



**THE GORILLA PIT**  
Training, Nutrition & Lifestyle

## 90-DAY SPARTAN CHALLENGE PHASE #1

### CHEST & BACK

Date:

Day: 1

Week: 1

EXERCISE	SETS/ REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: BB Bench Press</b>	6 x 8	4010	0sec	/	/	/	/	/	/		
<b>A2: Bent Over BB Row</b>	6 x 8	4010	90sec	/	/	/	/	/	/		
<b>B1: Incline Cable/ DB Flyes</b>	5 x 10	3011	0sec	/	/	/	/	/			
<b>B2: Seated Row (Wide Grip)</b>	5 x 10	4010	60sec	/	/	/	/	/			
<b>C1: Incline Neutral DB Bench Press</b>	4 x 12	4010	0sec	/	/	/	/				
<b>C2: Lat Pulldown (45' Angle)</b>	4 x 12	4010	45sec	/	/	/	/				

Training Comments:



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## 90-DAY SPARTAN CHALLENGE PHASE #1

### QUADRICEPS

Date:

Day: 2

Week: 1

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: Leg Extension</b>	3 x 12	4010	45sec	/	/	/					
<b>B1: DB Lunges</b>	6 x 12	3010	60sec	/	/	/	/	/	/		
<b>C1: Leg Press</b>	4 x 20	3010	60sec	/	/	/	/				
<b>D1: Squats</b>	4 x 10	4010	90sec	/	/	/	/				

Training Comments:



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## 90-DAY SPARTAN CHALLENGE PHASE #1

### SHOULDERS & BACK

Date:

Day: 3

Week: 1

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: DB Shoulder Press</b>	6 x 8	4010	0sec	/	/	/	/	/	/		
<b>A2: Lat Pulldowns</b>	6 x 8	4010	90sec	/	/	/	/	/	/		
<b>B1: DB Lateral Raise</b>	5 x 10	4010	0sec	/	/	/	/	/			
<b>B2: Assisted Pull-Ups (Neutral Grip)</b>	5 x 10	4010	60sec	/	/	/	/	/			
<b>C1: Bent Over DB Lateral Raises</b>	4 x 12	4010	0sec	/	/	/	/				
<b>C2: Straight Arm Pulldowns</b>	4 x 12	4010	45sec	/	/	/	/				

Training Comments:



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## 90-DAY SPARTAN CHALLENGE PHASE #1

### BICEPS & TRICEPS

Date:

Day: 5

Week: 1

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: DB Incline Curl</b>	6 x 8	4010	0sec	/	/	/	/	/	/		
<b>A2: Tricep Skullcrushers</b>	6 x 8	3011	60sec	/	/	/	/	/	/		
<b>B1: BB Curl</b>	5 x 10	4010	0sec	/	/	/	/	/			
<b>B2: Close Grip Bench Press</b>	5 x 10	4010	45sec	/	/	/	/	/			
<b>C1: High Pulley Cable Curls</b>	4 x 12	3011	0sec	/	/	/	/				
<b>C2: Straight Bar Tricep Pressdown</b>	4 x 12	3011	30sec	/	/	/	/				

Training Comments:



## 90-DAY SPARTAN CHALLENGE PHASE #1

### HAMSTRINGS & CALVES

Date:

Day: 6

Week: 1

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: Leg Curls</b>	6 x 6	5010	60sec	/	/	/	/	/	/		
<b>B1: Straight Leg Deadlift</b>	5 x 10	3011	60sec	/	/	/	/	/			
<b>C1: Leg Press (Wide)</b>	4 x 12	2010	45sec	/	/	/	/				
<b>D1: DB Step Ups</b>	3 x 15	3010	30sec	/	/	/					
<b>E1: Seated Calf Raise</b>	3 x 12	2010	0sec	/	/	/					
<b>E2: Standing Calf Raise</b>	3 x 20	2010	45sec	/	/	/					

Training Comments:



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## 90-DAY SPARTAN CHALLENGE PHASE #1

### CHEST & BACK

Date:

Day: 8

Week: 2

EXERCISE	SETS/ REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: BB Bench Press</b>	6 x 8	4010	0sec	/	/	/	/	/	/	/	
<b>A2: Bent Over BB Row</b>	6 x 8	4010	75sec	/	/	/	/	/	/	/	
<b>B1: Incline Cable/ DB Flyes</b>	5 x 10	3011	0sec	/	/	/	/	/	/		
<b>B2: Seated Row (Wide Grip)</b>	5 x 10	4010	45sec	/	/	/	/	/	/		
<b>C1: Incline Neutral DB Bench Press</b>	4 x 12	4010	0sec	/	/	/	/	/			
<b>C2: Lat Pulldown (45' Angle)</b>	4 x 12	4010	45sec	/	/	/	/	/			

Training Comments:



**90-DAY SPARTAN CHALLENGE PHASE #1**

**QUADRICEPS**

**Date:**

**Day: 9**

**Week: 2**

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: Leg Extension</b>	3 x 12	4010	45sec	/	/	/					
<b>B1: DB Lunges</b>	6 x 12	3010	60sec	/	/	/	/	/	/	/	
<b>C1: Leg Press</b>	4 x 20	3010	45sec	/	/	/	/	/			
<b>D1: Squats</b>	4 x 10	4010	75sec	/	/	/	/	/			

Training Comments:



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## 90-DAY SPARTAN CHALLENGE PHASE #1

### SHOULDERS & BACK

Date:

Day: 10

Week: 2

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: DB Shoulder Press</b>	6 x 8	4010	0sec	/	/	/	/	/	/	/	
<b>A2: Lat Pulldowns</b>	6 x 8	4010	75sec	/	/	/	/	/	/	/	
<b>B1: DB Lateral Raise</b>	5 x 10	4010	0sec	/	/	/	/	/	/		
<b>B2: Assisted Pull-Ups (Neutral Grip)</b>	5 x 10	4010	45sec	/	/	/	/	/	/		
<b>C1: Bent Over DB Lateral Raises</b>	4 x 12	4010	0sec	/	/	/	/	/			
<b>C2: Straight Arm Pulldowns</b>	4 x 12	4010	45sec	/	/	/	/	/			

Training Comments:





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## 90-DAY SPARTAN CHALLENGE PHASE #1

### BICEPS & TRICEPS

Date:

Day: 12

Week: 2

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: DB Incline Curl</b>	6 x 8	4010	0sec	/	/	/	/	/	/	/	
<b>A2: Tricep Skullcrushers</b>	6 x 8	3011	45sec	/	/	/	/	/	/	/	
<b>B1: BB Curl</b>	5 x 10	4010	0sec	/	/	/	/	/	/		
<b>B2: Close Grip Bench Press</b>	5 x 10	4010	45sec	/	/	/	/	/	/		
<b>C1: High Pulley Cable Curls</b>	4 x 12	3011	0sec	/	/	/	/	/			
<b>C2: Straight Bar Tricep Pressdown</b>	4 x 12	3011	30sec	/	/	/	/	/			

Training Comments:



## 90-DAY SPARTAN CHALLENGE PHASE #1

### HAMSTRINGS & CALVES

Date:

Day: 13

Week: 2

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: Leg Curls</b>	6 x 6	5010	60sec	/	/	/	/	/	/		
<b>B1: Straight Leg Deadlift</b>	5 x 10	3011	45sec	/	/	/	/	/	/		
<b>C1: Leg Press (Wide)</b>	4 x 12	2010	45sec	/	/	/	/	/			
<b>D1: DB Step Ups</b>	3 x 15	3010	30sec	/	/	/					
<b>E1: Seated Calf Raise</b>	3 x 12	2010	0sec	/	/	/	/				
<b>E2: Standing Calf Raise</b>	3 x 20	2010	30sec	/	/	/	/				

Training Comments:



**90-DAY SPARTAN CHALLENGE PHASE #1**

**CHEST & BACK**

**Date:**

**Day: 15**

**Week: 3**

EXERCISE	SETS/ REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: BB Bench Press</b>	6 x 8	4010	0sec	/	/	/	/	/	/	/	/
<b>A2: Bent Over BB Row</b>	6 x 8	4010	60sec	/	/	/	/	/	/	/	/
<b>B1: Incline Cable/ DB Flyes</b>	5 x 10	3011	0sec	/	/	/	/	/	/	/	
<b>B2: Seated Row (Wide Grip)</b>	5 x 10	4010	45sec	/	/	/	/	/	/	/	
<b>C1: Incline Neutral DB Bench Press</b>	4 x 12	4010	0sec	/	/	/	/	/	/		
<b>C2: Lat Pulldown (45' Angle)</b>	4 x 12	4010	30sec	/	/	/	/	/	/		

Training Comments:



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## 90-DAY SPARTAN CHALLENGE PHASE #1

### QUADRICEPS

Date:

Day: 16

Week: 3

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: Leg Extension</b>	3 x 12	4010	45sec	/	/	/	/				
<b>B1: DB Lunges</b>	6 x 12	3010	45sec	/	/	/	/	/	/	/	/
<b>C1: Leg Press</b>	4 x 20	3010	30sec	/	/	/	/	/	/		
<b>D1: Squats</b>	4 x 10	4010	60sec	/	/	/	/	/	/		

Training Comments:



**90-DAY SPARTAN CHALLENGE PHASE #1**

**SHOULDERS & BACK**

**Date:**

**Day: 17**

**Week: 3**

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: DB Shoulder Press</b>	6 x 8	4010	0sec	/	/	/	/	/	/	/	/
<b>A2: Lat Pulldowns</b>	6 x 8	4010	60sec	/	/	/	/	/	/	/	/
<b>B1: DB Lateral Raise</b>	5 x 10	4010	0sec	/	/	/	/	/	/	/	
<b>B2: Assisted Pull-Ups (Neutral Grip)</b>	5 x 10	4010	45sec	/	/	/	/	/	/	/	
<b>C1: Bent Over DB Lateral Raises</b>	4 x 12	4010	0sec	/	/	/	/	/	/		
<b>C2: Straight Arm Pulldowns</b>	4 x 12	4010	30sec	/	/	/	/	/	/		

Training Comments:



## 90-DAY SPARTAN CHALLENGE PHASE #1

### BICEPS & TRICEPS

Date:

Day: 19

Week: 3

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: DB Incline Curl</b>	6 x 8	4010	0sec	/	/	/	/	/	/	/	/
<b>A2: Tricep Skullcrushers</b>	6 x 8	3011	45sec	/	/	/	/	/	/	/	/
<b>B1: BB Curl</b>	5 x 10	4010	0sec	/	/	/	/	/	/	/	
<b>B2: Close Grip Bench Press</b>	5 x 10	4010	30sec	/	/	/	/	/	/	/	
<b>C1: High Pulley Cable Curls</b>	4 x 12	3011	0sec	/	/	/	/	/	/		
<b>C2: Straight Bar Tricep Pressdown</b>	4 x 12	3011	30sec	/	/	/	/	/	/		

Training Comments:



## 90-DAY SPARTAN CHALLENGE PHASE #1

### HAMSTRINGS & CALVES

Date:

Day: 20

Week: 3

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: Leg Curls</b>	6 x 6	5010	60sec	/	/	/	/	/	/	/	/
<b>B1: Straight Leg Deadlift</b>	5 x 10	3011	45sec	/	/	/	/	/	/		
<b>C1: Leg Press (Wide)</b>	4 x 12	2010	30sec	/	/	/	/	/			
<b>D1: DB Step Ups</b>	3 x 15	3010	30sec	/	/	/					
<b>E1: Seated Calf Raise</b>	3 x 12	2010	0sec	/	/	/	/				
<b>E2: Standing Calf Raise</b>	3 x 20	2010	30sec	/	/	/	/				

Training Comments:



**90-DAY SPARTAN CHALLENGE PHASE #1**

**CHEST & BACK**

**Date:**

**Day: 22**

**Week: 4**

EXERCISE	SETS/ REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: BB Bench Press</b>	6 x 8	4010	0sec	/	/	/	/	/	/		
<b>A2: Bent Over BB Row</b>	6 x 8	4010	90sec	/	/	/	/	/	/		
<b>B1: Incline Cable/ DB Flyes</b>	5 x 10	3011	0sec	/	/	/	/	/			
<b>B2: Seated Row (Wide Grip)</b>	5 x 10	4010	60sec	/	/	/	/	/			
<b>C1: Incline Neutral DB Bench Press</b>	4 x 12	4010	0sec	/	/	/	/				
<b>C2: Lat Pulldown (45' Angle)</b>	4 x 12	4010	45sec	/	/	/	/				

Training Comments:





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## 90-DAY SPARTAN CHALLENGE PHASE #1

### QUADRICEPS

Date:

Day: 23

Week: 4

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: Leg Extension</b>	3 x 12	4010	45sec	/	/	/					
<b>B1: DB Lunges</b>	6 x 12	3010	60sec	/	/	/	/	/	/		
<b>C1: Leg Press</b>	4 x 20	3010	60sec	/	/	/	/				
<b>D1: Squats</b>	4 x 10	4010	90sec	/	/	/	/				

Training Comments:



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## 90-DAY SPARTAN CHALLENGE PHASE #1

### SHOULDERS & BACK

Date:

Day: 24

Week: 4

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: DB Shoulder Press</b>	6 x 8	4010	0sec	/	/	/	/	/	/		
<b>A2: Lat Pulldowns</b>	6 x 8	4010	90sec	/	/	/	/	/	/		
<b>B1: DB Lateral Raise</b>	5 x 10	4010	0sec	/	/	/	/	/			
<b>B2: Assisted Pull-Ups (Neutral Grip)</b>	5 x 10	4010	60sec	/	/	/	/	/			
<b>C1: Bent Over DB Lateral Raises</b>	4 x 12	4010	0sec	/	/	/	/				
<b>C2: Straight Arm Pulldowns</b>	4 x 12	4010	45sec	/	/	/	/				

Training Comments:



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## 90-DAY SPARTAN CHALLENGE PHASE #1

### BICEPS & TRICEPS

Date:

Day: 26

Week: 4

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: DB Incline Curl</b>	6 x 8	4010	0sec	/	/	/	/	/	/		
<b>A2: Tricep Skullcrushers</b>	6 x 8	3011	60sec	/	/	/	/	/	/		
<b>B1: BB Curl</b>	5 x 10	4010	0sec	/	/	/	/	/			
<b>B2: Close Grip Bench Press</b>	5 x 10	4010	45sec	/	/	/	/	/			
<b>C1: High Pulley Cable Curls</b>	4 x 12	3011	0sec	/	/	/	/				
<b>C2: Straight Bar Tricep Pressdown</b>	4 x 12	3011	30sec	/	/	/	/				

Training Comments:



## 90-DAY SPARTAN CHALLENGE PHASE #1

### HAMSTRINGS & CALVES

Date:

Day: 27

Week: 4

EXERCISE	SETS /REPS	TEMPO	REST	SET 1 Weight / Reps	SET 2 Weight / Reps	SET 3 Weight / Reps	SET 4 Weight / Reps	SET 5 Weight / Reps	SET 6 Weight / Reps	SET 7 Weight / Reps	SET 8 Weight / Reps
<b>A1: Leg Curls</b>	6 x 6	5010	60sec	/	/	/	/	/	/		
<b>B1: Straight Leg Deadlift</b>	5 x 10	3011	60sec	/	/	/	/	/			
<b>C1: Leg Press (Wide)</b>	4 x 12	2010	45sec	/	/	/	/				
<b>D1: DB Step Ups</b>	3 x 15	3010	30sec	/	/	/					
<b>E1: Seated Calf Raise</b>	3 x 12	2010	0sec	/	/	/					
<b>E2: Standing Calf Raise</b>	3 x 20	2010	45sec	/	/	/					

Training Comments: