Mass Made Simple Dan John

Log Sheets

If you have not yet read the *Mass Made Simple* text, please visit www.otpbooks.com to review the print or ebook options. The initial 120 pages of the book explain the workouts that follow.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Train Day 1	Rest	Recharge	Train Day 2	Rest	Recharge	Train Day 3
Week 2	Rest	Recharge	Train Day 4	Rest	Recharge	Train Day 5	Rest
Week 3	Recharge	Train Day 6	Rest	Recharge	Train Day 7	Rest	Recharge
Week 4	Train Day 8	Rest	Recharge	Train Day 9	Rest	Recharge	Train Day 10
Week 5	Rest	Recharge	Train Day 11	Rest	Recharge	Train Day 12	Rest
Week 6	Recharge	Train Day 13	Rest	Recharge	Train Day 14	Rest	Recharge
Week 7	Assess the program						

Week One

Monday: Training Day One
Tuesday: Rest
Wednesday: Recharge
Thursday: Training Day Two
Friday: Rest
Saturday: Recharge
Sunday: Training Day Three
Beginning weight, Monday
Nutritional instructions: Begin experimenting with three meals and multiple daily snacks—see page 51.

WEEK ONE, MONDAY —	TRAINING DAY ONE	DATE				
☐ Foam rolling ☐ Static stretch ☐ Some easy so	s of gentle moving—ge g (middle back, IT ban nes for hip flexors, ham wings, goblet squats an	d, hamstring strings, uppe	s and hip flex er back and h	•		
Bench Press: Warm-ups to	Meight used			Weight used		
Easy weight, set of 5	Weight used	Add weight,	set of 5	Weight used		
Add weight, set of 5		Add weight,	set of 5			
Add weight, set of 5		Add weight,	set of 5			
Final weight, set of 5			<u> </u>			
Record this final we	ight	l		<u> </u>		
Bat Wings: Testing weight						
10-second holds	Test 1:	Test 2:		Test 3:		
Record this final we	eight					
One-Arm Press: Testing w		e weaker arm				
2-3 reps each arm	Test 1:	Test 2:		Test 3:		
Record this final we	eight					
Bird Dog: Practice the mo Complex: Do three repetitive rounds. Record the weight	ons of each exercises. Ac	ld a little weig	ht and repeat	for a total of three		
Round 1:	Round 2:	,	Round 3:			
Routu 1.	Nouth 2.		Kounu 3.			
High-Rep Back Squats: One set of 30 with 95 pounds—if you're lighter than 135, use an empty bar. Cool-down: Record your personal cool-down plan of stretching or corrective exercises.						
Nutritional compliance (Y	//N) More prote	in Mo	re fiber	_ More fish oil		

WEEK ONE, TUESDAY — REST	DAT	TE	
Shop, organize, prepare food			
Nutritional compliance (Y/N)	More protein	More fiber	More fish oil
Other thoughts			
	▶ ∢		
WEEK ONE, WEDNESDAY — REC	HARGE DAT	TE.	
Your choice of 10-20 minutes of quand movement quality discoveries	ality, low-intensity n	novement. Record	your exercise choices
Nutritional compliance (Y/N)	_		More fish oil
Other thoughts			

WEEK ONE, THUR	RSDAY — TRAININ	IG DAY TWO		Ι	DATI	Ξ						
☐ Foam ☐ Static	ninutes of gentle m rolling (middle ba stretches for hip flo easy swings, goble	ck, IT band, h exors, hamstr	namst ings,	rinş upp	gs ar oer b	ıd hi	•					
Bench Press: Warm	1-ups then 2—3–	–5. With the v	veight	fro	m th	ie las	st wo	orko): ght u	sed	
Two reps, rest a lit	tle. Three reps, rest	a little. Five r	eps, re	est a	ı littl	le.	\dashv		1102	<u> </u>		
Two reps, rest a lit	tle. Three reps, rest	a little. Five r	eps, re	est a	ı littl	le.						
Bat Wings: Using th	ne weight from Day	One										
10 five-second hold	ds with:											
One-Arm Press: Lig	ght warm-up, then,	use the weigh	t fron	ı D	ay O	ne. S	Start	on				т.
Two reps rest a lit	tle. Three reps, rest	a little Finer	anc v	ect o	11++1	<u> </u>	\dashv		Weiş	ght u	sed	
-	tle. Three reps, rest											
Bird Dog: Practice of Complex: Do three of after the first three room Clean	repetitions of each e. ounds. The final we	xercises. Repea	it for a	ı toi weiş	tal of	five ext v	rour vork	ıds. 1 out.		ı littl	le we	
Round 1:	Round 2:	Round 3:		R	ouna	d 4:			Rour	ıd 5:		
High-Rep Back Squ 2 sets of 3 Cool-down: Record	30 reps — Record y	our weights us	ed he	re:_	ng or	corr	 rectiv	e ex	ercis	es.	_	

 $Nutritional\ compliance\ (Y/N)\ ____\ More\ protein\ ____\ More\ fiber\ ____\ More\ fish\ oil$

WEEK ONE, FRIDAY — REST	DATE		
Shop, organize, prepare food			
Nutritional compliance (Y/N) More	protein	_ More fiber	More fish oil
Other thoughts			
	▶ ∢		
WEEK ONE, SATURDAY — RECHARGE	DATE		
Your choice of 10-20 minutes of quality, low and movement quality discoveries, and ren	v-intensity mo	vement. Record	your exercise choices
Nutritional compliance (Y/N) More	protein	_ More fiber	More fish oil
Other thoughts			
			······

WEEK ONE, SUNDAY — TRAINING DAY THRI	EE DATE				
☐ Some easy swings, goblet squats a	and, hamstrings and hip flexors) mstrings, upper back and hot spots and a few strides				
Bench Press: <i>Warm-ups then</i> 2—3—5. <i>With</i> 1					
Two reps, rest a little. Three reps, rest a little. Fr	Weight used				
Two reps, rest a little. Three reps, rest a little. Fi	•				
Two reps, rest a little. Three reps, rest a little. Fi	•				
If all reps completed, next workout mo					
• •	we up to:				
Bat Wings: <i>Using the weight from Day One</i>					
10 five-second holds with:					
One-Arm Press: Light warm-up, then, use the w	veight from Day One. Start on the weaker arm.				
	Weight used				
Two reps, rest a little. Three reps, rest a little. Fi	ive reps, rest a little.				
Two reps, rest a little. Three reps, rest a little. Fi	ive reps, rest a little.				
Two reps, rest a little. Three reps, rest a little. Fi	ive reps, rest a little.				
If all reps completed, next workout mo	ove up to:				
Bird Dog: Practice the movement on both sides, Complex: Do five repetitions of each exercises. Rep Row Clean Front Squat Milita	67				
Round 1:	Round 2:				
High-Rep Back Squats: See page 73 for weight instructions. 2 sets of 30 reps — Record your weights used here: Cool-down: Record your personal cool-down plan of stretching or corrective exercises.					
Nutritional compliance (Y/N) More prot	tein More fiber More fish oil				

Week Two

Monday: Rest
Tuesday: Recharge
Wednesday: Training Day Four
Thursday: Rest
Friday: Recharge
Saturday: Training Day Five
Sunday: Rest
Beginning weight, Monday
No. 4. 14 and 14 and 14 and 15
Nutritional instructions:
Drink a protein shake before going to bed—see page 51.
Program Tweaks:
There are only two workouts this week, but a lot of additional protein. This is an important week to track moods and size gains.

WEEK TWO, MONDAY — REST	DA	ГЕ	
Shop, organize, prepare food			
Nutritional compliance (Y/N)	More protein	More fiber	More fish oil
Other thoughts			
	▶ ◀		
WEEK TWO, TUESDAY — RECH	ARGE DA'	ГЕ	
Your choice of 10-20 minutes of q and movement quality discoverie	uality, low-intensity 1	novement. Record	your exercise choices
Nutritional compliance (Y/N)	More protein	More fiber	More fish oil
Other thoughts			

WEEK TWO, WEDNESDAY — T	ΓRAINING DAY FOUR	DATE	
☐ Foam rolling (mid☐ Static stretches for	entle moving—get the bl Idle back, IT band, ham hip flexors, hamstrings goblet squats and a few	strings and hip flands, upper back and	
Bench Press: Warm-ups then many as up to 10:	2—3—5. <i>Then, with the</i>	e old weight from	last Sunday, do as
			Weight used
Two reps, rest a little. Three rep	os, rest a little. Five reps,	rest a little.	
Two reps, rest a little. Three rep	os, rest a little. Five reps,	rest a little.	
With the old weight from last S	Sunday, do as many reps	as 10	
Bat Wings: Using the weight fro	m Day One		
Five 10-second holds with:			
One-Arm Press: Light warm-up	, then, use the weight fro	om Day One. Star	t on the weaker arm.
			Weight used
Two reps, rest a little. Three rep	os, rest a little. Five reps,	rest a little.	
Two reps, rest a little. Three rep	os, rest a little. Five reps,	rest a little.	
Bird Dog: Practice the movemen	nt on both sides, moving	your knees closer	together over time.
Complex: Finish all reps of each Use the weight you ha	•	on. Repeat for a to	otal of three rounds.
Row Clean Front	Squat Military Press	Back Squat	Good Morning
Round 1:	Round 2:	Round .	3:
High-Rep Back Squats: See page	e 75 for weight instructior	15.	
3 sets of 30 reps — Record you	r weights used here:		
Cool-down: Record your person	al cool-down plan of stre	etching or correcti	ve exercises.

 $Nutritional\ compliance\ (Y/N)\ ____\ More\ protein\ ____\ More\ fiber\ ____\ More\ fish\ oil$

${\tt WEEKTWO,THURSDAY-REST}$	DA	Γ E	
Shop, organize, prepare food			
Nutritional compliance (Y/N)	_ More protein	More fiber	More fish oil
Other thoughts			
	▶ ◀		
WEEK TWO, FRIDAY — RECHAR	GE DAT	E	
Your choice of 10-20 minutes of qua and movement quality discoveries,			
Nutritional compliance (Y/N)	_ More protein	More fiber	More fish oil
Other thoughts			

WEEK TWO, SATURDAY — TR	RAINING DA	Y FIVE	DATE			
General warm-up ☐ Five minutes of general Foam rolling (mid) ☐ Static stretches for ☐ Some easy swings,	dle back, IT hip flexors, goblet squat	band, hams hamstrings, ts and a few	trings and h upper back strides	nip fle and	hot spots	
Bench Press: Warm-ups then	2—3—3. VVI	in the new §	zoai weigni i	isea u		ght used
Two reps, rest a little. Three rep	s, rest a little	e. Five reps, 1	rest a little.			9
Two reps, rest a little. Three rep						
Two reps, rest a little. Three rep						
Bat Wings: Using a heavier weig				he sho	oulder bla	ades together.
Five 5-second holds with:						
One-Arm Press: Light warm-up,	then, use th	e weight fro	m Day One.	Start	on the w	eaker arm.
		<u> </u>	,			ght used
Two reps, rest a little. Three rep	s, rest a little	. Five reps, 1	rest a little.			
Two reps, rest a little. Three rep	s, rest a little	. Five reps, 1	rest a little.			
Two reps, rest a little. Three rep	s, rest a little	. Five reps, 1	rest a little.			
Bird Dog: Practice the movement Complex: Do five repetitions of e Use the weight you ha	each exercise	. Repeat for			C	over time.
Row Clean Front S	Squat Mi	litary Press	Back Squ	ıat	Good M	lorning
Round 1:	Round 2:		Ro	und 3	:	
High-Rep Back Squats: See page	77-78 for we	eight AND se	t/rep instruc	tions.		
Record your weights and reps he	ere:				_	
Cool-down: Record your person	al cool-down	plan of stre	tching or cor	rectiv	ve exercis	es.

Nutritional compliance (Y/N) _____ More protein ____ More fiber ____ More fish oil

WEEK TWO, SUNDAY — REST DATE
Shop, organize, prepare food
Nutritional compliance (Y/N) More protein More fiber More fish oil
Other thoughts
▶ ◄
As we end week two, make note of what seems to be working or not working for you.

Week Three

Monday: Recharge
Tuesday: Training Day Six
Wednesday: Rest
Thursday: Recharge
Friday: Training Day Seven
Saturday: Rest
Sunday: Recharge
Beginning weight, Monday
Nutritional instructions: Add an additional scoop of protein just prior to training—see page 52.
rad an additional secop of protein just prior to training see page 32.
Program Tweaks:
There are only two workouts this week, but a lot of additional protein. This, too, i an important week to track moods and size gains.

WEEK THREE, TU	ESDAY — TRAIN	ING DAY SIX	DATE_		
☐ Foam ☐ Static ☐ Some	ninutes of gentle r rolling (middle b stretches for hip f easy swings, gobl	ack, IT band, l lexors, hamstr et squats and a	namstrings and lings, upper back	hip flexon and hot	spots
Bench Press: Warn	n-ups then 2—3	—5—10. With	the new goal we	ight used	Weight used
Two reps, rest a lit	ttle. Three reps. res	t a little. Five r	eps. rest a little.	Up to 10.	1
Two reps, rest a lit				or to 10.	
	ttle. Three reps, res				
Bat Wings: Using a	•		•	the should	der blades together.
Five 5-second hold	ds with:				
One-Arm Press: Lig	ght warm-up, then	, try to use a h	eavier weight. St	art on the	e weaker arm.
	1	,			Weight used
Two reps, rest a lit	ttle. Three reps, res	t a little. Five r	eps, rest a little.		
Two reps, rest a lit	ttle. Three reps, res	t a little. Five r	eps, rest a little.		
Two reps, rest a lit	ttle. Three reps, res	t a little. Five r	eps, rest a little.		
Bird Dog: Practice Complex: Do five r you handled last til Row Clea	epetitions of each	exercise. Repea going lighter o	t for a total of five the first and la	ve rounds st set is al	. Use the weight
Round 1:	Round 2:	Round 3:	Round 4:		Round 5:
High-Rep Back Squ	l lats to Fifty: See ponts onto and reps here:	 age 80-81 for w 	eight AND set/rep	instructi	ions.
Nutritional compli	ance (Y/N)	More protein	More fibe	er	More fish oil

WEEK THREE, WEDNESDAY — REST DATE
Shop, organize, prepare food
Nutritional compliance (Y/N) More protein More fiber More fish oil
Other thoughts
▶ ∢
WEEK THREE THIRDEN AND DECHARGE DATE
WEEK THREE, THURSDAY — RECHARGE DATE
Your choice of 10-20 minutes of quality, low-intensity movement. Record your exercise choices and movement quality discoveries, and remember to note things to work on next <i>Recharge</i> day.
Nutritional compliance (Y/N) More protein More fiber More fish oil
Other thoughts

WEEK THREE, FRIDAY —	ΓRAINING DA	Y SEVEN	DATE		
General warm-up ☐ Five minutes o ☐ Foam rolling (☐ Static stretches ☐ Some easy swin	middle back, l for hip flexor	T band, hams, hams, hams	strings and h , upper back		•
Bench Press: Warm-ups the	n It's Max D	oubles. We're	looking for tw	vo clean, i	
Today's Max Double					Weight used
,					
Bat Wings: <i>Using the same v</i>	veight as last v T	vorkout Sq1 1	ieeze the shou	lder blad	es together.
Five 10-second holds with:					
One-Arm Press: Light warm Two reps rest a little Three					Weight used
Two reps, rest a little. Three	reps, rest a lit	tle. Five reps,	rest a little.		-
Two reps, rest a little. Three	reps, rest a lit	tle. Five reps,	rest a little.		
Bird Dog: Practice the move Complex: Do five repetitions Move the weight u Row Clean Fro	s of each exerci	ise. Repeat for	a total of thr	ee rounds	
· · · · · · · · · · · · · · · · · · ·		•	· · ·	•	ou Morning
Round 1:	Round 2.	:	Rou	ınd 3:	
High-Rep Back Squats: See J	page 83-84 for	weight AND s	et/rep instruct	ions.	
Record your weights and	reps here:]
			_		
Cool-down: Record your per	rsonal cool-dov	wn plan of str	etching or cor	rective ex	ercises.
Nutritional compliance (Y/N	N) More	e protein	More fiber	· N	fore fish oil

WEEK THREE, SATURDAY — R	EST DA	TE	
Shop, organize, prepare food			
Nutritional compliance (Y/N)	More protein	More fiber	More fish oil
Other thoughts			
	▶ ◀		
WEEK THREE, SUNDAY — REC			
WEEK THREE, SUNDAY — REC Your choice of 10-20 minutes of and movement quality discoveri-	quality, low-intensity	movement. Record	your exercise cho
Your choice of 10-20 minutes of	quality, low-intensity	movement. Record	your exercise cho
Your choice of 10-20 minutes of	quality, low-intensity	movement. Record	your exercise cho
Your choice of 10-20 minutes of	quality, low-intensity	movement. Record	your exercise cho
Your choice of 10-20 minutes of	quality, low-intensity	movement. Record	your exercise cho
Your choice of 10-20 minutes of	quality, low-intensity	movement. Record	your exercise cho
Your choice of 10-20 minutes of	quality, low-intensity	movement. Record	your exercise cho
Your choice of 10-20 minutes of and movement quality discoveri	quality, low-intensity i	movement. Record	your exercise cho
Your choice of 10-20 minutes of	quality, low-intensity i	movement. Record	your exercise cho

Week Four

Monday: Training Day Eight
Tuesday: Rest
Wednesday: Recharge
Thursday: Training Day Nine
Friday: Rest
Saturday: Recharge
Sunday: Training Day Ten
Beginning weight, Monday
Nutritional instructions:
Nutritional first uctions:
Add five grams of creatine daily—see page 53.

WEEK FOUR, MON	NDAY — T	RAINING I	DAY EIGHT	DATE			
☐ Foam ☐ Static	rolling (m stretches f easy swin	niddle back for hip flexogs, goblet s	ing—get the bloom, IT band, hams ors, hamstrings, quats and a few	strings and hi upper back a strides	and ho	t spots	
Deficit 11css. Walli	i-ups inen		t used for 5 sets of 2		111 I I II	uy 3 1V1	ux Donoie.
Bat Wings: Using th	ie same wo	eight or y	ou can experim	ent with a hea	avier w	eight.	
Five 10-second ho	lds with:						
One-Arm Press: Lig	ght warm-	up, then us	e the same weigl	nt as last time	. Start		
Two notes neet a lit	tla Tanas	uata uast a	little Fine water	usat a little	+	wei	ght used
Two reps, rest a lit					_		
	epetitions weight up	of each exer each set.		a total of five	round	s.	
Round 1:	Round 2	: 1	Round 3:	Round 4:		Rou	nd 5:
Record your wes	ights and r	eps here:		_		l.	
Nutritional compli	ance (Y/N)) Mo	re protein	_ More fiber		More	fish oil

WEEK FOUR, TUESDAY — REST	D .	ATE	
Shop, organize, prepare food			
Nutritional compliance (Y/N)	More protein _	More fiber	More fish oil
Other thoughts			
	▶ ◀		
WEEK FOUR, WEDNESDAY — R	ECHARGE D.	ATE	
Your choice of 10-20 minutes of q and movement quality discoverie			
Nutritional compliance (Y/N)	_		More fish oil
Other thoughts			

WEEK FOUR, THURSDAY —	TRAINING DAY	NINE	DATE	
General warm-up ☐ Five minutes of g ☐ Foam rolling (minutes of g ☐ Static stretches for g ☐ Some easy swing	ddle back, IT bar or hip flexors, har	nd, hamstrin nstrings, upp	ngs and hip fl per back and	
Bench Press: Warm-ups then.	<u>, , , , , , , , , , , , , , , , , , , </u>			Friday's Max Double.
	Weight used for	r 5 sets of 3 rep	os .	
Bat Wings: Using the same we	ght or you can	experiment 1	with a heavie	er weight.
Five 10-second holds with:				
One-Arm Press: Light warm-u	p, then use the sa	me weight as	s last time. St	art on the weaker arm.
				Weight used
Two reps, rest a little. Three re	eps, rest a little. Fi	ve reps, rest	a little.	
Two reps, rest a little. Three re	eps, rest a little. Fi	ve reps, rest	a little.	
Two reps, rest a little. Three re	eps, rest a little. Fi	ve reps, rest	a little.	
Bird Dog: Practice the movem. Complex: Do two repetitions of Start with the weight. Row Clean Front	f each exercise. Ro t you ended with o	epeat for a to on Monday, (otal of three r and move the	ounds. e weight up each set.
Round 1:	Round 2:	, ,	Round	•
High-Rep Back Squats: See page Record your weights and research cool-down: Record your personal cool-down: Record your personal cool-down:	ps here:	l	p instructions	5.
Nutritional compliance (Y/N)	More prot	ein M	lore fiber	More fish oil

ein More fiber More fish oil
∢
DATE
ensity movement. Record your exercise choices
er to note things to work on next Recharge day.
ein More fiber More fish oil

WEEK FOUR, SUN	DAY — TRAININ	G DAY TEN	DATE	
☐ Foam ☐ Static ☐ Some	rolling (middle be stretches for hip f easy swings, goble	noving—get the bloack, IT band, hams lexors, hamstrings, et squats and a few	trings and hip flex upper back and h strides	ot spots
Bench Press: Warn	ı-ups then using	the weight from th	e last two workout,	, two sets of 2—3—5.
Two reps rest a lit	ttle Three retis res	t a little. Five reps, i	rest a little . Up to i	Weight used
1		t a little. Five reps, i		
Bat Wings: Using a	*	1		
Five 10-second ho	lds with:			
Two reps, rest a lit Bird Dog: Practice Complex: Do two r Use the h	ttle. Three reps, res the movement on repetitions of each of eaviest weight from	exercise. Repeat for	rest a little. your knees closer to a total of five roun	ds.
Round 1:	Round 2:	Round 3:	Round 4:	Round 5:
High-Rep Back Squ Record your we Cool-down: Record	ights and reps here	:		
Nutritional compli	ance (Y/N)	More protein	_ More fiber	_ More fish oil

Week Five

Monday: Rest
Tuesday: Recharge
Wednesday: Training Day Eleven
Thursday: Rest
Friday: Recharge
Saturday: Training Day Twelve
Sunday: Rest
Beginning weight, Monday
Nutritional instructions:
Add a two-scoop protein shake upon rising daily—see page 53.
Program Tweaks: If you are following the tweaks exactly, todaybeyond meals and snacksyou will have five scoops of protein and some creatine. Let's make some progress!

WEEK FIVE, MONDAY — REST	DATE		
Shop, organize, prepare food			
Nutritional compliance (Y/N) N	More protein	_ More fiber	More fish oil
Other thoughts			
	▶ ◄		
WEEK FIVE, TUESDAY — RECHARG	E DATE		
Your choice of 10-20 minutes of qualit and movement quality discoveries, and			
Nutritional compliance (Y/N) N	-		More fish oil
Other thoughts			

WEEK FIVE, WEDNESDAY — T	TRAINING DAY ELEVE	N DATE		
☐ Foam rolling (mid☐ Static stretches for☐ Some easy swings,	ntle moving—get the baldle back, IT band, ham hip flexors, hamstrings goblet squats and a fev	strings and hi s, upper back s v strides	and hot s	pots
Bench Press: Warm-ups then	It's Max Doubles. We're	looking for tw	o clean, h	
Today's Max Double				Weight used
Bat Wings: Using a heavier weig	pht		,	
Five 10-second holds with:				
Two reps, rest a little. Three rep Two reps, rest a little. Three rep Bird Dog: Practice the movemen Complex: Do five repetitions of lighter weight on the first sent as Row Clean Front S	os, rest a little. Five reps, os, rest a little. Five reps, on the on both sides, moving each exercise. Repeat found try to match last wor squat Military Press	rest a little. rest a little. your knees clo a total of thre kout's weight of	oser togethee rounds, on the find	her over time. Start with a al sets.
Round 1:	Round 2:	Rou	nd 3:	
High-Rep Back Squats to Fifty: Record your weights and rep Cool-down: Record your person	s here:	_		
Nutritional compliance (Y/N) _	More protein	More fiber	N	Iore fish oil

WEEK FIVE, THURSDAY — REST	DAT	E	
Shop, organize, prepare food			
Nutritional compliance (Y/N)	More protein	More fiber	More fish oil
Other thoughts			
	▶ ◄		
WEEK FIVE, FRIDAY — RECHARG	E DAT	E	
Your choice of 10-20 minutes of qual and movement quality discoveries, a			
			·
Nutritional compliance (Y/N)	More protein	More fiber	More fish oil
Other thoughts			

WEEK FIVE, SATURDAY — T	TRAINING DA	AY TWELVE	DATE			
General warm-up ☐ Five minutes of ☐ Foam rolling (m ☐ Static stretches f ☐ Some easy swing	iddle back, I' or hip flexors	Γ band, hamst , hamstrings,	rings and h upper back	_		
Bench Press: Warm-ups then.	. 5 sets of 2 re	ps with 20 pou	nds less thar	ı Wedn	esday's 1	Max Double.
	Weight u	sed for 5 sets of 2	reps			
Bat Wings: <i>Using a heavier wo</i>	eight					
Five 5-10-second holds with:						
One Arms Breeze Light warms		<u> </u>	+ 1+ +:···	. C4	4 41	1
One-Arm Press: Light warm-	ip, tnen use ti	ie same weign	t as last tim	e. Stari		weaker arm. ght used
Two reps, rest a little. Three 1	ente roet a litt	la Fina rate r	est a little		*****	5111 4304
-				-		
Two reps, rest a little. Three 1	1					
Two reps, rest a little. Three 1	eps, rest a litt	le. Five reps, r	est a little.			
Bird Dog: Practice the movem	ent on both s	ides, moving y	our knees cl	oser to	gether o	ver time.
Complex: Do three repetitions Use the heaviest were Row Clean From	ight you used	Wednesday.	•			lovning
Kow Clean From	ıt Squat M	——————————————————————————————————————	Dack Sqt	iat	Good M	
Round 1:	Round 2:		Roi	ınd 3:		
High-Rep Back Squats to Fifty Record your weights and re Cool-down: Record your person	eps here:				1-	
Nutritional compliance (Y/N)	More	protein	_ More fibe:	r	_ More	fish oil

WEEK FIVE, SUNDAY — REST DATE
Shop, organize, prepare food
Nutritional compliance (Y/N) More protein More fiber More fish oil Other thoughts
▶ ◀
As we end week five with one week to go, take some time to refocus in order to end fully engaged. Make note of anything you think of that's been holding you back, or that you've been neglecting so you can fix them in the upcoming final week push.

Week Six

Monday: Recharge
Tuesday: Training Day Thirteen
Wednesday: Rest
Thursday: Recharge
Friday: Training Day Fourteen
Saturday: Rest
Sunday: Recharge
Beginning weight, Monday
Nutritional instructions:
Add a one-scoop protein drink after finishing your workouts—see page 54

WEEK SIX, MONDAY — RECH	IARGE	DATE	
Your choice of 10-20 minutes of nd movement quality discoveri			
anything you need to remember	r from yesterday's	notes to help make this	week a success?
Nutritional compliance (Y/N) _	More protein	n More fiber	More fish oil
Other thoughts			

WEEK SIX, TUESD	DAY — TRAINING	DAY 7	THIRTEEN	DATE		
☐ Foam ☐ Static	ninutes of gentle n rolling (middle ba stretches for hip fl easy swings, goble	exors	T band, hamst , hamstrings,	rings and hi upper back a		
Bench Press: Warm	ı-ups then 5 sets o	of 3 rep	ps with the san	ne weight as l	ast Satı	ırday.
	We	eight us	sed for 5 sets of 3	reps		
Bat Wings: Using y	our normal weight					
Five 10-second ho						
One-Arm Press: Lis	ght warm-up, then	try to	move to a hea	avier weight.	Start o	n the weaker arm.
	5					Weight used
Two reps, rest a lit	ttle. Three reps, rest	a litti	le. Five reps, r	est a little.		
Two reps, rest a lit	ttle. Three reps, rest	a litti	le. Five reps, r	est a little.		
Two reps, rest a lit	ttle. Three reps, rest	a litti	le. Five reps, r	est a little.		
		exercis ve use	ee. Repeat for a	a total of five	rounds	5.
	· -	·	•	· -		
Round 1:	Round 2:	Roi	ınd 3:	Round 4:		Round 5:
High-Rep Back Squ	ıats to Fifty: See pa	ge 101	1-102 for weigh	ıt AND set/re	p instri	actions.
Record your we	ights and reps here:					
Cool-down: Record	l your personal coo		•	•		xercises.
Nutritional compli	ance (Y/N)	More	protein	_ More fiber		More fish oil

WEEK SIX, WEDNESDAY — REST	DAT	Е	
Shop, organize, prepare food			
Nutritional compliance (Y/N)	More protein	More fiber	More fish oil
Other thoughts			
	▶ ◀		
WEEK SIX, THURSDAY — RECHAR	GE DAT	E	
Your choice of 10-20 minutes of qual and movement quality discoveries, a			
Nutritional compliance (Y/N)	_		More fish oil
Other thoughts			

WEEK SIX, FRIDAY — TRAINI	NG DAY FOU	JRTEEN	DATE		
General warm-up ☐ Five minutes of ge ☐ Foam rolling (mid ☐ Static stretches for ☐ Some easy swings,	dle back, IT hip flexors, l	band, hamst hamstrings,	trings and hij upper back a		
Bench Press: Warm-ups then s	see page 103 fo	or your bench	h press choice.		
Max Bench:	or				
					Weight used
Two reps, rest a little. Three rep	os, rest a little	. Five reps, r	est a little. U	p to 10.	
Two reps, rest a little. Three rep	os, rest a little	. Five reps, r	est a little.		
Bat Wings: Using your normal v	veioht.			•	
Five 10-second holds with:	veight				
Tive to second notes with.					
One-Arm Press: Light warm-up,	, then try to s	tay with a h	eavier weight	. Start or	ı the weaker arm.
					Weight used
Two reps, rest a little. Three rep	os, rest a little	. Five reps, r	est a little.		
Two reps, rest a little. Three rep	os, rest a little	. Five reps, r	est a little.		
Bird Dog: Practice the movement Complex: Do two repetitions of Use a moderate weigh	each exercise				
Row Clean Front S	Squat Mil	litary Press	Back Squa	ıt Goo	od Morning
Round 1:	Round 2:		Rou	nd 3:	
High-Rep Back Squats to Fifty:	See page 104-	105 for weigh	ht AND set/re	p instruc	tions.
Record your weights and rep	s here:				
Cool-down: Record your person					

Nutritional compliance (Y/N) _____ More protein ____ More fiber ____ More fish oil

WEEK SIX, SATURDAY — REST	DAT	ΓE	
Shop, organize, prepare food			
Nutritional compliance (Y/N)	More protein	More fiber	More fish oil
Other thoughts			
	▶ ◀		
WEEK SIX, SUNDAY — RECHARO	GE DAT	'E	
Your choice of 10-20 minutes of quantum and movement quality discoveries,			
Nutritional compliance (Y/N)	More protein	More fiber	More fish oil
Other thoughts			

Week Seven

Assess the program	
Beginning weight, Monday	

Please review the assessment questions on page 54 before Monday, definitely before deciding where to take your training this week. Use the following pages to make good notes on your thoughts of the past six weeks. This may not seem important to you today, but next year when you decide to try this program again, you'll be very happy to have thorough notes on what worked and what did not.

If you honestly look over the six weeks, what parts worked? Did one tweak do better than all of the others for you? It might not be a bad idea to order them up from...

Best to Worst	
Protein before bed	
Protein before the workout	
Creatine	
Protein upon arising in the morning	
Protein after the workout	
Also, take some time to think through the workouts. Yes, they're simple—	
Four lifts (really only two)	
One unchanging complex	
High-rep squats	
If you made progress, how complex does your future training need to be?	

Notes:	