

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
Easy weight, set of 5	45	Add weight, set of 5	55
Add weight, set of 5	65	Add weight, set of 5	75
Add weight, set of 5	85	Add weight, set of 5	95
Final weight, set of 5	95		
Record this final weight <u>95</u>			

Bat Wings: Testing weights

10-second holds	Test 1: 65	Test 2: 85	Test 3: 105
Record this final weight <u>105</u>			

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

2-3 reps each arm	Test 1: 25	Test 2: 35	Test 3: 50
Record this final weight <u>35</u>			

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

Round 1: 65	Round 2: 65	Round 3: 65
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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.	95 (20 sec)
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	95 (20 sec)

(2 min)

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

10 five-second holds with:	105	115	115	X	/	/	/	/	/	/
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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.	55
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	35

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: 65	Round 2: 70	Round 3: 75 75	Round 4: 85	Round 5: 95	

High-Rep Back Squats: See page 71 for weight instructions.

2 sets of 30 reps — Record your weights used here: 95 | 95

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 _____

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 _____

WEEK TWO, WEDNESDAY — TRAINING DAY FOUR

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... 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.	115
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	115
With the old weight from last Sunday, do as many reps as 10	95 x 10

Bat Wings: Using the weight from Day One... *Birdweight chin-up holder x 10 sec*

Five 10-second holds with:	45	55	65	75	85
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10
10 sec

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.	35
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	35

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: 85	Round 2: 85	Round 3: 85
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High-Rep Back Squats: See page 75 for weight instructions.

3 sets of ²⁵30 reps — Record your weights used here: 115 | 115 | 115

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.	115
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	105
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	105

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

Body weight chin-up holds

Five 5-second holds with:	15 sec	15	15	15	15
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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.	35
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	35
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	35

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: 85	Round 2: 85	Round 3: 85
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High-Rep Back Squats: See page 77-78 for weight AND set/rep instructions.

Record your weights and reps here: $\frac{45}{x5}$ | $\frac{55}{x30}$ | $\frac{115}{x30}$ | $\frac{135}{x15}$

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

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.	105
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	105
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	105

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

Five 5-second holds with:	15 sec.	
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Body weight holds.

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.	35
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:	85	Round 2: 85	Round 3: 85	Round 4: 85	Round 5: 85

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

Record your weights and reps here: _____ | 95 x 10 | 115 x 10 | 135 x 50 (5 x 10)

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 _____

WEEK THREE, FRIDAY — TRAINING DAY SEVEN

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... It's Max Doubles. We're looking for two clean, heavy reps.

	Weight used
Today's Max Double 115 135 145 135 125 125	135

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

Five 10-second holds with:					
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Chin-up to 5-second hold.

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.	35
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	35

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
Round 1:	75				
Round 2:	85				
Round 3:	95				

High-Rep Back Squats: See page 83-84 for weight AND set/rep instructions.

Record your weights and reps here: _____ | 115 x 5 | 95 x 10 | 135 x 10
 135 x 10 | 165 x 5 | 165 x 5 | 165 x 5 | 185 x 2

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.

WEEK FOUR, MONDAY — TRAINING DAY EIGHT

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... 5 sets of 2 reps with 20 pounds less than Friday's Max Double.

Weight used for 5 sets of 2 reps				
115				→

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

Five 10-second holds with:					
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Chin/sec hold, then chin to failure

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.	35
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	50

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
Round 1: 75	85	90	95	100	105

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

Record your weights and reps here: 45 x 10 | 135 x 10 | 165 to 50 | _____

_____ | _____ | _____ | _____

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				
115				

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

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

Chinlo Ssee hold step up next week!

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.	35
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	50
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	60

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
Round 1:	105				
Round 2:	105				
Round 3:	105				

High-Rep Back Squats: See page 89-90 for weight AND set/rep instructions.

Record your weights and reps here: 45 x 5 | 95 x 10 | 135 x 10 | 185 x 5
185
165 x 5 | 165 to 20 | _____ | _____

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
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little. Up to 10.	115
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	115

Bat Wings: Using a heavier weight...

Five 10-second holds with:	
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Chin/hold

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.	50 35
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	50 35

Right delt shoulder pain.

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
Round 1: 115	105	105	105	105	105

High-Rep Back Squats to Fifty: See page 92-93 for weight AND set/rep instructions.

Record your weights and reps here: 45 x 5 | 135 x 5 | 135 x 10 | 165 x 50

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	115x2	135x2	145x2	150-too heavy

Bat Wings: Using a heavier weight....

Five 10-second holds with:	
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Chin hold or negative

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.	35
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	35

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: 75	Round 2: 90	Round 3: 105
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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: 45x5 | 135x5 | 135x10 | 165 to 50

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 _____

WEEK FIVE, SATURDAY — TRAINING DAY TWELVE 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... 5 sets of 2 reps with 20 pounds less than Wednesday's Max Double.

Weight used for 5 sets of 2 reps				
125				

Bat Wings: Using a heavier weight....

Five 5-10-second holds with:	_____	_____	_____	_____
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Chins

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.	35
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	35
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	35

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	Squat ^{Clear} Front Squat	Military Press	Back Squat	Good Morning	
Round 1:	105	Round 2:	105	Round 3:	105

High-Rep Back Squats to Fifty: See page 98 -99 for weight AND set/rep instructions.

Record your weights and reps here: 45 x 5 | 135 x 5 | 135 x 10 | 135 to 50

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

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				
125				

Bat Wings: Using your normal weight...

Five 10-second holds with:	
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Clips

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.	35
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: 105	Round 2:	Round 3:	Round 4:	Round 5:
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High-Rep Back Squats to Fifty: See page 101-102 for weight AND set/rep instructions.

Record your weights and reps here: 45 x 5 | 135 x 5 | 135 x 3 | 125 x 10
135 x 50 | _____ | _____ | _____

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.	125
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	125 115

Shoulder
Pain -

Bat Wings: Using your normal weight....

Five 10-second holds with:					
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Chins

Bench

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.	85
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	85

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:	95	Round 2:	95	Round 3:	95
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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: 45 x 5 | 125 x 5 | 135 x 3 | 165 to 50

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?
