

# 30-Day Hybrid Training Program



**Pull, Lower, Push**

***Tyler English***

## **Copyright Warning**

All rights reserved. No part of this e-book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the expressed written permission from Tyler English. We have unique tracking codes embedded, designed to detect illegal distribution of this e-book and the download links. Do not risk breaking international copyright infringement laws and getting yourself in major trouble. Fines start at \$150,000 and include a possible prison sentence upon conviction.

**DISCLAIMER: You must get your physician's approval before beginning this exercise program.**

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only. The information in this report is not meant to supplement, nor replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs 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.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including the 30-Day Hybrid Program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

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, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. This publication is intended for informational use only. Tyler English and Tyler English Fitness Systems, LLC 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.

# **30-Day Density Program**

## **Workout A - Pull**

### **Core Training**

A) Sandbag Pullthrough – 3 x 10ea

### **Combination / Skill / Hybrid**

A) Kettlebell High Pull – 3 x 5

### **Strength**

A) Trap Bar Deadlift – 10 x 5 (On the minute sets of 5 reps, for 10 minutes)

(Recommend using 70% of 1 rep max)

B1) Parallel Grip Chin Up – 3 x 4-6 (explosive)

B2) Single Arm DB Row – 3 x 15-20

C1) Snatch Grip Barbell Row – 3 x 6

C2) Bentover DB Reverse Flye – 3 x 15

C3) Band Pull Apart – 3 x 15-20

### ***Add in Weeks 3 & 4***

D1) DB Hammer Curl – 2-3 x 10

D2) Chin Up – 2-3 x 5

### **Energy System Development**

A) DB / KB / Log Farmer Walk – 3-5 x 30-60yds

## **Workout B - Lower**

### **Core Training**

A1) Kettlebell Goblet Farmer Walk – 2 x 1 x 30yds

A2) Band Mt. Climber – 2 x 10ea (slow-controlled)

### **Combination / Skill / Hybrid**

A) DB Seated Jump Squat – 4 x 3 (From Box/Bench)

### **Strength**

A) BB Front Squat – 10 x 5 (On the minute sets of 5 reps, for 10 minutes)

(Recommend using 60% of 1 rep max)

B1) DB Bulgarian Split Squat – 3 x 5ea (heavy)

B2) GHR – 3 x 5 (heavy)

C1) Deficit Reverse Lunge – 4 x 10ea

C2) Stability Ball Leg Curl - 4 x 20

C3) Sled Push – 4 x 30yds (heavy)

### ***Add in Weeks 3 & 4***

D) Chain Walking Lunge – 3 x 20ea

### **Energy System Development**

A) Omit or Prowler or Sled Drag – 3-5 x 30yds

## **Workout C - Push**

### **Core Training**

A) Kettlebell Overhead Walk – 2 x 1 – 30-60yds

### **Combination / Skill / Hybrid**

A) Kettlebell or Sandbag ½ Turkish Get Up – 2 x 5ea

### **Strength**

A) BB Push Press – 10 x 5 (On the minute sets of 5 reps, for 10 minutes)

(Recommend using 70% of 1 rep max)

B1) BB Close Grip Bench – 4 x 4-6 (explosive)

B2) DB Neutral Grip Overhead Press – 3 x 6

C1) Blast Strap / TRX Feet Elevated Push-up – 3 x 2 reps B4 Failure

C2) Band Pull Apart – 3 x 15-20

### ***Add in Weeks 3 & 4 (both or pick one)***

D1) Deficit Push-ups – 1 x 100 (rest/pause, use two plates/bumpers per side)

D2) Band Pushdown – 1 x 100 (rest/pause)

### **Energy System Development**

A) Dog Sled Push – 3-5 x 30-60yds