

The Hero Complex



“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