



EMBRACE THE SUCK

12-WEEK

[WWW.NICKBAREFITNESS.COM](http://www.nickbarefitness.com)



Program Overview: This week is a lower body, pull and push split. The split is 3 days but should be completed twice in one week for a total of 6 workout days and one rest day.

LOWER

EXERCISE	REPS	SETS	NOTES					
Barbell Squat	5	5						
Barbell Squat	AMRAP	1	*Use 70% of your 1 rep max					
Barbell Lunges	20	5						
Leg Extensions	100	-	*As many sets as it takes to complete 100 reps					
Leg Curls	100	-	*As many sets as it takes to complete 100 reps					
Hanging Leg Raises	AMRAP	4	*Core work					
Cable Crunches	20	4						



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PULL

EXERCISE	REPS	SETS	NOTES					
Deadlifts	5	5						
Deadlifts	AMRAP	1	*Use 70% of your 1 rep max					
Pull Ups	AMRAP	5m	*As many reps as possible in 5 minutes					
Lat Pull Down	12-15	4						
Pendlay Row	12-15	4						
Standing Bicep Curl	8	4	*SUPERSET					
Alternating Hammer Curl	AMRAP	4						
Preacher Curl	12-15	4						



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PUSH

EXERCISE	REPS	SETS	NOTES					
Bench Press	5	5						
Bench Press	AMRAP	1	*Use 70% of your 1 rep max					
Cable Fly	10	4						
Side Lateral Raise	12-15	4	*SUPERSET					
Front Plate Raise	AMRAP	4						
Overhead Barbell Press	8-10	4						
Push Ups	200	-	*As many sets as it takes to complete 200 reps					
Decline Weighted Sit Ups/ Crunches	12-15	4	*SUPERSET					
Hanging Leg Raises	AMRAP	4						



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

CARDIO

Day 1

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

Day 2

4 rounds...

400 meter sprint
20 box jumps
30 wallballs

Day 3

TRACK WORKOUT

6 x the following...

400 meter sprint (at 100%)
400 meter jog