



EMBRACE THE SUCK

12-WEEK TRAINING PROGRAM V2



Week 1, Day 1 : PUSH DAY

EXERCISE	SETS	REPS	NOTES
Push Ups	4	25	*Warm up to activate chest, shoulders and triceps.
Incline Barbell Press	5	6-8	
Barbell Push Press	2	10	*The intent of the barbell push press ladder is to work up to a 3-RM x 3 sets.
Barbell Push Press	2	5	
Barbell Push Press	3	3	
Hand Stand Push Ups	5	AMRAP	*These are a great exercise for upper body strength and development. If you can't do any - start working towards 1 rep.
Tricep Rope Push Downs	3	12-15	
Muscle Ups	5	AMRAP	*Bar or rings. If you can't do any - start working towards 1 rep.
Close Grip Bench Press	10-12	4	
Hanging Leg Raises	4	20-25	
L-Sits	4	ALAP	*As long as possible for each set.



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Week 1, Day 2 : PULL DAY

EXERCISE	SETS	REPS	NOTES
Pull Ups	4	AMRAP	*Warm up to activate back and biceps.
Lat Pull Downs	3	12-15	
Deadlifts	2	10	*The intent of the deadlift ladder is to work up to a 3-RM x 3 sets.
Deadlifts	2	5	
Deadlifts	3	3	
Barbell Curl	4	10-12	SUPERSET
Dumbbell Curl	4	10-12	
GHD Sit Ups	4	20-25	
Hanging Leg Raises	4	20-25	
METCON:	EMOM (every minute on the minute) for 20 minutes.		
	ODD minutes: 3 cleans + 3 front squats + 3 jerks @ Men: 155 lbs / Women: 95 lbs		
	EVEN minutes: 10 bar facing burpees		



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Week 1, Day 3 : LOWER DAY

EXERCISE	SETS	REPS	NOTES
Leg Extensions	4	12-15	*Warm up to activate quads.
Leg Curls	4	12-15	*Warm up to activate hamstrings.
Barbell Squats	2	10	*The intent of the squat ladder is to work up to a 3-RM x 3 sets.
Barbell Squats	2	5	
Barbell Squats	3	3	
Barbell Walking Lunges	4	12-15 steps each leg	SUPERSET using the same weight
Barbell Squats	4	AMRAP	
L-Sits	4	ALAP	*As long as possible.
CARDIO:	5 sets x 3 minute rounds with 2 minutes rest between rounds		
Each Round:	500 meter row + max effort wall ball with remaining time (20 pounds wall ball)		
	* Substitute row with 30 second assault bike or 60 second sprint.		



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Week 1, Day 4 : PUSH DAY

EXERCISE	SETS	REPS	NOTES
Push Ups	4	25	*Warm up to activate chest, shoulders and triceps.
Side Lateral Raises	4	12-15	
Bench Press	2	10	*The intent of the bench press ladder is to work up to a 3-RM x 3 sets.
Bench Press	2	5	
Bench Press	3	3	
Dips	4	10-12	SUPERSET
Tricep Push Downs	4	10-12	
Barbell Push Press	4	5	*70% 1RM
Hand Stand Push Ups	10	5	5 HSPU every minute on the minute for 10 minutes.
GHD Sit Ups	4	20-25	
Hanging Leg Raises	4	20-25	
CARDIO:	Optional Swim Workout:		
	200m warmup, 6x50m sprint, 500m pace		



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Week 1, Day 5 : PULL DAY

EXERCISE	SETS	REPS	NOTES
Pull Ups	4	AMRAP	*Warm up to activate back and biceps.
Pendlay Rows	4	8-10	
Deadlifts	2	10	
Deadlifts	2	8	
Deadlifts	3	6	
Preacher Curl	4	10-12	SUPERSET
Hammer Curl	4	10-12	
GHD Sit Ups	4	20-25	
Hanging Leg Raises	4	20-25	
CARDIO	3 mile run for time		



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Week 1, Day 6 : LOWER DAY

EXERCISE	SETS	REPS	NOTES
Body Squats	4	50	*Warm up to activate lower body.
Front Squats	2	10	*The intent of the front squat ladder is to work up to a 3-RM x 3 sets.
Front Squats	2	5	
Front Squats	3	3	
Stiff Legged Deadlifts	4	10-12	SUPERSET
Leg Curl	4	10-12	
L-Sits	4	20-25	
Hanging Leg Raises	4	20-25	
METCON:	21 - 15 - 9		
	3 round of:		
	21 wallballs, 15 pull-ups, 9 burpees		