
BRUTAL IRON GYM TRAINING PROGRAM TEMPLATE

POWERLIFTING

Template Focus

This template is designed to increase strength and improve powerlifting performance. The template will also improve muscular shape, mobility, cardiovascular endurance, muscular endurance, and fat loss

Combining proper nutrition with the template is a MUST to achieve the full benefits so please view the information available in the Nutrition Information section

Workout Schedule

The workouts are written in the order they should be performed with the expectation of a minimum of 3 workouts a week with options for additional workouts as your schedule permits

Rest days can be taken as needed based on your individual schedule. If you perform workouts multiple days in a row it is recommended that you increase your calories and sleep, if able to, to help improve recovery

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Template Notes

The template is written with explanations of exercise categories and how to structure those categories into a per workout format. The benefit of using exercise categories within the template allows for the user to select specific exercises that best address their individual needs.

The information presented below will help teach how to make the best exercise choices based on your individual needs

Exercise Choice Considerations

- Proximity of Exercises
 - o When selecting exercises as part of a circuit (a group of exercises intended to be performed back-to-back) it's helpful to select exercises that can be performed in the same general area. The concept of a circuit is that the exercises are to be performed with short transition times between the exercises so selecting exercises that are near each other (if using multiple pieces of equipment) is helpful to maximize the benefit of the use of the circuit concept
- Flow of Exercises
 - o When selecting exercises as part of a circuit it's helpful to select exercises that allow for comfortable, manageable transitions. For example, selecting exercises that require you to alternate laying down and standing up can be an annoyance when trying to perform the circuit, so, it's best to limit the number of positional changes and/or to have the flow of the positional changes feel logical and efficient in energy
- Difficulty of Exercises
 - o When using a template that allows for open choices for specific exercises learning which exercises are best for you is part of the process (and the benefit) so it's reasonable that there may be "learning moments" that will require you to adjust. When selecting exercises, if you perform the first set of the exercise and find the exercise is either too easy or too difficult, it is recommended that you change the exercise instead of continuing with the exercise and spending the time and energy in an inefficient, ineffective way
- *Resources:
 - <https://www.podbean.com/ew/pb-3bi9e-118fd77>
 - <https://www.podbean.com/ew/pb-khzs7-119c8c1>

Frequency of Exercise Changes

It is recommended to change specific exercises every 4 weeks. In some cases, it is reasonable to change specific exercises sooner or a few weeks later; however, the change frequency of 4 weeks allows for the best balance of the pros and cons of differing changing frequencies

*Resources:

- <https://www.podbean.com/ew/pb-8uctf-12edcd3>
- <https://www.podbean.com/ew/pb-4rdus-11b81ef>

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Per Workout Concept Explanations

Per Exercise Warm-Ups

In this template warm up sets are not listed as part of the set count; what's written in the template is the number of working sets. For each exercise you may need to perform 1 or more practice sets to find a good working weight and fine tune form for that specific exercise. These types of sets are beneficial, so do them when it feels appropriate, but these sets do not count towards your listed set count. Each week when you repeat the workout you'll have a better idea of starting weight for each exercise, so if you're patient and figure out the right weights the first week the remaining workouts will be less mental effort

*Resources:

<https://www.podbean.com/eu/pb-upzpk-c364f3>

<https://www.podbean.com/eu/pb-7cbmi-d6f9bd>

Rest Times

Try to stay within the prescribed rest times, this helps build your cardiovascular endurance and working volume tolerance; both of which can improve recovery and allow you to make more progress long-term

*Resource:

<https://www.podbean.com/eu/pb-uibzt-cf613d>

Circuit

A "Circuit" is when two or more exercises are performed back-to-back without rest between the exercises. To properly execute a circuit, set up each exercise in the circuit, then practice each exercise with 1 or more submaximal sets to fine tune technique and to find the right weight for the working sets. Aim to start the first working set of each exercise on the same set. On all sets the intention is to perform the exercises with as little rest as possible between the exercises. Once a set of each exercise is performed you would then rest for the listed rest time, adjust weights if needed, and then perform the next set of all exercises again with as little rest as possible between each exercise. Repeat this pattern until the listed number of working sets is achieved for each exercise

*Resource:

<https://www.podbean.com/eu/pb-sisge-b51a86>

How Do I Select the Right Weight?

For all exercises aim to find a weight that causes you to feel challenged to maintain good form, but you're still able to maintain good form. A weight that is not so light that it isn't difficult, but not so heavy that you can't do the exercise properly

*Resources:

<https://www.podbean.com/eu/pb-7cbmi-d6f9bd>

<https://www.podbean.com/eu/pb-quh77-edc1a9>

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Weekly Progressions

In the template exercises are to be repeated for 4 weeks. Our goal in the first week is to learn the technique of the exercises and to challenge yourself aiming for the upper end of the time under tension / rep ranges listed for the exercises. The second through fourth weeks we want to continue to improve technique but also challenge the body by trying to increase weight used and/or reps performed within the listed rep range. This increasing challenge from week to week will ensure the body feels the need to continue to make weekly adaptations based on the desired training outcome

*Resource:

<https://www.podbean.com/eu/pb-d2c5z-e3ff6f>

Equipment Abbreviations

The abbreviations listed below are used in the Example Workouts

- BB = Barbell
- CB = Cable
- DB = Dumbbell
- KB = Kettlebell
- MA = Machine
- SM = Smith Machine

*Resource:

<https://www.podbean.com/ew/pb-sisge-b51a86>

<https://www.podbean.com/ew/pb-qst2u-b54418>

<https://www.podbean.com/ew/pb-dmly9-b5f6f9>

Improved Freedom of Movement

If you feel muscularly tight, performing the Movement Preparation stretches available in the “Extra Information” section before you begin the workout can help improve your freedom of movement to help the workout feel more comfortable / less stressful on joints

Reducing Muscular Tightness Following the Workout

To reduce muscular tightness following the workout you can perform the Movement Preparation stretches after the workout. Also, the resource podcast has more content about improving recovery and reducing muscular stiffness

*Resource:

<https://www.podbean.com/ew/pb-evhbi-12f48f0>

Template Overview

Per Workout Structure – this structure is used for the first 3 workouts of the week

Movement Prep Circuit: ~minimal rests

- *Can perform in any order
- Exercise for: Thoracic / Shoulder Mobility / Strengthening
 - 3 sets of 10-40 seconds Time Under Tension (TUT)
- Exercise for: Core Strengthening / Bracing
 - 3 sets of 10-40 seconds Time Under Tension (TUT)
- Exercise for: Hip-based Mobility / Strengthening
 - 3 sets of 10-40 seconds Time Under Tension (TUT)

Main Strength Circuit: ~3-5 minute rests

- *Can perform in any order
- Exercise for: Mobility / Cueing Improvement Exercise
 - 3 sets of 20-40 seconds Time Under Tension (TUT)
- Exercise for: Main Lift for the Workout
 - This would be a Squat, Bench Press, or Deadlift variation
 - 1-5 sets of 1-20 seconds Time Under Tension (TUT)

Accessory Circuit: ~2-4 minute rests

- Exercise for: Weakest Main Lift Related Movement Function
 - 3 sets of 20-40 seconds Time Under Tension (TUT)
- Exercise for: Strongest Main Lift Related Movement Function
 - 3 sets of 20-40 seconds Time Under Tension (TUT)

Optional: Weakness Focused Finisher: ~2-4 min rests

- Exercise(s) for: Weakest Main Lift Related Movement Function
 - 3 sets of 20-40 seconds Time Under Tension (TUT)

The structure is simplistic in presentation on purpose to help with clarity however there are limitless ways to modify the structure to increase variety and personalization. Examples of possible modifications are explained in the “Template Variations for Increased Personalization & Variability” section

Template Explanation

Movement Prep Circuit

- Total Time to complete all working sets = ~10-14 minutes
- Rest Time between rounds of the circuit = ~minimal rests
- Exercises – Can be performed in any order
 - Select 1 exercise for: Thoracic / Shoulder Mobility / Strengthening
 - The highest priority of exercise selection would be to address any existing mobility issues
 - Thoracic Mobility Information & Self-Testing:
 - <https://www.youtube.com/watch?v=fGXZbmjvSAs>
 - The second priority of exercise selection would be to strengthen the muscles
 - Examples of Thoracic Strengthening exercises are included in the link below and in the Example Workouts
 - <https://www.youtube.com/watch?v=8kk0nO3wavo>
 - Select 1 exercise for: Core Strengthening / Bracing
 - The highest priority of exercise selection would be to address the ability to brace the core as is needed in heavy self-supporting exercises such as squats, deadlifts, etc
 - Core Bracing Information:
 - <https://www.youtube.com/watch?v=58XrN5u1F6U&t=2s>
 - The second priority of exercise selection would be to strengthen the muscles
 - Examples of Core Strengthening exercises are included in the link below and in the Example Workouts
 - <https://www.youtube.com/watch?v=5feZcZJGy3I>
 - Select 1 exercise for: Hip-based Mobility / Strengthening
 - The highest priority of exercise selection would be to address any existing mobility issues
 - Hip Mobility Information & Self-Testing:
 - <https://www.youtube.com/watch?v=zc6-kQO1ucg>
 - The second priority of exercise selection would be to strengthen the muscles
 - Examples of Hip-based Strengthening exercises are included in the link below and in the Example Workouts
 - <https://www.youtube.com/watch?v=1DCHTHo7SxE&t=74s>
- Per Exercise – Sets / Time Under Tension (TUT)
 - *These guidelines do not apply to self-tests – only exercises that involve continuous tension and repetitions of effort
 - If mobility is the goal
 - 3 sets of ~20-40 seconds TUT
 - If strengthening is the goal
 - 3 sets of ~10-30 seconds TUT

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Main Strength Circuit

- Total Time to complete all working sets = ~15-30 minutes
- Rest Time between rounds of circuit = ~3-5 minute rests
- Exercises – Perform in the order written
 - Select 1 exercise for: Mobility / Cueing Improvement Exercise
 - Select an exercise that specifically targets a mobility and/or cueing aspect related to the Main Lift movement for the workout
 - Common examples for Squat are often related to core bracing, external rotation of the hips, hinging mechanics, etc, but you can also work on aspects such as explosiveness with jumping exercises, weight load tolerance and bracing mechanics with heavy walkouts, and many others
 - Common examples for Bench Press are often related to midback or Lat bracing, creating leg bracing stability, etc, but you can also work on aspects such as explosiveness explosive push up variations, weight load tolerance and bracing mechanics with heavy lockout holds, and many others
 - Common examples for Deadlift are often related to core bracing, external rotation of the hips (sumo position), hinging mechanics (conventional position), etc, but you can also work on aspects such as explosiveness with jumping exercises, Lat bracing with banded exercises, and many others
 - Specific examples of Mobility / Cueing Improvement exercises are included in the Example Workouts
 - Sets / Time Under Tension (TUT)
 - 3 sets of 20-40 seconds Time Under Tension (TUT)
 - Select 1 exercise for: Main Lift for the Workout
 - Select an exercise that is the competition standard or close variation of a Squat, Bench Press, or Deadlift
 - Per Week it is recommended to follow the order of:
 - Workout 1 = Squat
 - Workout 2 = Bench Press
 - Workout 3 = Deadlift
 - Common examples of Squats are the Competition Squat, squatting with a specialty bar, bands, chains, box squats, etc
 - Common examples of Bench Press are the Competition Bench Press, benching with a specialty bar, bands, chains, positional changes, tempo changes, etc
 - Common examples of Deadlift are the Competition Deadlift, using deficits, elevations, bands, chains, tempo changes, between rep transition changes, etc
 - Specific examples of Main Lift of the Workout exercises are included in the Example Workouts
 - Sets / Time Under Tension (TUT)
 - 1-5 sets of 1-20 seconds Time Under Tension (TUT)
 - 1-2 sets would be used if you're aiming to peak to a max effort set
 - 2-3 sets would be used if you're using a weight in the high range of maximal ability – the higher the intensity, the lower the volume
 - 3-5 sets would be used if you're using a weight in the low range of maximal ability – the lower the intensity, the higher the volume

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Accessory Circuit

- Total Time to complete all working sets = ~12-18 minutes
- Rest Time between rounds of circuit = ~2-4 minute rests
- Exercises – Perform in the order written
 - Select 1 exercise for: Weakest Main Lift Related Movement Function
 - Select an exercise that specifically targets a known weakness related to the Main Lift of the Workout
 - Common examples for Squats are often related to Glutes and Hamstrings. Additional areas of focus may be thoracic / spinal bracing, maintaining hip-based external rotation through knee bending / hip hinging movement patterns, others that may be more individual specific
 - Common examples for Bench Press are often related to the Chest or Triceps. If you have long humerus bones (upper arm) then your weakness is more likely your Triceps, if you have short humerus bones then your weakness is more likely your Chest
 - Common examples for Deadlift are often related to Glutes and Hamstrings. Additional areas of focus may be abdominal bracing strength, Lat tightness positioning, others that may be more individual specific
 - Specific examples of Weakest Main Lift Related Movement Function exercises are included in the Example Workouts
 - Select 1 exercise for: Strongest Main Lift Related Movement Function
 - Select an exercise that specifically targets a known strength related to the Main Lift of the Workout
 - It's important to target your strengths as much as your weaknesses. Your strengths, other than contributing the greatest to your strength, also help to protect your weaknesses from injury
 - Common examples for Squats are often related to the Quadriceps. Additional areas of focus may be the lower back, specifically it's contribution towards thoracic / spinal bracing, others that may be more individual specific
 - Common examples for Bench Press are often related to the Chest or Triceps. If you have long humerus bones (upper arm) then your strength is more likely your Chest, if you have short humerus bones then your strength is more likely your Triceps
 - Common examples for Deadlift are often related to the Quadriceps and Low Back. Additional areas of focus may be abdominal and Lat bracing strength, others that may be more individual specific
 - Specific examples of Strongest Main Lift Related Movement Function exercises are included in the Example Workouts
- Per Exercise – Sets / Time Under Tension (TUT)
 - 3 sets of 20-40 seconds Time Under Tension (TUT)

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Optional: Weakness Focused Finisher

- Total Time to complete all working sets = ~6-10 minutes
- Rest Time between rounds of circuit = ~2-4 minute rests
- Exercise
 - Select 1 exercise for: Weakest Main Lift Related Movement Function
 - The intention of this exercise is to target an additional known weakness related to the Main Lift of the Workout that may not have been addressed in the Accessory Circuit if you have the time / energy to do so at this point in the workout
 - If you perform additional workouts within the week (more than the assumed minimum of 3 workouts) then you may choose to skip this exercise since you'll be performing weakness related exercises in those additional workouts
- Per Exercise – Sets / Time Under Tension (TUT)
 - 3 sets of 20-40 seconds Time Under Tension (TUT)

Additional Workout Structure & Explanation

Per Workout Structure – If performing only 1 additional workout per week

Movement Prep Circuit: ~minimal rests

- Exercise for: Thoracic / Shoulder Mobility / Strengthening
 - 3 sets of 10-40 seconds Time Under Tension (TUT)
- Exercise for: Core Strengthening / Bracing
 - 3 sets of 10-40 seconds Time Under Tension (TUT)
- Exercise for: Hip-based Mobility / Strengthening
 - 3 sets of 10-40 seconds Time Under Tension (TUT)

Accessory Circuit: ~2-4 minute rests

- Choose exercises related to the Main Lift you believe is the weakest
- Exercise for: Weakest Main Lift Related Movement Function
 - 3 sets of 20-40 seconds Time Under Tension (TUT)
- Exercise for: Strongest Main Lift Related Movement Function
 - 3 sets of 20-40 seconds Time Under Tension (TUT)

Accessory Circuit: ~2-4 minute rests

- Choose exercises related to the Main Lift you believe is the second weakest
- Exercise for: Weakest Main Lift Related Movement Function
 - 3 sets of 20-40 seconds Time Under Tension (TUT)
- Exercise for: Strongest Main Lift Related Movement Function
 - 3 sets of 20-40 seconds Time Under Tension (TUT)

Optional: Strongest Lift Focused Finisher: ~2-4 minute rests

- Choose an exercise related to the Main Lift you believe is the strongest
 - For strength: 3 sets of 1-20 seconds Time Under Tension (TUT)
 - For muscle size: 3 sets of 20-40 seconds Time Under Tension (TUT)
 - For muscular endurance: 3 sets of 40+ seconds Time Under Tension (TUT)

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Per Workout Structure – If performing 2 additional workouts per week

Movement Prep Circuit: ~minimal rests

- Exercise for: Thoracic / Shoulder Mobility / Strengthening
 - 3 sets of 10-40 seconds Time Under Tension (TUT)
- Exercise for: Core Strengthening / Bracing
 - 3 sets of 10-40 seconds Time Under Tension (TUT)
- Exercise for: Hip-based Mobility / Strengthening
 - 3 sets of 10-40 seconds Time Under Tension (TUT)

Accessory Circuit: ~2-4 minute rests

- 1st Additional Workout – Choose exercises related to the Main Lift you believe is the weakest
- 2nd Additional Workout – Choose exercises related to the Main Lift you believe is the second weakest
- Exercise for: Weakest Main Lift Related Movement Function
 - 3 sets of 20-40 seconds Time Under Tension (TUT)
- Exercise for: Strongest Main Lift Related Movement Function
 - 3 sets of 20-40 seconds Time Under Tension (TUT)

Focus of Choice: ~2-4 min rests

- Select 1-2 exercise(s) focused on anything you think will increase your strength in one of the main lifts or help achieve a secondary goal
 - Per Exercise:
 - For strength: 3 sets of 1-20 seconds Time Under Tension (TUT)
 - For muscle size: 3 sets of 20-40 seconds Time Under Tension (TUT)
 - For muscular endurance: 3 sets of 40+ seconds Time Under Tension (TUT)

Additional Workout Structure Explanation

For exercise selection within the Additional Workouts follow the same criteria as explained in the Workout Explanation section for the first 3 workouts of the week

For the section labeled “Strongest Lift Focused Finisher” under the Additional Workout structure related to if you’re performing 1 additional workout per week the exercise choice can be anything you’d like that related to your strongest lift. It can be an exercise focused to improve technical proficiency, on the weakest muscles involved in the lift, or any aspect you believe will help increase your performance related to that lift

For the section labeled “Focus of Choice” under the Additional Workout structure related to if you’re performing 2 additional workouts per week the exercise choice can be anything you’d like. It can be something related to the Main Lifts or something completely different. It’s an open opportunity to add anything you’d like. Examples would be grip training, side deltoid or biceps training for aesthetics, or a “muscle cardio” element aimed to improve cardiovascular recovery / endurance

“Muscle Cardio” Explanation & Examples Resource:

<https://www.podbean.com/ew/pb-d5rrr-9a69b1>

Example Workouts – Beginner

Workout 1 – Squat

Movement Prep Circuit: ~minimal rests

- *Can perform in any order
- Vacuum Breathing – Lying on Back
 - *Video - <https://www.youtube.com/watch?v=loaBqxLNgRM>
 - Week 1 – 3 sets of 3 holds with a 3-count contraction for each hold
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Floor Slides for Thoracic Mobility
 - *Video - <https://www.youtube.com/watch?v=00xwlpFk6r0>
 - Week 1 – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Glute Bridge – Cross Legged Bridge
 - *Video – 2:49 mark - https://www.youtube.com/watch?v=O9j_DU_4KXs
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

Main Strength Circuit: ~3-5 minute rests

- Deadbug variation – Alternating Leg Extensions
 - *Video - <https://www.youtube.com/watch?v=4XLEnwUr1d8>
 - Week 1 – 3 sets of 25 second of Time Under Tension (TUT) challenge
 - Weeks 2-4 – Improve Weekly – Add 5 seconds TUT per week
- BB Squat – Paused at Bottom
 - *Short Video - <https://www.youtube.com/watch?v=nknf16JJTzo>
 - Bar Placement:
 - *High Bar Placement – 7:18 mark - <https://www.youtube.com/watch?v=ZuAeilrCK6Q>
 - *Low Bar Placement - <https://www.youtube.com/watch?v=6vUf8uH1K00>
 - *General Squat Info – Video 1 – <https://www.youtube.com/watch?v=2t6-myXcV3I>
 - *General Squat Info – Video 2 – <https://www.youtube.com/watch?v=7A4R-o2xg3o>
 - *Bracing Concept - <https://youtu.be/oRCD6iEj9po>
 - Week 1 – 3 sets of 5-6 reps
 - Week 2 – 3 sets of 4-5 reps
 - Week 3 – 3 sets of 3-4 reps
 - Week 4 – 3 sets of 2-3 reps

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Accessory Circuit: ~2-4 minute rests

- DB RDL with Pause at Bottom
 - *Video - <https://www.youtube.com/watch?v=7FbblaMsnuY>
 - Pause for a “1-2-Up” count at the bottom
 - Allow the knees to bend as you bend at the hips so the shins remain vertical throughout the motion – this places greater stretch into the upper Hamstrings and lower Glutes
 - Use Wrist Straps to alleviate grip stress – Video - <https://youtu.be/dToKV8HpXQI>
 - Week 1 – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Goblet Hold Walking Lunges
 - *Video - <https://www.youtube.com/watch?v=7HWFmZsIsek>
 - Week 1 – 3 sets of 16-20 steps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Optional: Weakness Focused Finisher: ~2-4 minute rests

- DB One Arm Alternating Deadlift
 - *Video - <https://www.youtube.com/watch?v=Mug-H1gtNbE>
 - Week 1 – per arm – 3 sets of 4-8 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Example Workouts – Beginner

Workout 2 – Bench Press

Movement Prep Circuit: ~minimal rests

- *Can perform in any order
- Vacuum Breathing – on Hands & Knees (Quadruped)
 - *Video - ~1:05 mark - <https://www.youtube.com/watch?v=loaBqxLNgrM>
 - Week 1 – 3 sets of 3 holds with a 3-count contraction for each hold
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Quadruped Thoracic Reach
 - *Video - https://www.youtube.com/watch?v=9wM_U6dIWF0
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Body Weight Glutes – Quadruped Hip Circles
 - *Video – 5:44 mark - <https://www.youtube.com/watch?v=hX7UrI8Pz0w&t=11s>
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

Main Strength Circuit: ~3-5 minute rests

- Seated Scapular Retractions
 - *Video - <https://www.youtube.com/watch?v=hJffqKmfA>
 - All Weeks – 3 sets of 5 reps as shown in the video
- BB Bench Press – Paused at Bottom
 - *Video - <https://www.youtube.com/watch?v=zNqnC4Qays0>
 - Pause at the chest for a “1-2-3-up” count – focus on maintaining tight body position
 - General Bench Technique - <https://youtu.be/gQkdEg-G1Vc>
 - Week 1 – 3 sets of 5-6 reps
 - Week 2 – 3 sets of 4-5 reps
 - Week 3 – 3 sets of 3-4 reps
 - Week 4 – 3 sets of 2-3 reps

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Accessory Circuit: ~2-4 minute rests

- DB 15-degree Incline Chest Press
 - *Video – <https://www.youtube.com/watch?v=NOcLbVpCRK0>
 - Increase angle of bench by 1 notch to create 15-degree angle
 - Week 1 – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB One Arm Rows – Hand & Knee on Bench at 15-degree Incline
 - *Video - <https://www.youtube.com/watch?v=qj3A4-0DORM>
 - Week 1 – per arm – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Optional: Weakness Focused Finisher: ~2-4 minute rests

- DB Chest Press with Neutral Grip
 - *Video - <https://www.youtube.com/watch?v=cQGov35ph50>
 - Week 1 – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Example Workouts – Beginner

Workout 3 – Deadlift

Movement Prep Circuit: ~minimal rests

- *Can perform in any order
- Vacuum Breathing – Seated
 - *Video - <https://www.youtube.com/watch?v=cub3xhJXsAA>
 - Week 1 – 3 sets of 3 holds with a 3-count contraction for each hold
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Seated Thoracic Rotations
 - *Video - <https://www.youtube.com/watch?v=qY6l2O3QwbM>
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Seated Hip Mobility – One Leg Skater
 - *Video – 2:42 mark - https://www.youtube.com/watch?v=58qcNcVw_K4
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

Main Strength Circuit: ~3-5 minute rests

- Standing Cobra Good Morning
 - *Video - <https://www.youtube.com/watch?v=yMlI0jq3tWg>
 - Pause at the bottom for a “1-2” count
 - Push hips back to lower and squeeze glutes to raise – use your glutes not your lower back
 - All Weeks – 3 sets of 5 reps
- BB Conventional Deadlift
 - *Video - <https://www.youtube.com/watch?v=-dz18fiQWYs>
 - *Bracing Concept - <https://youtu.be/58XrN5u1F6U>
 - *Dead Stop Reps – Between reps stay in position but allow the weight to settle on the ground so you don’t bounce the bar off the floor – each rep should feel like a deadweight start rather than riding momentum from the previous rep
 - *This deadlift variation can be performed in a Sumo Deadlift position if desired
 - Week 1 – 3 sets of 5-6 reps
 - Week 2 – 3 sets of 4-5 reps
 - Week 3 – 3 sets of 3-4 reps
 - Week 4 – 3 sets of 2-3 reps

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Main Accessory Circuit: ~2-4 minute rests

- Weight Plate Hold Good Morning
 - *Video - <https://www.youtube.com/watch?v=5DOJ6qkfyNY>
 - To initiate the movement push your hips back as you tilt your chest towards the floor, and to protect the low back, at the top of the movement squeeze the glutes not the low back
 - Week 1 – 3 sets of 10-20 reps
 - Use a weight that allows you to feel the stretch of the hamstrings and bracing challenge of the abs and low back, but nothing that strains or hurts the low back
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Goblet Hold Alternating Reverse Lunge
 - *Video - <https://www.youtube.com/watch?v=E7xh53gAwsM>
 - Week 1 – per leg – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Optional: Weakness Focused Finisher: ~2-4 minute rests

- DB Skier Swings
 - *Video - <https://www.youtube.com/watch?v=99GbmjyY8>
 - Week 1 – 3 sets of 16-20 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Example Workouts – Beginner

Workout 4 – Optional Additional Workout

*Main Lift Focus: Squat & Bench Press

Movement Prep Circuit: ~minimal rests

- *Can perform in any order
- Vacuum Breathing – Standing Bent Over with Hands on Bench
 - *Video - ~2:00 mark - <https://www.youtube.com/watch?v=dp7-xN9z9Gc>
 - Week 1 – 3 sets of 3 holds with a 3-count contraction for each hold
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Body Weight Cuban Press
 - *Video - <https://www.youtube.com/watch?v=-8FRvKCIQvE>
 - Week 1 – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Body Weight Side Lunge Drops
 - *Video – 1:22 mark - <https://www.youtube.com/watch?v=FRtRDwrSXp8>
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

Accessory Circuit: ~2-4 minute rests

- Main Lift Focus: Squat
- DB Sumo Stance Deadlifts – Squat Mechanics with Hang Hold
 - *Video - https://www.youtube.com/watch?v=De9OUZz5W_I
 - Week 1 – 3 sets of 10-16 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Goblet Hold Squat with Slow Eccentric & Pause
 - *Video - <https://www.youtube.com/watch?v=CclS6Hbq4M>
 - Or can use KB with this grip - <https://www.youtube.com/watch?v=iDneVSrIF2U>
 - *Perform with a 3-count eccentric, 3-count pause, AND a 3-count concentric
 - Week 1 – 3 sets of 5-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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Accessory Circuit: ~2-4 minute rests

- Main Lift Focus: Bench Press
- DB One Arm Rows – Hand & Knee on Bench
 - *Video – 0:00 mark - <https://www.youtube.com/watch?v=sXd8gdIEvtg>
 - Week 1 – per arm – 3 sets of 10-16 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Chest Press
 - *Video – <https://www.youtube.com/watch?v=NOcLbVpCRK0>
 - Week 1 – 3 sets of 10-16 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Optional: Strongest Lift Focused Finisher: ~2-4 minute rests

- Main Lift Focus: Deadlift
- Body Weight Walking Lunges
 - *Video - <https://www.youtube.com/watch?v=L8fvypPrzsz>
 - All Weeks – 100 steps in shortest time possible

Example Workout – Intermediate

Workout 1 – Squat

Movement Prep Circuit: ~minimal rests

- *Can perform in any order
- Deep Squat into Hamstring Stretch
 - *Video - <https://www.youtube.com/watch?v=C8QjknzXYgc>
 - Week 1 – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Deep Squat with Alternating Thoracic Overhead Reach Rotation
 - *Video - <https://www.youtube.com/watch?v=CLoPcU9-JCk>
 - Week 1 – per side – 3 sets of 3 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Deep Squat into Reptile Push Up
 - *Video - <https://www.youtube.com/watch?v=zsTQzYWU-Ok>
 - Week 1 – per side – 3 sets of 3 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

Main Strength Circuit: ~3-5 minute rests

- Weight Plate Kang Squat
 - *Video - <https://www.youtube.com/watch?v=elieXaXU790>
 - All Weeks – 3 sets of 10 reps
 - Focus on bracing and maintaining a neutral spine and using the glutes and hamstrings rather than the low back
- BB Squat – Slow Eccentric
 - *Video - https://www.youtube.com/watch?v=rKHj0j_DU8I
 - Use a “1-2-3” count on the eccentric, when you hit the bottom of the squat say “Up” when you start to drive up – so “1-2-3-Up” through the descent and before you start driving upwards
 - *Bracing Concept - <https://youtu.be/oRCD6iEj9po>
 - Week 1 – 3 sets of 5-6 reps
 - Week 2 – 3 sets of 4-5 reps
 - Week 3 – 3 sets of 3-4 reps
 - Week 4 – 3 sets of 2-3 reps

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Main Accessory Circuit: ~2-4 minute rests

- DB Single Leg Stiff Legged Deadlift – Two Dumbbells
 - *Video - <https://www.youtube.com/watch?v=DDpON2JvXzk>
 - Week 1 – per leg – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- BB Front Squat – Paused
 - *Video - <https://www.youtube.com/watch?v=Cnc0qKLAgcU>
 - When you start to drive up from the bottom of the squat your focus should be to prevent the body from tilting forward. Try to maintain the most upright torso position possible
 - *Paused Concept - https://www.youtube.com/watch?v=RH_7Efn35w
 - *Grip Options - <https://www.youtube.com/watch?v=PUMkCFZpJWs>
 - Week 1 – 3 sets of 6-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Optional: Weakness Focused Finisher: ~2-4 minute rests

- Glute Bridge – Alternating Glute Bridge & Reverse Crunch
 - *Video - https://www.youtube.com/watch?v=n_IOM1w-iQc
 - Week 1 – 3 sets of 25 seconds
 - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week

Example Workout – Intermediate

Workout 2 – Bench Press

Movement Prep Circuit: ~minimal rests

- *Can perform in any order
- Half Kneeling Thoracic Rotation
 - *Video – 2:17 mark - <https://www.youtube.com/watch?v=nPHfEnZD1Wk&t=80s>
 - Week 1 – per side – 3 sets of 3 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Half Kneeling Hip Flexor Stretch with Overhead Reach
 - *Video - <https://www.youtube.com/watch?v=Jbq8uaPibh4>
 - Week 1 – per side – 3 sets of 3 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Half Kneeling Hamstring Stretch
 - *Video – 1:55 mark - <https://www.youtube.com/watch?v=nPHfEnZD1Wk>
 - Week 1 – per side – 3 sets of 3 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

Main Strength Circuit: ~3-5 minute rests

- DB Dual Bent Over Row Isometric Holds
 - *Video - <https://www.youtube.com/watch?v=9QvCX2qjQSg>
 - Perform each rep with a 3-5-count isometric hold at the top
 - Week 1 – 3 sets of 4-8 reps
 - Weeks 2-4 – Improve Weekly – Add weight, reps, or hold time within the listed rep range
- BB Bench Press – Slowed Eccentrics – Variable Speed
 - *Video - <https://youtu.be/YygHSBqewU>
 - Week 1 – 3 sets of 5-6 reps
 - Week 2 – 3 sets of 4-5 reps
 - Week 3 – 3 sets of 3-4 reps
 - Week 4 – 3 sets of 2-3 reps

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Main Accessory Circuit: ~2-4 minute rests

- DB Seal Row from Floor with Pause at Contraction
 - *Video - <https://www.youtube.com/watch?v=rPalCONDeGU>
 - Week 1 – 3 sets of 4-8 reps with “1-2” count at peak contraction
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Chest Press – Larsen Press
 - *Video - <https://www.youtube.com/watch?v=-39JD3Lgy2o>
 - While in this position maintain an arch but pull your abs inward to protect the low back
 - Week 1 – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Optional: Weakness Focused Finisher: ~2-4 minute rests

- DB Skull Crushers
 - *Video - <https://www.youtube.com/watch?v=ir5PsbniVSc>
 - Week 1 – 3 sets of 10-14 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Example Workout – Intermediate

Workout 3 – Deadlift

Movement Prep Circuit: ~minimal rests

- *Can perform in any order
- Leaning Over Cossack Squats
 - *Video - https://youtu.be/y35hhDPpf_Y
 - Perform the movements slowly squatting from one side to the other maintaining a constant motion for the desired rep range
 - Week 1 – per side – 3 sets of 3 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Bent Over Thoracic Rotations – Wide Stance
 - *Video - <https://www.youtube.com/watch?v=qnF9CspVhvQ>
 - Week 1 – per side – 3 sets of 3 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Plank – Knee Tucks
 - *Video - <https://www.youtube.com/watch?v=LWWYIwGW4HA>
 - Week 1 – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week

Main Strength Circuit: ~3-5 minute rests

- DB Rhythm Squat Jumps
 - *Video - <https://www.youtube.com/watch?v=AN1fbtDqB6s>
 - Week 1 – 3 sets of 5-10 reps
 - Start with 10lb DBs – if comfortable move up from there
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- BB Conventional Deadlift – Eggshell
 - *Video - <https://www.youtube.com/watch?v=HvsrRQ93yd8>
 - *”Pushing the Bar” - <https://youtu.be/UMM6S7FtC44>
 - *Bracing Concept - <https://youtu.be/58XrN5u1F6U>
 - *This deadlift variation can be performed in a Sumo Deadlift position if desired
 - Week 1 – 3 sets of 5-6 reps
 - Week 2 – 3 sets of 4-5 reps
 - Week 3 – 3 sets of 3-4 reps
 - Week 4 – 3 sets of 2-3 reps

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Main Accessory Circuit: ~2-4 minute rests

- Pull Ups with Eccentric Overload – Wide Overhand Grip
 - *Dead Hang Pull Up - <https://www.youtube.com/watch?v=4wNvjFIVnLc>
 - *Iso Hold with Slow Eccentric – <https://www.youtube.com/watch?v=9caJyHHjcuE>
 - Perform each portion of the movement for 1-5 seconds depending on ability, if you can exceed 5 seconds per portion for all reps prescribed add weighted resistance to the movement
 - Week 1 – 3 sets of as many regular pull ups as you can starting from a Dead Hang; once you reach failure add the concept of Isometric Hold with Slow Eccentric technique for 3-5 additional reps
 - Weeks 2-4 – Improve Weekly – Add weight, reps, or hold time within the listed rep range
- BB Bent Over Rows from Floor with Leg Drive – Lightly Tap Floor between Each Rep
 - *Video – <https://www.youtube.com/watch?v=Ahvpgf7UL6Q>
 - Light leg drive and torso lifting is okay, allows for overload compared to super strict
 - * Can use Wrist Straps to alleviate grip stress – Video - <https://youtu.be/dToKV8HpXQI>
 - Week 1 – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Optional: Weakness Focused Finisher: ~2-4 minute rests

- Glute Bridge – Straight Legged Glute Bridge with Feet on Bench
 - *Video - <https://www.youtube.com/watch?v=SEj4pfM5Uks>
 - Week 1 – 3 sets of 25 seconds
 - Weeks 2-4 – Improve Weekly – Add 5 seconds per set per week

Example Workouts – Intermediate

Workout 4 – Optional Additional Workout

*Main Lift Focus: Squat & Bench Press

Movement Prep Circuit: ~minimal rests

- *Can perform in any order
- Deadbug variation – Alternating Limb Extensions
 - *Video - <https://youtu.be/GNQJ4N7jVIA>
 - Week 1 – per side – 3 sets of 5 movements
 - Weeks 2-4 – Improve Weekly – Add 1 movement per week
- Glute Bridge with Posterior Pelvic Tilt (PPT)
 - *Video - <https://www.youtube.com/watch?v=brgT1Qg4Tk0>
 - Week 1 – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Plank – Side Plank from Elbow – Hip Dips
 - *Video – 1:13 mark - <https://www.youtube.com/watch?v=bHOteDDCrLs>
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

Accessory Circuit: ~2-4 minute rests

- Main Lift Focus: Squat
- DB Single Leg RDL with Knee on Bench
 - *Video - <https://www.youtube.com/watch?v=boyul-mR-9o>
 - Focus on pushing hips back and keeping your working leg shin vertical
 - Week 1 – per leg – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Bulgarian Split Squat – Goblet Hold
 - *Video - https://www.youtube.com/watch?v=D7_SuSf-l0g
 - You don't need to have a pad under your back leg knee but can if desired
 - Week 1 – per leg – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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Accessory Circuit: ~2-4 minute rests

- Main Lift Focus: Bench Press
- DB One Arm Rows – Hand & Knee on Bench
 - *Video – 0:00 mark - <https://www.youtube.com/watch?v=sXd8gdIEvtg>
 - Week 1 – per arm – 3 sets of 10-16 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Chest Press
 - *Video – <https://www.youtube.com/watch?v=NOcLbVpCRK0>
 - Week 1 – 3 sets of 10-16 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Optional: Strongest Lift Focused Finisher: ~2-4 minute rests

- Main Lift Focus: Deadlift
- DB Walking Lunges
 - *Video – <https://www.youtube.com/watch?v=Vo82ifin66I>
 - Week 1 – 3 sets of 16-20 steps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Example Workout – Advanced

Workout 1 – Squat

Movement Prep Circuit: ~minimal rests

- *Can perform in any order
- Spiderman Lunge with Hip Lift
 - *Video – 0:53 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Spiderman Lunge with Reach
 - *Video – 2:01 mark - <https://www.youtube.com/watch?v=sYrIMdOBHkg>
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Plank into Pike with Single Leg Raise
 - *Video - <https://www.youtube.com/watch?v=E6c0QfT5K4M>
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

Main Strength Circuit: ~3-5 minute rests

- 90 90 Transfers with Hip Thrust
 - *Video - <https://www.youtube.com/watch?v=z55IOhLzWHo>
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- BB Squat – Paused at Bottom into Regular Reps
 - *Short Video - <https://www.youtube.com/watch?v=nknf16JJTzo>
 - *High Bar Placement – 7:18 mark - <https://www.youtube.com/watch?v=ZuAeilrCK6Q>
 - *Low Bar Placement - <https://www.youtube.com/watch?v=6vUf8uH1K00>
 - *General Squat Info – Video 1 – <https://www.youtube.com/watch?v=2t6-myXcV3I>
 - *General Squat Info – Video 2 – <https://www.youtube.com/watch?v=7A4R-o2xg3o>
 - *Bracing Concept - <https://youtu.be/oRCD6iEj9po>
 - Week 1 – 3 sets of 5 paused reps into Regular Reps taken to 1RIR
 - RIR = “Rep in Reserve” – stop short of good form failure by the number listed – ex; if listed as “1 RIR” stop an estimated 1 rep short of good form failure
 - Week 2 – 3 sets of 4 paused reps into Regular Reps taken to 1RIR
 - Week 3 – 3 sets of 3 paused reps into Regular Reps taken to 1RIR
 - Week 4 – 3 sets of 2 paused reps into Regular Reps taken to 1RIR

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Main Accessory Circuit: ~2-4 minute rests

- Body Weight Harrop Curl
 - *Video - <https://www.youtube.com/watch?v=9ZVxTfIRgpU>
 - Week 1 – 3 sets of 5-10 reps
 - Weeks 2-4 – Improve Weekly – Add reps or slow eccentric tempo within the listed rep range
- BB Zombie Front Rack Alternating Reverse Lunges
 - *Video - <https://www.youtube.com/watch?v=4sck5Oq3WGk>
 - Week 1 – per leg – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Optional: Weakness Focused Finisher: ~2-4 minute rests

- DB Hang Hold Front Foot Elevated Forward Split Squat (for lower Quads)
 - *Video - <https://www.youtube.com/watch?v=oCi209N3nVk>
 - Week 1 – per leg – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Example Workout – Advanced

Workout 2 – Bench Press

Movement Prep Circuit: ~minimal rests

- *Can perform in any order
- Half Kneeling Prisoner Wall Circles
 - *Video - <https://www.youtube.com/watch?v=465J6Cu1zK8>
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Supine 90 90 Hip Lift with Feet on Wall
 - *Video - <https://www.youtube.com/watch?v=zWc4bV7QoFY>
 - Week 1 – 3 sets of 3 reps – hold each lift for a “1-2” count
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Active Leg Raise with Wall Bug
 - *Video – 9:21 mark - <https://www.youtube.com/watch?v=iEMc3BBQ5Mg>
 - The focus is pulling the ab wall inwards while maintaining a straight leg during the raise to help stretch the hamstring of the lifting leg
 - Week 1 – per side – 3 sets of 3 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

Main Strength Circuit: ~3-5 minute rests

- Lying Scapular Retraction Holds on Ground
 - *Video – <https://www.youtube.com/watch?v=r1LAmGxgPLY>
 - Week 1 – 3 sets of 5 reps with a 3-count hold on each rep
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- BB Bench Press – Paused Eccentric Presses
 - *Video - <https://youtu.be/sOLqijyTiKE>
 - Week 1 – 3 sets of 5-6 reps
 - Week 2 – 3 sets of 4-5 reps
 - Week 3 – 3 sets of 3-4 reps
 - Week 4 – 3 sets of 2-3 reps

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Main Accessory Circuit: ~2-4 minute rests

- DB 30-degree Incline Seal Rows
 - *Video - <https://www.youtube.com/watch?v=BzPuCOX69Kg>
 - Week 1 – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB 30-degree Incline Chest Press
 - *Video – <https://www.youtube.com/watch?v=NOcLbVpCRK0>
 - Increase angle of bench by 2 notches to create 30-degree angle
 - Week 1 – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Optional: Weakness Focused Finisher: ~2-4 minute rests

- DB 30-degree Incline Skull Crushers
 - *Video - <https://www.youtube.com/watch?v=gPUNnd9QpPk>
 - Slow the movement down a little compared to the guy in the video but keep the concept of not locking out your arms at the top
 - Week 1 – 3 sets of 10-14 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Example Workout – Advanced

Workout 3 – Deadlift

Movement Prep Circuit: ~minimal rests

- *Can perform in any order
- KB Half Kneeling Adductor Stretch
 - *Video - <https://www.youtube.com/watch?v=YT0KUNuY7QM>
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- KB Half Kneeling Halos
 - *Video - <https://www.youtube.com/watch?v=iFPwr-iPN8M>
 - Week 1 – per side – 3 sets of 3 rotations per direction
 - 6 rotations per side = 12 total rotations per set
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- Drag Plank (DB/KB)
 - *Video - <https://www.youtube.com/watch?v=V4h4Cl4VYn0>
 - Week 1 – 3 sets of 10-20 reps (1 drag = 1 rep / Reps are Total not per side)
 - Weeks 2-4 – Improve Weekly – Increase resistance and/or add reps within the listed rep range

Main Strength Circuit: ~3-5 minute rests

- Extended Plank for Lats – on Hands
 - *Video - <https://www.youtube.com/watch?v=mChNsVlpdZs>
 - Week 1 – 3 sets of 10 seconds effort
 - Weeks 2-4 – Improve Weekly – Each week add 5 seconds of effort
- BB Paused Off Floor Conventional Deadlift
 - *Video - <https://www.youtube.com/watch?v=B0RiSZx7SeY>
 - *Bracing Concept - <https://youtu.be/58XrN5u1F6U>
 - *Dead Stop Reps – Between reps stay in position but allow the weight to settle on the ground so you don't bounce the bar off the floor – each rep should feel like a deadweight start rather than riding momentum from the previous rep
 - *This deadlift variation can be performed in a Sumo Deadlift position if desired
 - Week 1 – 3 sets of 5-6 reps
 - Week 2 – 3 sets of 4-5 reps
 - Week 3 – 3 sets of 3-4 reps
 - Week 4 – 3 sets of 2-3 reps

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Main Accessory Circuit: ~2-4 minute rests

- BB Snatch Grip RDLs
 - *Video - <https://www.youtube.com/watch?v=CfZMJxSPUOA>
 - Week 1 – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- Glute Bridge – Single Leg Straight Legged Glute Bridge with Feet on Bench
 - *Video – 0:15 mark - <https://www.youtube.com/watch?v=SEj4pfM5Uks>
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

Optional: Weakness Focused Finisher: ~2-4 minute rests

- Body Weight Nordic Curl Eccentrics
 - *Video - <https://www.youtube.com/watch?v=UJAm2I2WBi8>
 - Week 1 – 3 sets of 5-10 reps
 - Weeks 2-4 – Improve Weekly – Add reps or slow eccentric tempo within the listed rep range

Example Workouts – Advanced

Workout 4 – Optional Additional Workout

*Main Lift Focus: Squat & Bench Press

Movement Prep Circuit: ~minimal rests

- *Can perform in any order
- Deadbug Reach Crunch
 - Video - <https://www.youtube.com/watch?v=Owfzjb56dn0>
 - Week 1 – 3 sets of 5 reps with a “1-2” count at peak contraction
 - Weeks 2-4 – Improve Weekly – Add 1 rep per set per week
- Glute Bridge with Thoracic Reach
 - *Video - <https://www.youtube.com/watch?v=097uxi1UmvQ>
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week
- Starfish Side Plank Raises from Elbow
 - *Video - <https://www.youtube.com/watch?v=2YLxjHt6EdQ>
 - Shown as a single rep with hold however we want to perform reps by holding for a “1-2” count and then drop back to the starting position with the hip on the ground – repeat this for “reps”
 - Week 1 – per side – 3 sets of 5 reps
 - Weeks 2-4 – Improve Weekly – Add 1 rep per side per set per week

Accessory Circuit: ~2-4 minute rests

- Main Lift Focus: Squat
- BB Split Stance RDL
 - *Video - <https://www.youtube.com/watch?v=322IdKDexEQ>
 - Week 1 – per leg – 3 sets of 8-12 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Goblet Hold Staggered Stance Squat (Split Stance Squat)
 - *Video - <https://www.youtube.com/watch?v=pXWsmJzZMEQ>
 - Shows the front foot on a balance pad, we will just have our foot on the ground
 - The video shows that the depth of the squat stops when the hip of the front leg is just above the height of the knee meaning we purposefully stop just short of parallel with the lead leg
 - Week 1 – 3 sets of 8-12 reps per leg
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

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Accessory Circuit: ~2-4 minute rests

- Main Lift Focus: Bench Press
- DB Chest Flyes
 - *Video - <https://www.youtube.com/watch?v=QENKPHhQVi4>
 - Week 1 – 3 sets of 10-14 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- DB Rolling Triceps Extensions
 - *Video - <https://www.youtube.com/watch?v=ruCGAgieW4I>
 - Week 1 – 3 sets of 10-14 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Optional: Strongest Lift Focused Finisher: ~2-4 minute rests

- Main Lift Focus: Deadlift
- DB Power Cleans Narrow Stance into Wide Stance – Two DBs
 - *Video – 1:10 mark - <https://www.youtube.com/watch?v=x8cffe6CUnE>
 - Week 1 – per position – 3 sets of 5-10 reps (10-20 total reps per set)
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Template Variations for Increased Personalization & Variability

Order of Exercises

Changing the order of the exercises within the Movement Prep circuit can create variety within the program without losing the benefits of the template. This can be used to allow exercises that target known weaknesses to be first within the circuit. It would not be recommended to change the order of the Main Strength Circuit or the Main Accessory Circuit unless you felt doing so would be best given the specific exercises you are using at that time. The current order of exercises within those circuits is specifically prioritized for best weight load capacity and technique proficiency

Changing Time Under Tension Targets

The time under tension targets listed within the template are specifically chosen to achieve the goals of increased strength along with increased mobility, muscular stress as it best produces future strength among many other reasons. However, you can change the time under tension targets per exercise to change the focus of the exercise more towards muscular development, muscular endurance, to promote greater caloric usage, to work around a joint / muscle strain, etc. Listen to the resource podcast to learn more about which time under tension ranges best target which goals.

*Resources:

<https://www.podbean.com/ew/pb-k67bm-ac934d>

Changing Working Set Intensity Structure

The working sets listed within the program are to be performed with even intensity, meaning that each working set is intended to be performed 1 rep short of good form failure and/or performed to good form failure. One way to create more variety within the program is to change the working set intensity scheme. For example, you can perform 1-2 working sets with full focus on the quality of the movement, maintaining perfect form and stopping 1-2 reps short of good form failure. Then, on the final working set of the exercise you can add an intensity modifier, known as an intensity technique. These types of techniques help push the working muscle(s) beyond normal levels of failure which can add new stimulus and new variety to the workouts. The resource podcast explains several intensity techniques that can be used within the template structure

*Resource:

<https://www.podbean.com/ew/pb-scyv7-1201f36>

Combining the Main Circuits

Performing the circuits of the template as written will allow for the workouts to be completed within 60-75 minutes. However, there are a few options for how to adjust the Main Circuits to create more variety and personalization

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You may choose to combine the Main Strength and Accessory Circuits into one circuit of four exercises. This can allow the workout to be performed in a shorter time frame if that is needed. To further aid in reducing the total workout time, you can reduce the number of working sets from 3 working sets to 2 working sets. If you make this change it is recommended to reduce the expected intensity of the Main Lift of the Workout. With the reduction of rest time to workload ratio created by combining the circuits your ability to display your strength will be reduced therefore you may need to reduce expected weight and/or expected reps. Making this adjustment will not reduce the effectiveness of the workout as the strength systems of the body will still be appropriately stimulated but it will help to decrease risk of injury which is the main aspect of why this adjustment concept is recommended

Also, combining the Main Strength and Accessory Circuits into one circuit will increase the cardiovascular stress compared to the original template if that is desirable

Moving Equipment to Same Proximity (if applicable)

In the workout examples only free weight exercises were used to increase the universal applicability of the workouts however the use of machines can be incorporated into the workouts. If the facility you're working in is a home gym, a private gym, or a small semi-private gym you can incorporate more machines into the workouts easily without interference from others, however if you're working out in a commercial gym you may be limited to only incorporating a single machine with the use of free weights. For example, you may choose to use a Leg Press as part of your workout, if so you can use dumbbells, kettlebells, or other free weight exercise options or even body weight exercises without interference from others while being able to include the machine into your workout

Separating the Main Accessory Circuit

You may choose to separate the exercises of the Main Accessory Circuits to perform them individually. This adjustment will add time to the workout but it may be desirable if you're wanting to use specific equipment that doesn't lend itself well to being performed as a circuit, or if it allows you to reduce cardiovascular stress which may help reduce injury risk if you're too fatigued to perform the exercises as a circuit with safe correct technique, or if you feel it allows you to better focus on each individual exercise assuming you have the additional time to allow for this adjustment

Workout Structure and Exercise Selection Relative to Competition

4 weeks before Competition (Peaking)

- Main Lift Exercises (Squat, Bench Press, Deadlift)
 - During this time, you want to perform the competition specific variations of these lifts including practicing the Command Cues for each lift
 - Per Week Adjustments
 - Weeks 3 & 4 away from the Meet – Perform fewer reps per set with a higher percentage of your assumed one rep max. Typically, it is best to perform sets of 3 reps or less aiming for near maximal intensity but with minimal technique breakdown. The idea of training for these weeks is to refine your technique, not to strain it. You want to practice these lifts as if you're at the meet – heavy weight to prepare for what a one rep max will feel like but with perfect technique and following the individual lift Command Cues
 - Week 2 away from the Meet – Work up to perform your estimated 1st and 2nd attempt at the meet
 - Week of the Meet – Only work up to your assumed last warm up set before your 1st attempt at the meet. This week it is recommended to perform both your Squat and Deadlift on the first workout of the week since all accessory exercises will be skipped within the workouts
- Accessory Exercises
 - During this time, you want to reduce the number of working sets. You want to maintain your usual intensity to maintain your strength, however, reducing the number of working sets will help allow the joints, muscles, and nervous system to recover and “peak” leading into the meet
 - Per Week Adjustments
 - Weeks 3 & 4 away from the Meet – Perform only 2 working sets of the accessory exercises
 - Week 2 away from the Meet – Perform only 1 working set of the accessory exercises
 - Week of the Meet – Skip the accessory exercises entirely
- During this week only perform the first and second workout of the week; Squat and Deadlift in Workout 1, and then Bench Press in Workout 2. Take a rest day after those workouts and then perform a low intensity general mobility workout 2 days before the meet to ensure maintained normal mobility leading into the meet

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4-8 weeks before Competition (Refining)

- Main Lift Exercises
 - During this time, you want to perform variations that are similar to the competition specific variations in positioning and technique cues. You may choose a variation that places extra emphasis on a known weakness of the competition specific lifts, but you don't want to be "too far removed" from the feel of the competition lifts. This will allow you to transfer to the competition lift variations in the final 4 weeks within minimal if any technique adjustments so that your technique is "dialed in" at the meet
- Accessory Exercises
 - During this time, you want to select exercises that are familiar to you in order to help control potential negative responses from new exercises such as joint strain, ineffective response, etc
- During this time, it is best to reduce physical activity unrelated to training to allow the body to "peak" for the meet in regards to recovery and CNS responsivity

8+ Weeks from Competition (Offseason / Building)

During this time all exercises are encouraged to be as open in choice as you'd like. This is the best time to experiment with new exercises and concepts to test their effectiveness so you can continue to progress in physical strength and continue to learn aspects that may help your "peaking" process when working towards a powerlifting meet such as knowing which exercises help you feel and refine your competition lift technique and which exercises elicit the best strength response for each competition lift

Competitive Powerlifting Related Information

Podcast to Learn about “Meet Day” – the day of a Powerlifting Competition

<https://www.podbean.com/ew/pb-5rnm6-b84bef>

Weight Classes

There are many powerlifting federations, but the most common accepted weight classes are listed below. Before competing in any federation read their rules and standards for competition to know the weight classes specific to that federation

- 44 kg (up to 97.0)
- 48 kg (97.1 to 105.8)
- 52.0 kg (105.9 to 114.6)
- 56.0 kg (114.7 to 123.4)
- 60.0 kg (123.5 to 132.2)
- 67.5 kg (132.3 to 148.8)
- 75.0 kg (148.9 to 165.3)
- 82.5 kg (165.4 to 181.8)
- 90 kg (181.9 to 198.4)
- 100.0 kg (198.5 to 220.4)
- 110 kg (220.5 to 242.5)
- 125 kg (242.6 to 275.5)
- 140 kg (275.6 to 308.6)
- 140.1 kg+ (308.7 and above)

Equipment Needed for a Powerlifting Meet

Each powerlifting federation has its own list of “Approved Equipment”. Before competing in any federation read their list of Approved Equipment to ensure your equipment meets the standards / brands approved specific to that federation

- General:
 - Singlet - a colored singlet, not all black, is recommended
 - Underwear - must be non-compression
 - T-Shirt - a cotton t-shirt
- Squat:
 - Belt
 - Knee Sleeves
 - Olympic Shoes (if applicable to you)
- Bench Press:
 - Wrist Wraps
- Deadlift:
 - Long Socks
 - Deadlift Shoes (if applicable to you)

For lifters using single or multi-ply suits you’ll want to ensure that you have each lift-specific “suit/shirt”

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Powerlifting Classification Descriptions

- Elite: An exceptional lifter, very likely to be in the top 20 in the nation for their respective weight class. Elite lifters generally place very well at local level competitions and will usually hold their own at National level competitions. It is common for Elite level lifters to have 10+ years of experience with serious powerlifting training. Approximately 1% of competitive powerlifters will reach the Elite level of classification
- Master: A very skilled lifter, very likely to be in the top 50 in the nation for their respective weight class. Master lifters usually perform quite well at local level competitions and may want to think about competing on a national scale. Master lifters are likely to have 5+ years of experience with serious powerlifting training. Approximately 10% of competitive powerlifters will reach the Master level of classification
- Class I: A skilled lifter. A Class I lifter is significantly stronger than the average person that engages in regular intense weight training. Class I lifters are likely to have 4+ years of experience with serious powerlifting training. A high percentage (~30%) of competitive powerlifters are at the Class I level classification
- Class II: A relatively skilled lifter. A Class II lifter is stronger than the average person that engages in regular intense weight training. Class II lifters are likely to have 3+ years of experience with serious powerlifting training. A high percentage (~30%) of competitive powerlifters are at the Class II level classification
- Class III: A Class III lifter is stronger than the average person. Class III lifters are likely to have 2+ years of experience with hard resistance training. A reasonable number (~20%) of competitive powerlifters are at the Class III level classification, this classification is common among teenage and upper-level master lifters (50+ years old)
- Class IV: A Class IV lifter is at the beginning stage for a powerlifter. Class IV lifters are likely to have 1+ year of experience with hard resistance training. A smaller number (~10%) of competitive powerlifters compete at the Class IV level classification.

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Competition Commands for Each Lift

Squat Commands

- “Platform Ready”
 - When they have the bar loaded for your attempt they'll say "Platform Ready"
 - You'll then have one minute to unrack the bar – You can unrack the bar any time you want within the one minute so take some time if you need to get your mind right and make sure your upper back is braced properly in your set up
 - You don't have to finish the squat in one minute, you just have to unrack the bar within the one minute
- “Squat”
 - After the “Platform Ready” command you can unrack within the one-minute timeframe whenever you feel ready
 - As you unrack the bar and step back into position you want to keep your eyes off the head judge - don't look at them - set your feet where you feel comfortable, then once your feet are set you can then look at the judge. This signals to them that you're ready
 - They'll then give the "Squat" command
 - Once they give that command you cannot adjust your feet, so that's why it's important to have your feet adjusted first before looking at them so they don't give that command too early, before you're ready
- During the Lift
 - Once they say "Squat" you can start the descent of the squat at any time you want, there's no rush, take your time to squeeze your mid-back, get a big breath in, and then start to squat
 - The only rule is that you cannot move your feet after they say "Squat" but there's no rush to squat - they're giving you permission to squat when you want, not telling you when to do it
 - You'll squat down and back up without any command at the bottom of the squat - it's up to you to squat to what you feel is parallel (which we're doing well in our workouts)
- “Rack”
 - Once you return to the top of the squat you have to stay in place until you're given a "rack" command. The intent is they want to see if you're in control of the weight
 - The command usually isn't delayed, it's a pretty quick command, but you want to practice stopping at the top of the squat for a "1-2" count before racking the bar so you have those mechanics as autopilot, so you don't accidentally rush at the meet and move before the command

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Bench Commands

- “Platform Ready”
 - This is the same as the Squat – you have one minute to get into position and unrack the bar. Again, you don’t have to complete the lift within the one-minute timeframe, you just have to unrack the bar within the one minute
- “Start”
 - Once you’ve set up properly and unracked the bar you’ll have to hold the top position until they give the “Start” command
 - This is the same as the Squat – you don’t have to start when they say the command, they’re just giving you permission to start the lift when you feel ready
- “Press”
 - Once you start the descent of the lift you must lower the bar until it touches your chest, BUT unlike the Squat there is a command at the bottom of the Bench Press
 - When the bar touches your chest, the judge will be looking to see if you have control of the bar – it’s not shifting side to side, and it’s not bouncing
 - When they feel you have demonstrated control of the bar, they will give the “Press” command
 - As with the Start command you don’t have to press the bar when they say press, they’re just giving you permission to start the press; however, it’ll usually be best practice to start the press as soon as possible
- “Rack”
 - Once you’re at the top of the lift, as with the Squat, you have to pause at the top of the lift to demonstrate that you have control of the bar
 - Once you’ve demonstrated control, they’ll give the “Rack” command. As with the Squat this command usually isn’t delayed, it’s a quick command, but you want to practice stopping at the top of the press for a “1-2” count before racking the bar so you have those mechanics as autopilot, so you don’t accidentally rush at the meet and move before the command

Deadlift Commands

- “Platform Ready”
 - This is the same as the Squat and Bench – you have one minute to get into position and start the lift. Since the Deadlift doesn’t have an “unracking” component to the lift you are expected to start the lift within the one-minute timeframe. You don’t technically have to finish the lift within the one minute, but you do have to start it within the one minute – “starting the lift” is defined as the bar coming off the floor, not just that you have your hands on the bar
- During the Lift
 - There is no “Start” command to the Deadlift. Once you feel you’re in good position you’ll start the Deadlift to the top of the movement
- “Down”
 - At the top of the Deadlift, you’ll have to pause to demonstrate control of the bar and to show a full lockout position at the top of the lift
 - Once you’ve demonstrated control and full lockout the judge will give the “Down” command
 - When lowering the bar to the ground you MUST keep your hands on the bar. You cannot let go of the bar / drop the bar – that will result in a disqualification of the lift
 - Once the bar is back to the ground you can let go of the bar

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Technique Information for Squat, Bench, Deadlift, and Overhead Press

Squat – Technique Education Videos

- General Squat Technique
 - *Video 1 – <https://www.youtube.com/watch?v=2t6-myXcV3I>
 - *Video 2 – <https://www.youtube.com/watch?v=7A4R-o2xg3o>
- Bar Placement – Try both options, use whichever is most comfortable
 - *High Bar Placement – 7:18 mark - <https://www.youtube.com/watch?v=ZuAeilrCK6Q>
 - *Low Bar Placement - <https://www.youtube.com/watch?v=6vUf8uH1K00>
- Bracing for Core and Upper Back
 - *Video - <https://youtu.be/oRCD6iEj9po>
- Head Positioning
 - *Video - <https://youtu.be/OfZfKbJ8Gog>
- Rooting the Feet
 - *Video - <https://www.youtube.com/watch?v=TuwgEler5CE>
- External Rotation of the Knees during Squats
 - *Video - <https://www.youtube.com/watch?v=DhVHrMibKQg>
 - Maintain your normal foot angle and width, add the concept taught in the video

Bench Press – Technique Education Videos

- General Bench Technique
 - *Video - <https://youtu.be/gQkdEg-G1Vc>
- Lat Tightness Concept
 - *Video - <https://youtu.be/4MA0EgDhe7c>
- Back Tightness Concept
 - *Video - <https://youtu.be/lIonEc8urnQ>
- Leg Pressure Concept
 - *Video - <https://youtu.be/CSSTvu6fzts>

Conventional Deadlift – Technique Education Videos

- General Conventional Deadlift Technique
 - *Video - <https://www.youtube.com/watch?v=-dz18fiQWYs>
- Bracing Concept
 - *Video - <https://youtu.be/58XrN5u1F6U>

Sumo Deadlift – Technique Education Videos

- General Sumo Deadlift Technique
 - *Video - <https://www.youtube.com/watch?v=hL68Cfkfs9k>
- Bracing Concept
 - *Video - <https://youtu.be/58XrN5u1F6U>

Overhead Press – Technique Education Videos

- General Overhead Press Technique
 - *Video - *Video - https://www.youtube.com/watch?v=xe19t2_6yis
- Low Back Protection
 - *Video - <https://youtu.be/WTb61FY9VbE>

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Stretching to Address Tight Muscles

The stretches listed below are intended to help you self-treat tight movement issues (tight muscles, limited range of motion, etc) that may arise during your training. Overwhelmingly most movement quality issues arise due to poor technique and poor nutrition so please revisit the video tutorial of any exercise you're experiencing movement quality issues with and listen to the podcast listed in the Nutrition Information section

Lower Body Stretches – Perform these daily until they feel easy – then use them if/when needed

- Cross Legged Glute Stretch
 - *Video - <https://www.youtube.com/watch?v=tnYtS6OwzDY>
 - All Weeks – 1 set of 60-120 seconds per side
- Lunge Stretch
 - *Video - <https://www.youtube.com/watch?v=SpWoClWufB8>
 - All Weeks – 1 set of 3-5 contract/releases per side
- Hamstring Stretch
 - *Video - https://www.youtube.com/watch?v=E0GLw5I_rk
 - All Weeks – 1 set of 3-5 contract/releases per side
- Soleus Stretch
 - *Video - <https://www.youtube.com/watch?v=A4Qw9ZRnFgk>
 - Try all variations, find the one that feels most effective
 - All Weeks – 1 set of 60-120 seconds per side

Upper Body Stretches – Perform these daily until they feel easy – then use them if/when needed

- Wide Push Up Chest Opener
 - *Video – 0:55 mark - <https://www.youtube.com/watch?v=xcxqJgPZSxM>
 - All Weeks – 3 sets of 5 reps per side
- Lat Stretch
 - *Video - <https://www.youtube.com/watch?v=kt07LRdWyYE>
 - All Weeks – 3 sets of 60-120 seconds per side

Self-Treatment Pain Management

The treatments listed below are intended to help you self-treat movement quality issues (aches, pains, strains, etc) that may arise throughout your training. Overwhelmingly most movement quality issues arise due to poor technique and poor nutrition so please revisit the video tutorial of any exercise you're experiencing movement quality issues with and listen to the podcast listed in the Nutrition Information section (on next page)

Pain in Front of Shoulder

- Option 1 – Lacrosse Ball Rolling Chest Muscle
 - *Video - <https://youtu.be/MD9gtluhgaY>
 - 1-2 sets of 30-60 seconds per side
- Option 2 – Lacrosse Ball Rolling Lat Muscle
 - *Video - <https://www.youtube.com/watch?v=qq3H1ur6q-c>
 - 1-2 sets of 30-60 seconds per side

Pain in Elbows

- Option 1 – Lacrosse Ball Rolling Triceps Muscle
 - *Video - <https://www.youtube.com/watch?v=y5fpBzggV4U>
 - 1-2 sets of 30-60 seconds per side
- Option 2 – Lacrosse Ball Rolling Forearm Muscles
 - *Video - <https://www.youtube.com/watch?v=xf72fBX0zvK>
 - 1-2 sets of 30-60 seconds per side

Pain in Front of Hip

- Option 1 – Quad Stretch on Roller Pad
 - *Video - <https://youtu.be/Ks8zHSmoky8>
 - 2-3 sets of 60-120 seconds per leg
- Option 2 – Lacrosse Ball Rolling Front of Hip / Upper Thigh
 - *Video - <https://youtu.be/UolyY9Qt8jU>
 - 1-2 sets of 30-60 seconds per side

Pain in Knee Joint

- Option 1 – Quad Stretch on Roller Pad
 - *Video - <https://youtu.be/Ks8zHSmoky8>
 - 2-3 sets of 60-120 seconds per leg
- Option 2 – Band TKEs
 - *Video - <https://youtu.be/YEMNcU6Gk0A>
 - 2-3 sets of 20 reps per leg

Pain in Low Back during Lower Body Movements

- Option 1 – Lacrosse Ball Rolling Hamstrings Muscles
 - *Video - <https://www.youtube.com/watch?v=Cl-T7I2mNg0>
 - 1-2 sets of 30-60 seconds per side
- Option 2 – Learning Proper Bracing during Movement to Identify Correct Hip Tilt
 - *Video - <https://youtu.be/58XrN5u1F6U>
 - Practice with all relatable movements to develop strength and awareness

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Nutrition Information

Combining proper nutrition with the template is a MUST to achieve the full benefits. If you would like to learn how to create your own nutrition program that would be specific to your goal, needs, preferences, and schedule please listen to the podcast below.

If you would like help with creating a personalized nutrition program, you can sign up for our Nutrition Coaching service which is explained in the Add-On Services section (next page)

Podcast #1232 – Nutrition – Start Here

<https://www.podbean.com/ew/pb-g8tgy-11ab473>

*****PLEASE LISTEN TO THE PODCAST ABOVE BEFORE READING / USING THE NEXT SECTION*****

As explained in the podcast above the information below represents general guidelines, aka starting places. You must track your nutrition habits for accuracy, track the related responsive data (body weight, energy levels, progression in training, etc.), and then adjust as needed to better pinpoint your habits specifically to your body's responses in reference to your desired outcome

Calories = Ideal Body Weight x 11-15

- 11-13 = if you want to lose body weight; lose fat while maintaining muscle mass
- 12-14 = if you want to maintain weight while building muscle and losing body fat simultaneously
- 13-15 = if you want to gain body weight aim to gain mostly muscle mass with minimal body fat

Protein = Ideal Body Weight x 0.6-1.25g

- 0.6-0.8 = if you're training 2-3 times per week and muscle growth isn't a high priority
- 0.7-0.9 = if you're training 2-3 times per week and muscle growth is a high priority
- 0.8-1.0 = if you're training 3-4 times per week and muscle growth is a high priority
- 1.0-1.25 = if you're training 4+ times per week and want to maximize muscle growth

Distribution / Meal Timing

- Any Time = If your goal is purely weight loss meaning you're not concerned with maximizing body composition or daily energy balance, or minimizing cravings, then when you eat doesn't matter. Studies have shown that meal timing doesn't impact fat loss, but that is independent of all other factors (body composition, muscle growth, daily energy, digestion, craving control, etc.)
- "Thirds" = (most recommended) = If you want to achieve a balance of all factors stated above divide the waking part of your day into 3 "time blocks" of ~5-6 hours. The first time block would start when you wake up. Divide your calorie and protein intake targets into thirds and aim to consume each third in each of the three ~5-6 hour time blocks throughout the day
- "Half-Quarter-Quarter" = (challenging, but best) = This option builds from the "Thirds" approach. In the time block that you workout aim to consume half of your daily calorie and protein intake, then in the other two time blocks consume a quarter of your daily calorie and protein intake. Even if you achieve the full half goal, emphasizing that time block is beneficial

Further details are covered in the podcast such as Carb vs Fat intake, specific food selections, supplements, and more

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Program Add-On Services

Template Education

Price: \$100 (one-time payment for 1-month service)

This service includes:

- Personalized Specific Exercise Selection Education
 - o I will gather personal information regarding your specific goals, past training history, past injuries, current abilities, equipment availability, etc. Using that information, I will help you select the best specific exercises for you per exercise selection category explained in the template
- Weekly Communication (Live Online Document)
 - o You and I will communicate weekly using a live online document to discuss and share educational content as well as to discuss your experiences with the workouts each week
- Unlimited Q&A
 - o Using the live online document, you are welcome to ask all questions you have about the template, exercise selection, exercise / workout performance, etc. It's an open opportunity to ask anything that will help you understand how to best utilize the template

Nutrition Coaching

Price: \$100 per month (no contract)

This service includes:

- Personalized Nutrition Programming
 - o I will gather personal information regarding your specific goals, past nutritional history, current nutritional habits, schedule, food preferences, etc. Using that information, I will create a personalized nutrition program that will best complement the template so you can achieve the greatest results possible
- Weekly Communication (Live Online Document)
 - o You and I will communicate weekly using a live online document to discuss and share educational content as well as to discuss your nutritional actions each week
- Unlimited Q&A
 - o Using the live online document, you are welcome to ask all questions you have about nutrition; meal schedule, food selection, macronutrient balance, etc. It's an open opportunity to ask anything that will help you understand how to best utilize the nutrition program

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Online Coaching

Price: \$200 per month (no contract)

This service includes:

- Personalized Specific Exercise Selection Education
 - o I will gather personal information regarding your specific goals, past training history, past injuries, current abilities, equipment availability, etc. Using that information, I will help you select the best specific exercises for you per exercise selection category explained in the template
- Personalized Nutrition Programming
 - o I will gather personal information regarding your specific goals, past nutritional history, current nutritional habits, schedule, food preferences, etc. Using that information, I will create a personalized nutrition program that will best complement the template so you can achieve the greatest results possible
- Weekly Communication (Live Online Document)
 - o You and I will communicate weekly using a live online document to discuss and share educational content as well as to discuss your nutritional actions and your experiences with the workouts each week
- Unlimited Q&A
 - o Using the live online document, you are welcome to ask all questions you have about the template such as exercise selection, exercise / workout performance, etc., and your nutrition such as meal schedule, food selection, macronutrient balance, etc. It's an open opportunity to ask anything that will help you understand how to best utilize the template and nutrition program

*Resource to learn more about Online Coaching:

<https://www.podbean.com/ew/pb-sxn6u-1162370>

Educational Resources

Brutal Iron Gym's Daily Podcast

Available on our website – www.brutalirongym.com – and on most popular podcast platform

Our podcast is listener-driven meaning you can ask any question and we'll answer it in a podcast!

The podcast covers nutrition, training, mindset, trainer education, and much more!

You can send a request via email brutalirongym@gmail.com or direct message through our website

Brutal Iron Gym's Instagram Page

Page name - "Brutal Iron Gym"

We post daily content relating to nutrition, training, motivation, mindset, and much more!

If you visit our Instagram page, please follow us to help increase the reach and benefit the page can offer to others!

Brutal Iron Gym's YouTube Channel

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