AGGRESSIVE STRENGTH

BODYWEIGHT BEAST PREP

4 Week Bodyweight Only Training System

TRAIN AGGRESSIVE
Aggressive Strength Bodyweight BEAST Program

Aggressive Strength “Battle Prep” Warm Up OPTIONS

The Essential Warm Up – 5-10 Mins

Demo Video >>> [http://www.youtube.com/watch?v=LCARy0HoDY4](http://www.youtube.com/watch?v=LCARy0HoDY4)

1A) Jump Rope OR Jumping Jacks
1B) Lunge + Hamy Stretch
1C) Alternating Overhead Lunge
1D) Push Up + Knee Tucks
1E) Band Pull Apart
1F) Full Burpee
1G) Lateral Lunge / Cossack Squats
1H) Knee Tuck Jumps
1I) Renegade Plank + Arm Circles
1J) Spider Lunge

Option B (If Limited On Space and Time)

Do 30 secs of Each Movement Below w/ NO Rest In Between

Demo Video >>> [http://www.youtube.com/watch?v=cJ-8R7fswDE](http://www.youtube.com/watch?v=cJ-8R7fswDE)

1A) Full Jumping Jack
1B) Drop Squats
1C) Groiner to Push Up
1D) Wide Step Mountain Climber
1E) Fast Mountain Climber
1F) Super Man Reaches
1G) Hip Extensions
1H) Seal Jacks
1I) Front Leg Swing L/R
1J) Front Leg Swing L/ R

***If Extremely Sore and Tight – Spend an extra 10-15 Mins Mobilizing Hips, Low Back, and Other Problem Areas via Foam Rolling

Aggressive Strength Bodyweight BEAST Program

The Sprinters Warm up

Demo Video >>> http://www.youtube.com/watch?v=D1QU4LdnOkE

1A) Single Leg Step and Reach
1B) Lunge + Hamstring Stretch
1C) Walking Toe Grabs
1D) Walking Knee Grabs
1E) Toy Soldiers
1F) A Skips
1G) B Skips
1H) Single Leg Hops
1I) Side Shuffles
1J) Side To Side Lunges (Cossack Squats)
1K) Front to Back Leg Swings
1L) Side-to-Side Leg Swings
1M) Inch Worm to Sumo
1N) Short Sprints / Build Ups

IMPORTANT Programming Notes and Tactics:

Explanation of Workouts: Each of your workouts within the Bodyweight BEAST Program are outlined below. You'll see a 1A), 2A) ect before each movement. When you see 2 or more of the same NUMBERS [1A), 1B), 1C) this means that these movements are joined together in either a superset OR circuit meaning you would perform 1A first followed by 1B) second, 1C next, and so on and so forth.

You are allowed to take a break when you have completed ALL of the movements under that letter. Supersets and circuits are meant to have NO rest between movements. When there is just 1 number and 1 letter for a movement that movement is done on its own, and you are allowed to rest between sets. Don’t worry as you progress, you’ll start to train with heavier weights while starting to feel even more explosive and in condition!
Bodyweight STRENGTH Tactics

**AVOIDING REDLINE – AKA Training With “Submax” reps:** When you see “submax” listed next to an exercise, this simply means to avoid going to failure. The best way to keep your progress going further while avoiding plateaus or step back is to keep your reps under your maximum limit or avoiding failure.

If you’re new to this concept, you probably do not understand but trust me, leave a few reps left in your bank when doing different movements such as pushups, pull ups, rows, etc, when you get close to failure, cut the set off.

It’s better to stay fresh and keep the movements fast and explosive. When you start to really grind reps out slow, just stop your set there. In time, you’ll feel and see the difference in what submax training will do for you.

The ONLY time you should really go to failure with different submax movements is when it’s your last week on that particular workout.

You main goal should be to break your own records each and every session! The best way we can make sure we do that is with the next ESSENTIAL note...

**The “No Matter What Method: AKA How You'll CRUSH Your Bodyweight Strength PR's:** Within the programming you’ll note that I list “**NMW Set**” at the end of every session. These “NMW Sets” are to be done on everyday of the 28-Day program. You can choose to do these at the beginning or end of the session. It’s up to you. Either way, you must do this set “No Matter What”.

**Here’s a fast explanation of what “No Matter What Sets” are:**

It’s simple. You will pick out a single bodyweight movement. This could be a movement that gives you the most problems (AKA your GOAT) or it could be a movement you’re already OK with, but just want to improve in.

Could be your simplest of bodyweight movements such as push ups, recline rows, pull ups... OR if you’re more advanced it could be muscle ups on rings, bar muscle ups, handstand push ups, single arm push up, pistol squats, strict ring dips...

What ever movement YOU want to get yourself better at. It's YOUR choice.

And here's HOW to use it:

One day #1 you're going to start off by doing "X" amount of reps for what ever movement you choose.
Aggressive Strength Bodyweight BEAST Program

The reps MUST be done in 1 unbroken set which might be 2 reps unbroken, 10, or even 15 reps maybe.... Just depends on what movement you're doing and where you're currently at with that movement.

One day one I want you to start somewhere in the middle from where your max all out set would be.

For example, let's say you can do 15 Strict Handstand Push Ups MAX.

At 15 reps you know you're completely fried so for this method to be effective I'd have you start around 9 reps on day one then move up from there.

When you get 9 reps unbroken on day one, you'll then go to 10 reps the next day (you'll do this method on EVERY day – even off days).

Just ONE single set. Then if you get 10 reps unbroken the next day you go to 11, then 12, then 13... You keep going until the end of the program.

But, if you hit a wall and can't do all the reps your supposed to?

Then you stay at the same single set of reps until you're able to successfully break it by one more rep.

Who knows, you might get stuck half way through the program at the same set of reps all the way until the final day. Or you'll break right past your PR and surprise yourself. That's what we want and no doubt that's what we'll get.

**The REPEAT Method: For FAST Gains In Muscle and Strength**

You’ll also see within the programming where I list “**RPM##**” What this means is to perform a “Repeat Method” Rep Scheme on the movement it’s listed with.

The ## listed behind RPM is the total number of reps I want you to do within the single RPM set. So if it lists RPM10-15, this means I want you to do 10-15 total reps of that movement within each RPM set, but make sure these are HIGH QUALITY reps. Do NOT go to the higher number of reps if your form and technique are falling off.

These “Repeat Method Sets” are an extremely effective way to help improve overall strength and functional mass gain via focused volume training. What you'll do for this method is break a movement down into single, double, or even triple rep “mini” repeat sets to complete a much larger set. Think of it as chunking reps together.
Aggressive Strength Bodyweight BEAST Program

For example, if I list RPM10 for HSPU’s it means that I want you to get 10 total reps by either single, double, or even triple rep sets – you’ll decide on how many reps you’ll do in these mini sets by whatever YOU can handle with solid form and technique.

So, what you’d do to accomplish this 10 rep set is start off by doing either 1-3 reps of HSPU’s then rest for a few seconds. You’d then jump back on the wall and do 1-3 more reps then rest. You’d REPEAT this until you got you total amount of reps completed.

It’s important to note that you want to AVOID FAILURE by all means necessary. The FOCUS of the “Repeat Method” is to increase overall training volume but with QUALITY reps only. If you start to fail, you’ll cut your mini rep sets back to single if need be. Just up to YOU.

ALSO NOTE – the Repeat Method Sets are only needed when I list them for total volume desired. IF you’re able to successfully get a certain movement for the RPM reps listed, just do that total amount of reps or do a submax rep set.

FINAL NOTE – feel free to use the Repeat Method on any movement you feel you need more work on. If I don’t list the RPM method within the programming but you’re struggling on a certain movement and know you need more quality volume on that movement, feel free to mix in RPM sets for that movement.

**E.M.O.T.M.:** This stands for *Every Minute on The Minute* and it’s an interval you will be using to build up some serious strength and endurance all at once!

Basically, you’ll hit your movements for the allotted amount of reps and whatever time you have left at the end of your sets will serve as your rest period.

**AMRAP:** This stands for *As Many Rounds As Possible* and when you see this, it will always be paired up with a set amount of time. For example, you may see this:

- **12 min AMRAP:**
  1. Squat x 10
  2. Push Ups x 10
  3. Pull Up x 10

This means that you will set a clock for 12 mins and go through the circuit as many times as possible getting in as many QUALITY reps as possible in that time. When time is up you stop and record the amount of rounds and reps you complete.

This is a great form of density training that has a ton of benefits.
**Aggressive Strength Bodyweight BEAST Program**

**Recording Your Workouts:** Make sure you are *writing down each and every workout* so you can see the weights you used, the reps you did, and the sets you completed.

It would be wise for you to get a notebook and make it your new HARDCORE training workbook OR use the *specialized printout work sheets* you received with this program!

If you’re not writing anything down, then you are wondering around blind! We must be able to measure your progress and the BEST way to do this is by writing and recording *every training session* we do down in a workbook. I would record the following:

- *total time workout took to complete*
- *reps completed on each movement*
- *sets completed*
- *and exercises completed*

Simply copy down the workouts listed below and record as you go! You’ll be amazed at the progress you make overtime! Writing the workouts down and keeping track will serve as a great source of motivation so make sure you do it! Make NO EXCUSES here! This needs to be done for you to be most successful!
Aggressive Strength Bodyweight BEAST Program

**Week 1**

**Day 1**

Choice - Aggressive Strength Warm Up

1A) Quick Box Jumps 3 x 15
***Perform on a low box and go for speed

2A) Bodyweight Squats 4 x 20
2B) **Plank + Knee Tucks** 4 x 15 / side

3A) Push Ups 3 x submax
3B) Recline Row 3 x submax
***Use any type of variation on either movement – switch up hand positions, do on DB’s, with feet elevated, etc

4A) Burpee Tabata x 1 Round  (Do 20 secs of work with 10 secs break x 8 rounds)
***Count the amount of Burpees you complete

Post Workout Extras:
***Stretch and Foam Roll
***Do 50 band pull apart + 25 shoulder dislocators (if access to bands)

**NMW Set**
Day 2 – AGGRESSIVE STRENGTH Cardio

Warm Up with The Sprinters Warm Up *(See Above)*
***Perform any foam rolling or extra stretching needed***

Find an Open Field (Turf Football Fields work BEST) or open area you can run.

1A) 40 yard sprints @ 75-80% x 8 Rounds
***Use the walk back to the start line as your rest***

***Alternative – On A Treadmill***

1A) Incline Sprints on Treadmill @ top speed x 15 seconds w/ 45 secs rest

2A) Ab Circuit x 3 Rounds

   a) Mountain Climber x 30 steps / leg
   b) Hollow Rocks x 30
   c) Plank Hold on Forearms OR variation x 1 min

***Rest only 45-60 secs between rounds***

**NMW Set**

***Don’t Have Access To A Field - Here’s A Some Sprint Swap In’s You Can Use:***

Day 3

AGGRESSIVE STRENGTH Warm Up
***Perform any foam rolling or extra stretching needed

1A) Broad Jumps 15 total max effort jumps
***Jump as far as possible each rep
***Reset after each rep before you jump again

2A) Pike Press 3 x RPM10-15
2B) Pull Ups 3 x submax OR Assisted Jungle Gym Pull Ups 3 x RPM10-15

3A) 400m Run @ 75% Effort

4A) Walking Prisoner Lunge (Hands Behind Head) 3 x 15/ leg
4B) Hanging Knees To Bows 3 x 10-15

5A) 400m Run @ 75% - Beat your time from 3A

6A) Hip Extensions 3 x 15
6B) Superman Holds 3 x 60 secs

**NMW Set**

***Post Workout Extras (Same as Day 1)

Day 4 – FULL REST – ACTIVE RECOVERY

**NWM Set**

***15-20 Mins of Mobility and Soft Tissue Work
Aggressive Strength Bodyweight BEAST Program

Day 5 – Animal Action

**NMW Set**

1A) 20 Min AMRAP

a) Bear Crawl x 20 yards and back
b) Pull Ups OR Recline Row (your choice) x RPM10
c) Sumo Squat Jumps x 15
d) Renegade Plank Rows x 20 (10 / Arm)
e) Hollow Rocks x 30

2A) E.M.O.T.M. x ???

Burpee x 8, 10, 12...

***This is a “Death By: set up where on the first minute you'll do 8 Burpees. 2nd minute you'll do 10 burpees, then 12 on the 3rd and so on until you fail to get in the total amount of reps you work up to within the minute.

***Increase by 2 reps each minute.

Post Workout Extras (Same as Day 1)

Day 6 – REST

**NMW Set**
Aggressive Strength Bodyweight BEAST Program

Day 7 – Power / Core Conditioning

AGGRESSIVE STRENGTH Sprinter Warm Up

***Perform any foam rolling or extra stretching needed

Find an Open Field (Turf Football Fields work BEST or use indoor basketball court)

1A) Every 90 secs do 20 yard sprints @ 80-85% x 20 Rounds
***Use the walk back to the start line / remaining amount of the 90 secs as your rest
***Cut your rest down if you feel you can stay at 80-85% intensity with less rest

***Alternative
1A) Incline Sprints on Treadmill @ top speed x 10 seconds w/ 30 secs rest x 20 total rounds

2A) Core Finisher x 4 Rounds

   a) Plank Hold x 60 secs
   b) Hollow Rock x 20
   c) Side Plank x 20 secs
   d) High Knee Sprints In Place x 20 secs
   e) Side Plank x 20 secs (opposite side)
   f) REST 60 secs

**NMW Set**
Aggressive Strength Bodyweight BEAST Program

**Week 2**

**Day 1**

AGGRESSIVE STRENGTH Warm Up
***Perform any foam rolling or extra stretching needed

1A) Box Jumps 3 x 20
***Perform on a low box and go for speed

2A) **Prisoner Squats** 4 x 20
2B) Plank + Knee Tucks 4 x 15 / side

3A) **Jungle Gym / Ring Suspended Push Ups** 3 x submax (Hands in Straps)
3B) **Jungle Gym / Ring Recline Row** 3 x submax
***Get at LEAST 15 reps on each – Use RPM method if need be

4A) Burpee Tabata x 1 Round (Do 20 secs of work with 10 secs break x 8 rounds)
***Count the amount of Burpees you complete
***Beat the total score you got from Week 1

**NMW Set**

Post Workout Extras (Same as Week 1)
Day 2 – AGGRESSIVE STRENGTH Cardio

AGGRESSIVE STRENGTH Sprinter Warm Up
***Perform any foam rolling or extra stretching needed

Find an Open Field (Turf Football Fields work BEST)

1A) Every 90 Secs - 50 yard sprints @ 85-90% 10 Rounds
***Use the walk back to the start line / remaining amount of the 90 secs as your rest

***Alternative
1A) Incline Sprints on Treadmill @ top speed x 20 seconds w/ 45 secs rest x 10 rounds

2A) Ab Circuit x 3 Rounds

1A) Sit Outs x 30 reps total (15 / side)
1B) Hollow Rocks x 30
1C) Plank Hold on Forearms x 1 min
***rest 60 secs and repeat

**NMW Set**
Aggressive Strength Bodyweight BEAST Program

Day 3

AGGRESSIVE STRENGTH Warm Up
***Perform any foam rolling or extra stretching needed

1A) Rapid Fire Broad Jumps 5 x 5
***As soon as you land, explode into another jump immediately
***Going for max distance you can cover in 5 jumps

2A) Wall Walks 3 x RPM6 OR Pike Press 3 x RPM15
***Depending on your fitness level – wall walks will be tougher
2B) Pull Ups 3 x OR Jungle Gym Assisted Pull Ups RPM15
***Use a different variation of pull up every set via different grips if possible

3A) 400m Run @ 80% (Faster then week 1 - Day 3)

4A) Walking Lunge 3 x 15/ leg
4B) Hanging Knee Tucks 3 x 15

5A) 400m Run @ 80% - Beat your time from 3A

6A) Hip Extensions w/ Feet Elevated 3 x 20
6B) Superman Holds 3 x 60 secs

**NMW Set**

Day 4 – REST

**NMW Set**
Day 5 – Animal Action

AGGRESSIVE STRENGTH Warm Up
***Perform any foam rolling or extra stretching needed

**NMW Set**

1A) 20 Min AMRAP
   a) [Bear Crawl] x 20 yards and back
   b) Pull Ups OR Recline Row (your choice) x RPM10
   c) Sumo Squat Jumps x 15
   d) [Renegade Plank Rows] x 20 (10 / Arm)
   e) Hollow Rocks x 30

***Beat the total rounds you completed in week 1

2A) E.M.O.T.M. x ???

Burpee x 10, 12, 14...

***This is a “Death By: set up where on the first minute you’ll do 10 Burpees. 2nd minute you’ll do 12 burpees, then 14 on the 3rd and so on until you fail to get in the total amount of reps you work up to within the minute.
***Increase by 2 reps each minute.

***Beat the total reps you completed in week 1

Post Workout Extras (Same as Day 1)

Day 6 – REST

**NWM Set**
Day 7 – Power / Core Conditioning

AGGRESSIVE STRENGTH Sprinter Warm Up
***Perform any foam rolling or extra stretching needed

1A) Pro Agility Drill (10 yard sprint 10-20-10's) x 10 rounds

***You will sprint 10 yards and back then 20 yards and back then 10 yards and back @ 100% touching the line with one hand every time you stop and change directions.

***If you do not have access to outdoors, you can also use a basketball court – sprint to half court then back, full court and back, then half court and back.

***You can add more difficulty by incorporating in a burpee each time you stop to change directions.

***Rest for about 45-60 secs between rounds and repeat.

2A) Core Finisher x 4 Rounds

   a) Plank Hold x 60 secs
   b) Hollow Rock x 20
   c) Side Plank x 20 secs
   d) High Knee Sprints In Place x 20 secs
   e) Side Plank x 20 secs (opposite side)
   f) REST 60 secs

**NMW Set**
Week 3

Day 1

AGGRESSIVE STRENGTH Warm Up
***Perform any foam rolling or extra stretching needed

1A) Tall “Step Box Jumps” x 16 jumps total (8 per lead leg)
***Going for MAX height
***Take a one step approach and jump off of both feet – alternate lead legs
***Jump, then rest for a bit, increase height of box if possible then repeat
***Make sure to do a few warm up reps first before you get into your actual work
reps
***This is NOT a race – get in quality jumps here
***BE SMART – I don’t want you to bust open your shin here

2A) Pistol Squats 4 x RPM6-10 / Leg OR 1 ½ Prisoner Squat 4 x 10
***Check Pistol Squat Progressions HERE
2B) Suspended Alternating Knee Tucks 4 x 15 / side (feet in straps)
***If no straps – do with feet slightly elevated on a small box

3A) Feet Elevated Push Ups 3 x RPM15-20 (feet in suspension straps)
3B) Feet Elevated Recline Row 3 x RPM15-20 (feet on box)
***If no straps – push feet elevated push ups and feet elevated recline rows

4A) Burpee Tabata (Do 20 secs of work with 10 secs break x 8 rounds)
***Count the amount of Burpees you complete
***Beat the total score you got from Week 2

**NMW Set**

Post Workout Extras
Day 2 – AGGRESSIVE STRENGTH Cardio

AGGRESSIVE STRENGTH Sprinter Warm Up
***Perform any foam rolling or extra stretching needed

Find an Open Field (Turf Football Fields work BEST)

1A) Every 90 secs - 70 yard sprints @ 90% x 10 rounds
***Use the walk back to the start line / remaining amount of 90 secs as rest
***if intensity starts to fall off, REST longer if need be

***Alternative
Incline Sprints on Treadmill @ top speed x 30 seconds w/ 60 secs rest x 10

2A) Ab Circuit x 3 Rounds

1A) Dip Bar Knee tucks x RPM10-15
1B) Hollow Rocks x 30
1C) Plank Hold on Forearms x 60 secs

**NMW Set**
Aggressive Strength Bodyweight BEAST Program

Day 3

AGGRESSIVE STRENGTH Warm Up
***Perform any foam rolling or extra stretching needed

1A) Rapid Fire Broad Jumps 5 x 5
***As soon as you land, explode into another jump immediately
***Going for max distance you can cover in 5 jumps

2A) HSPU x RPM10 Wall Walks RPM6 Pike Press 3 x RPM15
***Depending on your fitness level
2B) Chest To Bar Pull Ups RPM10-15 Normal Pull Ups 3 x RPM10-15
***Use a different variation every set if using normal pull ups

3A) 400m Run @ 90% (Beat your time from week 2 - Day 3)

4A) Lunge Jumps 3 x 12 / leg
4B) Hanging Strict Knee Tucks 3 x 15

5A) 400m Run @ 90% - Beat your time from 3A

6A) Suspended Leg Curls 3 x RPM15-20
***If no straps, do feet elevated hip extensions

Post Workout Extras

**NMW Set**

Day 4 – REST

**NWM Set**
Aggressive Strength Bodyweight BEAST Program

**Day 5**

AGGRESSIVE STRENGTH Warm Up  
***Perform any foam rolling or extra stretching needed***

**NMW Set**

1A) 20 Min AMRAP

- a) [Bear Crawl](#) x 20 yards and back
- b) Pull Ups OR Recline Row (your choice) x RPM10
- c) Sumo Squat Jumps x 15
- d) [Renegade Plank Rows](#) x 20 (10 / Arm)
- e) Hollow Rocks x 30

***Beat the total rounds you completed in week 2***

2A) For Time:

Total Amount of Burpee Completed In Week 2

***Take the total amount of burpees you were able to do in Week 2 and complete those for time***

Post Workout Extras (Same as Day 1)

**Day 6 – ACTIVE REST**

**NMW Set**
Aggressive Strength Bodyweight BEAST Program

Day 7 – Power / Core Conditioning

AGGRESSIVE STRENGTH Sprinter Warm Up
***Perform any foam rolling or extra stretching needed

Find a nice hill that stretches up at least 30 yards. If not, just find a hill.

1A) Hill Sprint @ 100% x 10 rounds

***Walk down the hill backwards as rest then repeat
***Rest as needed to keep intensity at 100%

***Alternative
1A) Incline Sprints on Treadmill @ top speed x 30 seconds w/ 30 secs rest x 10 rounds

2A) For Time:

100 Hollow Rocks

**NMW Set**
Aggressive Strength Bodyweight BEAST Program

**Week 4**

**Day 1**

AGGRESSIVE STRENGTH Warm Up
***Perform any foam rolling or extra stretching needed

1A) Tall Box Jumps x 15 jumps total
***Going for MAX height
***NO step approach on these jumps
***Jump, then rest for a bit, increase height of box if possible then repeat
***Do a few warm up jumps before you get into your actual work jumps
***This is NOT a race – get in quality jumps here
***BE SMART – I don’t want you to bust open your shin here

2A) Pistol Squats 4 x RPM10-12/Leg OR 1 ½ Prisoner Squats 4 x 15
2B) **Suspended Alternating Knee Tucks** 4 x 15 / side (feet in straps)
***If no straps – do with feet slightly elevated on a small box

3A) Strict Dips On Rings OR Dip Bar 3 x RPM10 OR Bench Assisted Dips 3 x RPM10-15 (feet in suspension straps)
3B) **Feet Elevated Recline Row** 3 x RPM15-20 (feet on box)
***If no straps – do feet elevated recline rows

4A) Burpee Tabata (Do 20 secs of work with 10 secs break x 8 rounds)
***Count the amount of Burpees you complete
***Beat the total score you got from Week 2

**NMW Set**

Post Workout Extras
Day 2 – AGGRESSIVE STRENGTH Cardio

AGGRESSIVE STRENGTH Sprinter Warm Up
***Perform any foam rolling or extra stretching needed

Find an Open Field (Turf Football Fields work BEST)

1A) Every 90 secs - 80 yard sprints @ 95% x 10 rounds
***Use the walk back to the start line / remaining amount of 90 secs as rest
***if intensity starts to fall off, REST longer if need be

***Alternative
1A) Incline Sprints on Treadmill @ top speed x 30 seconds w/ 60 secs rest x 10

2A) Ab Circuit x 3 Rounds

1A) Dip Bar Straight Leg Raise x RPM10 OR Dip Bar Knee Tucks x RPM10-15
1B) Hollow Rocks x 30
1C) Plank Hold on Forearms x 60 secs

**NMW Set**
Aggressive Strength Bodyweight BEAST Program

Day 3

AGGRESSIVE STRENGTH Warm Up
***Perform any foam rolling or extra stretching needed

1A) Rapid Fire Broad Jumps 5 x 5
***As soon as you land, explode into another jump immediately
***Going for max distance you can cover in 5 jumps

2A) HSPU x RPM10-15 Wall Walks RPM6 Pike Press 3 x RPM15-20
***Depending on your fitness level
2B) Bar Muscle Up 3 x RPM6-10 OR Chest To Bar Pull Ups RPM10-15 Normal Pull Ups 3 x RPM10-15
***Use a different variation every set if using normal pull ups

3A) 400m Run @ 90% (Beat your time from week 3 - Day 3)

4A) Lunge Jumps 3 x 15/ leg
4B) Hanging Strict Toes To Bar 3 x RPM15 OR Hanging Strict Knee Tucks 3 x RPM15

5A) 400m Run @ 90% - Beat your time from 3A

6A) Suspended Leg Curls 3 x RPM15-20
***If no straps, do feet elevated hip extensions

Post Workout Extras

**NMW Set**

Day 4 – REST

**NWM Set**
Aggressive Strength Bodyweight BEAST Program

**Day 5**

AGGRESSIVE STRENGTH Warm Up
***Perform any foam rolling or extra stretching needed

**NMW Set**

1A) 20 Min AMRAP
   a) Bear Crawl x 20 yards and back
   b) Pull Ups OR Recline Row (your choice) x RPM10
   c) Sumo Squat Jumps x 15
   d) Renegade Plank Rows x 20 (10 / Arm)
   e) Hollow Rocks x 30

***Beat the total rounds you completed in week 3

2A) For Time:

Total Amount of Burpee Completed In Week 3 + 10 More

***Add 10 more burpees from Week 3

Post Workout Extras (Same as Day 1)

**Day 6 – ACTIVE REST**

**NMW Set**
Aggressive Strength Bodyweight BEAST Program

Day 7 – Power / Core Conditioning

AGGRESSIVE STRENGTH Sprinter Warm Up
***Perform any foam rolling or extra stretching needed

Find a nice hill that stretches up at least 30 yards. If not, just find a hill.

1A) Hill Sprint @ 100% x 10 rounds

***Walk down the hill backwards as rest then repeat
***Rest as needed to keep intensity at 100%

***Alternative
1A) Incline Sprints on Treadmill @ top speed x 30 seconds w/ 30 secs rest x 10 rounds

2A) For Time:

100 Hollow Rocks

***Beat your time from Week 3

**NMW Set**
**Week 5 Recovery Week + “SURPRISE” BEAST TESTING**

Week 5 is designed to be a rest / recovery week to allow your body to recharge from the previous 4 weeks as well as serve as a testing week.

By design, you should be feeling well-rested and more than ready to attack your next training program at full force.

You should be more than acclimated and ready both physically and mentally by now to take on the actual workouts ahead.

If you still feel like you need work, go through the first 4 weeks again AFTER this recovery week and improve on your past numbers until you feel you’re good to go.

I’d also add in a NEW movement for you **NWM Set**

**Day 1**

AGGRESSIVE STRENGTH Warm Up
***Perform any foam rolling or extra stretching needed

1A) 400m Run @ 75%

2A) Push Ups 3 x submax
2B) Prisoner Squats 3 x 20
2C) Pull Ups OR Recline Rows 3 x submax
2D) Plank Knee Tuck 3 x 15 / side
*** SUBMAX – no where near failure!

3A) 400m Run @ 75%

**NWM Set**

Stretch and Foam Roll!

**Day 2 – REST!**

**NWM Set**
Aggressive Strength Bodyweight BEAST Program

Day 3

Get out of the gym – go for a bike ride, play a sport, walk, or just be physically active for at least 40-60 mins!

BE AN ATHLETE

Stretch and Foam Roll as needed!

STILL - **NWM Set**

Day 4 – REST!

**NWM Set**

Day 5

1A) Full Body Circuit x 4 Rounds
   
   a) Walking Prisoner Lunge x 10/leg
   b) HSPU OR Wall Walks OR Pike Press 3 x submax
   c) 100 yard run @ 75%
   d) Hip Extensions x 20
   e) Hollow Rocks x 30
   f) 100 yard run @ 75%

**NWM Set**

Stretch and Foam Roll!

Day 6 – Stay out of the gym – REST and PREPARE for BEAST TESTING!

NO **NWM Set** TODAY!!!
Day 7 – AGGRESSIVE STRENGTH - BEAST TEST

Beast Testing Overview  ---> CLICK HERE for An OVERVIEW VIDEO

-You will perform a 3 Min AMRAP of Each of the 4 movements below
-You will count total reps and keep score of each 3 min AMRAP round
-Take a 1 min break in between each 3 min round
-Movements can be done in any order you choose except 400m will be last after your 4th movement

Squats (Ass to Grass – FULL Extension @ Top)
Push Ups (Chest to Floor)
Pull Ups (STRICT Chin above Bar – NO Kipping – any grip is allowed)
Burpees (Chest To Floor – Feet Off of Ground At Top)

Then

400m Run (Sprint, Jog, Walk – Just Get It Done In Time!)

At this point, you should be able to at least successfully past the “Minimal” Level Beast Test.

If you’re not quite there yet, I would highly recommend you get yourself to that standard level

BEAST Testing Standards

<table>
<thead>
<tr>
<th>Movement</th>
<th>Minimal</th>
<th>/</th>
<th>Advanced</th>
<th>/</th>
<th>BEAST Level</th>
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<tbody>
<tr>
<td>Squats</td>
<td>100</td>
<td>/</td>
<td>125</td>
<td>/</td>
<td>150</td>
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<tr>
<td>Push Ups</td>
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<td>/</td>
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