



# EMBRACE THE SUCK

## 12-WEEK

[WWW.NICKBAREFITNESS.COM](http://WWW.NICKBAREFITNESS.COM)



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

### CHEST/TRICEPS

EXERCISE	REPS	SETS	NOTES					
Push Ups	25	5	SUPERSET (2 minute rest between sets)					
Plate Press (lay on bench and rep 45 lb plate)	AMRAP	5						
Bench Press	8	4						
Incline Cable Fly	15-20	4						
Dips	AMRAP	4	SUPERSET					
Overhead Tricep DB Extension	12-14	4						
Close Grip Bench Press	12-15	4						
Hanging Leg Raises	AMRAP	6						



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### BACK/BICEPS

EXERCISE	REPS	SETS	NOTES					
Deadlifts	10	5						
One Arm DB Row	12-15	4						
Pull Ups	10	4	*SUPERSET					
Lat Pull Down	10	4						
Cable Crunches	12-15	4	*Core work					
Preacher Curl	12-15	4	*SUPERSET					
Alternating Hammer Curls	12-15	4						
Low Cable Rows	12-15	3						



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### LEGS

EXERCISE	REPS	SETS	NOTES					
Walking Barbell Lunges	15	4	*One rep is both legs completed lunge.					
Leg Extension	15-20	4	*SUPERSET					
Leg Curl	15-20	4						
Hack Squat	8-10	5						
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	5	5	*5 Hand Stand Push Ups Every Minute On The Minute for 5 minutes						
Overhead Barbell Press	10	4							
One Arm Seated DB Shoulder Press	10-12	4	*Sit on ground to complete with legs out in front. Do not use a bench. You will feel this in your core.						
Side Lateral Raise	12-15	4	*SUPERSET						
Front Plate Raise	AMRAP	4							
Barbell 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					
Incline DB Press	12-15	5						
Push Ups	AMRAP	4	*1 minute rest in between sets.					
Floor Press	12-15	4						
Pull Ups	12-15	4	*SUPERSET					
DB One Arm Row	12-15	4						
Barbell Row	8-10	4						
Negative Pull Ups	AMRAP	4	*3 second count on the negative. Use weight if possible.					
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	10	1						*50% of 1 rep max
Barbell Squat	5	1						*60% of 1 rep max
Barbell Squat	3	1						*70% of 1 rep max
Barbell Squat	1	1						*80% of 1 rep max
Barbell Squat	1	1						*90% of 1 rep max
Barbell Squat	1	1						*100% of 1 rep max (projected)
Leg Curls	12-15	4	*SUPERSET					
Leg Extensions	12-15	4						
Leg Press (Wide Leg)	15-20	6						



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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. Day 2: 35 lb. for women & 50 lb. for men**

## CARDIO

### Day 1

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

### Day 2

#### **For time (20 min cap)**

10 DB snatch  
15 Burpee Box Jump Over  
20 DB snatch  
15 Burpee Box Jump Over  
30 DB snatch  
15 Burpee Box Jump Over  
40 DB snatch  
15 Burpee Box Jump Over  
50 DB snatch  
15 Burpee Box Jump Over

### Day 3

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