The LEAN and MEAN BLUEPRINT

video workout series + lean-mean meal plans

BUILD STRENGTH, POWER, AND RIPPED MUSCLE!!!
This manual is being offered for education and information purposes only. There is inherent risk with any physical activity associated information mentioned in this book.

Please consult your physician before any type of exercise associated with this manual.

The Forged Athlete LLC or Travis Stoetzel cannot be held responsible for any injury that may occur while participating with information contained in this manual.

Copyright 2011 The Forged Athlete, LLC
Hello and THANK YOU for downloading your free copy of the “Lean and Mean Blueprint”.

Below you will find a series of 3 workouts that you can use to immediately help build more strength, muscle, power, and higher levels of conditioning. In addition, you’ll also be receiving *The LEAN and MEAN Eating Guide* you’ll be able to use to help aid in your journey.

The workouts I’ve supplied to you below are the very type of workouts I use myself as well as with my athletes and clients.

There are links supplied below the workouts to the detailed videos for further explanation and details about the workouts.

The best way to utilize these workouts would be to use them in a 3-4 week mini cycle where you would hit each workout 3-4 times progressing each time.

For example, you would do workout 1 on Monday, workout 2 on Wednesday, and then workout 3 on Friday.
Repeat that schedule for 3-4 weeks until your progress slows or stops. After the 3\textsuperscript{rd} or 4\textsuperscript{th} week, you would take a “de-load/ recovery” week to help the body heal up and rest, then start a new program that would focus in on your goals specifically.

I wanted to share these workout to show you how I implement and blend together different types of strength and conditioning methods together.

If you want a FULL SYSTEM of workouts just like these that target building more muscle, strength, power, and conditioning all at once in a SMART and unique way, you can check it out HERE.

One important point to remember with these types of workouts is to ATTACK. Be aggressive and push the pace through your training and don’t hold anything back! BUT, at the same time, make sure you’re training SMART with good form and technique.

Just always try to be improving each and every session.

\textbf{Live and Train Aggressive!}

\textbf{Travis}
Workout 1

1A) Broad Jump 5 x 5
2A) Bear Crawls 3-4 x 20-30 yards
3A) BW Push Ups 3-4 x submax
3B) BW Pull Ups 3-4 x submax
4A) KB or DB Swing 3 x 15
4B) Plank Variation 3 x max time
5A) Sled Pulls 1 x 5-15 Mins

LINK to VIDEO - http://www.vimeo.com/14815461

Password – Hardcore22
Workout 2

1A) Power Skips 3-4 x 20-30 yards

2A) 5 Yard Sprint Starts x 4-5

3A) Hand Walks 4-5 x 20 yards

3B) KB or DB 1 Arm Overhead Press 3-4 x submax

4A) Recline Row 3-4 x subamx

5A) Power Circuit – 30 secs work w/ 15 sec rest x 4 rounds
   a) Power Band Pulls
   b) Double KB Swing
   c) Battling Rope
   d) KB / DB Push Presses
   e) KB High Pulls
   f) Battling Ropes

LINK to VIDEO - http://www.vimeo.com/14830893

Password – Hardcore22
Workout 3

1A) 20-40 Yard Sprints OR Hill Sprints x 8-10

2A) Sandbag Clean and Press 4 x 5-8

3A) KB or DB Goblet Squat 3 x 10

3B) Sandbag Lunge Walks 3 x 8-10/leg

4A) Sandbag Complex x 4 Rounds x 5 reps per exercise
   a) SB Shouldering
   b) SB Overhead Press
   c) SB Zercher Squat
   d) SB Bent Rows
   e) Sandbag Carry to Failure

LINK to VIDEO - http://www.vimeo.com/14934391

Password – Hardcore22
Travis Stoetzel is a hardcore and aggressive strength coach located in Omaha, NE where he owns and operates The Forged Athlete Gym, which caters to highly dedicated athletes and serious lifters.

Below you can gain knowledge insight on the various tools and resources he uses to help turn his clients and athletes into strong, jacked, and athletic soldiers. The section below showcases the other various strength and conditioning programs and products he has created and uses to help people all across the world get results.

For MORE Aggressive Strength Training Programs and Systems, Check Out The Aggressive Strength Only Store HERE

Connect With Me More:

Facebook / Twitter / YouTube