

The Bonus Preparatory Level of The Complete Strength, Size and Skill Program

	Exercise	Sets & Reps	Rest
Mon	Deadlift	3x6 (75% 1RM)	2-3min
	Pull-ups	2x AMRAP	3min
	Flat BB Bench press	3x6 (75% 1RM)	2-3min
	Dips	2x AMRAP	2min
	Seated DB curls	2x6 (75% 1RM)	2min
Tue	Back squats	3x6 (75% 1RM)	2-3min
	Lying leg curls	3x8 (75% 1RM)	2-3min
	Military press	3x6 (75% 1RM)	2-3min
	Handstand against wall	2x failure	3min
	Hollow body holds	2x failure	2min
Thu	Pendlay rows	2x6 (75% 1RM)	2min
	Chins	2x AMRAP	2-3min
	Incline DB	4x6 (75% 1RM)	2min
	Rope push-down	2x8 (75% 1RM)	2min
	Standing BB curls	2x6 (75% 1RM)	2min
Friday	Back squats	3x6 (75% 1RM)	3min
	Lying leg curls	3x8 (75% 1RM)	2min
	Seated DB shoulder press	3x6 (75% 1RM)	2min
	Handstand against wall	2x failure	3min
	Hanging leg raises with knees bent	2x AMRAP	2min

Progression

75% 1RM is a weight that you can do 10 reps with. I never want you to go to failure with any of these exercises. Instead I want you to do 2-4 reps from failure in the first week.

This way recovery is sped up so that we can train more often and adaption can take place faster.

For the second week, I want you to increase the weight from 75% 1RM to 80% 1RM.

Also stop 1-2 reps short of failure, instead of 2-4 reps.

AMRAP – As much reps as possible. If the chin or dip is too difficult for you, jump up and only do the negative part of the exercise slowly for 4 seconds, or do them on a machine.

If on the machine - use a weight that you can do 10 reps with and stop 1 rep short of failure.

For the handstand, go for as long as you can while maintaining the proper form (whole body straight – not banana shape). When you start to lose your form, stop the movement and rest. Quality over quantity.

Range of motion

Use full range of motion on all movements. This will enable you to get strong in all parts of the range of motion, as well as get much stronger overall in the movements. For instance, with the pull-ups, bring the bar to your chest and don't just try to get your chin over the bar. With squats, try to go to parallel, but if you get the butt wink before parallel, stop there and come back up. I would advise to work on your mobility (stretch the hamstrings) before attempting to squat deeper.

Correct form

Body positioning

This counts for everything you do. Your whole body needs to be braced. To get into the braced position, squeeze your butt, flex your core as to wrap your stomach around your spine. Don't suck it in though. And keep your shoulders down, not forwards or excessively backwards. This is the braced position that you should use for the squat, deadlift, chins, overhead press, handstand, etc. (all exercises).

Hand positioning

With each bar exercise, focus on your hands during each movement. Try to break the bar by trying to rotate the left hand anti-clockwise and the right hand clockwise. Focus on doing the same with exercises that don't require using a bar, such as with the handstand and pushup. With dumbbells, don't flare your elbows out excessively but keep them 45 – 60° from the body while doing the movement. This increases the muscle activation and stability in your shoulder and will allow you to avoid injury and train without pain.

Feet positioning

Same with your feet - have them parallel or close to parallel at all times. When you go down for the squat, use a little wider than shoulder width stance, have feet slightly turned out, and force knees out as you go down. Focus on rotating your feet out as you go down, as this will increase the stability in your ankles, knees and hips. Also, focus on loading the hamstrings with the weight and don't hyperextend the lumbar spine as you do down. Maintain the braced position.

For the handstand, you'll only be practicing it against the wall, so this is a great place to practice the perfect form. Keep hands facing forwards, arms straight, and the body in a complete straight line. It's very important to focus on doing complete extension at the shoulders so that your upper body and head is in a straight line with your lower body. A lot of people don't do complete extension because it helps them look down and it also "saves" them from not falling forwards, however that isn't doing a handstand with good form at all. Be as straight as possible and avoid the banana handstand. Practice it right from the start.

Diet

As this is only the introduction to the main program, you can only eat at maintenance calories for now as the volume isn't that high.

Use an online calculator to determine your TDEE (total daily energy expenditure) and follow that for the next two weeks. If you are still hungry, eat more. More calories, from carbs, will keep catabolic hormones low, help the metabolism run optimally and speed up recovery. If you do want my help with creating an individualized meal plan for you while doing this program, or want help tweaking your current meal plan (if you already have one) you can just let me know.

Protein

Eat at least 1.6g/kg/BW per day. That should be the bare minimum, but you can always eat more if you crave it. Get your protein from whole food sources if possible (such as meat, dairy and eggs). Protein powders such as casein, whey and gelatin are fine, but be sure to mix them with milk and fruit for example to increase the complexity of the meal. Because whey is such a

fast acting protein source, if it's taken alone, a lot of the amino acids will be turned to glucose instead of used for muscle growth.

Unlock more information on protein as well as protein sources with the 1st- stage program.

Fat

Around 30% of your calories should be optimal for steroidogenesis, absorbing fat soluble vitamins, secreting bile, etc.

Unlock more information on fats as well as good fat sources with the 1st- stage program.

Carbs

Your remaining calories will come from carbohydrates. It would be best to get them from whole food sources like potatoes, sweet potatoes, rice, milk, fruits, etc.

Unlock more information on carbs as well as good carb sources with the 1st- stage program.

Foods to avoid

Avoid eating out as those foods always have hidden calories in them and inflammatory fats are used to prepare them. These inflammatory fats, which are high in polyunsaturated fat, will inhibit steroidogenesis, muscle growth, your metabolism and will slow down recovery. The slower your recovery is, the slower and less your progress will be.

Other food sources to avoid because of inflammatory polyunsaturated fats are nuts and nut butters, sauces such as mayonnaise, all vegetable oils (canola, sunflower, safflower, soy, hemp, etc.), pre-made fried and baked foods (including baked or fried vegetables) and gluten rich foods (products made from wheat and other grains contain a combination of polyunsaturated fat and gluten that will slow down gains.).

Stay true to a good diet and you will reap the benefits.

Unlock the following with the 1st-stage program

- Tempo
- Muscle up technique & progression
- Handstand from & progression
- Flexibility
- Front lever progression
- Squat, bench, deadlift and military press form and progression
- Planche progression
- Grease the groove
- Supplements
- Boosting recovery

And more.

After completing this program you' ll be ready to take on The Complete Triple S Program. If you have any questions for me feel free to join my facebook group page: [The Complete Strength, Size and Skill Program](#)

Looking forward to our journey and success together.

- *Hans*

**“You don't have to be great to start,
but you have to start to be great.”**

- Someone Great