



THE GORILLA PIT
Training, Nutrition & Lifestyle

90-DAY SPARTAN CHALLENGE PHASE #1

INSTRUCTIONS & NOTES FOR TRAINING

Exercise Order:

The letter/number combo refers to exercise groups. You must complete all the sets of A exercises before moving on the B exercises.

Sets and Reps:

The first number is sets and the second is repetitions.

Tempo:

Is a four number sequence that dictates the speed you will perform each part of the movement.

- The first (1st) number is the eccentric movement—when you lower the weight.
- The second (2nd) number is the point where you change the direction from lowering to lifting of the weight.
- The third (3rd) number is the concentric movement—when you lift the weight.
- The fourth (4th) number is the point where you change the direction from lifting to lowering of the weight.
- For example, 3-1-2-0 means: down for 3, pause 1, up for 2, no pause, repeat.

Rest:

The time you have to rest, in seconds, between exercises A1 and A2.

Other Notes:

- Strive to fully lengthen and shorten the working muscle. This ensures you are using a full range of motion for the working muscle.
- Squeeze your muscle and initiate muscle before movement. This ensures tension is applied to the working muscle.
- Squeeze the muscle hard at the end of each rep to ensure maximum tension is applied.



THE GORILLA PIT

Training, Nutrition & Lifestyle

- Keep constant tension for each rep. Do not rest during your set or drop the weight.
- Ensure you are failing at the targeted rep range (2x reps either side is ok). If your muscles aren't screaming and burning you are either not applying enough tension or the weight is too light.
- Aim to keep the same weight for each set during the exercise.
- Always ensure you have a proper warm-up by performing 2-3 sets of the first 2 exercises.
- Week 1 = Foundation week.
- Week 2 = Manipulation of sets and rest to keep gaining positive results.
- Week 3 = Greater manipulation of sets and rest to keep gaining positive results.
- Week 4 = Same as week 1 program however all weight on lifts will increase by 5-7%.
- Spotters are to be used as safety only not to help you lift weight.
- Ensure you warm up your rotator cuffs before attempting overhead lifting.

High Intensity Interval Training (HIIT) Sessions:

On days 4, 11, 18 and 25 you will perform cardio in the form of 'High Intensity Interval Training' (HIIT). This type of cardio is short, hard and is the best bang for your buck when it comes to dropping body fat and increasing muscle mass.

To do this style of training you will need to pick an exercise that incorporates a large amount of muscle; we recommend sprinting. These sessions are simple on paper however very tough if done at the right intensity.

During phase #1 you will start with the following program.

- Pick a distance that is roughly 100-150m (choose a hill if you want a greater challenge)
- Sprint the distance at 90% of your maximum intensity.
- Walk back to the starting line as your recovery.



THE GORILLA PIT

Training, Nutrition & Lifestyle

- Once at the start line launch into your next sprint.
- Repeat for a total of: Week 1 = 8 Sprints. Week 2 = 10 Sprints. Week 3 = 12 Sprints. Week 4 = 8 Sprints.
- Ensure you have an adequate warm-up before starting any sprints and cool down/ stretching after the session.