

WEEK 1, DAY 1

EMBRACE THE SUCK TRAINING 4-DAYS A WEEK



EXERCISE	SETS	REPS	REST	NOTES		
Hanging Leg Raises	4	AMRAP	60s	As Many Reps As Possible.		
GHD Sit Ups	4	15-20	60s	Alternate: Cable Crunches or L-Sits		
Push Ups	4	25	60s	SUPERSET		
Bodyweight Dips	4	AMRAP				
Bench Press	5	5	1m 30s			
Svend Plate Press	5	15-20	45s			
Tricep Cable Push Down	4	12-15	60s	SUPERSET		
Close Grip Bench Press	4	12-15				
CARDIO:	4 x 400meter sprints					

WEEK 1, DAY 2

EMBRACE THE SUCK TRAINING 4-DAYS A WEEK



EXERCISE	SETS	REPS	REST	NOTES		
Hanging Leg Raises	4	AMRAP	60s	As Many Reps As Possible.		
GHD Sit Ups	4	15-20	60s	Alternate: Cable Crunches or L-Sits		
Pull Ups	4	AMRAP	60s	SUPERSET		
Lat Pull Downs	4	10-12				
Deadlift	5	5	1m 30s			
Dumbbell Shrugs	4	15-20	45s			
Preacher Curl	4	12-15	60s	SUPERSET		
Dumbbell Curl	4	12-15				
CARDIO:	2 mile run for time					

WEEK 1, DAY 3

EMBRACE THE SUCK TRAINING 4-DAYS A WEEK



EXERCISE	SETS	REPS	REST	NOTES		
Hanging Leg Raises	4	AMRAP	60s	As Many Reps As Possible.		
GHD Sit Ups	4	15-20	60s	Alternate: Cable Crunches or L-Sits		
Leg Extensions	4	12-15	60s	SUPERSET		
Leg Curls	4	12-15				
Barbell Squat	5	5	1m 30s			
Walking Barbell Lunges	4	15-20	45s			
Dumbbell Step Ups	1	100	-	Completed 100 dumbbell step ups with dumbbells in each hand (select a weight you can use to complete all reps)		
CARDIO:	100 burpees for time					

WEEK 1, DAY 4

EMBRACE THE SUCK TRAINING 4-DAYS A WEEK



EXERCISE	SETS	REPS	REST	NOTES		
Barbell Push Press	5	5	60s			
Hand Stand Push Ups	4	AMRAP	60s	Start working on hand stand push ups - even if you can only complete one. They will come as you practice them!		
Side Lateral Raises	4	12-15	60s	SUPERSET		
Cable Facepulls	4	12-15				
METCON	As many rounds as possible in 20 minutes of:					
	5 Pull-ups					
	10 Push-ups					
	15 Air Squats					
	5 Burpees					