



2022 Q4: PERFORMANCE



In Q1: FOUNDATIONS, we focused on mastering the basics & laying a rock-solid fitness base. In Q2: SIZZLE, we progressed to fat loss & metabolic conditioning work to get lean and mean for summer. In Q3: CHISEL, we shifted to muscle-gain mode with advanced metabolic bodybuilding routines. Now for Q4: PERFORMANCE, we finish the year off with performance-enhancement workouts designed to help you achieve personal records (PRs) on key bodyweight exercises.

BOOST YOUR REPS PROGRESSION CHART

For each exercise you specialize in, you will follow a custom 12-week program based on the current number of perfect reps you can perform in a single set (outlined in the individual columns below). There are 3 progressive 3-week training waves of escalating volume followed by a recovery week. After 3-5 days of rest in the 12th & final week, you will test for a new PR (Personal Record). Please note that the chart below doesn't include sub-maximal (easy versions) for warmup & cooldown sets.

	0 REPS	1-2 REP(S)	3-5 REPS	6-8 REPS	10-12 REPS	15+ REPS
WEEK 1	3 sets of 1*	5 sets of 3*	1,1,1,1,1	3,2,2,2,2	4,3,2,1,1	3-5 sets of 7
WEEK 2	4 sets of 1*	5 sets of 4*	2,1,1,1,1	3,3,3,2,2	5,4,3,2,1	3-5 sets of 8
WEEK 3	5 sets of 1*	5 sets of 5*	2,2,1,1,1	3,3,3,3,3	6,5,4,3,2	3-5 sets of 9
WEEK 4	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY
WEEK 5	5 sets of 1*	1,1,1,1,1	2,2,2,1,1	4,3,3,3,3	7,6,5,4,3	3-5 sets of 10
WEEK 6	5 sets of 2*	2,1,1,1,1	2,2,2,2,1	4,4,4,3,3	8,7,6,5,4	3-5 sets of 11
WEEK 7	5 sets of 3*	2,2,1,1,1	2,2,2,2,2	4,4,4,4,4	9,8,7,6,5	3-5 sets of 12
WEEK 8	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY
WEEK 9	5 sets of 3*	2,2,2,1,1	3,2,2,2,2	5,4,4,4,4	10,9,8,7,6	3-5 sets of 13
WEEK 10	5 sets of 4*	2,2,2,2,1	3,3,3,2,2	5,5,5,4,4	11,10,9,8,7	3-5 sets of 14
WEEK 11	5 sets of 5*	2,2,2,2,2	3,3,3,3,3	5,5,5,5,5	12,11,10,9,8	3-5 sets of 15
WEEK 12	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY

*Eccentric/Negatives: Cheat up & lower for 3-5 sec

NOTES:

- Commas mean sets. So 1,1,1,1,1 means 5 sets of 1 rep
- Take a full 3-5 minutes rest between sets or alternate non-competitive moves (Ex. Pull-ups & Single Leg Squats)

TRAINING SCHEDULE OPTION A

This 12-WEEK BODYWEIGHT SPECIALIZATION PROGRAM is designed to increase your rep totals for any exercise but with a special focus on any combination of the following bodyweight skills:

- Pullups
- Dips
- 1-Arm Pushups
- 1-Leg Squats/Lunges

It's your choice how many movements you want to specialize in:

Focusing on a single move will give you the best results but will lack training balance. I recommend doing 1-2 EXPRESS total body workouts per week to maintain your full- body fitness.

If choosing 2 of the movements, you can superset them or focus on a single move each day, alternating days. The best pairings are Pull-ups & Dips, Pullups & 1-leg squats or 1-arm pushups & 1-leg squats.

If choosing 3 of the movements, do Pullups, Single-Leg Squats AND Dips OR 1-arm Push-ups. You can tri-set them or focus on a single move each day, alternating days.

If choosing all 4 of the movements, rotate between Dips & Pullups on one day and 1- arm Pushups and 1-Leg Squats on the other. Or follow the 4-day performance workouts schedule outlined in **TRAINING SCHEDULE OPTION B.**

There are 5 unique training schedules to choose from based on your personal schedule & recovery ability:

- **SCHEDULE A: 5-6 Days/Week**

This is SUPER aggressive and completely unsustainable for most trainees (especially mentally). My recommendation is to train weekdays and take weekends off. But you can split it up however you like, training 5-6 out of every 7 days.

- **SCHEDULE B: 4 Days/Week**

This is pretty tough but much more doable than 5 days/week. I recommend going M/W/F/S. For example, train Monday, Wednesday, Friday & Saturday. I like this because for most days you're getting 48 hours of recovery.

SCHEDULE C: 3 Days/Week

This is definitely the sweet spot for most trainees because it has a built-in 48-hour recovery period between training days. Use a classic M/W/F or T/TH/Sat split. This can also perfectly match your M/W/F Express Schedule.

SCHEDULE D: 2 Days/Week

This 72-hour recovery minimum is ideal for older trainees or those with high-stress lifestyles or poor recovery genetics. For example, train M/TH or T/F. It can also be an optimal plan for advanced trainees who don't need as many sets to maximize the training effect (believe it or not), especially considering the overall volume and time- under-tension requirements found in Levels 4 and 5.

SCHEDULE E: 2 Sets Mostly Daily

This is the most accessible plan to accommodate everyone else and progress will be made. Do a set in the AM and another set in the PM. If you can't fit this 2-minute commitment into your schedule, I'm afraid I can't help you.

For best results, pepper in the sets throughout the day using the **EHOH method**: do a single set **Every Hour On-the Hour** until you hit your daily total. If you need to do them all at once, rest 3-5 minutes between sets or use alternating sets of non-competitive exercises.

TRAINING SCHEDULE OPTION B

This is a 4-day training split featuring elite performance-enhancement workouts that can be completed in an hour or less. This is ideal for trainees unable to implement the EHOH method due to work schedules. There are 2 upper body days & 2 lower body days. Each section of the workout should take about 10 minutes, though the duration of the SPECIALIZATION work will be longer & vary based on the particular programming pathway. The Supplemental & Finisher work is optional. You can do some swings or walk/run work on off-days if you like but be sure to take at least one full day off each week.

MONDAY: UPPER 1

SECTION	FOCUS	PRESCRIPTION
MASSAGE	Pecs, Lats/Upper Back, Forearms, Biceps & Triceps	1-2 min per body zone (30-60s per side)
MOBILITY	Squat Hang, TRX Chest Stretch, Stick Pass	1-2 min per exercise
ACTIVATION	TRX Face Pulls & Easy Dips	10-15 reps per exercise
SPECIALIZATION	Pull-ups & Dips Variation	See sets & reps from progression chart
SUPPLEMENTAL	Horizontal Rows (TRX Rows) & Push-ups	1-2 sets of 10-15+ reps or timed supersets of 2 minutes of work with 30 sec of rest
FINISHER	Bicep Curls & Triceps Extension	1-2 sets of 10-15+ reps or timed supersets of 2 minutes of work with 30 sec of rest

WEDNESDAY: LOWER 1

SECTION	FOCUS	PRESCRIPTION
MASSAGE	Feet, Calves/Shins, Glutes, Quads & Hamstrings	1-2 min per body zone (30-60s per side)
MOBILITY	Spiderman Lunges & Bootstrappers	1-2 min per exercise
ACTIVATION	Easy 1-Leg Squats & Lunges	1-2 sets of 10-15+ reps or timed supersets of 2 minutes of work with 30 sec of rest
SPECIALIZATION	1-Leg Box Squats L/R	See sets & reps from progression chart
SUPPLEMENTAL	1-Leg Hip-Hinges L/R	1-2 sets of 10-15+ reps or timed supersets of 2 minutes of work with 30 sec of rest
FINISHER	Kettlebell Swings	5-minute EMOM (10-20 reps/min based one weight)

FRIDAY: UPPER 2

SECTION	FOCUS	PRESCRIPTION
MASSAGE	Pecs, Lats/Upper Back, Forearms, Biceps & Triceps	1-2 min per body zone (30-60s per side)
MOBILITY	Squat Hang, TRX Chest Stretch, Stick Pass	1-2 min per exercise
ACTIVATION	TRX Face Pulls & Easy Dips	10-15 reps per exercise
SPECIALIZATION	1-Arm Push-ups Variation L/R & Pull-ups Variation	See sets & reps from progression chart
SUPPLEMENTAL	1-Arm Overhead Presses & Rows L/R	1-2 sets of 10-15+ reps or timed supersets of 2 minutes of work with 30 sec of rest
FINISHER	Bicep Curls & Triceps Extension	1-2 sets of 10-15+ reps or timed supersets of 2 minutes of work with 30 sec of rest

SATURDAY: LOWER 2

SECTION	FOCUS	PRESCRIPTION
MASSAGE	Feet, Calves/Shins, Glutes, Quads & Hamstrings	1-2 min per body zone (30-60s per side)
MOBILITY	Spiderman Lunges & Bootstrappers	1-2 min per exercise
ACTIVATION	Easy 1-Leg Squats & Lunges	1-2 sets of 10-15+ reps or timed supersets of 2 minutes of work with 30 sec of rest
SPECIALIZATION	1-Leg Balanced Lunges Variation L/R	See sets & reps from progression chart
SUPPLEMENTAL	Single Leg Hip Thrusts	1-2 sets of 10-15+ reps or timed supersets of 2 minutes of work with 30 sec of rest
FINISHER	Shin Box Squat L/R or Goblet Squat EMOM	10 Reps EMOM for 5-10 min