



SHOCK & AWE STRENGTH



ANABOLIC
Running

How To Incorporate The Shock & Awe Strength Program With Anabolic Running

Please Read: You can perform these workouts 2-4 days per week. The workouts are OPTIONAL and the Anabolic Running workout should be first priority.

You have two options when performing the Shock & Awe Strength program with your Anabolic Running program.

Option 1: Perform the S&A Strength program on "off" days

These would be on days when you are not following your Anabolic Running workouts.

Option 2: Perform the S&A Strength program on Anabolic Running Days

For this option you must perform this program FOLLOWING your Anabolic Running workout for maximum results. After your Anabolic Running workout you will have human growth hormone elevated in your blood stream. Take advantage of this by performing the S&A Strength program within the first 2 hours after your Anabolic Running workout.

How Do I Progress Through The S&A Program?

Start at Foundation Phase A and choose level 1,2, or 3 based on your current fitness level.

Continue following that same level throughout the entire program until completed.

After completing all phases for the level of your choice, restart the program now using a higher level.

Ex. You complete the entire program on level 1. Next, go through the entire program on level 2... etc.

SHOCK AND AWE STRENGTH: FOUNDATION

PHASE (A)

EXERCISE	REPS/TIME (sec)
BODYWEIGHT SQUAT	LEVEL 1: 25 LEVEL 2: 50 LEVEL 3: 75
PUSH UPS	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
PULL-UPS	LEVEL 1: 5 PARTIAL PULL-UPS LEVEL 2: 5 PULL-UPS LEVEL 3: 10 PULL-UPS
BENCH DIPS	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
AUSTRALIAN CURL	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
UP-DOWNS	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: FOUNDATION

PHASE (B)

EXERCISE

REPS/TIME (sec)

BODYWEIGHT SQUAT	LEVEL 1: 25 LEVEL 2: 50 LEVEL 3: 75
WALKING LUNGES	LEVEL 1: 10 / LEG LEVEL 2: 20 / LEG LEVEL 3: 30 / LEG
CHIN-UPS	LEVEL 1: 10 PARTIAL CHIN-UPS LEVEL 2: 10 CHIN-UPS LEVEL 3: 20 CHIN-UPS
PIKE PUSH-UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
BENCH DIP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
PLANK UP-DOWNS	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: FOUNDATION

PHASE (C)

EXERCISE	REPS/TIME (sec)
UP-DOWNS	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC
SQUAT W/ CALF RAISE	LEVEL 1: 25 / LEG LEVEL 2: 50 / LEG LEVEL 3: 75 / LEG
BENCH DIP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
INCLINE PUSH-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
CLOSE PULL-UP	LEVEL 1: 5 PARTIAL PULL-UPS LEVEL 2: 5 PULL-UPS LEVEL 3: 10 PULL-UPS
AUTRALIAN CURL	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: FOUNDATION

PHASE (D)

EXERCISE	REPS/TIME (sec)
UP-DOWNS	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC
SUPER-SLOW SQUAT	LEVEL 1: 10 SEC DOWN – 10 UP (5 REPS) LEVEL 2: 15 SEC DOWN - 15 SEC UP (5 REPS) LEVEL 3: 20 SEC DOWN – 20 SEC UP (5 REPS)
WALKING LUNGES	LEVEL 1: 10 / LEG LEVEL 2: 20 / LEG LEVEL 3: 30 / LEG
SUPER SLOW PUSH-UP	LEVEL 1: 3 SEC DOWN – 3 UP (5 REPS) LEVEL 2: 5 SEC DOWN - 5 SEC UP (5 REPS) LEVEL 3: 8 SEC DOWN – 8 SEC UP (5 REPS)
PIKE PUSH-UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
AUTRALIAN PULL-UP	LEVEL 1: 3 SEC DOWN – 3 UP (5 REPS) LEVEL 2: 5 SEC DOWN - 5 SEC UP (5 REPS) LEVEL 3: 8 SEC DOWN – 8 SEC UP (5 REPS)

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: FOUNDATION

PHASE (E)

EXERCISE	REPS/TIME (sec)
SQUATS W/ TOE RAISE	LEVEL 1: 25 LEVEL 2: 50 LEVEL 3: 75
LUNGE JUMP	LEVEL 1: 10 / LEG LEVEL 2: 20 / LEG LEVEL 3: 30 / LEG
WALKING LUNGES	LEVEL 1: 10 / LEG LEVEL 2: 20 / LEG LEVEL 3: 30 / LEG
CLOSE PUSH-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
PIKE PUSH-UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
BENCH DIP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: FOUNDATION

PHASE (F)

EXERCISE	REPS/TIME (sec)
UP-DOWN	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC
CHIN-UP	LEVEL 1: 10 PARTIAL CHIN-UPS LEVEL 2: 10 CHIN-UPS LEVEL 3: 20 CHIN-UPS
AUSTRALIAN CURL	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
AUSTRALIAN PULL-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
PIKE PUSH-UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
CLOSE PUSH UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: FOUNDATION

PHASE (G)

EXERCISE	REPS/TIME (sec)
PUSH-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
CLOSE PUSH-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
BENCH DIP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
PULL-UP	LEVEL 1: 5 PARTIAL PULL-UPS LEVEL 2: 5 PULL-UPS LEVEL 3: 10 PULL-UPS
AUSTRALIAN CURL	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
BURPEES	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC

LEVEL 1: COMPLETE 1 ROUND
 LEVEL 2: COMPLETE 2 ROUNDS
 LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: FOUNDATION

PHASE (H)

EXERCISE	REPS/TIME (sec)
BURPEES	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC
SUPER-SLOW SQUAT	LEVEL 1: 10 SEC DOWN – 10 UP (5 REPS) LEVEL 2: 15 SEC DOWN - 15 SEC UP (5 REPS) LEVEL 3 20 SEC DOWN – 20 SEC UP (5 REPS)
BACKWARD LUNGES	LEVEL 1: 10 / LEG LEVEL 2: 20 / LEG LEVEL 3: 30 / LEG
UP-DOWNS	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC
PIKE PUSH-UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
SUPER SLOW PUSH-UP	LEVEL 1: 3 SEC DOWN – 3 UP (5 REPS) LEVEL 2: 5 SEC DOWN - 5 SEC UP (5 REPS) LEVEL 3: 8 SEC DOWN – 8 SEC UP (5 REPS)

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

**COMPLETE THE *FOUNDATION WORKOUTS*
ONCE MORE, MOVING UP A LEVEL IF YOU
CAN.**

**AFTER COMPLETING THE *FOUNDATION
WORKOUTS* YOU MOVE ONTO THE
STRENGTH WORKOUTS.**

TIME FOR PHASE 2

GO TO THE NEXT PAGE TO BEGIN PHASE 2 OF ANABOLIC ABS

SHOCK AND AWE STRENGTH: **STRENGTH** PHASE (A)

EXERCISE	REPS/TIME (sec)
BODYWEIGHT SQUAT	LEVEL 1: 75 LEVEL 2: 100 LEVEL 3: 125
JUMP SQUAT	LEVEL 1: 25 LEVEL 2: 50 LEVEL 3: 75
INCLINE PUSH UP	LEVEL 1: 15 LEVEL 2: 30 LEVEL 3: 45
BODYWEIGHT SKULL CRUSHER	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
PIKE PUSH-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
CHIN-UP	LEVEL 1: PARTIAL 5 LEVEL 2: FULL 5 LEVEL 3: FULL 10
AUSTRALIAN CURL	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
BURPEE	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: STRENGTH PHASE (B)

EXERCISE	REPS/TIME (sec)
DELT PUSH UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
ELEVATED PIKE PUSH-UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
PUSH UP	LEVEL 1: 15 LEVEL 2: 30 LEVEL 3: 45
BODYWEIGHT SKULL CRUSHER	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
DIPS ON STRAIGHT BAR	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
AUSTRALIAN PULL-UP	LEVEL 1: 10 LEVEL 2: FULL 20 LEVEL 3: FULL 30
AUSTRALIAN CURL	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
BURPEE	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: **STRENGTH** PHASE (C)

EXERCISE	REPS/TIME (sec)
BURPEE	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC
DIPS	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
BODYWEIGHT SKULL CRUSHER	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
DIVE BOMB PUSH-UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
DELT UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
PULL-UP (CLOSE)	LEVEL 1: 5 PARTIAL PULL-UPS LEVEL 2: 5 PULL-UPS LEVEL 3: 10 PULL-UPS
PULL-UP (WIDE)	LEVEL 1: 5 PARTIAL PULL-UPS LEVEL 2: 5 PULL-UPS LEVEL 3: 10 PULL-UPS
AUSTRALIAN PULL-UP	LEVEL 1: 10 LEVEL 2: FULL 20 LEVEL 3: FULL 30

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: **STRENGTH** PHASE (D)

EXERCISE	REPS/TIME (sec)
BURPEE	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC
JUMP SQUAT	LEVEL 1: 25 LEVEL 2: 50 LEVEL 3: 75
LUNGE JUMP	LEVEL 1: 10 / LEG LEVEL 2: 20 / LEG LEVEL 3: 30 / LEG
SQUAT AND HOLD	LEVEL 1: 60 SEC LEVEL 2: 90 SEC LEVEL 3: 120 SEC
BODYWEIGHT SQUAT	LEVEL 1: 75 LEVEL 2: 100 LEVEL 3: 125
PUSH-UP	LEVEL 1: 15 LEVEL 2: 30 LEVEL 3: 45
PULL-UP	LEVEL 1: 5 PARTIAL PULL-UPS LEVEL 2: 5 PULL-UPS LEVEL 3: 10 PULL-UPS
PIKE PUSH UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: **STRENGTH** PHASE (E)

EXERCISE	REPS/TIME (sec)
BURPEE	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC
DIPS	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
DIPS ON STRAIGHT BAR	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
BENCH DIPS	LEVEL 1: 15 LEVEL 2: 30 LEVEL 3: 45
CHIN-UP	LEVEL 1: PARTIAL 5 LEVEL 2: FULL 5 LEVEL 3: FULL 10
AUSTRALIAN PULL-UP	LEVEL 1: 10 LEVEL 2: FULL 20 LEVEL 3: FULL 30
AUSTRALIAN CURL	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
PIKE PUSH UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: STRENGTH PHASE (F)

EXERCISE	REPS/TIME (sec)
PUSH-UP	LEVEL 1: 15 LEVEL 2: 30 LEVEL 3: 45
ELEVATED PIKE PUSH UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
STAGGERED PUSH-UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
BENCH DIPS	LEVEL 1: 15 LEVEL 2: 30 LEVEL 3: 45
PLANK UP DOWNS	LEVEL 1: 60 SEC LEVEL 2: 90 SEC LEVEL 3: 120 SEC
DIVE BOMB PUSH UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
AUSTRALIAN CURL	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
CHIN-UP	LEVEL 1: 5 PARTIAL CHIN-UPS LEVEL 2: 5 CHIN-UPS LEVEL 3: 10 CHIN-UPS

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: STRENGTH

PHASE (G)

EXERCISE

REPS/TIME (sec)

SUPER SLOW SQUAT	LEVEL 1: 10 SEC DOWN – 10 UP (5 REPS) LEVEL 2: 15 SEC DOWN - 15 SEC UP (5 REPS) LEVEL 3 20 SEC DOWN – 20 SEC UP (5 REPS)
JUMP SQUAT	LEVEL 1: 25 LEVEL 2: 50 LEVEL 3: 75
WALKING LUNGES	LEVEL 1: 10 / LEG LEVEL 2: 20 / LEG LEVEL 3: 30 / LEG
BODYWEIGHT SQUAT	LEVEL 1: 75 LEVEL 2: 100 LEVEL 3: 125
SQUAT AND HOLD	LEVEL 1: 60 SEC LEVEL 2: 90 SEC LEVEL 3: 120 SEC
PUSH UP	LEVEL 1: 15 LEVEL 2: 30 LEVEL 3: 45
PULL-UP	LEVEL 1: 10 PARTIAL PULL-UPS LEVEL 2: 10 PULL-UPS LEVEL 3: 15 PULL-UPS
PIKE PUSH-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: STRENGTH

PHASE (H)

EXERCISE

REPS/TIME (sec)

SUPER SLOW PUSH-UP	LEVEL 1: 3 SEC DOWN – 3 UP (5 REPS) LEVEL 2: 5 SEC DOWN - 5 SEC UP (5 REPS) LEVEL 3: 8 SEC DOWN – 8 SEC UP (5 REPS)
BODYWEIGHT SKULL CRUSHER	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
BENCH DIPS	LEVEL 1: 15 LEVEL 2: 30 LEVEL 3: 45
CLOSE PUSH-UPS	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
AUSTRALIAN CURL	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
PULL-UP	LEVEL 1: 10 PARTIAL PULL-UPS LEVEL 2: 10 PULL-UPS LEVEL 3: 15 PULL-UPS
DELT UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
PIKE PUSH-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

**COMPLETE THE *STRENGTH WORKOUTS*
ONCE MORE, MOVING UP A LEVEL IF YOU
CAN.**

**AFTER COMPLETING THE *STRENGTH
WORKOUTS* YOU CAN OFFICIALLY MOVE
ONTO THE *SHOCK WORKOUTS*.**

TIME FOR PHASE 3

GO TO THE NEXT PAGE TO BEGIN PHASE 3 OF ANABOLIC ABS

SHOCK AND AWE STRENGTH: SHOCK PHASE (A)

EXERCISE	REPS/TIME (sec)
JUMP SQUAT	LEVEL 1: 50 LEVEL 2: 75 LEVEL 3: 100
UP-DOWNS	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 90 SEC
DECLINE PUSH-UPS	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
BENCH DIPS	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
BODYWEIGHT SKULL CRUSHER	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
DELT-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
PULL - UP	LEVEL 1: 10 PARTIAL PULL-UPS LEVEL 2: 10 PULL-UPS LEVEL 3: 15 PULL-UPS
CHIN-UP HOLD	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 90 SEC

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: SHOCK PHASE (B)

EXERCISE	REPS/TIME (sec)
PULL-UP BICEP CURL	LEVEL 1: 5 PARTIAL CURLS LEVEL 2: 4 CURLS LEVEL 3: 8 CURLS
AUSTRALIAN CURL	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
CHIN-UP HOLD	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 90 SEC
CLOSE PUSH-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
BENCH DIPS	LEVEL 1: 15 LEVEL 2: 30 LEVEL 3: 45
DELT-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
UP-DOWNS	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 90 SEC
BURPEES	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 90 SEC

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: SHOCK PHASE (C)

EXERCISE	REPS/TIME (sec)
JUMP SQUAT	LEVEL 1: 50 LEVEL 2: 75 LEVEL 3: 100
LUNGE JUMP	LEVEL 1: 10 / LEG LEVEL 2: 20 / LEG LEVEL 3: 30 / LEG
SINGLE-LEG SQUAT	LEVEL 1: 5 / LEG LEVEL 2: 10 / LEG LEVEL 3: 15 / LEG
SPRINT	LEVEL 1: 40 YARDS LEVEL 2: 60 YARDS LEVEL 3: 80 YARDS
PUSH UPS	LEVEL 1: 15 LEVEL 2: 30 LEVEL 3: 45
DELT-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
ELEVATED PIKE PUSH-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
BURPEES	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 90 SEC

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: SHOCK PHASE (D)

EXERCISE	REPS/TIME (sec)
DIPS	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
BENCH DIPS	LEVEL 1: 15 LEVEL 2: 30 LEVEL 3: 45
PUSH-UP	LEVEL 1: 15 LEVEL 2: 30 LEVEL 3: 45
SPRINT	LEVEL 1: 40 YARDS LEVEL 2: 60 YARDS LEVEL 3: 80 YARDS
PULL-UP BICEP CURL	LEVEL 1: 5 PARTIAL CURLS LEVEL 2: 4 CURLS LEVEL 3: 8 CURLS
AUSTRALIAN CURL	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
AUSTRALIAN PULL-UP	LEVEL 1: 10 LEVEL 2: FULL 20 LEVEL 3: FULL 30
UP-DOWNS	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 90 SEC

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: SHOCK PHASE (E)

EXERCISE	REPS/TIME (sec)
BURPEE	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC
ELEVATED PIKE PUSH-UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
DECLINE PUSH-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
SPRINT	LEVEL 1: 40 YARDS LEVEL 2: 60 YARDS LEVEL 3: 80 YARDS
PULL-UP BICEP CURL	LEVEL 1: 5 PARTIAL CURLS LEVEL 2: 4 CURLS LEVEL 3: 8 CURLS
AUSTRALIAN CURL	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
PULL-UP HOLD	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 90 SEC
UP-DOWNS	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 90 SEC

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: SHOCK PHASE (F)

EXERCISE	REPS/TIME (sec)
BURPEE	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC
SQUAT W/ TOE RAISE	LEVEL 1: 75 LEVEL 2: 100 LEVEL 3: 125
JUMP SQUAT	LEVEL 1: 50 LEVEL 2: 75 LEVEL 3: 100
SUPER-SLOW SQUAT	LEVEL 1: 10 SEC DOWN – 10 UP (5 REPS) LEVEL 2: 15 SEC DOWN - 15 SEC UP (5 REPS) LEVEL 3 20 SEC DOWN – 20 SEC UP (5 REPS)
SPRINT	LEVEL 1: 40 YARDS LEVEL 2: 60 YARDS LEVEL 3: 80 YARDS
DECLINE PUSH-UP	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
PULL-UP	LEVEL 1: 10 PARTIAL PULL-UPS LEVEL 2: 10 PULL-UPS LEVEL 3: 15 PULL-UPS
DIPS	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: SHOCK PHASE (G)

EXERCISE	REPS/TIME (sec)
BURPEE	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC
PULL-UP BICEP CURL	LEVEL 1: 5 PARTIAL CURLS LEVEL 2: 4 CURLS LEVEL 3: 8 CURLS
DIPS	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
SPRINT	LEVEL 1: 40 YARDS LEVEL 2: 60 YARDS LEVEL 3: 80 YARDS
PULL-UP BICEP CURL	LEVEL 1: 60 SEC LEVEL 2: 90 SEC LEVEL 3: 120 SEC
PUSH-UP HOLD	LEVEL 1: 15 SEC LEVEL 2: 30 SEC LEVEL 3: 45 SEC
PULL-UP HOLD	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 90 SEC
SPRINT	LEVEL 1: 40 YARDS LEVEL 2: 60 YARDS LEVEL 3: 80 YARDS

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

SHOCK AND AWE STRENGTH: SHOCK PHASE (H)

EXERCISE	REPS/TIME (sec)
BURPEE	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 120 SEC
ELEVATED PIKE PUSH-UP	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 20
DIVE-BOMB	LEVEL 1: 5 LEVEL 2: 10 LEVEL 3: 15
SPRINT	LEVEL 1: 40 YARDS LEVEL 2: 60 YARDS LEVEL 3: 80 YARDS
PULL-UP	LEVEL 1: 10 PARTIAL PULL-UPS LEVEL 2: 10 PULL-UPS LEVEL 3: 15 PULL-UPS
AUSTRALIAN CURL	LEVEL 1: 10 LEVEL 2: 20 LEVEL 3: 30
PULL-UP HOLD	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 90 SEC
PLANK UP-DOWNS	LEVEL 1: 30 SEC LEVEL 2: 60 SEC LEVEL 3: 90 SEC

LEVEL 1: COMPLETE 1 ROUND
LEVEL 2: COMPLETE 2 ROUNDS
LEVEL 3: COMPLETE 3 ROUNDS

COMPLETE THE *SHOCK WORKOUTS* ONCE MORE, MOVING UP A LEVEL IF YOU CAN

AFTER COMPLETING THE *SHOCK WORKOUTS* YOU OFFICIALLY GRADUATE FROM THE *SHOCK AND AWE STRENGTH PROGRAM*.

CONGRATULATIONS!

YOU CAN RESTART THE SHOCK AND AWE STRENGTH PROGRAM COMPLETING HIGHER LEVELS

GO TO THE NEXT PAGE TO VIEW THE "BUILD YOUR OWN ANABOLIC ABS WORKOUT TEMPLATE"