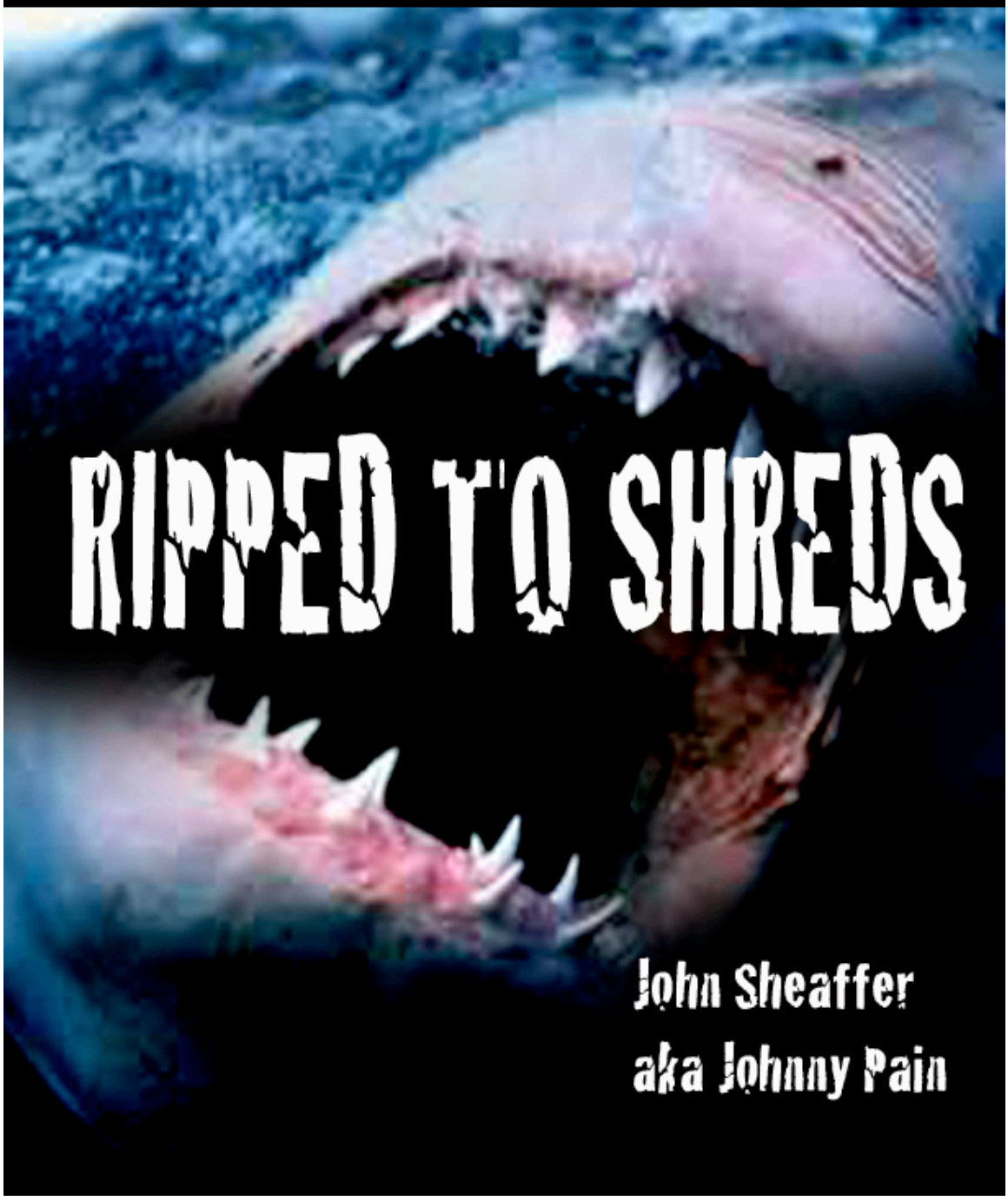
TWELVE WEEKS AT GREYSKULL



RIPPED TO SHREDS

John Sheaffer
aka Johnny Pain

Introduction

This book is intended to give the reader an inside look at what it is like to train at Greyskull. The program presented follows a hypothetical male trainee through twelve grueling weeks designed to produce a significant reduction in body fat while continuing to develop strength and add muscle.

This is by no means a default representation of the training conducted here, but rather a snapshot of some of the methods that we employ.

Undertaking this program for twelve weeks will certainly produce for you a very favorable set of results. I'm frequently asked what to do once one is done with the Greyskull LP (the basic program presented in my book "The Greyskull LP: Second Edition). While the GSLP is almost infinitely flexible and adaptable, programs like the one presented in this book are still commonplace for trainees who have been at it a bit longer.

Before we get started, it is important to address a few things that are necessary to understand in order to get the most out of this program.

The Program

This program uses my tried and true "layering" concept in order to achieve maximum results. The principle is simple; work is added in applications in increments in order to maximize the stimuli necessary for adaptation without over extending the trainee's recovery capacity. This is accomplished by understanding a certain hierarchy in terms of the type of stimulus used and how (and how often) it can be administered so as to work synergistically with the other pieces of the puzzle.

Strength Training

I've long stated that the long term solution to body composition issues is the development of strength and muscle mass. A more muscular body means a higher metabolic rate, which translates into better body composition over time.

Since this program focuses on stripping the fat in an abbreviated period of time (twelve weeks), strength training plays a major role.

The strength training portion of the program follows a revolving A/B split, with three "A" days, and three "B" days. Though it may sound complex, it is quite simple and very easy to follow since each dose is outlined for you in the book day by day.

The program focuses on big money movements that will enable you to develop strength and build muscle in conjunction with your other efforts to address the body fat situation directly.

A Note on Rep Ranges

All of the movements in this program are to be performed to failure. I have assigned "re ranges" for each movement.

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For instance, you may see:

Incline Bench Press

2 x 6-8

What this means is that you are to use a weight that causes you to reach muscular failure somewhere between six and eight reps. This may take some adjustment if you are coming from a fixed-reps type of program or background, but you'll get the feel for it as you go. Weight should be added each time the movement comes up assuming that you've managed to make the rep range on the previous workout.

You'll notice that each movement has a rep range assigned to it. This is because different movements produce growth best when trained in a certain range. Myself and others have eliminated for you a lot of the trial and error, and as a result you're provided with the optimal ranges for each movement.

High Intensity Interval Training

The high intensity work that is performed in this program on the days that strength training is not going on represent the second most effective tool in terms of stripping the fat. They are kept brief in nature and are to be completed with a tremendous amount of heart and intensity.

High intensity work produces a metabolic environment that facilitates the burning of fat at a higher rate for a much longer time after completion than low intensity work. The catch is that you

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cannot perform high intensity work as frequent as you can perform low intensity work without burning out and stifling your progress.

Many will be surprised to see that the high intensity work in this book consists entirely of sprint-based activities. Keep in mind that I did not write this program to be the most fun or exciting twelve weeks of your training career, but rather the most effective fat burning cycle you've undertaken. Sprinting delivers the good time and time again, and is my go-to when it comes to stripping fat off of a client's frame.

Low Intensity Conditioning

The fasted walks in the mornings conducted on every training day in this program make up the low intensity component of the program. Bodybuilders have long fallen back on fasted cardio to strip the fat in preparation for a show, almost to the exclusion of all other methods of training.

Simply put, it works. This piece alone will be very effective in reducing your body fat over the next twelve weeks. The best part is, the limits on application are almost non-existent, hence the inclusion of the fasted walks six days per week.

Homework

Homework makes up the final layer of the program on the physical side. It is intense, but small enough to fit in without tipping the scales.

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Each day there is an assignment to complete at some point throughout the day. Each assignment is a mini workout of sorts, and the cumulative effects of these mini sessions play a large role in the success of my trainees. I can't urge you enough to do your homework.

The homework in this program consists of two elements: intense jump rope sessions, and what I refer to as the burpee progression. Let's look at each in more detail.

The Burpee Progression

The addition of the burpee progression in this program is based on what I've named "Villain Challenge #1": completing one hundred burpees inside of five minutes. I've written at length about this subject elsewhere on my website strengthvillain.com and in my book *"The Greyskull LP: Second Edition"*.

Simply put, I've never met anyone who could perform one hundred burpees in five minutes who was not happy with their body composition.

Performing 100 burpees in five minutes requires you to maintain a one-burpee-per-three-second pace. The trick is to gradually increase the number of burpees that you can do while staying on pace.

Most will be fine to start out with three sets of 10 reps. In this case you would have a 30 second window within which to knock out each set. In the beginning the rest in between sets can be several minutes if need be, but you should endeavor to reduce the rest in between efforts down to one minute over time.

Once you can perform the target number of reps in the target amount of time, you are ready to add reps. These mini workouts are to every other day in this program, alternating with the jump

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rope workouts, so you should add the reps very slowly, one or two per day to ensure that you are not outpacing yourself. **Increase the amount of time allowed for each set by three seconds for every rep that you add.**

Once you can do sets of 30 in 90 seconds or less, each with one-minute's rest in between, you are ready to reduce the number of sets to two and keep pushing the number of reps per set up. Once you can do two sets of 50 in less that two and a half minutes each, you are ready to start doing one single set each day, gradually pushing towards the ever elusive 100 rep mark.

The Jump Rope

I've included a jump rope workout as homework on the days opposite the burpee progression days. There is one simple reason for this; like the burpee progression, the jump rope is extremely effective as a tool for burning fat.

The workouts are simple; there are assigned durations which you are to intensely "play " with the rope. It starts out slow, with a single five-minute session, but ramps up quickly. In the latter parts of the program you are completing five five-minute rounds, which is no easy task.

Those new to the rope will begin with single jumps and concentrate on developing proficiency with the rope. As the days and weeks go on skill with the rope will improve.

I encourage you to develop skills and "rope tricks" to improve coordination, and keep it interesting.

For inspiration, watch a video of a boxer using the rope. Your mission is to look like him on the rope by the end of this program.

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Rest between the sets should be limited to two minutes max, and ideally kept to one-minute as conditioning improves.

Together these pieces make up a complex, layered approach to training which will enable you to bust through previous fat loss plateaus, or seriously improve your body composition if you are beginning this journey with a higher body fat.

Before we get into the meat of the program, it is absolutely necessary to address the other important variable in this mix…

Diet.

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Diet

No discussion of dropping body fat would be complete without addressing the diet variable. While the program laid out in this book will improve your body composition regardless of your dietary approach, your results will be much better if you adhere to at least a basic fat loss diet.

In my book *"SWOLE: The Greyskull Growth Principles"* I address the subject of diet in detail with regards to building muscle mass. I will be releasing a fat loss counterpart to SWOLE in the future which will get much more specific on the diet front, as well as look at the supplement options available to expedite the fat loss process. For our purposes here however, I am simply going to offer some very basic guidance on how to set up a simple fat loss diet to accompany the program in this book.

Food Quality

What you're eating is probably the most important piece of the diet puzzle. I advise you to stick to high-quality, single ingredient sources of protein and carbohydrates to make up your meals.

Lean protein sources like, chicken, fish, lean beef, pork, low or non-fat cottage cheese, and protein powders should be your staple sources during the next twelve weeks.

Carbohydrate sources such as potato, rice, oats, fruits, and pasta should make up the carbohydrate side of the mix.

Vegetables we consider a "free food" and can be consumed liberally with each meal.

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Food Combinations

As alluded to in the quality section, meals should consist of a source of protein and a source of carbohydrates. We are not deliberately adding fat sources to the equation at this point, but rather letting them piggyback in with the protein sources for now. Keeping the fat relatively low reduces the overall caloric intake, and therefore helps us on our pursuit of leanness.

The exception of the one and one rule exists in the final meal of the day, which should be protein only, ideally protein powder mixed in water or another calorie/ carbohydrate free liquid.

Portions

Each meal should consist of a portion of protein and a portion of carbohydrates. A portion of protein is roughly the size of your palm, while a portion of carbs is about the size of your fist. Stick to these basic portioning guidelines over the next twelve weeks, and you will see fat loss for sure.

Timing

Meals should be spread over the day in roughly three-hour intervals. This means that you should be taking in five to six small meals per day.

If your body fat is high to begin with, consider dropping the carbohydrate portion from the last two meals, opting for a meat and vegetable only meal prior to the final meal of the day.

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This is by no means a comprehensive look at fat loss dieting, but rather a brief intro to some of the principles that I use in building diets for individuals. If you would like more specific diet information for your situation feel free to contact me about consulting with you directly, or stay tuned for the upcoming fat loss diet book.

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Week One

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Week One: Day One

AM Fasted Walk

30 minutes

Workout

Incline Bench Press

2 x 4-6

Press

6-8, 8-12

Alternating DB Curl (see page 117)

3 x 10

Homework:

Burpee Progression

Week One: Day Two

AM Fasted Walk

30 minutes

Workout

30 seconds max effort (sprint)

30 seconds moderate effort (jog)

5 minutes

Homework:

Jump Rope

5 minutes

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Week One: Day Three

AM Fasted Walk

30 minutes

Workout

Sumo Deadlift (see page 112)

4-6, 8-12

Hanging Knee Raise (see page 120)

3 x 12

Squat

2 x 8-12

Homework:

Burpee Progression

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Week One: Day Four

AM Fasted Walk

30 minutes

Workout

20 minute Aerobic Solution (see page 124)

Homework:

Jump Rope

5 minutes

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Week One: Day Five

AM Fasted Walk

30 minutes

Workout

Close Grip Bench Press (see page 113)

2 x 4-6

Seated Dumbbell Press (see page 118)

10, 8, 6

Weighted Pushup + 45lb (see page 115)

2 x Max Reps

Homework:

Burpee Progression

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Week One: Day Six

AM Fasted Walk

30 minutes

Workout

100m Dash x 5

Homework:

Jump Rope

5 minutes

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Week One: Day 7

Rest Day

"Dreams and dedication are a powerful combination"

-William Longwood

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Week Two

Week Two: Day One

AM Fasted Walk

30 minutes

Workout

Deficit Deadlift (see page 119)

4-6, 8-12

Kneeling Cable Crunch (see page 122)

2 x 10-12

Front Squat (see page 110)

2 x 5, 1 x 5+

Homework:

Burpee Progression

Week Two: Day Two

AM Fasted Walk

30 minutes

Workout

30 seconds max effort (sprint)

30 seconds moderate effort (jog)

6 minutes

Homework:

Jump Rope

7 minutes

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Week Two: Day Three

AM Fasted Walk

30 minutes

Workout

Weighted Dip

2 x 6-8

Double Kettlebell Clean and Press (see page 114)

2 x Max Reps w/ Heavy Bells

EZ Curl bar Curl (see page 116)

2 x 10-12

Homework:

Burpee Progression

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Week Two: Day Four

AM Fasted Walk

30 minutes

Workout

20 minute Aerobic Solution

Homework:

Jump Rope

7 minutes

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Week Two: Day Five

AM Fasted Walk

30 minutes

Workout

Sumo Deadlift

2 x 6-8

Decline Twisting Crunch (see page 123)

2 x 12

Squat

1 x 20

Homework:

Burpee Progression

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Week Two: Day Six

AM Fasted Walk

30 minutes

Workout

100m Dash x 5

Homework:

Jump Rope

7 minutes

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Week Two: Day Seven

Rest Day

"I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen".

-Frank Lloyd Wright

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Week Three

Week Three: Day One

AM Fasted Walk

30 minutes

Workout

Incline Bench Press

2 x 4-6

Press

6-8, 8-12

Alternating DB Curl

3 x 10

Homework:

Burpee Progression

Week Three: Day Two

AM Fasted Walk

30 minutes

Workout

30 seconds max effort (sprint)

30 seconds moderate effort (jog)

7 minutes

Homework:

Jump Rope

2 x 5 minute round

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Week Three: Day Three

AM Fasted Walk

30 minutes

Workout

Sumo Deadlift

4-6, 8-12

Hanging Knee Raise

3 x 12

Squat

2 x 8-12

Homework:

Burpee Progression

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Week Three: Day Four

AM Fasted Walk

30 minutes

Workout

20 minute Aerobic Solution

Homework:

Jump Rope

2 x 5 minute round

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Week Three: Day Five

AM Fasted Walk

30 minutes

Workout

Close Grip Bench Press

2 x 4-6

Seated Dumbbell Press

10, 8, 6

Weighted Pushup + 45lb

2 x Max Reps

Homework:

Burpee Progression

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Week Three: Day Six

AM Fasted Walk

30 minutes

Workout

100m Dash x 6

Homework:

Jump Rope

2 x 5 minute round

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Week Three: Day Seven

Rest Day

"Mental toughness is to physical as four is to one".

-Bobby Knight

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Week Four

Week Four: Day One

AM Fasted Walk

30 minutes

Workout

Deficit Deadlift

4-6, 8-12

Kneeling Cable Crunch

2 x 10-12

Front Squat

2 x 5, 1 x 5+

Homework:

Burpee Progression

Week Four: Day Two

AM Fasted Walk

30 minutes

Workout

30 seconds max effort (sprint)

30 seconds moderate effort (jog)

7 minutes

Homework:

Jump Rope

3 x 5 minute round

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Week Four: Day Three

AM Fasted Walk

30 minutes

Workout

Weighted Dip

2 x 6-8

Double Kettlebell Clean and Press

2 x Max Reps w/ Heavy Bells

EZ Curl bar Curl

2 x 10-12

Homework:

Burpee Progression

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Week Four: Day Four

AM Fasted Walk

30 minutes

Workout

20 minute Aerobic Solution

Homework:

Jump Rope

3 x 5 minute round

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Week Four: Day Five

AM Fasted Walk

30 minutes

Workout

Sumo Deadlift

2 x 6-8

Decline Twisting Crunch

2 x 12

Squat

1 x 20

Homework:

Burpee Progression

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Week Four: Day Six

AM Fasted Walk

30 minutes

Workout

100m Dash x 6

Homework:

Jump Rope

3 x 5 minute round

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Week Four: Day Seven

Rest Day

"Success is to be measuresd not so much by the position that one has reached in life as bythe obstacles which he has overcome".

-Booker T. Washington

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Week Five

Week Five: Day One

AM Fasted Walk

40 minutes

Workout

Incline Bench Press

2 x 4-6

Press

6-8, 8-12

Alternating DB Curl

3 x 10

Homework:

Burpee Progression

Week Five: Day Two

AM Fasted Walk

40 minutes

Workout

30 seconds max effort (sprint)

30 seconds moderate effort (jog)

8 minutes

Homework:

Jump Rope

6 x 3 minute round

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Week Five: Day Three

AM Fasted Walk

40 minutes

Workout

Sumo Deadlift

4-6, 8-12

Hanging Knee Raise

3 x 12

Squat

2 x 8-12

Homework:

Burpee Progression

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Week Five: Day Four

AM Fasted Walk

40 minutes

Workout

20 minute Aerobic Solution

Homework:

Jump Rope

6 x 3 minute round

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Week Five: Day Five

AM Fasted Walk

40 minutes

Workout

Close Grip Bench Press

2 x 4-6

Seated Dumbbell Press

10, 8, 6

Weighted Pushup + 45lb

2 x Max Reps

Homework:

Burpee Progression

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Week Five: Day Six

AM Fasted Walk

40 minutes

Workout

100m Dash x 6

Homework:

Jump Rope

6 x 3 minute round

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Week Five: Day Seven

Rest Day

"Battle is the most magnificent competition in which a human being can indulge. It brings out all that is best; it removes all that is base. All men are afraid in battle. The coward is the one who lets his fear overcome his sense of duty. Duty is the essence of manhood".

-George S. Patton

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Week Six

Week Six: Day One

AM Fasted Walk

40 minutes

Workout

Deficit Deadlift

4-6, 8-12

Kneeling Cable Crunch

2 x 10-12

Front Squat

2 x 5, 1 x 5+

Homework:

Burpee Progression

Week Six: Day Two

AM Fasted Walk

40 minutes

Workout

30 seconds max effort (sprint)

30 seconds moderate effort (jog)

9 minutes

Homework:

Jump Rope

7 x 3 minute round

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Week Six: Day Three

AM Fasted Walk

40 minutes

Workout

Weighted Dip

2 x 6-8

Double Kettlebell Clean and Press

2 x Max Reps w/ Heavy Bells

EZ Curl bar Curl

2 x 10-12

Homework:

Burpee Progression

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Week Six: Day Four

AM Fasted Walk

40 minutes

Workout

20 minute Aerobic Solution

Homework:

Jump Rope

7 x 3 minute round

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Week Six: Day Five

AM Fasted Walk

40 minutes

Workout

Sumo Deadlift

2 x 6-8

Decline Twisting Crunch

2 x 12

Squat

1 x 20

Homework:

Burpee Progression

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Week Six: Day Six

AM Fasted Walk

40 minutes

Workout

100m Dash x 7

Homework:

Jump Rope

7 x 3 minute round

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Week Six: Day Seven

Rest Day

"Trials, temptations, disappointments—all these are helps instead of hindrances, if one uses them rightly. They not only test the fiber of character but strengthen it… Every trial endured and weathered in the right spirit makes a soul nobler and stronger than it was before".

-James Buckham

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Week Seven

Week Seven: Day One

AM Fasted Walk

40 minutes

Workout

Incline Bench Press

2 x 4-6

Press

6-8, 8-12

Alternating DB Curl

3 x 10

Homework:

Burpee Progression

Week Seven: Day Two

AM Fasted Walk

40 minutes

Workout

30 seconds max effort (sprint)

30 seconds moderate effort (jog)

10 minutes

Homework:

Jump Rope

5 x 5 minute round

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Week Seven: Day Three

AM Fasted Walk

40 minutes

Workout

Sumo Deadlift

4-6, 8-12

Hanging Knee Raise

3 x 12

Squat

2 x 8-12

Homework:

Burpee Progression

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Week Seven: Day Four

AM Fasted Walk

40 minutes

Workout

20 minute Aerobic Solution

Homework:

Jump Rope

5 x 5 minute round

 ©2012 Villain Publishing

Week Seven: Day Five

AM Fasted Walk

40 minutes

Workout

Close Grip Bench Press

2 x 4-6

Seated Dumbbell Press

10, 8, 6

Weighted Pushup + 45lb

2 x Max Reps

Homework:

Burpee Progression

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Week Seven: Day Six

AM Fasted Walk

40 minutes

Workout

100m Dash x 8

Homework:

Jump Rope

5 x 5 minute round

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Week Seven: Day Seven

Rest Day

"I want to rip out his heart and feed it to him. I want to kill people. I want to rip their stomachs out and eat their children".

-Mike Tyson

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Week Eight

Week Eight: Day One

AM Fasted Walk

40 minutes

Workout

Deficit Deadlift

4-6, 8-12

Kneeling Cable Crunch

2 x 10-12

Front Squat

2 x 5, 1 x 5+

Homework:

Burpee Progression

Week Eight: Day Two

AM Fasted Walk

40 minutes

Workout

30 seconds max effort (sprint)

30 seconds moderate effort (jog)

11 minutes

Homework:

Jump Rope

5 x 5 minute round

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Week Eight: Day Three

AM Fasted Walk

40 minutes

Workout

Weighted Dip

2 x 6-8

Double Kettlebell Clean and Press

2 x Max Reps w/ Heavy Bells

EZ Curl bar Curl

2 x 10-12

Homework:

Burpee Progression

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Week Eight: Day Four

AM Fasted Walk

40 minutes

Workout

20 minute Aerobic Solution

Homework:

Jump Rope

5 x 5 minute round

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Week Eight: Day Five

AM Fasted Walk

40 minutes

Workout

Sumo Deadlift

2 x 6-8

Decline Twisting Crunch

2 x 12

Squat

1 x 20

Homework:

Burpee Progression

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Week Eight: Day Six

AM Fasted Walk

40 minutes

Workout

100m Dash x 8

Homework:

Jump Rope

5 x 5 minute round

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Week Eight: Day Seven

Rest Day

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion".

-Muhammad Ali

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Week Nine

Week Nine: Day One

AM Fasted Walk

45 minutes

Workout

Incline Bench Press

2 x 4-6

Press

6-8, 8-12

Alternating DB Curl

3 x 10

Homework:

Burpee Progression

Week Nine: Day Two

AM Fasted Walk

45 minutes

Workout

30 seconds max effort (sprint)

30 seconds moderate effort (jog)

12 minutes

Homework:

Jump Rope

5 x 5 minute round

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Week Nine: Day Three

AM Fasted Walk

45 minutes

Workout

Sumo Deadlift

4-6, 8-12

Hanging Knee Raise

3 x 12

Squat

2 x 8-12

Homework:

Burpee Progression

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Week Nine: Day Four

AM Fasted Walk

45 minutes

Workout

20 minute Aerobic Solution

Homework:

Jump Rope

5 x 5 minute round

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Week Nine: Day Five

AM Fasted Walk

45 minutes

Workout

Close Grip Bench Press

2 x 4-6

Seated Dumbbell Press

10, 8, 6

Weighted Pushup + 45lb

2 x Max Reps

Homework:

Burpee Progression

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Week Nine: Day Six

AM Fasted Walk

45 minutes

Workout

100m Dash x 9

Homework:

Jump Rope

5 x 5 minute round

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Week Nine: Day Seven

Rest Day

"He who is not courageous enough to take risks will accomplish nothing in life".

-Muhammad Ali

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Week Ten

Week Ten: Day One

AM Fasted Walk

45 minutes

Workout

Deficit Deadlift

4-6, 8-12

Kneeling Cable Crunch

2 x 10-12

Front Squat

2 x 5, 1 x 5+

Homework:

Burpee Progression

Week Ten: Day Two

AM Fasted Walk

45 minutes

Workout

30 seconds max effort (sprint)

30 seconds moderate effort (jog)

13 minutes

Homework:

Jump Rope

5 x 5 minute round

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Week Ten: Day Three

AM Fasted Walk

45 minutes

Workout

Weighted Dip

2 x 6-8

Double Kettlebell Clean and Press

2 x Max Reps w/ Heavy Bells

EZ Curl bar Curl

2 x 10-12

Homework:

Burpee Progression

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Week Ten: Day Four

AM Fasted Walk

45 minutes

Workout

20 minute Aerobic Solution

Homework:

Jump Rope

5 x 5 minute round

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Week Ten: Day Five

AM Fasted Walk

45 minutes

Workout

Sumo Deadlift

2 x 6-8

Decline Twisting Crunch

2 x 12

Squat

1 x 20

Homework:

Burpee Progression

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Week Ten: Day Six

AM Fasted Walk

45 minutes

Workout

100m Dash x 9

Homework:

Jump Rope

5 x 5 minute round

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Week Ten: Day Seven

Rest Day

"Pain is temporary. It may last a minute, or an hour, or a day, or a year, but it will subside and something else will take its place. If I quit, however, it lasts forever".

-Lance Armstrong

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Week Eleven

Week Eleven: Day One

AM Fasted Walk

45 minutes

Workout

Incline Bench Press

2 x 4-6

Press

6-8, 8-12

Alternating DB Curl

3 x 10

Homework:

Burpee Progression

Week Eleven: Day Two

AM Fasted Walk

45 minutes

Workout

30 seconds max effort (sprint)

30 seconds moderate effort (jog)

14 minutes

Homework:

Jump Rope

5 x 5 minute round

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Week Eleven: Day Three

AM Fasted Walk

45 minutes

Workout

Sumo Deadlift

4-6, 8-12

Hanging Knee Raise

3 x 12

Squat

2 x 8-12

Homework:

Burpee Progression

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Week Eleven: Day Four

AM Fasted Walk

45 minutes

Workout

20 minute Aerobic Solution

Homework:

Jump Rope

5 x 5 minute round

 ©2012 Villain Publishing

Week Eleven: Day Five

AM Fasted Walk

45 minutes

Workout

Close Grip Bench Press

2 x 4-6

Seated Dumbbell Press

10, 8, 6

Weighted Pushup + 45lb

2 x Max Reps

Homework:

Burpee Progression

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Week Eleven: Day Six

AM Fasted Walk

45 minutes

Workout

100m Dash x 10

Homework:

Jump Rope

5 x 5 minute round

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Week Eleven: Day Seven

Rest Day

"Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek".

-Mario Andretti

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Week Twelve

Week Twelve: Day One

AM Fasted Walk

45 minutes

Workout

Deficit Deadlift

4-6, 8-12

Kneeling Cable Crunch

2 x 10-12

Front Squat

2 x 5, 1 x 5+

Homework:

Burpee Progression

Week Twelve: Day Two

AM Fasted Walk

45 minutes

Workout

30 seconds max effort (sprint)

30 seconds moderate effort (jog)

15 minutes

Homework:

Jump Rope

5 x 5 minute round

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Week Twelve: Day Three

AM Fasted Walk

45 minutes

Workout

Weighted Dip

2 x 6-8

Double Kettlebell Clean and Press

2 x Max Reps w/ Heavy Bells

EZ Curl bar Curl

2 x 10-12

Homework:

Burpee Progression

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Week Twelve: Day Four

AM Fasted Walk

45 minutes

Workout

20 minute Aerobic Solution

Homework:

Jump Rope

5 x 5 minute round

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Week Twelve: Day Five

AM Fasted Walk

45 minutes

Workout

Sumo Deadlift

2 x 6-8

Decline Twisting Crunch

2 x 12

Squat

1 x 20

Homework:

Burpee Progression

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Week Twelve: Day Six

AM Fasted Walk

45 minutes

Workout

100m Dash x 10

Homework:

Jump Rope

5 x 5 minute round

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Conclusion

There you have it, an intense twelve-week fat loss cycle, Greyskull style. If you've pushed it to the limit on your workouts over the last twelve weeks, and stuck to your diet, you are no doubt sporting a leaner, harder frame.

I commend you for putting in the effort and doing things that others simply won't do in pursuit of beastly greatness. Now that you've stripped the fat, check out some of the other titles in the "Twelve Weeks at Greyskull" series if you'd like to push hard to produce some different outcomes.

Whatever you do, keep the gains coming. As I've said before, at Greyskull the only things we are interested in "maintaining" are erections.

Thank you for your support, and do not hesitate to contact me for help along the way.

Yours in Strength,

Johnny Pain

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Exercise Detail

This is not intended by any means to be a comprehensive list of all of the movements used in the 12-week program in this book. There is a certain amount of assumed knowledge on the part of the reader/ purchaser of this book. Movements that I felt some might be unfamiliar with are demonstrated for detail in this section. For more detail on the more basic movements presented, check out the exercise execution section of "The Greyskull LP: Second Edition".

As always, if there are any questions regarding any of the information presented in this book, I can be reached on my Q and A Forum on StrengthVillain.com where I will be happy to provide you with an answer.

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The Weighted Chin-Up



To perform the weighted chin, don a weight belt and hang from a bar with your palms facing towards you as shown. Make it a dead hang, meaning that the elbows are not bent at all. From there pull up until your throat comes in contact with the bar.

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The Front Squat

The bodybuilding style front squat is performed by crossing the arms in front of the body as shown below, elbows out, hands in fists touching opposite shoulders. This creates a shelf to rest the bar on. The bodybuilding style is simpler to perform correctly, though it requires that the bar be taken out of a rack or off of a stand. The Olympic style does not require a rack, as the bar can be cleaned into place.

Both styles have their applications. I feel no obligation to recommend the Olympic style front squat to anyone other than those interested in competing in the sport. In terms of building strength and muscle, the bodybuilding variation will certainly get the job done.



The "Olympic" style Front Squat

 ©2012 Villain Publishing




The "Bodybuilding" style Front Squat



Detail on Bar Position; Keep those elbows out!

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The Sumo Deadlift

The Sumo Deadlift is a very natural lift to perform. It is my favorite member of the Deadlift family. The simple direction that I give to trainees is to "stand like a gorilla" at the bar, grip it hard, and push the ground away.

Remember, chest out, butt back the whole time. For more detail on this lift see my book *"The Greyskull LP: Second Edition"*.



The Sumo Deadlift

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The Close Grip Bench Press

There are two common ways of performing this movement, what I refer to as the "Powerlifting" style, and the "Bodybuilding" style. The difference is the position of the elbows throughout the movement; the former has the elbows tucked with the upper arms maintaining contact with the torso, while the latter has the elbows "doing what they want" and flaring out a bit. For this program we will be using the Bodybuilding style as shown below. For more detail on both variants check out my book "The Greyskull LP: Second Edition".



The Close Grip Bench Press. Note that the hands are positioned in roughly the same spacing used for a correct press.

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The Double Kettlebell Clean and Press

This one is very self-explanatory having already covered the double ketllebell clean, but here's a few more pictures of my favorite Sorta Rican lifting things anyway.

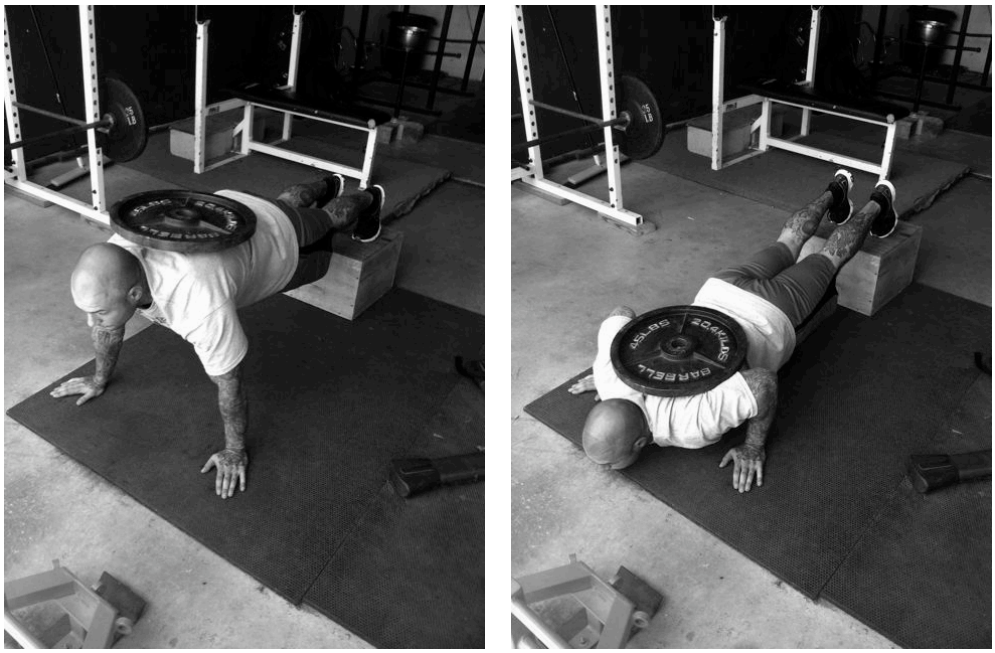


The Double Kettlebell Clean and Press

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The Weighted Push-Up

Painfully simple, but here's a visual for those that may never have seen it done.



The Weighted Push-Up

 ©2012 Villain Publishing

EZ Curl Bar Curl

Make everything as tight as possible when doing these. Flex your chest and lats hard throughout the whole movement. If you haven't learned how to consciously control these muscles, just imagine holding a pair of five-pound plates under your armpits while you perform the movement. Maintain this tightness at the top of the movement and lift your elbows up slightly at the end; you'll feel the whole unit get much tighter, and the bicep itself will feel as if it has no more potential to contract (which it won't). This small movement triggers the last little bit of contraction from the biceps proximal (closest to the body) function of contributing to the movement of the upper arm at the shoulder joint.



The EZ Curl Bar Curl. Note the squeeze and elevated elbows at the top of the movement.

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Seated Alternating Dumbbell Curl

As with the standard EZ curl bar curl, keep everything flexed up tight throughout the movement. Imagine holding those five pounders under the armpits and *squeeze*!



The Seated Alternating Dumbbell Curl

 ©2012 Villain Publishing

Seated Dumbbell Press

Another simple one.



The Seated Dumbbell Press

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The Deficit Deadlift

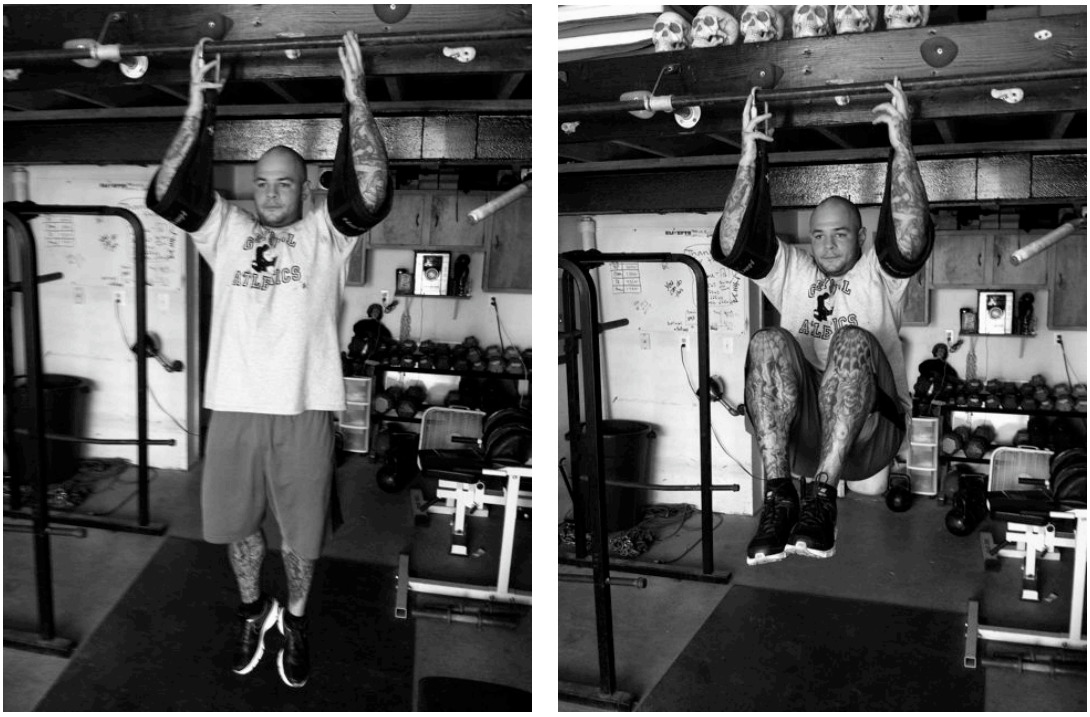
This one requires a few plates or a platform of some sort to stand on. Other than that it is performed exactly like a conventional deadlift.



The Deficit Deadlift

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The Hanging Knee Raise



The Hanging Knee Raise

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The Rack Pull

Set the pins in the rack to just above the knee. Keep the chest pushed out and push the ground away with the feet.



The Rack Pull

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The Cable Crunch

This one requires a cable stack with a high pulley to which a rope handle can be attached. Set the weight to a moderate load (this will take some figuring out for those unfamiliar with this movement) kneel on the ground a few feet back from the base of the machine, and grasp the rope handle. Keeping the hips stationary, and moving only the torso, stretch the chest up high, tightening the lower back. From that position, crunch the abdominals hard pulling the weight down with fixed arms (no pulling). Hold the contraction at the bottom of the movement for a three count, flexing the abdominals as if you are trying to get them to pop. Once you've held the three count, return to the top position slowly resisting the weight.



The Cable Crunch

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The Decline Board Twisting Crunch

This one is not to be confused with the more rapid "Rocky-esque" version of this movement. This guy is to be performed ultra strict with our recurring theme of intense contraction. Set the decline bench or board to about a forty-five degree decline. Sit upright on the bench so that your torso is perpendicular to the board. From that position, moving only "from the ribs up", as in keeping the hips still and lower back relatively stationary, twist and crunch so that your right elbow heads towards your left knee. Hold the hard contraction in the oblique for a three count, release slowly back to the start, and repeat on the other side. A rep performed to each knee counts as one repetition.



Note: (not shown) After crunching to one knee, you would return to the start position before crunching to the opposite knee.

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The Twenty-Minute Aerobic Solution

The following is excerpted from "The Greyskull LP: Second Edition". In that book I credit Bill Phillips of "Body for Life" fame with creating this gem that I have used for years with great results. If you are not training somewhere that commercial cardio equipment is available, you can substitute a second "Day One" with the same number of minutes in place of this.

This method requires the use of a perceived exertion scale, a concept that may be new to some readers. It is much easier than it sounds. The scale simply requires that you assign a number, from one to ten, to the amount of effort that you are putting forth. A lower number reflects a lower level of exertion.

For instance in the case of an in-shape trainee, a five might be a somewhat brisk walking pace, while an eight would be a hard run, and a ten would be an all-out sprint.

A one might be simply standing up, make sense?

Good.

Ok, so now that you understand how this number scale works, let's look at how to use this information to trim the fat

The workout will last twenty minutes. Each minute of the workout will have an exertion level associated with it. This method can be used successfully on any piece of commercial gym equipment.

Elliptical trainers and Recumbent bikes offer more freedom in terms of pushing hard during the more demanding minutes, though I tend to prefer the treadmill for it's "set it and forget it" capability; once you crank it up to the desired number you have no choice but to keep the intensity there.

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The Twenty-Minute Aerobic Solution Exertion Chart

Minute	Intensity Level (one through ten)
1	5 (warm up)
2	5 (warm up)
3	6
4	7
5	8
6	9
7	6
8	7
9	8
10	9
11	6
12	7
13	8
14	9
15	6
16	7
17	8
18	9
19	10 (all out effort)
20	5 (warm up)

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Meet Your Author



Johnny Pain is the man behind StrengthVillain.com as well as the East Coast's notorious Greyskull Barbell Club and several other ventures. He is the author of several books on subjects pertaining to strength and conditioning. He can be found comically entertaining questions on his Q and A forum at StrengthVillain.com or can be reached for consultations, training seminars, or speaking engagements at john@villainintl.com.

Also, you can follow him on Twitter: @thejohnnypain

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