

# **Light Snack Hybrid Program**



### Weeks 1-2

\*\* For Auxiliary Lifts
(Example, Barbell Curls, SA Dumbell Row)
Choose a comfortable weight rather than the
percentages listed\*\*

	MONDAY	7	Wk	7	Wk 2			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt	
1	Back Squat	60.0%	8		65.0%	8		
100%	Dack Squat	70.0%	8		72.5%	8		
0		70.0%	8		72.5%	8		
		70.0%	8		72.5%	8		
2B	Pull-ups		max		0.0%	max		
0%	1 un-ups	0.0% max			0.0% max			
0	Overhand Grip	0.0%	max		0.0%	max		
<b>3A</b>	DB Lunge	50.0%	10		55.0%	10		
22%	DD Lunge	62.5%	10		65.0%	10		
0	Reps per leg	62.5%	10		65.0%	10		
3B	DB Curl	50.0%	10		55.0%	10		
40%	DD cuii	62.5%	10		65.0%	10		
0		62.5%	10		65.0%	10		
0%	WK 1-				₹ 2-			
0	15 Minute Run	2 Mile Run						

#### **NAME:** Welcome To the Light Snack Hybrid Program This program will help you gain physical strength and running endurance. \*\* Run can be performed before or after the lift or at a different time of the day\*\* TUESDAY Wk 1 Wk 2 EXERCISE % Rep Wt % Rep Wt 8 8 Bench Press 8 8 8 8 8 8 Tricep 10 10 10 10 Extensions 10 72.5% 10 8 8 Barbell 8 8 Overhead Press 8 8 10 10 ABS/CORE

10

10

WK 1-20 Minute Run

WK 2

25 Minute Run

10 10 Fill in your max lift above, if you don't have any Start with light, comfortable weight to grow and build strength, confidence, and stamina

	THURSDAY	1	Wk 2				
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Front Squat	55.0%	8		60.0%	8	
100%	From Squar	65.0%	8		70.0%	8	
0		65.0%	8		70.0%	8	
		65.0%	8		70.0%	8	
2B	Lat Pulldown	60.0%	10		60.0%	10	
0%	Lat I undown	72.5%	10		72.5%	10	
0		72.5%	10		72.5%	10	
<b>3A</b>	DB Step-ups	50.0%	10		55.0%	10	
22%	DD Step-ups	62.5%	10		65.0%	10	
0		62.5%	10		65.0%	10	
3B	Barbell Row	50.0%	10		55.0%	10	
65%	Darbell Row	62.5%	10		65.0%	10	
0		62.5%	10		65.0%	10	
W	K 1- 12 Minute Run	3K	Ru		K 2 l.86	Mil	les)

#### Weeks 1-2

Notes

3.11 Mile Run (5K)

Percentages are based on your Max for each main lift
Bench Press and Back Squat
For Front Squat and Incline Bench Press, use your
Bench Press and Back Squat Number

	FRIDAY	'	Wk	1	Wk 2		
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Incline Bench	55.0%	8		55.0%	8	
85%		65.0%	8		70.0%	8	
0	Press	65.0%	8		70.0%	8	
		65.0%	8		70.0%	8	
2B	ABS/CORE	0.0%	10		0.0%	10	
85%	%	0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
<b>3A</b>	Standing DB	60.0%	8		60.0%	8	
30%	Press	72.5%	8		75.0%	8	
0	Press	72.5%	8		75.0%	8	
<b>3B</b>	Pull-Ups	0.0%	max		0.0%	max	
0%	1 un-c ps	0.0%	max		0.0%	max	
0		0.0%	max		0.0%	max	
W	WK 1- 22 Minute Run			W K		n (5	K)



## **Light Snack Hybrid Program**



### Weeks 3-4

\*\* For Auxiliary Lifts (Example, Barbell Curls, SA Dumbell Row) Choose a comfortable weight rather than the percentages listed\*\*

	MONDAY	Wk 3 Wk 4						
#	EXERCISE	%	Rep	Wt	%	Rep	Wt	
1	Back Squat	60.0%	8		65.0%	8		
100%	Dack Squat	75.0%	8		72.5%	8		
0		75.0%	8		72.5%	8		
		75.0%	8		72.5%	8		
2B	ABS/CORE	0.0%	10		0.0%	10		
0%	ADS/GORE	0.0%	10		0.0%	10		
0		0.0%	10		0.0%	10		
<b>3A</b>	DB Lunge	50.0%	10		55.0%	10		
22%	DD Lunge	65.0%	10		70.0%	10		
0	Reps per leg	65.0%	10		70.0%	10		
3B	DB Curl	65.0%	10		60.0%	10		
40%	DD Cull	65.0%	10		70.0%	10		
0		65.0%	10		70.0%	10		
0%	WK 3-				<b>( 4-</b>			
0	22 Minute Run	3 Mile Run						

#### NAME: Welcome To the Light Snack Hybrid Program This program will help you gain physical strength and running endurance. \*\* Run can be performed before or after the lift or at a different time of the day\*\* Wk 3 TUESDAY Wk 4 EXERCISE % Rep Wt % Rep Wt 8 8 Bench Press 8 8 8 8 8 8 Tricep 10 10 10 10 Extensions 10 10 8 8 Barbell 8 8 Overhead Press 8 8 10 15 Push-Ups 10 15 10 15 WK 4 WK 3- 30 Minute Run 25 Minute Run

171.	MITE!										
	Fill in your max lift above, if you don't have any										
	Start with light, comfortable weight to grow and										
	build strength, confidence, and stamina										
Н											
	THURSDAY	7	Wk:	3	7	Wk	4				
#	EXERCISE	%	Rep	Wt	%	Rep	Wt				
1	Front Squat	60.0%	8		60.0%	8					
100	4 Front Squat	72.5%	8		70.0%	8					
0		72.5%	8		70.0%	8					
		72.5%	8		70.0%	8					
21	Lat Pulldown	50.0%	10		50.0%	10					
09		55.0%	10 10		57.5%	10 10					
0		57,5%	10		60.0%	10					
22	Barbell KDL	50.0% 67.5%	10		55.0% 62.5%	10					
0		67.5%	10		62.5%	10					
31	,	50.0%	10		55.0%	10					
65	Barbell Kow	67.5%	10		65.0%	10					
0		67.5%	10		65.0%	10					
	WK 3- 1.5 Mile Run				K 4						
	w IX 3- 1.3 Mile Rull	20 Minute Run									

Squat Bench

For	centages are based on y Bench Press a r Front Squat and Incli Bench Press and B	nd B ne B	ack S ench	Squa Pre	t ss, us	se yo			
	FRIDAY	7	Wk :	3	7	Wk -	Vk 4		
#	EXERCISE	%	Rep	Wt	%	Rep	Wt		
1	Incline Bench	60.0%	8		60.0%	8			
85%	Press	72.5%	8		70.0%	8			
0	11688	72.5%	8		70.0%	8			
_		72.5%	8		70.0%	8			
2B	ABS/CORE	0.0%	10		0.0%	10			
85%	1120,00102	0.0%	10		0.0%	10			
0		0.0%	10		0.0%	10			
3A	Standing DB	60.0%	8		60.0%	8			
30%	Press	72.5%	8		75.0%	8			
0	11000	72.5%	8		75.0%	8			
3B	Pull-Ups	0.0%	max		0.0%	0.0% <b>max</b>			
0%		0.0%	max		0.0%	max			
0		0.0%	max		0.0%	max			

WK 3-4 Mile Run

WK 4-

35 Minute Run



# **Light Snack Hybrid Program**



### Weeks 5-6

\*\* For Auxiliary Lifts (Example, Barbell Curls, SA Dumbell Row) Choose a comfortable weight rather than the percentages listed\*\*

	MONDAY	7	Wk -	5	Wk 6		
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Back Squat	65.0%	5		65.0%	5	
100%	Dack Squat	80.0%	5		82.5%	5	
0		80.0%	5		82.5%	5	
		80.0%	5		82.5%	5	
2B	ABS/CORE	0.0%	10		0.0%	10	
0%	ADS/GORE	0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
<b>3A</b>	DB Lunge	60.0%	10		60.0%	10	
22%	DD Lunge	67.5%	8		72.5%	8	
0	Reps per leg	70.0%	8		72.5%	8	
3B	DB Curl	65.0%	12		60.0%	12	
40%	DD Culi	65.0%	12		70.0%	12	
0		65.0%	12		70.0%	12	
0%	WK 5-	WK 6-					
0	40 Minute Run		3	Mil	le R	un	

Wk 5

Wk 6

5 5 5

5 10

10

10 10 8

8

10 8 8

WK 6 45 Minute Run

6 Rep Wt % Rep Wt

**NAME:** Welcome To the Light Snack Hybrid Program Fill in your max lift above, if you don't have any This program will help you gain physical strength and Start with light, comfortable weight to grow and running endurance. build strength, confidence, and stamina \*\* Run can be performed before or after the lift

or at a different time of the day\*\*

					/							
	TUESDAY	7	Wk .	5	7	Wk	6		THURSDAY	7	Wk	
#	EXERCISE	%	Rep	Wt	%	Rep	Wt	#	EXERCISE	%	Rep	
1		65.0%	5		65.0%	5		1	Front Squat	65.0%	5	Ī
0%	Bench Press	80.0%	5		82.5%	5		100%	From Squar	77.5%	5	I
0		80.0%	5		82.5%	5		0		77.5%	5	Ī
		80.0%	5		82.5%	5				77.5%	5	Ī
2B	Tricep	55.0%	12		55.0%	12		2B	Lat Pulldown	55.0%	10	Ī
0%	Extensions	60.0%	12		62.5%	12		0%	Lat I undown	60.0%	10	Ī
0		62.5%	12		65.0%	12		0		62.5%	10	I
BA	Barbell	75.0%	8		75.0%	8		<b>3A</b>	Barbell RDL	55.0%	10	Ī
5%		80.0%	6		82.5%	6		22%	Darbeii KDL	67.5%	8	Ī
5% 0	Overhead Press	80.0%	6		82.5%	6		0		70.0%	8	Ī
3B	Push-Ups	0.0%	15		0.0%	20		3B	Barbell Row	55.0%	10	Ī
0%	1 usn-ops	0.0%	15		0.0%	20		65%	Darben Row	65.0%	8	Ī
0		0.0%	15		0.0%	20		0		67.5%	8	Ī
W]	K 5- 35 Minute Run		25 N		K 6 ute	Rur	ı	,	WK 5- 3 Mile Run	4	45 I	M

Notes

Percentages are based on your Max for each main lift Bench Press and Back Squat For Front Squat and Incline Bench Press, use your **Bench Press and Back Squat Number** 

	FRIDAY	7	Wk	Vk 6			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Incline Bench	65.0%	5		65.0%	5	
85%	Press	77.5%	5		80.0%	5	
0	Fress	77.5%	5		80.0%	5	
		77.5%	5		80.0%	5	
2B	ABS/CORE	0.0%	10		0.0%	10	
85%	ADS/GOILE	0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
<b>3A</b>	Standing DB	65.0%	8		65.0%	8	
30%	Press	70.0%	8		70.0%	8	
0	1 less	72.5%	8		75.0%	8	
3B	Pull-Ups	0.0%	max		0.0%	max	
0%	1 un e ps	0.0%	max		0.0%	max	
0		0.0%	max		0.0%	max	
10K Run (6.22 Miles)				W K Mil	K 6- e Rı	ın	