

**TRAIN. PROTECT. PROVIDE.**

# **FORCE**

**// 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

#### FORCE STRENGTH

RPE 6

12-9-6-3  
Front Squat\*

\*Start Moderate & Build to Heavy

-Rest as Needed b/t Sets-

(Score is Heaviest Weight)

**GOAL:** RPE 8 | Build to a heavy 3-Rep Front Squat. Weight should be heavy and the mechanics should be solid. Final weight should be something your COULD squat for 4 or 5 reps if needed...this is not a 3-Rep Max.

#### FORCE WORKOUT

RPE 6

AMRAP x 12 MINUTES  
400m Run  
8 Front Squats\*  
10 Burpees

(Score is Rounds + Reps)

\*Barbell Options...

H - 185/+  
B - 155  
C - 115/-

**GOAL:** RPE 8 | All squats should be performed unbroken and runs at or below 2:00. Can you hit 4 rounds of this workout?

### TUESDAY

#### FORCE STRENGTH

RPE 6

EMOM x 9 MINUTES  
MIN 1 - :45 Box Jumps (AC)  
MIN 2 - :45 Strict Pull-Ups  
MIN 3 - :45 Cardio Choice (Mod)

(Score is Total Reps of Pull-Ups)

**GOAL:** RPE 6 | Think of this 9min EMOM as a way to help build capacity. Each round should feel the same...no major peaks, no major valleys. Consistency is key here.

#### FORCE WORKOUT

RPE 7

5 SETS  
AMRAP x 4 MINUTES  
4 Pull-Ups  
6 DB Power Cleans (B)  
8 Alt. Lunges

-Rest 1:00 b/t Sets-

(Score is Total Rounds + Reps)

**GOAL:** RPE 7 | Can you average 3 rounds or more each AMRAP? Lunges are unweighted. If you want to add some more umph...grab your Conditioning pair of DBs and get after it.

### WEDNESDAY

#### FORCE STRENGTH

RPE 8

1.) ON A 15:00 RUNNING CLOCK...  
Build to a Heavy 3-Rep Bench

(Score is Weight)

-Rest as Needed b/t Part 1 & Part 2-

2.) FOR QUALITY

30 Cal Bike or 20 Cal Row  
30 Reps @ 75% of 3-Rep Bench  
30 Cal Bike or 20 Cal Row

(No Measure)

**GOAL:** RPE 8 / RPE 6 | Hit it heavy then pull the weight down for 30 Quality Reps.

#### FORCE WORKOUT

RPE 6

EMOM x 15 MINUTES\*  
MIN 1 - 1:00 Push-Ups  
MIN 2 - 1:00 Wall Sit Hold  
MIN 3 - 1:00 Deadhang Hold

\*Option to wear 20lb Vest or Body Armor for entire workout.

(No Measure)

**GOAL:** RPE 6 | Flow and go in this EMOM. Goal should be to get as close to one minute as possible in each static hold.

### THURSDAY

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

We program our rest days on Thursday and Sunday based on what your training days based on what works for you. We recommend between 3-5 training days per week. When you do rest, give your body what it needs - Full Rest or Active Recovery.

Full Rest can involve rest, recovery, and self care but the priority is rest. Active Recovery can involve low intensity movement for about 20-30min or more. Either way...this is not a day for an intense workout.

#### TOMORROW WE TRAIN HARD.

### FRIDAY

#### FORCE STRENGTH

RPE 6

4 SETS  
1:00 Cardio Choice (Easy)  
5 Shoulder to Overhead (AC)\*  
1:00 Cardio Choice (Mod)

\*Moderate for All Sets

-Rest as Needed b/t Sets-

(Score is Heaviest Weight)

**GOAL:** RPE 6 | Slow is smooth and smooth is fast. Greasing the groove here. Don't worry about the weight increases. Focus on smooth connected reps. Keep loading moderate.

#### FORCE WORKOUT

RPE 8

FOR TIME  
75 Double Unders  
Immediately Into...

3 SETS  
10 Shoulder to Overhead\*  
20 Toes to Bar

Immediately Into...  
75 Double Unders

(Score is Time)

\*Barbell Options...

H - 155/+  
B - 135  
C - 115/-

**GOAL:** RPE 8 | Pushing the gas pedal to the floor today. Choose a weight that challenges you to go unbroken on the Shoulder to Overhead.

### SATURDAY

#### FORCE STRENGTH

RPE 7

EMOM x 8 MINUTES  
MIN 1 - 3 Burpees + 3 Deadlifts (AC)\*  
MIN 2 - 3 Pull-Ups + 100m Run

\*Start Moderate & Build to Mod-Heavy

(Score is Heaviest Deadlift)

**GOAL:** RPE 7 | Building to a mod-heavy 3-Rep Deadlift with some pre-exhaustion. Athletes can choose to meet or exceed their workout weight here. All lifts should be touch and go under control.

#### FORCE WORKOUT // HERO

RPE 9

"RANKEL"  
AMRAP x 20 MINUTES  
6 Deadlifts (225)  
7 Burpee Pull-Ups  
10 KB Swings (H)  
200m Run

(Score is Rounds + Reps)

**GOAL:** RPE 9 | Hero Workout. No excuses. Worry about your effort more than your score.

U.S. Marine Corps Sergeant John Rankel, 23, of Speedway, Indiana, assigned to 3rd Battalion, 1st Marine Regiment, 1st Marine Division, 1 Marine Expeditionary Force, based out of Camp Pendleton, California, was killed on June 7, 2010, while supporting combat operations in Helmand Province, Afghanistan.

### SUNDAY

#### REST DAY... OR THMC WORKOUT

The TRAIN HARD MEN'S CLUB (THMC) is a way for you to get after it with your tribe. There will be a fresh THMC workout each month for you to get after. You can hit it whenever you want this month...it will be posted here each Sunday.

Post a pic of your tribe getting after it and tag @trainhard.fit on IG. Leave your comments here.

#### JANUARY 24 THMC

RPE 9

EMOM x 30 MINUTES  
MIN 1 - :45 Burpees  
MIN 2 - :45 Shuttle Sprints\*  
MIN 3 - :45 Alt. DB Snatch (AC)  
MIN 4 - :45 Shuttle Sprints\*  
MIN 5 - 1:00 Rest

\*25' down and back

(No Measure)

**GOAL:** RPE 9 | Don't overthink it. Grab some buddies. Train Hard.

#### WORKOUT // ABBREVIATIONS

- H - Heavy
- B - Baseline
- C - Conditioning
- AC - Athlete Choice
- KB - Kettlebell
- DB - Dumbbell
- BB - Barbell
- ALT - Alternating
- RPE - Rate of Perceived Exertion
- AMRAP - As Many Rounds as Possible
- EMOM - Every Minute on the Minute
- Barbell Weights - H/B/C Options Listed for Every Workout or AC

#### WORKOUT // RECOMMENDATIONS

- Every workout comes with a short goal write-up and RPE rating (Rate of Perceived Exertion) to guide you. We represent RPE on a 1-10 scale, 1 being the easiest and 10 being the hardest. Each number in the scale represents an approximate measure of your perceived exertion based on a percentage out of 100% (ex: 1 is 10%, 2 is 20% and so on...until 10 or 100%, absolute max).
- In every workout, we will suggest a weight category for all BB, KB, and DB movements. These are just suggestions. You should always choose the best weight for you in that workout that day.
- KB and DB movements listed in the workout as either H, B, C, or will be noted as AC. These are based on the intended feel for that movement and the equipment lists. Choose the weight that best fits that feel for you.
- BB movements will have (3) weight options listed for every workout or will be noted as AC. Baseline is the goal weight envisioned for the workout based on the intended feel. Heavy gives you the option to go heavier. Conditioning gives you the option to go lighter. These are just suggestions. You should always choose the best weight for you in that workout that day.
- Box Jump or Step-Up movements are always listed as AC. Athletes should choose the height that works best for them.
- Cardio Choice means you get to pick run, bike, row, or any other form of cardio. These will be labeled either as Easy, Mod, or Hard to guide your effort. Adjust as needed.
- The overall best rule in every workout is to always choose the pace, weight, height, and equipment that gives you the best workout for that day. TRAIN HARD.

### MONDAY

#### FORCE STRENGTH

RPE 7

3 SETS  
3 Back Squats + 6 Alt. Back Rack Lunges (AC)\*

\*Moderate for All Sets

-Rest as Needed b/t Sets-

(Score is Weight)

**GOAL:** RPE 7 | Each set is 9 Reps total. Bar stays on your back from the Squats into the Lunges. Use the same weight or similar for all 3 sets...nothing too crazy heavy.

#### FORCE WORKOUT

RPE 8

AMRAP x 15 MINUTES  
10 KB Goblet Squats (H)  
20 Russian KB Swings (H)  
30 Walking Lunges

(Score is Rounds + Reps)

**GOAL:** RPE 8 | Goal here is to move for the full 15min even when the weight is uncomfortable. The Squats and Swings should feel heavy for you today but doable in close to full sets.

### TUESDAY

#### FORCE STRENGTH

RPE 8

1.) 3 SETS  
Max Reps Bench Press (AC)\*

\*Mod-Heavy for All Sets

-Rest as Needed b/t Sets-

(Score is Lowest Reps)

2.) 3 SETS  
Max Reps Push Press (AC)\*

\*Mod-Heavy for All Sets

-Rest as Needed b/t Sets-

(Score is Lowest Reps)

**GOAL:** RPE 8 | Pressing and Pushing today. For the both movements, shoot for 10-15 unbroken reps of Mod-Heavy weight.

#### FORCE WORKOUT

RPE 6

ON A 24:00 RUNNING CLOCK...  
Continuous Cardio Choice\*

\*Every 3:00 perform 7 Push-Ups + 7 DB Push Press (B). Option to Wear 20lb vest.

(No Measure)

**GOAL:** RPE 6 | Want to tap into a more chill gear today...less intensity, more intention. Just keep going.

### WEDNESDAY

#### FORCE STRENGTH

RPE 6

3 SETS FOR QUALITY  
2:00 Cardio Choice (Easy)  
Immediately Into...  
10 Slow DB Romanian Deadlift (AC)  
10 Strict Pull-Ups

-Rest 2:00 b/t Sets-

(No Measure)

**GOAL:** RPE 6 | Bringing the RPE down in the Strength today (ramp it up in the workout). In this portion, think of creating long, slow pulls on both the DL and Pull-Up.

#### FORCE WORKOUT

RPE 9

10 ROUNDS FOR TIME  
3 Up-Downs  
5 Deadlifts\*  
7 Pull-Ups

(Score is Time)

\*Barbell Options...

H - 225/+  
B - 185  
C - 155/-

**GOAL:** RPE 9 | Pick a weight that you can really move quickly here. No slamming the bar but we do want to see bar speed with strong mechanics.

### THURSDAY

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

We program our rest days on Thursday and Sunday but you set your training days based on what works for you. We recommend between 3-5 training days per week. When you do rest, give your body what it needs -- Full Rest or Active Recovery.

Full Rest can involve rest, recovery, and self care but the priority is rest. Active Recovery can involve low intensity movement for about 20-30min or more. Either way...this is not a day for an intense workout.

#### TOMORROW WE TRAIN HARD.

### FRIDAY

#### FORCE STRENGTH

RPE 7

EMOM x 10 MINUTES  
MIN 1 - 3 Power Clean (AC)\*  
MIN 2 - :30 Cardio Choice (Hard)

\*Start Moderate & Build to Heavy

(Score is Weight)

**GOAL:** RPE 7 | Lifting while breathing heavy...the test that no one wants to perform. But life is gonna smack you. Be ready.

#### FORCE WORKOUT

RPE 7

3 SETS  
25 Cal Bike or 20 Cal Row  
-Rest :30-  
1:00 Power Cleans\*  
-Rest :30-  
25 Cal Bike or 20 Cal Row

-Rest 2:00 b/t Sets-

(Score is Lowest Reps of Power Clean)

\*Barbell Options...

H - 185/+  
B - 135  
C - 115/-

**GOAL:** RPE 7 | For the barbell today, clean and quick singles. This workout should be challenging between the heart rate and the barbell...but not looking for RPE 10. Pick a pace that gets you to the cal and allows you to work. Pick a weight that you can Clean at least 10 times per minute.

### SATURDAY

#### FORCE GUT-CHECK

RPE 9

EMOM x 40 MINUTES  
MIN 1 - 5 Pull-Ups + 10 Push-Ups + 15 Squats  
MIN 2 & 3 - 10 Box Jumps (AC) Immediately Into Cardio Choice (Mod) in Remaining Time...  
MIN 4 - 1:00 DB or KB Farmer Walk (H)  
MIN 5 - 1:00 Rest

(No Measure)

**GOAL:** RPE 9 | Simply grind it out. No excuses. You want to test your grit? These type of workouts will do it.

### SUNDAY

#### REST DAY... OR THMC WORKOUT

The TRAIN HARD MEN'S CLUB (THMC) is a way for you to get after it with your tribe. There will be a fresh THMC workout each month for you to get after. You can hit it whenever you want this month...it will be posted here each Sunday.

Post a pic of your tribe getting after it and tag @trainhard.fit on IG. Leave your comments here.

#### JANUARY\_24 THMC

RPE 9

EMOM x 30 MINUTES  
MIN 1 - :45 Burpees  
MIN 2 - :45 Shuttle Sprints\*  
MIN 3 - :45 Alt. DB Snatch (AC)  
MIN 4 - :45 Shuttle Sprints\*  
MIN 5 - 1:00 Rest

\*25' down and back

(No Measure)

**GOAL:** RPE 9 | Don't overthink it. Grab some buddies. Train Hard.

#### WORKOUT // ABBREVIATIONS

- H - Heavy
- B - Baseline
- C - Conditioning
- AC - Athlete Choice
- KB - Kettlebell
- DB - Dumbbell
- BB - Barbell
- ALT - Alternating
- RPE - Rate of Perceived Exertion
- AMRAP - As Many Rounds as Possible
- EMOM - Every Minute on the Minute
- Barbell Weights - H/B/C Options Listed for Every Workout or AC

#### WORKOUT // RECOMMENDATIONS

- Every workout comes with a short goal write-up and RPE rating (Rate of Perceived Exertion) to guide you. We represent RPE on a 1-10 scale, 1 being the easiest and 10 being the hardest. Each number in the scale represents an approximate measure of your perceived exertion based on a percentage out of 100% (ex: 1 is 10%, 2 is 20% and so on...until 10 or 100%, absolute max).
- In every workout, we will suggest a weight category for all BB, KB, and DB movements. These are just suggestions. You should always choose the best weight for you in that workout that day.
- KB and DB movements listed in the workout as either H, B, C, or will be noted as AC. These are based on the intended feel for that movement and the equipment lists. Choose the weight that best fits that feel for you.
- BB movements will have (3) weight options listed for every workout or will be noted as AC. Baseline is the goal weight envisioned for the workout based on the intended feel. Heavy gives you the option to go heavier. Conditioning gives you the option to go lighter. These are just suggestions. You should always choose the best weight for you in that workout that day.
- Box Jump or Step-Up movements are always listed as AC. Athletes should choose the height that works best for them.
- Cardio Choice means you get to pick run, bike, row, or any other form of cardio. These will be labeled either as Easy, Mod, or Hard to guide your effort. Adjust as needed.
- The overall best rule in every workout is to always choose the pace, weight, height, and equipment that gives you the best workout for that day. TRAIN HARD.