



# General Training Protocol

## TRAINING DAY # 1

**Breathing Squats:**  
Alyssa/Frankie/K-Roc/Sergio - 3x8 Squat Safety Sq. Bar  
Alex - Breathing Squats  
Dom - Breathing Squats  
Kyle - Breathing Squats

- Begin set with one deep breath, hold and squat.
  - Rep 2 begins with 2 deep breaths, hold and squat.
  - Rep 3 begins with 3 deep breaths, hold and squat.
  - Rep 4-20 begins with 3 deep breaths prior to each repetition.
- Rest is done with barbell on back for the entire 20 reps.
  - Perfect form for all repetitions.
  - Concentration is on deep breathing for "rest" intervals.
  - \*After Completion of Rep 18, Do whatever Jesus is telling you.
- Set to be performed w/ barbell on shoulders for entire set.
- Pullovers, Dumbbell or Barbell immediately following squats.
  - Light weight for 20 repetitions.
  - Focus is on deep breathing with each repetition and stretching of thoracic cavity.

- 3x8 Trap Bar Dead-Lifts
- :30 Work / :90 Rest x 3 Sandbag/Burpee Complex
- Exercise: 5 Group A
- Exercise: 1, 5 Group B
- Lower Back / Ab Protocol

## REST 48-72 hrs

## TRAINING DAY # 2

- 1-2 Exercises Group B
- 1 Exercise Group A
- Lower Back / Ab Protocol
- 1 Exercise Group A
- 2 Exercises Group B

## REST 48-72 hrs

## TRAINING DAY # 3

- Option A:
  - 1-2 Exercises Group A
  - 1 Exercise Group B
  - Lower Back / Ab Protocol
  - 2 Exercises Group A
  - 1 Exercise Group B
- Option B:
  - 800 m Slow Run
  - Sprints 1:3 (Work:Rest)
    - 100 yd x 5
    - 50 yd x 5
  - Super Slow
    - Push ups
    - Pull ups
    - Dips
  - "Suicides"
    - 50 yd line and back x 3
  - 800 m Walk

Repeat Steps 1-5

## REST 48-72 hrs

- GROUP A:**
  - 3x8 1. Supermans
  - 3x8 2. Reverse Hyper
  - 3x5 3. Good Mornings
    - \*Utilize Multiple Bars and Stances
  - 3x8 4. Back Extensions
  - 5. Bear Hug Stone Carry
  - High Reps --> Failure 6. Pull-Throughs
  - 3x5 7. Sandbag Floor to Shoulder
  - 3x8 8. GHR
- GROUP B:**
  - 4x6 1. Saxon Side-Bends
  - 6x3 2. Suitcase Deadlift
  - 6x6 3. Shovel Lift
  - 6x6 4. Weighted Leg Raises
  - 4x10 5. Weighted Sit-ups
  - 6x8 6. Standing Crunch
  - 6x3 7. Bent Press
  - 3x20 8. Evil Wheel

- GROUP A:**
1. Front Squat
  2. Olympic Back Squat
  3. Bottom Position Squat
  4. Box Squat
  5. Conventional Dead-Lift
  6. Trap Bar Dead-Lift
  7. Romanian Dead-Lift
  8. Power Clean
  9. Power Snatch
  10. Clean Grip High Pull
  11. Snatch Grip High Pull
  12. Good Mornings

- GROUP B:**
1. Bench Press
  2. Military Press
  3. Standing One-arm Dumbbell Press
  4. Push Press
  5. Farmer's Walk
  6. Weighted Chin Up
  7. Sandbag Clean and Press
  8. Heavy Prowler Work
  9. Stone Work Floor to Shoulder
  10. Car Push
  11. Tire Flips
  12. Weighted Dips

**Set/Rep Scheme: Rotate w/ each new three week "Wave"**

1. 3x8
2. 5x3
3. One set to Failure (75% of 1 RM)

\*Failure sets NOT for Olympic or Good Morning Lifts.  
\*3x8 and 5x3 sets are done using "Working Weights" which approach a TRUE 3 or 8 Rep Max.