

# Strong(er) Workout 3



Dave Tate

# THE STRONG(ER) WORKOUT

## PHASE 3

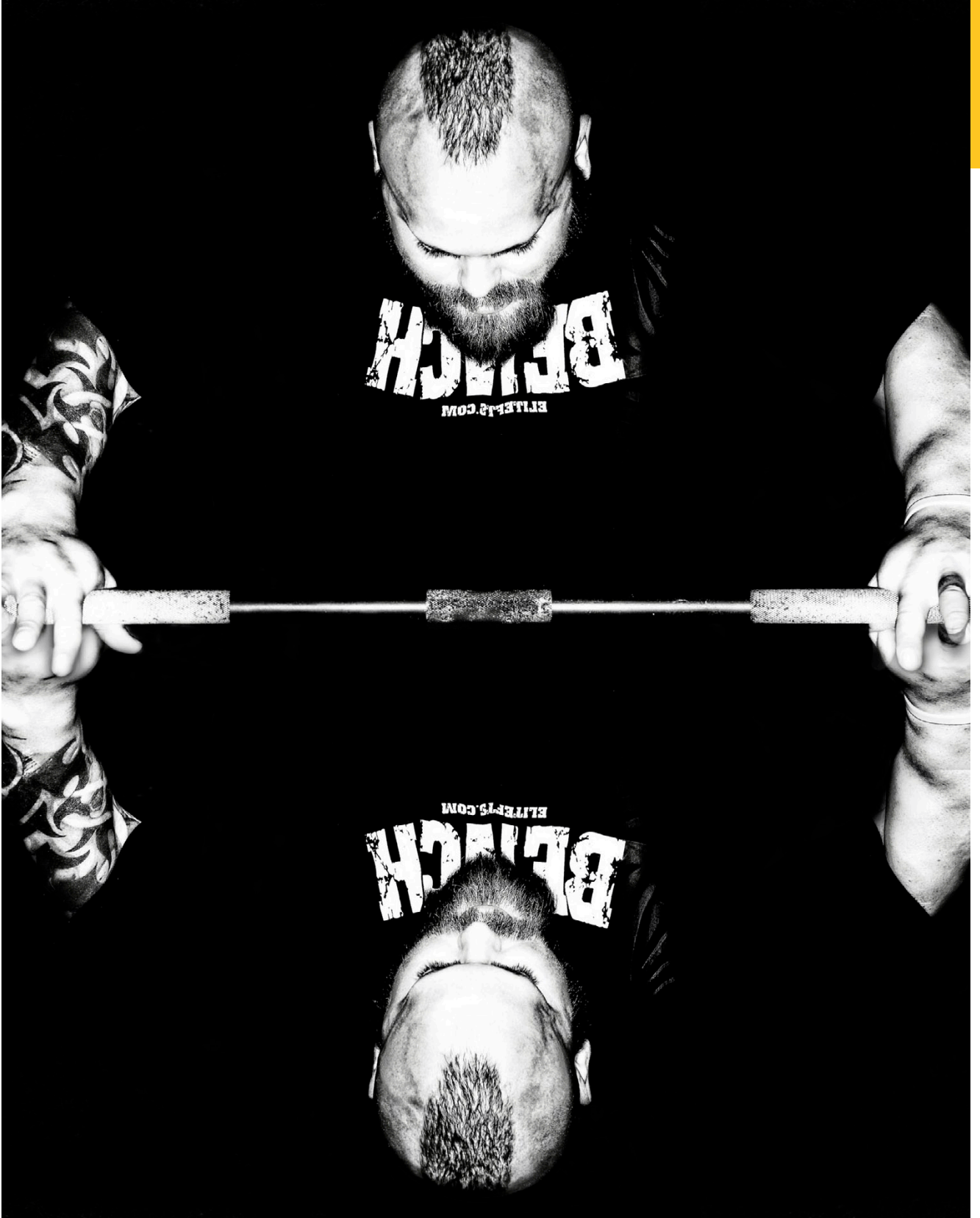
Becoming A Strong(er) Athlete.

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# Introduction

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**CHECK WITH YOUR DOCTOR BEFORE STARTING ANY DIET OR EXERCISE PROGRAM.**

A Strong(er) Athlete is exceptional, yet of a different nature than the typical competitive sports participant. Instead of training rigorously to excel in one or two events, Strong(er) athletes train to achieve overall strength and health. This requires an entirely different training regimen – not a powerlifting or bodybuilding program, but a program that enhances total strength and health through specifically targeted exercise and diet.

Training for competitive sports is an objective for which training for health and fitness is no longer the primary focus. A complete, well-rounded program, for example, covers all areas—from cardiovascular and strength development to flexibility, mobility, nutrition and beyond. Conversely, a competitive sport like powerlifting requires the development of maximum strength above all else. Sport-specific training sometimes completely neglects other areas of training to achieve the desired outcome.

So, what happens when overall strength and health become the main purpose of one's training? In other words, what do you do when you no longer feel the need to excel, to the exclusion of everything else, at one specific attribute? What happens when you want to develop all areas at the highest level possible?

This is where the Strong(er) workout comes into play. The Strong(er) Athlete will sacrifice an exclusive depth in training to achieve an optimum and well-rounded breadth.

Training to be your absolute best in a sport takes years of consistent, regulated training, including great sacrifices that are hard to understand unless you've been there and lived that life. If you want success in competitive sports, there are serious time and money commitments involved, as well as major lifestyle sacrifices.

My own experience includes over 20 years of training for competitive strength sports — including both powerlifting and bodybuilding. Since strength was always my first love, powerlifting became my sport specialty, and I trained and competed as a powerlifter for over two decades. Since the age of 13, I've logged more than 10,000 hours of gym training, and a comparable amount of time training others.



I have written hundreds of articles and four books on the subject, and I've spent countless hours advising and counseling athletes, coaches and trainers on how to achieve outstanding results with their programs. To say that I've lived my life "Under The Bar" would be an understatement.

A Strong(er) Athlete might be one who no longer wants or needs to devote 100% of his or her focus to one single training discipline or sport. Others might be serious trainers who want to maintain their hard-won abilities at the highest level, but simply no longer wish to compete.

Rather than setting goals to beat others in competition, the Strong(er) Athlete wants to achieve the goals he's set for himself. To that end, I've drawn on my extensive training background to create a 52-week program designed to help the Strong(er) Athlete develop all aspects of individual fitness.

Each phase of the Strong(er) Workout program builds on previously achieved goals, focusing primarily on physical preparedness, maximum strength development, dynamic strength development, muscle gain and fat loss.

The Strong(er) Workout is not an exercise program for beginners. A background of at least three to five years of consistent training with a proven training program is recommended before undertaking this regimen.

This program assumes that you have a solid base of training fundamentals and good exercise technique. You must have a strong desire to train, and, at times, train extremely hard. In other words, you need to have Extraordinary Resolve to reach this level.

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The Strong(er) Workout will test you both physically and mentally, but the gains will be great. In the end, you will be one of the few who possess EXTRAORDINARY RESOLVE.

Now that you know what this commitment entails, and you've decided to make it, let's begin. Welcome to the Strong(er) Workout.

**The Transition Phase**

**3.1**





## THE TRANSFER TO DIET PHASE (5 WEEKS)

The purpose of Phase 3.1 is transitional in nature. In Phases 2.1 and 2.2, your focus was strictly on building strength, and during the time you spent doing this, your diet wasn't restricted like it will be in Phase 3.1 and the segments to follow. Since you were performing Westside-style splits throughout Phases 2.1 and 2.2, you'll find your ability to work at volumes at or near failure will be diminished because of your focus on pure strength work. As we've stated before in the introductions to the various phases of the Strong(er) workout, you'll need to perform each individual phase in order before transitioning to the next phase in the progression. Phase 3.1 is a five week transition, but you need to make this transition from something to something, so this is decidedly not a stand-alone phase.

The thing to bear in mind during the five weeks of Phase 3.1 is that the transition we're talking about refers more to a change in your dietary habits. This is a five week change to "ease" you into much stricter macronutrient – proteins, carbohydrates and fats – control. We'll give you macronutrient guidelines for these five weeks, but they don't have to be 100% exact just yet. You simply need to understand that you're transitioning from a "free" diet phase to a carb rotation period while increasing your exercise volume and reintroducing cardio to the program.

## Parameters

**Failure:** During this phase, NO SET will be done to failure. Where indicated, perform reps to 1-2 reps shy of failure.

**Rest Periods:** Unless otherwise noted, rest between 60-120 seconds between sets. If you feel you need more, don't exceed 3 minutes.

**Cardio:** You'll be increasing your cardio during this phase to two sessions of at least 20 minutes of steady-state work at a moderate pace, combined with at least two 15 minute High Intensity Interval Training (HIIT) sessions.

**Warm-up Sets:** Only work sets are listed. Do as many or as few warm-up sets as you need.

**Flexibility:** During this transitional phase, we're reintroducing the body part stretching we did in Phase 1. Where indicated, stretch targeted muscle group as hard as you can for the time recommended.

**Diet:** As stated above, this is a transitional period where you'll be getting accustomed to a carb rotation protocol. We'll list the parameters for this below, but you'll be scheduling your high carb days as follows:

**High Carb Days:** If you can see your abs, you can have a high carb day on every main training day. If you can't see your abs, you get two high carb days per week.

**Low Carb Days:** These will occur on your non-training days.

**Moderate Carb Days:** Fill in the "gaps" in your week with these.

Males	Carbohydrate	Protein	Fat
High Carb Day	2-3 grams per pound of body weight	1-1.25 grams per pound of body weight	As low as possible
Low to moderate carb day	0.5-1.5 grams per pound of body weight	1.25-1.5 grams per pound of body weight	0.15-0.35 grams per pound of body weight

Females	Carbohydrate	Protein	Fat
High Carb Day	0.9-1.0 grams per pound of body weight	0.75 grams per pound of body weight	As low as possible
Low to moderate carb day	0.2-0.5 grams per pound of body weight	0.9-1.0 grams per pound of body weight	0.1-0.2 grams per pound of body weight

### Notes:

Protein is lowered on high carb days, and fats are kept as low as possible.

Divide your daily totals into 5-7 meals per day (every 2.5-3 hours).

These totals take into account only the protein in protein foods, the carbs in carb foods, and the fat in fat foods. In other words, don't count the fat and protein in oats, etc.

Increase your water intake.

## WARM UP

As with Phase 2, the warm-ups for this section are going to be rather lax, with just some basic suggestions and rules:

Make sure you're loose and ready for the first lift. For example, if it's lower body day, I'd suggest free squats, foam roller work, sled pulls, etc. Do whatever you feel you need to do to be ready. Do not complicate this right now, because most of the real warming up will happen under the bar.

For every movement you do, make sure to take your time working up. If you're squatting, begin with a couple of sets of bodyweight squats, then progress to the bar, 95, 135, 185, and so on. It's much better to do several sets of 3-5 reps than 2 sets of 10 before you get to your working weight. As a "golden rule," do not jump to the next weight until you feel ready. If you need to do the bar for 9 sets just to feel "locked in" and "warmed up," then so be it.

If you so choose, the warm-up protocols used in Phase 1 will be perfectly appropriate for this new phase. They are as follows:

## WARM UP WORKOUT

Movement Prep & Corrective Movements				
Movement	Sets	Reps	Tempo	Rest
Hip Crossovers	1	12-15	M	0
Leg Kicks	1	12-15	M	0
Lying Opposites	1	12-15	M	0
Leg Adduction	1	12-15	M	0
Leg Abduction	1	12-15	M	0
Reach and Roll	1	X	M	0
Lunges	1	12-15	M	0
Reverse Lunges	1	12-15	M	0
Lateral Lunges	1	12-15	M	0
Free Squats	1	12-15	M	0
YTWL	1	12-15	M	0
Broomstick	1	12-15	M	0

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## RESTORATION:

Finish each workout using some type of massage tool(s): trigger wheels, foam rollers, massage sticks, PVC pipe, baseballs, etc. Make several passes over all major muscle groups, and even more for nagging body parts. This type of work can also be performed before each training session if needed.



## STRONG(ER) PROGRAM 3.1

*\*See exercise selection guide at end of program.*





# WEEK 1

## DAY 1 OF 4

### CORE TRAINING

**Planks:** 2 sets of 40 seconds

**Pulldown Abs:** 2 sets of 20 reps

### STRENGTH TRAINING

**Bench Press:** 40% of your 1RM x 5 sets 10 reps

**Incline Fly:** 2 sets of 8-10

**Dips:** 2 sets of 1-2 reps shy of failure

**Chest Stretch:** 60 seconds

**Chins:** 2 sets of 1-2 reps shy of failure

**DB Row:** 3 sets 10 reps

**Vertical Lat Stretch:** 60 seconds

**Horizontal Lat Stretch:** 60 seconds

**Rope Pushdowns:** 3 sets 10 reps

**Tricep Stretch:** 60 seconds

## DAY 2 OF 4

### CORE TRAINING

**Planks:** 2 sets 40 seconds

**Leg Raises:** 2 sets 15 reps

**45-Degree Hyperextension:** 2 sets 15 reps

### STRENGTH TRAINING

**Squats:** 40% of your 1RM x 5 sets 10 reps

**Step-ups:** 2 sets 8 reps

**Quad Stretch:** 60 seconds

**Hamstrings:** 3 sets 10 reps (choose from list of exercises below)\*

**Hamstring Stretch:** 60 seconds

**DB Hammer Curl:** 3 sets 10 reps

**Reverse Curl:** 3 sets 10 reps

**Bicep Stretch:** 60 seconds

**Seated Calf Raise:** 3 sets 15 reps

**Calf Stretch:** 60 seconds

**Shrugs:** 3 sets 10 reps

**Shoulder Stretch:** 60 seconds

## DAY 3 OF 4

### CORE TRAINING

**Planks:** 2 sets of 40 seconds

**Incline Sit-ups:** 2 sets 15 reps

### STRENGTH TRAINING

**Close Grip Bench Press:** 3 sets of 1-2 reps shy of failure

**DB Extensions:** 2 sets 10 reps

**Tricep Stretch:** 60 seconds

**“Kroc” DB Rows:** Pick a weight you can do at least 20 reps with, then do as many reps as you can for one set.

**Chest-Supported Row:** 2 sets 10 reps

**Vertical Lat Stretch:** 60 seconds

**Horizontal Lat Stretch:** 60 seconds

**4-Way Neck:** 2 sets 10 reps each side

**Wrist Curl:** 3 sets 10 reps

## DAY 4 OF 4

### CORE TRAINING

**Planks:** 2 sets 40 seconds

**Leg Raises:** 2 sets 15 reps

**45-Degree Hyperextension:** 2 sets 15 reps

### STRENGTH TRAINING

**Hack Squat:** 3 sets of 1-2 reps shy of failure

**Step Back Lunge:** 2 sets 10 reps

**Quad Stretch:** 60 seconds

**Romanian Deadlift:** 3 sets 10 reps

**Hamstrings:** 3 sets 10 reps (choose exercise from list below)\*

**Hamstring Stretch:** 60 seconds

**Barbell Curl:** 3 sets 10 reps

**Bicep Stretch:** 60 seconds

**Standing Calf Raise:** 2 x 20

**Toe Press on Leg Press:** 2 x 20

**Calf Stretch:** 60 seconds

**Rear/Side/Front DB Raise:** 3 sets of 8/8/8 (no rest)

**Shoulder Stretch:** 60 seconds

## DAY 1 OF 4

## CORE TRAINING

**Planks:** 2 sets of 45 seconds

**Pulldown Abs:** 2 sets 20 reps

## STRENGTH TRAINING

**Bench Press:** 45% of your 1RM x 5 sets 10 reps

**Incline Fly:** 3 sets of 8-10

**Dips:** 3 sets of 1-2 reps shy of failure

**Chest Stretch:** 60 seconds

**Chins:** 3 sets of 1-2 reps shy of failure

**DB Row:** 3 sets 10 reps

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**Vertical Lat Stretch:** 60 seconds

**Horizontal Lat Stretch:** 60 seconds

**Rope Pushdowns:** 3 sets 10 reps

**Tricep Stretch:** 60 seconds

## DAY 2 OF 4

### CORE TRAINING

**Planks:** 2 sets 45 seconds

**Leg Raises:** 2 sets 15 reps

**45-Degree Hyperextension:** 2 sets 15 reps

### STRENGTH TRAINING

**Squats:** 45% of your 1RM x 5 sets 10 reps

**Step-ups:** 3 sets 8 reps

**Quad Stretch:** 60 seconds

**Hamstrings:** 3 sets 10 reps (choose from list of exercises below)\*

**Hamstring Stretch:** 60 seconds

**DB Hammer Curl:** 3 sets 10 reps

**Reverse Curl:** 3 sets 10 reps

**Bicep Stretch:** 60 seconds

**Seated Calf Raise:** 3 sets 15 reps

**Calf Stretch:** 60 seconds

**Shrugs:** 3 sets 10 reps

**Shoulder Stretch:** 60 seconds

# DAY 3 OF 4

## CORE TRAINING

**Planks:** 2 sets of 45 seconds

**Incline Sit-ups:** 2 sets 15 reps

## STRENGTH TRAINING

**Close Grip Bench Press:** 3 sets of 1-2 reps shy of failure

**DB Extensions:** 3 sets 10 reps

**Tricep Stretch:** 60 seconds

**“Kroc” DB Rows:** Pick a weight you can do at least 20 reps with, then do as many reps as you can for one set. Same weight as last week, beat your record.

**Chest-Supported Row:** 3 sets 10 reps

**Vertical Lat Stretch:** 60 seconds

**Horizontal Lat Stretch:** 60 seconds

**4-Way Neck:** 2 sets 10 reps each side

**Wrist Curl:** 3 sets 10 reps



## DAY 4 OF 4

### CORE TRAINING

**Planks:** 2 sets 45 seconds

**Leg Raises:** 2 sets 15 reps

**45-Degree Hyperextension:** 2 sets 15 reps

### STRENGTH TRAINING

**Hack Squat:** 3 sets of 1-2 reps shy of failure

**Step Back Lunge:** 3 sets 10 reps

**Quad Stretch:** 60 seconds

**Romanian Deadlift:** 3 sets 10 reps

**Hamstrings:** 3 sets 10 reps (choose exercise from list below)\*

**Hamstring Stretch:** 60 seconds

**Barbell Curl:** 3 sets 10 reps

**Bicep Stretch:** 60 seconds

**Standing Calf Raise:** 2 x 20

**Toe Press on Leg Press:** 2 x 20

**Calf Stretch:** 60 seconds

**Rear/Side/Front DB Raise:** 3 sets of 8/8/8 (no rest)

**Shoulder Stretch:** 60 seconds

# WEEK 3

## DAY 1 OF 4

### CORE TRAINING

**Planks:** 2 sets of 50 seconds

**Pulldown Abs:** 2 sets 20 reps

### STRENGTH TRAINING

**Bench Press:** 50% of your 1RM x 4 sets 10 reps

**Incline Fly:** 3 sets of 8-10

**Dips:** 3 sets of 1-2 reps shy of failure

**Chest Stretch:** 60 seconds

**Chins:** 3 sets of 1-2 reps shy of failure

**DB Row:** 3 sets 10 reps

**Vertical Lat Stretch:** 60 seconds

**Horizontal Lat Stretch:** 60 seconds

**Rope Pushdowns:** 3 sets 12 reps

**Tricep Stretch:** 60 seconds

## DAY 2 OF 4

### CORE TRAINING

**Planks:** 2 sets 50 seconds

**Leg Raises:** 2 sets 15 reps

**45-Degree Hyperextension:** 2 sets 15 reps

### STRENGTH TRAINING

**Squats:** 45% of your 1RM x 5 sets 10 reps

**Step-ups:** 3 sets 10 reps

**Quad Stretch:** 60 seconds

**Hamstrings:** 3 sets 10 reps (choose from list of exercises below)\*

**Hamstring Stretch:** 60 seconds

**DB Hammer Curl:** 3 sets 10 reps

**Reverse Curl:** 3 sets 10 reps

**Bicep Stretch:** 60 seconds

**Seated Calf Raise:** 3 sets 20 reps

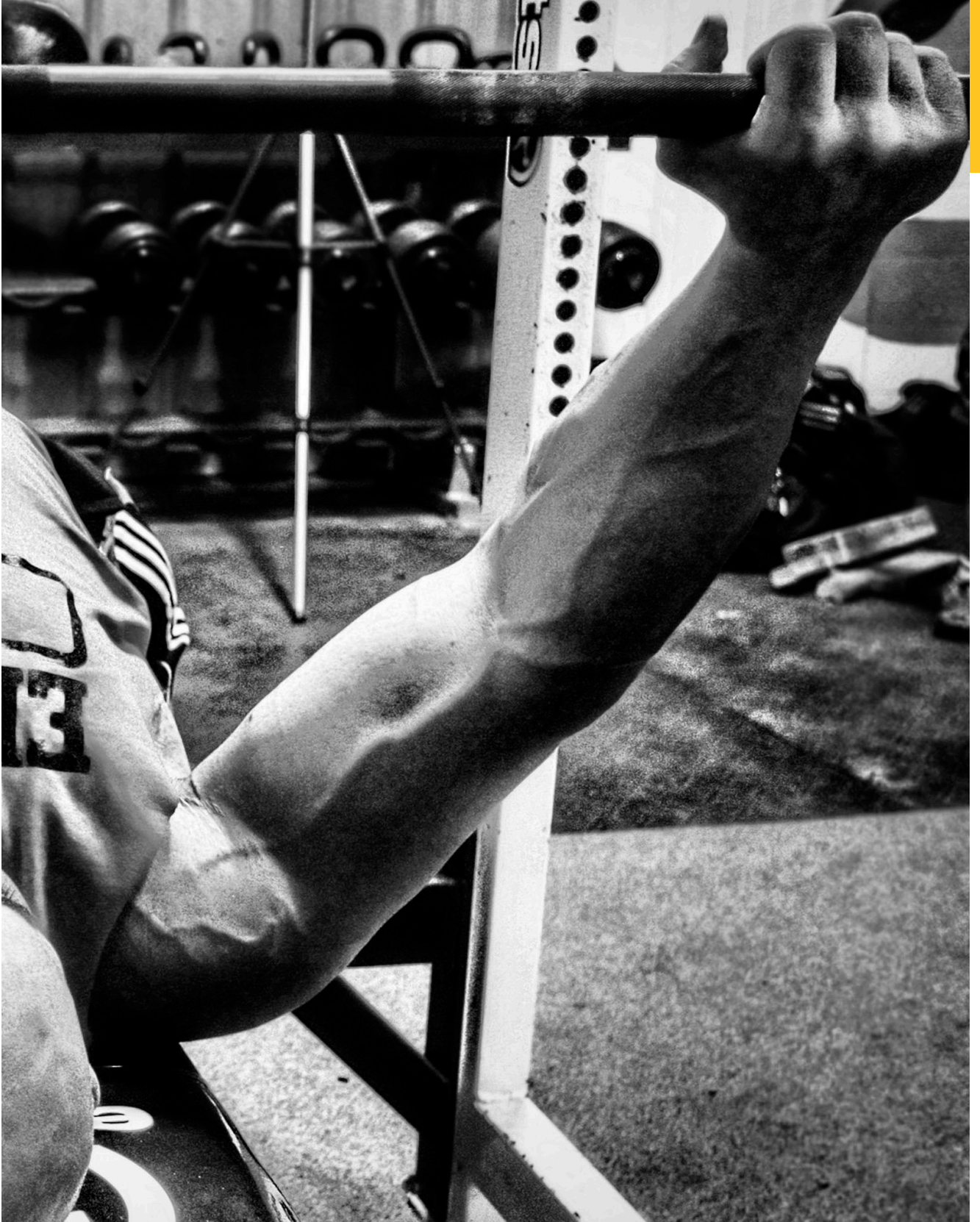
**Calf Stretch:** 60 seconds

**Shrugs:** 3 sets 12 reps

**Shoulder Stretch:** 60 seconds







# DAY 3 OF 4

## CORE TRAINING

**Planks:** 2 sets of 50 seconds

**Incline Sit-ups:** 2 sets 20 reps

## STRENGTH TRAINING

**Close Grip Bench Press:** 3 sets of 1-2 reps shy of failure

**DB Extensions:** 3 sets 12 reps

**Tricep Stretch:** 60 seconds

**“Kroc” DB Rows:** Pick a weight you can do at least 20 reps with, then do as many reps as you can for one set. Same weight as last week, beat your record.

**Chest-Supported Row:** 3 sets 12 reps

**Vertical Lat Stretch:** 60 seconds

**Horizontal Lat Stretch:** 60 seconds

**4-Way Neck:** 2 sets 10 reps each side

**Wrist Curl:** 3 sets 10 reps

## DAY 4 OF 4

### CORE TRAINING

**Planks:** 2 sets 50 seconds

**Leg Raises:** 2 sets 15 reps

**45-Degree Hyperextension:** 2 sets 15 reps

### STRENGTH TRAINING

**Hack Squat:** 3 sets of 1-2 reps shy of failure

**Step Back Lunge:** 3 sets 10 reps

**Quad Stretch:** 60 seconds

**Romanian Deadlift:** 3 sets 10 reps

**Hamstrings:** 3 sets 10 reps (choose exercise from list below)\*

**Hamstring Stretch:** 60 seconds

**Barbell Curl:** 3 sets 10 reps

**Bicep Stretch:** 60 seconds

**Standing Calf Raise:** 2 x 20

**Toe Press on Leg Press:** 2 x 20

**Calf Stretch:** 60 seconds

**Rear/Side/Front DB Raise:** 3 sets of 8/8/8 (no rest)

**Shoulder Stretch:** 60 seconds



# WEEK 4

## DAY 1 OF 4

### CORE TRAINING

**Planks:** 2 sets of 45 seconds

**Pulldown Abs:** 2 sets 20 reps

### STRENGTH TRAINING

**DB Bench Press:** 3 sets to 1-2 shy of failure

**Incline Fly:** 3 sets of 8-10

**Dips:** 3 sets of 1-2 reps shy of failure

**Chest Stretch:** 60 seconds

**Chins:** 3 sets of 1-2 reps shy of failure

**DB Row:** 3 sets 10 reps

**Vertical Lat Stretch:** 60 seconds

**Horizontal Lat Stretch:** 60 seconds

**Rope Pushdowns:** 3 sets 10 reps

**Tricep Stretch:** 60 seconds

## DAY 2 OF 4

### CORE TRAINING

**Planks:** 2 sets 45 seconds

**Leg Raises:** 2 sets 15 reps

**45-Degree Hyperextension:** 2 sets 15 reps

### STRENGTH TRAINING

**Squats:** 45% of your 1RM x 5 sets 10 reps

**Step-ups:** 3 sets 8 reps

**Quad Stretch:** 60 seconds

**Hamstrings:** 3 sets 10 reps (choose from list of exercises below)\*

**Hamstring Stretch:** 60 seconds

**DB Hammer Curl:** 3 sets 10 reps

**Reverse Curl:** 3 sets 10 reps

**Bicep Stretch:** 60 seconds

**Seated Calf Raise:** 3 sets 15 reps

**Calf Stretch:** 60 seconds

**Shrugs:** 3 sets 10 reps

**Shoulder Stretch:** 60 seconds

# DAY 3 OF 4

## CORE TRAINING

**Planks:** 2 sets of 45 seconds

**Incline Sit-ups:** 2 sets 15 reps

## STRENGTH TRAINING

**Close Grip Bench Press:** 3 sets of 1-2 reps shy of failure

**DB Extensions:** 3 sets 10 reps

**Tricep Stretch:** 60 seconds

**“Kroc” DB Rows:** Pick a weight you can do at least 20 reps with, then do as many reps as you can for one set. Same weight as last week, beat your record.

**Chest-Supported Row:** 3 sets 10 reps

**Vertical Lat Stretch:** 60 seconds

**Horizontal Lat Stretch:** 60 seconds

**4-Way Neck:** 2 sets 10 reps each side

**Wrist Curl:** 3 sets 10 reps

## DAY 4 OF 4

### CORE TRAINING

**Planks:** 2 sets 45 seconds

**Leg Raises:** 2 sets 15 reps

**45-Degree Hyperextension:** 2 sets 15 reps

### STRENGTH TRAINING

**Hack Squat:** 3 sets of 1-2 reps shy of failure

**Step Back Lunge:** 3 sets 10 reps

**Quad Stretch:** 60 seconds

**Romanian Deadlift:** 3 sets 10 reps

**Hamstrings:** 3 sets 10 reps (choose exercise from list below)\*

**Hamstring Stretch:** 60 seconds

**Barbell Curl:** 3 sets 10 reps

**Bicep Stretch:** 60 seconds

**Standing Calf Raise:** 2 x 20

**Toe Press on Leg Press:** 2 x 20

**Calf Stretch:** 60 seconds

**Rear/Side/Front DB Raise:** 3 sets of 8/8/8 (no rest)

**Shoulder Stretch:** 60 seconds

## DAY 1 OF 4

## CORE TRAINING

**Planks:** 2 sets of 60 seconds

**Pulldown Abs:** 2 sets 20 reps

## STRENGTH TRAINING

**Bench Press:** 55% of your 1RM x 3 sets 10 reps

**Incline Fly:** 3 sets of 8-10

**Dips:** 3 sets of 1-2 reps shy of failure

**Chest Stretch:** 60 seconds

**Chins:** 3 sets of 1-2 reps shy of failure

**DB Row:** 3 sets 10 reps

**Vertical Lat Stretch:** 60 seconds

**Horizontal Lat Stretch:** 60 seconds

**Rope Pushdowns:** 3 sets 12 reps

**Tricep Stretch:** 60 seconds

## DAY 2 OF 4

### CORE TRAINING

**Planks:** 2 sets 60 seconds

**Leg Raises:** 2 sets 20 reps

**45-Degree Hyperextension:** 2 sets 15 reps

### STRENGTH TRAINING

**Squats:** 55% of your 1RM x 3 sets 10 reps

**Step-ups:** 3 sets 10 reps

**Quad Stretch:** 60 seconds

**Hamstrings:** 3 sets 10 reps (choose from list of exercises below)\*

**Hamstring Stretch:** 60 seconds

**DB Hammer Curl:** 3 sets 10 reps

**Reverse Curl:** 3 sets 10 reps

**Bicep Stretch:** 60 seconds

**Seated Calf Raise:** 3 sets 20 reps

**Calf Stretch:** 60 seconds

**Shrugs:** 3 sets 12 reps

**Shoulder Stretch:** 60 seconds

## DAY 3 OF 4

### CORE TRAINING

**Planks:** 2 sets of 60 seconds

**Incline Sit-ups:** 2 sets 20 reps

### STRENGTH TRAINING

**Close Grip Bench Press:** 3 sets of 1-2 reps shy of failure

**DB Extensions:** 3 sets 12 reps

**Tricep Stretch:** 60 seconds

**“Kroc” DB Rows:** Pick a weight you can do at least 20 reps with, then do as many reps as you can for one set. Same weight as last week, beat your record.

**Chest-Supported Row:** 3 sets 12 reps

**Vertical Lat Stretch:** 60 seconds

**Horizontal Lat Stretch:** 60 seconds

**4-Way Neck:** 2 sets 10 reps each side

**Wrist Curl:** 3 sets 10 reps



## DAY 4 OF 4

### CORE TRAINING

**Planks:** 2 sets 60 seconds

**Leg Raises:** 2 sets 20 reps

**45-Degree Hyperextension:** 2 sets 15 reps

### STRENGTH TRAINING

**Hack Squat:** 3 sets of 1-2 reps shy of failure

**Step Back Lunge:** 3 sets 10 reps

**Quad Stretch:** 60 seconds

**Romanian Deadlift:** 4 sets 10 reps

**Hamstrings:** 3 sets 10 reps (choose exercise from list below)\*

**Hamstring Stretch:** 60 seconds

**Barbell Curl:** 3 sets 10 reps

**Bicep Stretch:** 60 seconds

**Standing Calf Raise:** 2 x 20

**Toe Press on Leg Press:** 2 x 20

**Calf Stretch:** 60 seconds

**Rear/Side/Front DB Raise:** 3 sets of 8/8/8 (no rest)

**Shoulder Stretch:** 60 seconds

## \* HAMSTRING MOVEMENT SELECTION CHART

**Stiff-Leg Deadlifts**

**Glute-Ham Raises**

**Leg Press with Feet high and wide**

**Romanian Deadlifts**

**Pull-Throughs**

**Dumbbell Stiff-Legs**

**Dimel Deadlifts**



## ENERGY SYSTEM TRAINING

### **Steady-State Cardio:**

Two times per week

20-30 minutes steady-state work.

Sessions will consist of bike, stepper, elliptical, rowing, walking, stationary bike, treadmill or any other cardiovascular activity.

### **HIIT and Metabolic Training:**

Two times per week, on non-training days

10-20 minutes of steady-state cardio (bike, stepper or treadmill)

20-30 minutes of HIIT or Metabolic training

Break sessions up with steady-state warm-up and cool down.

Example: 10 minutes steady-state, 25 minutes HIIT, 10 minutes steady-state.

### Sample Sessions:

#### **Treadmill Intervals:**

After a five minute warm-up, move treadmill to 15% incline grade and adjust the speed to a level where you're walking at a VERY brisk pace. Walk for 15 seconds, then step on side rails for 30 seconds. Repeat for 20 minutes, then finish with 10-15 minutes of steady-state walking (0-3% grade at 3.0 – 3.5 RPM). If you decide to increase the work time, try to keep the rest ratio at exactly twice the time you spend working.

#### **Prowler Intervals:**

Prowler pushes for 25 steps using low handle, then push using vertical posts for 25 steps. Rest 2 minutes, then repeat for 20-30 minutes.

**Strongman Circuit:**

*Repeat for 30 minutes, then finish with 10 minutes of steady state cardio*

4 minutes walking on treadmill

Prowler Low Handle: 25 steps

Prowler Vertical Bars: 25 steps

Log Press: 20 reps

Sled Dragging: 50 steps

Rickshaw: 50 steps

Swiss Ball Sit Ups: 30 reps

Box Skips: 20 reps

Free Squats: 30 reps

**Results Circuit:**

*Complete as many circuits as you can in 10 minutes.*

Prowler Push: 25 steps

Medicine Ball Slam: 10-20 reps

Kettlebell Swing: 10-20 reps

Hurdle Jump: 10-20 reps

Sledgehammer Smash: 10-20 reps

**Timing Circuit:**

Low Prowler

Burpees

Sled Drag

Week One: 30s on, 30s off, 5 rounds

Week Two: 40s on, 20s off, 5 rounds

Week Three: 30-30: 6 rounds

Week Four: 40-20: 6 rounds

Tred Sled: Repeat for 20 minutes

Treadmill: 2 minutes

Sled Dragging: 50 steps

**Torso Series:**

*Do as many circuits as you can in ten minutes.*

UBE: 2 minutes

Med Ball Rebounder: 20 reps

Push Ups: 20 reps

Med Ball Slams: 20 reps

Leg Raises: 20 reps

Mountain Climbers: 20 reps

The Diet Phase

3.2





## WARM-UP

*To be performed before each training session.*

**Broomstick (3 sets, 12 reps):** Hold in front with both hands and raise over your head as far behind your back as you can go.

**Foam Roller:** Lay on the floor and roll your upper, middle and lower back, and your glutes, hamstrings and IT bands. No fewer than ten passes per section.

**Laying Knees Side to Side (3 sets of 10 per side):** On your back in a sit-up position, drop your knees from one side to the other.

Add in anything else you feel you need for that day's training.

Warm-up sets are NOT included in the templates below. Do as many or as few warm-up sets as you feel are necessary.



## CARDIO

Break this down per week. The best time for cardio is first thing in the morning on an empty stomach. The next best time is after training. PLEASE keep in mind that the differences between the times you perform your cardio is negligible at best. Do it when it best fits your schedule.

**Week 1** – 4 total sessions of 30 minutes (all steady state).

**Week 2** – 4 total sessions of 35 minutes (all steady state).

**Week 3** – 4 total sessions of 40 minutes (all steady state).

**Week 4** – 4 total sessions of 45 minutes (all steady state)

**Week 5** – 5 total sessions  
 4 – 45 minute steady state sessions  
 1 – 15 minute High Intensity Interval Training session

**Week** – 6 total sessions  
 4 – 45 minute steady state sessions  
 2 – 15 minute High Intensity Interval Training sessions

**Week 7** – 6 total sessions  
 4 – 45 minute steady state sessions  
 2 – 25 minute High Intensity Interval Training sessions

**Week 8** – 6 total sessions  
 4 – 55 minute steady state sessions  
 2 – 25 minute High Intensity Interval Training sessions

**Week 9** – 6 total sessions  
 5 – 55 minute steady state sessions  
 2 – 30 minute High Intensity Interval Training sessions

**Week 10** – 6 total sessions  
 5 – 55 minute steady state sessions  
 2 – 30 minute High Intensity Interval Training sessions

**Week 11** – 6 total sessions

6 – 55 minute steady state sessions

3 – 30 minute High Intensity Interval Training sessions

*\*These can be and should be two sessions per day.***Week 12** – 6 total sessions

7 – 60 minute steady state sessions

3 – 30 minute High Intensity Interval Training sessions

*\*These can be and should be two sessions per day.***Steady State**

This involves working at 60-65% of your max heart rate.

**High Intensity Interval Training (HIIT)**

entails working at 80-85% of your max heart rate. Examples include Prowler pushes, sled drags and yoke carries.

**Sample HIIT Sessions:**

**Treadmill Intervals:** After a five minute warm-up, move treadmill to 15% incline grade and adjust the speed to a level where you're walking at a VERY brisk pace. Walk for 15 seconds, then step on side rails for 30 seconds. Repeat for 20 minutes, then finish with 10-15 minutes of steady-state walking (0-3% grade at 3.0 – 3.5 RPM). If you decide to increase the work time, try to keep the rest ratio at exactly twice the time you spend working.

**Prowler Intervals:** Prowler pushes for 25 steps using low handle, then push using vertical posts for 25 steps. Rest 2 minutes, then repeat for 20-30 minutes.

**Strongman Circuit:**

*Repeat for 30 minutes, then finish with 10 minutes of steady state cardio:*

4 minutes walking on treadmill  
Prowler Low Handle: 25 steps  
Prowler Vertical Bars: 25 steps  
Log Press: 20 reps  
Sled Dragging: 50 steps  
Rickshaw: 50 steps  
Swiss Ball Sit Ups: 30 reps  
Box Skips: 20 reps  
Free Squats: 30 reps

**Results Circuit:**

*Complete as many circuits as you can in 10 minutes.*

Prowler Push: 25 steps  
Medicine Ball Slam: 10-20 reps  
Kettlebell Swing: 10-20 reps  
Hurdle Jump: 10-20 reps  
Sledgehammer Smash: 10-20 reps

**Timing Circuit:**

Low Prowler  
Burpees  
Sled Drag  
Week One: 30s on, 30s off, 5 rounds  
Week Two: 40s on, 20s off, 5 rounds  
Week Three: 30-30: 6 rounds  
Week Four: 40-20: 6 rounds

Tred Sled: Repeat for 20 minutes  
Treadmill: 2 minutes  
Sled Dragging: 50 steps

**Torso Series:**

*Do as many circuits as you can in ten minutes.*

UBE: 2 minutes  
 Med Ball Rebounder: 20 reps  
 Push Ups: 20 reps  
 Med Ball Slams: 20 reps  
 Leg Raises: 20 reps  
 Mountain Climbers: 20 reps

**Strength Training Split:**

*\*Alternate workouts "A" and "B"*

Day 1: Chest & Shoulders  
 Day 2: Back  
 Day 3: Hamstrings & Abs  
 Day 4: Arms  
 Day 5: Off  
 Day 6: Quads & Calves  
 Day 7: Off  
 Cardio can be done on off days.

**TRAINING PARAMETER BREAKDOWN:**

**D** – Push the weight as fast as you can using approximately 60% of your best one-rep max (or perceived one-rep max). This will also be one set under your best set of 10. For example, if you can bench press 255 for 10 reps, your last set before this would be a good place to start your dynamic work. In this case, the weight you'd use would be around 225.

**M** – Work up to the heaviest set you can do for the prescribed number of reps.

**R** – Train each one of these sets to failure.

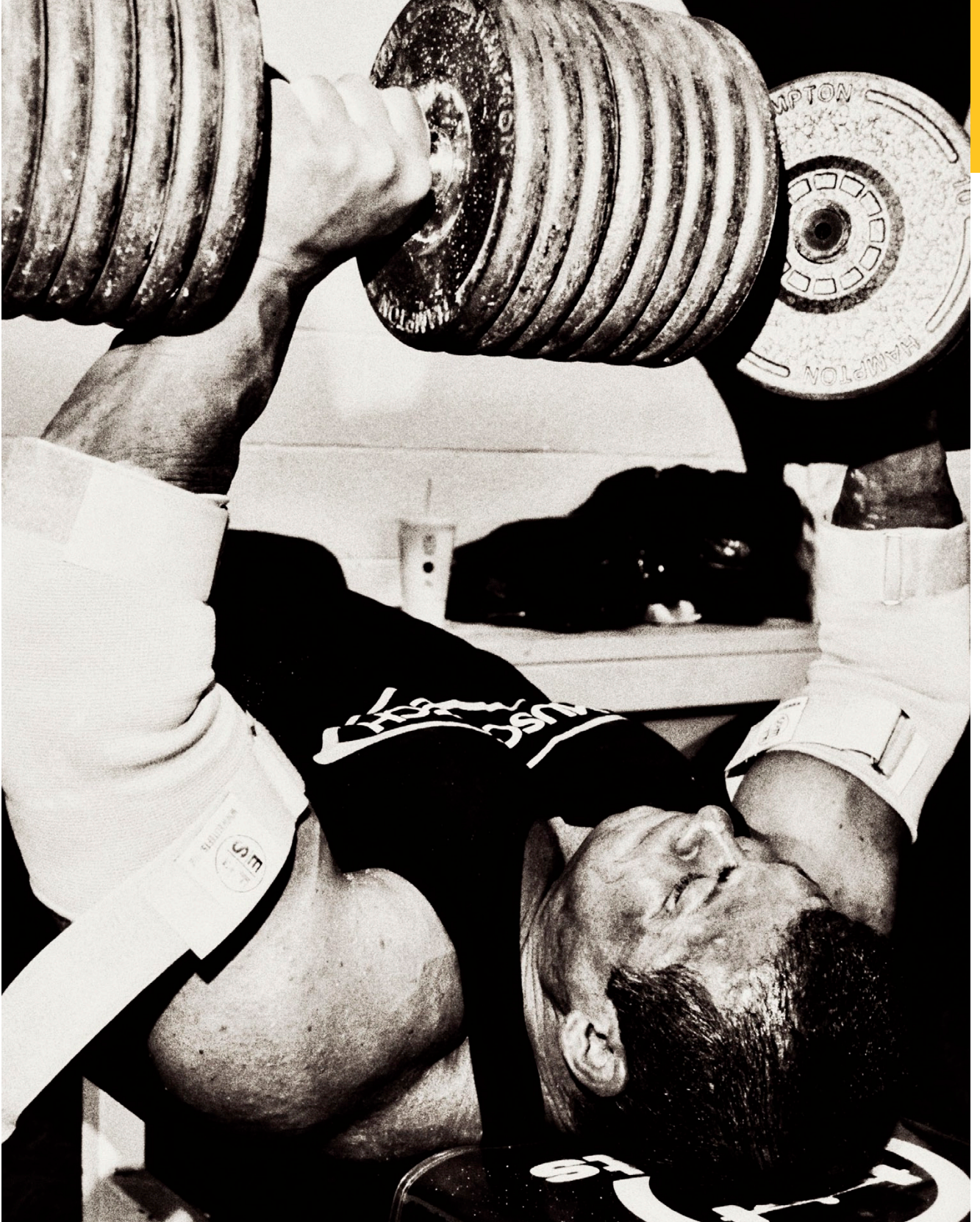
\*\* Stretch trained body part between every exercise. Hold each stretch for a 30-60 second count.

The Training Plan		
Workout "A"	Body Part	Workout "B"
<p><b>D – Bench Press</b> *8 sets 6 reps with 45 sec rest</p> <p><b>M – Incline Press</b> *Work up to 2 max sets of 6 reps</p> <p><b>R – Flat Flies</b> *4 sets 12-15 reps</p>	Chest	<p><b>D– Dumbbell Incline Press</b> *8 sets 6 reps with 45 sec rest</p> <p><b>M – Flat Presses</b> - machine or dumbbell *Work up to 2 max sets of 6 reps</p> <p><b>R – Decline Presses</b> *4 sets 12-15 reps</p>
<p><b>D – Front Raises</b> *8 sets 8 reps with 45 sec rest</p> <p><b>M – Overhead Press</b> *Work up to max set of 6 reps</p> <p><b>R – Rear Lateral Raise</b> *2 sets 12-15 reps</p>	Shoulders	<p><b>D – Side Raises</b> *8 sets 8 reps with 45 sec rest</p> <p><b>M –Seated Dumbbell Press</b> *Work up to max set of 6 reps</p> <p><b>R – Rear Lateral Raise</b> *2 sets 12-15 reps</p>
<p><b>D – Deadlift</b> *6 sets 3 reps with 45 sec rest</p> <p><b>M – Chest Supported Row</b> *Work up to 2 max sets of 6 reps</p> <p><b>R – Wide Grip Pulldown</b> *4 sets 12-15 reps</p>	Back	<p><b>D – Chins</b> *6 sets 3-6 reps with 45 sec rest</p> <p><b>M – Barbell Rows</b> *Work up to 2 max sets of 6 reps</p> <p><b>R – Close Grip Pulldown</b> *4 sets 12-15 reps</p>
<p><b>D – Lying Leg Curl</b> *8 sets 8 reps with 45 sec rest</p> <p><b>M – Stiff Leg Deads</b> *Work up to max set of 6 reps</p>	Hamstrings	<p><b>D – Glute Ham Raise</b> *4 sets 12-15 reps</p> <p><b>R – Reverse Hypers</b> *4 sets 12-15 reps</p>
<p><b>D – Standing Calf Raise</b> *8 sets 8 reps with 45 sec rest</p> <p><b>M – Seated Calf Raise</b> *Work up to 2 max sets of 6 reps</p>	Calves	<p><b>D – Seated Calf Raises</b> *8 sets 8 reps with 45 sec rest</p> <p><b>M – Standing Calf Raises</b> *Work up to 2 max sets of 6 reps</p>

The Training Plan		
Workout "A"	Body Part	Workout "B"
<p><b>P – Hanging Leg Raise</b> *8 sets 8 reps with 45 sec rest</p> <p><b>M – Pull Down Abs</b> *Work up to max set of 6 reps</p>	Abs	<p><b>P – Choppers</b> *8 sets 8 reps with 45 sec rest</p> <p><b>M – Incline Sit Ups</b> *Work up to max set of 6 reps</p> <p><b>R – Laying Leg Raises</b> *2 sets 12-15 reps</p>
<p><b>D – Incline Curls</b> *8 sets 8 reps with 45 sec rest</p> <p><b>P – Dumbbell Extensions</b> *8 sets 8 reps with 45 sec rest</p> <p><b>M – Barbell Curls</b> *Work up to max set of 6 reps</p> <p><b>M – Close Grip Bench</b> *Work up to max set of 6 reps</p> <p><b>R – Preacher Curl</b> *2 sets 12-15 reps</p> <p><b>R – Pushdowns</b> *2 sets 12-15 reps</p>	Arms	<p><b>D – Dumbbell Curls</b> *8 sets 8 reps with 45 sec rest</p> <p><b>P – Barbell Extensions</b> *8 sets 8 reps with 45 sec rest</p> <p><b>M – Reverse Curls</b> *Work up to max set of 6 reps</p> <p><b>M – Close Grip Inclines</b> *Work up to max set of 6 reps</p> <p><b>R – Cable Curls</b> *2 sets 12-15 reps</p> <p><b>R – Reverse Pushdowns</b> *2 sets 12-15 reps</p>
<p><b>D – Squats - med stance</b> *8 sets 6 reps with 45 sec rest</p> <p><b>M – Leg Press</b> *Work up to 2 max sets of 6 reps</p> <p><b>R – Lunges</b> *4 sets 12-15 reps</p>	Quads	<p><b>D – Squats – wide stance</b> *6 sets 3 reps with 45 sec rest</p> <p><b>M – Hack Squats</b> *Work up to 2 max sets of 6 reps</p> <p><b>R – Step Back Lunge</b> *4 sets 12-15 reps</p>

*Feel free to change any movement you like as long as it matches the same movement pattern.*





## DIET GUIDELINES:

### **High Carb Days:**

Male: 2 grams of carbs per pound, 1 gram of protein per pound, and minimal fat.

Female: 1 gram of carbs per pound, .75 grams of protein per pound, and minimal fat.

### **Low Carb Days:**

Male: .5 grams of carbs per pound, 1.5 grams of protein per pound, and .35 grams of fat per pound.

Female: .05 grams of carbs per pound, 1 gram of protein per pound and .02 grams of fat per pound.

### **Medium Carb Days:**

Same as Low day, except add in 40 grams (female) and 80 grams (male) of carbs right after training, along with 10 grams (female) and 20-25 grams (male) protein.

Great sources include Biotest Surge or Waxy Maize with 1 scoop of whey protein.



## DIET TIPS:

- Do not count the fats in your protein as your added fats, and do not count any protein in your carbs toward the total.
- Divide the daily protein over all meals.
- Eat 5-6 meals per day.
- Drink as much water as you can.
- On Low and Medium days limit the carbs to the first three meals of the day.
- Spread the added fats out over all meals.
- On the High carb days spread the carbs out over all meals.
- On the day with the cheat meal, make this meal the last meal of the day. There is no limit to what you can eat in this meal. Eat ALL you want and as much as you want.

The Rotations	
Week	Carb Rotation
Week 1	2 High Days, 3 Medium Days and 2 Low Days
Week 2	2 High Days, 3 Medium Days and 2 Low Days
Week 3	2 High Days, 2 Medium Days and 3 Low Days
Week 4	1 High Day, 3 Medium Days and 3 Low Days
Week 5	1 High Day, 3 Medium Days and 3 Low Days <i>*Add cheat meal on one low day</i>
Week 6	1 High Day, 3 Medium Days and 3 Low Days <i>*Add cheat meal on one low day</i>
Week 7	1 High Day, 3 Medium Days and 3 Low Days <i>*Add cheat meal on one low day</i>
Week 8	1 High Day, 3 Medium Days and 3 Low Days <i>*Add cheat meal on one low day</i>
Week 9	1 High Day, 2 Medium Days and 4 Low Days
Week 10	1 High Day, 1 Medium Day and 5 Low Days <i>*Add cheat meal on one high day</i>
Week 11	1 High Day, 1 Medium Day and 5 Low Days <i>*Add cheat meal on one high day</i>
Week 12	2 High Days, 1 Medium Day and 4 Low Days <i>*Add cheat meal on one high day</i>

Sample Weekly Split			
Day	Training	Cardio	Diet
Monday	Chest & Shoulders		Medium Day
Tuesday	Back	30 minutes	High Day
Wednesday	Hamstrings & Abs	30 minutes	Medium Day
Thursday	Arms		Medium Day
Friday	Off	30 minutes	Low Day
Saturday	Quads		High Day
Sunday	Off	30 minutes	Low Day

## THE FOODS:

### **Protein**

Egg Whites  
Eggs  
Omega 3 Eggs  
New York Strip  
Lean Ground Beef  
Lean Pork  
Turkey  
Chicken Breast  
Veal  
Tuna  
Lobster  
Shrimp  
Lowfat Yogurt  
Lowfat Cottage Cheese  
Protein Shake

### **Carbs**

Sweet Potato  
Yams  
Potato  
Cream of Wheat  
Low Sugar Oatmeal  
Malto Meal  
Brown Rice  
Rice  
Whole Wheat Pasta  
Whole Grain Bread  
Strawberries  
Melon  
Apples  
Oranges  
Bananas  
Berries  
Pineapple  
Papaya  
Esekiel Bread  
Low Fat Cereal  
Carb Drink  
Rice Cakes

**Vegetables**

Broccoli  
Corn  
Bell Peppers  
Cucumbers  
Beans  
Lettuce  
Cauliflower  
Green Pepper  
Celery  
Peas  
Green Beans  
String Beans

**Fats**

Fish Oils  
Borage Oil  
Mixed Nuts  
Almonds  
Natural Peanut Butter  
Almond Butter  
Cashews  
Evening Primrose Oil  
Olive Oil

CHECK WITH YOUR DOCTOR BEFORE STARTING ANY DIET OR EXERCISE PROGRAM.

**Note:**

Since you're getting into a serious diet phase right now, I highly suggest picking up the Troponin [Macronutrient Guidebook](#) and [Tips and Tricks of Dieting Success](#).

# The Rebound Phase

3.3

This is a very easy phase, so I'll keep it simple and just use a few rules:

- Strength train with any split you like, but don't train more than 3-4 days per week.
- Keep doing cardio for 30-45 minutes three times per week.
- Try to limit cheat meals to one per day. Just eat clean food the rest of the time, but there is no need to limit calories.
- Keep your weight within 10 pounds of your lowest weight on phase 3.2. This will serve as your guide. If you go over 10 pounds, cut the cheat meals down and lower your carb intake a bit.
- You are NOT dieting hard on this phase at all, but you also don't want to spin out of control. This is the best time to add new muscle mass, but it is also a vulnerable time that needs to be controlled for a 3-4 weeks. You will make gains like crazy in the next 4-10 weeks, but before beginning Phase 4 (mass building) we will need all the binges out of your system. You also need a serious mental and physical break, so just have fun in the weight room.
- Do whatever you want and enjoy it – you deserve it.









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