



# SUPERHERO JACKED BEHEMOTH PROGRAM

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UNLEASH YOUR INNER SUPERHUMAN &  
UNLOCK A MASSIVE PHYSIQUE

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LIVE MORE | GET SUPERHERO JACKED | LIVE HEALTHY

MIKE ROMAINE & SUPERHERO JACKED



# THE SHJ BEHEMOTH PROGRAM



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**GAIN MASS, BUILD MUSCLE,  
UNLOCK THE SUPERHERO PHYSIQUE  
& PEAK SUPERHUMAN PERFORMANCE**

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This program is not a “lose weight” or a “bulk up” program (specifically).  
*Although, you can accomplish either of those things with this program.*

**The main goal of this program is to allow you to unleash what we (and  
hundreds of thousands of members of The SHJ Army) deem as  
A Massive Superhero Physique.**

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In order to accomplish this we are using a plan that has been made through our own research of hundreds of celebrities and the world’s top performers, our own successes, and the overwhelming success our own members have had.

**These are our SHJ Core Principles and Philosophies.**

# INITIAL GUIDELINES AND HOW TO START

## GETTING STARTED WITH YOUR NEW PROGRAMMING

1

### STEP ONE:

The very first thing you should be doing is reading your nutrition guidelines and the initial instructions (there's quite a few pages to help you familiarize this new training system) and monthly breakdowns. From there you can begin to get an idea and plan out just how you'll be taking the plunge into this new regime.

*Do not skip reading your new nutrition guidelines.*

Within your new instructions that lead into your monthly previews you'll find that I added a lot of depth to help you not only familiarize and understand, but also explain scaling and substitutions for when you do begin your journey.

*Please do not just skim over these instructions.*

These instructions are EXTREMELY important to how you will run your programming. If you do not understand some aspects, please ask for help either within the SHJ Private Community (link below) or by emailing me at [mike@superherojacked.com](mailto:mike@superherojacked.com).

2

### STEP TWO:

Join us inside our Private Facebook Community to work with me (Mike) and the rest of our SHJ Members.

3

### STEP THREE:

MOST of this program can be done from your home, but the difference between The Behemoth Program and The Superhuman System is that The Behemoth revolves around three days of a PPL Split (Push, Pull, Legs) that require weight training (which can be scaled and subbed for home gyms), with Superhuman System tactics build around those three training days. For this reason I have left in a lot of suggestions from SHS, but also added some new tutorial pages for your weight training procedures/programming.

# SHS VS. BEHEMOTH KEY DIFFERENCES

## HOW THIS PROGRAM IS DIFFERENT THAN SHS...!

1

### ONE: PUSH, PULL, LEG FOCUSED

In this program our focus is going to be to unlock A Massive Physique, instead of the Superhero Physique we shoot for in The Superhuman System. This means strength/mass are a focus rather than toned muscles, shredded abs and an overall aesthetic physique. Of course we still want all that, but the key here is we're making mass the priority.

For that reason we center this program around a Push, Pull, Leg Day Split for 3 days a week, every week.

This PPL takes over much of the super-variable Superhuman System process, but also allows us to utilize different training methods from SHS to keep that variation in order to ensure our mass is CLEAN bulking.

2

### ACADEMY INTEGRATION

Another new feature within The Behemoth Program is the fact that we're going to be integrating The Academy within our programming to add in a TON of variation and allow you to switch up your training each and every time.

If you're not an Academy Ultra member and/or don't have an Academy membership at all, don't worry; I'll be giving you the initial programming to start with.

#### **You're going to be able to switch in and out of:**

1. PPL Split Celebrity and Character Workouts
2. Jump Rope Workout Routines

Without an Academy membership you'll have access to one full program here, but you can EASILY tack in TONS of variation with different PPL and JPWs from Academy downloads with the links inside our portal.

# SHJ BEHEMOTH PROGRAM NUTRITION

## HOW TO START WITH YOUR NEW DIETARY GUIDELINES

Even with the perfect workout routine the system itself can only continue to be perfect if it is paired with the right nutritional guidelines.

As I already mentioned, you can choose to either cut fat (lose weight) or gain weight (build muscle) as your main goals during this routine; or you can even choose to do a body recomposition with calorie cycling if you'd like to get a little more advanced and shoot for slow and steady fat loss with muscle and strength gains.

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While the idea and concept of having to choose between cutting weight/fat or gaining muscle/weight (or being forced to slow the entire process down in order to meticulously attempt both) may seem like a daunting task, I promise: this is THE best (and generally only) way to transform.

In my experience I've also found that the large majority of people can focus in on weight loss as the goal while following this path. For the most part, with the exception of those specific members who struggle to gain mass (generally due to not being able to intake enough calories to allow their body to grow), members will unleash their inner Superhuman by training and following our base cutting nutritional guidelines.

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The full synopsis of your nutritional guidelines is in your other packet; but for those of you who may have been considering JUST using our training methods: I strongly caution against it and remind you that as perfect as the training is...it's nothing without the it's other half!

# WORKOUT ROUTINE INSTRUCTIONS

HOW TO READ, UNDERSTAND & PERFORM YOUR WORKOUT

1

## PUSH, PULL, LEG TRAINING

As mentioned above, your main programming is centered around a push, pull, leg split.

For this you're going to be training with a Reverse Pyramid Training, Traditional Pyramid Training, and Straight Sets.

You can use these calculators to make sure you're properly utilizing progressive overload within your training:

[Reverse Pyramid Training](#)

[Traditional Pyramid Training](#)

[Straight Sets](#)

Each of these calculators revolve around your One Rep Max.

You can calculate your 1RM using our 1RM calculator rather than actually testing out each movement with a maximum load.

[One Rep Max Calculator](#)

### HOW YOU IDENTIFY EACH TYPE OF LIFT

In the programming within this packet the lifting style is as follows:

**Compound Movements = Reverse Pyramid Training**

**All 3x12, 10, 8 Accessory Movements = Traditional Pyramid Training**

**All 3x10 Accessory Movements = Straight Sets**

# WORKOUT ROUTINE INSTRUCTIONS PT.2

HOW TO READ, UNDERSTAND & PERFORM YOUR WORKOUT

2

## SCALING CIRCUITS & CARDIO

This is going to be the easiest way to scale workouts other than the simple swap of movements (well, at least the easily scaled movements). To scale circuits you can simply break when needed where breaks are not otherwise programmed. Between this and scaling individuals movements you should be able to complete every single workout provided, regardless of your fitness level.

Scaling cardio is actually the easiest part of your programming because we program cardio based on a caloric burn rather than a specific cardio type. We do give/recommend options, but you'll learn more in the coming pages.

3

## RESTING, OFF DAYS & RECOVERY

**We are training 6 days a week and then resting, but treating our "Big Cardio Days" as active rest days.**

*Our rest days are mandatory.*

Our muscle growth will happen during this recovery time. If you do not rest, you are essentially not allowing your body to recover, and in turn taking away the ability for your muscles to grow.

Your muscles can not grow MORE without having recovered already.

We need to tear and repair. What that means is that we are going to break down the muscle to start, and then when we recover, by resting, our body will repair those muscles; and combined with our nutrition we will also allow our bodies to GROW the muscles during this repair process.

# NOTES ABOUT THE FOLLOWING SECTIONS

## HOW TO READ, UNDERSTAND & PERFORM YOUR WORKOUT

### RECOMMENDED EQUIPMENT

The recommended equipment sections are specifically referencing SHS style of training, jump rope workouts, and Benchmark Hero Workouts.

I'm leaving this because it is still relevant for Academy Ultra Members and members looking to have a fully rounded Behemoth Program.

### REQUIRED CARDIO, CARDIO DAYS & EXTRA JUMP ROPE WORKOUTS

The required cardio days and different types of cardio burn aren't completely relevant for your specific cardio days and only become relevant when weaving in and out of Superhuman System and Behemoth Program.

I left this section in here because what IS relevant is the section on BIG Cardio Burn days, which you will still have every single week.

The Jump Rope Workouts are left specifically for scaling or swapping your BIG Cardio, although I'm sure you'll have enough jump rope!

### TERMINOLOGY GLOSSARY

The glossary is a mixture of training from within The Superhuman System AND The Behemoth Program. These are the terms you will need to know while moving throughout these two programs.



# RECOMMENDED EQUIPMENT PART 1

WHAT EQUIPMENT IS MOST ESSENTIAL AND RECOMMENDED?

## JUMP ROPE OR SPEED ROPE

We use our jump ropes often as a way to get in quick an extremely efficient and effective fat burning cardio movement in, and even work in double unders and other variations of skips.

We do give the option to scale them to jumping jacks, but I highly recommend picking up an inexpensive jump rope or speed rope.

[You can check out my article on how to Build Your Home Gym For Under \\$100 to see my specific recommendations.](#)

## KETTLEBELL AND/OR DUMBBELLS

The use of kettlebell and dumbbells movements are used throughout the entirety of the programming. You can get away with having a set of one of the other (and changing the variation in which you do the movements), but I normally recommend having a moderately heavy kettlebell and a set or two of dumbbells (light and moderately heavy).

[You can check out my article on how to Build Your Home Gym For Under \\$100 to see my specific recommendations.](#)



# RECOMMENDED EQUIPMENT PART 2

## WHAT EQUIPMENT IS MOST ESSENTIAL AND RECOMMENDED?

### **PULL UP BAR (& OPTIONAL DIP STATION)**

The basis of this workout is going to involve a lot of calisthenics. They are very easy to scale, and require minimal equipment. Pull ups are the one movement that requires equipment to perform.

We scale with bodyweight rows and pike push ups, but being able to do pull ups is fairly critical for overall progression.

I recommend potentially looking into getting a full pull up bar and dip station if you want to be able to do dips, pull ups, and leg raises all at their highest quality and effectiveness. This is also great for when we have movements programmed such as L-Sits (that you would normally do on parallettes, rings or even chairs) so you can do them straight from your dip station.

**[You can check out my article on how to Build Your Home Gym For Under \\$100 to see my specific recommendations.](#)**

### **OPTIONAL: WEIGHTED VEST OR DIP BELT**

If you plan on wanting to, or being able to, scale the calisthenics movements up a bit, my recommendation (other than simply adding repetitions or performing harder variations) would be to add weight via a dip belt or weighted vest!

# CARDIO DAYS AND REQ. CALORIE BURN

## HOW TO BURN THE CALORIES REQUIRED FOR REQ. CARDIO

As you'll soon find out, we program cardio based on a required calorie burn. The reason is because we expect you to get a certain amount of movement in on a weekly basis. Instead of forcing you to do a specific format for cardio, you are able to burn the calories in any way you would like; which not only makes it more enjoyable, but it also fits the fact that you need little to no equipment to complete this entire program.

**The only specific restriction for our required calorie burn per day is that it needs to be EXTRA.** This does not mean the calories you burn walking around at work or normal energy expenditure. Walking outside is fine. Actually, we'd love it. Biking, rowing, or even hiking. Make sure you burn your calories that are required; with emphasis on your long distance big calorie burn days!

**That being said, your cardio/calorie burn ranges look like this:**

**Short Cardio:** 100 Calorie Requirement

**Medium Cardio:** 150-200 Calorie Requirement  
*(200 unless I specifically mention 150)*

**Long Distance BIG Cardio:** 300+ Calorie Requirement

For the most part you will have cardio requirements every single day besides your rest day. The most important, if it is not obvious enough, are the larger requirements.

**That being said, you can also fit these extra calories in ANYWHERE you'd like. They can be before or after the workouts; or even at a completely different point in the day.**

*I prefer to do my short cardio requirements with a 10-20 minute warm up bike or incline treadmill walk while reading a book.*

# SUBSTITUTIONS FOR YOUR CARDIO

## CARDIO OPTIONS TO SUB AND MIX INTO YOUR TRAINING

Each one of your required calorie burn days comes with a specific requirement (which we just spoke about in the last sheet). Short Cardio is 100, Medium is 200 (unless 150 is specifically indicated) and BIG Cardio is 300!

That being said, I do want you to have some options for burning these calories if you don't plan on switching it up and making it variable on your own. *(Although, if you have a preferred method to burn these calories, then by all means go ahead and do it).*

*Here are some options to replace your required calorie burn days:*

### **Small Calorie Burn Options:**

- Warm Up w/ a Bike, Row, Jog, or Incline Walk, Elliptical, Stairmaster (or other) to burn your 100 calories. (I always hop on the bike and read a book to get warm with my small cardio days).
- Go for a walk or bike ride outside and track the calories you burn.
- Complete 10 Minutes of Jump Rope

### **Medium Calorie Burn Options:**

- Used varied cardio methods like the above recommendations and track your calorie burn.
- Complete HIIT Training provided on the next page to burn requirement.
- Complete **3 Rounds** of Jump Rope Circuit provided on page 13.

### **BIG Calorie Burn Options:**

- Used varied cardio methods like the above recommendations and track your calorie burn.
- Complete HIIT Training provided on the next page to burn requirement.
- Complete **5 Rounds** of Jump Rope Circuit provided on page 13.

# CONSIDER TRACKING YOUR DAILY STEPS

## ARE YOU HITTING YOUR DAILY STEPS AND MOVEMENT!?

One of the reasons we have our cardio burn options on a daily basis is because many people are not active on top of their training.

One thing we've found through researching hundreds of celebrities and the world's top performers is that they are extremely active, regardless of their training regime (obviously exceptions are made when they are following an insane/brutal program for a specific timeline/role that requires a lot of recovery).

That being said: instead of telling you to specifically "Go surfing like Jason Momoa!" or "Go hiking and see The Hollywood sign like XYZ", or even simply "Track 10,000 Total Daily Steps like Ariana Grande" (who happens to be extremely active on top of this), I want to make your cardio burn versatile and fun.

That does not mean you HAVE TO do the jump rope circuits I'll share with you on the next few pages. That does not mean you HAVE TO go to SPIN Class to burn a ton of calories. That does not mean you HAVE TO burn these calories on a treadmill, bike, rower, or anything else.

It simply means you need to burn the calories to promote a higher activity level that supports the overall goal of this program; and also allows us to work with workouts that sometimes only take 10-30 minutes for the entire day!

*That being said, I do recommend beginning to track your steps!*

### **Here's some useful step tracking criteria:**

**Small Cardio Burn:** 5,000 Daily Steps

**Medium Cardio Burn:** 10,000 Daily Steps

**BIG Cardio Burn:** 10,000 + Extra Workout

# HIGH INTENSITY INTERVAL TRAINING

## BASIC HIIT OPTION(S) TO SUB FOR YOUR REQ. CALORIE BURN

High Intensity Interval Training is just that: interval training that goes in and out of high intensity. So, for example, you will increase the intensity, then decrease it down to a lower intensity, and then rinse and repeat the cycle. We talk about this a bit in the Glossary, as Tabata, which you'll learn is one form of HIIT.

To spice up your Required Calorie Burn training you can also choose to utilize different variations of HIIT. Here is one formula that I use all the time on all different types of machines/types of cardio:

### HIGH INTENSITY INTERVAL TRAINING:

#### "1 Minute ON and OFF"

*\*\*You can do this for 10-60 minutes depending on how long it takes you to hit your required calorie burn total for that day.\*\**

- **One Minute ON:** Sprint, or increase your intensity level (for example, on a bike you might increase your RPMs to make sure they're 100+ for the entire minute, while increasing the difficulty level to 7-10+), for one minute.
- **One Minute OFF:** Cooldown for one minute. I usually follow a sprint of 7-10 speed up with a walk at 2.5-3.5. On bike I would keep RPMs 50-75 range (minimum), but lower the difficulty to level 3-5.
  - *Rinse and repeat this cycle until you hit your required calories for the day.*

#### OTHER NOTES:

This can be done with a rower, Stairmaster, elliptical, and tons of other different training styles. You can also do different variations like: 30 Second ON, 90 Seconds OFF...or 120 Seconds ON, 120 Seconds OFF! :)

# JUMP ROPE CIRCUIT CARDIO

## JUMP ROPE CARDIO OPTIONS FOR REQUIRED CARDIO BURN

**Another substitute you can utilize for your Cardio Burn Days is our Jump Rope Circuit(s)!**

I am going to be sharing a few different variations (with minimal changes, but enough to make them feel different each time), and it will be your job to complete the designated amount of rounds needed for your specific (*required sets per Cardio Burn Requirement were given on page 11*).

### **Jump Rope Circuit Variation One [HEAVY LEG WORK – MAIN VARIATION]**

#### **Complete 3–5 Rounds**

*\*\*3 Rounds for Medium Cardio & 5 Rounds for Big Cardio\*\**

30 Jump Ropes

20 Jumping Lunges

30 Jump Ropes

20 Mountain Climbers

30 Jump Ropes

20 Jump Squats

30 Jump Ropes

20 Double Unders

Rest 1 Minute Between Rounds

*On the next page I'll show you 4 different variations you can switch in and out of while completing and utilizing this circuit for your required cardio burn!*

# FOUR MORE JUMP ROPE CIRCUIT VARIATIONS

## JUMP ROPE CARDIO OPTIONS FOR REQUIRED CARDIO BURN

Here are four alternative variations that you can use for your Jump Rope Circuit(s) in place of your Required Calorie Burn! Make sure to do 3 Sets for 150-200 Medium required calories and 5 Rounds for 300 BIG Calorie Days.

### ALTERNATIVE ONE: UPPER BODY

30 Jump Ropes  
20 Push Ups  
30 Jump Ropes  
20 Dips  
30 Jump Ropes  
20 Skull Crushers  
30 Jump Ropes  
20 Pike Push Ups

*Rest 1 Minute Between Rounds*

### ALTERNATIVE TWO: CORE

30 Jump Ropes  
20 V-Ups  
30 Jump Ropes  
20 Mountain Climbers  
30 Jump Ropes  
20 Bicycle Crunches  
30 Jump Ropes  
20 Lying Leg Raises

*Rest 1 Minute Between Rounds*

### ALTERNATIVE THREE: FULL BODY 1

30 Jump Ropes  
20 Jumping Lunges  
30 Jump Ropes  
20 Push Ups  
30 Jump Ropes  
20 V-Ups  
30 Jump Ropes  
20 Double Unders

*Rest 1 Minute Between Rounds*

### ALTERNATIVE FOUR: FULL BODY 2

30 Jump Ropes  
20 Jump Squats  
30 Jump Ropes  
20 Shoulder Taps  
30 Jump Ropes  
20 Plank to Push Ups  
30 Jump Ropes  
20 Sit Ups

*Rest 1 Minute Between Rounds*



# DON'T KNOW WHAT A MOVEMENT IS?

HERE IS EXACTLY HOW TO ASK FOR HELP WITH MOVEMENTS

## 1 MAKE SURE YOU'RE PART OF OUR PRIVATE COMMUNITY

Step One is to make sure you've already joined our [Private Facebook Community](#). This is where you can ask me (or other members utilizing The Legacy Program) to share videos or tips on how to do specific movements. (You may also DM me there as well.)

## 2 DO NOT COPY AND PASTE THE FULL WORKOUT ROUTINE

Not everyone inside our Private Community is following the same programming. Some people are using Academy workouts, some people are using Superhero Programs and some people are utilizing The Legacy Program. Please don't copy and paste the exact programming from your Legacy Program when asking for help :)

## 3 MARK WITH MONTH AND DAY OF THE WORKOUT ROUTINE WHEN ASKING

An easy way to ask for specific help is to include the month and day of the workout you're talking about and then ask about the specific movement in question.

*For example:*

"Hey guys, on Month 2, Day 4 of The Behemoth Program I'm wondering what it means by "kettlebell taps". Is this a shoulder tap kind of movement or am I tapping with my feet?"

# HOW TO ASK FOR HELP OR RANK A WORKOUT!

USE THIS FORMATTING TO RANK WORKOUTS OR ASK FOR HELP

## CHECK-IN DAILY WITH WORKOUT ROUTINE RANKINGS OR USE THIS FORMATTING TO ASK FOR HELP :)

Obviously you should start at the last page before ranking or asking for help, because I talk a bit more about NOT COPYING AND PASTING THE ENTIRE WORKOUT INTO THE GROUP :P!

And, if it wasn't obvious enough, you also have to be a part of The Private FB Community in order to share anything there..

Another good reason for wanting to share the workouts within the group is if you're looking for accountability and want to check-in daily (or even weekly/biweekly) and potentially even rank the workouts on a scale of 1-5 difficulty as you do it!

As you know, you should be keeping track of the difficulty, scaling, and your scores (or times); so what better place to do that than in a group of people who are going to cheer you on?

**That being said, here's a good copy-paster for sharing the workouts:**

WORKOUT CHECK-IN [OR HELP NEEDED]:

MONTH: [1-3]

WEEK: [1-4]

DAY: [1-28]

RANK: [1-5]

MODIFICATIONS/SCALING:

EXTRA INFORMATION:

# TERMINOLOGY GLOSSARY

**WHAT DO THESE RECURRING TERMS MEAN!?!**

## RECURRING TERMINOLOGY

We're going to have some recurring terminology throughout the course of this program, so it's best to familiarize yourself with it. This will be helpful throughout the entirety of the program, and will continue being useful if you decided to continue on with this type of training with us! :)

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## THE GLOSSARY

**WARM UP WORK (WUW):** Warm up work, as opposed to just seeing "Get Warm", which I'll discuss in just a second, means that your workout will consist of movements and exercises that will likely get you workin'. They won't be easy; and may even be similar to a "regular" styled workout routine.

**GET WARM (GW):** Get Warm simply means it's your job to get in a short warm up before the actual workout. This can be some high knees, jumping jacks, butt kickers, and any other movements you want to throw in to get your body warm.

**SHORT CARDIO (SC):** Short Cardio requires you to burn 100 extra calories from cardiovascular activity. *This can be easily done as a warm up on a bike, treadmill or other.*

**MEDIUM CARDIO (MC):** Medium Cardio requires you to burn 150-200 extra calories from cardiovascular activity. (This range depends on the programming that it is paired with.

**LONG DISTANCE BIG CALORIE CARDIO BURN (BC):** Big Cardio requires you to burn 300+ extra calories from cardiovascular activity.

**REST DAY:** I know I shouldn't HAVE to explain this, but I want to make it very clear how important this is. You are going to grow and level up when you rest. You MUST get ample rest and utilize the rest days given.

# TERMINOLOGY GLOSSARY PART 2

## WHAT DO THESE RECURRING TERMS MEAN!?!

**CALLY TALLY (CT):** Cally Tally refers to a “Calisthenics Tally” which is a recurring type of workout that will be when we work on progression in calisthenics using a 3-5 round circuit (or broken into individual sets) in different schemes with similar movements and their scaled variations.

**CHIP AWAY (CA):** Chip Away style workouts are BIG circuits that require you to chip away at them to finish. These are usually 1-2 rounds, but can potentially be longer. During these there will usually not be programmed rest time, but you will likely need to take short breaks in between movements in order to complete the entire workout. *Aim for your best time and record it! You may want to eventually come back and see how much you have progressed!*

**QUICK N’ DIRTY (QND):** Quick N’ Dirty Workouts refer to a workout that is likely super high intensity, but can [usually] be done in a short period of time, depending on the individual. These can be workouts with 1-5+ rounds that just involve fairly easy exercises, or even any of the following types of circuits.

*(You will see this the most out of any workout type on your scheduling because they are extremely variable; both in their own formatting and length, and the ability to build around them as well.)*

**EMOM:** EMOM stands for “Every Minute On The Minute”, which means you will complete an exercise, or even more than one, for the programmed reps, and then rest any amount of time remaining in that minute. You will then move onto the next portion of the programming, which generally has you repeating that movement, sometimes even scaling up (or down) the total reps you’ll be doing.

**TABATA:** Tabata is a type of circuit that can be as short as 2-4 minutes, but can also run longer. It is usually programmed with one or more exercises running in a 20 seconds on, 10 seconds off fashion, and then repeating for the entire programmed duration.

# TERMINOLOGY GLOSSARY PART 3

## WHAT DO THESE RECURRING TERMS MEAN!?!

**20-15-10:** 20-15-10 is a rep count that I use often. Sometimes I switch this up to 20-16-10, or something similar (in order to keep them even if we're rotating legs, arms, or sides, etc), but it will generally come with a couple movements (sometimes more) and you are required to work your way through rounds that follow the 20-15-10 count. **Ex:** Round one would have you complete whatever programmed movements you have for 20 reps of each, and then round two would have you do those same movements 15 reps each, followed by the last round of 10 reps of each programmed movement.

**AMRAP:** AMRAP stands for "As Many Rounds As Possible". So, instead of what I explained with the Chip Away workouts that you'll be keeping your time and looking to progress, these workouts have you going to a specific and set amount of time and then completing the designated programming for that entire duration. You will keep track of either rounds or reps (generally rounds and then whatever reps you complete within the last round) which will serve as your total score for that workout.

**BONUS AB WORK (BAW):** Bonus Ab Work is just that, bonus work on top of a format of workout you're likely used to seeing. This can come sporadically, and will likely be a short finisher to get your abs going! *You may also see some other bonus work show up without even being mentioned in your previews! :)*

**WEIGHT RECOMMENDATIONS "[X/X]":** All weight recommendations are split between men and women. The first weight is what I recommend for men and the second is what I recommend for women. These weights are listed in pounds. Ex: [45/20] is me recommending 45 lbs. for men and 20 lbs. for women.

# TERMINOLOGY GLOSSARY PART 4

WHAT DO THESE RECURRING TERMS MEAN!?!

## BEHEMOTH TERMINOLOGY

The terms on this page aren't necessarily recurring in the sense that they'll be brought up over and over, but rather UTILIZED throughout the course of this programming (regardless of how many times you run it).

I made mention to these terms on Page 6 (with the exception of the first, which may be the most important), but now I'm going to be breaking them down further so you know exactly why and how we are utilizing them.

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**Progressive Overload:** Continually increasing the demands (load/weight/reps/etc.) and continually making gains in muscle size, strength, endurance (and more). In order to get bigger, stronger, faster and unleash your inner Superhuman, we must continuously make our muscles work harder. [You will have progressive overload calculated for you for the below training styles, but the circuits and other training is on you to level up!]

**Reverse Pyramid Training:** A style of training that puts your heaviest set first (after warm ups) and then "pyramids" down to lighter weight with more reps.

**Pyramid Training:** The more typical style of pyramid training has you increasing the weight from a lower starting point and going UP in a "pyramid" as the reps decrease.

**Straight Sets:** Straight sets are just that, straight through your specific exercise using the same amount of reps all the way through. You can increase the load if you'd like or keep it the same and potentially play with the reps to failure on your last set, but the programmed portion only calls for straight reps through.

# DON'T FORGET TO KEEP TRACK OF YOUR SCORES!

**TRACKING PROGRESS, SCORING, TIMES AND MORE...**

Whether you have read Superhuman Secrets, learned from the site, known about it already, or are simply trusting the advice of this Legacy Program; you should know to always strive for progressive overload.

This program is built around progressive overload via the scaling resources, formatting, and even inherently built in over time (which is obviously done on purpose).

**On top of this, I want you to be able to track your progression...outside of just watching the fat shred from your body and the muscles tone while unlocking your new Massive Superhero Physique.**

For that reason I STRONGLY suggest keeping track of your scores, times, and even notes from your training.

Regardless of whether or not you plan on re-running this exact programming directly after (which we'll discuss next), or if you want to follow this up with more custom Behemoth programming; it's absolutely a good idea to revisit past programs to see how you are making progress.

For each style of training you should be keeping track of what you've had to scale, and a score depending on the specific program.

*Most programs will simply be how long it took (track the time/total), combined with what you scaled, and the weight you used.*

# HOW TO VARY YOUR PROGRAM

## USE ACADEMY MEMBERSHIPS TO VARY & RERUN

This part likely seems super simple, but I'll discuss it nevertheless just in case there can be some confusion.

**The parts of this program that are variable are your:**

1. PPL Split
2. Jump Rope Workouts
3. Benchmark Workouts

The PPL Split and Jump Rope Workouts are the two you're going to be able to swap at your discretion to rerun this programming.

For this it's simple: You run the program AS IS to start. Full 90 Days of Programming. From there, if you want to RE-run the program you CAN with progressive overload using the exact same template OR you can swap it all with different programs I suggest.

The way you would do this is go into our Portal and utilize the links before our "Start Here" to jump to different PPL Workouts and Jump Rope Workouts within our Academy Portal.

Then you would literally just punch those in place of the PPL Split and Jump Rope Workouts that are currently programmed for you.





# SHJ BEHEMOTH PROGRAM



## 4 WEEK TRAINING PREVIEW #1

**BHW**

LEVEL UP

**PUSH**

LEVEL UP

**BIG  
CARDIO  
BURN**

LEVEL UP

**PULL**

LEVEL UP

**JUMP  
ROPE  
CIRCUIT**

LEVEL UP

**LEGS**

LEVEL UP

**REST  
DAY**

REST &  
REPAIR

**BHW**

LEVEL UP

**PUSH**

LEVEL UP

**BIG  
CARDIO  
BURN**

LEVEL UP

**PULL**

LEVEL UP

**CALLY  
TALLY**

LEVEL UP

**LEGS**

LEVEL UP

**REST  
DAY**

REST &  
REPAIR

**BHW**

LEVEL UP

**PUSH**

LEVEL UP

**BIG  
CARDIO  
BURN**

LEVEL UP

**PULL**

LEVEL UP

**JUMP  
ROPE  
CIRCUIT**

LEVEL UP

**LEGS**

LEVEL UP

**REST  
DAY**

REST &  
REPAIR

**BHW**

LEVEL UP

**PUSH**

LEVEL UP

**BIG  
CARDIO  
BURN**

LEVEL UP

**PULL**

LEVEL UP

**CALLY  
TALLY**

LEVEL UP

**LEGS**

LEVEL UP

**REST  
DAY**

REST &  
REPAIR

# THE ONE FOR ALL

## DAY 1:

### BENCHMARK HERO WORKOUT



#### SCALING GUIDE:



Scaling can be done by doing these movements with lighter weight or subbing dumbbells or alternative objects.

## THE WORKOUT

#### ONE FOR ALL CIRCUIT:

For time, 10-9-8-7-6-5-4-3-2-1 reps:

KB Goblet Squats [45/20]

KB Sumo Deadlift High Pulls [45/20]

KB Single Arm Deadlift [45/20]

KB Swings [45/20]

“Whether you win or lose...You can always come out ahead by learning from the experience.”

– **All Might**

# DAY 2:

## PUSH WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Bench Press  
Overhead Press

### ACCESSORY WORK

Incline Dumbbell Press  
3x12, 10, 8  
Tricep Cable Pushdowns  
3x12, 10, 8  
Standing Incline Dumbbell Chest Flyes  
3x10  
Close Grip Bench Press  
3x10  
Weighted Dips  
3x5

# DAY 3:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

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*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

# DAY 4:

## PULL WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Deadlifts  
Bent Over Rows

### ACCESSORY WORK

Preacher Curls  
3x12, 10, 8  
Cable Reverse Flyes  
3x12, 10, 8  
Chin Ups  
3x10  
Concentration Curls  
3x10 each arm  
Weighted Wide Grip Pull Ups  
3x5

## DAY 5:

## JUMP ROPE CIRCUIT WORKOUT



### SCALING GUIDE:

Jump Ropes Scale to Jumping Jacks  
Advanced Skips: Scale to Jump Ropes  
DB/KB Movements: Scale to Less Weight



## THE WORKOUT

### JUMP ROPE CIRCUIT WORKOUT

#### COMPLETE 5 ROUNDS

- 100 Jump Ropes
- 10 Dumbbell Curl to Press [30/15]
- 50 Boxer Skips
- 25 Incline Push Ups
- 50 Alternating Leg Skips
- 10 Single Arm Dumbbell Snatches (each arm) [30/15]
- 50 Boxer Skips
- 25 Dips
- 50 Alternating Leg Skips
- 10 Standing Incline Chest Flyes [30/15]

# DAY 6:

## LEG WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Back Squats  
Bulgarian Split Squats

### ACCESSORY WORK

Leg Press  
3x12, 10, 8  
Weighted Lunges  
3x12, 10, 8 each leg  
Seated Calf Raises  
3x10  
Glute Bridges (Weighted)  
3x10  
Cable Pullthroughs  
3x10

**WEEK 1**

**MONTH 1**

**DAY 7**



**REST DAY**

“Heroes are made by the path they choose, not the powers they are graced with.”

– **Iron Man**



# THE PARKER

## DAY 8:

### BENCHMARK HERO WORKOUT

#### SCALING GUIDE:



Kettlebell Movements: Scale to Lighter Weight or Water Jug(s)  
Dumbbell Movements: Scale to Lighter Weights or Water Jug(s)  
Dip Bar Leg Raises: Scale by Bending Knees  
Weighted Dips: Scale to No Weight and/or Using Chair



## THE WORKOUT

### PARKER CIRCUIT: FIVE ROUNDS

30 KB Deadlifts [45/20 lbs.]  
20 DB Floor Bench Press [30/15 lbs.]  
15 Dip Bar Straight Leg Raises  
10 Weighted Dips [45/20 lbs.]

“With great power, comes great  
responsibility.”

– Peter Parker

# DAY 9:

## PUSH WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Bench Press  
Overhead Press

### ACCESSORY WORK

Incline Dumbbell Press  
3x12, 10, 8  
Tricep Cable Pushdowns  
3x12, 10, 8  
Standing Incline Dumbbell Chest Flyes  
3x10  
Close Grip Bench Press  
3x10  
Weighted Dips  
3x5

# DAY 10:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

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*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

# DAY 11:

## PULL WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Deadlifts  
Bent Over Rows

### ACCESSORY WORK

Preacher Curls  
3x12, 10, 8  
Cable Reverse Flyes  
3x12, 10, 8  
Chin Ups  
3x10  
Concentration Curls  
3x10 each arm  
Weighted Wide Grip Pull Ups  
3x5

# DAY 12:

**GET WARM  
CALLY TALLY  
MEDIUM CARDIO**



## SCALING GUIDE:

Push Up Variations: Scale to Variations on Knees  
Jump Rope: Scale to Jumping Jacks



## THE WORKOUT

### CALLY TALLY: 5 ROUND CIRCUIT

5 Regular Push Ups  
30 Seconds of Jump Rope  
5 Wide Push Ups  
30 Second Superman Hold  
5 Pseudo Push Ups  
30 Second Rest  
5 Explosive Push Ups  
30 Seconds Reverse Superman Hold  
5 Close Push Ups (or Diamond)  
30 Seconds of Jump Rope  
5 Incline Push Ups  
30 Second Rest

### REQUIRED CALORIE BURN

200 CALORIES

# DAY 13:

## LEG WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Back Squats  
Bulgarian Split Squats

### ACCESSORY WORK

Leg Press  
3x12, 10, 8  
Weighted Lunges  
3x12, 10, 8 each leg  
Seated Calf Raises  
3x10  
Glute Bridges (Weighted)  
3x10  
Cable Pullthroughs  
3x10

**WEEK 2**

**MONTH 1**

**DAY 14**



**REST DAY**

“Life is never completely  
without its challenges.”

– Stan Lee

# THE WILSON

## DAY 15:

### BENCHMARK HERO WORKOUT



#### SCALING GUIDE:

Kettlebell Movements: Scale to Lighter Weight or Water Jug(s)  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Rope  
Chin Ups: Scale to Bodyweight Rows  
Burpees: Scale to SLOW Burpees or Up-Downs



## THE WORKOUT

### WARM UP WORK (KB WORK: [45/20])

2x20 Jumping Jacks  
2x20 Butt Kicks  
2x20 High Knees  
3x10 Kettlebell Upright Row  
3x15 Kettlebell Deadlift  
3x20 Kettlebell Toe Taps

### QUICK N' DIRTY: 16 MINUTE AMRAP

40 Double Unders  
21 Kettlebell Swings [45/20]  
12 Chin Ups  
4 Burpees

### REQUIRED CALORIE BURN

100-150 CALORIES



# DAY 16:

## PUSH WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Bench Press  
Overhead Press

### ACCESSORY WORK

Incline Dumbbell Press  
3x12, 10, 8  
Tricep Cable Pushdowns  
3x12, 10, 8  
Standing Incline Dumbbell Chest Flyes  
3x10  
Close Grip Bench Press  
3x10  
Weighted Dips  
3x5

# DAY 17:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

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# DAY 18:

## PULL WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Deadlifts  
Bent Over Rows

### ACCESSORY WORK

Preacher Curls  
3x12, 10, 8  
Cable Reverse Flyes  
3x12, 10, 8  
Chin Ups  
3x10  
Concentration Curls  
3x10 each arm  
Weighted Wide Grip Pull Ups  
3x5

# DAY 19:

## JUMP ROPE CIRCUIT WORKOUT



### SCALING GUIDE:

Jump Ropes Scale to Jumping Jacks  
Advanced Skips: Scale to Jump Ropes  
DB/KB Movements: Scale to Less Weight



## THE WORKOUT

### JUMP ROPE CIRCUIT WORKOUT

#### COMPLETE 5 ROUNDS

- 60 Alternating Foot Skips
- 10 Kettlebell Swings [72/54]
- 60 Boxer Skips
- 30 V-Ups
- 20 Double Unders
- 10 Weighted Dips [72/54]
- 60 Freestyle Skips
- 20 Sit Ups

# DAY 20:

## LEG WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Back Squats  
Bulgarian Split Squats

### ACCESSORY WORK

Leg Press  
3x12, 10, 8  
Weighted Lunges  
3x12, 10, 8 each leg  
Seated Calf Raises  
3x10  
Glute Bridges (Weighted)  
3x10  
Cable Pullthroughs  
3x10

**WEEK 3**

**MONTH 1**

**DAY 21**



**REST DAY**

“You’ll laugh at your fears  
when you find out who you  
are.”

– **Piccolo**

# THE STEVENS

## DAY 22:

## BENCHMARK HERO WORKOUT



### SCALING GUIDE:

KB DL: Scale to Dumbbell Deadlift  
Rower: Scale to LIGHT Bent Over DB Rows or Banded Rows  
Weighted Movements: Scale to Unweighted or Use Water Jug(s) or  
Weighted Object as Substitute



## THE WORKOUT

### STEVENS CIRCUIT: COMPLETE FOUR ROUNDS

20 Kettlebell Deadlifts [45/20]  
60 Second Row on Rower Machine  
20 Dumbbell Bench Press [30/15]  
60 Second Row on Rower Machine  
20 DB Bulgarian Split Squats [30/15]  
60 Second Row on Rower Machine  
20 DB Standing Military Press [30/15]  
*1-2 Minute Rest Between Rounds If Needed*

“I’ve waited my whole life for this.”

– Killmonger

# DAY 23:

## PUSH WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Bench Press  
Overhead Press

### ACCESSORY WORK

Incline Dumbbell Press  
3x12, 10, 8  
Tricep Cable Pushdowns  
3x12, 10, 8  
Standing Incline Dumbbell Chest Flyes  
3x10  
Close Grip Bench Press  
3x10  
Weighted Dips  
3x5



# DAY 24:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

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# DAY 25:

## PULL WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Deadlifts  
Bent Over Rows

### ACCESSORY WORK

Preacher Curls  
3x12, 10, 8  
Cable Reverse Flyes  
3x12, 10, 8  
Chin Ups  
3x10  
Concentration Curls  
3x10 each arm  
Weighted Wide Grip Pull Ups  
3x5

# DAY 26:

**GET WARM  
CALLY TALLY  
MEDIUM CARDIO**



## SCALING GUIDE:

Push Ups: Scale to Knee Push Ups or Pause Push Ups

Sit Ups: Scale to Crunches

Dips: Scale to Chair Dips

Hanging Leg Raises: Scale to Lying Leg Raises

Pull Ups: Scale to Pike Push Ups or Bodyweight Rows



## THE WORKOUT

### CALLY TALLY: COMPLETE ALL REPS

*Complete All Reps However You'd Like*

*\*\*Complete as a Circuit, in Supersets, or even just regular Sets/Reps\*\**

Push Ups: 150

Air Squats: 150

Sit Ups: 100

Dips: 100

Lunges: 100 [Total]

Hanging Leg Raises: 75

Pull Ups (or Chin Ups): 75

### REQUIRED CALORIE BURN

150-200 CALORIES

# DAY 27:

## LEG WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Back Squats  
Bulgarian Split Squats

### ACCESSORY WORK

Leg Press  
3x12, 10, 8  
Weighted Lunges  
3x12, 10, 8 each leg  
Seated Calf Raises  
3x10  
Glute Bridges (Weighted)  
3x10  
Cable Pullthroughs  
3x10

# DAY 28



# REST DAY

“Dark and difficult times lie ahead. Soon, we must all face the choice between what is right and what is easy.”

– **Dumbledore**



# SHJ BEHEMOTH PROGRAM



## 4 WEEK TRAINING PREVIEW #2

**BHW**

LEVEL UP

**PUSH**

LEVEL UP

**BIG  
CARDIO  
BURN**

LEVEL UP

**PULL**

LEVEL UP

**JUMP  
ROPE  
CIRCUIT**

LEVEL UP

**LEGS**

LEVEL UP

**REST  
DAY**

REST &  
REPAIR

**BHW**

LEVEL UP

**PUSH**

LEVEL UP

**BIG  
CARDIO  
BURN**

LEVEL UP

**PULL**

LEVEL UP

**CALLY  
TALLY**

LEVEL UP

**LEGS**

LEVEL UP

**REST  
DAY**

REST &  
REPAIR

**BHW**

LEVEL UP

**PUSH**

LEVEL UP

**BIG  
CARDIO  
BURN**

LEVEL UP

**PULL**

LEVEL UP

**JUMP  
ROPE  
CIRCUIT**

LEVEL UP

**LEGS**

LEVEL UP

**REST  
DAY**

REST &  
REPAIR

**BHW**

LEVEL UP

**PUSH**

LEVEL UP

**BIG  
CARDIO  
BURN**

LEVEL UP

**PULL**

LEVEL UP

**CALLY  
TALLY**

LEVEL UP

**LEGS**

LEVEL UP

**REST  
DAY**

REST &  
REPAIR

# THE KAKAROT

## DAY 1:

## BENCHMARK HERO WORKOUT



### SCALING GUIDE:

Kettlebell Movements: Scale to Lighter Weight or Water Jug(s)  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Rope  
Chin Ups: Scale to Bodyweight Rows  
Burpees: Scale to SLOW Burpees or Up-Downs



## THE WORKOUT

### KAKAROT CIRCUIT: 2 ROUNDS

25 Pull Ups  
50 KB Deadlifts [45/20]  
50 Push Ups  
50 Box Jumps  
50 Floor Wipers (on Floor w/ DBs) [30/15]  
50 DB Clean and Press [20/10]  
25 Pull Ups

“Power comes in response to a need, not a desire. You have to create that need.”

– **Goku**

# DAY 2:

## PUSH WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Bench Press  
Overhead Press

### ACCESSORY WORK

Incline Dumbbell Press  
3x12, 10, 8  
Tricep Cable Pushdowns  
3x12, 10, 8  
Standing Incline Dumbbell Chest Flyes  
3x10  
Close Grip Bench Press  
3x10  
Weighted Dips  
3x5



# DAY 3:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

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# DAY 4:

## PULL WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Deadlifts  
Bent Over Rows

### ACCESSORY WORK

Preacher Curls  
3x12, 10, 8  
Cable Reverse Flyes  
3x12, 10, 8  
Chin Ups  
3x10  
Concentration Curls  
3x10 each arm  
Weighted Wide Grip Pull Ups  
3x5

# DAY 5:

## JUMP ROPE CIRCUIT WORKOUT



### SCALING GUIDE:

Jump Ropes Scale to Jumping Jacks  
Double Unders: Scale to 3X Jump Rope  
Advanced Skips: Scale to Jump Ropes  
DB/KB Movements: Scale to Less Weight



## THE WORKOUT

### JUMP ROPE CIRCUIT WORKOUT

#### COMPLETE 5 ROUNDS

- 20 Double Unders
- 10 Renegade Row Push Ups [30/15]
- 20 Double Unders
- 10 Weighted Side Lunges [30/15]
- 20 Double Unders
- 10 DB Squat Cleans [30/15]
- 20 Double Unders
- 10 DB Shrugs [30/15]

# DAY 6:

## LEG WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Back Squats  
Bulgarian Split Squats

### ACCESSORY WORK

Leg Press  
3x12, 10, 8  
Weighted Lunges  
3x12, 10, 8 each leg  
Seated Calf Raises  
3x10  
Glute Bridges (Weighted)  
3x10  
Cable Pullthroughs  
3x10

**WEEK 1**

**MONTH 2**

**DAY 7**



**REST DAY**

“Do. Or do not. There is no try.”

– Yoda

# THE ODINSON

## DAY 8:

### BENCHMARK HERO WORKOUT

#### SCALING GUIDE:

Weighted Movements: Scale to No Weight or Utilize Water Jug or Other Light Weighted Object



## THE WORKOUT

### THE ODINSON CIRCUIT: 3 ROUNDS [20/10 LBS.]

- 8 Weighted Burpees
- 8 Dumbbell Curl to Press
- 8 Goblet Squats
- 8 Standing Tricep Extensions
- 8 Reverse Lunge Curl
- 8 Lateral Raise into Front Raise into Upright Row
- 8 Plank Punch Outs
- 8 Plank Pulses
- 8 Plank Pikes

“Now you face the Mightiest  
Avenger of all!”

– Thor

# DAY 9:

## PUSH WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Bench Press  
Overhead Press

### ACCESSORY WORK

Incline Dumbbell Press  
3x12, 10, 8  
Tricep Cable Pushdowns  
3x12, 10, 8  
Standing Incline Dumbbell Chest Flyes  
3x10  
Close Grip Bench Press  
3x10  
Weighted Dips  
3x5

# DAY 10:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

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*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*



# DAY 11:

## PULL WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Deadlifts  
Bent Over Rows

### ACCESSORY WORK

Preacher Curls  
3x12, 10, 8  
Cable Reverse Flyes  
3x12, 10, 8  
Chin Ups  
3x10  
Concentration Curls  
3x10 each arm  
Weighted Wide Grip Pull Ups  
3x5

# DAY 12:

GET WARM  
CALLY TALLY



## SCALING GUIDE:

Push Up Variations: Scale to Variations on Knees  
Jump Rope: Scale to Jumping Jacks



## THE WORKOUT

### CALLY TALLY: 6 ROUND CIRCUIT

Run 400 Meters  
30 Skater Lunges  
20 Push Ups  
30 Glute Bridges  
20 Jumping Jacks (10 each leg)  
20 Air Squats  
30 Second Plank  
10 Dips  
20 Lunges (10 each leg)  
10 Pike Push Ups  
20 Step Ups (10 each leg)

**OPTIONAL ADDITION:** Work on calisthenics or specific body part progression.

# DAY 13:

## LEG WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Back Squats  
Bulgarian Split Squats

### ACCESSORY WORK

Leg Press  
3x12, 10, 8  
Weighted Lunges  
3x12, 10, 8 each leg  
Seated Calf Raises  
3x10  
Glute Bridges (Weighted)  
3x10  
Cable Pullthroughs  
3x10

# DAY 14



# REST DAY

“I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles.”

–**Superman**

# THE ARTHUR

## DAY 15:

### BENCHMARK HERO WORKOUT



#### SCALING GUIDE:

Kettlebell Movements: Scale to Lighter Weight or Water Jug(s)  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Rope  
Chin Ups: Scale to Bodyweight Rows  
Burpees: Scale to SLOW Burpees or Up-Downs



## THE WORKOUT

### THE ARTHUR: 7-6-5 DOWNWARD PROGRESSION

#### Explanation:

Start with Series A, Workout A. Do 7 Sets of 7 Reps with 7 Second Rest Time In Between and Then Move Down to 6-6-6 and 5-5-5 before moving to Workout B. After you complete Movement A, B and C rest for 1-2 minutes and Complete Series B.

#### **SERIES A:**

Squat  
Deadlift  
Jump Squat

#### **SERIES B:**

Medicine Ball Slam  
Kettlebell Swing  
Burpee

“No time to talk. Spread the word. Justice is coming.”

– Aquaman

# DAY 16:

## PUSH WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Bench Press  
Overhead Press

### ACCESSORY WORK

Incline Dumbbell Press  
3x12, 10, 8  
Tricep Cable Pushdowns  
3x12, 10, 8  
Standing Incline Dumbbell Chest Flyes  
3x10  
Close Grip Bench Press  
3x10  
Weighted Dips  
3x5

# DAY 17:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

You can utilize ANY of the 5 different variations that I share with you.

*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

# DAY 18:

## PULL WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Deadlifts  
Bent Over Rows

### ACCESSORY WORK

Preacher Curls  
3x12, 10, 8  
Cable Reverse Flyes  
3x12, 10, 8  
Chin Ups  
3x10  
Concentration Curls  
3x10 each arm  
Weighted Wide Grip Pull Ups  
3x5



# DAY 19:

## JUMP ROPE CIRCUIT WORKOUT



### SCALING GUIDE:

Jump Ropes Scale to Jumping Jacks  
Advanced Skips: Scale to Jump Ropes  
DB/KB Movements: Scale to Less Weight  
L-Sit: Scale to Hollow Hold  
Sit Ups: Scale to Crunches



## THE WORKOUT

### JUMP ROPE CIRCUIT WORKOUT

#### COMPLETE 5 ROUNDS

100 Jump Ropes  
15 Romanian Deadlifts [50/30]  
50 Alternating Foot Skips  
30 Sit Ups with Twist  
50 Alternating Foot Skips  
10 Alternating Single Arm Snatches (total) [50/30]  
100 Jump Ropes  
20 Second L-Sit Hold

# DAY 20:

## LEG WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Back Squats  
Bulgarian Split Squats

### ACCESSORY WORK

Leg Press  
3x12, 10, 8  
Weighted Lunges  
3x12, 10, 8 each leg  
Seated Calf Raises  
3x10  
Glute Bridges (Weighted)  
3x10  
Cable Pullthroughs  
3x10

**WEEK 3**

**MONTH 2**

**DAY 21**



**REST DAY**

“You are much stronger than  
you think you are. Trust me”

**–Superman**

# THE STEWART

## DAY 22:

**BENCHMARK  
HERO  
WORKOUT**



### SCALING GUIDE:

KB Movements for this Hero Workout can not be scaled to weightless, but they can be scaled to lower weight or with a dumbbell.



## THE WORKOUT

**STEWART CIRCUIT:  
20-15-10-5**

*Please see Page 19 for Further Instructions on 20-15-10*

KB Goblet Squats [45/20]

KB Swings [45/20]

KB Single Arm DL [45/20]

“Maybe that’s my mission here.  
To find my own voice. To find a  
voice for all these centuries and  
let them speak in harmony.”

– **Green Lantern**

# DAY 23:

## PUSH WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Bench Press  
Overhead Press

### ACCESSORY WORK

Incline Dumbbell Press  
3x12, 10, 8  
Tricep Cable Pushdowns  
3x12, 10, 8  
Standing Incline Dumbbell Chest Flyes  
3x10  
Close Grip Bench Press  
3x10  
Weighted Dips  
3x5

# DAY 24: LONG DISTANCE BIG CALORIE CARDIO BURN



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

You can utilize ANY of the 5 different variations that I share with you.

*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

# DAY 25:

## PULL WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Deadlifts  
Bent Over Rows

### ACCESSORY WORK

Preacher Curls  
3x12, 10, 8  
Cable Reverse Flyes  
3x12, 10, 8  
Chin Ups  
3x10  
Concentration Curls  
3x10 each arm  
Weighted Wide Grip Pull Ups  
3x5

# DAY 26:

**GET WARM  
CALLY TALLY  
MEDIUM CARDIO**



## SCALING GUIDE:

Push Ups: Scale to Knee Push Ups or Pause Push Ups

Sit Ups: Scale to Crunches

Dips: Scale to Chair Dips

Hanging Leg Raises: Scale to Lying Leg Raises

Pull Ups: Scale to Pike Push Ups or Bodyweight Rows



## THE WORKOUT

### CALLY TALLY: COMPLETE ALL REPS

*Complete All Reps However You'd Like*

*\*\*Complete as a Circuit, in Supersets, or even just regular Sets/Reps\*\**

Push Ups: 150

Air Squats: 150

Sit Ups: 100

Dips: 100

Lunges: 100 [Total]

Hanging Leg Raises: 75

Pull Ups (or Chin Ups): 75

### REQUIRED CALORIE BURN

150-200 CALORIES



# DAY 27:

## LEG WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Back Squats  
Bulgarian Split Squats

### ACCESSORY WORK

Leg Press  
3x12, 10, 8  
Weighted Lunges  
3x12, 10, 8 each leg  
Seated Calf Raises  
3x10  
Glute Bridges (Weighted)  
3x10  
Cable Pullthroughs  
3x10

# DAY 28



# REST DAY

“Power comes in response to a need, not a desire. You have to create that need.”

– **Goku**



# SHJ BEHEMOTH PROGRAM



## 4 WEEK TRAINING PREVIEW #3

**BHW**

LEVEL UP

**PUSH**

LEVEL UP

**BIG  
CARDIO  
BURN**

LEVEL UP

**PULL**

LEVEL UP

**JUMP  
ROPE  
CIRCUIT**

LEVEL UP

**LEGS**

LEVEL UP

**REST  
DAY**

REST &  
REPAIR

**BHW**

LEVEL UP

**PUSH**

LEVEL UP

**BIG  
CARDIO  
BURN**

LEVEL UP

**PULL**

LEVEL UP

**CALLY  
TALLY**

LEVEL UP

**LEGS**

LEVEL UP

**REST  
DAY**

REST &  
REPAIR

**BHW**

LEVEL UP

**PUSH**

LEVEL UP

**BIG  
CARDIO  
BURN**

LEVEL UP

**PULL**

LEVEL UP

**JUMP  
ROPE  
CIRCUIT**

LEVEL UP

**LEGS**

LEVEL UP

**REST  
DAY**

REST &  
REPAIR

**BHW**

LEVEL UP

**PUSH**

LEVEL UP

**BIG  
CARDIO  
BURN**

LEVEL UP

**PULL**

LEVEL UP

**CALLY  
TALLY**

LEVEL UP

**LEGS**

LEVEL UP

**REST  
DAY**

REST &  
REPAIR

# THE MIDORIYA

## DAY 1:

## BENCHMARK HERO WORKOUT



### SCALING GUIDE:

L-Sit: Scale to Progression or Hollow Holds  
Push Ups: Scale to Knee Push Ups or Pause Push Ups  
Dips: Scale to Chair Dips  
Pull Ups: Scale to Pike Push Ups or Bodyweight Rows  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes



## THE WORKOUT

### MIDORIYA CIRCUIT: 5 ROUNDS

30 Push Ups  
25 Russian Twists (30/10)  
20 Goblet Lunges (45/20)  
15 Dips  
10 Pull Ups  
5 Double Unders  
*Break for 1-2 Minutes between rounds.*

“Sometimes I do feel like I’m a failure. Like there’s no hope for me. But even so, I’m not going to give up. Ever!”

– Deku

# DAY 2:

## PUSH WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Bench Press  
Overhead Press

### ACCESSORY WORK

Incline Dumbbell Press  
3x12, 10, 8  
Tricep Cable Pushdowns  
3x12, 10, 8  
Standing Incline Dumbbell Chest Flyes  
3x10  
Close Grip Bench Press  
3x10  
Weighted Dips  
3x5

# DAY 3:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

You can utilize ANY of the 5 different variations that I share with you.

*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

# DAY 4:

## PULL WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Deadlifts  
Bent Over Rows

### ACCESSORY WORK

Preacher Curls  
3x12, 10, 8  
Cable Reverse Flyes  
3x12, 10, 8  
Chin Ups  
3x10  
Concentration Curls  
3x10 each arm  
Weighted Wide Grip Pull Ups  
3x5

# DAY 5:

## JUMP ROPE CIRCUIT WORKOUT



### SCALING GUIDE:

Jump Ropes Scale to Jumping Jacks  
Advanced Skips: Scale to Jump Ropes  
Planks: Scale to Shorter Duration or Pause and Go  
Plank to Push Ups: Scale to Regular Forearm Plank



## THE WORKOUT

### JUMP ROPE CIRCUIT WORKOUT

#### COMPLETE 5 ROUNDS

- 50 Boxer Skips
- 30 Second Right Side Plank
- 50 Boxer Skips
- 30 V-Ups
- 50 Boxer Skips
- 30 Leg Raises (Hanging or Lying)
- 50 Boxer Skips
- 30 Second Left Side Plank
- 50 Boxer Skips
- 10 Plank to Push Ups



# DAY 6:

## LEG WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Back Squats  
Bulgarian Split Squats

### ACCESSORY WORK

Leg Press  
3x12, 10, 8  
Weighted Lunges  
3x12, 10, 8 each leg  
Seated Calf Raises  
3x10  
Glute Bridges (Weighted)  
3x10  
Cable Pullthroughs  
3x10

**WEEK 2**

**MONTH 3**

**DAY 7**



**REST DAY**

“Don’t worry about what other people think. Hold your head up high and plunge forward.”

– **Izuku Midoriya**

# THE LOGAN

## DAY 8:

## BENCHMARK HERO WORKOUT



### SCALING GUIDE:

Man-Makers: Scale to Burpees  
L-Sit: Scale to Hollow Hold  
Pull Ups: Scale to Pike Push Ups  
Plank to Push Ups: Scale to 60 Second Forearm Plank  
Double Unders: Scale to 3X as many Jumping Jacks or Jump Ropes  
Push Ups: Scale to Knee Push Ups or Pause Push Ups



## THE WORKOUT

### CHIP AWAY: COMPLETE ONE ROUND

20 Push Ups  
5 Man Makers (30/15)  
10 Air Squats  
4 Man Makers  
20 Second L-Sit  
3 Man Makers  
10 Pull Ups  
2 Man Makers  
20 Glute Bridges  
1 Man Maker

**CONTINUED TO NEXT BOX ->**

### 30 SECOND REST IF NEEDED

1 Man Maker  
10 Plank to Push Ups  
2 Man Makers  
20 Kettlebell Toe Taps  
3 Man Makers  
10 Double Unders  
4 Man Makers  
20 Push Ups  
5 Man Makers  
10 Air Squats

“The pain lets you know you’re  
still alive.”

– **Wolverine**

# DAY 9:

## PUSH WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Bench Press  
Overhead Press

### ACCESSORY WORK

Incline Dumbbell Press  
3x12, 10, 8  
Tricep Cable Pushdowns  
3x12, 10, 8  
Standing Incline Dumbbell Chest Flyes  
3x10  
Close Grip Bench Press  
3x10  
Weighted Dips  
3x5

# DAY 10:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

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*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

# DAY 11:

## PULL WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Deadlifts  
Bent Over Rows

### ACCESSORY WORK

Preacher Curls  
3x12, 10, 8  
Cable Reverse Flyes  
3x12, 10, 8  
Chin Ups  
3x10  
Concentration Curls  
3x10 each arm  
Weighted Wide Grip Pull Ups  
3x5

# DAY 12:

**GET WARM  
CALLY TALLY  
SHORT CARDIO**



## SCALING GUIDE:

L-Sit: Scale to Hollow Hold  
Plank to Push Ups: Scale to 60 Second Forearm Plank  
Weighted Jump Squat: Scale to Jump Squats  
Skull Crushers: Scale to DB Skull Crushers or Close Grip Push Ups



## THE WORKOUT

### CALLY TALLY: 5 ROUND CIRCUIT

30 Decline Glute Bridges  
25 Second L-Sit  
20 Plank to Push Ups  
15 Weighted Jump Squats  
10 Incline Pike Push Ups  
5 Calisthenic Skull Crushers  
*Rest 1-2 Minutes Only If Needed*

### CORE FINISHER: 3 ROUND TRI-SET

30 Lying Leg Raises with Hip Thrust  
30 Sit Ups  
30 Flutter Kicks  
60 Second Plank Hold

### REQUIRED CALORIE BURN

100-150 CALORIES

# DAY 13:

## LEG WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Back Squats  
Bulgarian Split Squats

### ACCESSORY WORK

Leg Press  
3x12, 10, 8  
Weighted Lunges  
3x12, 10, 8 each leg  
Seated Calf Raises  
3x10  
Glute Bridges (Weighted)  
3x10  
Cable Pullthroughs  
3x10





# DAY 14



## REST DAY

“Never forget what you are.  
The rest of the world will not.  
Wear it like armor, and it can  
never be used to hurt you.”

– **Tyrion Lannister**

# THE WEST

## DAY 15:

**BENCHMARK  
HERO  
WORKOUT**



### SCALING GUIDE:

Push Ups Variations: Scale to Knee Push Ups of the same variation.  
Weighted Movements: Scale with weighted object like water jug  
Pull Ups: Scale to Pike Push Ups or Assisted Pull Ups



## THE WORKOUT

### WEST CIRCUIT: 5 ROUND CIRCUIT

15 Goblet Squats [45/20]  
400 Meter Sprints

“Who knows? Someday, maybe  
you’ll help inspire a legion of  
superheroes!”  
– **Wally West!**

# DAY 16:

## PUSH WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Bench Press  
Overhead Press

### ACCESSORY WORK

Incline Dumbbell Press  
3x12, 10, 8  
Tricep Cable Pushdowns  
3x12, 10, 8  
Standing Incline Dumbbell Chest Flyes  
3x10  
Close Grip Bench Press  
3x10  
Weighted Dips  
3x5

# DAY 17:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

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*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

# DAY 18:

## PULL WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Deadlifts  
Bent Over Rows

### ACCESSORY WORK

Preacher Curls  
3x12, 10, 8  
Cable Reverse Flyes  
3x12, 10, 8  
Chin Ups  
3x10  
Concentration Curls  
3x10 each arm  
Weighted Wide Grip Pull Ups  
3x5

# DAY 19:

## JUMP ROPE CIRCUIT WORKOUT



### SCALING GUIDE:

Jump Ropes Scale to Jumping Jacks  
Advanced Skips: Scale to Jump Ropes  
DB/KB Movements: Scale to Less Weight



## THE WORKOUT

### JUMP ROPE CIRCUIT WORKOUT

#### COMPLETE 5 ROUNDS

- 50 Regular Skips
- 30 Dips
- 50 Regular Skips
- 25 Push Ups
- 50 Regular Skips
- 20 Alternating KB Single Arm Deadlifts [72/54]
- 50 Regular Skips
- 15 Kettlebell Swings [54/36]
- 50 Regular Skips
- 10 Squatted KB Clean and Press [36/18]

# DAY 20:

## LEG WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Back Squats  
Bulgarian Split Squats

### ACCESSORY WORK

Leg Press  
3x12, 10, 8  
Weighted Lunges  
3x12, 10, 8 each leg  
Seated Calf Raises  
3x10  
Glute Bridges (Weighted)  
3x10  
Cable Pullthroughs  
3x10

**WEEK 4**

**MONTH 3**

**DAY 21**



**REST DAY**

“Don’t underestimate me! I  
don’t quit and I don’t run!”

– **Naruto Uzamaki**



# THE KENT

## DAY 22:

## BENCHMARK HERO WORKOUT



### SCALING GUIDE:

Weighted Movements: Scale to Less Weight or Use Light Object or Water Jugs to Perform Movements  
Assault Bike: Perform 20 Double Unders or 60 Jump Ropes/Jumping Jacks



## THE WORKOUT

### KENT CIRCUIT: 2 ROUNDS

#### Instructions:

Complete These THREE Mini-AMRAPs back to back and keep your individual and overall score and total of the reps.

#### **AMRAP ONE: 5 MINUTES AS MANY ROUNDS AS POSSIBLE**

**1A:** 12 Calories on the Assault Bike

**1B:** 30M Weighted Carries [45/20]

*Rest for 3 Minutes*

#### **AMRAP TWO: 4 MINUTES**

**2A:** 5 DB Clean and Press [30/15]

**2B:** 30M Weighted Carries [30/15]

*Rest for 2 Minutes*

#### **AMRAP THREE: 3 MINUTES**

**3A:** 10 Burpees

**3B:** 10 Jumping Lunges

“You’re stronger than you think you are. Trust me.”

– **Superman**

# DAY 23:

## PUSH WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Bench Press  
Overhead Press

### ACCESSORY WORK

Incline Dumbbell Press  
3x12, 10, 8  
Tricep Cable Pushdowns  
3x12, 10, 8  
Standing Incline Dumbbell Chest Flyes  
3x10  
Close Grip Bench Press  
3x10  
Weighted Dips  
3x5

# DAY 24:

**LONG DISTANCE  
BIG CALORIE  
CARDIO BURN**



## SCALING GUIDE:

Scale to the specific variation of calorie burn that you would like to utilize to complete your Big Cardio Day.

*Make it enjoyable. Get active.*



## THE WORKOUT

### BIG CARDIO BURN DAY

**REQUIRED CALORIE BURN:** 300 Calories

### VARIABLE TRAINING METHODS

You are required to burn 300 calories today (or more); but how you do it is up to you. You can go on a hike, play tennis, go for a run, or burn 300 calories varied across multiple machines like Bike -> Treadmill -> Rower -> StairMaster -> Elliptical -> Etc.

Another great way to burn these calories would be to take a SPIN Class or even Pilates or Yoga!

And, finally, you also have your 5 Round Jump Rope Workout(s) which are on page 14 and 15.

You can utilize ANY of the 5 different variations that I share with you.

*Be sure to switch it up every BCD if you use the Jump Rope Workouts!*

# DAY 25:

## PULL WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Deadlifts  
Bent Over Rows

### ACCESSORY WORK

Preacher Curls  
3x12, 10, 8  
Cable Reverse Flyes  
3x12, 10, 8  
Chin Ups  
3x10  
Concentration Curls  
3x10 each arm  
Weighted Wide Grip Pull Ups  
3x5

# DAY 26:

**GET WARM  
CALLY TALLY  
MEDIUM CARDIO**



## SCALING GUIDE:

Push Ups: Scale to Knee Push Ups or Pause Push Ups  
Sit Ups: Scale to Crunches  
Dips: Scale to Chair Dips  
Hanging Leg Raises: Scale to Lying Leg Raises  
Pull Ups: Scale to Pike Push Ups or Bodyweight Rows



## THE WORKOUT

### CALLY TALLY: COMPLETE ALL REPS

*Complete All Reps However You'd Like*

*\*\*Complete as a Circuit, in Supersets, or even just regular Sets/Reps\*\**

Push Ups: 150  
Air Squats: 150  
Sit Ups: 100  
Dips: 100  
Lunges: 100 [Total]  
Hanging Leg Raises: 75  
Pull Ups (or Chin Ups): 75

### REQUIRED CALORIE BURN

150-200 CALORIES

# DAY 27:

## LEG WORKOUT



### SCALING GUIDE:

Scaling for your lifts should be calculated using the specific Behemoth Program calculators.

Each section of your lifts are specifically calculated for you.



## THE WORKOUT

### COMPOUND MOVEMENTS

Back Squats  
Bulgarian Split Squats

### ACCESSORY WORK

Leg Press  
3x12, 10, 8  
Weighted Lunges  
3x12, 10, 8 each leg  
Seated Calf Raises  
3x10  
Glute Bridges (Weighted)  
3x10  
Cable Pullthroughs  
3x10

**DAY 28**



**REST DAY**

“That’s all it takes to lick any problem - confidence in yourself and others.”

– **Captain America**