



THE FITTEST WEEKLY PROGRAM

DOMINATE YOUR WEEK PROGRAM

GEAR UP, WARRIORS!

It's time to unleash the power within and conquer your fitness goals with The Fittest. This is not your average routine; it's a relentless journey crafted for those who seek to dominate every workout, every week. Whether you're a seasoned fitness enthusiast or a rising warrior, these workouts are designed to push your limits, prioritize your health, and execute on your path to dominance. The Dominate Your Week program demands just one thing – EFFORT. No fancy gym equipment, just your commitment to reshape your life and seize control of your health.

PRIORITIZE. EXECUTE. DOMINATE!

For any inquiries, reach out to dominate@thefittest.com





THE FITTEST

**BUILD STRENGTH, POWER,
AND EARTH-CONQUERING
DOMINANCE.**

MONDAY 12.18.2024

STRENGTH

3 SUPERSETS

12 Strict Press
6 Strict Pull-Up

REST

1:00 minute
between supersets

STRENGTH

3 SUPERSETS

12 DB Incline Press
6 DB Bent Over Row

REST

2:00 minutes
between supersets

STRENGTH

3 SUPERSETS

12 DB Kickbacks
12 DB Preacher Curls

REST

1:00 minute
between supersets

**LEVEL 1
CONDITIONING**

10 Min. AMRAP

30 toes to bar
alt. Hanging Knee Raises,
if need to scale

30 Burpees

Max effort
double unders in
Remaining time

**LEVEL 2
CONDITIONING**

10 Min. AMRAP

40 toes to bar
alt. Hanging Knee Raises,
if need to scale

40 Burpees

Max effort
double unders in
Remaining time

**LEVEL 3
CONDITIONING**

10 Min. AMRAP

50 toes to bar
alt. Hanging Knee Raises,
if need to scale

40 Burpees

Max effort
double unders in
Remaining time



THE FITTEST

**BUILD STRENGTH, POWER,
AND EARTH-CONQUERING
DOMINANCE.**

TUESDAY 12.19.2024

STRENGTH

3 SETS
12 Back Squat

REST
2:00 minute
between sets

STRENGTH

3 SETS
6 Front Squat
@ 22x0 Tempo

REST
2:00 minute
between sets

STRENGTH

3 SETS
12 Barbell Front Rack
Alt. Step lunges

REST
2:00 minute
between sets

**LEVEL 1
CONDITIONING**

12 Min. AMRAP

200m Run

10R / 10L DB Snatch
50/35#

20 Walking
lunges steps

**LEVEL 2
CONDITIONING**

12 Min. AMRAP

200m Run

10R / 10L DB Snatch
40/25#

20 Walking
lunges steps

**LEVEL 3
CONDITIONING**

12 Min. AMRAP

200m Run

10R / 10L DB Snatch
50/35#

20 Walking
lunges steps



THE FITTEST

BUILD STRENGTH, POWER,
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DOMINANCE.

WEDNESDAY 12.20.2024

STRENGTH

3 SETS
12 Deadlift

REST
2:00 minute
between sets

STRENGTH

3 SETS
6 Glute-Ham Raises

REST
2:00 minute
between sets

STRENGTH

3 SETS
12 Barbell
Good Morinings

REST
2:00 minute
between sets

LEVEL 1
CONDITIONING

4 Rounds for time:
1000/800m Row

REST
2:00 minute

LEVEL 2
CONDITIONING

4 Rounds for time:
1000/800m Row

REST
2:00 minute

LEVEL 3
CONDITIONING

4 Rounds for time:
1000/800m Row

REST
2:00 minute