

Anatomy Built For War Training Program



Phase 11

DAY 1 LEGS & ABS									
Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R
A1 – Quad Squats Back BB Narrow	1	6	5,3,2,5,3,	4010	120				
	2	6	5,3,2,5,3,	4010	120				
	3	6	5,3,2,5,3,	4010	120				
	4	6	5,3,2,5,3,	4010	120				
A2 – Lying Leg Curl Feet Neutral Plantarflexed	1	6	5,3,2,5,3,	4010	120				
	2	6	5,3,2,5,3,	4010	120				
	3	6	5,3,2,5,3,	4010	120				
	4	6	5,3,2,5,3,	4010	120				
B1 – Lunges DB Alternating	1	4	8-10	3110	60				
	2	4	8-10	3110	60				
	3	4	6-8	3110	60				
	4	4	6-8	3110	60				
B2 – Lying Leg Curl Feet Outward Dorsiflexed	1	4	6-8	3011	60				
	2	4	6-8	3011	60				
	3	4	5-7	3011	60				
	4	4	5-7	3011	60				

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C1 – Standing Calf Raises Mid Neutral Stance	1	3	15-20	2114	60				
	2	3	15-20	2114	60				
	3	3	15-20	2114	60				
	4	3	15-20	2114	60				
C2 – Crunches Pull-Ins Combo Low Cable	1	3	15-20	1110	60				
	2	3	15-20	1110	60				
	3	3	15-20	1110	60				
	4	3	15-20	1110	60				

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DAY 2 CHEST & BACK									
Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R
A1 - Bench Press Std BB 30° Incline Mid Grip	1	6	5,3,2,5,3,	4010	120				
	2	6	5,3,2,5,3,	4010	120				
	3	6	5,3,2,5,3,	4010	120				
	4	6	5,3,2,5,3,	4010	120				
A2 – Chin-Ups Sternum Mid Supinated Grip	1	6	5,3,2,5,3,	4010	120				
	2	6	5,3,2,5,3,	4010	120				
	3	6	5,3,2,5,3,	4010	120				
	4	6	5,3,2,5,3,	4010	120				
B1– Bench Press DB Flat Neutral Grip	1	4	8-10	3110	60				
	2	4	8-10	3110	60				
	3	4	6-8	3110	60				
	4	4	6-8	3110	60				
B2 – Row Bent-Over Standing DB Neutral Grip	1	4	8-10	3011	60				
	2	4	8-10	3011	60				
	3	4	6-8	3011	60				
	4	4	6-8	3011	60				

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C – External Rotation Mid Pulley Std Handle Neutral Grip	1	3	7-9	4010	60				
	2	3	7-9	4010	60				
	3	3	7-9	4010	60				
	4	3	7-9	4010	60				

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DAY 3 LEGS									
Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R
A1 – Bent-Knee Deadlift BB Floor Clean Grip	1	6	5,3,2,5,3,	4010	120				
	2	6	5,3,2,5,3,	4010	120				
	3	6	5,3,2,5,3,	4010	120				
	4	6	5,3,2,5,3,	4010	120				
A2 – Leg Curl Prone Feet Inward Unilateral	1	6	5,3,2,5,3,	4010	120				
	2	6	5,3,2,5,3,	4010	120				
	3	6	5,3,2,5,3,	4010	120				
	4	6	5,3,2,5,3,	4010	120				
B1 – Lunges DB Step Back Unilateral	1	4	8-10	3110	60				
	2	4	8-10	3110	60				
	3	4	6-8	3110	60				
	4	4	6-8	3110	60				
B2 – Banded Back Extension	1	4	6-8	3114	60				
	2	4	6-8	3114	60				
	3	4	5-7	3114	60				
	4	4	5-7	3114	60				

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C1 – Calf Raises Machine Seated Feet Outward	1	3	15-20	2114	60				
	2	3	15-20	2114	60				
	3	3	15-20	2114	60				
	4	3	15-20	2114	60				
C2 – Half Kneeling Woodchop High To Low	1	3	12-15	2020	60				
	2	3	12-15	2020	60				
	3	3	12-15	2020	60				
	4	3	12-15	2020	60				

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DAY 4 ARMS & SHOULDERS									
Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R
A1 – Bench Press Std BB 15° Decline Close Grip	1	6	5,3,2,5,3,	4010	120				
	2	6	5,3,2,5,3,	4010	120				
	3	6	5,3,2,5,3,	4010	120				
	4	6	5,3,2,5,3,	4010	120				
A2 – Biceps Curls Scott Seated 45° Thick EZ Bar Narrow	1	6	5,3,2,5,3,	4010	120				
Grip	2	6	5,3,2,5,3,	4010	120				
	3	6	5,3,2,5,3,	4010	120				
	4	6	5,3,2,5,3,	4010	120				
B1 – Triceps Extension Ez Bar 45° Incline Pronated Grip	1	4	8-10	3110	60				
	2	4	8-10	3110	60				
	3	4	6-8	3110	60				
	4	4	6-8	3110	60				
B2 – Biceps Curls Seated Supported Zottman	1	4	8-10	3011	60				
	2	4	8-10	3011	60				
	3	4	6-8	3011	60				
	4	4	6-8	3011	60				

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C – Powell raise 15° Incline DB	1	3	8-10	3110	60				
	2	3	8-10	3110	60				
	3	3	8-10	3110	60				
	4	3	8-10	3110	60				