

CSHERO

TRAINING PROGRAM

UNLEASH YOUR
INNER CSHERO



BY NIA SHANKS

(S)hero Training Program

16 Week Training Program

By Nia Shanks

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Disclaimer

The *(S)hero Training Program* is not medical advice and is not intended to replace the advice or attention of health-care professionals. Always consult your physician before beginning or making any changes in your diet and/or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Disclaimer: You must get your physician's approval before making any changes to your diet and/or exercise program including every step discussed in this program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to taking any advice from this program/manual or if you have any medical condition or injury that contraindicates physical activity or supplementation. This advice is intended for healthy individuals 18 years and older only.

The information in this program is meant to supplement, not replace, proper exercise training and nutrition along with the approval of your physician. All forms of exercise and nutrition pose some inherent risks. The author advises all readers to take full responsibility for their safety and know their limits and seek expert guidance for performing all of the exercises contained within this program. The exercises and dietary recommendations in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program or making any changes. If you are taking any medication, you must talk to your physician before starting any exercise program, including any recommendations in this program. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. Do not perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, if you have had any injuries, may have an injury, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use any information in this program, please follow your doctor's orders. This information is intended for informational use only. Nia Shanks will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.

In addition, make sure you use equipment that is properly maintained and safe. You must also have the exercises taught to you by a certified personal trainer or strength coach and have a spotter with you during exercises to ensure safety.

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(S)hero 16 Week Training Program Introduction

Welcome to the 16 Week (S)hero Training Program!

Be sure to carefully, and thoroughly, read the notes provided for each training phase. You may need to refer back to the notes to make sure you stay on track as you go along.

Do not skip the training notes! They contain information that is critical to your success.

If you push yourself and train hard for the duration of this 16 week training program, I can promise you'll be very happy with the physical, and mental, strength you forge along the way.

If, however, you just go through the motions and don't challenge yourself, then don't come blaming me when you don't get the results you expected. I'm giving you the template for success, but it's up to *you* to put in the effort and work on a daily basis. With this program, hard work is not optional – it's mandatory.

I'll give you a brief rundown of the (S)hero Training Program before we move forward. The program is divided into four phases; each phase is four weeks in duration. Phases 1 and 3 will be very similar, as will Phases 2 and 4.

Phases 1 and 3 will consist of three total body workouts, performed on non-consecutive days, each week. These two training phases will be high intensiveness (you'll see what I mean in the training notes). Because you'll be performing total body workouts, the frequency for each body part will be high.

Phases 2 and 4 will consist of four workouts each week that follow an upper/lower training split. These two phases will be higher volume compared to Phases 1 and 3, and the intensiveness will be a little less (again, you'll see what I mean in the training notes, so don't worry if you're unsure of what this means). Finally, the frequency will be a little lower since each body part will be worked twice per week.

You will use the same exercises (but different sets, reps, and weight) for Phases 1 and 3, and also for Phases 2 and 4. *Why will you repeat the same exercises?* Well, exercise variety is overrated, and if you use too many exercises, you can't effectively track long-term progress. When you reach Phase 3, you should use more weight than you did in Phase 1. Likewise, when you reach Phase 4, you should use more weight than you did in Phase 2.

More weight on the bar = Improved performance. Improved performance = results.

You will be provided with training logs for each training phase. I encourage you to print them out so you can easily and accurately keep track of your progress.

One more thing before you move on – **the (S)hero Training Program is *not* for beginners**. If you are a beginner, I urge you to follow a training program that is appropriate for you. Please refer to my article [11 Beginner Strength Training Tips for Women](#) for more information.

Once you exceed the beginner training status, then you can give the (S)hero Training Program a go, but not before then. Doing so before you're ready will limit your results.

Phase 1 Training Notes

- You will perform three total body workouts per week, on non-consecutive days. For example – Monday, Wednesday, and Friday – for a total of four weeks.
- Phase 1 is a low volume, high intensiveness, high frequency training phase.
- Place close attention as there are different guidelines for Workouts A and C and Workout B.

Notes for Workout A and Workout C

- Workouts A and C will consist of heavy, compound exercises and you will perform a total of two work sets for each exercise. This means you will be performing a total of 6 work sets on these two training days. (This does *not* include warm-up sets, which you will perform for each exercise).
- For Workouts A and C you will be required to take each work set to *positive* failure. **This means you stop the set when another rep with good form is not possible.**
- The above note is not an excuse to use crappy form at any time. The only visual difference between the first and last rep of a set should be speed. For example, don't let a squat turn into a good morning just to keep getting reps. *End the set when you know another rep in good form is not possible*, but no sooner.
- Workouts A and C will challenge you physically, as well as mentally. Often times your mind wants to quit but your body can keep going. It's imperative that you work as hard as possible on your two work sets for each exercise.
- Control the negative portion of each rep – don't worry about striving for a specific count, just control the lowering of the weight. You should be able to reverse the direction of the weight at any point during the negative *if you wanted to*. Explode the weight up during the concentric portion but maintain control at all times. **Exception** – do **not** slowly lower the weight during a deadlift. The deadlift is the only exercise where I recommend you lower the weight quickly, but be sure to maintain excellent form.
- If I had to give you a number for how many seconds it should take to lower a weight, I would say around 2-3 seconds. Do *not* count the seconds to lower the weight – that is the last thing I want you focused on. Just make sure you're controlling the weight at all times. Do not jerk the weight around.

- Warm-up and perform the two work sets for the first exercise, and then do the same thing with the second and third exercise. You perform each exercise on it's own.
- Use as many warm-up sets as needed to prepare for the two main work sets for *each* exercise. For warm-up sets I recommend keeping the reps lower to prevent fatigue from accumulating before the work sets. (Bottom line – use as many warm-up sets as you need to prepare your body, and mind, for the work sets and no more).

Warm-up example for squats:

Warm-up Set #1 – The bar x 8 reps

Warm-up Set #2 – 65x5

Warm-up Set #3 – 95x5

Warm-up Set #4 – 125x3

Warm-up Set #5 – 135x2

Work Set #1 – 155 pounds

- The use of a power rack and good spotter is required because you will push each set to positive failure. Don't risk bench pressing alone without a good spotter and/or a power rack with safety bars. **Safety first.** Always.
- For Workouts A and C, if you feel like you could do a third work set for any exercise, you didn't push hard enough on the two work sets.
- **For the first work set**, you will use a weight that allows you to complete no more than 7-9 reps (I recommend starting with your 7RM). Once you can perform 9 reps on the first set, next time you perform the exercise (the next week), increase the weight.
- **For the second work set**, decrease the weight 10% and perform as many reps as possible. **You should be able to complete at least 3 more reps on the second set.** If you can only complete 1 or 2 more reps, decrease the weight 15% next time.

Example for Week 1, Workout A:

- Squat Work Set #1 – 125 pounds x 9 reps (because you got 9 reps on this set, increase the weight next week)
- Squat Work Set #2 – 110 pounds x as many reps as possible, which should be at least 12 reps in this example (10% of 125 is 12.5 pounds, but I rounded down)

Example for Week 2, Workout A:

- Squat Work Set #1 – 130 pounds x 7 reps (you would stick with this weight until you hit 9 reps)
- Squat Work set #2 – 115 pounds x as many reps as possible , which would be at least 10 reps in this example (10% of 130 is 13 pounds, but I rounded up)
- Just to make sure we are clear – use great form at all times and terminate the set when another rep in good form is not possible. Don't get sloppy because you will risk injury!

Notes for Workout B

- Be sure to warm-up for each exercise, just like you do for Workouts A and C.
- Workout B will not be quite as tough as Workouts A and C. You will be performing bodyweight and other accessory exercises that will provide your body, and mind, a break from the heavy loading that occurs with the other two training days.
- **You will still push hard on this training day, but leave *one rep in the tank on each set*.** This means you will **not** push a set to positive failure and you'll terminate the set when you could perform one more perfect rep.

Optional Beach Work

After each training session you will see *10 minutes of beach work – Optional*. This is the time to perform any accessory exercises of your choice like lateral raises, biceps curls, triceps extensions, calf raises, or reverse crunches.

For example, I usually do calf raises because my calves are a weak link, in addition to some lateral raises for my shoulders. This optional accessory work shouldn't take too much out of you energy wise, so don't go all out with this.

There are several ways to include the "beach work". For example, with Workout A you can include some biceps curls and triceps extensions. For Workout B you can perform some lateral raises and calf raises. For Workout C you can perform some reverse crunches and Pallof presses. It doesn't matter how you do it.

The "10 minutes of beach work" is completely optional, and you don't even have to do it every session, if you choose to do it at all. If you decide to include it in your training, at any point, you can spend absolutely no more than 10 minutes; once the 10 minutes is up, stop!

Phase 1

Workout A

For each exercise, after a thorough warm-up, perform one set of 7-9 reps. Rest 2-5 minutes and then perform a second set with 10% less weight and perform as many reps as possible.

- 1) Squat
- 2) Military Press
- 3) Bent-over Barbell Row

10 minutes of beach work – Optional

Workout B

There are two supersets in this workout. Perform a set of 1a, rest approximately 90 seconds, perform a set of 1b, rest about 90 seconds, and then repeat until you have completed a total of three sets for both exercises. Follow the same guidelines for exercises 2a and 2b.

- 1a) DB Reverse Lunge – *2x10 each leg, 1x15 each leg
- 1b) Push-up (add weight if necessary) – 2x10, 1x12-15

- 2a) Back Extension – 2x10, 1x15-20
- 2b) Suspended Inverted Row – 2x10, 1x12-15

10 minutes of beach work – Optional

***Note:** 2x10 means 2 sets of 10 reps, and 1x15 means 1 set of 15 reps.

Workout C

For each exercise, after a thorough warm-up, perform one set of 7-9 reps. Rest 2-5 minutes and then perform a second set with 10% less weight and perform as many reps as possible.

- 1) Deadlift
- 2) Bench Press
- 3) Chin-ups

10 minutes of beach work – Optional

Phase 2 Training Notes

Congratulations on completing Phase 1! Now it's time to change things up. In Phase 1 you performed three total body workouts each week. In Phase 2 you are going to perform four workouts each week following an upper/lower split, for a total of four weeks.

Phase 2 is higher volume, lower intensiveness, and slightly lower frequency compared to Phase 1. In Phase 1 you pushed most sets to positive failure, and since that type of training can wear you down physically, and mentally, Phase 2 will be a welcome change of pace.

- You won't be pushing any sets to positive failure like you did in Phase 1. In this training phase, *stop each set knowing you have one, or two (but no more), perfect reps left in the tank*. You want to finish each set strong.
- This doesn't mean you can slack on your effort! Use a challenging weight, push each set hard, and use perfect form. Lower the weight under control, and lift the weight explosively but still under total control.
- Start at the lower end of the rep range and stick with the same weight until you reach the high end of the rep range. Once you reach the high end of the rep range, add weight the next workout and start back at the lower end of the rep range.
- Perform no more than two workouts in a row. People usually train Monday, Tuesday, Thursday, and Friday so they have the weekend off. However, if you have more time and energy on the weekends, something like Saturday, Sunday, Tuesday, and Thursday would work well.
- Once again, you will see *10 minutes of beach work – Optional* after each workout. You can do it if you want, and keep the work to accessory exercises like biceps curls, triceps extensions, lateral raises, calf raises, etc. You won't need to perform abdominal exercises because they are included in the training phase.

Phase 2

Workout A

- 1a) DB Overhead Press – *2x7-9, 1x10-12
- 1b) Neutral Pull-up – 2x7-9, 1x10-12

- 2a) DB Bench Press – 2x7-9, 1x10-12
- 2b) 1 Arm DB Row – 2x7-9, 1x10-12

10 minutes of beach work – Optional

***Note:** 2x6-9 means two sets of 6-9 reps, and 1x10-12 means one set of 10-12 reps

Workout B

- 1) Front Squat – 3x5-8
- 2) RDL – 2x6-8, 1x10
- 3) Lying Leg Curl or Rear Foot Elevated Split Squat – 3x8
- 4) Reverse Crunch – 2x10-15

10 minutes of beach work – Optional

Workout C

- 1a) Incline Barbell Bench Press – 2x7-9, 1x10-12
- 1b) Chest Supported Row – 2x7-9, 1x10-12
- 2a) 1 Arm DB Push Press – 2x7-9, 1x10-12
- 2b) Pull-down (palms down grip) – 2x7-9, 1x10-12

10 minutes of beach work – Optional

Workout D

- 1) Sumo Deadlift – 2x4-6, 1x8
- 2) Goblet Squat – 2x8-10, 1x12-20
- 3) Glute Ham Raise or Back Extension – 3x8-10
- 4) Hanging Knee Raise – 2 x as many as possible

10 minutes of beach work – Optional

Phase 3 Training Notes

Phase 3 will be very similar to Phase 1. You will go back to performing three total body workouts each week (for a total of four weeks), and you will be using the same exercises from Phase 1.

You should be stronger for these exercises than you were during Phase 1.

- In this phase, you will use more weight than you did with Phase 1, and perform fewer reps for the first set.
- For Workout A and Workout C, your first work set will be one set of 5-7 reps. Rest about 2-5 minutes and then perform a set with 15% less weight than the first set, and perform as many reps as possible.

Example with Squats:

Work Set #1 – 135 pounds x 5 reps (stick with this weight next week until you perform 7 reps, at which point you would increase the weight the following workout)

Work Set #2 – 115 pounds x as many reps as possible, which should be at least 9 reps in this example (15% of 135 is about 20 pounds)

- You should be able to perform *at least* four more reps for your second set. If you can't get at least four more reps, decrease the weight by 20% next time.
- **Other than using a different rep range for the first set and taking a greater percentage of weight off the bar for the second set (as shown above), please follow the same guidelines provided in Phase 1.** Even if you think you remember them, *go back and read them again!*

Phase 3

Workout A

For each exercise, perform one set of 5-7 reps. Rest 2-5 minutes and then perform a second set with 15% less weight and perform as many reps as possible.

- 1) Squat
- 2) Military Press
- 3) Bent-over Barbell Row

10 minutes of beach work – Optional

Workout B

There are two supersets in this workout. Perform a set of 1a, rest approximately 90 seconds, perform a set of 1b, rest about 90 seconds, and then repeat until you have completed a total of three sets for both exercises. Follow the same guidelines for exercises 2a and 2b.

- 1a) DB Reverse Lunge – *1x8 each leg, 1x10 each leg, 1x12 each leg
- 1b) Push-up (add weight if necessary) – 1x8, 1x10, 1x12

- 2a) Back Extension – 2x10, 1x15-20
- 2b) Suspended Inverted Row – 2x10, 1x12

10 minutes of beach work – Optional

***Note:** 1x8 means 1 set of 8 reps.

Workout C

For each exercise, perform one set of 5-7 reps. Rest 2-5 minutes and then perform a second set with 15% less weight and perform as many reps as possible.

- 1) Deadlift
- 2) Bench Press
- 3) Chin-ups

10 minutes of beach work – Optional

Phase 4 Training Notes

Just as Phase 3 was almost a repeat of Phase 1, Phase 4 will be very similar to Phase 2, but you'll use different reps and weight. Once again you will be performing four workouts each week using an upper/lower split.

Be sure to follow the same guidelines that were given for Phase 2. Even if you think you remember, *go back and read them again!*

Phase 4

Workout A

1a) DB Overhead Press – 1x6, 1x9, 1x12

1b) Neutral Pull-up – 1x6, 1x9, 1x12

2a) DB Bench Press – 1x6, 1x9, 1x12

2b) 1 Arm DB Row – 1x6, 1x9, 1x12

10 minutes of beach work – Optional

Workout B

1) Front Squat – 2x5, 1x8

2) RDL – 2x5-7, 1x10

3) Lying Leg Curl or Rear Foot Elevated Split Squat – 3x8

4) Reverse Crunch – 2x10-15

10 minutes of beach work – Optional

Workout C

1a) Incline Barbell Bench Press – 1x6, 1x9, 1x12

1b) Chest Supported Row – 1x6, 1x9, 1x12

2a) 1 Arm DB Push Press – 1x6, 1x9, 1x12

2b) Pull-down (palms down grip) – 1x6, 1x9, 1x12

10 minutes of beach work – Optional

Workout D

1) Sumo Deadlift – 2x4-6, 1x8

2) Goblet Squat – 2x10, 1x13, 1x15-20

3) Glute Ham Raise or Back Extension – 3x8-10

4) Hanging Knee Raise – 2 x as many as possible

10 minutes of beach work – Optional

Exercise Substitutions

If you are unable to perform the exercises listed in the training phases, here is a list of acceptable exercise substitutions for the main barbell exercises. I prefer you stick to the exercises provided in the training phases, but I understand that some people have physical limitations (mobility issues, previous injuries, etc) that make some exercises unsafe. I would prefer, and suggest, that you use exercises you can perform safely than try to force exercises into a program that could cause you problems.

For example, some people simply don't have the mobility to back squat properly. In that case, I would suggest you try front squats or one of the other acceptable substitutions.

However, don't defer to substitutions over the provided exercises because they are "too tough" or something like that. If that is the mindset you have, you definitely won't get great results with this program.

Acceptable substitution exercises are listed in order of preference. For example – if you can't back squat I would prefer that you use the front squat first, and then resort to the double kettlebell front squat or leg press only if mandatory.

Provided Exercise	Acceptable Substitutions
Squat	<ol style="list-style-type: none"> 1) Front squat 2) Double kettlebell front squat 3) Leg press
Military Press	<ol style="list-style-type: none"> 1) Seated military press 2) DB shoulder press 3) Hammer strength shoulder press
Bent Over Barbell Row	<ol style="list-style-type: none"> 1) T bar row 2) Chest supported row 3) Seated cable row
Deadlift/Sumo Deadlift	<ol style="list-style-type: none"> 1) Rack pull 2) Trap bar deadlift 3) Single leg deadlift
Bench Press	<ol style="list-style-type: none"> 1) Incline bench press 2) Parallel bar dips 3) Weighted push-ups
Chin-ups	<ol style="list-style-type: none"> 1) Jungle Gym XT chin-ups 2) Neutral grip chin-ups 3) Neutral grip pull-downs

(S)hero Training Program Workout Logs

Phase 1 – Workout A

Exercise	Set 1	Set 2	Rest	Comments
1) Squat				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2) Military Press				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
3) Bent Over Barbell Row				
Workout 1				
Workout 2				
Workout 3				
Workout 5				
<i>4) Optional Beach Work – 10 minutes</i>				

Phase 1 – Workout B

Exercise	Set 1	Set 2	Set 3	Comments
1a) DB Reverse Lunge				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
1b) Push-up				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2a) Back Extension				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2b) Suspended Inverted Row				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
<i>3) Optional Beach Work – 10 minutes</i>				

Phase 1 – Workout C

Exercise	Set 1	Set 2	Rest	Comments
1) Deadlift				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2) Bench Press				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
3) Chin-up				
Workout 1				
Workout 2				
Workout 3				
Workout 5				
<i>4) Optional Beach Work – 10 minutes</i>				

Phase 2 – Workout A

Exercise	Set 1	Set 2	Set 3	Rest
1a) DB Overhead Press				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
1b) Neutral Pull-up				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2a) DB Bench Press				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2b) 1 Arm DB Row				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
<i>3) Optional Beach Work – 10 minutes</i>				

Phase 2 – Workout B

Exercise	Set 1	Set 2	Set 3	Rest
1) Front Squat				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2) RDL				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
3) Lying Leg Curl OR Split Squat				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
4) Reverse Crunch				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
<i>5) Optional Beach Work – 10 minutes</i>				

Phase 2 – Workout C

Exercise	Set 1	Set 2	Set 3	Rest
1a) Incline Barbell Bench Press				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
1b) Chest Supported Row				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2a) 1 Arm DB Push Press				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2b) Pull-down (palms down grip)				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
<i>3) Optional Beach Work – 10 minutes</i>				

Phase 2 – Workout D

Exercise	Set 1	Set 2	Set 3	Rest
1) Sumo Deadlift				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2) Goblet Squat				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
3) Glute Ham Raise OR Back Extension				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
4) Hanging Knee Raise				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
<i>5) Optional Beach Work – 10 minutes</i>				

Phase 3 – Workout A

Exercise	Set 1	Set 2	Rest	Comments
1) Squat				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2) Military Press				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
3) Bent Over Barbell Row				
Workout 1				
Workout 2				
Workout 3				
Workout 5				
<i>4) Optional Beach Work – 10 minutes</i>				

Phase 3 – Workout B

Exercise	Set 1	Set 2	Set 3	Comments
1a) DB Reverse Lunge				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
1b) Push-up				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2a) Back Extension				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2b) Suspended Inverted Row				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
<i>3) Optional Beach Work – 10 minutes</i>				

Phase 3 – Workout C

Exercise	Set 1	Set 2	Rest	Comments
1) Deadlift				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2) Bench Press				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
3) Chin-up				
Workout 1				
Workout 2				
Workout 3				
Workout 5				
<i>4) Optional Beach Work – 10 minutes</i>				

Phase 4 – Workout A

Exercise	Set 1	Set 2	Set 3	Rest
1a) DB Overhead Press				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
1b) Neutral Pull-up				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2a) DB Bench Press				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2b) 1 Arm DB Row				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
<i>3) Optional Beach Work – 10 minutes</i>				

Phase 4 – Workout B

Exercise	Set 1	Set 2	Set 3	Rest
1) Front Squat				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2) RDL				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
3) Lying Leg Curl OR Split Squat				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
4) Reverse Crunch				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
<i>5) Optional Beach Work – 10 minutes</i>				

Phase 4 – Workout C

Exercise	Set 1	Set 2	Set 3	Rest
1a) Incline Barbell Bench Press				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
1b) Chest Supported Row				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2a) 1 Arm DB Push Press				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2b) Pull-down (palms down grip)				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
<i>3) Optional Beach Work – 10 minutes</i>				

Phase 4 – Workout D

Exercise	Set 1	Set 2	Set 3	Rest
1) Sumo Deadlift				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
2) Goblet Squat				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
3) Glute Ham Raise OR Back Extension				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
4) Hanging Knee Raise				
Workout 1				
Workout 2				
Workout 3				
Workout 4				
<i>5) Optional Beach Work – 10 minutes</i>				

Where Do You go from Here?

First of all, allow me to congratulate you on completing the 16 Week (S)hero Training Program! I hope you're enjoying your new levels of physical strength and mental fortitude that were forged along the way.

Now that you've completed the 16 week program, you may be wondering where you should go from here.

I suggest that you deload, first and foremost. You've been training brutally hard, and you need a break both mentally and physically. So either take a complete week off from the gym, or do some very simple and easy workouts.

If you're like me and just can't go an entire week without doing something, I suggest limiting your exercises to bodyweight and dumbbell exercises. Furthermore, stay far away from failure.

After you take a nice deload, get back into training.

Maybe you want to increase your deadlift? Maybe you want a new challenge? Maybe you want to lose some extra body fat?

If you don't have a program in mind, I highly suggest you look at [Beautiful Badass](#). It contains 19 different training programs ranging from pure strength gains to fat loss. You'll have enough programs to keep you training for years.

Beautiful Badass also contains other helpful chapters such as nutrition information, what to do when fat loss is your main goal, the importance of keeping things simple, and many more valuable chapters. Check it out [here](#).