



# THE FITTEST

BUILD STRENGTH, POWER AND EARTH-CONQUERING DOMINANCE.



## WEDNESDAY

LOWER BODY - Deadlift / Pull emphasis

Purpose	Description	Sets	Reps	Rest	Wk2
CONDITIONING	:60 of Jump Rope :60 Plank :60 Farmers Walk  Goal is to constant work and picking a weight that challenges you to near failure but you will not put down on the Farmers walk.	5		3:00	



## NOTES AND GOALS

- ◆ Program is structured as a 3 week protocol. 85+% of adaptations will happen in first 3 weeks, after which we'll tweak to keep the gainz coming.
- ◆ Aim to increase your weight each week. Use the tables to track and ensure you're making progress.
- ◆ Super sets should be done as B1 - 15 reps. B2 - 15 reps. Rest. Repeat.
- ◆ Any exercise where weight is not listed should be done with as much weight as possible to complete rep range WITH PERFECT FORM!!!
- ◆ Sunday TABATA should increase reps week over week. If you fail to progress more than 2 weeks in a row, lower target or change rep scheme (front load or back load increased rep range - i.g. 10, 10, 10, 10, 7, 7, 7, 7 OR 7, 7, 7, 7, 8, 10, 10, 10)
- ◆ Let me know if you have any feedback on the programming! This is something I'll be doing for one of our future companies so I'm stoked to get the reps in with ya'll! SWOLE IS THE GOAL!!
- ◆ Rest periods are a suggested MINIMUM. Listen to your body, if you need more time, take it.