

OLLIE MARCHON'S RIPPED FOR SUMMER 6 WEEK PLAN

PART 1

START KEY LIFTS AT 70% OF 1RM AND INCREASE BY 5% EACH WEEK

SESSION 1

EXERCISE	SETS	REPS
SUPERSET 1 (120 SEC REST AFTER EACH SUPERSET):		
A1) BACK SQUAT	4	10
A2) STRICT PRESS	4	10
MONSTER SET (60 SEC REST AFTER EACH SUPERSET):		
B1) DUMBBELL WALKING LUNGE	4	16
B2) DUMBBELL BENCH PRESS	4	8
B3) BARBELL ROLL OUTS	4	12
C) STRICT DIPS (AS FAST AS POSSIBLE)	1	50
D) ROW (REST 90 SEC AFTER EACH SET)	5	500m

SESSION 2

EXERCISE	SETS	REPS
SUPERSET 1 (120 SEC REST AFTER EACH SUPERSET):		
A1) DEADLIFT	4	10
A2) CLOSE GRIP BENCH PRESS	4	10
MONSTER SET (60 SEC REST AFTER EACH SUPERSET):		
B1) WEIGHTED HIP LIFT	4	8
B2) DB PRONE ROW	4	8
B3) TOE TO BAR	4	12
C) STRICT BARBELL CURLS (AFAP)	1	75
FINISHER		
D1) STRICT PRESS-UPS	1	100
D2) 20CAL BIKE (EVERY BREAK)		

SESSIONS 3 & 4 FOLLOW BELOW



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SESSION 3

EXERCISE	SETS	REPS
SUPERSET 1 (120 SEC REST AFTER EACH SUPERSET):		
A1) BARBELL PUSH PRESS	4	10
A2) BARBELL SPLIT SQUAT	4	10
MONSTER SET (60 SEC REST AFTER EACH SUPERSET):		
B1) KETTLE BELL SWINGS	4	16
B2) DUMBBELL PRESS	4	8
B3) RENEGADE ROWS	4	8
C) FARMERS WALK @ 1/5 BW EACH HAND	3	40m
FINISHER		
D1) BARBELL THRUSTER @40KG	3	21-15-9
D2) OVER BAR BURPEES	3	21-15-9

SESSION 4

EXERCISE	SETS	REPS
SUPERSET 1 (120 SEC REST AFTER EACH SUPERSET):		
A1) STRICT CHINS	4	10
A2) BARBELL RDL	4	10
MONSTER SET (60 SEC REST AFTER EACH SUPERSET):		
B1) SINGLE ARM DUMBBELL FLOOR PRESS	4	8
B2) STEP UPS	4	16
B3) FACE PULLS	4	20
C) AB MAT SIT UPS	1	100
FINISHER		
D1) AIR SQUATS	1	50
D2) MEDICINE BALL SLAMS		
D3) KETTLEBELL SWINGS	1	30
D4) PRESS-UPS		
D5) BARBELL JUMP OVERS	1	10



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SUPERSET 1 (90 SEC REST AFTER EACH SUPERSET):		
A1) FRONT SQUAT	4	10
A2) PULL-UPS	4	10
MONSTER SET (60 SEC REST AFTER EACH SUPERSET):		
B1) KB F/R WALKING LUNGE	4	16
B2) ALT DUMBBELL BENCH PRESS	4	8
B3) DRAGON FLAGS	4	6
C) STRICT DIPS (AS FAST AS POSSIBLE)		
*10 PRESS UPS EVERY BREAK	1	50
D) ROW (TIME TRIAL)	1	2000m

SESSION 2

EXERCISE	SETS	REPS
SUPERSET 1 (120 SEC REST AFTER EACH SUPERSET):		
A1) SUMO DEADLIFT	4	10
A2) WEIGHTED DIPS	4	10
MONSTER SET (60 SEC REST AFTER EACH SUPERSET):		
B1) SINGLE LEG DB RDL	4	8
B2) BENT OVER ROW	4	8
B3) BARBELL WIPERS	4	12
C) STRICT BARBELL CURLS (AFAP)		
*5 CHINS EVERY BREAK	1	75
D1) BENCH PRESS @ BODYWEIGHT	1	75
*20KCAL BIKE EVERY BREAK		

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SESSION 3

EXERCISE	SETS	REPS
SUPERSET 1 (120 SEC REST AFTER EACH SUPERSET):		
A1) STRICT PRESS	4	10
A2) RFESS	4	10
MONSTER SET (60 SEC REST AFTER EACH SUPERSET):		
B1) DUAL KETTLE BELL SWINGS	4	16
B2) ARNIE PRESS	4	8
B3) SINGLE ARM ROWS	4	8
C) ROPE SLED PULL @ BW	3	40m
FINISHER:		
D1) DEADLIFTS @ BODYWEIGHT	3	21-15-9
D2) OVER BAR BURPEES	3	21-15-9
D3) SIT-UPS	3	21-15-9

SESSION 4

EXERCISE	SETS	REPS
SUPERSET 1 (120 SEC REST AFTER EACH SUPERSET):		
A1) BENCH PRESS	4	10
A2) BARBELL HIP LIFT	4	10
MONSTER SET (60 SEC REST AFTER EACH SUPERSET):		
B1) HAMMER PRESS	4	8
B2) BOX JUMPS	4	12
B3) SUPINE PULLS	4	16
C) WEIGHTED SIT UPS	1	75
FINISHER:		
D1) RUN	1	500m
D2) BURPEES	1	40
D3) AIR SQUATS	1	30
D4) PRESS-UPS	1	20
D5) MAN MAKERS	1	10



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ADDITIONAL CONDITIONING SESSIONS

SESSION 1

BUY IN: 1K RUN
THEN 5 ROUNDS OF:
20 PRESS UPS
20 TRX ROWS
20 SQUATS
20 BURPEES
CHECK OUT: 1K RUN

SESSION 2

15K WATT BIKE TIME TRIAL
OR
10 MIN MAX CAL ASSAULT BIKE

SESSION 3

50-40-30-20-10
CALORIE ROW
BOX JUMPS

SESSION 4

150M DEATH CRAWL
*5 BURPEES EVERY BREAK

SESSION 5

AMRAP (20MINS)
30M SLED PUSH
5 PULL UPS
7 DIPS
9 MB SLAMS
11 THRSUTERS

SESSION 6

5K RUN