



THE FITTEST

BUILD STRENGTH, POWER AND EARTH-CONQUERING DOMINANCE.



THURSDAY

LOWER BODY

Purpose	Description	Sets	Reps	Rest	Wk10
Strength	Back Squat	5	3 @22X0 Tempo	Rest 2 min b/t	
Strength	Wide Grip RDL	5	6	Rest 1 min b/t	
Strength	A) Bulgarian Split Squat B) Good Morning	4	A) 5 each leg B) 10	Rest 1 min b/t	
Strength	A) Single Arm Suitcase DL B) Goblet Squat C) L-Sit	3	A) 5 each B) 10 C) Max effort	Rest 2 min b/t Giant Sets	
CONDITIONING LEVEL 1	For Time – 6 Rounds - 15 Med Ball Squats @20/14, 10 DL @135/95				
CONDITIONING LEVEL 2	For Time – 6 Rounds - 20 Med Ball Squats @20/14, 10 DL @155/105				
CONDITIONING LEVEL 3	For Time – 6 Rounds - 25 Med Ball Squats @20/14, 10 DL @155/105				



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.