



THE FITTEST

BUILD STRENGTH, POWER AND EARTH-CONQUERING DOMINANCE.

FRIDAY

UPPER BODY - Shoulders & Back

Purpose	Description	Sets	Reps	Rest	Wk5
Strength	Strict Press Work to Max in about 15-20 min		3	120 - 180 B/T	
Strength	Bent Over Supinated Row	4	9	120	
Strength	A) DB Bench B) Prone KB/DB Row	3	8	120 B/T Giant Sets	
Strength	A) Arnold Press B) DB Bicep Curl C) DB Tricep Kickback	3	8	120	
Conditioning LEVEL 1	15 min AMRAP 150m Row 1 Pull-ups - *Increase pull-ups y 1 rep each Round	3	8	120	
Conditioning LEVEL 2	15 min AMRAP 200m Row 1 Strict Pull-ups - *Increase Strict pull-ups by 1 rep each Round	3	8	120	
Conditioning LEVEL 3	15 min AMRAP 250m Row 1 Strict Pull-ups - *Increase Strict pull-ups by 1 rep each Round	3	8	120	

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.