GREYSKULL METHODS PRESENTS

THE LCI METHOD



TWELVE WEEKS TO A MOVIE READY PHYSIQUE

johnny pain

Origins of the LCI Method

The ideas that lead to the development of the method presented in this book stemmed from a conversation that I had some years ago with a very successful personal trainer from the West Coast. His clientele was strictly “A” listers, Hollywood types who needed to make rapid transformations in their physiques for specific roles. He often took people from the “couch” to the set within a few short months, shedding layers of bodyfat, and creating a hard, muscular look. I was intrigued by his methods, and as we discussed them more, I thought that I would certainly begin to implement some of his ideas into the training of my clients. As you can imagine, there were some aspects of his training philosophy that I did not agree with or see as necessary to produce the intended results, and he admitted to me that much of his method was intended to be complex and “theoretical” in nature in an effort to better sell his services to agents and stars alike. From a business standpoint, he made perfect sense. I understood his motives, and did not view his making things “proprietarily complex” as a lack of integrity since his clients were, in fact, getting what they were paying him for.

Over the last few years I have used variations of this approach with clients representing many different walks of life. The one common thread between them was the desire to rapidly alter their physique for the better, creating a hard, dense look with little body fat to speak of. This method is not intended for those who wish to increase their strength as the number one priority (powerlifters, weightlifters), nor is it my go to program for aspiring bodybuilders. For the guy or girl who is looking to build a silver screen ready body in as short of a timeframe as possible however, the method presented in this book is normally the first tool that comes out of my kit.

Most recently I have used this program very successfully to rapidly alter my own body composition, shedding just under 20lb of bodyfat accumulated over the last few years of training primarily for size and strength. I have since shifted my training towards a more performance based program designed to get me back in “combat” shape since the demands of my ever-changing life have warranted such a transition.

I ran the LCI setup for roughly eight weeks, though after two weeks I had several people comment to me that I was definitely leaning out. After the eight-week period I had more detail in my physique than I have had in the last several years, and though I was down 20 lb, many comment to me now that I look bigger than I had a few months ago. This particular phenomenon is shared by many who undertake this method, and also explains why the Hollywood stars who everyone thinks are so big and muscular normally weigh considerably less than most people would guess.

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In the upcoming diet section I will provide basic guidelines for an effective diet to couple with this program, as well as provide a snapshot of what my own diet looked like during my most recent stint with this method.

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What is the LCI Method?

This method's name derives from the incorporation of three major components in each of the week's primary training days (M, T, TR, F).

The "L" represents a lift, for our purposes a variant of the classic big four, the squat, deadlift, press, and bench press.

The "C" represents a circuit; a series of movements done in a specific order without a defined rest period between them. The circuits presented in the sample program section are all intended to be completed as one big effort without breaks in between movements, and with an emphasis on quality of movement over speed of completion.

The "I" represents the interval portion of the session. This portion is the shortest (generally speaking) of the sections, and involves a single movement performed at maximum intensity in an interval fashion.

Together the three pieces make up a powerful approach in terms of producing definite changes in body composition. The lifting is heavy and intense. Strength increases as a result, and we see an increase in muscle mass, definition, and strength. The circuits are grueling and mentally challenging. The loads used are deliberately light; the primary purpose of the circuit not being development of strength or mass, but rather the involvement of as much muscle mass as possible (under load) for an extended period of time. Such circuits elicit a favorable "EPOC" (excess post-exercise oxygen consumption) effect, which jacks the metabolism up for quite a while after the session is over. Lastly the intervals provide another surge of troops to the EPOC front, and "finish" out the session with an intense conditioning component.

Though these three components are found in the name of the method, they do not entirely make up the foundation of the method. There are one to two other training days in the clients week, and each features a different mode of training designed to supplement the program's LCI roots.

The first additional mode is the bodyweight training day. This occurs on the third day of the training week, and consists of basic bodyweight exercises performed in a progressive manner. This day is designed to supplement the other days by adding to the overall strengthening of the body while also serving as a form of "active recovery" in between the more intense sessions. The bodyweight days should be enjoyable and have a much more laid back feel to them than the LCI based days. Clients seek new "records" and progress in bodyweight movements while preparing for the storm that is to return the following day.

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The last of the modes used is the long distance day. This occurs on the sixth day of the week. There are a variety of activities that can be considered training on this day which include, but are not limited to:

- Trail Running
- Hiking
- Biking
- Swimming
- Ruck Marching
- Rowing

You'll notice here that there is a trend towards outdoor activities. This is not accidental. I encourage clients to partake in some form of activity that they enjoy on this day, but that can be done for an extended period (30 minutes to an hour) and is able to be tracked for progress.

I've had clients use each of the above methods with great success in conjunction with the methods in this book, and the decision as to which you should use is entirely based on what you will enjoy, and therefore exert the hardest on. If there is something not on this list that can be done for an hour or so with a decent amount of intensity, then chances are I would give you the go ahead to plug that in as your day six session.

In the next section we will look at each of the five components of this program in more detail.

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The Lift Component

The first component of each of the four main training days of the week begins with a variation of one of the “big four” barbell lifts. These are, again:

- Squat
- Deadlift
- Press
- Bench Press

Much has been written, by myself and many others before me, regarding the efficacy of these main movements in terms of developing strength and building muscle. Unless you are a complete beginner to the world of strength and conditioning, you will be very familiar with this idea.

In the example twelve-week program that I will lay out shortly, you will be able to see how these lifts are programmed, both in terms of sets/reps, and common variations. We are not reinventing the wheel here; many of the rep schemes will be familiar to you if you have been exposed to my other programs.

There is not a tremendous need for variety here. Each lift is performed on one of the training days, which means that each is trained once per week. Over twelve weeks that means that there are twelve bench sessions, twelve squat sessions, etc. Obviously the frequency with which these movements are trained is much higher in most of my other programs, but for the goal of aggressive body recomposition, this frequency does the trick quite nicely. Since we have a circuit, and interval portion to complete on each of the days as well, time becomes a concern. Remember, though we have a three-part workout here, we are still looking to be in and out of the gym in less than forty-five minutes. None of the workouts presented in the sample program that I am including will take you more than that amount of time to complete.

Those familiar with my methods will note that I am intensity driven when it comes to weight training. I do not believe in volume for the sake of volume, and wholeheartedly adhere to the notion that, given the proper propensity for generating intensity, as much if not more can be accomplished from one all out set as can be accomplished with five or more sets of an exercise.

This book is no different in that regard. You will see straight sets with a rep range, for instance “Deadlift: 2 x 6-8” meaning two all out sets of deadlifts with failure being reached between six and eight reps, as well as the ultra-effective

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rest pause method that I wrote about in detail in “The Greyskull Method for Powerbuilding”.

You may see variance in the rep scheme from week to week for a given movement, or you may see a different version of the movement the week after another. This idea, while not necessary with a rank beginner, is built into the sample program to avoid mental and physical stagnation for a trainee who has “been around the block” a few times, or who is easily bored with a monotonous lifting program. Always keep in mind that progress for the client is my number one objective going into any programming endeavor, and that this book is no different. Adherence to, and hard work at the sample program will definitely yield strength gains as well as increases in lean body mass should the trainee get the proper rest, and pay attention to his or her diet.

As always, none of the movements, rep schemes, or variations presented in this book represent the **ONLY** way to accomplish this task. If you are an experienced trainee looking to use this method to attain a higher quality physique in a short period of time, you absolutely have the freedom to manipulate variables in the strength-training portion to better serve your needs. I will stress however that if you are not an experienced lifter who has already made much progress using another method or methods, you will most likely be well served to stick to the program presented, and follow it as close as possible.

If you do choose to alter the program at all, just heed my advice and keep the volume down. This method is strenuous enough without adding set after set of a movement for the sake of doing more reps. Also make sure that there is a definite system in place with which to make the program progressive; you should be increasing performance (weight or reps) in each of your subsequent sessions with a given exercise.

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Using the LCI Method with the Greyskull LP as the lifting framework

I should note that many have had tremendous success with this program while using the rep schemes, and method of increasing weight and reps outlined in my book *"The Greyskull LP: Second Edition"*. To do this, they simply performed one of the LP lifts on each of the four weight training days, and followed the plan for how to increase weight/reps, reset, etc. If you are a newbie, I cannot recommend that particular approach enough both for its inherent simplicity, and its proven efficacy.

Here is how that might look. Note that only the lifting (L) portion of the four "LCI" days is highlighted here.

Monday

Press: 2 x 5, 1 x 5+

For those who don't know, this means that two sets of five reps are completed with a given weight, followed by a final set with the same load, which is taken to failure. Weight is increased on the following workout by 2-2.5lbs, in the case of the press and bench press, and 5lbs in the case of the squat and deadlift. When the trainee cannot make at least five reps on any of the three sets, he or she reduces the weight on the bar by ten percent and begins the process again on the next workout. For more on this method see *"The Greyskull LP: Second Edition".*

Tuesday

Squat: 2 x 5, 1 x 5+

Thursday

Bench Press: 2 x 5, 1 x 5+

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Friday

Deadlift: 1 x 5+

Note that the deadlift is the only movement that is performed for only one set at this stage.

Again, I highly recommend using this setup for the strength-training piece of this puzzle if you are new or relatively new to strength training, particularly in my methods. As several thousand people across the globe can tell you, this proven method works, and is as reliable as you could possibly want it to be.

The sample program I will present would be for a slightly more advanced trainee who has already demonstrated capacity for generating the requisite intensity to make methods like rest pause truly effective. If you honestly feel that you meet those criteria, then have at it. Otherwise, be humble (which usually means smart) and use the LP method for the lifting portion.

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The Circuit Component

The second piece of the LCI puzzle is the circuit component. As I indicated before, this piece primarily exists to elicit that EPOC response that we are looking for by involving as much muscle mass as possible. We are looking to increase both the metabolic cost of the workout, as well as the EPOC value. In order to best accomplish this, we focus on increasing the metabolic movement cost by sticking to big, compound movements that recruit loads of muscle. You will not find isolation exercises here; this is simply not the place for them. Here we want to move a load a relatively long distance, using as much muscle as possible, in a sustained manner over a relatively short period of time.

The movements here are set up circuit style so as to allow one movement time to "recover" while the other movement is being performed. It is important to note that, while some of these may be timed for simple record keeping, the emphasis here is quality of movement, and not resting at all until the circuit portion is complete. The feeling that you will get when you complete one of these circuits is something like a cross between a CrossFit style workout, and the most insane pump that you've ever gotten as a result of a bodybuilding workout. The results are a bit more unique.

Most of the movements that you will see as part of circuits in the sample program are weighted movements. It is important to understand that, since I do not want you to stop at all until the entire monstrous set is complete, the weights must be light enough to make this happen. That said, they also need to be heavy enough to make each set difficult; this shouldn't look like a fat woman going through a circuit at curves, but rather a very tired, strong person managing respectable loads over a period of time, always just making the set before the fatigue gets to be too much to do another rep or two.

This takes a bit of calibrating to get right. You will have to be on your on this one. I simply cannot be present to tailor the loading for each trainee who completes this program, so it will take some experimentation on your part to get the loads just right. In the sample program, I will be including loads that are intended for a male trainee who is capable of getting five reps of each of the big four lifts with the following poundages:

- **Squat: 275**
- **Deadlift: 315**
- **Press: 155**
- **Bench Press: 225**

You should be able to use the weights listed as a reference to determine a ballpark of where you should be with your loading to begin. If the weights feel

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way too heavy, and you know you will not be able to complete the intended circuit without a lot of rest, strip some weight off the bar. If they feel like cake, wait until the third time through or so before making the decision to up the weight. I say this because it is common for me to load someone for one of these circuits only to have them complain at the beginning that their 95lb squat loading "felt like nothing" only to have them screaming upon completion of each rep on their last set of the circuit.

Use your head here. You've already demonstrated that you know much more than the average bear by even seeking this book out. Now comes the fun trial and error (within a guided framework, something not all of us had) portion, which truly makes you a student of the strength and conditioning game.

Record your weights used in each circuit. When you see a movement from a circuit which you have completed before come up in a later one, add weight to the bar. Make the increases small (5-10lbs max), but make sure that the weight goes up each time you see that movement with the same reps.

For instance, if one circuit looks like this:

Five sets of:

Squat x 5

Push Press x 5

V-Handle Pulldown x 5

…and you used 95lb for the squat, you would use 100lb for the squat the next time that you are asked to complete it for five reps as part of a circuit.

So if this came up…

Five sets of:

Double Dumbbell Clean and Press x 5

Dumbbell Pushup/Row x 5

Squat x 5

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…then you would know to increase your weight. Note that you don't need to wait for the entire circuit to return again (though you certainly can create a "rotation" of your own circuits), you simply need to wait for the movement to be a part of another circuit in order to increase the load.

Likewise if the workout calls for sets of eight on the squat, then you would need to establish a new baseline since you had not previously performed that movement as part of a circuit. This is why proper record keeping is so important. You need to be able to reference your previous performances in order to be sure that you are progressing as needed.

So what makes a good circuit?

As I mentioned before, the sample program included in this book is intended to be exactly that, a sample program. Nothing about it is written in stone. If you choose to create your own circuits for use with this method, you only need to keep a few basic criteria in mind:

- The circuit should consist of a minimum of two and maximum of four movements
- The circuit movements should be antagonistically paired (meaning that you should not follow a bench press with a hard, weighted push-up variant, but rather with something like a squat)
- The reps for each movement should be no less than five, and no more than ten per set (the most common rep schemes that I use are 5's, 8's, and 10's)
- The movements must be compound in nature, no small movements like curls or lateral raises (we're trying to get that EPOC response here, so no sissy movements, just total body killers)
- Each movement must be able to be completed with a tremendous focus on quality
- There should be no preparations necessary to go from movement to movement (for instance, not having to unload a bar from squatting to move it over to a bench with a different load)

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Follow those guidelines and you can certainly create an arsenal of circuits using the samples in this book as inspiration. Again, if you're a newbie, stick to what I've written here. Let my trial and error save you some time.

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The Interval Component

The third piece of the LCI triad is the Interval component. This one is the most straightforward perhaps. It is intended as the EPOC “extra point” after the circuit touchdown. Intervals are performed for short durations, no longer than ten minutes, with a leaning towards five minutes.

All movements used in the interval portion are simple, and are to be done with outright intensity. A brief break (3-5 minutes) after the circuit portion should take place before the interval portion.

The sample program gives several examples of things that I use for the interval piece. I’ve purposely mixed them up a bunch in order to provide much inspiration. If you have access to everything listed for the given interval, by all means use it as directed. If you don’t have certain equipment (a rower perhaps), then improvise and substitute one of the other exercises instead. The intervals are presented in a largely “a la carte” manner, and do not need to be performed in any specific order. Some will stick with one interval for an entire week, looking to break records each time, and some will assign certain intervals to certain days of the week. Whichever method you choose to incorporate will see you to your goals so long as you do your part, which is bust your ass, leaving nothing in the tank, and tracking your progress so as to be able to beat your previous efforts at the same task.

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The Additional Components

In addition to the core LCI pieces, this program also features two other specific training days. These are the bodyweight training day, and the extended effort day.

Let's look at each in a bit more detail.

The Bodyweight Training Day

The third day of your training week will be reserved for bodyweight training. The sample program will provide examples of workouts that can be performed on this day. Volume is the key here. Regardless of the method used to get the volume, a set number of reps in minimum sets, ladders, etc, the goal is to accomplish a good deal of work using challenging bodyweight exercises.

This day is extremely beneficial in that it allows you to train without subjecting your body to more lifting or circuit work, allowing the body to recover from those stimuli while getting a training effect in the process. It is also very beneficial as a form of "active recovery". I've found that those who complete a solid bodyweight day experience far less soreness and other symptoms of a rough training regimen.

This day should have a much more relaxed pace and tone to it than the LCI days, and can be very enjoyable if the progress on the movements is tracked and recorded well. This gives you an opportunity to work on new skills, and build strength and muscular endurance in the old, stand by callisthenic movements.

The Extended Effort Day

Day six of each week is the extended effort day. As I mentioned in the "What is the LCI Method" section, this is the day to get outdoors and participate in some form of sustained activity which you enjoy, but which can be used as a form of training for the day. While there is no hard, fast rule about training outdoors on this day I encourage you to do so. Again, the sample routine will feature several examples of extended efforts that can work here, and is not intended to necessarily be taken literally. It is important however, to track your progress if your activity lends itself to such a practice. For instance, if you are running a four-mile trail each week on Saturdays, endeavor to beat your previous time by a few seconds each week. For an activity like grappling training or something else that is difficult to measure, concentrate on how consistently you are working throughout the session, and seek to go harder, longer, with less rest each time.

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Diet Considerations

Since the primary purpose of using this program is to bring about a change in body composition, it is important that an appropriate diet be paired with the training. The diet need not be overly complex in order to serve the intended purpose. I will provide a few simple guidelines for building your own, and then will show you what a day looked like while I was using this method to shed close to twenty pounds of bodyfat in less than two months.

Food quality is essential when you are looking to drop the fat. I've covered this topic in much more detail elsewhere, so I will keep it very basic here. Meals should consist of a quality protein source as the foundation, a good carbohydrate course (in this case primarily fruit or yogurt), and as many vegetables as you like.

You should be consuming a minimum of three and a maximum of six meals per day. Of the 3 to 6 meals, only the meals prior to what constitutes your "noon" should feature a carbohydrate portion. The rest of the meals shall be protein/vegetable meals.

Here is what a typical day looked like for me:

Pre-dawn walk (45 minutes to 1 hour)

Meal #1: 4-5 strips of bacon, 3 eggs scrambled or fried, 1 large peach

Meal #2 (approximately 3 hours later): 8oz Honey smoked turkey breast, 1 portion of yogurt or another peach/plum

Meal #3: normally the same as Meal #3 or a protein shake (50-60g in water)

LCI Session

Meal #4 Post workout: 12-16oz grilled steak (Outback has nothing on JP), 1 large sweet potato, loads of veggies (asparagus, broccoli, peppers), and a large salad.

Meal #5: Protein shake in water

That was it. Pretty simple. You'll notice that I had five meals most days. This was due to me seeking to be good and fasted prior to my am walks, primarily to maximize the supplementation program that I was using. The only major deviation from this basic setup was on Friday nights (Day 5) when I would "carb load" for the extended effort sessions on Saturdays. In order to do this I simply

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loaded up with rice or pasta in my later meals of the day to provide ample energy for the tasks of day 6.

I also consumed quite a bit of coffee and tea during this period as well as plain water. The occasional diet soda was in there too, but due to the heat I was normally reaching for water.

If you stick to something similar while running this program for twelve weeks, I can guarantee you that you will be more than pleased with the outcome.

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Putting it all together- The Sample Program

The sample program that I have provided will begin on the next page. You will see how the weeks are assembled using the four LCI days, the bodyweight training day, and the extended effort day. Remember that this program is designed to be flexible to your needs, as any solid program should be, and can be adapted to best suit your individual situation.

If you choose to undertake this method of training for a twelve-week span, you will undoubtedly experience very favorable changes to your physique in terms of body composition and appearance. I think that you'll agree with my clients that this method is enjoyable, challenging, and extremely rewarding.

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Week One

Week One: Day One

Lift:

Squat 2 x 4-6

Circuit:

5 sets of:

Squat (95lb) x 5

Push Press (75lb) x 5

V-Handle Pull-down (130lb) x 5

Interval:

Tabata Kettlebell Swing (53lb)

Week One: Day Two

Lift:

Press- Rest Pause with 135lb (keeping in mind that our sample guy is pressing 155 for 5 these days)

Rest Pause is performed by pressing to failure, taking ten breaths, pressing to failure, taking ten more breaths, then pressing to failure a third and final time. The total rep count is what is recorded. The target range for the press is 11-15 reps.

Circuit:

5 sets of:

Barbell Clean and Press x 5 (115lb)

Dumbbell Push-up/Row x 5

Interval:

Burpees 30 seconds on, 30 seconds off for 4 minutes

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Week One: Day Three

Bodyweight Training Day

100 total pushups broken up however you like

25 total chin-ups

Hanging Knee Raise- 2 x 10-12

Practice Handstands

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Week One: Day Four

Lift:

Sumo Deadlift: 6-8, 8-12

Circuit:

5 sets of

G-Row x 6

Muscle Snatch x 6

Interval:

Tabata Sledgehammer Swing

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Week One: Day Five

Lift:

Bench Press- Rest Pause w/ 215lb (keeping in mind our sample guy who is good for 225 for 5)

Circuit:

3 sets of

T-Bar Row x 8

V-Handle Pulldown x 8

Kettlebell Snatch x 8L/8R

Interval:

100m dash repeats x 5

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Week One: Day Six

Extended Effort Day:

Get Outside!

3 to 5 mile trail run

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Week One: Day 7

Rest Day

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Week Two

Week Two: Day One

Lift:

Front Squat: 2 x 5, 1 x 5+

Circuit:

5 sets of:

Front Squat x 5

Press x 5

G-Row x 5

Interval:

Tabata Sandbag Clean and Press

Week Two: Day Two

Lift:

Press- Max Triple (as much weight as you can lift for a total of 3 reps. Maximum of three attempts.)

Circuit:

6 sets of

Gladiator Pushup x 5 (25lb Dumbbells)

Muscle Snatch x 5 (115lb)

Interval:

Concept 2 500m row x 4

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Week Two: Day Three

100 total pushups broken up however you like

25 total chin-ups

Hanging Knee Raise- 2 x 10-12

Practice Handstands

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Week Two: Day Four

Lift:

Deficit Deadlift: 2 x 6-8

Circuit:

5 sets of

Complex A

(The following complex equals one rep - our subject begins with 85lb for the 5 rep sets)

Front Squat

Push Press

Squat and Press

10 slow hanging knee raises

(5 reps of the complex followed by 10 HKR equal one set of the 5)

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Interval:

Jump Rope 1-minute on/ 30 seconds off for 6 minutes

Week Two: Day Five

Lift:

Incline Bench Press- Rest Pause

Circuit:

5 sets of:

Close Grip Bench Press x 5

One Armed Pulldown x 5

Ketllebell Goblet Squat x 5

Interval:

40yd dash x 8

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Week Two: Day Six

Extended Effort Day:

Get Outside!

15-mile trail ride on mountain bike

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Week Two: Day Seven

Rest Day

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Week Three

Week Three: Day One

Lift:

Squat Fixed Weight (275 using our example) x 20 reps in as few sets as possible. Weight is increased when all 20 can be done uninterrupted.

Circuit:

3 sets of:

Squat x 8

Push Press x 8

V-Handle Pull-down x 8

Interval:

53lb Kettlebell snatch- 3 x 2 minutes max reps

Week Three: Day Two

Lift:

Press- 1,1,1,1,1 (5 singles working up to a best for the day)

Circuit:

Three sets of:

Barbell Clean and Press x 8

Dumbbell Push-up/Row x 8

Interval:

Jump rope 30 seconds on/ 30 seconds off for 10 minutes

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Week Three: Day Three

100 total pushups broken up however you like

25 total chin-ups

Hanging Knee Raise- 2 x 10-12

Practice Handstands

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Week Three: Day Four

Lift:

Rack Pull: 4-6, 12-20

Circuit:

6 sets of

G-Row x 6

Muscle Snatch x 6

Interval:

Concept 2 row- 250m x 6

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Week Three: Day Five

Lift:

Incline Bench Press- Max Triple (as much weight as you can lift for a total of 3 reps. Maximum of three attempts.)

Circuit:

5 sets of

T-Bar Row x 5

V-Handle Pulldown x 5

Kettlebell Snatch x 5L/5R

Interval:

200m dash x 4

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Week Three: Day Six

Extended Effort Day:

2000 meter swim (freestyle)

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Week Three: Day Seven

Rest Day

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Week Four

Week Four: Day One

Lift:

Squat 2 x 4-6

Circuit:

Four sets of:

Dumbbell Supination Press x 8

Dumbbell Pushup/Row x 8

Double Dumbbell Front Squat x 8

Interval:

Sledgehammer swing- 1 minute on 30 seconds off for 6 minutes

Week Four: Day Two

Lift:

Press- Rest Pause with 140lb

Circuit:

4 sets of

Gladiator Pushup x 8

Muscle Snatch x 8

Interval:

Burpees- 4 x 20

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Week Four: Day Three

100 total pushups broken up however you like

25 total chin-ups

Hanging Knee Raise- 2 x 10-12

Practice Handstands

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Week Four: Day Four

Lift:

Sumo Deadlift: 6-8, 8-12

Circuit:

5 sets of

“Complex A”

Front Squat

Push Press

Squat and Press

10 slow hanging knee raises

Interval:

8 minute Tabata jump rope

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Week Four: Day Five

Lift:

Bench Press- Rest Pause with 220lb

Circuit:

3 sets of:

Close Grip Bench Press x 8

One Armed Pulldown x 8

Ketllebell Goblet Squat x 8

Interval:

Tabata front squat- 65lb

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Week Four: Day Six

Extended Effort Day:

10k row on Concept 2 rower

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Week Four: Day Seven

Rest Day

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Week Five

Week Five: Day One

Lift:

Front Squat: 2 x 5, 1 x 5+

Circuit:

Five sets of:

Squat x 5

Push Press x 5

V-Handle Pull-down x 5

Interval:

Burpees 30 seconds on, 30 seconds off for 5 minutes

Week Five: Day Two

Lift:

Press- Max Triple (as much weight as you can lift for a total of 3 reps. Maximum of three attempts.)

Circuit:

Five sets of:

Barbell Clean and Press x 5

Dumbbell Push-up/Row x 5

Interval:

Concept 2 500m row x 4

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Week Five: Day Three

Glute Ham Raise x 30 (broken up however you like)

Hanging Knee Raise x 30 “”

Dive Bomber Push-up x 50 “”

Typewriter Pull-up x 20 “”

Practice Handstands

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Week Five: Day Four

Lift:

Deficit Deadlift: 2 x 6-8

Circuit:

5 sets of

G-Row x 6

Muscle Snatch x 6

Interval:

Tabata Sandbag Clean and Press

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Week Five: Day Five

Lift:

Incline Bench Press- Rest Pause

Circuit:

3 sets of

T-Bar Row x 8

V-Handle Pulldown x 8

Kettlebell Snatch x 8L/8R

Interval:

4 sets (with 30 seconds rest of)

Barbell Turkish Get-up x 5 (L+R=1)

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Week Five: Day Six

Extended Effort Day:

5-mile fast paced hike with light pack.

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Week Five: Day Seven

Rest Day

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Week Six

Week Six: Day One

Lift:

Squat Fixed Weight (275 using our example) x 20 reps in as few sets as possible. Weight is increased when all 20 can be done uninterrupted.

Circuit:

5 sets of:

Front Squat x 5

Press x 5

G-Row x 5

Interval:

40yd dash x 8

Week Six: Day Two

Lift:

Press- 1,1,1,1,1 (5 singles working up to a best for the day)

Circuit:

6 sets of

Gladiator Pushup x 5

Muscle Snatch x 5

Interval:

Tabata Sandbag Clean and Press

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Week Six: Day Three

Glute Ham Raise x 30 (broken up however you like)

Hanging Knee Raise x 30 “”

Dive Bomber Push-up x 50 “”

Typewriter Pull-up x 20 “”

Practice Handstands

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Week Six: Day Four

Lift:

Rack Pull: 4-6, 12-20

Circuit:

5 sets of

“Complex A”

Front Squat

Push Press

Squat and Press

10 slow hanging knee raises

Interval:

Tabata front squat- 65lb

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Week Six: Day Five

Lift:

Incline Bench Press- Max Triple (as much weight as you can lift for a total of 3 reps. Maximum of three attempts.)

Circuit:

5 sets of:

Close Grip Bench Press x 5

One Armed Pulldown x 5

Ketllebell Goblet Squat x 5

Interval:

40yd dash x 8

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Week Six: Day Six

Extended Effort Day:

5-mile road run

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Week Six: Day Seven

Rest Day

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Week Seven

Week Seven: Day One

Lift:

Squat 2 x 4-6

Circuit:

3 sets of:

Squat x 8

Push Press x 8

V-Handle Pull-down x 8

Interval:

Tabata Sandbag Clean and Press

Week Seven: Day Two

Lift:

Press- Rest Pause with 145lb

Circuit:

Three sets of:

Barbell Clean and Press x 8

Dumbbell Push-up/Row x 8

Interval:

4 sets (with 30 seconds rest of)

Barbell Turkish Get-up x 5 (L+R=1)

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Week Seven: Day Three

Glute Ham Raise x 30 (broken up however you like)

Hanging Knee Raise x 30 “”

Dive Bomber Push-up x 50 “”

Typewriter Pull-up x 20 “”

Practice Handstands

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Week Seven: Day Four

Lift:

Sumo Deadlift: 6-8, 8-12

Circuit:

5 sets of

G-Row x 6

Muscle Snatch x 6

Interval:

8 minute Tabata 53kb Swing

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Week Seven: Day Five

Lift:

Bench Press- Rest Pause

Circuit:

5 sets of

T-Bar Row x 5

V-Handle Pulldown x 5

Kettlebell Snatch x 5L/5R

Interval:

Concept 2 500m row x 4

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Week Seven: Day Six

Extended Effort Day:

Get Outside!

3 to 5 mile trail run

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Week Seven: Day Seven

Rest Day

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Week Eight

Week Eight: Day One

Lift:

Front Squat: 2 x 5, 1 x 5+

Circuit:

Four sets of:

Dumbbell Supination Press x 8

Dumbbell Pushup/Row x 8

Double Dumbbell Front Squat x 8

Interval:

Burpees 30 seconds on, 30 seconds off for 6 minutes

Week Eight: Day Two

Lift:

Press- Max Triple (as much weight as you can lift for a total of 3 reps. Maximum of three attempts.)

Circuit:

4 sets of

Gladiator Pushup x 8

Muscle Snatch x 8

Interval:

Jump Rope 1-minute on/ 30 seconds off for 6 minutes

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Week Eight: Day Three

Glute Ham Raise x 30 (broken up however you like)

Hanging Knee Raise x 30 “”

Dive Bomber Push-up x 50 “”

Typewriter Pull-up x 20 “”

Practice Handstands

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Week Eight: Day Four

Lift:

Deficit Deadlift: 2 x 6-8

Circuit:

5 sets of

“Complex A”

Front Squat

Push Press

Squat and Press

10 slow hanging knee raises

Interval:

40yd dash x 8

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Week Eight: Day Five

Lift:

Incline Bench Press- Rest Pause

Circuit:

3 sets of:

Close Grip Bench Press x 8

One Armed Pulldown x 8

Ketllebell Goblet Squat x 8

Interval:

Tabata front squat- 65lb

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Week Eight: Day Six

Extended Effort Day:

30-45 minutes of freestyle swimming

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Week Eight: Day Seven

Rest Day

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Week Nine

Week Nine: Day One

Lift:

Squat Fixed Weight (275 using our example) x 20 reps in as few sets as possible. Weight is increased when all 20 can be done uninterrupted.

Circuit:

Five sets of:

Squat x 5

Push Press x 5

V-Handle Pull-down x 5

Interval:

Burpees 30 seconds on, 30 seconds off for 6 minutes

Week Nine: Day Two

Lift:

Press- 1,1,1,1,1 (5 singles working up to a best for the day)

Circuit:

5 sets of:

Barbell Clean and Press x 5 (115lb)

Dumbbell Push-up/Row x 5

Interval:

4 sets (with 30 seconds rest of)

Barbell Turkish Get-up x 5 (L+R=1)

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Week Nine: Day Three

Glute Ham Raise x 40 (broken up however you like)

Divebomber Push-up x 30 “”

Windshield Wipers x 20 “”

Chin-ups x 40 “”

Sit-ups x 100 “”

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Week Nine: Day Four

Lift:

Rack Pull: 4-6, 12-20

Circuit:

5 sets of

G-Row x 6

Muscle Snatch x 6

Interval:

Concept 2 500m row x 4

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Week Nine: Day Five

Lift:

Incline Bench Press- Max Triple (as much weight as you can lift for a total of 3 reps. Maximum of three attempts.)

Circuit:

3 sets of

T-Bar Row x 8

V-Handle Pulldown x 8

Kettlebell Snatch x 8L/8R

Interval:

Tabata Sandbag Clean and Press

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Week Nine: Day Six

Extended Effort Day:

Get Outside!

3 to 5 mile trail run

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Week Nine: Day Seven

Rest Day

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Week Ten

Week Ten: Day One

Lift:

Squat 2 x 4-6

Circuit:

5 sets of:

Front Squat x 5

Press x 5

G-Row x 5

Interval:

Burpees 30 seconds on, 30 seconds off for 7 minutes

Week Ten: Day Two

Lift:

Press- Rest Pause with 150lb

Circuit:

6 sets of

Gladiator Pushup x 5 (25lb Dumbbells)

Muscle Snatch x 5 (115lb)

Interval:

8 minute Tabata Burpee

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Week Ten: Day Three

Glute Ham Raise x 40 (broken up however you like)

Divebomber Push-up x 30 “”

Windshield Wipers x 20 “”

Chin-ups x 40 “”

Sit-ups x 100 “”

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Week Ten: Day Four

Lift:

Sumo Deadlift: 6-8, 8-12

Circuit:

5 sets of

“Complex A”

Front Squat

Push Press

Squat and Press

10 slow hanging knee raises

Interval:

Jump Rope 1-minute on/ 30 seconds off for 6 minutes

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Week Ten: Day Five

Lift:

Bench Press- Rest Pause

Circuit:

5 sets of:

Close Grip Bench Press x 5

One Armed Pulldown x 5

Ketllebell Goblet Squat x 5

Interval:

Tabata front squat- 65lb

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Week Ten: Day Six

Extended Effort Day:

10-mile road or trail run

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Week Ten: Day Seven

Rest Day

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Week Eleven

Week Eleven: Day One

Lift:

Front Squat: 2 x 5, 1 x 5+

Circuit:

3 sets of:

Squat x 8

Push Press x 8

V-Handle Pull-down x 8

Interval:

8 minute Tabata Burpee

Week Eleven: Day Two

Lift:

Press- Max Triple (as much weight as you can lift for a total of 3 reps. Maximum of three attempts.)

Circuit:

Three sets of:

Barbell Clean and Press x 8

Dumbbell Push-up/Row x 8

Interval:

Concept 2 500m row x 4

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Week Eleven: Day Three

Glute Ham Raise x 40 (broken up however you like)

Divebomber Push-up x 30 “”

Windshield Wipers x 20 “”

Chin-ups x 40 “”

Sit-ups x 100 “”

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Week Eleven: Day Four

Lift:

Deficit Deadlift: 2 x 6-8

Circuit:

5 sets of

G-Row x 6

Muscle Snatch x 6

Interval:

Burpees 30 seconds on, 30 seconds off for 7 minutes

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Week Eleven: Day Five

Lift:

Incline Bench Press- Rest Pause

Circuit:

5 sets of

T-Bar Row x 5

V-Handle Pulldown x 5

Kettlebell Snatch x 5L/5R

Interval:

Tabata Sledgehammer Swing

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Week Eleven: Day Six

Extended Effort Day:

20-mile road cycle

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Week Eleven: Day Seven

Rest Day

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Week Twelve

Week Twelve: Day One

Lift:

Squat Fixed Weight (275 using our example) x 20 reps in as few sets as possible. Weight is increased when all 20 can be done uninterrupted.

Circuit:

Four sets of:

Dumbbell Supination Press x 8

Dumbbell Pushup/Row x 8

Double Dumbbell Front Squat x 8

Interval:

6-minuteTabata Sandbag Clean and Press

Week Twelve: Day Two

Lift:

Press- 1,1,1,1,1 (5 singles working up to a best for the day)

Circuit:

4 sets of

Gladiator Pushup x 8

Muscle Snatch x 8

Interval:

Tabata front squat- 65lb

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Week Twelve: Day Three

Glute Ham Raise x 40 (broken up however you like)

Divebomber Push-up x 30 “”

Windshield Wipers x 20 “”

Chin-ups x 40 “”

Sit-ups x 100 “”

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Week Twelve: Day Four

Lift:

Rack Pull: 4-6, 12-20

Circuit:

5 sets of

“Complex A”

Front Squat

Push Press

Squat and Press

10 slow hanging knee raises

Interval:

Concept 2 500m row x 5

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Week Twelve: Day Five

Lift:

Incline Bench Press- Max Triple (as much weight as you can lift for a total of 3 reps. Maximum of three attempts.)

Circuit:

3 sets of:

Close Grip Bench Press x 8

One Armed Pulldown x 8

Ketllebell Goblet Squat x 8

Interval:

100m dash x 8

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Week Twelve: Day Six

Extended Effort Day:

Complete a celebratory 5k run to mark the completion of your 12 weeks of LCI.

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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 The Greyskull Academy of Combat Sciences. He is the author of several books on subjects pertaining to strength and conditioning and Self Defense. 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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