

Chad Howse



# THE LOST ART OF DISCIPLINE

---

The Workout

# THE LOST ART OF DISCIPLINE

---

The Workout

Dare Mighty Things Inc.

© 2017

# Contents

<b>Introduction.....</b>	<b>3</b>
<b>FIGHTING .....</b>	<b>4</b>
<b>HABIT .....</b>	<b>5</b>
<b>Deprivation Challenge .....</b>	<b>5</b>
<b>TRAINING FOR TOUGHNESS.....</b>	<b>8</b>
<b>Habits .....</b>	<b>8</b>
<b>Run or ruck (45 lbs).....</b>	<b>8</b>
<b>4 am wake-up .....</b>	<b>9</b>
<b>Cold shower .....</b>	<b>9</b>
<b>THE WORKOUT .....</b>	<b>11</b>
<b>Mindset .....</b>	<b>11</b>
<b>Training Rules .....</b>	<b>12</b>
<b>Rule #1 – Proper Warm Up .....</b>	<b>12</b>
<b>Rule #2 – Progression .....</b>	<b>12</b>
<b>Progressive Overload.....</b>	<b>13</b>
<b>Time Rounds and Density Training .....</b>	<b>15</b>
<b>Rule #3 – Straight Sets.....</b>	<b>16</b>
<b>Rule #4 – Planned Taper .....</b>	<b>16</b>
<b>Rule #5 – Include GPP.....</b>	<b>17</b>
<b>Rule #6 – Adherence .....</b>	<b>18</b>
<b>Lift Like a Man! .....</b>	<b>19</b>
<b>General Physical Preparedness.....</b>	<b>21</b>
<b>Taper Workout .....</b>	<b>23</b>

# Introduction

*“No man is more unhappy than he who never faces adversity. For he is not permitted to prove himself.” ~ Seneca*

You bought the *Lost Art of Discipline* because you know the value of discipline. You understand that without it, you cannot live a life of accomplishment, nor one of freedom, nor one of value.

People today search for happiness, neglecting to understand that happiness is only a part of what it takes to live a flourishing life. You need accomplishment and purpose and meaning, all of which come as an offshoot of discipline.

Toughness is the same.

I’m assuming you have big goals.

It’s an assumption made simply because of the kind of book you just bought. Well, big goals mean bigger obstacles, they ask more of you than will be asked of the fella who’s just after mediocrity, fitting in, and living an unimpressive life. The fact that your goals are grand means you’re going to have to endure more. You’re holding yourself to a higher standard.

The greater the dream, the bigger the sacrifice.

Are you tough enough to warrant what you want? Are you tough enough to sacrifice enough to gain the victories you seek?

What follows is a simple challenge.

It’s designed to make you tougher, but also more efficient, stronger, and healthier.

The tougher you are the less power outside forces have over you and your life and what you want to accomplish in this life.

It’s not easy to develop toughness. It often requires actual pain. It’s a necessary battle that those who want more from life have to wage.

# FIGHTING



The fear that makes most tremble is the fear of death. The cousin of that fear is the fear of being harmed or injured. That's a big reason why so many guys have never been in a fight. It's also something that has to be faced, practiced, and perfected.

As a part of this workout I recommend that you pick up a martial art. It doesn't matter the form, be it boxing, kickboxing, BJJ or wrestling or any other, just start fighting.

Learn the craft. Learn the feeling of getting punched in the face. Learn that you can push through the pain.

At least with boxing – the only style of fighting I've ever done for an extended period of time – it's also the greatest workout you can put yourself through, especially sparring.

You cannot quit because the guy standing across from you will hurt you if you do. If you take it easy, you'll get hurt. If you get lazy and sloppy, you'll get punched in the face or oftentimes worse, the body.

You may scoff at this request, but if you *actually* want to become tougher, learn to fight.

# HABIT

There's the workout. That's the simple part. You're going to train your butt off while making training habitual.

This also depends on who you are right now and how often you train right now.

The second part of the equation are the habits you're going to add, and those you're going to subtract.

Toughness is as much about being able to endure as it is being able to go without.

You have your deprivation challenge, and the habit, two, or three you're going to add to your routine, but there are also things in your life that make you soft.

They need to be removed, but what are they?

As with the *Lost Art*, some self-discovery is required, along with pace.

*EXAMPLE: TV*

TV is a big one for me. The choice should be between TV and a book, and a book should always win – but it doesn't.

TV makes your brain soft. It makes you lazy. It pulls you from your quest of self-improvement. This program isn't just about physical fitness, but mental fitness as well.

How many days a week can you go without TV?

Start with one. Do that for a month, then add another. Do that for a month, and then add another.

The same can be done for movies and videogames and anything else that dulls the brain.

Another could be a snack you have mid day, or a breakfast you can't seem to shake. What's something in your life that you want to remove? Something that specifically makes you soft?

## Deprivation Challenge

We've become a society that's dependent on pleasure.

We shop because we're jealous and we need a pick-me-up to feel better about ourselves, who we are, and where we're going.

What brings you pleasure that you don't necessarily need?

## The Lost Art of Discipline

Here's my deprivation challenge, but please, feel free to create your own.

Choose one of the following three deprivation challenges.

The idea is to avoid something that isn't necessary that you may unknowingly depend on. When I did the taste challenge it was actually incredibly difficult. I wanted so bad to have something tasty, something that was pure goodness but I made sure all I had was the things in my fridge and the things on the list.

### ***Taste***

We don't think about this pleasure because it's so ingrained into our daily lives that it almost goes unnoticed...

... until you go without it for three days.

That's the challenge, and maybe I'm just a pussy, but this is tough.

Start with three days, and build up to a week within the next year.

We're removing taste, the pleasure of sitting back and enjoying your favorite food.

This has nothing to do with health. Actually, it's not a healthy three days of eating at all.

Here's what you can have:

- Eggs (whole or whites)
- Oatmeal

No butter, no salt or pepper, no sugar for your porridge nor milk. No coffee or tea, just water. No beer or scotch, either.

It's a challenge. It does, indeed, build toughness.

To go without luxuries that we take for granted shows us that we can live without depending on pleasures, feelings, little enjoyments that aren't about nourishment.

### ***Entertainment***

Again, three days. This time you're going without entertainment of the technological side. So no TV, no movies, videogames, *or phones*. Answer calls, but don't text or go on Instagram or Facebook or whatever other social media platform is hot these days.

No Facebook at work. No surfing the web as a form of entertainment to give yourself a break from the work that must be done.

The only form of entertainment that's allowed is of the reading kind. Read articles, books, anything that will *improve you*.

## The Lost Art of Discipline

This is easier said than done. You'll see just how much we rely on technology. Toughness means you *don't* rely or depend on something that can be taken away from you or something you can do without.

### ***Purchasing***

This one's a bit longer.

Last year a pal of mine and I formed a budget and a bet around that budget. All non-essential purchases had a cap of \$150. That included dining out, alcohol, rented movies, and any other kind of purchase that was deemed non-essential (which is a lot).

Obviously clothes or hunting gear or guns or knives or the things we tend to spend money on.

It was actually tough, as embarrassing as it is to say.

The tendency is to have a win with work and celebrate in some form. But do we need that celebration? Sometimes it's great, but it's a bad habit. You depend on spending to make yourself feel as though you're doing something of value, something worthy.

Purchasing is a crutch that a majority of westerners fall back on for meaning. We buy because we're jealous of others and we want to show them how *we're living* high on the hog. We equate success with stuff, when everyone knows the *richest*, those who actually have cash and land and power, ignore the trivialities of life. They don't buy *stuff*, they save and invest.

This challenge is for an entire MONTH.

Don't buy *anything* that's not essential to your life, your success, where you want to go. Business purchases don't fall under this category because that's investing in you.

No buying clothes or cars or status symbols. Don't buy movies. Don't eat out. Don't buy too many booze – keep it all within that \$150 range when it comes to dining out and booze.

# TRAINING FOR TOUGHNESS

What follows are four habits that you're going to add to your routine. They're simply designed to make you tougher.

Choose one habit to conquer. Make it habitual over the period of 3 months. Then add another. Each habit has its own schedule and structure, so read and apply.

*Keep a Journal* – don't expect to do this without documentation. Keep a journal and a calendar to keep track of your progress.

This is stuff no one *wants to do*, which is why you *have to do it*.

## Habits

### Push-ups

The goal is to get to 200 push ups per day, but that's not where we're starting.

Start with one a day. While you're down there doing them, feel free to do more. But week one is simply about 1 a day.

Week two, make it ten.

Week three, make it 50. Week four keep it at 50 push-ups a day.

Week 5 we're pushing it to 100. Week's 6 and 7 and 8, keep it at 100 push ups per day. Weeks 9, 10, 11, do 150 push ups per day.

Week 12, do 200, and keep it at two hundred.

Stick to the schedule. Don't go off on your own and aim for 200 right off the bat if you're not already near that number as it is.

### Run or ruck (45 lbs)

The goal is to get to the 10k mark, but that's not where we're starting, and this isn't a daily habit, unless you want it to be.

I'm not a runner, so this habit wasn't easy to add. I haven't run consistently since boxing in my early twenties.

Again, start SMALL.

Start with one 5k run/week for the first two weeks.

Week 3 is two, 5k runs.

Week 4 is 3 5k runs, as is week 5.

## The Lost Art of Discipline

Weeks 6, 7, and 8 are all two, 10k runs per week. You can do two.

Weeks 9, 10, 11 are all three 10k runs per week.

If you want to push it to 4 or 5, keep at it.

The rucking has the same schedule. Both are great ways to build endurance and toughness.

Tip: along with the increase in duration, change your terrain. Make it tougher. Add more hills or get out to the mountains.

Important: weather doesn't play a factor in whether you run or don't. You do it rain, shine, or snow.

### 4 am wake-up

Earlier the better, but we're not starting at 4am.

The 4am wake-up has made my life a lot better. My days are slower paced. I get more done with less stress and I'm more productive. Getting there isn't easy, though.

The biggest mistake people make is trying to get there all at once.

15-minutes is the focus.

Whenever you wake up right now, get up 15-minutes earlier every day this week.

Drop it down by 15 *more* minutes next week and so on and so forth. Keep track.

Important: this HAS TO happen EVERY DAY! Don't take Sunday off. Don't think you deserve to sleep in. It doesn't matter when you go to bed, keep this schedule. Continue to wake up 15-minutes earlier until you're at the 4am mark (or wherever you want to get).

### Cold shower

These suck, especially in winter. It's -30C here in Calgary, Alberta right now, and a cold shower is one of the last things I want to do, which makes it so vital to do it.

The health benefits include improved sperm health, boosted testosterone, and improved recovery from your training.

But, again, they suck. So here's your schedule:

Week 1, 1 cold shower for 5-minutes.

Weeks two and three, have two cold showers in the week for 5 minutes.

Weeks 4, 5, and 6, have 3 cold showers in the week for 5 minutes.

Weeks 7, 8, and 9, have 4 cold showers for 5 minutes during the week.

Weeks 10, 11, and 12, have 6 cold showers during the week, each lasting a mere 5 minutes.

## The Lost Art of Discipline

It sounds easy, but depending on where you live and how cold the water is, this can be brutal. Time yourself for 5 minutes. If you want to go warm after or before, do it. I *shower* in warm water but will have a cold shower for its own reasons.

### ***The point...***

To do things you don't want to do.

That's it.

Life is about doing things you don't want to do. The tough do what must be done. The weak do what they feel like doing.

# THE WORKOUT

Finally, we're at the training routine.

This isn't an 'easy' routine. It's actually quite brutal. And just like the habits we're trying to form, we're taking this one workout at a time.

If you workout four days a week like clockwork, already, jump in.

If you don't workout at all, start with one workout a week and simply follow the routine. Every THREE weeks add another workout to your week until you're following the program like everyone else.

If you're at two, start at two and add one workout to your week every THREE weeks and so forth.

## Mindset

Pain is good when it comes to this workout. Pain of the lungs and the muscle, of course. So *be in your training*. Work your ass off. Be aware of the tests that come with every training session, those moments when you want to stop, quit, give it all up.

Being aware of these battles is the war you wage. Most people aren't. They feel pain and they stop.

Push forward. Win the battles. The more you win, the more you defeat the weakness, the tougher you're going to become in your everyday life.

# Training Rules

In this section we'll go over the rules you'll need to follow in order to properly execute on this program. You'll learn how to prime yourself for maximum performance; how to get stronger each week; the best technique for increasing work capacity; a back off technique that will ensure you're pulling back on volume in order to benefit from super-compensation; and the simple strategy for ensuring you're adhering to the program for maximum results.

## Rule #1 – Proper Warm Up

**The Proper Role of the Warm-up:** *To prepare the body for the working sets, not to interfere with them.*

Warming up is both muscular and neuromuscular. It elevates the temperature of the muscles and tissues thus making them more flexible and less susceptible to injury.

Another benefit of properly warming up is improved muscular contractile properties that allow you to practice the movement pattern that you are about to train.

## Warm-up Steps

1. Start off with a simple 5 minutes of aerobic exercise such as exercise bike or treadmill.
2. Go straight to the exercise you are starting off with. Perform this exercise for 3-5 sets with an empty bar using a full range of motion. 5-6 reps per set will suffice.
3. Slowly add weight to the bar in even increments until you are ready to handle the work set.

**Note:** Once you start to add weight, warm-up reps can be tapered down to save gas for the working sets.

Bench Press  
Empty Bar x 3 x 5 Warm-up Set  
135 lbs x 1 x 6 Warm-up Set  
145 x 1 x 4 Warm-up Set  
155 x 1 x 2 Warm-Up Set  
185 x 5 x 5 Working Sets

## Rule #2 – Progression

Like anything in life, fitness or otherwise, you must always aim to get better; to progress. When it comes to building muscle, gaining athletic ability, or increasing endurance, it all comes down to a gradual increase in performance.

## The Lost Art of Discipline

Without progression there is no growth. And if you're not growing, you're dying. Not because bench pressing the same amount of weight day-in and day-out is going to do you physical harm, but because, as a man, we need to improve.

That said, the first, and most important principle of this program is progression. Without the goal of getting better session to session or week to week, it's useless.

So let's talk about exactly how you'll implement this critical principle into the *Lift Like a Man* program.

## Progressive Overload

**Progressive Overload:** *This is the gradual increase of stress placed upon the body during exercise training. This component is recognized as a fundamental principle for success in fitness training.*

Whether you are looking to get bigger, stronger, or faster, the goal with any program should be progression. Continuing to outperform your last performance in order to achieve an adaptive response.

In weight lifting, this can be measured by total workload.

**Calculating Total Workload: Reps x Weight = Workload**

Squat Example:

	Set 1	Set 2	Set 3	Set 4
Weight	225 lbs	225 lbs	240 lbs	245 lbs
Reps	6	6	4	3
Workload	1,350 (lbs)	1,350 (lbs)	960 (lbs)	735 (lbs)
Total Workload				<b>4395 (lbs)</b>

If Day 1 prescribes a snatch for 5 sets of 5 reps, and you're able to hit 135 pounds for the recommended sets and reps, then next time you perform *the same workout*, you'll aim to hit 140 pounds, and so on.

Occasionally, due to certain external factors, you may fail on a set and instead of reaching the prescribed 5 reps, only be able to push it for 3 or 4. If this happens, the first step is to give it another go. Next time you perform the workout, use the same exact weight you failed with previously. If, for whatever reason, you fail again, simply reset. The next time you perform said workout, decrease the weight by 10-15% and make gradual increases from there.

Example:

## The Lost Art of Discipline

### Week 1 – Snatch

Set 1:  $135 \times 5 = 675$

Set 2:  $135 \times 5 = 675$

Set 3:  $135 \times 5 = 675$

Set 4:  $135 \times 5 = 675$

Set 5:  $135 \times 5 = 675$

Total Workload: 3,375 lbs.

### Week 2 – Snatch

Set 1:  $140 \times 5 = 700$

Set 2:  $140 \times 5 = 700$

Set 3:  $140 \times 5 = 700$

Set 4:  $140 \times 5 = 700$

Set 5:  $140 \times 5 = 700$

Total Workload: 3,500 lbs.

Simple enough, eh?

Now, as you get further into the program—or perhaps if you’re running it for the second or third time—it may not be as easy as simply increasing the load.

At some point or another, you won’t be able to progress in a linear fashion and may need to be a bit more strategic.

Here’s how I’d recommend progressing once increasing the load isn’t an option: Let’s say you aimed for 145 pounds on the snatch but were unable to complete the exercise for the prescribed volume—you missed a few reps on the last couple of sets—then you would simply aim to increase volume (through reps).

For example:

Set 1:  $145 \times 5 = 725$

Set 2:  $145 \times 5 = 725$

Set 3:  $145 \times 5 = 725$

Set 4:  $145 \times 3 = 435$

Set 5:  $145 \times 2 = 290$

Total Workload: 2,900 lbs.

\*Although it may seem like regression because the total workload has decreased, it isn’t. The increase in intensity is also a form of progression.

## The Lost Art of Discipline

Set 1:  $145 \times 5 = 725$

Set 2:  $145 \times 5 = 725$

Set 3:  $145 \times 5 = 725$

Set 4:  $145 \times 5 = 725$

Set 5:  $145 \times 3 = 435$

Total Workload: 3,335 lbs.

Once you're able to complete all 5 sets for the prescribed reps, then you can increase the load and repeat this process.

In the event, however, that you're unable to increase the volume, you'll simply reset.

## How to Reset

Decrease the total weight by 10-15% for your next snatch session. So instead of attempting 145 pounds again, you'd scale back to 120-130 pounds and start gradually increasing the weight from there.

## Time Rounds and Density Training

The way you'll progress with your strength and power training is much different than the way you'll progress when training for endurance and athleticism.

### Density Training

Density refers to the work you're able to do in a given amount of time. If you perform 20 sets of 10 reps in 45 minutes, your training density for that particular workout in a 45-minute timeframe would be 200 repetitions. In other words, training density is the amount of sets multiplied by the number of reps completed within a certain timeframe.

There are two ways to increase training density.

1. Increasing the amount of reps you perform in a given timeframe.
2. Decreasing the timeframe it takes in order to complete a given workout (sets x reps)

We'll use the latter.

If a particular training session takes you 1 hour to complete, the goal should be to complete that same workout in less time.

The goal of the density training is to do *more* work in less time. The working weight should remain constant—the progression variable is time. For example, if it takes you 30 minutes to complete all 4 rounds on week 1, then the goal in week 2 is not to increase the load, but to complete the same 4 rounds in slightly less time.

## Time Rounds

The goal of the time rounds is not just to help increase conditioning, but to improve work capacity by fighting through metabolic fatigue. Similar to the density training rounds, with time rounds, you should keep the working weight constant. The idea is to complete as many rounds as possible in the given time period. For example, if you were able to complete 5 rounds in 25 minutes in week 1, then you'd aim to complete 6 or more rounds, in the same timeframe, in week 2.

## Let's Summarize

If you want to get better, then you've got to aim for progression. And although it may seem redundant, the most common mistake trainees make is failing to progress. They believe that if they adhere to the schedule, alone, it's enough; it isn't. It's why you'll go to the same gym for years and see guys pushing the same weight on the bench, and aside from a new beard, they've made no physical changes. Don't be that guy, lift like a man; aim to be better.

### Rule #3 – Straight Sets

Unlike the traditional pyramid loading, straight sets rely more on cumulative fatigue. This means that the second set will be more challenging than the first, the third more challenging than the second, and so on.

Here's what it looks like:

If you're going to squat for 3 sets of 5 reps, you'll perform the first set with a given weight, rest, perform another set with the same weight, rest, and finish the last set with the same weight.

Set 1: 225 lbs x 5 Reps

Rest

Set 2: 225 lbs x 5 Reps

Rest

Set 3: 225 lbs x 5 Reps

Rest

### Rule #4 – Planned Taper

## What is a Taper?

It is a planned reduction in volume and/or intensity, usually for one cycle of your training split, whose purpose is to allow the body to dissipate accumulated fatigue, allow a full recovery, and prepare you for further gains.

## Why Taper?

- In order to repair ligament, tendons, joints, and tissues.
- To allow your CNS (Central Nervous System) to recover.
- To reduce the risk of overtraining.
- To give your mind and body a mental break from high intensity training.
- To prepare for more muscle gains.

## What if I don't taper?

For those trainees who feel that they want to (try) go 100% at the gym, all the time, they will soon realize that this is not possible. Not implementing a taper into your training is, in my opinion, the main reason why intermediate lifters find it so hard to increase performance in the gym. This is why most trainees at the intermediate level are probably fluctuating between 10-20 pounds (up and down) with any given lift. And if they do happen to lift heavier than that 20 lbs threshold, they don't sustain it consistently and thus it becomes worthless.

## When to Taper?

This is a 6 week program and it should not be performed for more than 6 weeks at a time. That said, the 6 week mark would be the perfect time to taper off. Once you've tapered, feel free to repeat the program.

Other indicators that a taper week is needed:

- You feel tired and not primed to train.
- Your lifts are not increasing (or even decreasing).
- Your tendons, joints, or ligaments are achy.

**Note:** A regularly scheduled taper should come before you start to experience any of these symptoms.

### Rule #5 – Include GPP

GPP or General Physical Preparedness lays the groundwork for later specific physical activity. In your case, it's meant to increase conditioning, strength, speed, endurance, structure and skill.

Failing to incorporate at least 1-2 days of GPP work, per week, may not hinder your ability to gain muscle, but it will certainly limit the amount of badassery you gain from this program.

You see, being strong and muscular is great, but what is it good for when a fire breaks out and you've got to count on your lungs to save your family?

In short, make sure you're performing your GPP work—it makes you harder to kill.

## Rule #6 – Adherence

There is no physiological difference between working out on Monday and working out on Tuesday. What matters is not what day of the week it is, but the total work done in a given period of time. On top of that, everyone's schedule is different, and since adherence is key, it's less about what you *should* do and more about what you *can* do.

The workout won't be broken down into specific days (e.g. Monday, Wednesday, Friday), instead, it'll be broken down into a given number of workouts (e.g. Day 1, Day 2, Day 3). So whether you're taking a rest day after every session or performing them all back to back—what's really important is that (1) you perform them in order—so the Day 2 workout will never be done before the Day 1 workout in the week—and (2) that all of the workouts are completed within the training week.

As for GPP—or general physical preparedness—I'd recommend adding 1-2 sessions per week. However, in the event that you're only able to fit 3 workouts into your week, the Day 1, Day 2, and Day 3 workouts are the most critical—never sacrifice those.

### Workout Schedule Examples:

Sunday: Rest  
Monday: Day 1 Workout  
Tuesday: GPP  
Wednesday: Day 2 Workout  
Thursday: GPP  
Friday: Day 3 Workout  
Saturday: Rest

Sunday: Rest  
Monday: Day 1 Workout  
Tuesday: GPP  
Wednesday: Rest  
Thursday: Day 2 Workout  
Friday: GPP  
Saturday: Day 3 Workout

Sunday: Rest  
Monday: Day 1 Workout  
Tuesday: GPP  
Wednesday: Day 2 Workout  
Thursday: Rest  
Friday: Day 3 Workout  
Saturday: Rest

As you can see, there are countless options when it comes to scheduling your workouts. The most important thing is adherence to the main 3 workouts, everything after that is simply going to aid with your conditioning and recovery.

# Lift Like a Man!

## Day 1

Exercise	Sets	Reps	Rest
Snatch	5	5	2-3 Minutes
Push Press	4	8	2-3 Minutes
Rack Pulls	3	6	90-120 Sec.

## Density Training – 4 Rounds

Exercise	Reps
Power Clean	10
Pull Ups	25
Farmer Walks	30 Steps

## Day 2

Exercise	Sets	Reps	Rest
Deadlift	3	3	2-3 Minutes
Front Squat	3	8	1-2 Minutes
Push Press	5	5	2-3 Minutes
Pendlay Rows	5	5	2-3 Minutes
A1.) Pull Ups	3	AMRAP	1 Minute
A2.) Dips	3	AMRAP	1 Minute
Snatch Grip Shrugs	4	12	60-90 Sec.

\*Letters denote a superset.

## The Lost Art of Discipline

For example: perform A1) for the prescribed reps; perform A2) for the prescribed reps; rest 1 minute; and repeat until you've completed the exercises for 3 sets.

### Day 3

Exercise	Sets	Reps	Rest
Squat	4	6	2-3 Minutes
Bench Press	5	6	2-3 Minutes
Overhead Press	3	12	1-2 Minutes
Rack Pulls	4	8	1-2 Minutes

### Time Rounds – 25 Minutes

Exercise	Reps
Pull Ups	10
Hang Cleans	5
RDL	10

## General Physical Preparedness

### GPP – Day 1

#### **Box Jumps: x 50**

Find a height challenging enough to push your limits, but make sure it's manageable for the prescribed repetitions. The goal is to perform 50 box jumps in the fastest time possible. The goal should always be to beat your previous time.

#### **Sled Push: x 5**

Load the sled up with a moderate weight and push it for 20 yards. Push the sled from the starting point to the end point using about 85-95% intensity—if you can hold a conversation while performing this exercise, you're not pushing hard enough. Once you've reached the end, rest for 30-60 seconds and repeat until you've completed 5 repetitions.

#### **Bear Crawls: x 10**

Using the same 20 yards, bear crawl as fast as possible from the starting point to the finish line. Once you've reached the end point, walk back to the starting point and repeat. Do this until you've completed 10 bear crawls across 20-30 yard.

#### **Jump Burpees: x 50**

Perform 50 jump burpees—a traditional burpee where you'll perform a vertical jump at the end—as fast as you can. Keep a timer so you have a time to beat the next time around.

### GPP – Day 2

#### **Pushups: x 100**

Perform 100 pushups as fast as possible. Keep a time so you have a time to beat the next time around.

#### **Mountain Climbers: x 100**

## The Lost Art of Discipline

Perform 200 mountain climbers as fast as possible. Aim to finish this exercise in less time each time you perform it.

### **Sprints: x 10**

Identify a 20-30 yard stretch and sprint as fast as possible from the starting point to the end. Walk back to the starting point once you've reached the end; sprint back to the end point once you've reached the start. Repeat this until you have completed 10 total sprints.

### **Farmer Walks: x 5**

Use the same 20-30 yard stretch and farmer walk from one end to the other. Once you've reached the end, that is 1 repetition. Rest for 30-45 seconds and repeat. Do this until you've completed 5 reps. For the weight, select dumbbells or kettlebells heavy enough to challenge you, but light enough to complete the workouts.

## **GPP Barbell Complex**

In the event you don't have the equipment necessary to perform the previous GPP workouts—or you simply want to mix things up—include these barbell complex workouts instead.

## **How to Perform Barbell Complex Workouts**

Performing the Barbell Complex Workouts is simple, but not easy. Perform the first exercise for the prescribed sets and reps, as fast as possible. Without resting, move directly into the next exercise. Do this until you've completed each exercise—that's 1 circuit. Start from the beginning again and repeat the circuit until you've reached the prescribed number of circuits.

The goal is to rest as little as possible between exercises and circuits. The more experienced you get, the faster you'll be able to finish the circuits.

### **GPP – Barbell Complex #1**

Push Press x 10

Hang Clean x 10

Front Squat x 10

Clean & Press x 10

**Repeat Circuit X 6**

### **GPP – Barbell Complex #2**

Shoulder Press x 10

Back Squat x 10

Front Squat & Press x 10

## The Lost Art of Discipline

Bent Rows x 20

Lunges x 10 (per leg)

Push Press x 10

**Repeat Circuit x 6**

# Taper Workout

## Day 1

Exercise	Sets	Reps	Rest
Snatch	2	5	ALAN
Push Press	2	8	ALAN
Power Clean	2	8	ALAN
Rack Pulls	3	3	ALAN
Farmer Walks	3	15 Steps	ALAN

## Day 2

Exercise	Sets	Reps	Rest
Deadlift	1	3	ALAN
Front Squat	3	4	ALAN
Push Press	2	5	ALAN
Pendlay Rows	2	5	ALAN
Snatch Grip Shrugs	2	12	ALAN

## Day 3

Exercise	Sets	Reps	Rest
Squat	4	3	ALAN
Bench Press	5	3	ALAN
Overhead Press	3	6	ALAN
Rack Pulls	2	8	ALAN

\*ALAN = As Little As Needed