

Bullseye Precision

6 Day Hybrid Superset Program

This training program is designed for Overall Aesthetics, Muscular Hypertrophy & Metabolic Conditioning.

It is my personal training program I am currently doing and has been created to avoid lower back strain and prepare me for my next program to get me ready to hunt out west in the mountains.

- Make sure to focus on form over weight. “No Ego Lifting”!
- Concentrate on the “mind and body connection,” focusing on the muscle group you are working on and contract/squeeze that one muscle.
- Rest between sets should be 45sec-1min, 1min-2min on heavy compound lifts like on leg day. (Do what works best for you).
- Exercise's that have (Example: 1a. 1b.) are supersets. There is no rest between exercises! Do 1a then go right into 1b, then take your designated rest time.
- Feel free to change up exercises if need be. This program is not set in stone. Have fun with it and push yourself.
- My day 4 varies. I may not do the exact lifts that are on this program every time. I might change it up, do less, start with a 1 mile run and work on a body part I think I need to work on most. But I NEVER skip the heavy bag part.
- Good Luck, Have Fun, and let me know how it go's!

Day 2 (Pull)

Back, Biceps + Core

Day 2 (Pull)

Back, Biceps + Core

Always make sure to warm up and stretch properly prior to training. (5-10 min)

Exercise	SETS/REPS	Notes	Week 1 Weight Used	Week 2 Weight Used	Week 3 Weight Used	Week 4 Weight Used
1a. Weighted Pull Ups	4x6-8					
1b. Bent Over Barbell or V- Bar Row	4x8-10					
2a. Seated Cable Row	4x12					
2b. Dumbbell Hammer Curl	4x10-12					
3a. EZ Bar Preacher Curl	4x12-15					
3b. Reverse Dumbbell Fly (rear shoulders)	3x15					
Core Circuit (3 Rounds)						
15 Hanging Leg Raise 10 Ab Wheel Rollout 20 Russian Twist (Each Side)						

Keep Effort HIGH! The last 2-3 reps of each exercise should be tough but don't jeopardize your form!

Active Recovery/Mobility

Always make sure to warm up and stretch properly prior to training. (5-10 min)

Exercise	SETS/REPS	Notes	Week 1 Weight Used	Week 2 Weight Used	Week 3 Weight Used	Week 4 Weight Used
1a. Cable Flys (Low, Med, High)	3x15					
1b. Guillotine Press	3x12					
2a. Incline Dumbbell Curl	3x12-15					
2b. Skull Crushers	3x12					
3a. Weighted Decline Sit-Ups	3x15-20					
3b. Side Plank	3x30sec each side					
Striking						
<ul style="list-style-type: none">Speed Bag (warm-up)Muay Thai Heavy Bag	<p>2min-5min</p> <p>Jab, Cross, Hook, Teep, Roundhouse, Switch Kick, elbows, Spear elbow, Tomahawk elbow, knees</p>	<p>(Heavy Bag)</p> <ul style="list-style-type: none">Orthodox and South Paw1min or 10 strikes for each strikeFocus on Form and work up to Speed and Power				

Keep Effort HIGH! The last 2-3 reps of each exercise should be tough but don't jeopardize your form!

Day 6 Full Body WOD

Always make sure to warm up and stretch properly prior to training. (5-10 min)

Exercise	SETS/REPS	Notes	Week 1 Weight Used	Week 2 Weight Used	Week 3 Weight Used	Week 4 Weight Used
Symmetry Slam (4 Rounds for Time)			Time	Time	Time	Time
10 Power Cleans						
10 Front Squats						
10 Push Jerks						
10 Toes to Bar						
400m Run/.25 miles						
Neck Machine Cricut		Be careful to not go too heavy and strain your neck.				
1a. Neck Flexion	3x12-15					
2a. Neck Extension	3x12-15					
3a. Lateral Neck Raise (Left & Right)	3x12-15					

Keep Effort HIGH! The last 2-3 reps of each exercise should be tough but don't jeopardize your form!

DAY 7

DAY OFF



Rest & Recover