



MASS MODE

Build useful mass. Own every rep.

3 PRACTICE DAYS

1 OPTIONAL PRACTICE. 8 WEEKS.

OWN THE BASICS

01

SQUAT

Use 10 clean total reps. Own depth.

02

HINGE

Keep the brace. Stop before position changes.

03

PUSH AND PULL

Keep 15 to 25 clean total reps.

04

LOAD

Keep 2 perfect reps in reserve.

05

WARM UP

5 goblet squats. 10 swings. 1 get-up / side.

PRACTICE THE STANDARD. STOP BEFORE THE GRIND.



LOWER GROWTH

48 TO 56 MIN / 8 WEEK BLOCK.

01

DB GOBLET SQUAT
2 X 5. REST 2 MIN

Own depth before
load.

02

DB ROMANIAN DEADLIFT
3 X 5. REST 2 MIN

Push the hips back.
Stand tall.

03

FRONT-FOOT SPLIT SQUAT
3 X 5 / SIDE. REST 90 S

Own the added
range.

04

FARMER CARRY
3 X 30 YD. REST 60 S

Walk tall behind the
brace.

Stop the set when depth or brace changes.

02

UPPER DENSITY BUILD

01

DUMBBELL FLOOR PRESS

5 X 5.
REST 90 S

Pause lightly at the floor.

02

ONE-ARM DUMBBELL ROW

3 X 8 / SIDE.
REST 60 S

Keep the hips square.

03

STANDING DB PRESS

5 X 5.
REST 90 S

Keep the ribs stacked.

04

BAND-ASSISTED PULL-UP

4 X 5.
REST 90 S

Control the full lower.

42 TO 50 MIN. 90 S BASE REST.

OWN THE VOLUME



01 DOUBLE KB FRONT SQUAT, 5 X 2

02 DUMBBELL FLOOR PRESS, 5 X 5

03 DOUBLE KB DEADLIFT, 3 X 3

04 ONE-ARM DB ROW, 3 X 8 / SIDE

End the round when position changes. Keep 2 reps in reserve.

PASS BEFORE YOU ADD

☐

SQUAT

Record 10 clean goblet squats on day 01.

☐

PRESS

Record 10 clean floor presses on day 01.

☐

CARRY

Record load and time over the same 30 YD.

☐

PASS

Every rep stays clean. The carry stays tall.

☐

PROGRESS

Add the smallest load after 2 clean exposures.

FUEL THE PRACTICE

Eat protein at breakfast. Add protein and carbs after practice.

BUILD THE WEEK

8 WEEKS. TEST DAY 01. RETEST FINAL DAY.

MON	LOWER GROWTH Squat. Hinge. Carry.	48 TO 56 MIN
TUE	WALK AND RESET Keep the legs fresh.	30 MIN
WED	UPPER DENSITY Press. Pull. Stop before grind.	45 TO 52 MIN
THU	WALK AND RESET Move. Eat. Sleep.	30 MIN
FRI	FULL BODY VOLUME Own squat, hinge, push, and pull.	42 TO 50 MIN
SAT	OPTIONAL PRACTICE Goblet squat: 2 x 5. Then walk.	20 MIN
SUN	EAT AND SLEEP Build the next practice.	FULL REST

WEEK 05: REMOVE 1 SET. FINAL FRIDAY: RETEST.



START WITH THE FRAME

RUN THE PLAN FOR 8 WEEKS.

ADD LOAD AFTER CLEAN REPS.