



THE FITTEST

BUILD STRENGTH, POWER AND EARTH-CONQUERING DOMINANCE.



TUESDAY

UPPER BODY - Chest & Back

Purpose	Description	Sets	Reps	Rest	Wk10
Strength	A) Strict supinated Pull-ups B) Bench Press	7	4	Rest 1 min b/t each	
Strength	A) DB Push Press B) DB Bent Over Row	4	8	Rest 1 min b/t each	
Strength	A) DB Front Raise B) DB Hammer Curl C) DB Skull Crusher	3	10	Rest 2 min b/t giant sets	
CONDITIONING LEVEL 1	8 Rounds – Each for reps – Tabata Style - :20 Work / :10 Rest - Max effort Burpee Jumping Pull-Up				
CONDITIONING LEVEL 2	8 Rounds – Each for reps – Tabata Style - :20 Work / :10 Rest - Max effort Burpee Pull-Up				
CONDITIONING LEVEL 3	10 Rounds – Each for reps – Tabata Style - :20 Work / :10 Rest - Max effort 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.