



Hero Workout Program

**16-Week Progressive Strength &
Conditioning Program Details**

How 'Bout Some Fun Legal Stuff?

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16-Week Progressive Strength & Conditioning Program Details

If you read the [Hero Handbook](#), you'll remember the best way to achieve any goal is to break it down into a series of habits (or behaviors) that lead to the thing you want to accomplish.

That's why I want you to follow these two training habits for the next four months:

Training Habit #1 — Train at the Same Time Every Day

It's important to pick a time that works best for you and to stick to it. This way, the exercise routine becomes just that: a routine. Whatever time you pick, you must make sure you can train at that time every day you need to be in the gym.

Training Habit #2 — Complete Every Training Session

I know I sound like bit of a stickler here, so hear me out. Making a significant change to the way your body looks and feels takes consistency. That means the more you follow the program, the better results you're going to get.

I know that sometimes life gets in the way and you may miss a training session. That's cool. If that happens, however, you need to make up the session as soon as you can.

So if you miss your Monday workout, you need to do it on Tuesday. (And if you had a regularly scheduled workout on Tuesday, you'd move that one to Wednesday.) Just make sure you get every training session in per week, however you need to.

The name of the game here is consistency. The program is set up to give you a good amount of rest and

recovery in between your gym time, so sticking to it is definitely recommended.

But if you need to make up a session, don't stress it. Just stick it in somewhere in the week and keep training.

A Few Specific Notes About the Program

My workouts may be a bit different than what you're used to, so I wanted to quickly go over a few things.

Soft-Tissue Work

This is how you'll start off every workout. Soft tissue work helps loosen up stiff muscle groups and helps increase mobility.

Each listed muscle group should be worked for at least 30 seconds.

Mobility Warm-Up

Dynamic mobility (like soft-tissue work) is geared to improve mobility in specific areas of the body.

Active Warm-Up

Activation work helps “turn on” appropriate muscles before your workout.

Iron Work

Exercise — The exercise you’ll be performing. In the case of letters, perform a set of A1, rest for the allotted time, and then perform a set of A2. Continue in this fashion until you’ve completed all your repetitions.

Rest Period — How long to rest between sets or exercises.

Comments — These are things I want you to focus on specifically.

Extra Credit — If you have more than 15-20 pounds of muscle to gain and you identify as "skinny", then follow the "Build Muscle" extra credit and skip the "Lose Fat".

If you identify as "skinny fat" or have some fat to lose, follow the "Lose Fat" extra credit and skip the "Build Muscle."

Important: No matter if you're trying to lose fat or gain muscle, you should follow the “energy systems” work on lower-body days. No excuses.

Post-Workout/Recovery — These are stretches I want you to do immediately post-workout.

Proposed Training Schedule

I recommend a Monday, Tuesday, Thursday, Saturday split if possible. If you know for damn sure that you're not gonna get into the gym on Saturday, then do a Monday, Tuesday, Thursday, Friday split. No matter what, do not miss a session.

Month One

The goal of the first month is to begin balancing your push/pull strengths, teach you new movements, begin isometrically strengthening your core, create better joint mobility and stability, and raise your overall ceiling for muscle growth and strength.

There have been a few basic assumptions made concerning you, and your ability to perform the program. In other words, you should be healthy, without physical disabilities, and have access to basic gym equipment.

Month 1 has been designed to fill in some of the gaps that may have been present in your past routines, and offer a different method of stimulating and growing muscle.

It may not prove to be as challenging as you would have expected. If that's the case, stick with me and follow it exactly. You'll thank me once you've gone through all four months.

If you find it too difficult, that's okay, too. Execute the program like you're called to do, and be patient with your gains.

Month Two

This month you'll begin developing more explosive power, and learn how to move heavier loads with larger movement patterns.

Your volume in Month 2 will be up considerably from Month 1, and you should begin to notice some differences within your overall strength and size towards the end of this month.

During this month you'll still be using loads that are under 80% of your 1-rep max, which will keep the pressure on your joints minimal, while still progressing through your strength and muscle growth.

At the end of this second month, you will experience your first “deload” week. This is where you will reduce

your overall volume allowing your connective tissue and nervous system the opportunity to recover faster, and keep you progressing throughout the next eight weeks.

Month Three

Month 3 is designed to get you comfortable lifting heavier loads. You will begin dramatically increasing your strength and muscular gains. As the weeks progress throughout this third month, your loads will become heavier, your reps will go down and you'll increase the amount of sets you do.

This is where you will begin achieving new levels of strength.

At this point, your joints will be more stable, and you should be consistently increasing your overall mobility.

Also, you'll notice the programming will change in Month 3, not only within the loading parameters, but also with the lower body workouts.

Instead of having one bilateral (two-legged) dominant day coupled with a unilateral (single-leg) dominant loading day, your Day 2 workout will involve heavy loading with mostly hip dominant compound movements.

Your Day 4 workout will be more quad dominant, reducing the overall stress on the lumbar spine.

This will give you a surge in strength within your hip dominant movements, and allow you to begin 'bullet proofing' your lumbar spine and core.

Month Four

At this point, you should notice major increases in strength, stability, mobility, and size.

This month requires more effort than any other month, and should be incredibly challenging.

You should focus on lifting heavier loads, moving faster through your movements, and cruising through your energy systems work.

Continue to pay close attention to properly warming up, as your loads are heavier than ever before, and don't skip out on your post-exercise stretches.

Onward

After you finish Month 4, either take one week completely off from the gym before beginning another workout program or head to the gym four times per week to go through your soft tissue work, dynamic mobility, activation, and post-workout stretching.

In other words, don't do any heavy lifting.

Video Exercise Demos

[Video Demonstrations Page](#)