 5x10					
Cable or Dumbbell Flyes 3x15					
Dips 3x15 reps (stationary or rings)					
Lying Rib Pullovers 3x15 reps					
Dumbbell Push-Press 3x12 reps (both arms)					
Dynamic Conditioning: 5 rounds of 500 meter row The row is hard and fast. Rest 1 minute between each row.					

Day 3 Weeks 1-4

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: 20 Burpees					
Barbell Strict Press 5x5 @65% Max					
Face Pulls 5x10					
Plank: 5 x :30					
Supermans: 5x10					

Chin-ups: 5x10					
Conditioning: As many rounds in 15 minutes: 10 renegade rows (5/arm), 10 dumbbell front squats, 10 dumbbell push-press (5/arm)					

Day 4 Weeks 1-4

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: American Kettlebell Swings 20 reps					
Romanian Deadlift 5x5					
Lat Pull Down 3x12					
Pendlay Rows 3x12 reps					
Pull-ups: 3x12 reps					
Weighted Sit-ups 5x20					
Dynamic conditioning: 8 Rounds for time: 10 Burpees, 10 Wall Balls					

Weeks 5-8: Day 1

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: Pistol squats 20 reps total					
Front Squat 5x5 @70% Max					
Back Squats: 3 sets of					

8-12 reps					
Single Leg Hip Thrust 3x8 (aim for 50-75% body weight)					
Weighted Step-Ups 5x10/leg					
100 Banded good mornings superset with :30 second plank every time you break					
Dynamic Conditioning: 10 rounds, 40 sec hill sprint (use incline treadmill) and 20 second break					

Day 2 Workout Weeks 5-8

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic Warm-up skill: Wall Balls 20 reps					
Barbell Bench Press 5x5 @ 65% Max					
Incline Bench Press 3x8 (superset with) Push-ups 3x8					
Tricep Push downs: 5x10 (superset with) Dips 5x10 (stationary or rings)					
Dynamic Conditioning: As many rounds possible in 12 minutes: 10 dumbbell snatches (5/arm), 15					

kettlebell swings, 20 hollow rocks					
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Day 3 Weeks 5-8

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: 25 Wall-Balls					
Barbell Strict Press 5x5@65% Max					
Ts, Ys, and Ws 3x12 each (with very light weight, no more than 3-5 lbs) Superset with 100 total Face Pulls					
Lat Pull Down 8x8					
Paloff Presses: 8x8 /side					
Dynamic Conditioning: 10 Rounds of 5 pull-ups, 5 barbell push-press					

Day 4 Workout Weeks 5-8

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: Heavy KB Swings 20 reps					
Sumo Deadlift 5x5 @75%					
Chin-ups 8x8 (superset with) Neutral grip row 8x8					
Hang cleans 3x8					

Farmer Carries: 3x1:00 As heavy as possible					
Dynamic Conditioning: Every minute on the minute for 10 minutes: 5 dumbbell hang cleans + 5 dumbbell thrusters					

Weeks 9-12 Day 1

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Box Jumps , 20 reps					
Back Squats 5x5 @65% Max					
Weighted Lunges 5x10					
Weighted Step-ups 5x10					
Single Leg Deadlift 3x12 Superset with Pistol Squats 3x12					
Dynamic Conditioning: 8 Minutes, as many rounds possible: 10 overhead kettlebell squats (5/arm), 15 kettlebell swings, 20 wall balls					

Day 2 Workout Weeks 9-12

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skills: Med Ball Chest Press or Wall Balls 20 reps					
Barbell Bench Press 5x3@75 % Max					
Cable Crossovers 5x10					
Weighted Dips 5x10 reps (stationary or rings)					
Overhead Tricep Extensions: 3x12					
Dynamic Conditioning: Every minute on the minute: Minute one: Max effort push-ups (rest for remainder of minute once reaching max) and on minute two: Max effort V-Ups . Repeat for 12 minutes.					

Day 3 Workout Weeks 9-12

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic Warm-up skills: Heavy Kettlebell Swings 20 reps					
Hang Cleans 5x8					
Conventional Deadlift 5x5 @65% Max					

Pull Ups 5x10					
Neutral Grip Rows 8x8					
Dynamic Conditioning: 3 Rounds For time: 50 double unders , 10 handstand push-ups , 1:00 plank. Rest 1:00 between rounds					

Day 4 Weeks 9-12

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic Warm-Up Skills: Med Ball Overhead Throw 20					
Barbell Push Press, heavier than strict 5x5					
1/2 Get-Ups 5x10/side					
Barbell Rollout 5x10					
Full Get-Ups 5x5/side					
Dynamic Conditioning: For time: 50 kettlebell swings, 50 calorie row, 30 kb swings, 30 calorie row, 10 kb swings, 10 calorie row					

Specialized Lifts Video Links courtesy of Technique Wod

[Back Squat](#)

[Front Squat](#)

[Deadlifts: All of them](#)

[Bench Press](#)