



EMBRACE THE SUCK

12-WEEK

WWW.NICKBAREFITNESS.COM



Program Overview: This week is a 6-day training split.

CHEST/TRICEPS

EXERCISE	REPS	SETS	NOTES					
Push Ups	AMRAP	4						
Cable Chest Flys	12-15	4	*Complete these while on knees and cable attachment at highest setting. Pull cables down in front of you towards hips rather than in front.					
DB Flys Superset	10-12	4	*Complete one DB fly and one close grip DB press = 1 rep. After completing the DB fly, bring DBs together and complete a close grip press.					
Incline Bench Press	8-10	4						
Dips	AMRAP	4						
Overhead Tricep DB Extension	12-14	4						
Rope Tricep Push Downs	12-15	4						
Hanging Leg Raises	AMRAP	6						



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BACK/BICEPS

EXERCISE	REPS	SETS	NOTES					
Deadlifts	5	5						
Pendlay Rows	12-15	3						
Pull Ups	10	4	*SUPERSET					
Lat Pull Down	10	4						
Cable Crunches	12-15	4	*Core work					
Preacher Curl	12-15	4	*SUPERSET					
Reverse Grip Barbell Bicep Curl	12-15	4						
Alternating Hammer Curls	12-15	4						



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LEGS

EXERCISE	REPS	SETS	NOTES					
Walking Barbell Lunges	10	10	*One rep is both legs completed lunge.					
Leg Extension	15-20	4	*SUPERSET					
Leg Curl	15-20	4						
Squat Complex	*Place bodyweight on bar. EX: If I weigh 225 pounds I will place 225 pounds on the bar. Complete a 400 meter sprint. If you don't have access you outside area you can use a treadmill or 1:30 on bike, elliptical, assault bike, rower, etc. After the 400 meter sprint complete AMRAP on the squat. Complete this circuit 4 times with 2 minutes rest in between.							
Calf Raises	20-25	4						
Decline Weighted Sit Ups/ Crunches	12-15	4	*SUPERSET					
Hanging Leg Raises	AMRAP	4						



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SHOULDERS/ARMS

EXERCISE	REPS	SETS	NOTES					
Hand Stand Push Ups	AMRAP	4	*We will start incorporating these in to the training. Try your best to complete them and they will get easier every week.					
Barbell Push Press	5	5						
One Arm Standing DB Shoulder Press	10-12	4						
Side Lateral Raise	12-15	4	*SUPERSET					
Front Plate Raise	AMRAP	4						
Spider Curls	12-15	4						
Skull Crushers	15-20	4						
Cable Bicep Curl (Straight Bar)	12-15	4	*SUPERSET					
Bodyweight Dips	AMRAP	4						



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CHEST/BACK

EXERCISE	REPS	SETS	NOTES					
Bench Press	5	5						
Cable Flys	15-20	4						
Incline Barbell Press	10	4						
Pull Ups	12-15	4	*SUPERSET					
DB One Arm Row	12-15	4						
Lat Pull Down	8-10	4						
Pendlay Row	10-12	4						
Decline Weighted Sit Ups/ Crunches	12-15	4	*SUPERSET					
Hanging Leg Raises	AMRAP	4						



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LEGS

EXERCISE	REPS	SETS	NOTES					
Barbell Squat	8-10 reps	6						
Stiff Leg Deadlifts	12-15	4						
Leg Extensions	12-15	4						
Leg Curls	12-15	4	*SUPERSET					
Leg Press	12-15	4						
Hanging Leg Raises	AMRAP	4						



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Program Overview: This program provides 3 days of cardio per week.

For the METCONS - you can scale the weight as needed.

CARDIO

Day 1

20 minutes low intensity cardio on stairmaster, incline treadmill, rower, assault bike or run outside.

Day 2

MURPH

1 mile run
100 pull ups
200 push ups
300 body squats
1 mile run

Day 3

Track Workout

(1) 400 meter sprint
(2) 800 meter sprint
(3) 400 meter sprint
(4) 200 meter sprint