

Anatomy Built For War Training Program

Phase 9



DAY 1 LEGS & ABS										
Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R
A1 – Bent-Knee Deadlift BB Floor Snatch Grip	1	5	7,5,3,5,7	4020	90					
	2	5	7,5,3,5,7	4020	90					
	3	5	7,5,3,5,7	4020	90					
	4	5	7,5,3,5,7	4020	90					
A2 – Leg Curl Prone Feet Neutral Poliquin	1	5	7,5,3,5,7	4020	90					
	2	5	7,5,3,5,7	4020	90					
	3	5	7,5,3,5,7	4020	90					
	4	5	7,5,3,5,7	4020	90					
B1 – Step-Up Side DB High	1	4	10-12	X0X0	75					
	2	4	10-12	X0X0	75					
	3	5	8-10	X0X0	75					
	4	5	8-10	X0X0	75					
B2 – Leg Curl Prone Feet Neutral Plantarflexed Unilateral	1	4	6-8	3011	75					
	2	4	6-8	3011	75					
	3	5	5-7	3011	75					
	4	5	5-7	3011	75					

Anatomy Built For War Training Program

Phase 9



C1 – Calf Raises Machine Standing Feet Inward Mid Stance	1	3	12-15	2110	60					
	2	3	12-15	2110	60					
	3	4	10-12	2110	60					
	4	4	10-12	2110	60					
C2 – Garhammer Raise	1	3	15-20	1110	60					
	2	3	15-20	1110	60					
	3	4	12-15	1110	60					
	4	4	12-15	1110	60					

Anatomy Built For War Training Program

Phase 9



DAY 2 CHEST & BACK										
Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R
A1 – Bench Press Flat BB Mid Grip	1	5	7,5,3,5,7	4020	90					
	2	5	7,5,3,5,7	4020	90					
	3	5	7,5,3,5,7	4020	90					
	4	5	7,5,3,5,7	4020	90					
A2 – Pull-Ups Sternum Mid Pronated Grip	1	5	7,5,3,5,7	4020	90					
	2	5	7,5,3,5,7	4020	90					
	3	5	7,5,3,5,7	4020	90					
	4	5	7,5,3,5,7	4020	90					
B1 – Bench Press 45° Incline DB Pronating Grip	1	3	6-8	3110	90					
	2	3	6-8	3110	90					
	3	4	5-7	3110	90					
	4	4	5-7	3110	90					
B2 – Row Bent-Over Kneeling DB Rotating Grip	1	3	6-8	3011	90					
	2	3	6-8	3011	90					
	3	4	5-7	3011	90					
	4	4	5-7	3011	90					

Anatomy Built For War Training Program

Phase 9



C1 – External Rotation Seated Supported Arm Abducted Frontal	1	3	8-10	4010	60					
Thick DB	2	3	8-10	4010	60					
	3	4	6-8	4010	60					
	4	4	6-8	4010	60					
C2 - Trap 3 Raise Bent Over Bench Supported High Angle DB	1	3	10-12	3011	60					
Neutral Grip Unilateral	2	3	10-12	3011	60					
	3	4	8-10	3011	60					
	4	4	8-10	3011	60					

Anatomy Built For War Training Program

Phase 9



DAY 3 LEGS										
Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R
A1 – Squat Front BB Heels Flat Normal Stance	1	5	7,5,3,5,7	4020	90					
	2	5	7,5,3,5,7	4020	90					
	3	5	7,5,3,5,7	4020	90					
	4	5	7,5,3,5,7	4020	90					
A2 – Leg Curl Prone Feet Neutral	1	5	7,5,3,5,7	4020	90					
	2	5	7,5,3,5,7	4020	90					
	3	5	7,5,3,5,7	4020	90					
	4	5	7,5,3,5,7	4020	90					
B1 – Step-Up Side BB High	1	4	10-12	X0X0	75					
	2	4	10-12	X0X0	75					
	3	5	8-10	X0X0	75					
	4	5	8-10	X0X0	75					
B2 – Leg Curl Prone Feet Dorsiflexed Unilateral	1	4	6-8	3011	75					
	2	4	6-8	3011	75					
	3	5	5-7	3011	75					
	4	5	5-7	3011	75					

Anatomy Built For War Training Program

Phase 9



C1 –Calf Raises Machine Seated Feet Neutral	1	3	12-15	2110	60					
	2	3	12-15	2110	60					
	3	4	10-12	2110	60					
	4	4	12-12	2110	60					
C2 – Bench Lying Leg Raise	1	3	15-20	1110	60					
	2	3	15-20	1110	60					
	3	4	15-20	1110	60					
	4	4	15-20	1110	60					

Anatomy Built For War Training Program

Phase 9



DAY 4 ARMS & SHOULDERS										
Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R
A1 – Biceps Curl Scott Ez-Bar Supinated Mid Grip	1	5	7,5,3,5,7	4020	90					
	2	5	7,5,3,5,7	4020	90					
	3	5	7,5,3,5,7	4020	90					
	4	5	7,5,3,5,7	4020	90					
A2 – Bench Press 45° Incline BB Close Grip	1	5	7,5,3,5,7	4020	90					
	2	5	7,5,3,5,7	4020	90					
	3	5	7,5,3,5,7	4020	90					
	4	5	7,5,3,5,7	4020	90					
B1 – Biceps Curl Seated Supported DB Zottmann	1	4	6-8	3011	75					
	2	4	6-8	3011	75					
	3	5	5-7	3011	75					
	4	5	5-7	3011	75					
B2 – Triceps Extensions 30° Incline DB Pronating Grip	1	4	6-8	3110	75					
	2	4	6-8	3110	75					
	3	5	5-7	3110	75					
	4	5	5-7	3110	75					

Anatomy Built For War Training Program

Phase 9



C1 – Front Raise Seated DB Supinating Grip	1	3	10-12	3011	60					
	2	3	10-12	3011	60					
	3	3	8-10	3011	60					
	4	3	8-10	3011	60					
C2 - Lateral Raises Prone 30° Incline Thick Neutral Grip	1	3	10-12	3011	60					
	2	3	10-12	3011	60					
	3	3	8-10	3011	60					
	4	3	8-10	3011	60					