



TPS Method TFL Block 8B

**Block 8B will have you testing and setting new one rep maxes!
It builds off of blocks 5-7 where you laid a great base of strength.**

Be prepared to see how strong you got!

Tags:

1rm, one rep max, max squat, max deadlift, max ohp



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Week 1

Day 1	Day 2	Day 3
1. Squat-test new 1RM 2. 1 Arm KB Swing x 6 each KB Snatch x 6 each 15 count Plank 4x	1. Push Press 3x10 FAST 60% 1rm X walks x 5 each as active rest 2. HCOP x 12 Pullthrough x 12 Ab Vacuum x 5 seconds hold Walking Lunge x 6 each 3x 3. Super Awesome Circuit 8 mins 30 on/30 off Bicycle Crunch , Side Plank Left, SLSU , Side Plank right	1. Deadlift 3x3 at 80% of 1rm 5 Shoulder Bridge Tuck as Active Rest 2. 1 Arm KB Front Squat x 5 each 1 Arm KB Thruster x 5 each DB Row x 5 each Pullups x 5 4x 3. Sprint 100 ft rest 60 seconds 3x 4. Vertical Hangs ALAP 3x

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Week 2

Day 1	Day 2	Day 3
<p>1. Squat 4x8 fast at 65%</p> <p>2. Pause Squat 2x2 at 75%)</p> <p>3. BGSS x 12 each leg)</p> <p>FG Pullup x 12</p> <p>SLRDL x 6 each leg</p> <p>Plate Raise x 12</p> <p>3x</p> <p>4. Abdominal Torture</p> <p>15 count plank</p> <p>Bicycle Crunch SLOW x 10 each</p> <p>10 count plank</p> <p>McGill Crunch with 2/1000 hold x 5 each</p> <p>5 count plank</p> <p>3x</p> <p>5. Prowler Sprint</p> <p>6x100ft each</p>	<p>1. OHP 4x12 at 70%</p> <p>X walks x 5 each active rest</p> <p>2. Pullups x 8-12</p> <p>Front Raise x AMAP</p> <p>Lateral Raise x AMAP</p> <p>Crucifix hold x 15 seconds</p> <p>x3</p> <p>3. KB Swing x 20</p> <p>Pushups x 8</p> <p>Spiderman with rotation x 5 each</p> <p>TGU x 2 each</p> <p>Burpees x 20</p> <p>4x</p>	<p>1. Deadlift Test 1RM</p> <p>5 shoulder bridge tuck as Active Rest</p> <p>2. Heavy Farmers X 50 feet</p> <p>15 minutes total rest as needed</p> <p>3. Jump Rope Tabata (4mins 20 on 10 off) x2</p>



Week 3

Day 1	Day 2	Day 3
1. Squat 4x6 at 75% 2. Walkout hold 1@105% 1@110% 2. GHR Full x 8-12 Super Plank x 12 Burpees x 12 SLSU x 12 4x 3. 1 Arm DB Bench x 12 each Walking Lunge x 6 each FG Pullups x 12 3x 4. Prowler Sprint 50 ft x 5	1. OHP Test 1RM 2. DB Rows HAF x 12-15 X walks x 10 each Ab Wheel x 12 4x 3. AWESOME Circuit 10 minutes 30 on/30 off Squat Jumps , Wall Ball , Mountain Climber 4. Vertical Hangs x 3 ALAP	1. Deadlift 5x1 at 75% 2. Front Squat x 12 DB Shrugs x Swole 4x 3. 1 Arm DB OHP x 8 each Keystone DL x 8 Hammer Curl x 8 Cable OH Tri Extension x 12 3x 4. Abdominal Torture 15 count plank Bicycle Crunch SLOW x 10 each 10 count plank McGill Crunch with 2/1000 hold x 5 each 5 count plank 3x



Week 4

Day 1	Day 2	Day 3
<p>1. AMRAP 12 minutes Front squat x 5 Push Press x 5 Rows x 5</p> <p>2. AMRAP 8 minutes Burpees x 20 Jump Rope x 50 Super Plank x 20 Pushups x AMAP or 20</p> <p>3. AMRAP 8 minutes All x 10 MC SLOW V-ups SLOW Chops (band or cable or landmine) FAST Dragon Flag/Hip thrust SLOW</p>	<p>1. Log C&P 4x8-12 Face Pull x 12-15 As Active Rest</p> <p>2. AMAP 2x10 minutes KB Clean x 8 each KB Push Press x 8 each KB Snatch x 8 each KB Swing x 8 Bicycle Crunch x 6 each</p> <p>OR</p> <p>2. AMRAP 2 x 10 minutes Strongman Medley-light/fast Farmers 100 feet Sled Drag 100 feet Tire Flip x 5</p>	<p>1. AMRAP 2 x 12 minutes KB DL x 12 Hammer Curls x 12 SLSU x 12 Super Plank x 12</p> <p>2. AMRAP 2 x 8 minutes Buzzsaw x 8 FG Pullup x 8 Bear Crawl x 20 feet SLOW & LOW</p>



Conditioning Sessions

Week 1		
Conditioning 1	Conditioning 2	Recovery
1. Dynamic Warmup 2. Circuit All x10 Wall Ball Ball Slams Hammer Pikes Jump Rope (50 skips) X 10 1 min. rest	Warm up for 10 min. Get your ass outside Sprints 20 yards X 8 90 seconds rest Wait 1-2 hours and eat	1. Foam Roll 10 minutes 2. Spiderman with rotation x 8 each Squat to stand x 5 Cat/Camel x 5 3. Light Sled Drags x 10 minutes
Week 2		
Conditioning 1	Conditioning 2	Recovery
1. Dynamic Warmup 2. Circuit All x10 Wall Ball Ball Slams Hammer Pikes Jump Rope (50 skips) X 12 1 min. rest	Warm up for 10 min. Get your ass outside Sprints x 30 yards X 8 90 seconds rest Wait 1-2 hours and eat	1. Foam Roll 10 minutes 2. Spiderman with rotation x 8 each Squat to stand x 5 Cat/Camel x 5 3. Light Sled Drags x 10 minutes



Conditioning Sessions

Week 3		
Conditioning 1	Conditioning 2	Recovery
1. Dynamic Warmup 2. Sprints x 75 feet x 8 1 min rest between 3 Prowler Rope Pull/Push x 50 feet each x 6 Men: 180lbs Women: 110lbs.	Warm up for 10 min. Get your ass outside Sprints x 20 yards X 4 40 yards x 4 90 seconds rest Wait 1-2 hours and eat	1. Foam Roll 10 minutes 2. Spiderman with rotation x 8 each Squat to stand x 5 Cat/Camel x 5 3. Light Sled Drags x 10 minutes
Week 4		
Conditioning 1	Conditioning 2	Recovery
1. Dynamic Warmup 2. Sprints x 100 feet x 8 1 min rest between 3 Prowler Rope Pull/Push x 50 feet each x 6 Men: 180lbs Women: 110lbs.	Warm up for 10 min. Go outside and SPRINT Sprint telephone pole to telephone pole, walk for 5 poles repeat x 12 Walk 5 minutes	1. Foam Roll 10 minutes 2. Spiderman with rotation x 8 each Squat to stand x 5 Cat/Camel x 5 3. Light Sled Drags x 10 minutes



Bodybuilding Sessions

	Week 1	
Legs & Ass	Beach Muscles	Conditioning Not for the Weak
1. GHR x 40 total reps in a few sets as possible 2. TRX Leg Curls 40 reps Glute Bridge ALAP 4x 3. Calf Raise *** 2 x 25	1. DB Fly x 12-15 Incline DB Bench x 8-12 5x 2. Down the Rack 4 drops Lateral Raise x 12 each x 3 sets 3. Barbell Curl Strip Set 3 drops x 12 each x 5 sets 4. Pushdowns Down the Stack 4 drops x 12 each x 4 sets	Prowler SPRINTS x 50 feet rest 30 seconds x6 2 minutes rest Frog Leaps x 50 feet Rest 30 seconds x 6 2 minutes rest Repeat from beginning 2 more times and curse me a lot.
	Week 2	
Legs & Ass	Beach Muscles	Conditioning Not for the Weak
1. GHR x 50 total reps in a few sets as possible 2. TRX Leg Curls 50 reps Glute Bridge ALAP 4x 3. Calf Raise *** 3 x 20	1. Incline DB Fly x 12-15 DB Bench x 8-12 5x 2. Down the Rack 4 Drops Lateral Raise x 15 x 3 sets 3. Barbell Curl Strip Set 4 drops x 10 x 4 sets 4. Pushdowns Down the Stack x 5 drops x 10 x 3 sets	Prowler SPRINTS x 100 feet rest 30 seconds x4 2 minutes rest Frog Leaps x 75 feet Rest 30 seconds x 4 2 minutes rest Repeat from beginning 3 more times and curse me a lot.

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Bodybuilding Sessions

Week 3		
Legs & Ass	Beach Muscles	Conditioning Not for the Weak
1. Single Leg Back Raise x near failure each leg Back Raise x near failure x 3 2. Reverse Hyper slow and strict with a 1/1000 hold at the top of each rep x 12-15 reps x 3 3. Walking Lunge 3x12 each 4. Standing Calf Raise 3x25	1. Pulldown down the stack 3 drops x 6 reps, x 8 reps, x AMAP reps x 3 sets 2. Face Pull x 12-15 Barbell Curl x 12-15) 3x 3. Pushups x 12-15 Incline Flyes x SWOLE 3x 4. DB Curls x SWOLE pushdowns x EVEN MORE SWOLE 4x	Leapfrogs x 50 feet 10 count plank Inchworms x 50 feet x 8 60 seconds rest between rounds Band Resisted Sprints x 8 10 seconds/ 45 seconds rest
Week 4		
Legs & Ass	Beach Muscles	Conditioning Not for the Weak
1. Single Leg Back Raise x near failure each leg Back Raise x near failure x 4 2. Reverse Hyper slow and strict with a 2/1000 hold at the top of each rep x 12-15 reps x 4 3. Walking Lunge x 50 feet x4 4. Seated Calf Raise 4x20-25	1. Pulldown down the stack 3 drops x 6 reps, x 8 reps, x AMAP reps x 3 sets 2. Face Pull x 12-15 EZ curl x 12-15) 4x 3. Pushups x 12-15 Flyes x SWOLE 4x 4. DB Curls x SWOLE pushdowns x EVEN MORE SWOLE	Leapfrogs x 75 feet 10 count plank Inchworms x 75 feet x 8 60 seconds rest between rounds Band Resisted Sprints x 10 10 seconds/ 45 seconds rest



	4x	
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NOTES:



*Down the Rack-Start with a weight you can do for 12-15 and do AS MANY AS YOU CAN, then go to the next lightest pair of dumbbells and do as many as you can, repeat until you are all the way down the rack. This sucks if you can curl 80's.

** Down the stack- this is done on a cable stack-pick a weight you can do about 15-20 reps with and begin there. Do at least 15 reps, drop the pin one slot lighter and continue for amap, drop as many times as it says in the instructions. EG: 4 down the stack =4 drops

*** Swole-get a huge pump-use a light weight that allows for 20-25 reps and get SWOLE

When you see a number listed, EG: Pushups 50, do the reps in as few sets as possible.

SSB: Safety Squat Bar