

OUR ULTIMATE PLAN TO BURN AND BUILD

You don't need complicated workouts to build strength and stability. Cut through the noise of the fitness sphere and train your whole body with this 30-day plan. You'll layer on strength, reveal definition, and guard yourself against injury. Let's go...



OLD-SCHOOL LIFTERS and social-media skeptics may try to deny it, but we're living through the renaissance of fitness. With the rise of game-changing online resources providing a platform for talented, educated coaches, plus real-life fitness events taking place most weekends, there's never been a better time to take control of your training.

In fact, the only potential drawback of this age of exercise enlightenment may be that there's just too much information. In a sea of functional bodybuilding, CrossFit, powerlifting, mobility,

and calisthenics, it can be hard to decide what to focus on.

That's why we suggest you give our "Burn and Build" plan a little of your time—30 days, to be exact. Look at it as a smorgasbord of training approaches, something that will cover all of your fitness bases (without sacrificing results) and let you sample different styles and keep your mind and body guessing.

Cycle through these three sessions in order for the next 30 days. Take time off as your life dictates for an effective, no-pressure program.



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COMBAT AREA

WORKOUT 1: REFORM & FUNCTION

This day focuses on the “functional” part of the Venn diagram. Hard. With loaded carries, uneven lifts, and hybrid movements on the agenda, you’ll be building an unshakable trunk, real-world muscle, and a durable body that’s ready for anything. After a good warm-up, set the timer for 30 minutes, working through as many rounds as possible. Don’t rush—form is everything here.



1

Press to Single-Arm Overhead Carry

5 reps + 50 feet each side

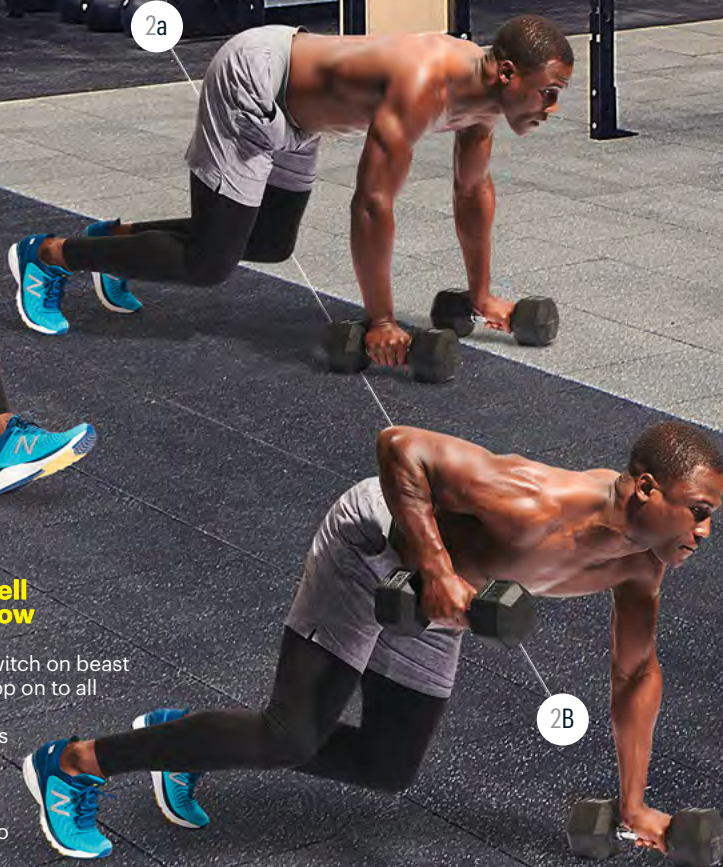
Stand tall and hold a set of dumbbells at shoulder height. Press 1 weight overhead 5 times (a). After the fifth rep, keep the dumbbell overhead and walk 50 feet forwards (b). Lower it to your shoulder and turn. Repeat with your other arm. Strong and stable shoulders in 1 move.

2

Dumbbell Beast Row

20 reps

Time to switch on beast mode. Drop on to all fours with your hands on the weights. Put your weight into your toes and lift your knees up (a). Keeping your hips still, row one dumbbell up to your hip (b), pause and lower. Alternate between sides for 20 total reps.





3a

4a

3b

4b

3 Walking Lunge

100 feet

This one will test your legs, core, and grip. Stand tall holding dumbbells at shoulder height **(a)**. Keeping your chest up at all times, step forwards with one leg and bend your front knee until the back knee touches the floor **(b)**. Stand up, pause and repeat with the other leg. Walk 50 feet, then turn around and head back.

4 Suitcase Carry

100 feet

Grab the heaviest weights that you can manage and take a stroll **(a)**. Hold a heavy dumbbell at your side, squeeze the opposite fist and create tension through your entire body. Take a deep breath into your belly and begin a fast walk forward, keeping your torso upright **(b)**. Switch arms after 50 feet, then repeat.

WORKOUT 2: TURN & BURN

Now we dial up the endurance. This lovechild of barbell, body-weight, and conditioning work delivers a muscle- and stamina-building one-two. The emphasis on cardiovascular endurance capitalizes on any excessive calorie consumption. Begin a timer and, at the start of each minute, do one of the moves below, moving on to the next every minute. Do 10 rounds for 40 minutes.



1 Barbell Thruster

10-15 reps

Hold a moderate-weight barbell so it rests on your chest and squat down, keeping your chest up, until your thighs are parallel to the ground (a). Stand back up explosively; in one motion, press the barbell overhead (b). Drop down and repeat. Aim for 15 reps, but if you don't reach this goal, make a note to beat it next time.

2 Row

Next, it's time to tackle the lungs. Grip the rower's handle and push hard with your legs (a). Keep your arms straight until your legs are extended, then pull the handle into your chest to finish the stroke (b). Reverse the movement, keeping the handle level and controlled throughout. Pace yourself, you have a full minute to do this.





3

Hang Power Clean

10-15 reps

Back to the bar to build your upper body. Stand tall with your barbell at your waist. Hinge at the hips, lowering it to above your knees **(a)**. Stand back up with a slight jump, using the momentum to pull the bar on to your shoulders **(b)**. Stand up straight, then lower and repeat. Again, aim for 15, but note your reps down.

4

Burpee

10-15 reps

At the top of the next minute, squat down and put both hands on the floor between your feet, jump your feet back into pushup position and lower your chest to the ground **(a)**. Press up and hop forwards, jumping up with your hands next to your head **(b)**. Keep moving and hold those 15 reps for as many rounds as possible.

BUILDING BLOCKS GET FIRED

Seemingly simple, the barbell thruster is a full-body move that strengthens, conditions, and develops coordination. Get ready to start shredding.

01 Front Squat

Hold a barbell at shoulder height with an underhand grip. Keep your elbows high. Take a breath, brace your core and bend at the knees, sinking into a squat while you maintain an upright torso. Press through the middle of your feet to stand. Pause. Do 4 to 5 sets of 10 reps.



02 Push Press

Take a barbell out of a rack or from the floor, or hold a set of dumbbells at shoulder-height, palms facing in. Take a breath and brace your core. Dip at the knees and drive from your legs to press the bar or weights overhead. Lower and repeat for sets of 5 to 8 reps.



03 Dumbbell Thrusters

Clean a pair of dumbbells on to your shoulders, palms facing in. Bend at the knees, sinking into a deep squat while maintaining an upright torso. Stand back up and, in one motion, drive the bells overhead. Lower with control and repeat for sets of 8 to 10 reps.





A1

Deadlift

6 reps

Hinge down with a flat back and grasp a heavy barbell with an overhand or mixed grip (a). With your hips low and core braced, drive your feet through the floor and thrust your hips forwards to stand upright, keeping the bar as close to your body as possible (b). Lower to the ground and repeat. Avoid hitting failure and keep your form tight.

A2

Feet-Elevated Ring Pullup

Max reps

This one's going to take grit. Hang below some gym rings with your feet elevated on a box and your body in an 'L' shape (a). Pull yourself towards the rings while turning your hands to face you (b). Lower yourself and repeat. Keep going until you can no longer get your chin to the rings. Take a breather, then go back to part one.

B1

Front Squat

6 reps

Deadlifts and squats in the same session? We never said this would be easy. Hold a heavy barbell across your shoulders with high elbows (a). Maintain an upright torso and push your hips back, bending your knees until your thighs pass parallel to the floor (b). Stand back up to the start position. Avoid failure on the heavy lift, we're playing the long game here.

B2

Dip

Max reps

Saving the chest for last. Grasp two parallel bars with your palms facing inwards and your arms straight (a). Slowly lower yourself towards the ground until you feel a stretch across your chest (b). Drive yourself back up explosively and repeat until you finally get stuck in the bottom position—then you're done.

WORKOUT 3: PUMP & GRIND

Your last session focuses on heavy hypertrophy and blood-pumping max-effort supersets while moving at a clip that keeps your heart and lungs ticking. Set a 20-minute countdown timer and work your way through as many rounds as possible of part A, breaking only as needed to keep your form decent. Rest for 5 minutes and hit another 20-minutes of effort for part B. Keep track of the number of rounds you complete and aim to beat your record next week.

B2a



A1



BEGINNER

Perform single-kettlebell deadlifts



INTERMEDIATE

Perform double-dumbbell deadlifts



ADVANCED

As prescribed



MASTER

Perform standing on a box or plates

A2

Perform fixed-bar inverted rows

Perform ring-inverted rows



As prescribed

Perform in a weighted vest

B1

Perform body-weight squats

Perform goblet squats to box

Perform goblet squats



As prescribed

B2

Perform hands-elevated pushups

Perform pushups



As prescribed

Add weight or perform in a weighted vest

B2b

MASTERY MATRIX A 4-STEP APPROACH

The key to progressive improvement is to go at your own pace—do what works for you.

Use this matrix to identify your optimal movements.