



EMBRACE THE SUCK WEEK 1



Program Overview: This week is a 6-day training split with 2 cardio sessions.

FOCUS: Chest, Shoulders, Triceps

EXERCISE	REPS	SETS	NOTES						
Cable Flys	15-20	4	* This is a pre-exhaustion exercise for the remaining sets of the workout.						
Dumbbell Chest Press	8-10	4	* Place bench for dumbbell press on slight incline.						
Push Up	25	4	*SUPERSET - Complete 25 push ups in a normal position and then as many reps as possible (AMRAP) in a close grip position : preferably on a medicine ball or with hands placed at the end of a bench.						
Close Grip Push Up	AMRAP	4							
Barbell Overhead Press	8-10	4							
Upright Row	8-10	3	*SUPERSET - Use the same weight for all the exercises in the TRI-SUPERSET. Recommended to use a barbell (with added weight).						
Front Raise	8-10	3							
Overhead Press	AMRAP	3							
Rope Cable Push Down	15-20	5							



EMBRACE THE SUCK WEEK 1



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FOCUS: Back, Biceps, Abs

EXERCISE	REPS	SETS	NOTES					
Pull Ups	AMRAP	4						
Deadlifts	5	5	* 75% of 1 rep max					
Wide Grip Seated Cable Row	12-15	4	*SUPERSET					
Lat Pull Down	12-15	4						
Standing Barbell Curl	8-10	3						
Dumbbell Hammer Curl	8-10	3						
Decline Sit Ups	AMRAP	4	*SUPERSET					
Hanging Leg Raises	AMRAP	4						



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FOCUS: Legs

EXERCISE	REPS	SETS	NOTES						
Barbell Squat	5	5	* 70% of 1 rep max.						
Barbell Squat	AMRAP	1	* Use bodyweight. EX: If you weigh 225 lb. - place 225 lb. on the bar and squat as many reps as possible.						
Leg Extensions	20	4	* Complete all 20 reps each set even if you need to take pause rests in between reps.						
Leg Curls	20	4							
Barbell Lunges	10	3	* 10 reps each leg.						
Jefferson Squats	10-12	4							
Calf Raises	20-25	3							
Pistol Squats	AMRAP	3	* Try to complete as many reps as possible (do not become discouraged if you cannot complete).						



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FOCUS: Full Upper Body

EXERCISE	REPS	SETS	NOTES					
Dumbbell Chest Press	8-10	4						
Pendlay Rows	8-10	4						
Arnold Press	12-15	4						
Facepulls	12-15	4						
Dumbbell Bicep Curl	8-10	4						
Close Grip Bench Press	12-15	4						
Push Ups	100	As Many As Needed						
Pull Ups	100	As Many As Needed						



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FOCUS: Metabolic Conditioning, Abs

Men use 50-lb. Dumbbell and 24-in. Box. / Women use 35-lb. Dumbbell and 20-in. Box.

	<u>For Time</u>
	10 Dumbbell Snatches
	15 Burpee box Jump Overs
	20 Dumbbell Snatches
	15 Burpee box Jump Overs
	30 Dumbbell Snatches
	15 Burpee box Jump Overs
	40 Dumbbell Snatches
	15 Burpee box Jump Overs
	50 Dumbbell Snatches
	15 Burpee box Jump Overs
	* Finish with Hanging Leg Raises - 4 sets x AMRAP



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STRONG MAN SATURDAY

EXERCISE	REPS	SETS	NOTES					
Warm Up	10 minutes steady state cardio							
Warm Up	10 x 5 strict pull ups, 10 push ups, 15 air squats							
Warm Up	10-20 minutes mobility/stretching work							
Bench Press	3	5						
Barbell Squat	3	5						
Deadlift	3	5						
Barbell Push Press	5	5						



**NICK BARE
FITNESS**

EMBRACE THE SUCK WEEK 1

ETS | EMBRACE
THE
SUCK
12 WEEK CHALLENGE

Program Overview: This program provides 2 cardio sessions.

Steady State Cardio

20 minutes on any piece of cardio equipment:

1. Treadmill
2. Run Outside
3. Elliptical
4. Assault Bike
5. Swim
6. Etc.

Track Workout

1. 200 m x 4
2. 400 m x 4
3. 800 m x 1
4. 400 m x 2
5. 200 m x 2