



THE FITTEST

BUILD STRENGTH, POWER AND EARTH-CONQUERING DOMINANCE.

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THURSDAY

LOWER BODY

Purpose	Description	Sets	Reps	Rest	Wk5
Strength	Back Squat @68%	10 min EMOM	3		
Strength	DL @68%	10 min EMOM	3		
Strength	A) Bulgarian Split Squat B) Good Mornings	A) 3 B) 3	A) 6 Each Leg B) 12	60	
Strength	A) Hip Extrensions B) Ass to Grass(lowest possible) Squat C) Standing Chinese Side Bends	3	A) 30 B) 15 C) 30	120 b/t Giant Sets	
Conditioning LEVEL 1	For Time 250 Single Under jump Rope 150' R Arm KB Farmer Carry @44/26 150' L Arm KB Farmer Carry @44/26 :30 R Side Plank :30 L Side Plank	5		120	
Conditioning LEVEL 2	For Time 300 Single Under jump Rope 150' R Arm KB Farmer Carry @53/35 150' L Arm KB Farmer Carry @53/35 :30 R Side Plank :30 L Side Plank	5		120	
Conditioning LEVEL 3	For Time 350 Single Under jump Rope 150' R Arm KB Farmer Carry @70/53 150' L Arm KB Farmer Carry @70/53 :30 R Side Plank :30 L Side Plank	5		120	

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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, 8, 10, 10, 10)
- ◆ Rest periods are a suggested MINIMUM. Listen to your body, if you need more time, take it.