

Three Storm Fitness' 4-week "Not-So Complex" Program

Use the following resources to customize your own adaptation of this program:

Three Storm Fitness Complex Database: <http://bit.ly/2IE3vjr>

The Not-So Complex Program Companion: <http://bit.ly/2mFNKYW>

Day 1: Leg Day

Begin with a mobility and warm-up routine

Complexes are represented as "supersets" below. Do not rest in between exercises.

Included below are the following complexes:

Ben Bruno's Brutal Leg Barbell Complex: <https://www.youtube.com/watch?v=W9uDwQBcQUs>

Ben Bruno's Brutal Trap Bar Complex: <https://www.youtube.com/watch?v=GluS03GWNT0>

Three Storm Fitness' Quad Complex: https://www.youtube.com/watch?v=JhszaSbtv_g

Barbell Back Squat 1 set 5 reps / 85-90% 1RM

Superset of 2-3 rounds

Barbell Front Rack Lunge 2-4 reps each side

Barbell Front Squat 2-5 reps

Barbell Back Squat 2-5 reps

Superset of 2-3 rounds

Trap Bar Split Squat 5 reps each side

Trap Bar Romanian Deadlifts 10 reps

Trap Bar Deadlift 10 reps

Superset of 2 rounds

Plie Squat 15 reps (1/4 depth)

One Leg Body Weight Squat 15 reps (1/4 depth)

Bodyweight Stationary Lunge 15 reps (1/4 depth from bottom)

Banded Terminal Knee Extension 15 reps

Day 2: Complex Cardio

Begin with a mobility and warm-up routine

Complexes are represented as "supersets" below. Do not rest in between exercises.

Included below are the following complexes:

Nick Tumminello's Plate Complex: <https://www.youtube.com/watch?v=gff-w53LOjk>

Superset of 3-5 rounds

Overhead Plate Squat 8 reps

Plate Swings 8 reps

Plate Bent Over Rows 8 reps

Plate Lunge with Rotation 8-10 reps each side

Plate Wood Chopper 8-10 reps each side

Day 3: Upper Body Day

Begin with a mobility and warm-up routine

Complexes are represented as "supersets" below. Do not rest in between exercises.

Included below are the following complexes:

Testosterone Nation's Squeeze Press & Fly Complex: https://www.youtube.com/watch?v=QA_hB8rfguU

Lee Boyce's Back Complex: <https://www.youtube.com/watch?v=KiTTA7vWm0g>

Athlean X's Triphasic Bicep Complex: <https://www.youtube.com/watch?v=54krdTEyziQ>

Three Storm Fitness's 100 Push-up Complex: https://www.youtube.com/watch?v=O-dEpM_wxNQ

Barbell Bench Press 1 set 5 reps / 85-90% 1RM

Superset of 2-3 rounds

Dumbbell Squeeze Press 7 reps

Flat Bench Dumbbell Chest Fly 7 reps

Incline Dumbbell Chest Flyes 7 reps

Superset of 3-4 rounds

Barbell High Pull 7 reps

Yates Row 10 reps

Barbell Bent Over Row 15 reps

Superset of 1 round

Cable Bicep Curl Concentric failure

Cable Bicep Curl Eccentric failure (cheat into position)

Cable Bicep Curl Isometric failure (hold in flexed position)

Three Storm 100 Push-Ups Complex 1 set 100 reps / max incline to decline drop set

Day 4: Complex Cardio

Begin with a mobility and warm-up routine

Complexes are represented as "supersets" below. Do not rest in between exercises.

Included below are the following complexes:

Joe DeFranco's Bodyweight Complex: <https://www.youtube.com/watch?v=ycTCDJwbl-o>

Superset of 3-5 rounds

Mountain Climbers 30 reps

Pushups 20 reps

Groiners 10 reps

Burpee 5 reps

Day 5: Total Body Day

Begin with a mobility and warm-up routine

Complexes are represented as "supersets" below. Do not rest in between exercises.

Included below are the following complexes:

Dan John's Mass Made Simple Barbell Complex: <https://www.youtube.com/watch?v=CABsgbDxw3M>

Critical Bench's Sandbag Complex: <https://www.youtube.com/watch?v=GCGxrBcV284>

Diablo Crossfit's Kettlebell Carry Complex: <http://threestormfitness.com/exercise-complex-database/>

Barbell Deadlifts 1 set 5 reps / 85-90% 1RM

Superset of 2-3 rounds

Barbell Bent Over Row 3 reps

Barbell Full Clean 3 reps

Barbell Front Squat 3 reps

Barbell Standing Overhead Press 3 reps

Barbell Back Squat 3 reps

Barbell Good Morning Deadlift 3 reps

Superset of 1-2 rounds

Sandbag Deadlift 6 reps

Sandbag Power Cleans 6 reps

Sandbag Clean & Catch Squat 6 reps
Sandbag Thrusters 6 reps
Sandbag Slam 6 reps
Sandbag Walking Lunges 6 reps
Sandbag Jump Squats 6 reps
Burpee/ Squat Clean/ Overhead Press 6 reps

Superset of 2 rounds

Kettlebell Waiters Walk 30-50 ft
Kettlebell Front Rack Walking Lunge 30-50 ft
Kettlebell Farmer's Walks 30-50 ft

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