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THE 12-WEEK BLUE PRINT TO A MUSCULAR, ATHLETIC PHYSIQUE

**BUILT
LIKE A BADASS**

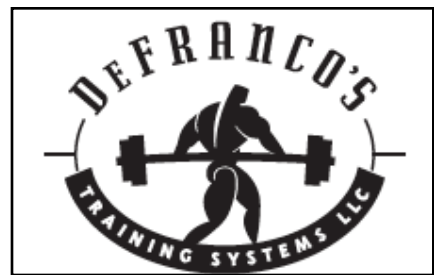
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BADASS program is about.

The program you are about to read is guaranteed to change the way you train forever. Gone are the days of sitting at the bar and telling everyone how you used to be in great shape. It's time for a new breed of lifter to evolve! It's time to look and feel like an athlete again, without having to get banged up like you did when you were a competitive athlete.

The "Badass" Program is the total package; you will get stronger, build muscle, burn fat and become "functional" again! Below we will explain the main pieces of the puzzle that make up this Program. After you understand the components of the program, we will reveal the 12-week Badass Blue Print!

Before starting this program, you must establish your TRUE max in the bench press, squat or deadlift, and your chin-up rep max. (FYI, your chin-up rep max is the number of consecutive chin-ups you can perform in one set.) Notice that we said "TRUE" max. Please be honest with yourself with regards to your maxes. If you choose an "inflated" max, you will throw off the entire program! If you don't like performing true one-rep maxes and you have to "estimate" your max; we highly recommend estimating towards the "low end" of your max.



Power Fit: Badass Log Week #1-Sem2

Day 1 Upper

Date : _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Bench Press: Set 1 _____, 2, _____ 3 _____		72.5% X 8, 77.5% X 6, 82.5% X 4 or more	1-2 min	
2. Flat Dumbbell Press: 2 X Max Reps (20-25 reps is the target in each set)		2 x Max Reps	1-2 min	
3 A. Seated Overhand Grip Cable Rows		4 x 15	none	
3 B. Cable Triceps Pushdown (Straight Bar)		4 x 15	1-2 min	
4 A. Dumbbell Shrugs (2sec Holds): 3x15		3 x 15	none	
5 B. Dumbbell Lateral Raises: 3x15		3 x 15	1-2 min	
6. Barbell Complex: (deadlifts, bent rows, hang cleans, push press, back squat)		2 sets 10 reps per exercise	90s	

Day 2 Lower Day

Date: _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Dumbbell Squat Jumps	10 lbs	4 x 6	30 s	
2. Single Leg Squat or Trap Bar Deadlift:		72.5% X 8, 77.5% X 6, 82.5% X 4 or more	2 min	
3a. Kettle Bell - Hip Snaps		3 x 12-15	None	
3b. Seated Med. Ball Twists:		3 x 20/side	1-2 min	
4. TRX Knee tucks		3-4 x 30 s	60 s	
5. Tabata-style jump rope. 20s on (FAST)10s rest . Repeat 12-14 times				

Day 3 Pre Hab Day

Date : _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Side Lying external rotation		3 x 12-15/arm	90s	
Banded Terminal Knee extensions (TKE's)	Purple	3 x 12-15/leg	90s	
Shoulder capsule stretch	Black	3 x Full ROM	90s	
Y,T,I - thumbs up add 2.5 lbs/hand (option)		4 x 10s hold	90s	
Wrist Roller		3 x length	90s	
Banded step over side leg lifts		3 x 15 / leg	90s	
Stairs walk down and jog up.		6-10 min	NA	
Finish with Static Stretching and or extra SMR - see bleachers for several options - work on your tightest joints				

Day 4 Upper Day

Date: _____

Warm Up -

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Chin-ups (total reps) Chin up max + 50%	BW		As needed	
2a. Front Lat Pulldowns (Wide, overhand): 2 x Max Reps (20-25 Reps 1 st Set, 10-20 2 nd Set)		S1____ S2____	None	
2b. Standing DB Military Press: 2 x Max Reps (15-20 Reps 1 st Set, 10-15 2 nd Set)		S1____ S2____	1-2 min	
3a. "Rolling" triceps extensions		4 x 8	None	
3b. Hammer Curls (both arms same time)		4 x 8	1-2 min	
4. Static Plank and side plank variations		60s & 30s	90s	
2 x Max or 100 push-ups -whichever is less as fast as possible: (Record the time it took you to complete the amount.		Time:	varies	

ALAP - As long as possible

Day 5 Lower Day

Date : _____

Warm Up Activity	Weight	Sets & Reps	Active Recovery	Feedback
1. Pogo Jumps		3 x 30	30-60s	
2. Hurdle Hops		20-40 total reps	30-60s	
3. Front foot elevated Split Squats		3 x 10/leg	30-60s	
4. Swiss Ball Ham Curls - hips elevated		3 x 12	30-60s	
5. Standing Band resisted twists		3 x 12	30-60s	
6. Plank with alternating shoulder touches		4 x 12/shoulder	30-60s	
7. STRETCHING!!!				

Warm Up -

Self Evaluation for the week:

Arrived on time every day	Proper Clothing every day	Completed Full Roll out every day	Completed Full Warm Up every day	Intensity - used the full period effectively	Worked on a program every day	Filled in Logbook every day	TOTAL
1	1	1	1	0 1 2 3	0 1 2	1	/10