



PROJECT: **MOBILE AND HOSTILE**

THE ULTIMATE
BODYWEIGHT
TRAINING SYSTEM
FOR STRENGTH
AND POWER

BY
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**MOBILE AND
HOSTILE**
THE ULTIMATE
BODYWEIGHT TRAINING SYSTEM FOR STRENGTH & POWER

What an athlete should be...

An athlete should be strong, explosive, and fast. An athlete should be able to move with ease and grace. All athletes should be able to lift their own bodyweight multiple times in various movements without stress. An athlete should be able to move like the animal it was meant to be.

If you're a true athlete, you should be able to Jump, Sprint, Crawl, Hop, Bound, Climb, Rotate, Dive, Roll, Bound, Skip, Push, Pull, and Lift with ease. If these tasks are challenging for you, you may need to improve your overall athleticism.

This guide you are about to go through – **Project Mobile and Hostile**, is the 8 Week cure to unleashing the true athlete within using only what we were born with – our own hands, feet, and bodyweight.

This is a SIMPLE guide to getting FASTER, STONGER, and MORE EXPLOSIVE. Three aspects an athlete needs to be Mobile and Hostile!

Program Overview

Workouts will be structured in a progressive format consisting of 3 days per week. After your initial 4 weeks, it would be wise to Deload for a week before moving onto the second 4 week cycle. [Deload](#) weeks will consist of very light bodyweight and mobility work.

Workouts will be broken up into 5 basic parts:

- 1) The Mobility Warm Up
- 2) Explosive Power OR Quickness Movements
- 3) Strength Movements
- 4) Conditioning Sets and Circuits
- 5) Mobility Cool Down and Foam Rolling

Each part is unique in its own way in that they each focus in on a certain aspect of what an athlete needs.

These are simple workouts and should be followed as closely as possible.

Be patient with your progress and you will see results! I guarantee!

Train with 110% Focus and approach each and every training session like it is ALL OUT WAR!

No Excuses!!! Get things done!

Have the WARRIOR MINDEST for success! Never quit and always strive to push forward!

LIVE AGGRESSIVE and GET STRONG!

--Travis Stoetzel



Quick reference:

General Training Session Info

Length of Sessions: Try your hardest to get your session done in under an hour. More time spent training in the gym means more time we take away from letting our bodies heal. The goal is to get in and get out! Set a timer and get moving!

Rest periods: I'm a firm believer that "set" rest periods are a waste of time. There's no need to keep checking a clock unless you are doing a timed workout or circuit interval. The main thing you should focus on is to ATTACK THE TIME! Push yourself through the workouts each and every time. Rest as needed.

General rules of thumb when it comes to rest periods:

- When we train HEAVY – rest a little bit more
- When we train LIGHT – take little to NO rest

The only exception is when we train for total EXPLOSION and SPEED where we want to train at 100%. These sets are usually at the beginning of your workout (sprints, starts, jumps, ect) Rest as much as you need to for these sets and try to perform each round at 100%. You DO NOT want to train slow when training for POWER and SPEED.

Submax – 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 you maximum limit or avoiding failure.

If you are 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, ect, 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.

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

Your 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...

Recording Your Workouts : Make sure you are writing down each and every workout so you can see 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** workbook!

This is essential!

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 in the phases below and record as you go!

Make **NO EXCUSES** here! This needs to be done for you to be most successful!

OFF DAYS : This program is designed to get you the best results training 3 days a week. Each training session is full body in nature, which means we're training your whole body. On the days in between your main workouts, it would be wise to stretch and do extra foam rolling.

Most people think "MORE IS BETTER". This is **NOT** true. Take these days in between your workouts and use them as rest. You should be going **ALL OUT** in each session. You can't get this done if you are training hard on the days in between your main workouts.

Just stick to the script as best as you can.

An example of a weekly phase would look like this:

Day 1 – Monday, Tues – OFF, Day 2 Wednesday, Thurs – OFF, Day 3 – Friday, Sat and Sun OFF

OR

Day 1 – Tuesday, Wed – OFF, Day 2 – Thursday, Friday – OFF, Day 3 – Saturday, Sun and Mon OFF

The Workouts:

***Start each workout with The Mobility Warm Up Below.

SEE Video of Warm Up [HERE](#)

- a) Jog/back pedal 2 x 20 yards
- b) Side shuffle 2 x 20 yards
- c) Front Reaches 10/leg
- d) Drop Lunges With Overhead Reach x 10/leg
- e) Push Ups x 10-30
- f) Squat to Overhead Reach x 15
- g) Plank Elbow Drive x 10/ arm
- h) High Knees 2 x 20 yards
- i) Toy Soldiers 2 x 20 yards
- j) Inch Worms 2 x 10 yards
- k) Leg Swings 15/side
- l) 5 yard Starts x 3

VIDEO RESOURCES

[The Pop Up Squat](#)

[Burpees](#)

[lunge progressions](#)

[hip extensions](#)

[Walking RDL](#)

[Sumo Squat Jumps](#)

[Bounding](#)

[Explosive Lunges](#)

[Lizard Crawls](#)

[Duck Walks](#)

[V-Seats](#)

[Hanging Leg Raise](#)

[Alligator Push Ups](#)

[Bulgarian Squats](#)

[Handstand Push Ups](#)

[squat variations](#)

[pike presses](#)

[single leg tuck jumps](#)

[toy soldiers](#)

[Power Skips](#)

[Sprint Starts](#)

[Bear Crawls](#)

[Froggy Jumps](#)

[Knee Tuck](#)

[Turkish Get Ups](#)

[Quick Feet Drills](#)

[WARM UP VIDEO](#)

[Mountain Climbers](#)

[The inch worm](#)

[Push Ups variations](#)

[Ice Skater Jumps](#)

[Plank Elbow Drives](#)

[15-15 ALL OUT Goes](#)

[Knee Tuck Variations](#)

[Burpee Broad Jumps](#)

[Crab Walks](#)

[Russian Twists](#)

[Plank Variations](#)

[Dot Drills](#)

[Kneeling Jumps](#)

WEEK 1 – DAY 1

1A) Vertical Jumps 5 x 5

1B) Bounds 5 x 5/ leg

2A) 60 yard Build Ups (Start slow and build speed for 20 yards, go top speed for 10-20 yards and coast 20 yards for a total of 60 yards) X 5 reps

3A) Push ups 3 x sub max reps

3B) Recline Rows OR Pull Ups 3 x sub max reps

4A) Split Lunge 3 x 10/leg

4B) Hip Extensions 3 x 10 or 10/leg

5A) Ab Circuit – perform 3 rounds x 15 reps each

- a) V- Seats
- b) Russian Twists
- c) Superman Reach
- d) Plank Holds x max time

***Finish With Mobility Cool Down and Foam Rolling

SEE [MOBILITY COOL DOWN VIDEO](#) AND [FOAM ROLLING VIDEO](#)

WEEK 1 – DAY 2

1A) Feet together Side To Side Hops over small barrier or line 4 x 15 sec ALL OUT Goes

2A) Quick Feet Drills – Side to Side, Front To Back, In and Outs

3A) 5/10/5's Lateral Shuffle Drill x 4 sets (2 to the right, 2 to the left)

4A) Pike Press OR Wall Walks 4 x sub max reps

4B) Pull Ups 4 x sub max reps

5A) Lateral Lunge 3 x 10/leg

5B) Walking RDL 3 x 10/ Leg

6A) Explosive Burpee Circuit

Perform 8 explosive Burpees and rest 30 secs – repeat by 4 rounds

* Perform Plank during rest to increase difficulty*

***Finish With Mobility Cool Down and Foam Rolling

WEEK 1 – DAY 3

1A) Power Skips 4 sets of 5 per leg

1B) Single Leg hops 4 sets of 5 per leg

2A) 20 yard Starts x 8 reps

3A) Strength Circuit – Perform 4 rounds – rest 1-2 mins between sets

- a) Bear Crawl 30 yards total
- b) Deep Squats OR Squat Jumps x 15
- c) Walking Lunge x 12/Leg
- d) Crab walk 30 yards total

4A) Ab Circuit – Perform 3 rounds x 10-15 rep each

- a) Full V- Seat
- b) Knee Tucks
- c) V- Seat Reach
- d) Cross Body Knee Tucks

***Finish With Mobility Cool Down and Foam Rolling

WEEK 2 – DAY 1

1A) Broad Jumps 5 x 5

1B) Power Skips 4 x 5/leg

2A) 10 yard Starts x 4 / start position

Rest 2-3 mins between positions

- a) Push up – start in push up position – pop up into a sprint
- b) On back – start flat on back – get up as fast as possible and go right into a sprint
- c) Seated – sit on your butt – get up as fast as possible and go right into a sprint
- d) Falling forward – allow yourself to fall forward as far as possible and then explode into a sprint

3A) Push ups 3 x sub max reps

3B) Recline Rows 3 x sub max reps

4A) Split Lunge 3 x 10/leg

4B) Hip Extensions 3 x 10 or 10/leg

5A) Ab Circuit – perform 3 rounds x 15 reps each

- a) V- Seats
- b) Russian Twists
- c) Superman Reach
- d) Plank Holds x max time

***Finish With Mobility Cool Down and Foam Rolling

WEEK 2 – DAY 2

1A) Side to Side Knee Tuck Jumps 5 x 5/side

2A) Dot Drills – 4 corners, x, fig 8 – 4 rounds each x 20 secs ALL OUT

3A) 4 Corners Drill – sprint, side shuffle, back pedal, side shuffle x 8 sets (4 to the right, 4 to the left)

-set up cones in a box – space each cone out about 10 yards apart

-you'll sprint to the 1st cone, side shuffle to the second, back pedal to the third, the side shuffle to the last cone.

4A) Pike Press OR Wall Walks 4 x sub max reps

4B) Pull Ups 4 x sub max reps OR superman holds 4 x 40 secs holds

5A) Lateral Lunge 3 x 10/leg

5B) Walking RDL 3 x 10/ Leg

6A) Mountain Climber Tabata Set

Perform 8 sets of 20 secs work with 10 secs rest of mountain climbers

***Finish With Mobility Cool Down and Foam Rolling

WEEK 2 – DAY 3

1A) Power Skips 4 sets of 5 per leg

1B) Kneeling Jumps 5 x 5

2A) Tempo Runs x 10

Preferably on a Football Field - Sprint 70 yards @ 80% and walk remaining 30 yards. Rest 30 secs to 1 min.

3A) Density Strength Circuit – As Many Rounds As Possible in 10 mins

- a) Bear Crawl OR Gator/ Lizard Crawls x 40 yards and back
- b) Deep Squats x 15
- c) Crab walk x 40 yards and back
- d) Drop Lunge OR Jumping Lunges x 12/Leg

4A) Ab Circuit – Perform 3 rounds x 10-15 rep each

- a) Full V- Seat
- b) Knee Tucks
- c) V- Seat Reach
- d) Cross Body Knee Tucks

***Finish With Mobility Cool Down and Foam Rolling

WEEK 3 – DAY 1

1A) Vertical Jumps 5 x 5 Jumps – As High As Possible!

1B) Bounds 4 x 6/leg

2A) 40 yard Sprints x 6-8

3A) Plyo Push ups 4 x sub max reps

3B) Recline Rows 3 x sub max reps

4A) Bulgarian Split Squats 3 x 10/leg

4B) Hip Extensions 3 x 10 or 10/leg

5A) Ab Circuit – perform 3 rounds x 15 reps each

- a) V- Seats
- b) Russian Twists
- c) Superman Reach
- d) Plank Holds x max time

***Finish With Mobility Cool Down and Foam Rolling

WEEK 3 – DAY 2

1A) Lateral Hops over barrier 4 x 5/side

2A) Quick Feet Drills – Side to Side, Front To Back, In and Outs

3A) 5/10/5's Lateral Shuffle Drill x 8 sets (3 to the right, 3 to the left, 2 forward/backwards)

4A) Pike Press OR Wall Walks OR HSPU 4 x sub max reps

4B) Pull Ups 4 x sub max reps OR superman holds 4 x 40 secs holds

5A) Cossack Squats 3 x 10/leg

5B) Walking RDL 3 x 10/ Leg

6A) 4 Corners of Death – Conditioning x 4 total rounds

-On a football field, jog around field.

-Stop at each corner and perform the following:

** If NO football field, jog 80-100 yards in between each set and perform the following circuit.

- a) 5 burpees
- b) 5 lunge jumps/ leg
- c) 5 squat jumps
- d) 20 secs mountain climbers

Get all the way around the field and that equals 1 round

***Finish With Mobility Cool Down and Foam Rolling

WEEK 3 – DAY 3

1A) Power Skips 4 sets of 5 per leg into 20 yard sprint

1B) Kneeling Jumps 4 x 5 into 20 yard sprint

2A) Tempo Runs x 10

Sprint 80 yards @ 80% and walk remaining 30 yards.

Repeat coming back.

3A) Strength Circuit – Perform 4-6 rounds – rest 1-2 mins between sets

- a) Bear Crawl OR Lizard Crawls x 30 yards total
- b) Deep Squats OR Squat Jumps x 15
- c) 10 Plyo Push Ups OR Push Ups
- d) Walking Lunge Or Jumping Lunges x 12/Leg
- e) Pull Up OR Superman hold x 30 secs
- f) Crab Walk 30 yards total

4A) Ab Circuit – Perform 3 rounds x 10-15 rep each

- a) Full V- Seat
- b) Knee Tucks
- c) V- Seat Reach
- d) Cross Body Knee Tucks

WEEK 4 – DAY 1

- 1A) Sumo Squat Jumps 5 x 5
- 2A) Bounds 4 x 6/leg into 20 yard sprint
- 3A) 100 yard Sprints x 5 FULL RECOVERY in between
- 4A) Plyo Push Ups 4 x sub max reps
- 4B) Recline Rows 4 x sub max reps
- 5A) Bulgarian Split Squats 3 x 10/leg
- 5B) Hip Extensions with feet elevated 3 x 10 or 10/leg
- 6A) Ab Circuit – perform 3 rounds x 15 reps each
 - a) V- Seats
 - b) Russian Twists
 - c) Superman Reach
 - d) Plank Holds x max time

***Finish With Mobility Cool Down and Foam Rolling

WEEK 4 – DAY 2

1A) Lateral Hops 3 x 10/side

2A) Dot Drills – 4 corners, X, fig 8 – 4 rounds each x 20 secs ALL OUT

3A) 4 Corners Drill – sprint, side shuffle, back pedal, side shuffle x 8 sets (4 to the right, 4 to the left)

4A) Wall Walks OR HSPU 4 x sub max reps

4B) Pull Ups 4 x sub max reps OR superman holds 4 x 40 secs holds

5A) Cossack Squats 3 x 10/leg

5B) Single Leg RDL w/ Overhead Reach 3 x 15/ Leg

6A) 4 Corners – Conditioning x 4 total rounds

On a football field, jog around field.

Stop at each corner and perform the following:

- a) 5 burpees
- b) 5 lunge jumps/ leg
- c) 5 squat jumps
- d) 20 secs mountain climbers

Get all the way around the field and that equals 1 round

***Finish With Mobility Cool Down and Foam Rolling

WEEK 4 – DAY 3

1A) Power Skips 4 sets of 5 per leg into 20 yard sprint

1B) Broad Jumps 4 x 5 into 20 yard sprint

2A) 40 yard Sprint w/ Game Recovery

***Sprint ALL OUT 40 yards. Rest 30-40 secs and repeat 4 times = 1 set

Rest 2 mins and repeat for 3 total sets

3A) Density Strength Circuit – As Many Rounds As Possible in 10 mins (Beat Your Previous Density Set)

- a) Bear Crawl 40 yards and back
- b) Deep Squats 15
- c) Crab Walk 40 yards and back
- d) Drop Lunge x 12/Leg

4A) Ab Circuit – Perform 3 rounds x 10-15 rep each

- a) Full V- Seat
- b) Knee Tucks
- c) V- Seat Reach
- d) Cross Body Knee Tucks

***Finish With Mobility Cool Down and Foam Rolling

-----**TAKE A DELOAD WEEK**-----

WEEK 5 – DAY 1

1A) Single Leg Hops 4 x 5/ leg

1B) Knee Jumps 4 x 5

2A) 60 yard Build Ups (Start slow and build speed for 20 yards, go top speed for 10-20 yards and coast 20 yards X 5 reps

3A) Push ups 4 x sub max reps

3B) Recline Rows OR Pull Ups 4 x sub max reps

4A) Walking Power Lunges 3 x 15/leg

4B) Hip Extensions 3 x 10 or 10/leg

5A) Ab Circuit – perform 4 rounds x 15 reps each

- a) Full V- Seats
- b) Russian Twists
- c) Superman Reach
- d) Plank Holds x max time

***Finish With Mobility Cool Down and Foam Rolling

WEEK 5 – DAY 2

- 1A) Single Leg Side To Side Hops over small barrier or line 4 x 20 sec ALL OUT Goes
- 2A) Quick Feet Drills 2 sets x 10 secs/ exercise– Side to Side, Front To Back, In and Outs
- 3A) 5/10/5's Lateral Shuffle Drill x 4 sets (2 to the right, 2 to the left)
- 4A) Wall Walks OR HSPU 4 x sub max reps
- 4B) Pull Ups 4 x sub max reps
- 5A) Lateral Lunge 3 x 10/leg
- 5B) Walking RDL 3 x 10/ Leg
- 6A) Explosive Ice Skater Circuit

Perform Ice Skaters for 20 secs ALL OUT and rest 30 secs – repeat by 6 rounds

* Perform Plank during rest to increase difficulty*

***Finish With Mobility Cool Down and Foam Rolling

WEEK 5 – DAY 3

1A) Power Skips 4 sets of 5 per leg

1B) Broad jumps 4 x 6 jumps

2A) 20 yard Starts x 10 reps

3A) Strength Circuit – Perform 4 rounds – rest 1-2 mins between sets

- a) Lizard Crawl OR Alligator Push Ups x 30 yards total
- b) Deep Squats OR Squat Jumps x 15
- c) Walking Lunge OR Duck Walks x 12/Leg
- d) Crab walk 30 yards total

4A) Ab Circuit – Perform 3 rounds x 10-15 rep each

- a) Full V- Seat
- b) Knee Tucks
- c) V- Seat Reach
- d) Cross Body Knee Tucks

WEEK 6 – DAY 1

1A) Burpees 5 x 10 (Get as high as possible with each jump)

1B) Power Skips 4 x 5/leg

2A) 25 yard Starts x 4 / start position

Rest 2-3 mins between positions

- a) Push up
- b) On back
- c) Seated
- d) Falling forward
- e) On knees

3A) Push ups 4 x sub max reps

3B) Recline Rows 4 x sub max reps

4A) Bulgarian Squats 3 x 10/leg

4B) Hip Extensions 3 x 10 or 10/leg

5A) Ab Circuit – perform 3 rounds x 15 reps each

- a) V- Seats
- b) Russian Twists
- c) Superman Reach
- d) Plank Holds x max time

***Finish With Mobility Cool Down and Foam Rolling

WEEK 6 – DAY 2

1A) Side to Side Knee Tuck Jumps 5 x 5/side

2A) Dot Drills – 4 corners, x, fig 8 – 4 rounds each x 20 secs ALL OUT

3A) 4 Corners Drill – sprint, side shuffle, back pedal, side shuffle x 8 sets (4 to the right, 4 to the left)

4A) HSPU or Wall Walks 4 x sub max reps

4B) Pull Ups 4 x sub max reps OR superman holds 4 x 40 secs holds

5A) Lateral Lunge 3 x 10/leg

5B) Walking RDL 3 x 10/ Leg

6A) Mountain Climber Tabata Set

Perform 8 sets of 20 secs work with 10 secs rest

***Finish With Mobility Cool Down and Foam Rolling

WEEK 6 – DAY 3

1A) Single Leg Tuck Jumps 5 x 5/leg

1B) Broad Jumps 4 x 8

2A) Tempo Runs x 10

Sprint 70 yards @ 80% and walk remaining 30 yards. Rest 30 secs to 1 min.

3A) Density Strength Circuit – As Many Rounds As Possible in 10 mins

- a) Squat Jumps x 8
- b) Lateral Bear Crawls x 20 yards and back
- c) Duck Walks x 8/leg
- d) Crab Walks x 20 yards and back

4A) Ab Circuit – Perform 3 rounds x 10-15 rep each

- a) Full V- Seat
- b) Knee Tucks
- c) V- Seat Reach
- d) Cross Body Knee Tucks

WEEK 7 – DAY 1

1A) Single Leg Hops 4 x 5/ leg

1B) Knee Jumps 4 x 5

2A) 80 yard Build Ups (Start slow and build speed for 20 yards, go top speed for 10-20 yards and coast 20 yards X 5 reps

3A) Push ups 4 x sub max reps

3B) Recline Rows OR Pull Ups 4 x sub max reps

4A) Walking Power Lunges 3 x 15/leg

4B) Hip Extensions 3 x 10 or 10/leg

5A) Ab Circuit – perform 4 rounds x 15 reps each

- a) Full V- Seats
- b) Russian Twists
- c) Superman Reach
- d) Plank Holds x max time

***Finish With Mobility Cool Down and Foam Rolling

WEEK 7 – DAY 2

1A) Single Leg Side To Side Hops over small barrier or line 4 x 20 sec ALL OUT Goes

2A) Quick Feet Drills 2 sets x 10 secs/ exercise– Side to Side, Front To Back, In and Outs

3A) 5/10/5's Lateral Shuffle Drill x 4 sets (2 to the right, 2 to the left)

4A) HSPU 4 x sub max reps

4B) Pull Ups 4 x sub max reps

5A) Lateral Lunge 3 x 10/leg

5B) Walking RDL 3 x 10/ Leg

6A) Explosive Ice Skater Circuit

Perform Ice Skaters for 20 secs ALL OUT and rest 30 secs – repeat by 6 rounds

* Perform Plank during rest to increase difficulty*

***Finish With Mobility Cool Down and Foam Rolling

WEEK 7 – DAY 3

1A) Power Skips For Height 4 sets of 5 per leg

1B) Sumo Squats 4 x 8 jumps

2A) 40 yard Starts x 6 reps

3A) Strength Circuit – Perform 4 rounds – rest 1-2 mins between sets

- a) Lizard Crawls OR Alligator Push Ups x 30 yards total
- b) Squat Jumps x 15
- c) Jumping Lunges OR Duck Walks x 12/Leg
- d) Crab Walks x 30 yards total

4A) Ab Circuit – Perform 3 rounds x 10-15 rep each

- a) Full V- Seat
- b) Knee Tucks
- c) V- Seat Reach
- d) Cross Body Knee Tucks

WEEK 8 – DAY 1

1A) Burpees 5 x 6 (Get as high as possible with each jump)

1B) Power Skips For Distance 4 x 5/leg

2A) 30 yard Starts x 4 / start position

Rest 2-3 mins between positions

- a) Push up
- b) On back
- c) Seated
- d) Falling forward
- e) On knees

3A) Push ups 4 x sub max reps

3B) Recline Rows 4 x sub max reps

4A) Bulgarian Squats 3 x 10/leg

4B) Hip Extensions 3 x 10 or 10/leg

5A) Ab Circuit – perform 3 rounds x 15 reps each

- a) V- Seats
- b) Russian Twists
- c) Superman Reach
- d) Plank Holds x max time

***Finish With Mobility Cool Down and Foam Rolling

WEEK 8 – DAY 2

1A) Side to Side Knee Tuck Jumps 5 x 5/side

2A) Dot Drills – 4 corners, x, fig 8 – 4 rounds each x 20 secs ALL OUT

3A) 4 Corners Drill – sprint, side shuffle, back pedal, side shuffle x 8 sets (4 to the right, 4 to the left)

4A) HSPU 4 x sub max reps

4B) Pull Ups 4 x sub max reps OR superman holds 4 x 40 secs holds

5A) Cossack Squats 3 x 10/leg

5B) Walking RDL 3 x 10/ Leg

6A) Mountain Climber Tabata Set

Perform 8 sets of 20 secs work with 10 secs rest

***Finish With Mobility Cool Down and Foam Rolling

WEEK 8 – DAY 3

1A) Single Leg Tuck Jumps 5 x 5/leg

1B) Broad Jumps Test x 5 sets

***Go 20 yards using the least amount of jumps possible

2A) Tempo Runs x 10

Sprint 100 yards @ 80%. Rest 30 secs to 1 min.

3A) Density Strength Circuit – As Many Rounds As Possible in 10 mins (Beat your previous Density Set)

- a) Squat Jumps x 8
- b) Lateral Bear Crawls x 20 yards and back
- c) Power Lunge Walks OR Duck Walks x 8/leg
- d) Crab Walks x 20 yards and back

4A) Ab Circuit – Perform 3 rounds x 10-15 rep each

- e) Full V- Seat
- f) Knee Tucks
- g) V- Seat Reach
- h) Cross Body Knee Tucks

DELOAD WEEK

2 - 3 sessions MAX per week

Perform Mobility Warm Up

1A) 4 x 30 yard EASY PACED build ups

2A) Perform 3 rounds of the following bodyweight circuit

1A) Squats x 10

1B) Push Ups x 20

1C) Lunges x 10/leg

1D) Superman hold x 30 secs

1E) V-Seat x 15

***Finish With and EXTENDED Mobility Cool Down

-go through mobility circuit 2 more times.

CLOSING

If you went through the progressions and followed this program correctly, I can guarantee you're feeling FASTER, STRONGER, QUICKER, and MORE ATHLETIC!

This type of training is no joke!

When you have no equipment, you can still make steady and unbelievable gains.

If you absolutely have NO access to using weights, kettlebells, dumbbells, sandbags or any other toys, you could keep progressing through this program while still getting more gains.

I purposely laid it out to be super basic in nature.

Don't overlook simplicity as the more simple things are, the MORE EFFECTIVE they can truly be.

I hope you have discovered your inner athlete by now and are ready to unleash a new found SPEED, POWER, and STRENGTH!

Live Aggressive and Get Strong!

Travis

travisstoetzel.com

Recommended Hardcore Resources:

[HARDCORE VIDEO RESOURCE PAGE](#) - For videos of the movements in the workouts – go to this special YouTube page!

[Athletic Greens](#) - The only all natural, whole food Superfood Cocktail that's designed to cover the daily nutritional needs of highly active people. Get all your greens all in one place.

[My personal website/blog](#) – Stay connected with me! Workouts, videos, everything HARDCORE!

[Body By Vi Protein](#) – For your Hardcore Protein / Meal Replacement needs, Body By Vi is about PURE quality! Try their 90 Day Challenge for BEST RESULTS!

[The Power Wheel](#) – This is “the” BEST and most effective core strengthening and overall training tools available!

[Performax Bands](#) – Bands offer a great way to increase any and all exercises. Take them anywhere you go and get strong! These can be added to many of the movements in this program!

[TRX Suspension Training System](#) – Another great tool that's very versatile and effective. Take regular bodyweight exercises and turn them into highly advanced progressions to gain muscle and strength!