

# New Hardcore 3 Month Workout Plan

**Introduction:** In 1st month you will start off doing 15 exercises. Go from one exercise to the next until you finish the whole routine. The point of this month is to get you used to the core exercises such as barbwire push ups, hindu squats and an assortment of full body calisthenics such as the dolphin push up, bicycles and horse push ups. In month 2, we really step up the game and introduce some extra challenging exercises such as the Stretch Push up and Pop Squats. The reason that I interlaced new, more challenging exercises is so that your body does not get used to the same routine. In month 3, you'll be doing 5 additional exercises as compared to month 2 (25 total exercises to FULL fatigue!). Not only that but you'll also be doing the plan 4 days a week, instead of 3. I recommend Mon/Tues and Thurs/Fri. That way you have Wed and Sat/Sun as rest days. If you get through this month you will be conditioned like an animal and have developed an incredible physique. The 4th week of each month is Active Recovery (Deloading). Make sure to stay active but don't do intense workouts. Stretch, hike, swim, bike, etc.

Weeks Months	Workouts	Week 1				Week 2				Week 3				Week 4							
		Target Reps	Actual Reps				Target Reps	Actual Reps				Target Reps	Actual Reps				Target Reps	Actual Reps			
			Day 1	Day 2	Day 3	Day 4		Day 1	Day 2	Day 3	Day 4		Day 1	Day 2	Day 3	Day 4		Day 1	Day 2	Day 3	Day 4
Month 1 (Hardcore 15)	<i>Bicycles</i>	max			x	max				x	max				x	deload	x	x	x	x	
	<i>Barbwire Push Up</i>	max			x	max				x	max				x	deload	x	x	x	x	
	<i>Bodyweight Squat</i>	max			x	max				x	max				x	deload	x	x	x	x	
	<i>Dolphin Push Up</i>	max			x	max				x	max				x	deload	x	x	x	x	
	<i>Plyometric Lunges</i>	max			x	max				x	max				x	deload	x	x	x	x	
	<i>Diamond Push Up</i>	max			x	max				x	max				x	deload	x	x	x	x	
	<i>Falling Tower</i>	max			x	max				x	max				x	deload	x	x	x	x	
	<i>Hip Dips</i>	max			x	max				x	max				x	deload	x	x	x	x	
	<i>Gracie Drill</i>	max			x	max				x	max				x	deload	x	x	x	x	
	<i>Spider Push Up</i>	max			x	max				x	max				x	deload	x	x	x	x	
	<i>Pull Up</i>	max			x	max				x	max				x	deload	x	x	x	x	
	<i>Horse Push Up</i>	max			x	max				x	max				x	deload	x	x	x	x	
	<i>Pop Squats</i>	max			x	max				x	max				x	deload	x	x	x	x	
	<i>Burpees</i>	max			x	max				x	max				x	deload	x	x	x	x	

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			Day 1	Day 2	Day 3	Day 4		Day 1	Day 2	Day 3	Day 4		Day 1	Day 2	Day 3	Day 4		Day 1	Day 2	Day 3	Day 4
Month 2 (Hardcore 20)	Bicycles	max			x	max				x	max				x	deload	x	x	x	x	
	Barbwire Push Up	max			x	max				x	max				x	deload	x	x	x	x	
	Bodyweight Squat	max			x	max				x	max				x	deload	x	x	x	x	
	Dolphin Push Up	max			x	max				x	max				x	deload	x	x	x	x	
	Flutter Kicks	max			x	max				x	max				x	deload	x	x	x	x	
	Plyometric Lunges	max			x	max				x	max				x	deload	x	x	x	x	
	Diamond Push Up	max			x	max				x	max				x	deload	x	x	x	x	
	Stretch Push Up	max			x	max				x	max				x	deload	x	x	x	x	
	Falling Tower	max			x	max				x	max				x	deload	x	x	x	x	
	Hip Dips	max			x	max				x	max				x	deload	x	x	x	x	
	Gracie Drill	max			x	max				x	max				x	deload	x	x	x	x	
	Spider Push Up	max			x	max				x	max				x	deload	x	x	x	x	
	Pull Up	max			x	max				x	max				x	deload	x	x	x	x	
	Horse Push Up	max			x	max				x	max				x	deload	x	x	x	x	
	Chin Up	max			x	max				x	max				x	deload	x	x	x	x	
	Pop Squats	max			x	max				x	max				x	deload	x	x	x	x	
	Upside Down Pull Up	max			x	max				x	max				x	deload	x	x	x	x	
Burpees	max			x	max				x	max				x	deload	x	x	x	x		
Scissors	max			x	max				x	max				x	deload	x	x	x	x		
Jumping Jacks	max			x	max				x	max				x	deload	x	x	x	x		

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			Day 1	Day 2	Day 3	Day 4		Day 1	Day 2	Day 3	Day 4		Day 1	Day 2	Day 3	Day 4		Day 1	Day 2	Day 3	Day 4
Month 3 (Hardcore 25)	Bicycles	max				max				max				deload	x	x	x	x			
	Barbwire Push Up	max				max				max				deload	x	x	x	x			
	Bodyweight Squat	max				max				max				deload	x	x	x	x			
	Dolphin Push Up	max				max				max				deload	x	x	x	x			
	Flutter Kicks	max				max				max				deload	x	x	x	x			
	Plyometric Lunges	max				max				max				deload	x	x	x	x			
	Diamond Push Up	max				max				max				deload	x	x	x	x			
	Stretch Push Up	max				max				max				deload	x	x	x	x			
	Falling Tower	max				max				max				deload	x	x	x	x			
	X Push Up	max				max				max				deload	x	x	x	x			
	Hip Dips	max				max				max				deload	x	x	x	x			
	Gracie Drill	max				max				max				deload	x	x	x	x			
	Spider Push Up	max				max				max				deload	x	x	x	x			
	Pull Up	max				max				max				deload	x	x	x	x			
	Horse Push Up	max				max				max				deload	x	x	x	x			
	Chin Up	max				max				max				deload	x	x	x	x			
	Decline Push Up	max				max				max				deload	x	x	x	x			
	Pop Squats	max				max				max				deload	x	x	x	x			
	Upside Down Pull Up	max				max				max				deload	x	x	x	x			
	Pistol Squats	max				max				max				deload	x	x	x	x			
	Wall Walks	max				max				max				deload	x	x	x	x			
	Burpees	max				max				max				deload	x	x	x	x			
	Scissors	max				max				max				deload	x	x	x	x			
	Leaping Frog	max				max				max				deload	x	x	x	x			
	Jumping Jacks	max				max				max				deload	x	x	x	x			

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