

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 _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: *Warm-ups then...*

	Weight used		Weight used
<i>Easy weight, set of 5</i>		<i>Add weight, set of 5</i>	
<i>Add weight, set of 5</i>		<i>Add weight, set of 5</i>	
<i>Add weight, set of 5</i>		<i>Add weight, set of 5</i>	
<i>Final weight, set of 5</i>			
Record this final weight _____			

Bat Wings: *Testing weights*

<i>10-second holds</i>	<i>Test 1:</i>	<i>Test 2:</i>	<i>Test 3:</i>
Record this final weight _____			

One-Arm Press: *Testing weights, starting with the weaker arm*

<i>2-3 reps each arm</i>	<i>Test 1:</i>	<i>Test 2:</i>	<i>Test 3:</i>
Record this final weight _____			

Bird Dog: *Practice the movement on both sides, moving your knees closer together over time.*

Complex: *Do three repetitions of each exercises. Add a little weight and repeat for a total of three rounds. Record the weight used in each round.*

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

<i>Round 1:</i>	<i>Round 2:</i>	<i>Round 3:</i>
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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 protein _____ More fiber _____ More fish oil

WEEK ONE, TUESDAY — REST

DATE _____

Shop, organize, prepare food

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

Other thoughts _____



WEEK ONE, WEDNESDAY — 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 *Recharge* day.

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

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: Warm-ups then... 2—3—5. With the weight from the last workout, do:

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	

Bat Wings: Using the weight from Day One...

10 five-second holds with:										
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One-Arm Press: Light warm-up, then, use the weight from Day One. Start on the weaker arm.

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	

Bird Dog: Practice the movement on both sides, moving your knees closer together over time.

Complex: Do three repetitions of each exercises. Repeat for a total of five rounds. Add a little weight after the first three rounds. The final weight is your starting weight next workout.

Row	Clean	Front Squat	Military Press	Back Squat	Good Morning
Round 1:	Round 2:	Round 3:	Round 4:	Round 5:	

High-Rep Back Squats: See page 71 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 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-intensity movement. Record your exercise choices and movement quality discoveries, and remember to note things to work on next *Recharge* day.

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

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: *Warm-ups then... 2—3—5. With the weight from the last workout, do:*

	Weight used
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	
If all reps completed, next workout move up to:	

Bat Wings: *Using the weight from Day One...*

<i>10 five-second holds with:</i>										
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One-Arm Press: *Light warm-up, then, use the weight from Day One. Start on the weaker arm.*

	Weight used
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	
If all reps completed, next workout move up to:	

Bird Dog: *Practice the movement on both sides, moving your knees closer together over time.*

Complex: *Do five repetitions of each exercises. Repeat for a total of two rounds.*

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

<i>Round 1:</i>	<i>Round 2:</i>
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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 protein _____ 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 _____

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

DATE _____

Shop, organize, prepare food

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

Other thoughts _____



WEEK TWO, TUESDAY — 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 *Recharge* day.

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

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: Warm-ups then... 2—3—5. Then, with the old weight from last Sunday, do as many as up to 10:

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
With the old weight from last Sunday, do as many reps as 10	

Bat Wings: Using the weight from Day One...

Five 10-second holds with:					
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One-Arm Press: Light warm-up, then, use the weight from Day One. Start on the weaker arm.

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	

Bird Dog: Practice the movement on both sides, moving your knees closer together over time.

Complex: Finish all reps of each exercise before moving on. Repeat for a total of three rounds. Use the weight you handled Sunday.

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

Round 1:	Round 2:	Round 3:
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High-Rep Back Squats: See page 75 for weight instructions.

3 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 protein _____ More fiber _____ More fish oil _____

WEEK TWO, THURSDAY — REST

DATE _____

Shop, organize, prepare food

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

Other thoughts _____



WEEK TWO, FRIDAY — 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 *Recharge* day.

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

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: Warm-ups then... 2—3—5. With the new goal weight used last workout, do:

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	

Bat Wings: Using a heavier weight this time... Really try to squeeze the shoulder blades together.

Five 5-second holds with:					
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One-Arm Press: Light warm-up, then, use the weight from Day One. Start on the weaker arm.

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	

Bird Dog: Practice the movement on both sides, moving your knees closer together over time.

Complex: Do five repetitions of each exercise. Repeat for a total of three rounds.
Use the weight you handled last time.

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

Round 1:	Round 2:	Round 3:
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High-Rep Back Squats: See page 77-78 for weight AND set/rep instructions.

Record your weights and reps here: _____ | _____ | _____ | _____

Cool-down: Record your personal cool-down plan of stretching or corrective exercises.

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.

Program Tweaks:

There are only two workouts this week, but a lot of additional protein. This, too, is an important week to track moods and size gains.

WEEK THREE, MONDAY — 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 *Recharge* day.

Anything you tried and need to remember from yesterday's notes?

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

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: Warm-ups then... 2—3—5—10. With the new goal weight used last workout, do:

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little. Up to 10.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	

Bat Wings: Using a heavier weight this time... Really try to squeeze the shoulder blades together.

Five 5-second holds with:					
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One-Arm Press: Light warm-up, then, try to use a heavier weight. Start on the weaker arm.

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	

Bird Dog: Practice the movement on both sides, moving your knees closer together over time.

Complex: Do five repetitions of each exercise. Repeat for a total of five rounds. Use the weight you handled last time if possible, but going lighter on the first and last set is also okay.

Row	Clean	Front Squat	Military Press	Back Squat	Good Morning
Round 1:	Round 2:	Round 3:	Round 4:	Round 5:	

High-Rep Back Squats to Fifty: See page 80-81 for weight AND set/rep instructions.

Record your weights and reps here: _____ | _____ | _____ | _____

Cool-down: Record your personal cool-down plan of stretching or corrective exercises.

Nutritional compliance (Y/N) _____ More protein _____ More fiber _____ 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, 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 *Recharge* day.

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

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: *Warm-ups then... It's Max Doubles. We're looking for two clean, heavy reps.*

	Weight used
<i>Today's Max Double</i>	

Bat Wings: *Using the same weight as last workout... Squeeze the shoulder blades together.*

<i>Five 10-second holds with:</i>					
-----------------------------------	--	--	--	--	--

One-Arm Press: *Light warm-up, then use the same weight as last time. Start on the weaker arm.*

	Weight used
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	

Bird Dog: *Practice the movement on both sides, moving your knees closer together over time.*

Complex: *Do five repetitions of each exercise. Repeat for a total of three rounds.
Move the weight up each set.*

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

<i>Round 1:</i>	<i>Round 2:</i>	<i>Round 3:</i>
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High-Rep Back Squats: *See page 83-84 for weight AND set/rep instructions.*

Record your weights and reps here: _____ | _____ | _____ | _____
 _____ | _____ | _____ | _____

Cool-down: *Record your personal cool-down plan of stretching or corrective exercises.*

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

WEEK THREE, SATURDAY — REST

DATE _____

Shop, organize, prepare food

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

Other thoughts _____



WEEK THREE, SUNDAY — 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 *Recharge* day.

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

Other thoughts _____

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:

Add five grams of creatine daily—see page 53.

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: *Warm-ups then... 5 sets of 2 reps with 20 pounds less than Friday's Max Double.*

Weight used for 5 sets of 2 reps				

Bat Wings: *Using the same weight... or you can experiment with a heavier weight.*

<i>Five 10-second holds with:</i>					
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One-Arm Press: *Light warm-up, then use the same weight as last time. Start on the weaker arm.*

	Weight used
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	

Bird Dog: *Practice the movement on both sides, moving your knees closer together over time.*

Complex: *Do two repetitions of each exercise. Repeat for a total of five rounds.
Move the weight up each set.*

Row	Clean	Front Squat	Military Press	Back Squat	Good Morning
<i>Round 1:</i>	<i>Round 2:</i>	<i>Round 3:</i>	<i>Round 4:</i>	<i>Round 5:</i>	

High-Rep Back Squats to Fifty: *See page 86-87 for weight AND set/rep instructions.*

Record your weights and reps here: _____ | _____ | _____ | _____
 _____ | _____ | _____ | _____

Cool-down: *Record your personal cool-down plan of stretching or corrective exercises.*

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

WEEK FOUR, TUESDAY — REST

DATE _____

Shop, organize, prepare food

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

Other thoughts _____



WEEK FOUR, WEDNESDAY — 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 *Recharge* day.

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

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: *Warm-ups then... 5 sets of 3 reps with 20 pounds less than Friday's Max Double.*

Weight used for 5 sets of 3 reps				

Bat Wings: *Using the same weight... or you can experiment with a heavier weight.*

<i>Five 10-second holds with:</i>					
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One-Arm Press: *Light warm-up, then use the same weight as last time. Start on the weaker arm.*

	Weight used
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	

Bird Dog: *Practice the movement on both sides, moving your knees closer together over time.*

Complex: *Do two repetitions of each exercise. Repeat for a total of three rounds.*

Start with the weight you ended with on Monday, and move the weight up each set.

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

<i>Round 1:</i>	<i>Round 2:</i>	<i>Round 3:</i>
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High-Rep Back Squats: *See page 89-90 for weight AND set/rep instructions.*

Record your weights and reps here: _____ | _____ | _____ | _____
 _____ | _____ | _____ | _____

Cool-down: *Record your personal cool-down plan of stretching or corrective exercises.*

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

WEEK FOUR, FRIDAY — REST

DATE _____

Shop, organize, prepare food

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

Other thoughts _____



WEEK FOUR, SATURDAY — 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 *Recharge* day.

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

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: *Warm-ups then... using the weight from the last two workout, two sets of 2—3—5.*

	Weight used
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little. Up to 10.</i>	
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	

Bat Wings: *Using a heavier weight....*

<i>Five 10-second holds with:</i>					
-----------------------------------	--	--	--	--	--

One-Arm Press: *Light warm-up, then use the same weight as last time. Start on the weaker arm.*

	Weight used
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	

Bird Dog: *Practice the movement on both sides, moving your knees closer together over time.*

Complex: *Do two repetitions of each exercise. Repeat for a total of five rounds.*

Use the heaviest weight from Thursday.

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

<i>Round 1:</i>	<i>Round 2:</i>	<i>Round 3:</i>	<i>Round 4:</i>	<i>Round 5:</i>
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High-Rep Back Squats to Fifty: *See page 92-93 for weight AND set/rep instructions.*

Record your weights and reps here: _____ | _____ | _____ | _____

Cool-down: *Record your personal cool-down plan of stretching or corrective exercises.*

Nutritional compliance (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, today...beyond meals and snacks...you 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) _____ **More protein** _____ **More fiber** _____ **More fish oil**

Other thoughts _____



WEEK FIVE, TUESDAY — 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 *Recharge* day.

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

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: *Warm-ups then... It's Max Doubles. We're looking for two clean, heavy reps.*

	Weight used
Today's Max Double	

Bat Wings: *Using a heavier weight...*

Five 10-second holds with:					
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One-Arm Press: *Light warm-up, then use the same weight as last time. Start on the weaker arm.*

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	

Bird Dog: *Practice the movement on both sides, moving your knees closer together over time.*

Complex: *Do five repetitions of each exercise. Repeat for a total of three rounds. Start with a lighter weight on the first set and try to match last workout's weight on the final sets.*

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

Round 1:	Round 2:	Round 3:
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High-Rep Back Squats to Fifty: *See page 95-96 for weight AND set/rep instructions.*

Record your weights and reps here: _____ | _____ | _____ | _____

Cool-down: *Record your personal cool-down plan of stretching or corrective exercises.*

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

WEEK FIVE, THURSDAY — REST

DATE _____

Shop, organize, prepare food

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

Other thoughts _____



WEEK FIVE, FRIDAY — 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 *Recharge* day.

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

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: *Warm-ups then... 5 sets of 2 reps with 20 pounds less than Wednesday's Max Double.*

Weight used for 5 sets of 2 reps				

Bat Wings: *Using a heavier weight...*

<i>Five 5-10-second holds with:</i>					
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One-Arm Press: *Light warm-up, then use the same weight as last time. Start on the weaker arm.*

	Weight used
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	
<i>Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.</i>	

Bird Dog: *Practice the movement on both sides, moving your knees closer together over time.*

Complex: *Do **three** repetitions of each exercise. Repeat for a total of three rounds.
Use the heaviest weight you used Wednesday.*

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

<i>Round 1:</i>	<i>Round 2:</i>	<i>Round 3:</i>
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High-Rep Back Squats to Fifty: *See page 98 -99 for weight AND set/rep instructions.*

Record your weights and reps here: _____ | _____ | _____ | _____

Cool-down: *Record your personal cool-down plan of stretching or corrective exercises.*

Nutritional compliance (Y/N) _____ More protein _____ More fiber _____ 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 — 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 *Recharge* day.

Anything you need to remember from yesterday's notes to help make this week a success?

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

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: Warm-ups then... 5 sets of 3 reps with the same weight as last Saturday.

Weight used for 5 sets of 3 reps				

Bat Wings: Using your normal weight....

Five 10-second holds with:					
----------------------------	--	--	--	--	--

One-Arm Press: Light warm-up, then try to move to a heavier weight. Start on the weaker arm.

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	

Bird Dog: Practice the movement on both sides, moving your knees closer together over time.

Complex: Do *two* repetitions of each exercise. Repeat for a total of five rounds.
Use the heaviest weight you've used.

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

Round 1:	Round 2:	Round 3:	Round 4:	Round 5:
----------	----------	----------	----------	----------

High-Rep Back Squats to Fifty: See page 101-102 for weight AND set/rep instructions.

Record your weights and reps here: _____ | _____ | _____ | _____
 _____ | _____ | _____ | _____

Cool-down: Record your personal cool-down plan of stretching or corrective exercises.

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

WEEK SIX, WEDNESDAY — REST

DATE _____

Shop, organize, prepare food

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

Other thoughts _____



WEEK SIX, 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 *Recharge* day.

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

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: Warm-ups then... see page 103 for your bench press choice.

Max Bench: _____ or

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little. Up to 10.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	

Bat Wings: Using your normal weight...

Five 10-second holds with:					
----------------------------	--	--	--	--	--

One-Arm Press: Light warm-up, then try to stay with a heavier weight. Start on the weaker arm.

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	

Bird Dog: Practice the movement on both sides, moving your knees closer together over time.

Complex: Do **two** repetitions of each exercise. Repeat for a total of three rounds.
Use a moderate weight.

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

Round 1:	Round 2:	Round 3:
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High-Rep Back Squats to Fifty: See page 104-105 for weight AND set/rep instructions.

Record your weights and reps here: _____ | _____ | _____ | _____

Cool-down: Record your personal cool-down plan of stretching or corrective exercises.

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

WEEK SIX, SATURDAY — REST

DATE _____

Shop, organize, prepare food

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

Other thoughts _____



WEEK SIX, SUNDAY — 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 *Recharge* day.

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?
