



# THE FITTEST

BUILD STRENGTH, POWER AND EARTH-CONQUERING DOMINANCE.



## THURSDAY

Purpose	Description	Sets	Reps	Rest	
Strength	Bench Press	4	7	Rest 2-3 Min b/t - increase from last week	
Strength	Pendlay Row	5	8	Rest 2-3 Min b/t - increase from last week	
Strength	A) DB Bench B) Inverted Row	4	A) 10 B) 10	Rest 2 min	
Strength	A) Narrow grip Bench Press B) Tate Press	4	A) 12 B) 12	Rest 2 min	
Strength	A) DB Double Head Bicep Curl B) DB Double Head Skull Crusher	4	A) 15 B) 15	Rest 2 min	
CONDITIONING LEVEL 1	15 min AMRAP - 30/20 Cal Row, 15 Hang Clean @45/35, 15 Push Jerk				
CONDITIONING LEVEL 2	15 min AMRAP - 35/25 Cal Row, 15 Hang Clean @75/55, 15 Push Jerk				
CONDITIONING LEVEL 3	15 min AMRAP - 40/30 Cal Row, 15 Hang Clean @95/65, 15 Push Jerk				



## 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.