



# EMBRACE THE SUCK

## WEEK 10



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

**FOCUS:** PUSH

EXERCISE	REPS	SETS	NOTES						
Push Up Pyramid	10	10	* Complete on smith machine. Start on bottom setting and complete 10 push ups. Move the smith machine up each notch and complete 10 push ups. Start on the bottom, work towards the top, and back to the bottom. About 10 sets depending on your smith machine.						
Close Grip Dumbbell Press	8-10	4	* This is a chest press variation. Your hand positioning changes this exercise. Keep the dumbbells together throughout the entire movement. This isolate the inner chest and triceps.						
Landmine Press	12-15	4	*SUPERSET						
Incline Barbell Press	8-10	4							
Dumbbell Overhead Press	8-10	4							
Side Lateral Raise	8-10	3	*SUPERSET						
Dumbbell Shrugs	8-10	3							
Floor Press	8-10	4							
Rope Cable Push Down	15-20	5							



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**FOCUS:** PULL

EXERCISE	REPS	SETS	NOTES					
Bent Over Barbell Row	8-10	4						
Pull Ups	AMRAP	4						
One Arm Dumbbell Row	12-15	4	*SUPERSET					
Lat Pull Down	12-15	4						
Preacher Curl	8-10	4						
Dumbbell Hammer Curl	8-10	3						
Decline Sit Ups	AMRAP	4	*SUPERSET					
Hanging Leg Raises	AMRAP	4						



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**FOCUS: LOWER**

EXERCISE	REPS	SETS	NOTES
Leg Press	10	10	* 45 second rest period between sets
Bodyweight Squats	300	1	* Complete 300 bodyweight squats (no added weight) as fast as possible without compromising form.
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	
Stiff Leg Deadlifts	10-12	4	* Focus is on hamstrings.
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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**Program Overview:** This week is a 6-day training split with 2 cardio sessions.

**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						
Cable Flys	8-10	4						
Lat Pulls Downs	8-10	4						



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**FOCUS:** Metabolic Conditioning, Abs

**\*Scale weight as necessary**

	<b>For Time</b>
	50 Pull Ups
	50 Push Ups
	50 Deadlifts at 185 lb
	50 Bench Press at 185 lb
	50 Box Jumps at 40 inches
	500 meter row
	* Finish with Hanging Leg Raises - 4 sets x AMRAP



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

**STRONG MAN SATURDAY - Lower Focus to work up to 1 rep max.**

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								
Barbell Squat	10	1	50% of projected 1 rep max						
Barbell Squat	5	1	60% of projected 1 rep max						
Barbell Squat	3	1	70% of projected 1 rep max						
Barbell Squat	1	1	80% of projected 1 rep max						
Barbell Squat	1	1	90% of projected 1 rep max						
Barbell Squat	1	1	100% of projected 1 rep max						
Leg Extensions	100	1	*As many sets necessary to complete 100 reps						
Leg Curls	100	1	*As many sets necessary to complete 100 reps						
Walking Barbell Lunges	20	4							



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**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.

### Run For Time

2 mile run