Three Storm Fitness’ 4-week “Not-So Complex” Program

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

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.
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=ycTCDJwbI-o

Superset of 3-5 rounds
Mountain Climbers 30 reps
Pushups 20 reps
Groiners 10 reps
Burpees 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

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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