

Anatomy Built For War Training Program

Phase 8



DAY 1 LEGS									
Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R
A1 – Squat Front BB Heels Flat Narrow	1	4	5-7	3210	120				
Take a 2 second pause at the bottom	2	4	5-7	3210	120				
	3	4	4-6	3210	120				
	4	4	4-6	3210	120				
A2 – Leg Curl Prone Foot Neutral Poliquin Unilateral	1	4	5-7	3012	120				
Take a 2 second pause at the top	2	4	5-7	3012	120				
	3	4	4-6	3012	120				
	4	4	4-6	3012	120				
B1 – Step-Up KB Front High	1	3	8-10	X0X0	90				
	2	3	8-10	X0X0	90				
	3	4	7-9	X0X0	90				
	4	4	7-9	X0X0	90				
B2 – Leg Curl Prone Feet Neutral Plantarflexed	1	3	6-8	3011	90				
	2	3	6-8	3011	90				
	3	4	5-7	3011	90				
	4	4	5-7	3011	90				

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C1 – Calf Raise Standing Machine Feet Neutral Mid	1	3	15-20	2110	60				
	2	3	15-20	2110	60				
	3	4	12-15	2110	60				
	4	4	12-15	2110	60				
C2 – GHD Straight Leg Sit Up	1	3	10-12	1110	60				
	2	3	10-12	1110	60				
	3	4	10-12	1110	60				
	4	4	10-12	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 45° Incline Std Bar Mid Grip	1	3	5-7	3210	120				
Take a 2 second pause at the bottom	2	3	5-7	3210	120				
	3	3	4-6	3210	120				
	4	3	4-6	3210	120				
A2 – Row Bent-Over Kneeling DB Neutral Grip	1	3	5-7	3012	120				
Take a 2 second pause at the top	2	3	5-7	3012	120				
	3	3	4-6	3012	120				
	4	3	4-6	3012	120				
B1 – Bench Press DB Neutral Grip	1	3	8-10	3110	90				
	2	3	8-10	3110	90				
	3	4	7-9	3110	90				
	4	4	7-9	3110	90				
B2 – Pull Bench Row Prone Wide Pronated Grip	1	3	8-10	3011	90				
	2	3	8-10	3011	90				
	3	4	7-9	3011	90				
	4	4	7-9	3011	90				

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C1 – Biceps Curl DB Seated Zottman	1	3	8-10	3011	90				
	2	3	8-10	3011	90				
	3	3	7-9	3011	90				
	4	3	7-9	3011	90				
C2 – Triceps Extensions Low Pulley Thick EZ Handle Mid	1	3	8-10	3110	90				
Pronated Grip	2	3	8-10	3110	90				
	3	3	7-9	3110	90				
	4	3	7-9	3110	90				

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DAY 3 LEGS									
Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R
A1 – Split Squat DB Front Foot Flat	1	3	6-8	3110	90				
	2	3	6-8	3110	90				
	3	3	6-8	3110	90				
	4	4	6-8	3110	90				
A2 – Leg Curl Prone Feet Inward Poliquin	1	3	6-8	4010	90				
	2	3	6-8	4010	90				
	3	3	6-8	6010	90				
	4	4	6-8	6010	90				
B1 – Squat Heels Elevated Medium Stance	1	2/1	8-10/20	3110	60				
	2	2/1	8-10/20	3110	60				
	3	2/1	7-9/20	3110	60				
	4	2/1	7-9/20	3110	60				
B2 – Back Extension BB Snatch Grip	1	2/1	8-10/20	3012	60				
	2	2/1	8-10/20	3012	60				
	3	2/1	7-9/20	3012	60				
	4	2/1	7-9/20	3012	60				

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C1 – Calf Raise Standing DB Unilateral	1	3	15-20	2220	60				
Take a 2 second pause at the bottom	2	3	15-20	2220	60				
	3	4	15-20	2220	60				
	4	4	15-20	2220	60				
C2 – Crunches on Swiss Ball with Low Pulley Rope	1	3	15-20	1110	60				
	2	3	15-20	1110	60				
	3	4	12-15	1110	60				
	4	4	12-15	1110	60				

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DAY 4 UPPER BODY									
Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R
A1 – Chest Press BB Decline, with Chains, Pronated Grip	1	3	6-8	3110	90				
	2	3	6-8	3110	90				
	3	3	6-8	3110	90				
	4	3	6-8	3110	90				
A2 – Seated Row Neutral Grip	1	3	6-8	3011	90				
	2	3	6-8	3011	90				
	3	3	6-8	3011	90				
	4	3	6-8	3011	90				
B1 – Flyes Supine DB Neutral Grip	1	2/1	8-10/20	3110	75				
	2	2/1	8-10/20	3110	75				
The 3rd set is a back off set	3	2/1	7-9/20	3110	75				
	4	2/1	7-9/20	3110	75				
B2 – Pullovers Flat BB Pronated Grip	1	2/1	8-10/20	3011	75				
	2	2/1	8-10/20	3011	75				
The 3rd set is a back off set	3	2/1	7-9/20	3011	75				
	4	2/1	7-9/20	3011	75				

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C1 – Biceps Curl Scott EZ Bar Supinated Mid Grip	1	3	6-8	3110	75				
	2	3	6-8	3110	75				
	3	3	6-8	3110	75				
	4	3	6-8	3110	75				
C2 – Floor Press Close Grip	1	3	6-8	3110	75				
	2	3	6-8	3110	75				
	3	3	6-8	3110	75				
	4	3	6-8	3110	75				