



Revolution Training Systems Guided Training Program 1.0 “Metamorphosis”

Block 1: Above The Law

- Block 1 features 2 different circuits of 5 exercises with 15 reps being performed for each exercise (with the exception of the reverse lunges and cardio pieces).
- You have 15 minutes to complete as many rounds as you can for each circuit.
- If you are able to complete 3 full rounds within the 15 minutes, increase loading on at least one, or all of the weight bearing exercises the next time around.
- Rest as needed between Circuit A and Circuit B, but hurry up.
- You will perform the same workout a minimum of twice per week and up to 4 times per week.

Circuit A: 15:00

- Goblet Squat x 15
- Dumbbell Bench Press x 15
- Dumbbell Bent Over Row x 15
- Seated Dumbbell Press x 15
- Row/Ski/Bike (choose 1) x 15 calories or 30 seconds (whichever happens first, but push the pace)

Circuit B:

- Dual Kettlebell Deadlift x 15
- Incline Dumbbell Press x 15
- Dumbbell Reverse Lunges x 20 (alternating, 10 reps per side)
- Banded Lat Pull Down x 15
- Row/Ski/Bike (choose 1) x 15 calories or 30 seconds (whichever happens first, but push the pace)

Block 2: Hard To Kill

- Block 2 features 2 circuits of 3 exercises, but now with 10 reps being performed per exercise.
- You have 20 minutes to complete as many rounds as you can.
- If you are able to complete 5 full rounds within the 20-minute time period, add load to one or all of the exercises next time around.
- Rest as needed between Circuit A and Circuit B, but hurry up.
- You will perform the same workout a minimum of twice per week and up to 4 times per week.

Circuit A

- Goblet Squat x 10
- Dumbbell Bench Press x 10
- Bent Over Row x 10

Circuit B

- Dual Kettlebell Deadlift x 10
- Incline Dumbbell Press x 10
- Banded Pull Down x 10 (or Inverted Barbell Row)

Block 3: Under Siege - 3 Weeks

- Block 3 now introduces some new variables and features supersets within the same muscle groups and movement patterns to accumulate local muscular fatigue (inspired by the late Charles Poliquin)
- We will be utilizing tempo prescriptions to dictate the bar speed on certain movements, providing a new stimulus. There will be a separate video description and post on how to read tempos.
- You will perform 3 different circuits, each containing 3 exercises.
- You will rest 30 seconds from between exercises, and 2 minutes after completing one full round the 3 exercise circuit before repeating.
- You will add resistance to the weight bearing exercises if you successfully achieve the target reps for all 3 sets.
- Rest as needed between circuits, but hurry up.
- There will be an "A" day and a "B" day, performed on alternating days again for a minimum of 2 sessions per week or up to 4 days per week.

Day A

A1) Dual Kettlebell Front Squat 3 x 10 @ 30X1; rest 30s
A2) Goblet Squat 3 x 15 @ 2020
A3) Assault Bike 3 x 20s sprint; rest 2:00

B1) Bent Over Dumbbell Row 3 x 10 @ 30X1
B2) Banded Lat Pull Down 3 x 15 @ 2020
B3) Med Ball Slam 3 x 20 as fast as possible; rest 2:00

C1) Barbell Curl 3 x 10 @ 30X1; rest 30s
C2) DB Hammer Curl 3 x 12-15 @ 2020; rest 30s
C3) Banded Bicep Curl 3 x 30s for max reps; rest 2:00

Day B

A1) Dumbbell (or Kettlebell) Romanian Deadlift 3 x 10 @ 30X1; rest 30s
A2) Hamstring Bridge 3 x 15 @ 2020; rest 30s
A3) Russian Swing 3 x 20; rest 2:00

B1) Dumbbell Bench Press 3 x 10 @ 30X1; rest 30s
B2) Incline Dumbbell Bench Press 3 x 15 @ 2020; rest 30s
B3) Explosive Incline Push Up 3 x 20; rest 30s

C1) Lying Dumbbell Tricep Extension 3 x 10 @ 30X1; rest 30s
C2) DB Overhead Tricep Extension 3 x 15 @ 2020; rest 30s
C3) Banded Tricep Extension 3 x 30s for max reps; rest 2:00



Block 4: Out For Justice (3 weeks)

- Block 4 will feature “the deuce” from Dr. Pat Davidson. For this block you will be performing a squat, a row, a deadlift, and a bench press for 2 minutes, attempting to accumulate as many reps as you can in that time frame.
- You will be pairing a lower body push (squat variation) with an upper body pull on one day and the opposite, a lower body pull (deadlift variation) and an upper body push (bench press variation) on the other. You will have 2 minutes to get in many reps as you can on your lower body exercise, rest pausing as needed. You will rest 2 minutes and then have 2 minutes to get in a many reps as you can on your upper body exercise. Rest 2 minutes. Rinse and repeat for a total of 3 sets each.
- If you are able to get 50 or more total reps within the 3 sets (6 minutes total), you must add load for the next workout.
- Your accessory work will be done in a 3 exercise circuit fashion similar to block 3. You will rest 30 seconds between exercises, and 2 minutes after completing each round of the circuit.
- Finally, there will be an option for some extra “beach work” via 1 variation each of a tricep extension, bicep curl, and delt raise. Don’t go crazy, just get a sweet pump.
- You will have an “A” day and a “B” day, alternating days throughout the week. You will perform a minimum of 2 sessions per week and up to 4 sessions per week.

Day A

- A1) Dual Kettlebell Front Squat 2:00 for reps; rest 2:00 x 3
- A2) Bent Over Dumbbell Row 2:00 for reps; rest 2:00 x 3
- B1) KB Walking Lunge 3 x 10e; rest 30s
- B2) Alternating Hook lying Floor Press 3 x 10e; rest 30s
- B3) KB Gorilla Row 3 x 10e; rest 2 min
- C) Optional: Gun Show: 3 x 12-15 tricep extension, bicep curl, delta raise (choose 1 per)

Day B

- A1) Dual Kettlebell Deadlift 2:00 for reps; rest 2:00 x 3
- A2) Dumbbell Bench Press 2:00 for reps; rest 2:00 x 3
- B1) KB Death March 3 x 10e; rest 30s
- B2) Alternating KB Incline Press 3 x 10e; rest 30s
- B3) Alternating Banded Pull Down 3 x 10e; rest 2 min
- C) Optional: Gun Show: 3 x 12-15 tricep extension, bicep curl, delta raise (choose 1 per)