



# 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					
Wide Stance Leg Press	10-15	4	*Pre exhaustion before going in to squats.					
Romanian Deadlifts	10-15	4						
Barbell Squats	8-10	2	*Increase weight on squat sets as rep ranges decrease.					
Barbell Squats	5	2						
Barbell Squats	3	2						
Jefferson Squats	10-12	3						
Leg Extensions	20	4						
Hanging Leg Raises	AMRAP	4						



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### PULL

EXERCISE	REPS	SETS	NOTES					
Deadlifts	5	5						
Deadlifts	8-10	3	Decrease weight to 75% of 1 rep max.					
Pull Ups	AMRAP	4	*SUPERSET					
Lat Pull Down	12-15	4						
Pendlay Row	10-12	4	*Use rope attachment on cable system.					
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	8-10	3	*Select a weight that you can rep for the completed rep ranges.					
Bench Press	5	5						
Hand Stand Push Ups	AMRAP	4						
Incline Dumbbell Fly	10-12	4						
Side Lateral Raise	12-15	4	*SUPERSET					
Front Plate Raise	AMRAP	4						
Overhead Barbell Press	8-10	4						
Rope Cable Push Downs	12-15	5						
Cable 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.

**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

#### **METCON**

For Time:

400m Run  
12 Power Snatch (115 lb)  
12 Box Jumps  
400m Run  
9 Power Snatch  
9 Box Jumps  
400m Run  
6 Power Snatch  
6 Box Jumps

#### Day 3

**3 mile run for time**