



THE FITTEST

BUILD STRENGTH, POWER AND EARTH-CONQUERING DOMINANCE.



FRIDAY

UPPER BODY - Shoulders & Back

Purpose	Description	Sets	Reps	Rest	Wk3
Strength	Strict Press Find 4RM in 3 attempts	3	4	Rest 2-3 min b/t attempts	
Strength	Strict Pull-Up	4	5	Rest 2 min b/t	
Strength	Alt DB Bench Press	3	10 (5 per)	Rest 2 min b/t	
Strength	DB Single Arm Row	3	8	Rest 2 min b/t	
Strength	A) DB Strict Press B) DB Bicep Curl C) Banded/Rope Tricep Press down	3	A) 8 B) 8 C) 15	Rest 2 min b/t Giant Sets	
CONDITIONING LEVEL 1,2,3	For Time - 50 Burpee Pull-up				



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.