



THE FITTEST

BUILD STRENGTH, POWER AND EARTH-CONQUERING DOMINANCE.



WEDNESDAY

Metabolic Conditioning

Purpose	Description	Sets	Reps	Rest	Wk3
CONDITIONING LEVEL 1	200m Run, 100 Jump Rope, 10 Renegade Row @30/20 + Push-Up	5 Rounds For Quality		Rest 1 min	
CONDITIONING LEVEL 2	200m Run, 100 Jump Rope, 10 Renegade Row @40/25 + Push-Up	5 Rounds For Quality		Rest 1 min	
CONDITIONING LEVEL 3	200m Run, 100 Jump Rope, 10 Renegade Row @50/35 + Push-Up	5 Rounds For Quality		Rest 1 min	

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.