

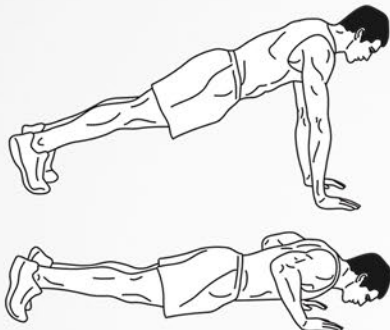


STRENGTH PROTOCOL

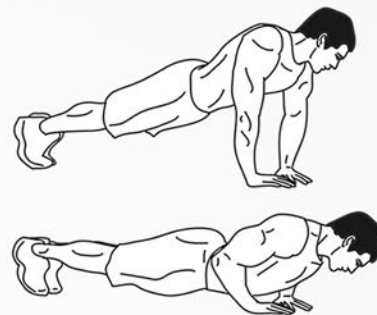
STRENGTH PROTOCOL

Day 1
shoulders,
chest & triceps

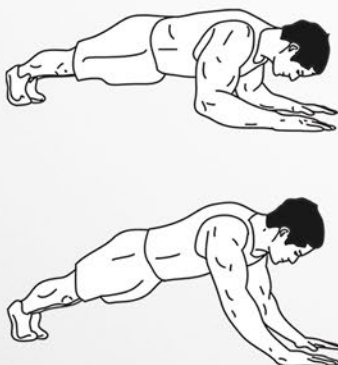
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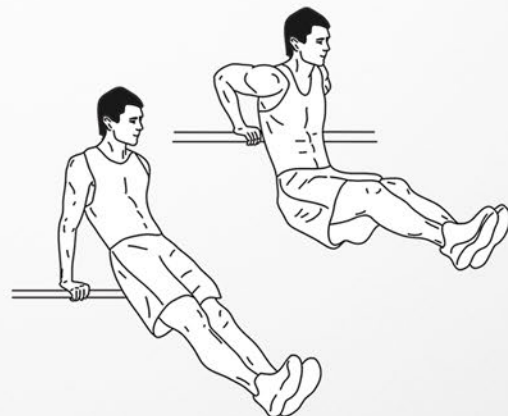
to failure push-ups
3 sets | 20 seconds rest



to failure diamond push-ups
3 sets | 20 seconds rest



to failure tricep extensions
3 sets | 20 seconds rest



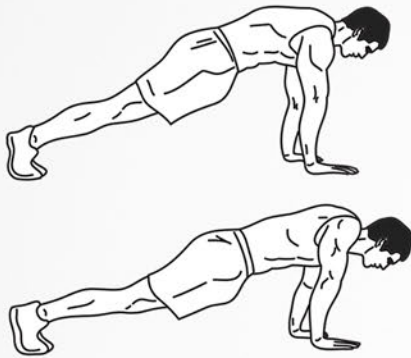
to failure tricep dips
3 sets | 20 seconds rest

STRENGTH PROTOCOL

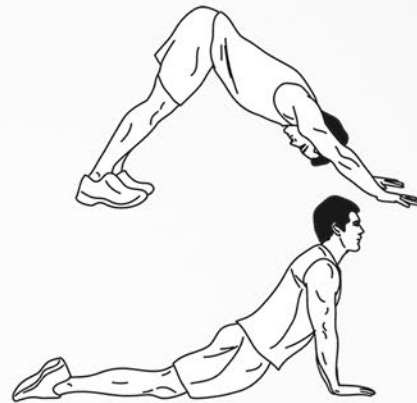


Day 2
back & biceps

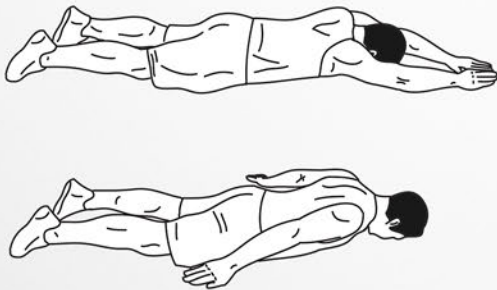
© darebee.com



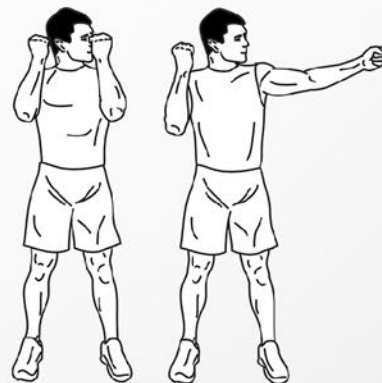
20 scapula shrugs
4 sets | 20 seconds rest



20 downward upward dog
4 sets | 20 seconds rest



20 reverse angels
4 sets | 20 seconds rest

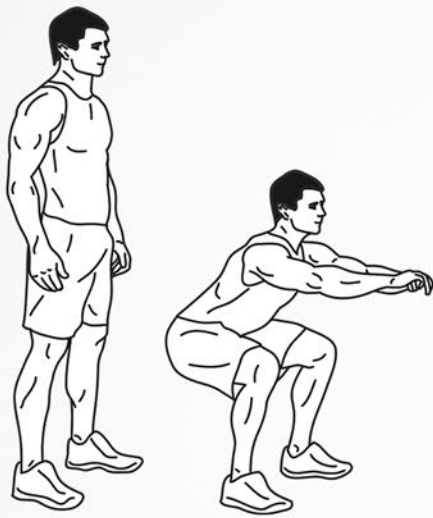


60 backfists
30 per side | 1 set per side
2 sets in total | no rest

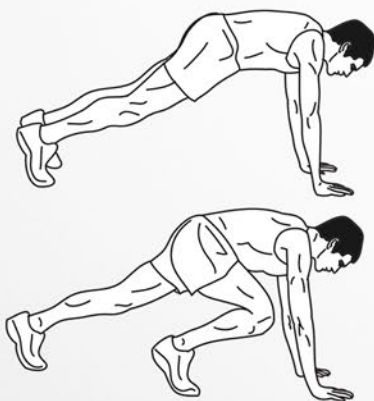
STRENGTH PROTOCOL

Day 3
legs

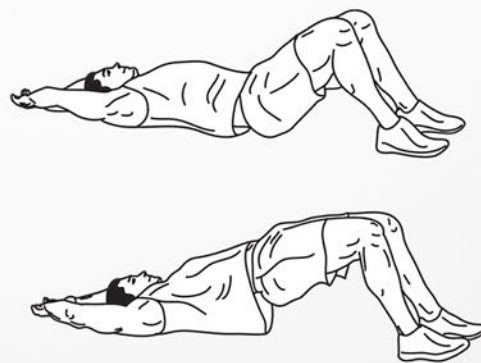
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20 squats x **5 sets**
20 seconds rest between sets



20 climbers x **5 sets**
20 seconds rest between sets

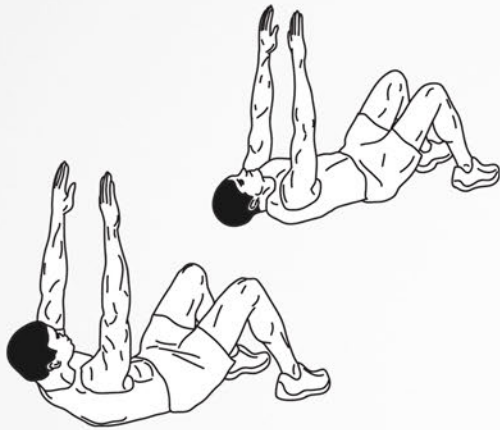


20 bridges x **5 sets**
20 seconds rest between sets

STRENGTH PROTOCOL

Day 4
abs

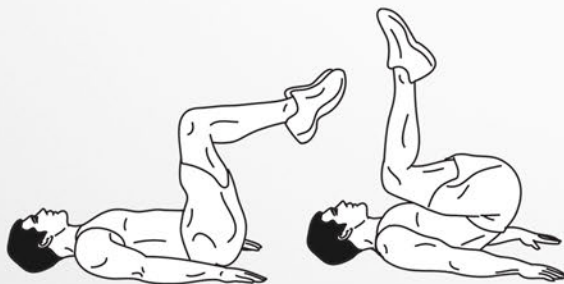
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20 high crunches
4 sets | 20 seconds rest



20 knee-to-elbow crunches
4 sets | 20 seconds rest



20 reverse crunches
4 sets | 20 seconds rest

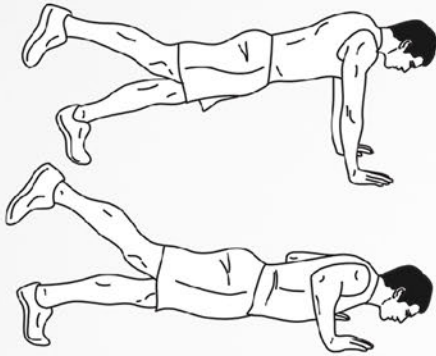


20 knee crunches
4 sets | 20 seconds rest

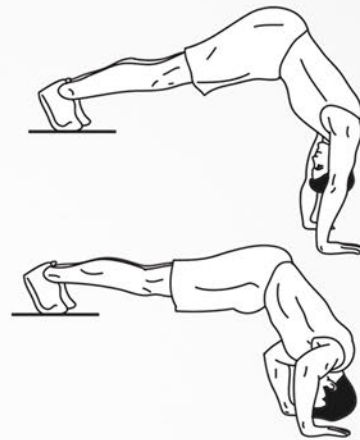
STRENGTH PROTOCOL

Day 5
shoulders,
chest & triceps

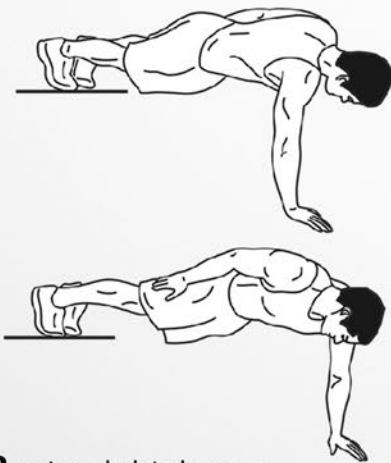
© darebee.com



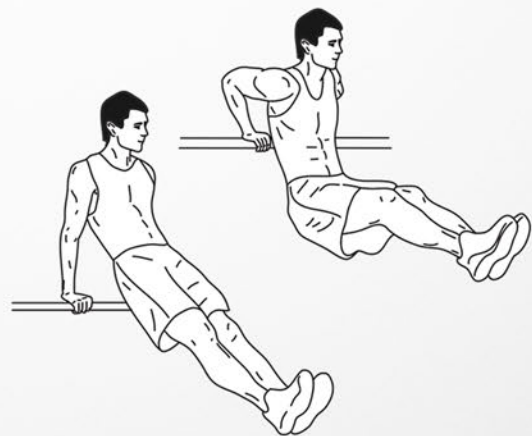
to failure raised leg push-ups
3 sets | 20 seconds rest



to failure raised pike push-ups
3 sets | 20 seconds rest



20 raised thigh taps
3 sets | 20 seconds rest



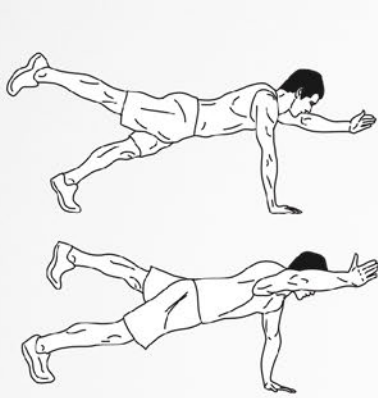
to failure tricep dips
3 sets | 20 seconds rest

STRENGTH PROTOCOL

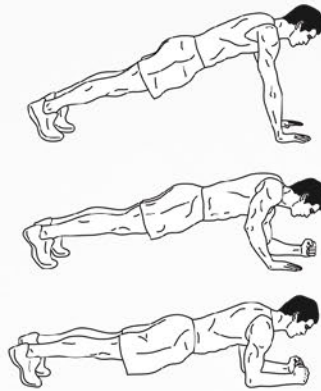


Day 6
back & biceps

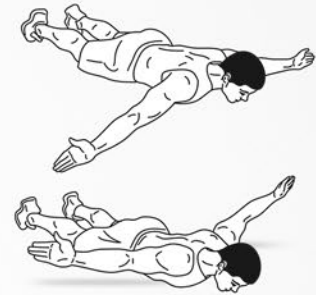
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20 alt arm / leg raises
4 sets | 20 seconds rest



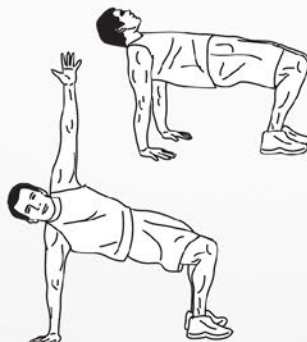
20 up & down planks
4 sets | 20 seconds rest



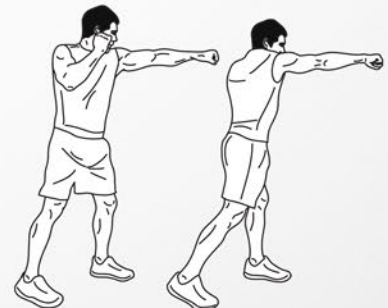
20 prone reverse fly
4 sets | 20 seconds rest



20 full bridges
4 sets | 20 seconds rest



20 full bridges w/rotations
4 sets | 20 seconds rest



40 punches
4 sets | 20 seconds rest

STRENGTH PROTOCOL

Day 7
legs

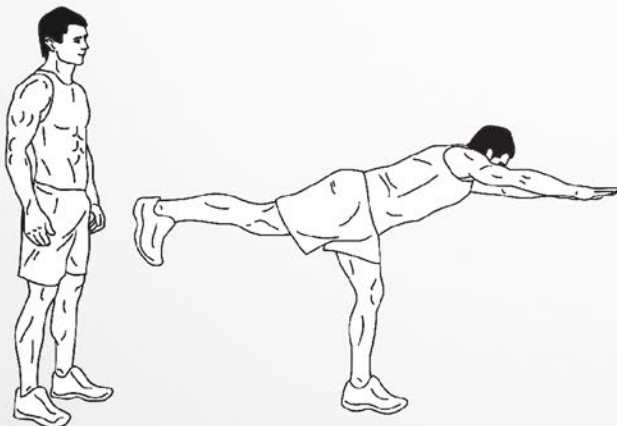
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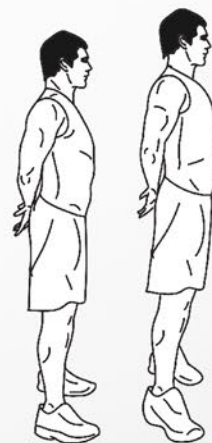
20 lunges x 5 sets
20 seconds rest between sets



20 side-to-side lunges x 5 sets
20 seconds rest between sets



20 single leg deadlifts x 5 sets
20 seconds rest between sets

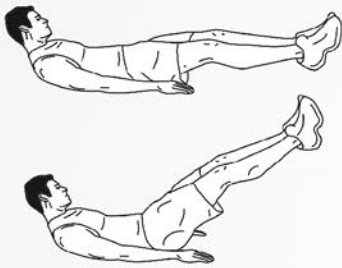


20 calf raises x 5 sets
20 seconds rest between sets

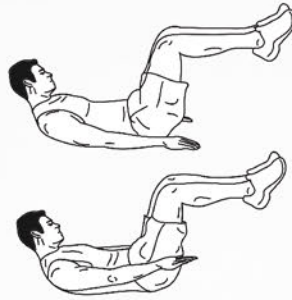
STRENGTH PROTOCOL

Day 8
abs

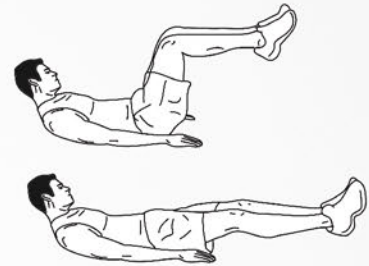
© darebee.com



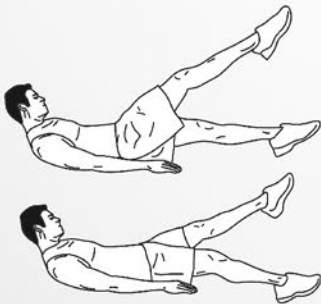
20 leg raises
3 sets | 20 seconds rest



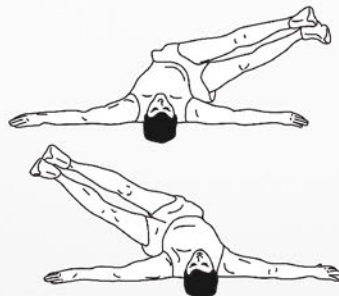
20 hundreds
3 sets | 20 seconds rest



20 crunch kicks
3 sets | 20 seconds rest



20 flutter kicks
3 sets | 20 seconds rest



20 windshield wipers
3 sets | 20 seconds rest

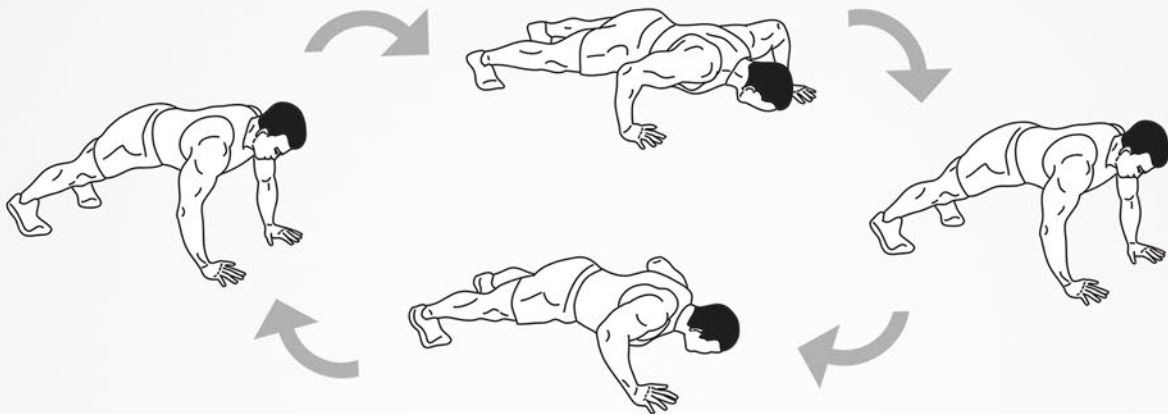


20 butt kicks
3 sets | 20 seconds rest

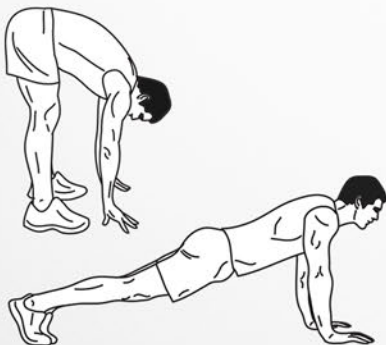
STRENGTH PROTOCOL

Day 9
shoulders,
chest & triceps

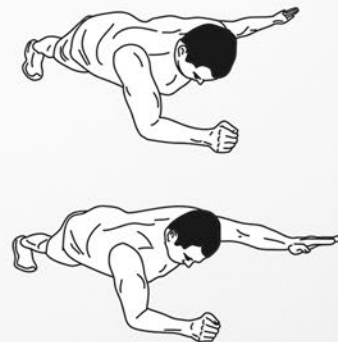
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to failure three-point push-up hop up to change hand position
3 sets | 20 seconds rest between sets



20 plank walk-outs x **3 sets**
20 seconds rest between sets



20 seagulls x **3 sets**
20 seconds rest between sets

STRENGTH PROTOCOL



Day 10
back & biceps

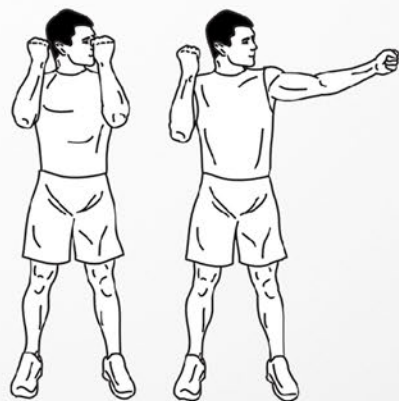
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20 bridge extensions x **4 sets**
20 seconds rest between sets



20 reverse angels
5 sets | 20 seconds rest

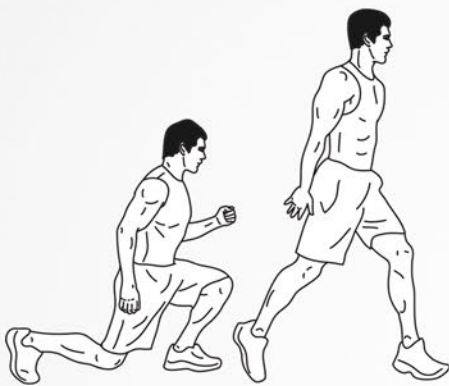


80 backfists
40 per side | 1 set per side
2 sets in total | no rest

STRENGTH PROTOCOL

Day 11
legs

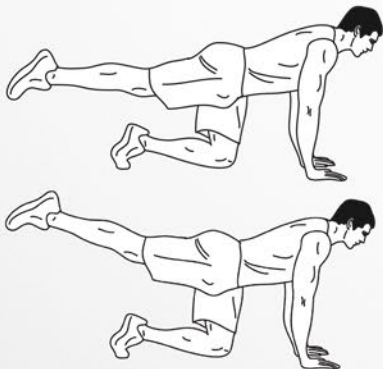
© darebee.com



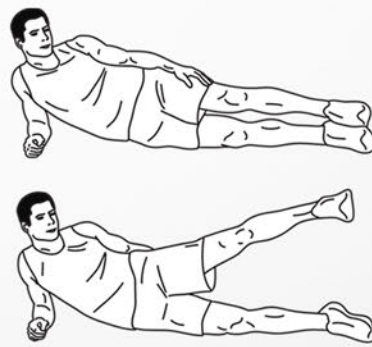
20 jumping lunges x **5 sets**
20 seconds rest between sets



20 cossack squats x **5 sets**
20 seconds rest between sets



50 leg raises x **2 sets**
1 set per side | no rest



50 side leg raises x **2 sets**
1 set per side | no rest

STRENGTH PROTOCOL

Day 12
abs

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20 V-ups
4 sets | 20 seconds rest



1 minute hollow hold
2 sets | 20 seconds rest



2 minute elbow plank

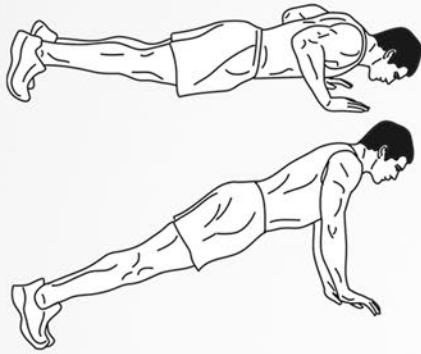


2 minute side elbow plank
1 minute per side

STRENGTH PROTOCOL

Day 13
shoulders,
chest & triceps

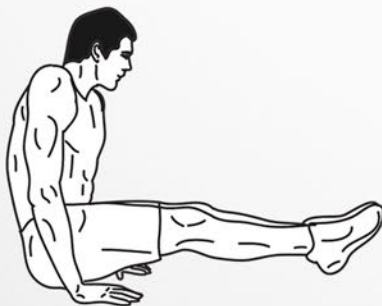
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to failure power push-ups
3 sets | 20 seconds rest



to failure cross tricep extensions
3 sets | 20 seconds rest



20sec L-sit
3 sets | 20 seconds rest



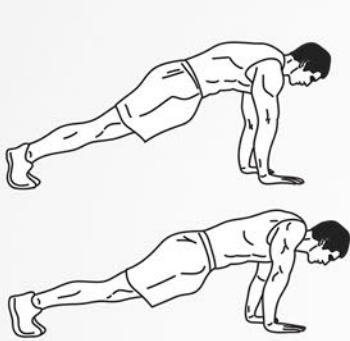
20 get-ups
3 sets | 20 seconds rest

STRENGTH PROTOCOL



Day 14
back & biceps

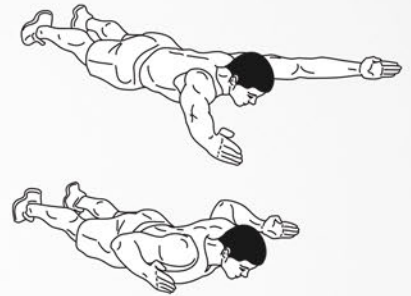
© darebee.com



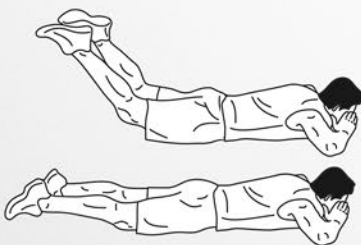
20 scapula shrugs
4 sets | 20 seconds rest



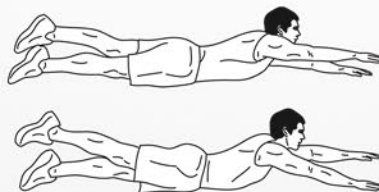
20 downward upward dog
4 sets | 20 seconds rest



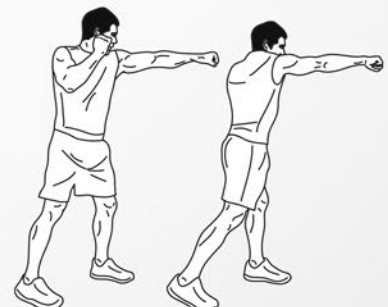
20 W-extensions
4 sets | 20 seconds rest



20 dolphin kicks
4 sets | 20 seconds rest



20 swimmers
4 sets | 20 seconds rest

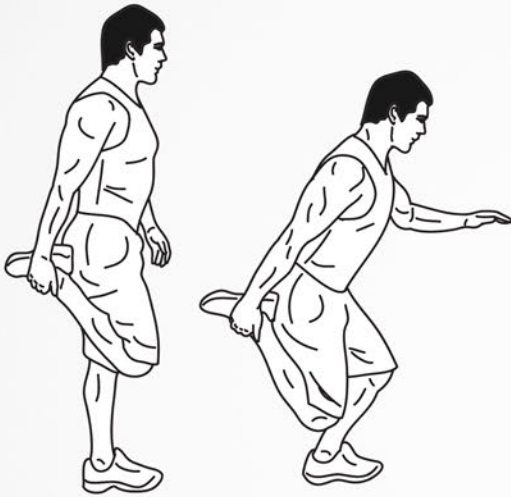


60 punches
4 sets | 20 seconds rest

STRENGTH PROTOCOL

Day 15
legs

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20 half shrimp squats x **5 sets**

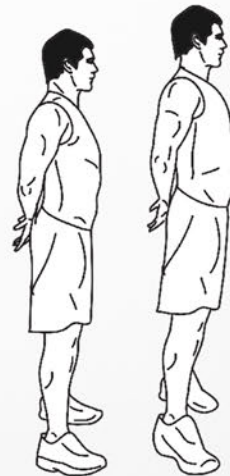
20 seconds rest between sets

Tip: You can hold on to something.



20 cross squats x **5 sets**

20 seconds rest between sets



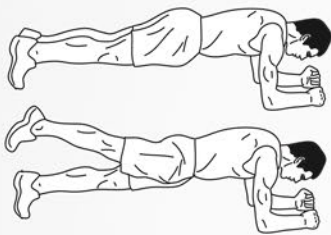
20 calf raises x **5 sets**

20 seconds rest between sets

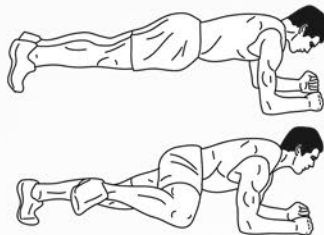
STRENGTH PROTOCOL

Day 16
abs

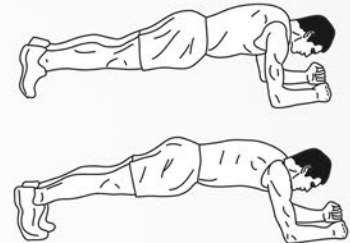
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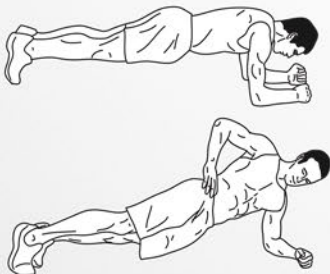
20 plank leg raises
3 sets | 20 seconds rest



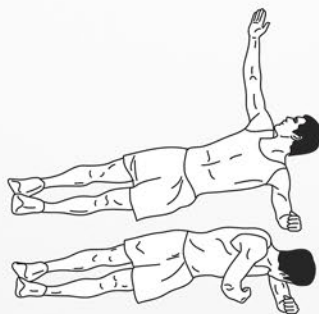
20 plank side crunches
3 sets | 20 seconds rest



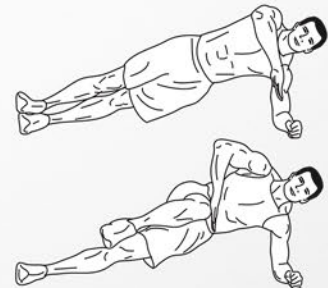
20 bodysaw
3 sets | 20 seconds rest



20 plank rotations
3 sets | 20 seconds rest



20 side plank rotations
3 sets | 20 seconds rest

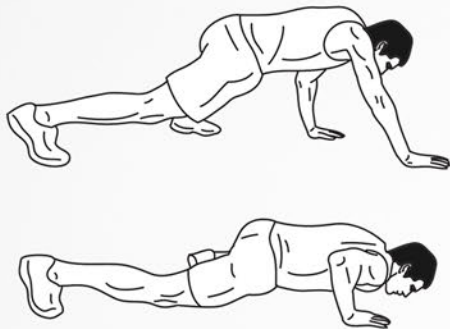


20 side plank knee taps
3 sets | 20 seconds rest

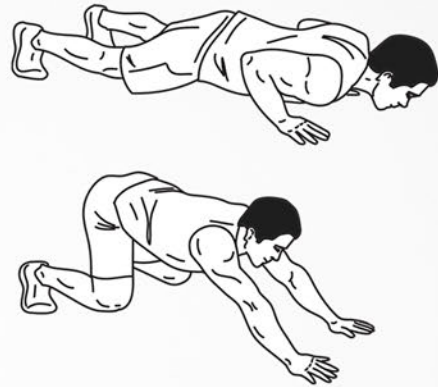
STRENGTH PROTOCOL

Day 17
shoulders,
chest & triceps

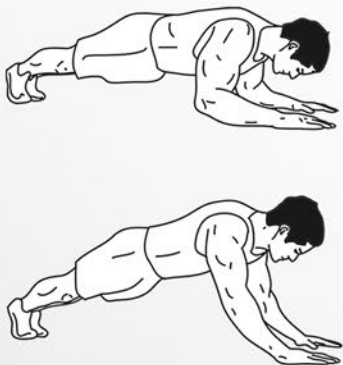
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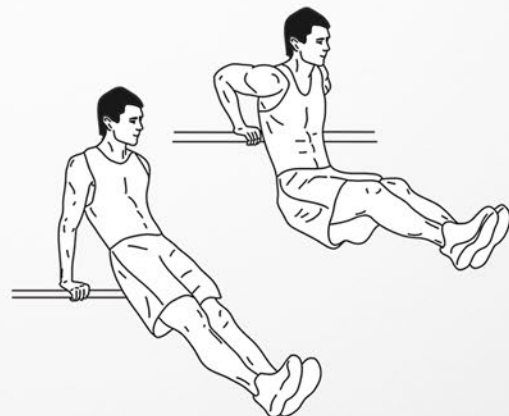
to failure dragon push-ups
4 sets | 20 seconds rest



to failure push back push-ups
4 sets | 20 seconds rest



to failure tricep extensions
4 sets | 20 seconds rest



to failure tricep dips
4 sets | 20 seconds rest

STRENGTH PROTOCOL

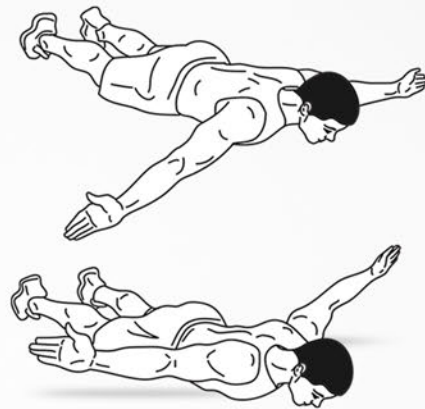


Day 18
back & biceps

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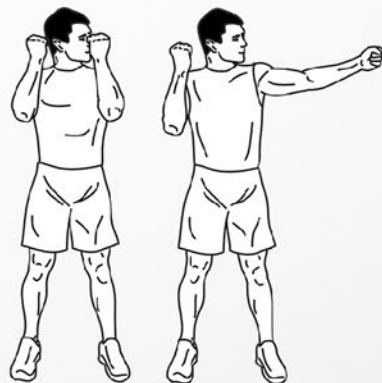
20 downward upward dog
5 sets | 20 seconds rest



20 prone reverse fly
5 sets | 20 seconds rest



20 reverse angels
5 sets | 20 seconds rest

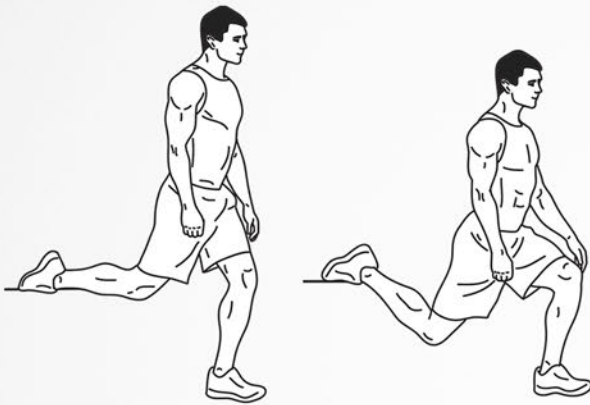


100 backfists
50 per side | 1 set per side
2 sets in total | no rest

STRENGTH PROTOCOL

Day 19
legs

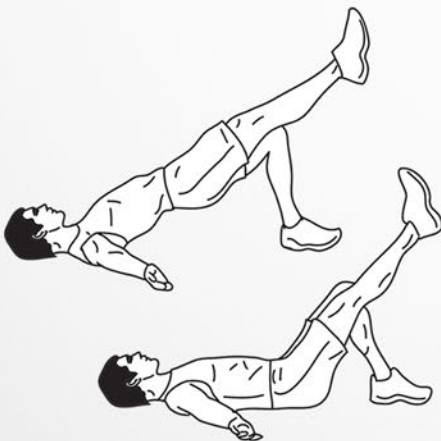
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20 decline split squats x **4 sets**
20 seconds rest between sets



20 shrimp squats x **4 sets**
20 seconds rest between sets



20 single leg bridges x **4 sets**
20 seconds rest between sets

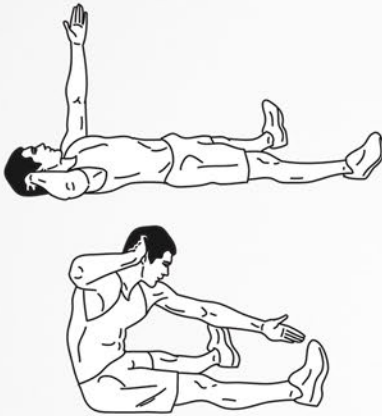


3 minutes wall sit
once

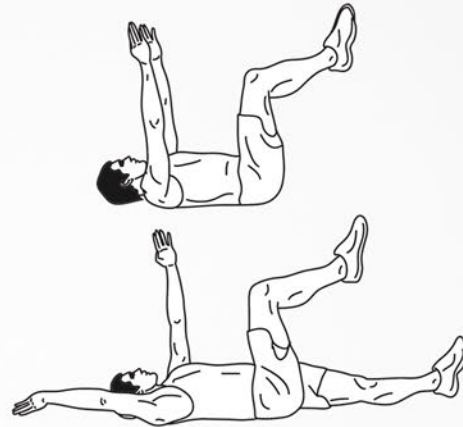
STRENGTH PROTOCOL

Day 20
abs

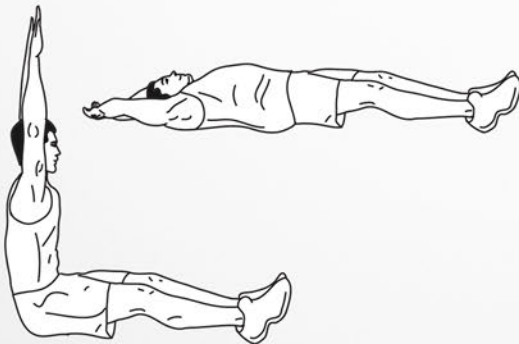
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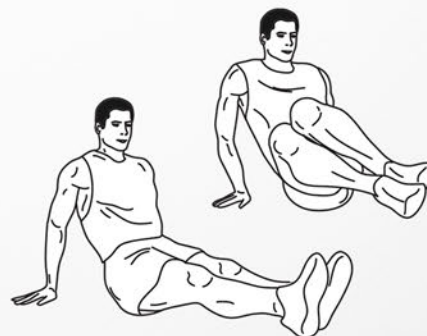
20 cross reach sit-ups
4 sets | 20 seconds rest



20 dead bug
4 sets | 20 seconds rest



20 L sit-ups
4 sets | 20 seconds rest

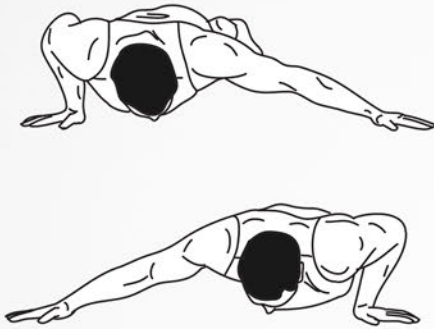


20 knee-ins & twist
4 sets | 20 seconds rest

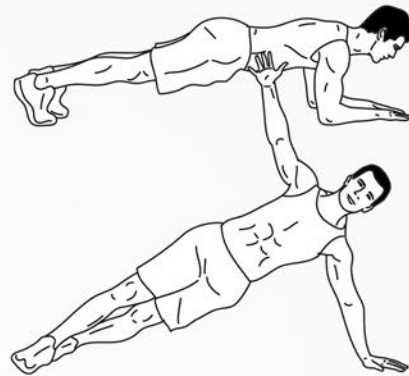
STRENGTH PROTOCOL

Day 21
shoulders,
chest & triceps

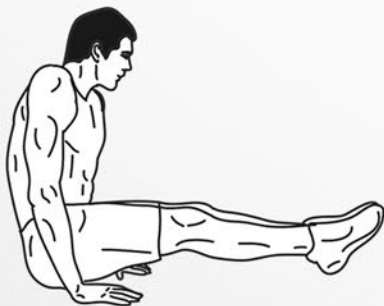
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to failure archer slides
4 sets | 20 seconds rest



to failure tricep extension into rotation
4 sets | 20 seconds rest



30sec L-sit
4 sets | 20 seconds rest



20 get-ups
4 sets | 20 seconds rest

STRENGTH PROTOCOL



Day 22
back & biceps

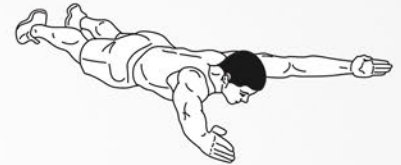
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20 reverse angels
5 sets | 20 seconds rest



20 prawn extensions
5 sets | 20 seconds rest



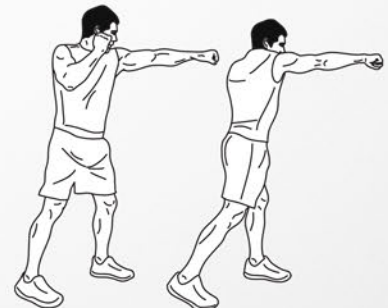
20 W-extensions
5 sets | 20 seconds rest



20 full bridges
5 sets | 20 seconds rest



20 full bridge with rotations
5 sets | 20 seconds rest

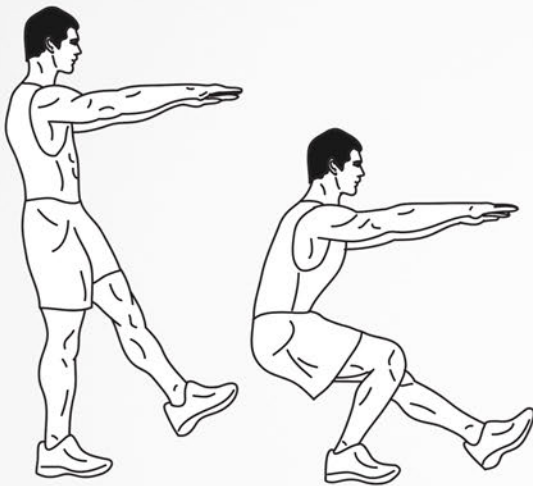


60 punches
5 sets | 20 seconds rest

STRENGTH PROTOCOL

Day 23
legs

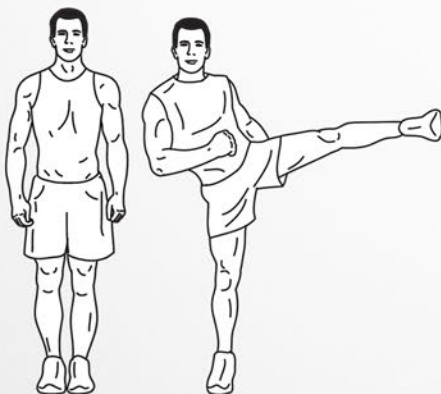
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20 half pistol squats x **5 sets**

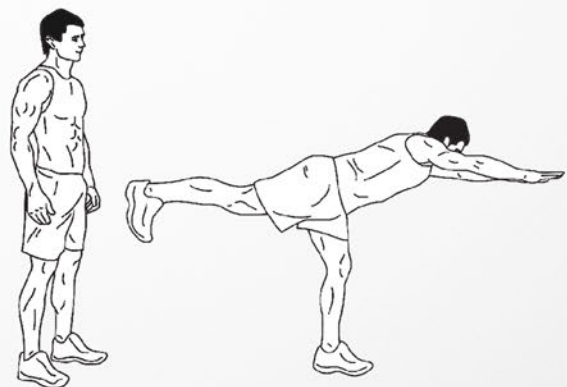
20 seconds rest between sets

Tip: You can hold on to something



40 side leg raises x **4 sets**

20 seconds rest between sets



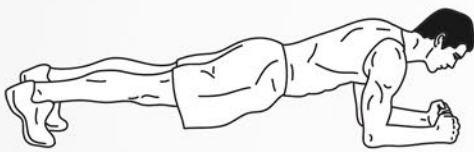
20 single leg deadlifts x **4 sets**

20 seconds rest between sets

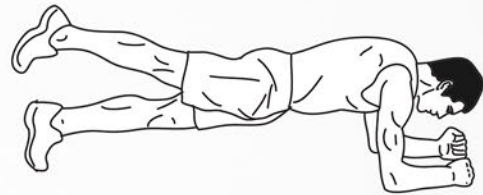
STRENGTH PROTOCOL

Day 24
abs

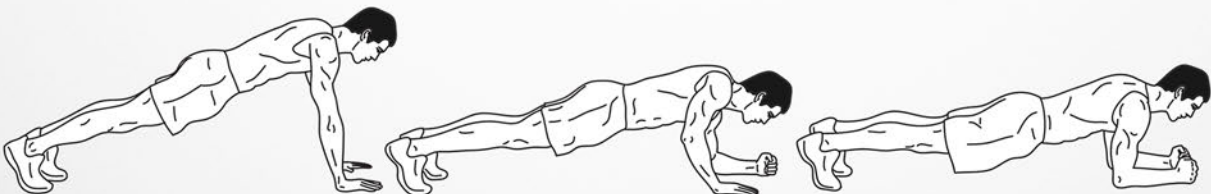
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2 minutes elbow plank



2 minutes raised leg elbow plank
60 seconds per leg

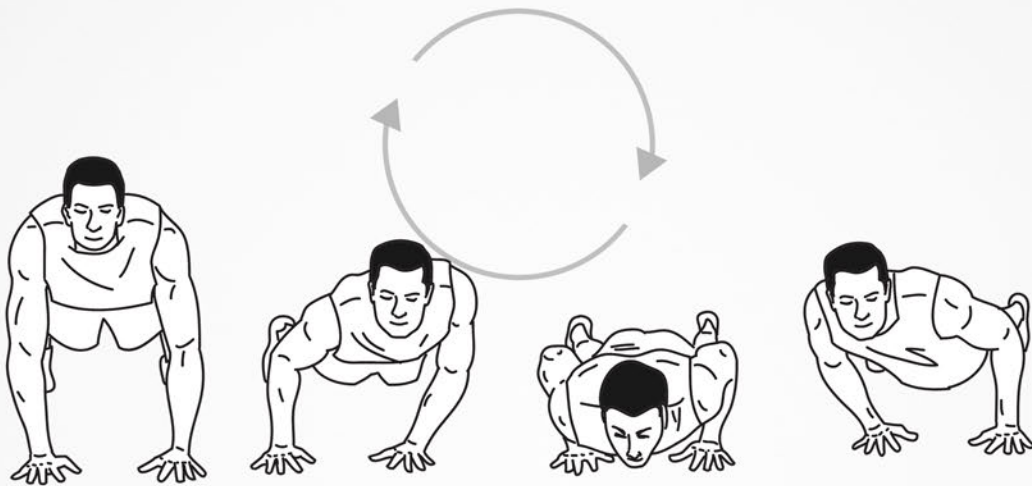


20 up & down planks
4 sets | 20 seconds rest

STRENGTH PROTOCOL

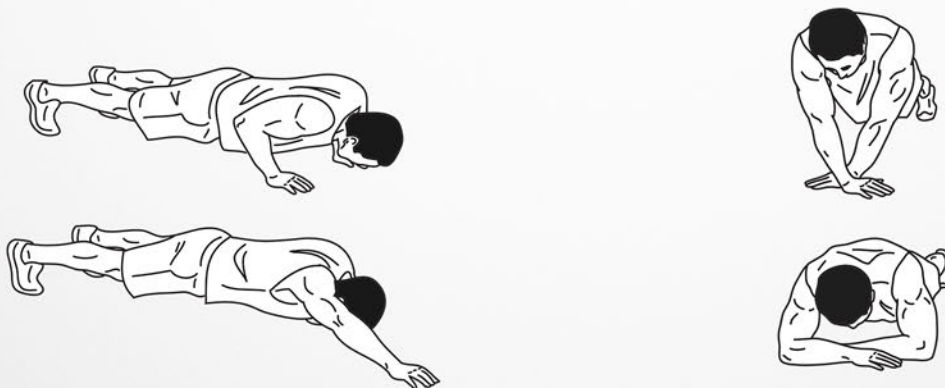
Day 25
shoulders,
chest & triceps

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to failure circle push-ups

4 sets | 20 seconds rest between sets



to failure sliding push-ups

4 sets | 20 seconds rest

to failure cross tricep extensions

4 sets | 20 seconds rest

STRENGTH PROTOCOL

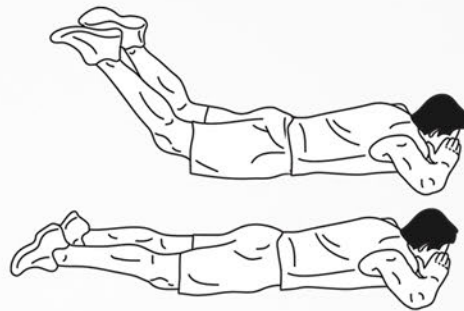


Day 26
back & biceps

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20 downward upward dog
5 sets | 20 seconds rest



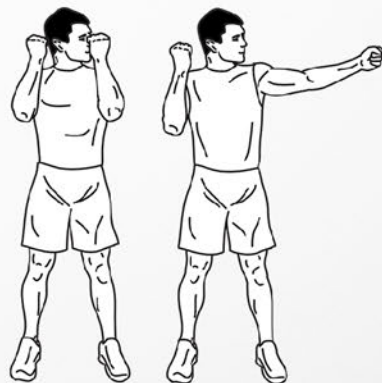
20 dolphin kicks
5 sets | 20 seconds rest



20 reverse angels
5 sets | 20 seconds rest



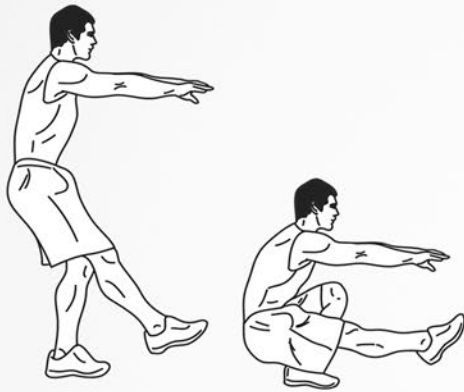
120 backfists
60 per side | 1 set per side
2 sets in total | no rest



STRENGTH PROTOCOL

Day 27
legs

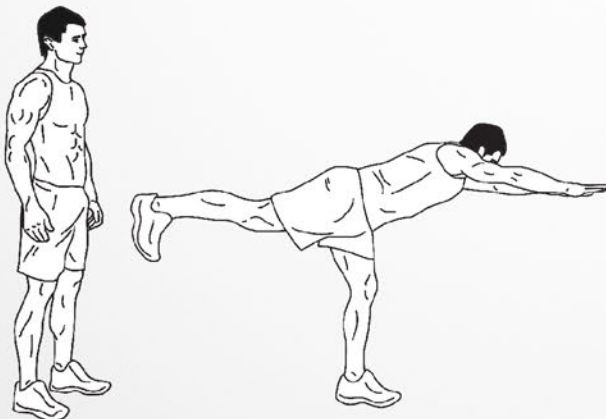
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20 pistol squats x **5 sets**
20 seconds rest between sets



20 cossack squats x **5 sets**
20 seconds rest between sets



20 single leg deadlifts x **5 sets**
20 seconds rest between sets

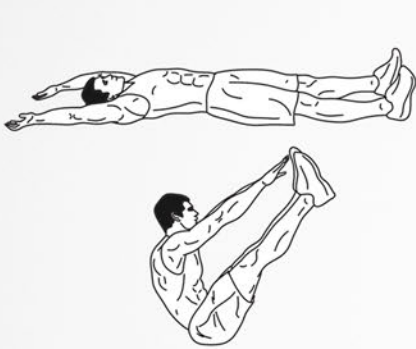


3 minutes single leg wall-sit
90 sec per leg
change on the fly

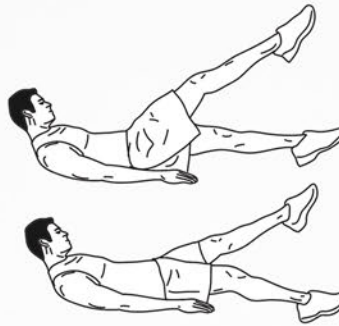
STRENGTH PROTOCOL

Day 28
abs

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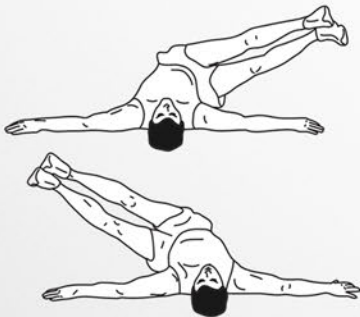
20 V-ups
4 sets | 20 seconds rest



20 flutter kicks
4 sets | 20 seconds rest



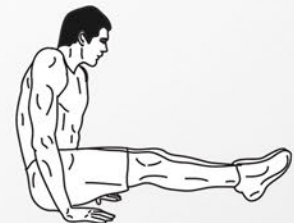
20 side jackknives
4 sets | 20 seconds rest



20 windshield wipers
4 sets | 20 seconds rest



30sec leg raise hold
4 sets | 20 seconds rest

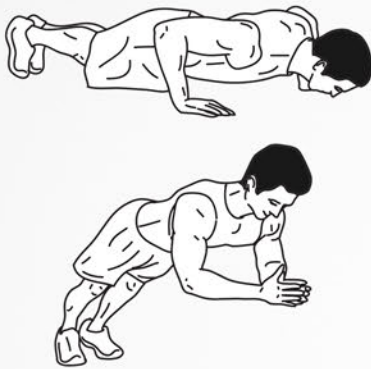


30sec L-sit
4 sets | 20 seconds rest

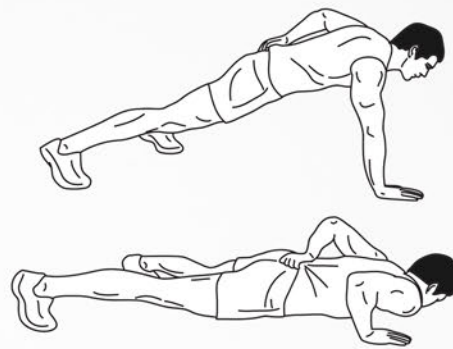
STRENGTH PROTOCOL

Day 29
shoulders,
chest & triceps

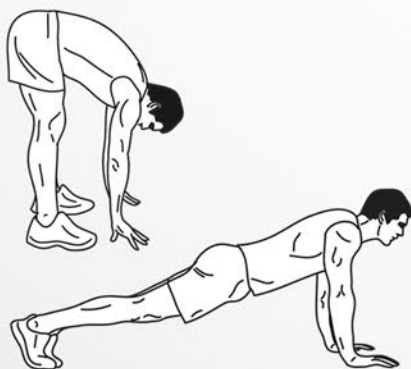
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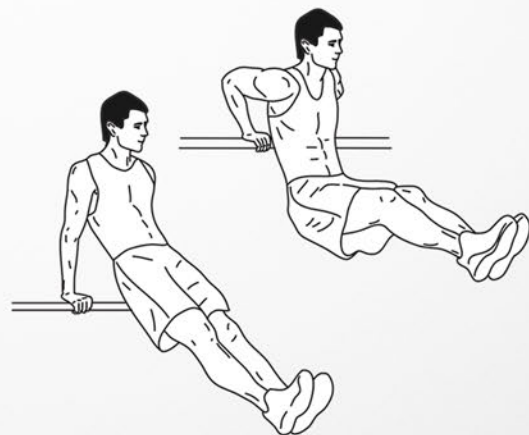
to failure clapping push-ups
4 sets | 20 seconds rest



to failure one-arm push-ups
4 sets | 20 seconds rest



20 plank walk-outs
4 sets | 20 seconds rest



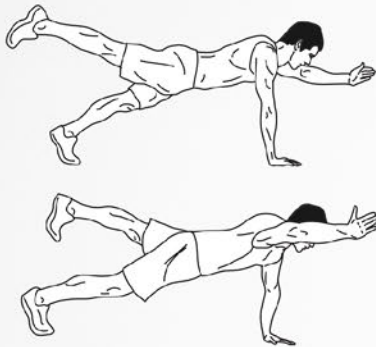
to failure tricep dips
4 sets | 20 seconds rest

STRENGTH PROTOCOL

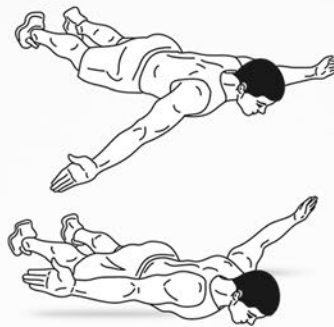


Day 30
back & biceps

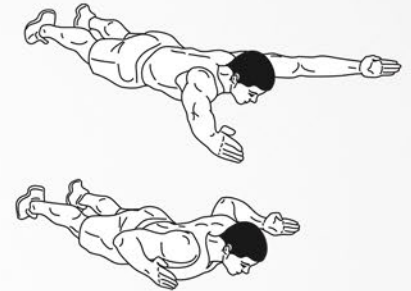
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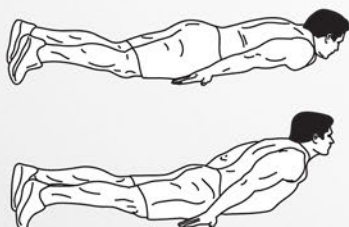
20 alt arm/leg raises
5 sets | 20 seconds rest



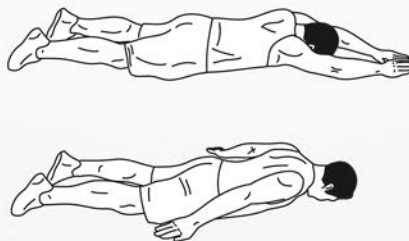
20 prone reverse fly
5 sets | 20 seconds rest



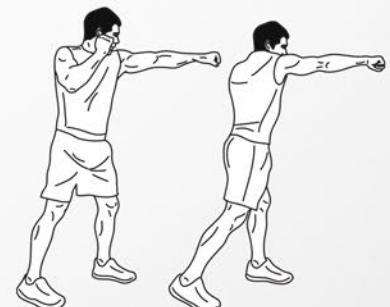
20 W-extensions
5 sets | 20 seconds rest



20 prawn extensions
5 sets | 20 seconds rest



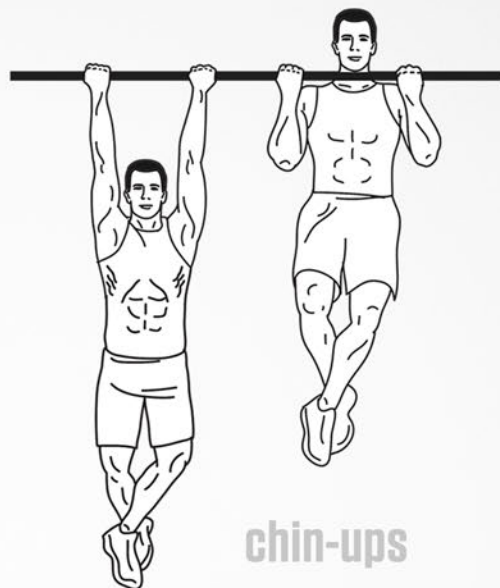
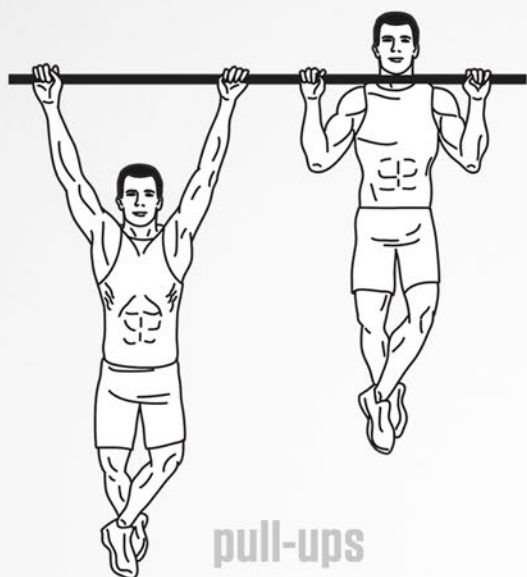
20 reverse angels
5 sets | 20 seconds rest



80 punches
5 sets | 20 seconds rest

STRENGTH PROTOCOL

ADDON: Bars
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DAY 2

to failure
pull-up
3 sets in total
2 minutes rest

DAY 6

to failure
chin-ups
3 sets in total
2 minutes rest

DAY 10

to failure
pull-up
3 sets in total
1 minute rest

DAY 14

to failure
chin-ups
3 sets in total
1 minute rest

DAY 18

to failure
pull-up
4 sets in total
2 minutes rest

DAY 22

to failure
chin-ups
4 sets in total
2 minutes rest

DAY 26

to failure
pull-up
4 sets in total
1 minute rest

DAY 30

to failure
chin-ups
4 sets in total
1 minute rest

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