

# PILLARS

## HIGGARS

VILLAGE HIDDEN IN IRON



### EXPERIENCE LEVEL



BEGINNER

INTERMEDIATE

ADVANCED

### TRAINING FOCUS



STRENGTH

HYPERTROPHY

### BODY FOCUS



LOWER

FULL BODY

UPPER

### TRAINING FREQUENCY (DAYS PER WEEK)



1

2

3

4

5

6

7

### WORKOUT LENGTH (MINUTES PER DAY)



30

60

90

120

# DISCLAIMER

BEFORE YOU BEGIN, IT IS IMPORTANT TO UNDERSTAND AND ACKNOWLEDGE THE FOLLOWING DISCLAIMER:

## ASSUMPTION OF RISK:

BY PARTICIPATING IN ANY PHYSICAL ACTIVITY, INCLUDING BUT NOT LIMITED TO FOLLOWING THE "PILLARS" TRAINING PROGRAM, YOU VOLUNTARILY ASSUME THE RISK OF ANY POTENTIAL INJURY OR HARM THAT MAY OCCUR. VILLAGE HIDDEN IN IRON CANNOT BE HELD RESPONSIBLE FOR ANY INJURIES, ACCIDENTS, OR DAMAGES THAT MAY ARISE FROM THE USE OF THIS PROGRAM. IT IS YOUR RESPONSIBILITY TO CONSULT WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE STARTING ANY EXERCISE OR FITNESS PROGRAM.

## PERSONAL RESPONSIBILITY:

YOU ARE SOLELY RESPONSIBLE FOR YOUR OWN HEALTH, SAFETY, AND WELL-BEING WHILE ENGAGING IN ANY PHYSICAL ACTIVITIES OUTLINED IN THE "PILLARS" TRAINING PROGRAM. IT IS ESSENTIAL TO USE COMMON SENSE, EXERCISE CAUTION, AND LISTEN TO YOUR BODY DURING WORKOUTS. DO NOT PUSH YOURSELF BEYOND YOUR LIMITS OR ATTEMPT EXERCISES THAT EXCEED YOUR CURRENT ABILITIES.

## INDIVIDUAL DIFFERENCES:

EVERY INDIVIDUAL IS UNIQUE, AND FITNESS LEVELS, PHYSICAL CONDITIONS, AND ABILITIES MAY VARY. THE "PILLARS" TRAINING PROGRAM IS DESIGNED AS A GENERAL GUIDE FOR BEGINNERS, BUT IT MAY NOT BE SUITABLE FOR EVERYONE. PLEASE CONSULT WITH A QUALIFIED HEALTHCARE PROFESSIONAL TO DETERMINE IF THIS PROGRAM IS APPROPRIATE FOR YOUR SPECIFIC CIRCUMSTANCES, INCLUDING ANY PRE-EXISTING MEDICAL CONDITIONS OR INJURIES.

## CONSULTATION WITH PROFESSIONALS:

VILLAGE HIDDEN IN IRON STRONGLY ADVISES CONSULTING WITH A QUALIFIED HEALTHCARE PROFESSIONAL, SUCH AS A PHYSICIAN OR CERTIFIED PERSONAL TRAINER, BEFORE STARTING THE "PILLARS" TRAINING PROGRAM OR MAKING ANY SIGNIFICANT CHANGES TO YOUR CURRENT EXERCISE ROUTINE. A PROFESSIONAL CAN ASSESS YOUR FITNESS LEVEL, PROVIDE GUIDANCE, AND ADDRESS ANY SPECIFIC CONCERNS OR LIMITATIONS YOU MAY HAVE.

## PROPER FORM AND TECHNIQUE:

IT IS CRUCIAL TO MAINTAIN PROPER FORM AND TECHNIQUE WHILE PERFORMING EXERCISES INCLUDED IN THE "PILLARS" TRAINING PROGRAM. INCORRECT FORM CAN INCREASE THE RISK OF INJURY. VILLAGE HIDDEN IN IRON RECOMMENDS SEEKING GUIDANCE FROM A QUALIFIED FITNESS PROFESSIONAL TO ENSURE PROPER FORM AND TECHNIQUE ARE EMPLOYED AT ALL TIMES.

## PROGRESSION AND MODIFICATIONS:

PROGRESSION IN THE "PILLARS" TRAINING PROGRAM SHOULD BE GRADUAL AND INDIVIDUALIZED BASED ON YOUR CAPABILITIES AND LIMITATIONS. LISTEN TO YOUR BODY AND PROGRESS AT A PACE THAT IS COMFORTABLE FOR YOU. DO NOT ATTEMPT TO LIFT WEIGHTS OR PERFORM EXERCISES BEYOND YOUR CAPACITY. VILLAGE HIDDEN IN IRON ADVISES SEEKING PROFESSIONAL GUIDANCE TO TAILOR THE PROGRAM TO YOUR SPECIFIC NEEDS AND ABILITIES.

## MEDICAL CONDITIONS AND INJURIES:

IF YOU HAVE ANY PRE-EXISTING MEDICAL CONDITIONS, INJURIES, OR CONCERNS, IT IS CRUCIAL TO CONSULT WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE STARTING THE "PILLARS" TRAINING PROGRAM. THE PROGRAM MAY NEED TO BE MODIFIED OR ADJUSTED TO ACCOMMODATE YOUR SPECIFIC CIRCUMSTANCES.

## EXTERNAL FACTORS:

VILLAGE HIDDEN IN IRON CANNOT CONTROL EXTERNAL FACTORS BEYOND THE SCOPE OF THIS PROGRAM, INCLUDING THE ENVIRONMENT IN WHICH THE EXERCISES ARE PERFORMED OR THE EQUIPMENT USED. IT IS YOUR RESPONSIBILITY TO ENSURE THAT YOU HAVE A SAFE AND SUITABLE WORKOUT SPACE, APPROPRIATE EQUIPMENT, AND PROPER SUPERVISION, IF NECESSARY.

BY PURCHASING AND USING THE "PILLARS" TRAINING PROGRAM, YOU ACKNOWLEDGE THAT YOU HAVE READ, UNDERSTOOD, AND AGREED TO THE ABOVE DISCLAIMER. YOU ACCEPT AND ASSUME ALL RISKS ASSOCIATED WITH PARTICIPATING IN THE PROGRAM AND RELEASE VILLAGE HIDDEN IN IRON AND ITS AFFILIATES FROM ANY LIABILITY FOR INJURIES, DAMAGES, OR LOSSES THAT MAY OCCUR AS A RESULT.

IF YOU DO NOT AGREE WITH ANY PART OF THIS DISCLAIMER, PLEASE REFRAIN FROM USING THE "PILLARS" TRAINING PROGRAM.

# INTRODUCTION

PILLARS, OUR COMPREHENSIVE 4-WEEK LINEAR STRENGTH AND HYPERTROPHY PROGRAM, EMBODIES OUR COMMITMENT TO ENSURING A SEAMLESS ENTRY INTO THE WORLD OF RESISTANCE TRAINING FOR BEGINNERS.

WE UNDERSTAND THAT STARTING A NEW TRAINING ARC CAN BE OVERWHELMING, WHICH IS WHY WE DESIGNED PILLARS WITH SIMPLICITY AND CUSTOMIZATION IN MIND. OUR GOAL IS TO EMPOWER YOU TO EMBARK ON YOUR FITNESS TRANSFORMATION WITH CONFIDENCE BY PROVIDING A STRAIGHTFORWARD EXERCISE PROTOCOL THAT CAN BE TAILORED TO YOUR UNIQUE CIRCUMSTANCES AND ASPIRATIONS.

TO ENSURE THE HIGHEST QUALITY AND EFFECTIVENESS OF THE PROGRAM, WE HAVE INCORPORATED THE EXPERTISE OF PROFESSIONAL COACHES WHO CONSIDER VARIOUS FACTORS WHEN DESIGNING TRAINING REGIMENS. WITH PILLARS, YOU WILL HAVE THE OPPORTUNITY TO BENEFIT FROM THESE VALUABLE INSIGHTS THAT ARE TYPICALLY GAINED THROUGH YEARS OF EXPERIENCE IN THE FIELD.

THROUGHOUT THE 4-WEEK DURATION OF PILLARS, WE WILL GUIDE YOU THROUGH A PROGRESSIVE AND STRUCTURED APPROACH TO BUILDING STRENGTH AND MUSCLE. EACH WEEK, YOU WILL ENCOUNTER CAREFULLY SELECTED EXERCISES, REP RANGES, AND PROGRESSIVE OVERLOAD PRINCIPLES THAT ARE ESSENTIAL FOR OPTIMIZING YOUR GAINS.

BEYOND THE PHYSICAL BENEFITS, PILLARS AIMS TO FOSTER A SENSE OF COMMUNITY AND SUPPORT. BY JOINING OUR PROGRAM, YOU BECOME PART OF A THRIVING VILLAGE OF INDIVIDUALS WHO SHARE SIMILAR GOALS AND ASPIRATIONS. WE ENCOURAGE YOU TO ENGAGE WITH FELLOW PARTICIPANTS, EXCHANGE EXPERIENCES, AND FIND MOTIVATION IN THE COLLECTIVE PURSUIT OF STRENGTH AND GROWTH.

# WARMUP & MOBILITY

IN ORDER TO ENSURE CONSISTENT HEALTH AND PROGRESS, IT IS ESSENTIAL TO PRIORITIZE WARMUP AND MOBILITY. THESE PREPARATORY EXERCISES PLAY A VITAL ROLE IN ELEVATING YOUR CORE BODY TEMPERATURE TO MAXIMIZE FORCE OUTPUT AND MINIMIZE RISK OF INJURY. YOUR DAILY ROUTINE SHOULD COMPREHENSIVELY TARGET MAJOR MUSCLE GROUPS WHILE PREPARING YOUR BODY AND MIND TO EXECUTE YOUR LIFTS IN THE TRAINING SESSION AHEAD.

A COMPLETE ROUTINE WILL DEPEND ON YOUR INDIVIDUAL NEEDS, BUT WE'VE PROVIDED A BASIC GUIDELINE FOR HOW TO STRUCTURE IT BELOW:

1. LOW INTENSITY STEADY STATE CARDIO (10MIN) - INCLUDES OPTIONS SUCH AS WALKING, CYCLING, BODYWEIGHT EXERCISE, ETC. THE GOAL HERE IS TO RAISE YOUR INTERNAL BODY TEMPERATURE WITHOUT CREATING EXCESS FATIGUE.
2. DYNAMIC STRETCHING (5MIN) - DYNAMIC STRETCHING HAS SHOWN CONSISTENTLY TO OUTPERFORM STATIC STRETCHING WHEN RELATED TO SUBSEQUENT PERFORMANCE AND FORCE OUTPUT. USE THIS AS ANOTHER OPPORTUNITY TO WARM YOUR BODY AND JOINTS TO PREPARE FOR THE SESSION AHEAD.
3. MOBILITY DRILLS (5MIN) - MOBILITY DRILLS WILL DEPEND ENTIRELY ON YOUR OWN MOBILITY LIMITATIONS. WE RECOMMEND DISCUSSING WHICH DRILLS ARE TO YOUR GREATEST BENEFIT WITH A PHYSICAL THERAPIST, BUT IF YOU DON'T HAVE ACCESS TO ONE, ONLINE VIDEOS ARE GREAT RESOURCES TO LEARN.
4. LOW INTENSITY TEMPO SETS OF YOUR FIRST PRESCRIBED MOVEMENT. INCREASE THE WEIGHT EACH SET UNTIL YOU REACH YOUR WORKING SET WEIGHT. NOW IS YOUR OPPORTUNITY TO PRACTICE THE MOVEMENT AHEAD. TREAT THESE LIGHT WEIGHTS AS IF THEY ARE HEAVY, SO THAT YOU CAN TREAT THE HEAVY WEIGHTS AS IF THEY ARE LIGHT.

BY EMPHASIZING WARMUP AND MOBILITY AS AN INTEGRAL PART OF YOUR TRAINING ROUTINE, YOU WILL LAY A SOLID FOUNDATION FOR LONG-TERM PROGRESS.

# SLEEP & RECOVERY

HIGH QUALITY SLEEP IS ESSENTIAL FOR OPTIMAL RECOVERY AND ENSURING THAT YOUR BODY IS PREPARED FOR THE DEMANDS OF INTENSE TRAINING SESSIONS.

MOST TRUSTED SOURCES RECOMMEND AT LEAST 7-10 HOURS OF HIGH QUALITY SLEEP PER NIGHT, AND MANY STUDIES HAVE SHOWN A DETERIORATION IN BOTH MENTAL AND PHYSICAL PERFORMANCE WITH A SINGLE NIGHT BELOW THESE LEVELS.

IN ORDER TO BEST ACCOMODATE A HEALTHY AMOUNT OF SLEEP, SOME GENERALLY RECOMMENDED BEST PRACTICES INCLUDE:

1. BEING CONSISTENT - MAKE AN EFFORT TO GO TO BED EACH EVENING AND WAKE UP EACH MORNING AT THE SAME TIME INCLUDING ON WEEKENDS. THIS WILL HELP YOUR BODY SOLIDIFY ITS CIRCADIAN RHYTHM.
2. ENSURE THAT YOUR BEDROOM IS DARK, QUIET, AND COMFORTABLE - UTILIZING BLACKOUT CURTAINS, WHITE NOISE MACHINES, SLEEP MASKS, AND EAR PLUGS WILL HELP AVOID ANY EXTERNAL FACTORS FROM DISTURBING YOUR SLUMBER.
3. AVOID SCREENS BEFORE BED - EXPOSURE TO THE LIGHT FROM PHONES, TELEVISION, AND COMPUTER SCREENS HAVE BEEN SHOWN TO AFFECT YOUR ABILITY TO FALL ASLEEP. TRY TO AVOID USING THESE DEVICES WITHIN 1HR PRIOR TO BED.
4. EXERCISE - YOU'RE ALREADY DOING THIS. KEEP GOING!

IF YOU REGULARLY EXPERIENCE TROUBLE SLEEPING, WE HIGHLY RECOMMEND THAT YOU SPEAK TO A MEDICAL PROFESSIONAL TO DISCUSS STRATEGIES TO OPTIMIZE YOUR SLEEP PATTERNS.

PRIORITIZING ADEQUATE REST AND CREATING A SLEEP ROUTINE THAT FITS YOUR LIFESTYLE WILL GREATLY CONTRIBUTE TO YOUR LONG TERM HEALTH AND SUCCESS.

# DIET & NUTRITION

DIET AND NUTRITION WILL PLAY A PIVOTAL ROLE TO DETERMINE THE SUCCESS OF YOUR FITNESS EFFORTS. WE CANNOT RECOMMEND A DIET PROTOCOL IN THIS PROGRAM AS IT WILL HEAVILY DEPEND ON YOUR OWN INDIVIDUAL CIRCUMSTANCES. HOWEVER, WE'VE LISTED SOME GENERAL GUIDELINES BELOW.

1. HOW MANY CALORIES TO EAT - CALORIC INTAKE SHOULD BE DETERMINED RELATIVE TO TOTAL DAILY ENERGY EXPENDITURE (TDEE). YOU CAN FIND TDEE CALCULATORS ONLINE THAT WILL FACTOR IN AGE, WEIGHT, SEX, AND ACTIVITY LEVELS. BASED ON YOUR GOALS OF GAINING OR LOSING WEIGHT, CALORIE CONSUMPTION SHOULD REMAIN ABOUT 10-20% ABOVE OR BELOW YOUR TDEE.
2. HOW MUCH PROTEIN TO EAT - PROTEIN INTAKE CAN BE CALCULATED RELATIVE TO BODY WEIGHT. GENERAL RECOMMENDATIONS SUGGEST ANYWHERE BETWEEN 1-3g/kg OF PROTEIN BY BODYWEIGHT. BE SURE TO CONSULT A PHYSICIAN IF YOU ARE UNSURE OF WHERE TO SET YOUR PROTEIN TARGET BASED ON YOUR GOALS. FOOD SOURCES HIGH IN PROTEIN INCLUDE EGGS, LEAN MEATS, POULTRY, FISH, AND LOW-FAT DAIRY (YOGURT, MILK, CHEESE).
3. WHAT TO EAT BEFORE A WORKOUT - FUELING YOUR EXERCISE THROUGH PREWORKOUT MEALS CAN MAKE OR BREAK A WORKOUT. YOUR PREWORKOUT MEALS SHOULD GENERALLY OCCUR 30MIN TO 1HR PRIOR TO THE START OF YOUR SESSION AND CONSIST PRIMARILY OF SIMPLE AND EASILY DIGESTABLE CARBOHYDRATES. THIS COULD INCLUDE WHITE RICE, PASTA, CEREAL, FRUITS, BAGELS, POPCORN, ETC. TRY TO AVOID ADDING UNNECESSARY PROTEIN AND FAT IN THESE MEALS AS IT WILL SLOW DIGESTION.
4. WHAT ELSE TO CONSIDER - MICRONUTRIENTS WILL ALSO PLAY A ROLE IN MAXIMIZING YOUR PERFORMANCE. ELECTROLYTE BALANCE, IN PARTICULAR, WILL DIRECTLY AFFECT YOUR TRAINING AS IT WILL DETERMINE YOUR ABILITY TO KEEP YOUR MUSCLE CELLS HYDRATED. BE SURE NOT TO NEGLECT INTAKE OF SODIUM, POTASSIUM, AND OTHER MINERALS WHEN APPROACHING AN OVERALL DIET PROTOCOL.

# SUPPLEMENTATION

SUPPLEMENTATION OF YOUR DIET THROUGH VARIOUS MEANS CAN GREATLY ENHANCE YOUR PERFORMANCE. HOWEVER, IT IS IMPORTANT TO EMPHASIZE THAT SUPPLEMENTATION IS ENTIRELY OPTIONAL FOR ACHIEVING OPTIMAL RESULTS AND SHOULD ONLY BE DONE WITH THE RECOMMENDATION AND SUPERVISION OF A MEDICAL PROFESSION. WITH THAT BEING SAID, WE'VE LISTED BELOW SOME OF THE MOST COMMONLY USED SUPPLEMENTS.

1. **CREATINE MONOHYDRATE** - CREATINE INCREASES ATP PRODUCTION, PROVIDING MORE ENERGY FOR INTENSE WORKOUTS AND IMPROVING STRENGTH, POWER, AND ENDURANCE. HOWEVER, IT'S IMPORTANT TO BE MINDFUL OF POTENTIAL SIDE EFFECTS LIKE GASTROINTESTINAL DISCOMFORT AND WATER RETENTION.
2. **CAFFEINE** - CAFFEINE BOOSTS ENERGY, FOCUS, AND ALERTNESS, REDUCING FATIGUE AND IMPROVING ENDURANCE. HOWEVER, INDIVIDUAL TOLERANCE LEVELS CAN VARY, AND EXCESSIVE CONSUMPTION OR SENSITIVITY CAN LEAD TO SIDE EFFECTS LIKE JITTERINESS AND DISRUPTED SLEEP PATTERNS. IT IS BEST TO AVOID CAFFEINE CONSUMPTION IN THE EVENINGS WITHIN 4HRS OF BEDTIME.
3. **WHEY PROTEIN** - WHEY PROTEIN IS A QUICKLY ABSORBED PROTEIN SOURCE THAT CAN HELP YOU EASILY REACH DAILY PROTEIN GOALS IF YOU STRUGGLE TO CONSUME ENOUGH PROTEIN THROUGH WHOLE FOODS. HOWEVER, IT'S IMPORTANT TO USE WHEY PROTEIN AS A COMPLEMENT TO A WELL-BALANCED DIET RATHER THAN A SUBSTITUTE.
4. **FISH OIL** - FISH OIL RICH IN OMEGA 3 FATTY ACIDS CAN REDUCE EXERCISE-INDUCED INFLAMMATION AND MUSCLE SORENESS. THEY MAY ALSO SUPPORT JOINT HEALTH AND ENHANCE CARDIOVASCULAR FUNCTION.
5. **MULTIVITAMIN** - MULTIVITAMINS CAN PLAY A SUPPORTIVE ROLE IN OVERALL HEALTH AND WELLBEING, FILLING POTENTIAL NUTRITION GAPS THAT COME WITH YOUR DIET PROTOCOL. HOWEVER, BE SURE TO PRIORITIZE A NUTRIENT RICH DIET AS THE PRIMARY SOURCE OF VITAMINS AND MINERALS WITH A MULTIVITAMIN SERVING AS A SUPPLEMENT FOR DEFICIENCIES.

• [LINK TO SUPPLEMENTS COLLECTION PAGE](#)

# REST DAYS

REST DAYS ARE A VITAL COMPONENT OF YOUR PROGRESS AND SUCCESS WITHIN OUR PROGRAM. WE EMPHASIZE THEIR IMPORTANCE AND PROVIDE FLEXIBILITY BY DESIGNATING TWO DAYS PER WEEK AS TRAINING DAYS OR OPTIONAL REST DAYS.

WHEN DECIDING ON YOUR REST DAYS, CONSIDER SEVERAL FACTORS THAT WILL INFLUENCE YOUR TRAINING JOURNEY. TIME COMMITMENT AND FATIGUE MANAGEMENT ARE AT THE FOREFRONT OF CONSIDERATIONS. IDENTIFYING YOUR WEAK POINTS AND ADDRESSING SPECIFIC GOALS FOR STRENGTH AND PHYSIQUE WILL ALSO HELP DETERMINE THE FREQUENCY AND INTENSITY OF TRAINING SESSIONS. LASTLY, YOUR OVERALL LIFESTYLE AND COMMITMENTS SHOULD BE TAKEN INTO ACCOUNT TO ENSURE THAT YOUR CHOSEN TRAINING SCHEDULE ALIGNS HARMONIOUSLY WITH YOUR DAY-TO-DAY LIFE.

REGARDLESS OF WHETHER YOU CHOOSE TO TRAIN 3, 4, OR 5 DAYS A WEEK, CONSISTENCY IS THE KEY TO SUCCESS. IT IS VITAL TO MAKE A DECISION THAT YOU CAN WHOLEHEARTEDLY COMMIT TO AND MAINTAIN OVER THE COURSE OF THE PROGRAM. OUR RECOMMENDATION IS TO FIRST RUN THE PROGRAM'S 3 DAY APPROACH. BY REPEATING THE PROGRAM TWICE AND PROGRESSIVELY ADDING A TRAINING DAY EACH TIME, YOU CAN GRADUALLY INCREASE YOUR TRAINING FREQUENCY WHILE ENSURING THAT YOU MAINTAIN A MANAGEABLE AND SUSTAINABLE ROUTINE.

BY INCORPORATING DEDICATED REST DAYS INTO YOUR TRAINING REGIMEN, YOU ALLOW YOUR BODY TO RECOVER, REPAIR, AND ADAPT TO THE STRESSES IMPOSED BY EXERCISE. REST DAYS ARE A CRUCIAL OPPORTUNITY TO RECHARGE YOUR PHYSICAL AND MENTAL ENERGY, OPTIMIZE MUSCULAR GROWTH, AND PREVENT BURNOUT. EMBRACE THESE REST DAYS AS ESSENTIAL PILLARS OF YOUR OVERALL PROGRESS AND COMMIT TO THEM WITH THE SAME DEDICATION AND ENTHUSIASM AS YOUR TRAINING DAYS. IT IS DURING THESE PERIODS OF REST THAT YOUR BODY TRULY TRANSFORMS, SETTING THE STAGE FOR CONTINUED IMPROVEMENT AND LONG-TERM SUCCESS.

# OTHER FACTORS

NON-TRAINING FACTORS PLAY A PIVOTAL ROLE IN THE QUEST FOR OPTIMAL RESULTS WITHIN THE WEIGHTROOM, AS THEY EXTEND BEYOND THE PHYSICAL REALM.

THE POWER OF MINDSET AND CONFIDENCE SHOULD NEVER BE UNDERESTIMATED. CULTIVATING A POSITIVE MINDSET AND TRULY BELIEVING IN YOUR ABILITIES CAN HAVE A PROFOUND IMPACT ON YOUR PERFORMANCE. BY FOSTERING A RESILIENT ATTITUDE AND DEVELOPING STRATEGIES TO MANAGE STRESS, YOU CAN EFFECTIVELY NAVIGATE CHALLENGES AND PUSH THROUGH BARRIERS THAT MAY ARISE DURING YOUR FITNESS JOURNEY.

IT'S ALSO ESSENTIAL TO RECOGNIZE THAT PHYSICAL ACTIVITY OUTSIDE OF THE GYM CAN SIGNIFICANTLY INFLUENCE YOUR TRAINING OUTCOMES. ENGAGING IN ACTIVITIES THAT YOU GENUINELY ENJOY, SUCH AS RECREATIONAL SPORTS OR OUTDOOR ADVENTURES, CAN CONTRIBUTE TO YOUR OVERALL CONDITIONING AND WELL-BEING. HOWEVER, IT'S CRUCIAL TO STRIKE A BALANCE THAT ALIGNS WITH YOUR LIFESTYLE GOALS. ENGAGING IN TOO MUCH EXTRACURRICULAR PHYSICAL ACTIVITY MAY DEplete THE ENERGY REQUIRED FOR FOCUSED TRAINING AND PROPER RECOVERY. FINDING THE SWEET SPOT THAT ALLOWS YOU TO ENJOY THESE ACTIVITIES WHILE STILL PRIORITIZING YOUR GYM SESSIONS IS KEY.

IN OUR PROGRAM, WE EMPHASIZE THE SIGNIFICANCE OF THESE NON-TRAINING FACTORS BECAUSE WE UNDERSTAND THAT TRUE PROGRESS IS NOT SOLELY ACHIEVED THROUGH PHYSICAL EXERTION ALONE. BY TAKING A HOLISTIC APPROACH THAT ACKNOWLEDGES THE INTERCONNECTEDNESS OF VARIOUS LIFESTYLE FACTORS, WE EMPOWER YOU TO OPTIMIZE YOUR PROGRESS IN AND OUTSIDE THE GYM. TOGETHER, WE RECOGNIZE THE IMPORTANCE OF MENTAL HEALTH, PERSONAL FULFILLMENT, AND FINDING A SUSTAINABLE BALANCE THAT ALLOWS YOU TO THRIVE IN ALL ASPECTS OF YOUR FITNESS JOURNEY.

# EQUIPMENT

EQUIPMENT IS THE BREAD AND BUTTER OF VILLAGE HIDDEN IN IRON. WE AIM TO OFFER THE HIGHEST QUALITY EQUIPMENT WITH THE MOST UNIQUE DESIGNS THAT CAN BE FOUND. HERE ARE THE BENEFITS OF ALL THE DIFFERENT TYPES OF OUR EQUIPMENT.

1. LEVER BELTS - LEVER BELTS OFFER EXCEPTIONAL STABILITY AND SUPPORT TO THE LOWER BACK AND CORE, HELPING MAINTAIN A RIGID TORSO FOR HEAVY LIFTING. THE LEVER MECHANISM ALLOWS FOR QUICK TIGHTENING AND RELEASE.

• [LINK TO LEVER BELT COLLECTION PAGE](#)

2. KNEE SLEEVES - KNEE SLEEVES PROVIDE COMPRESSION, WARMTH AND STABILITY TO THE KNEE JOINT DURING ANY AND ALL LOWER BODY EXERCISES. WHILE THEY CAN PROVIDE PAIN RELIEF AND REDUCE SWELLING AND INFLAMMATION, BE SURE TO APPROACH TRAINING AND RECOVERY INTELLIGENTLY WITHOUT RELYING ON SLEEVES ALONE TO PREVENT INJURY.

• [LINK TO KNEE SLEEVE COLLECTION PAGE](#)

3. WRIST WRAPS - WRIST WRAPS SUPPORT THE WRIST IN UPPER BODY PRESSING EXERCISES LIKE BENCH PRESS AND OVERHEAD PRESS. OUR WRIST WRAPS' PATENT PENDING STRUCTURE FURTHER PROVIDES STABILITY AND COMPRESSION TO THE WRISTS, ALLOWING THE LIFTER TO FOCUS ON THE TARGETED MUSCLES AND LIFT WITH MORE CONTROL.

• [LINK TO WRIST WRAP COLLECTION PAGE](#)

4. LIFTING STRAPS - LIFTING STRAPS REDUCE RELIANCE ON GRIP STRENGTH ALLOWING LIFTERS TO TARGET AND FATIGUE THE INTENDED MUSCLE GROUPS MORE EFFECTIVELY. HOWEVER, IT'S IMPORTANT TO USE LIFTING STRAPS JUDICIOUSLY AND NOT RELY ON THEM EXCLUSIVELY AS IT IS IMPORTANT TO MAINTAIN AND DEVELOP GRIP STRENGTH AS WELL.

• [LINK TO LIFTING STRAPS COLLECTION PAGE](#)

5. DEADLIFT SLIPPERS - DEADLIFT SLIPPERS ARE LIGHTWEIGHT FLAT-SOLED SHOES DESIGNED WITH A THIN AND GRIPPY SOLE THAT MAXIMIZES THE LIFTERS' CONNECTION TO THE GROUND. THIS PROMOTES BETTER STABILITY AND BALANCE WHILE ALSO MINIMIZING THE RANGE OF MOTION TO ACHIEVE A MORE EFFICIENT AND MECHANICALLY ADVANTAGEOUS POSITION.

• [LINK TO FOOTWEAR COLLECTION PAGE](#)

# ACCESSORIES

FOLLOWING YOUR MAIN COMPOUND LIFTS AND VARIATIONS, YOU ARE PRESCRIBED A SET OF ACCESSORIES. MAKE A CONCIOUS EFFORT TO EXECUTE THESE MOVEMENTS WITH THE SAME FOCUS, CONSISTENCY, AND INTENSITY AS YOUR MAIN LIFTS. DOING SO WILL ENSURE THAT YOU BUILD A WELL ROUNDED FOUNDATION AND AVOID PLATEUAS IN THE FUTURE.

IN THIS PROGRAM, INTENSITY AND LOAD ARE NOT PROVIDED FOR ACCESSORIES. IF YOU HAVE TROUBLE SELECTING WEIGHT, HERE IS A SIMPLE PROTOCOL YOU CAN FOLLOW IN ORDER TO SEAMLESSLY ARRIVE AT YOUR IDEAL WORKING WEIGHT.

1. START AT A WEIGHT LOW ENOUGH SUCH THAT YOU KNOW YOU CAN PERFORM THE PRESCRIBED NUMBER OF REPS. THIS WILL BE A WARMUP SET.
2. MAKE A JUMP TO A HIGHER WEIGHT THAT YOU SHOULD BE ABLE TO PERFORM THE PRESCRIBED NUMBER OF REPS. PERFORM THE SET UP TO THAT NUMBER OF REPS. THIS WILL BE YOUR FIRST WORKING SET
3. BASED ON YOUR FIRST WORKING SET, INCREASE, DECREASE, OR KEEP THE WEIGHT SO THAT YOUR SETS ARE CHALLENGING AT THE PRESCRIBED REP RANGE. IF YOU BECOME UNABLE TO COMPLETE THE SETS WHILE MAINTAINING PROPER TECHNIQUE, IT IS A SIGN THAT YOU SHOULD LOWER THE WEIGHT. IF YOU ARE EFFORTLESSLY PERFORMING THE PRESCRIBED REPS WITHOUT ANY SIGNS OF APPROACHING FAILURE, IT IS A SIGN TO INCREASE THE WEIGHT.
4. RECORD THE WEIGHT THAT YOU FELT TO BE THE SWEET SPOT. IN THE NEXT WORKOUT, USE THIS AS A REFERENCE POINT FOR SELECTING YOUR WORKING WEIGHT FOR THAT DAY.

THE GOAL OF ACCESSORIES IS TO BUILD STRENGTH AND MUSCLE IN WAYS THAT AREN'T SUFFICIENTLY ACHIEVED BY YOUR MAIN COMPOUND LIFTS AND VARIATIONS. IF YOU FAIL TO GIVE THESE MOVEMENTS THE ATTENTION THEY DESERVE, YOU WILL ONLY BE DOING YOURSELF A DISSERVICE.

# VARIATIONS

VARIATIONS ARE VERSIONS OF YOUR MAIN COMPOUND LIFTS, SQUAT, BENCH PRESS, AND DEADLIFT, THAT EMPHASIZE A SPECIFIC PORTION OF THE LIFT. SELECTING THE APPROPRIATE VARIATIONS TO IMPLEMENT IN YOUR TRAINING WILL HELP MAXIMIZE THE EFFECTIVENESS OF THE PROGRAM. USE THE TABLE BELOW TO CHOOSE WHICH VARIATIONS TO PERFORM THROUGHOUT PILLARS BASED ON THE POINT OF THE LIFT THAT YOU GENERALLY FAIL OR FIND THE MOST DIFFICULT TO OVERCOME.

MOVEMENT	FAILURE POINT	VARIATION
SQUAT	AT LOCKOUT (TOP)	BOX SQUAT
	90 DEGREES (MID)	DOUBLE PAUSE SQUAT
	IN THE HOLE (BOT)	PAUSE SQUAT
BENCH PRESS	AT LOCKOUT (TOP)	CLOSE GRIP BENCH
	90 DEGREES (MID)	DOUBLE PAUSE BENCH
	OFF THE CHEST (BOT)	LONG PAUSE BENCH
DEADLIFT	AT LOCKOUT (TOP)	BLOCK DEADLIFT
	AT THE KNEES (MID)	PAUSE DEADLIFT AT KNEE
	OFF THE FLOOR (BOT)	PAUSE DEADLIFT OFF FLOOR

# INPUTS

IN ORDER TO CALCULATE THE PRESCRIBED WEIGHT, MULTIPLY YOUR 1 REP MAX WEIGHT FOR THE RESPECTIVE LIFT WITH THE INTENSITY PERCENTAGE AND ROUND TO THE NEAREST 5LBS.

INPUT YOUR 1 REP MAX WEIGHT FOR SQUAT, BENCH PRESS, AND DEADLIFT IN THE TABLE BELOW. USE THESE INPUTS FOR THE DURATION OF THE PROGRAM. IF YOU DO NOT KNOW YOUR 1 REP MAX, TAKE A WEEK BEFORE BEGINNING THE PROGRAM TO TEST THEM WITH SPOTTERS AND ANY AVAILABLE SAFETY MEASURES.

MOVEMENT	MAX
SQUAT	
BENCH PRESS	
DEADLIFT	

# WEEK 1 | ACCLIMATE

## DAY 1 : SQUAT / BENCH / LOWER

MOVEMENT	SETS	REPS	INT	LOAD
SQUAT	2	7	69%	
SQUAT VARIATION	2	5	70%	
BENCH PRESS	2	1	85%	
DUMBBELL ROMANIAN DEADLIFT	3	8		
DUMBBELL BULGARIAN SPLIT SQUAT	3	8		
MACHINE QUAD EXTENSION	3	8		

## DAY 2 : DEADLIFT / BACK / BICEPS (OPTIONAL REST)

MOVEMENT	SETS	REPS	INT	LOAD
DEADLIFT	1	5	76%	
CABLE ROW	3	8		
DUMBBELL REAR DELT FLY	3	8		
MACHINE PREACHER CURL	3	8		
DUMBBELL HAMMER CURL	3	8		

## DAY 3 : BENCH / UPPER

MOVEMENT	SETS	REPS	INT	LOAD
BENCH PRESS	3	7	69%	
BENCH PRESS VARIATION	3	5	70%	
DUMBBELL INCLINE PRESS	3	8		
DUMBBELL OVERHEAD PRESS	3	8		
CHEST SUPPORTED T-BAR ROW	3	8		
CABLE LAT PULLDOWN	3	8		

## DAY 4 : BENCH / CHEST / TRICEPS (OPTIONAL REST)

MOVEMENT	SETS	REPS	INT	LOAD
BENCH PRESS	2	3	78%	
CHEST PRESS	3	8		
PEC DECK FLY	3	8		
CABLE OVERHEAD TRICEP EXTENSION	3	8		

## DAY 5 : SQUAT / BENCH / DEADLIFT

MOVEMENT	SETS	REPS	INT	LOAD
SQUAT SINGLE	1	1	89%	
SQUAT BACKDOWN	1	5	76%	
BENCH PRESS SINGLE	1	1	89%	
BENCH PRESS BACKDOWN	1	5	76%	
DEADLIFT SINGLE	1	1	89%	
DEADLIFT BACKDOWN	1	3	80%	
DEADLIFT VARIATION	1	5	70%	

# WEEK 2 | CONSTRUCT

## DAY 1 : SQUAT / BENCH / LOWER

MOVEMENT	SETS	REPS	INT	LOAD
SQUAT	3	7	72%	
SQUAT VARIATION	2	5	72%	
BENCH PRESS	3	1	85%	
DUMBBELL ROMANIAN DEADLIFT	3	6		
DUMBBELL BULGARIAN SPLIT SQUAT	3	6		
MACHINE QUAD EXTENSION	3	6		

## DAY 2 : DEADLIFT / BACK / BICEPS (OPTIONAL REST)

MOVEMENT	SETS	REPS	INT	LOAD
DEADLIFT	2	5	76%	
CABLE ROW	3	6		
DUMBBELL REAR DELT FLY	3	6		
MACHINE PREACHER CURL	3	6		
DUMBBELL HAMMER CURL	3	6		

## DAY 3 : BENCH / UPPER

MOVEMENT	SETS	REPS	INT	LOAD
BENCH PRESS	4	7	70%	
BENCH PRESS VARIATION	3	5	72%	
DUMBBELL INCLINE PRESS	3	6		
DUMBBELL OVERHEAD PRESS	3	6		
CHEST SUPPORTED T-BAR ROW	3	6		
CABLE LAT PULLDOWN	3	6		

## DAY 4 : BENCH / CHEST / TRICEPS (OPTIONAL REST)

MOVEMENT	SETS	REPS	INT	LOAD
BENCH PRESS	3	3	78%	
CHEST PRESS	3	6		
PEC DECK FLY	3	6		
CABLE OVERHEAD TRICEP EXTENSION	3	6		

## DAY 5 : SQUAT / BENCH / DEADLIFT

MOVEMENT	SETS	REPS	INT	LOAD
SQUAT SINGLE	1	1	92%	
SQUAT BACKDOWN	1	5	79%	
BENCH PRESS SINGLE	1	1	92%	
BENCH PRESS BACKDOWN	1	5	79%	
DEADLIFT SINGLE	1	1	92%	
DEADLIFT BACKDOWN	1	3	82%	
DEADLIFT VARIATION	1	5	72%	

# WEEK 3 | REINFORCE

## DAY 1 : SQUAT / BENCH / LOWER

MOVEMENT	SETS	REPS	INT	LOAD
SQUAT	3	7	75%	
SQUAT VARIATION	2	5	74%	
BENCH PRESS	3	1	85%	
DUMBBELL ROMANIAN DEADLIFT	2	6		
DUMBBELL BULGARIAN SPLIT SQUAT	2	6		
MACHINE QUAD EXTENSION	2	6		

## DAY 2 : DEADLIFT / BACK / BICEPS (OPTIONAL REST)

MOVEMENT	SETS	REPS	INT	LOAD
DEADLIFT	2	5	77%	
CABLE ROW	2	6		
DUMBBELL REAR DELT FLY	2	6		
MACHINE PREACHER CURL	2	6		
DUMBBELL HAMMER CURL	2	6		

## DAY 3 : BENCH / UPPER

MOVEMENT	SETS	REPS	INT	LOAD
BENCH PRESS	4	7	74%	
BENCH PRESS VARIATION	3	5	74%	
DUMBBELL INCLINE PRESS	2	6		
DUMBBELL OVERHEAD PRESS	2	6		
CHEST SUPPORTED T-BAR ROW	2	6		
CABLE LAT PULLDOWN	2	6		

## DAY 4 : BENCH / CHEST / TRICEPS (OPTIONAL REST)

MOVEMENT	SETS	REPS	INT	LOAD
BENCH PRESS	3	3	82%	
CHEST PRESS	2	6		
PEC DECK FLY	2	6		
CABLE OVERHEAD TRICEP EXTENSION	2	6		

## DAY 5 : SQUAT / BENCH / DEADLIFT

MOVEMENT	SETS	REPS	INT	LOAD
SQUAT SINGLE	1	1	95%	
SQUAT BACKDOWN	1	5	81%	
BENCH PRESS SINGLE	1	1	95%	
BENCH PRESS BACKDOWN	1	5	81%	
DEADLIFT SINGLE	1	1	95%	
DEADLIFT BACKDOWN	1	3	85%	
DEADLIFT VARIATION	1	5	84%	

# WEEK 4 | HONE & TEST

## DAY 1 : SQUAT / BENCH

MOVEMENT	SETS	REPS	INT	LOAD
SQUAT	1	7	70%	
BENCH PRESS	1	1	86%	

## DAY 2 : MANDATORY REST

MOVEMENT	SETS	REPS	INT	LOAD
REST	0	0	0	

## DAY 3 : BENCH / SQUAT

MOVEMENT	SETS	REPS	INT	LOAD
BENCH PRESS	2	7	69%	
SQUAT	1	3	80%	

## DAY 4 : BENCH

MOVEMENT	SETS	REPS	INT	LOAD
BENCH PRESS	1	3	80%	

## DAY 5 : MANDATORY REST

MOVEMENT	SETS	REPS	INT	LOAD
REST	0	0	0	

## DAY 6 OR DAY 7 : TEST MAX FOR SQUAT / BENCH / DEADLIFT

MOVEMENT	SETS	REPS	INT	LOAD
SQUAT	1	1	MAX	
BENCH PRESS	1	1	MAX	
DEADLIFT	1	1	MAX	