

The Hero Complex  
The myth of mortality

“Competition is like breathing you never feel alive unless you are.”



What is a hero? A hero is one whose name is permanently etched in the pantheon of history usually as a martyr, willing to die for an idea greater than self. Though often a flawed character, the hero in question makes a stand. In today's new paradigm of the Machiavellian hero is to me depressing to say the least.

The story of Phidippides, tells of a messenger from the battle of Marathon. He ran to Athens to tell of the Persians defeat at Marathon. Phidippides was sent to warn of a possible naval invasion of the retreating Persians to Athens. Phidippides dies of exertion shortly after delivering the message. In the end the real competition is with yourself. So show up and put up

“Come on you sons of bitches, who want to live forever?”

Sgt. Major Dan Daly

Resistance General Guide for starting weight

	Neophyte	Armature		HERO
Male	BW	1.25*BW	1.5*BW	1.7*BW
Female	80% BW	BW	1.2*BW	1.5*BW

	Lift	Sets	Reps	LBs/ Reps	LBs/ Reps	LBs/ Reps	LBs/ Reps	Rest interval
A1	F Squat	4	5					10s
A2	B Squat	4	7					10s
A3	RDL	4	10					10s
A4	P Deadlift	4	12					10s
A5	Glute Bridge	4	15					2-3m

Weeks	
W1	125,130,135, Miss reps
W2	125,125,125,125,125
W3	130,135,140
W4	130,130,130,130