

**TRAIN. PROTECT. PROVIDE.**

**FLEX**

**// 2-WEEK SAMPLE**

**I USED TO TRAIN TO BE THE FITTEST ON EARTH. NOW, MY SOLE FOCUS IS TO TRAIN, PROTECT, AND PROVIDE, FOR MYSELF, MY FAMILY, AND MY COMMUNITY – ALL WHILE NEVER GETTING TO ZERO IN THESE AREAS.**

IN SERVICE,  
*Jason*

**TRAIN HARD**



### MONDAY

#### FUNCTIONAL STRENGTH RPE 7

4 SETS  
8-10 DB Tempo Bench Press (30X0)  
-Rest 1:30-  
8-10 Tempo Chin-Up (30X0)

-Rest 1:30 b/t Sets-

(Score is Weight on DBs)

**GOAL:** This should be a TOUGH upper body push/pull combo, but leave some room to get heavier in weeks to come. The rest intervals and 3-second tempo are non-negotiables here. We want quality time under tension for maximum gains. Use a band on the chin-ups if you need it to hit at least eight reps with the appropriate tempo.

#### BODYBUILDING RPE 9

1.) 3 SETS  
10 Bar Dips  
-Rest :10-  
15 DB Overhead Tricep Extensions (Light)  
-Rest :10-  
20 Banded OR Cable Tricep Extensions

-Rest 1:30 b/t Sets-

(No Measure)

2.) 3 SETS  
12-15 DB (or Cable Chest) Fly (Mod)  
-Rest :10-  
12-15 DB Floor Press (Heavy)

-Rest 1:00 b/t Sts-

(No Measure)

**GOAL:** Take 1-2 warm-up sets to find the appropriate loading here and set your space up so you can move from one movement to the other in the allotted rest period. Get ready to order some bigger shirts. Enjoy.

#### EXTRA CREDIT

FOR QUALITY  
Long aerobic session today...at least 30min. That can be a long walk or time on a machine. Nasal breathing only. Don't lose the engine while you work on the chassis.

(No Measure)

### TUESDAY

#### FUNCTIONAL STRENGTH RPE 7

4 SETS  
8 Tempo Front Squat (30X0)

-Rest 2:30 b/t Sets-

(Score is Weight)

**GOAL:** This should be a Moderate-Heavy Squat session, focusing on good mechanics and impeccable tempo. Rep 8 should be just as slow as rep 1. We will build on this weight over the next four weeks.

#### BODYBUILDING RPE 8

3 SETS  
12-15 Heels Elevated Back Squat\* (Moderate)  
-Rest :10-  
12 Reps Dumbbell Alternating Walking Lunge (Heavy)  
-Rest :10-  
25 Reps Jumping Squat

-Rest 3:00 b/t Sets-

\*Sub for Leg Press if available.

(No Measure)

**GOAL:** Take 1-2 warm-up sets to find the appropriate loading here and set your space up so you can move from one movement to the other in the allotted rest period. The jumping squats will give you a pump that will test the sitting on your shorts. Enjoy!

#### EXTRA CREDIT

EVERY 2:30 FOR 4 SETS  
15-20 Weighted Sit-Ups OR Cable Crunches  
8-12 Hanging Knee Raises

-No Additional Rest b/t Sets-

(No Measure)

### WEDNESDAY

#### FUNCTIONAL STRENGTH RPE 8

4 SETS  
8-10 Incline Barbell Tempo Bench (30X0)  
-Rest 1:30-  
8-10/8-10 Single Arm Supported DB Tempo Row (30X0)

-Rest 1:30 b/t Sets-

(Score is Weight of Bench)

**GOAL:** This should be a TOUGH upper body push/pull combo, with room to get heavier in weeks to come. If you don't have access to an adjustable bench, stack a few plates under a flat bench for a slight incline. We are looking for a 15-30 degree incline tops. The rest intervals and 3-second tempo are non-negotiables. We want quality time under tension for maximum gains.

#### BODYBUILDING RPE 8

1.) 4 SETS  
10-12 Banded Wide-Grip Pull-Up OR Cable Lat Pulldown (Mod-Heavy)  
-Rest :10-  
15 DB Pullover OR Straight-Arm Lat Pulldown (Mod-Heavy)

-Rest 1:00 b/t Sets-  
(No Measure)

2.) 3 SETS  
8 Barbell Curls (Heavy)  
-Rest :10-  
12 Incline DB Hammer Curls (Mod-Heavy)  
-Rest :10-  
16 Single DB Curls\* (Mod)

-Rest 1:30 b/t Sets-

\*Hold the DB like a chalice with both hands cupped over head of single DB.  
(No Measure)

**GOAL:** Take 1-2 warm-up sets to find the appropriate loading here. Set your space up so you can move between movements in the allotted rest period.

#### EXTRA CREDIT

4 SETS FOR QUALITY  
800m Run

-Rest 1:30 b/t Sets-

(Score is Slowest Time)

**GOAL:** Start at a conversational pace and build to a moderate pace while focusing on breathing and staying relaxed. Don't lose the engine while you work on the chassis.

### THURSDAY

#### REST DAY OR ACTIVE RECOVERY...

**GOAL:** Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!

### FRIDAY

#### FUNCTIONAL STRENGTH RPE 7

4 SETS  
8-12 Barbell Tempo RDL (30X0)  
-Rest 1:00-  
10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)

-Rest 1:00 b/t Sets-

(Score is Weight on RDL)

**GOAL:** Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. We will build on this weight over the next four weeks.

#### BODYBUILDING RPE 8

1.) 4 SETS  
8-12/8-12 DB Bulgarian Split Squat (Mod-Heavy)  
-Rest 1:00-  
8-12/8-12 DB Split Stance RDL (Mod-Heavy)

-Rest 1:00 b/t Sets-

(No Measure)

2.) EVERY 3:00 FOR 5 SETS  
16-20 Alternating DB Goblet Curtsy Squats (Heavy)  
30 Alt. Jumping Lunges

-No Additional Rest b/t Sets-

(No Measure)

**GOAL:** Take 1-2 warm-up sets to find the appropriate loading here. You can't have impressive glutes without impressive hammies, and vice versa. Enjoy!

#### EXTRA CREDIT

EVERY 3:00 FOR 4 SETS  
15-20 Weighted Sit-Ups OR Cable Crunches  
8-12 Barbell OR Ab Wheel Rollouts

-No Additional Rest b/t Sets-

(No Measure)

### SATURDAY

#### FUNCTIONAL STRENGTH RPE 8

5 SETS  
15-12-9-12-15  
Barbell Strict Press  
Tempo Ring Row (20X0)

-Rest :30 b/t Each Full Set-

(Score is Weight)

**GOAL:** Goal here is to find a challenging weight on the strict press that you can do for 15 reps and keep that weight throughout this piece. If you cannot continue to strict press for the second sets of 12 and 15, swap to a Push Press to stay unbroken. Fight for the tempo on the ring rows, even on the bigger sets.

#### BODYBUILDING RPE 8

1.) EMOM x 25 MINUTES  
MIN 1 - :45 Max Push-ups  
MIN 2 - :45 Max Reps Bent Over DB Row (Light)  
MIN 3 - :45 Max DB Squeeze Press (Light)  
MIN 4 - :45 Max Reps Single DB Hammer Curls (Light)  
MIN 5 - Rest

(No Measure)

-Rest an Additional 2:00 b/t Part 1 & Part 2-

2.) EMOM x 12 MINUTES  
MIN 1 - Max Cal Bike  
MIN 2 - 12-15 DB Lateral Raises (Light-Mod)

(No Measure)

**GOAL:** The goal here is to breathe heavy and get a solid pump. Have fun and aim for consistency on the Assault Bike calories and control on the dumbbell lateral raises.

#### EXTRA CREDIT

3 SETS FOR QUALITY  
12 Alt. Landmine Rotations  
-Rest :30-  
:45/:45 Side Plank L/R

-Rest 1:30 b/t Sets-

(No Measure)

### SUNDAY

#### REST DAY OR ACTIVE RECOVERY...

**GOAL:** Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!

#### FLEX BREAKDOWN

## FUNCTIONAL STRENGTH + BODYBUILDING

TOTAL EST. TIME **60-90MIN**

#### PROGRAMMED 5X / WEEK



#### MANDATORY EQUIPMENT

- Barbell + Weight up to 315/225
- Squat Rack + Bench
- Pull-Up Bar
- Dip Bar
- Rings
- (1) Pair of Heavy DBs (70/50 or heavier than your suggested moderate)
- (1) Pair of Moderate DBs (50/35 Suggested)
- (1) Pair of Light DBs (20/10 or lighter than your suggested moderate)
- (1) Moderate KB (53/35)
- (1) Heavy KB (70/53)
- Heavy and light resistance bands

#### OPTIONAL EQUIPMENT

- Functional Trainer (Cable cross machine)
- Incline Adjustable Bench
- Access to Cardio Equipment (Run, Bike, or Row)
- Plyo Box
- Squat Wedge
- GHD

### MONDAY

#### FUNCTIONAL STRENGTH

RPE 8

4 SETS  
8-10 DB Tempo Bench Press (30X0)  
-Rest 1:15-  
8-10 Tempo Chin-Up (30X0)

-Rest 1:15 b/t Sets-

(Score is Weight on DBs)

**GOAL:** This should be a TOUGH upper body push/pull combo, building off the weights and reps you hit last week. The rest intervals and 3-second tempo are non-negotiables here. We want quality time under tension for maximum gains. Use a band on the chin-ups if you need it to hit at least eight reps with the appropriate tempo.

#### BODYBUILDING

RPE 8

1.) 3 SETS  
Max Reps Bar Dips into Max Bar Dip Hold (Hold at top)  
-Rest :30-  
12-15 DB OR Cable Chest Fly (Moderate)  
-Rest :30-  
Max Reps Incline Push-ups

-Rest 1:30 b/t Sets-

2.) 4 SETS  
15/15 Single Arm Tricep Extensions (Moderate)  
-Rest :10-  
15/15 Single Arm Banded OR Cable Push-down (Moderate)

-Rest 1:00 b/t Sets-

(No Measure)

**GOAL:** Take 1-2 warm-up sets to find the appropriate loading here and set your space up so you can move from one movement to the other in the allotted rest period. For the incline push-up, choose an incline that allows you to hit 10+ reps. This will give you a MAJOR PUMP. Enjoy.

#### EXTRA CREDIT

3 ROUNDS FOR QUALITY  
3:00 Row  
3:00 Bike  
400m Run

(No Measure)

**GOAL:** Conversational pace here. Just some good steady-state cardio.

### TUESDAY

#### FUNCTIONAL STRENGTH

RPE 8

4 SETS  
8 Tempo Front Squat (30X0)

-Rest 2:30 b/t Sets-

(Score is Weight)

**GOAL:** This should be a Moderate-Heavy Squat session, focusing on good mechanics and impeccable tempo. Rep 8 should be just as slow as rep 1. If you can, build on your weight from last week.

#### BODYBUILDING

RPE 8

1.) 2 SETS  
8/8 Back Rack Reverse Lunge  
-Rest 1:00-  
20 Reps No-lockout Goblet Squats

-Rest 1:00 b/t Sets-

2.) EMOM x 15 MINUTES  
MIN 1 - Max Double DB Step Ups (Moderate)  
MIN 2 - Max Abmat Sit-ups  
MIN 3 - Single Unders

(No Measure)

**GOAL:** Take 1-2 warm-up sets to find the appropriate loading here and set your space up so you can move from one movement to the other in the allotted rest period. Part 1 is only TWO sets because the lunges should be heavy, and the no-lockout goblet squats should burn!

#### EXTRA CREDIT

4 SETS  
10-15 Foam Roller Reverse Crunch  
15 DB Lateral Raises (Moderate)

-Rest as Needed b/t Sets-

(No Measure)

**GOAL:** Snuck in some shoulder work because your delts can handle the volume. Enjoy.

### WEDNESDAY

#### FUNCTIONAL STRENGTH

RPE 8

4 SETS  
8-10 Incline Barbell Tempo Bench (30X0)  
-Rest 1:15-  
8-10/8-10 Single Arm Supported DB Tempo Row (30X0)

-Rest 1:15 b/t Sets-

(Score is Weight of Bench)

**GOAL:** This should be a TOUGH upper body push/pull combo, building off the weights and reps you hit last week. If you don't have access to an adjustable bench, stack a few plates under a flat bench for a slight incline. We are looking for a 15-30 degree incline tops. The rest intervals and 3-second tempo are non-negotiables. We want quality time under tension for maximum gains.

#### BODYBUILDING

RPE 8

1.) 4 SETS  
8-10 DB Crossbody Hammer Curl (Moderate)  
-Rest :10-  
MAX REPS Banded OR Cable Bicep Curl

-Rest 1:00 b/t Sets-

(No Measure)

2.) 3 SETS  
8/8 Single Arm Landmine Row (Heavy)  
-Rest 1:00-  
Max Reps Ring Pull-up OR Neutral Grip Lat Pulldown (Aim for at least eight reps)

-Rest 1:00 b/t Sets-

(No Measure)

**GOAL:** Take 1-2 warm-up sets to find the appropriate loading here and set your space up so you can move from one movement to the other in the allotted rest period. For the Ring Pull-ups, you should aim for at least eight reps. If not, substitute this for ring rows.

#### EXTRA CREDIT

8 SETS FOR QUALITY  
400m Run

-Rest :30 b/t Sets-

(Score is Slowest Time)

**GOAL:** Start at a conversational pace and build to a moderate pace while focusing on breathing and staying relaxed.

### THURSDAY

#### REST DAY OR ACTIVE RECOVERY...

**GOAL:** Give your body what it needs - full rest or active recovery. Active Recovery should be low intensity movement for 10-30min. This is not a workout!

### FRIDAY

#### FUNCTIONAL STRENGTH

RPE 8

4 SETS  
8-12 Barbell Tempo RDL (30X0)  
-Rest 1:00-  
10-12 Tempo Hamstring Curl on Rower OR Pilates Ball (30X0)

-Rest 1:00 b/t Sets-

(Score is Weight on RDL)

**GOAL:** Go Moderate-Heavy on the RDLs and then really focus on the tempo for the hamstring curl. Build on your loading and reps from last week if you can.

#### BODYBUILDING

RPE 8

1.) 5 SETS  
8/8 Front Foot Elevated DB Reverse Lunge (Heavy)  
-Rest 1:00-  
16-20 Reps Alternating DB Goblet Curtsy Squats (Heavy)

-Rest 1:00 b/t Sets-

(No Measure)

**GOAL:** Take 1-2 warm-up sets to find the appropriate loading. Curtsy squats and lunges are the ultimate glute one-two punch.

#### EXTRA CREDIT

EVERY 3:00 FOR 4 SETS  
15-20 Weighted Sit-ups OR Cable Crunches  
8-12 Barbell OR Ab Wheel Rollouts

-No Additional Rest b/t Sets-

(No Measure)

### SATURDAY

#### FUNCTIONAL STRENGTH

RPE 8

5 SETS  
8 Tempo Barbell Z-Press (30X0)  
-Rest 1:00-  
12-15 DB Lateral Raise (Moderate)

-Rest 1:00 b/t Sets-

(Score is Weight on Z-Press)

**GOAL:** Boulder shoulders to end the week! Let's GO!

#### BODYBUILDING

RPE 7

1.) EMOM x 20 MINUTES  
MIN 1 - 15 Burpees  
MIN 2 - 20 Russian Kettlebell Swings (Heavy)  
MIN 3 - 15 DB Strict Press (Moderate)  
MIN 4 - Single Unders

(No Measure)

2.) 3 SETS  
12-15 Seated DB Rear Delt Raise (Moderate)  
-Rest 1:00-  
12-15 DB Incline Y-Raise (Light-Mod)  
:  
-Rest 1:00 b/t Sets-

(No Measure)

**GOAL:** The first piece is meant to get the heart pumping a bit while still working the shoulders through some different movements. For the second piece, slow down and move with intention. Big delts, big shoulders! LET'S GO!

#### EXTRA CREDIT

3 SETS FOR QUALITY  
8-10 Hanging Knee Raise  
:45/:45 Side Plank L/R

-Rest 1:00 b/t Sets-

(No Measure)

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