



# Light Snack Hybrid Program



Weeks 1-2								
<p><b>** For Auxiliary Lifts</b> (Example, Barbell Curls, SA Dumbbell Row) Choose a comfortable weight rather than the percentages listed**</p>								
MONDAY		Wk 1		Wk 2				
#	EXERCISE	%	Rep	Wt	%	Rep	Wt	
1	Back Squat	60.0%	8		65.0%	8		
100%		70.0%	8		72.5%	8		
0		70.0%	8		72.5%	8		
0		70.0%	8		72.5%	8		
2B	Pull-ups	0.0%	max		0.0%	max		
0%		0.0%	max		0.0%	max		
0	Overhand Grip	0.0%	max		0.0%	max		
3A	DB Lunge	50.0%	10		55.0%	10		
22%		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%		62.5%	10		65.0%	10		
0		62.5%	10		65.0%	10		
0%	Wk 1- 15 Minute Run	Wk 2- 2 Mile Run						
0								

		NAME:				Squat		Bench	
<p><b>Welcome To the Light Snack Hybrid Program</b> This program will help you gain physical strength and running endurance. <b>** Run can be performed before or after the lift or at a different time of the day**</b></p>									
TUESDAY		Wk 1		Wk 2					
#	EXERCISE	%	Rep	Wt	%	Rep	Wt		
1	Bench Press	60.0%	8		65.0%	8			
80%		70.0%	8		72.5%	8			
0		70.0%	8		72.5%	8			
0		70.0%	8		72.5%	8			
2B	Tricep Extensions	60.0%	10		60.0%	10			
0%		72.5%	10		72.5%	10			
0		72.5%	10		72.5%	10			
3A	Barbell Overhead Press	60.0%	8		60.0%	8			
65%		72.5%	8		77.5%	8			
0		72.5%	8		77.5%	8			
3B	ABS/CORE	0.0%	10		0.0%	10			
0%		0.0%	10		0.0%	10			
0		0.0%	10		0.0%	10			
Wk 1- 20 Minute Run		Wk 2- 25 Minute Run							

		NAME:				Squat		Bench	
<p>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</p>									
THURSDAY		Wk 1		Wk 2					
#	EXERCISE	%	Rep	Wt	%	Rep	Wt		
1	Front Squat	55.0%	8		60.0%	8			
100%		65.0%	8		70.0%	8			
0		65.0%	8		70.0%	8			
0		65.0%	8		70.0%	8			
2B	Lat Pulldown	60.0%	10		60.0%	10			
0%		72.5%	10		72.5%	10			
0		72.5%	10		72.5%	10			
3A	DB Step-ups	50.0%	10		55.0%	10			
22%		62.5%	10		65.0%	10			
0		62.5%	10		65.0%	10			
3B	Barbell Row	50.0%	10		55.0%	10			
65%		62.5%	10		65.0%	10			
0		62.5%	10		65.0%	10			
Wk 1- 12 Minute Run		Wk 2- 3K Run (1.86 Miles)							

Weeks 1-2		Notes					
<p>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</p>							
FRIDAY		Wk 1		Wk 2			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Incline Bench Press	55.0%	8		55.0%	8	
85%		65.0%	8		70.0%	8	
0		65.0%	8		70.0%	8	
0		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	
3A	Standing DB Press	60.0%	8		60.0%	8	
30%		72.5%	8		75.0%	8	
0		72.5%	8		75.0%	8	
3B	Pull-Ups	0.0%	max		0.0%	max	
0%		0.0%	max		0.0%	max	
0		0.0%	max		0.0%	max	
Wk 1- 22 Minute Run		Wk 2- 3.11 Mile Run (5K)					



# Light Snack Hybrid Program



Weeks 3-4							
<p><b>** For Auxiliary Lifts</b>            (Example, Barbell Curls, SA Dumbbell Row)            Choose a comfortable weight rather than the percentages listed**</p>							
MONDAY		Wk 3		Wk 4			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Back Squat	60.0%	8		65.0%	8	
100%		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%		0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
3A	DB Lunge	50.0%	10		55.0%	10	
22%		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%		65.0%	10		70.0%	10	
0		65.0%	10		70.0%	10	
0%	Wk 3-	Wk 4-					
0	22 Minute Run	3 Mile Run					

NAME:		Squat		Bench			
<p><b>Welcome To the Light Snack Hybrid Program</b>  <b>This program will help you gain physical strength and running endurance.</b>  <b>** Run can be performed before or after the lift or at a different time of the day**</b></p>							
TUESDAY		Wk 3		Wk 4			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Bench Press	60.0%	8		65.0%	8	
80%		75.0%	8		72.5%	8	
0		75.0%	8		72.5%	8	
		75.0%	8		72.5%	8	
2B	Tricep Extensions	50.0%	10		50.0%	10	
0%		55.0%	10		57.5%	10	
0		57.5%	10		60.0%	10	
3A	Barbell Overhead Press	60.0%	8		60.0%	8	
65%		77.5%	8		77.5%	8	
0	77.5%	8		77.5%	8		
3B	Push-Ups	0.0%	10		0.0%	15	
0%		0.0%	10		0.0%	15	
0		0.0%	10		0.0%	15	
Wk 3- 30 Minute Run		Wk 4- 25 Minute Run					

NAME:		Squat		Bench			
<p>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</p>							
THURSDAY		Wk 3		Wk 4			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Front Squat	60.0%	8		60.0%	8	
100%		72.5%	8		70.0%	8	
0		72.5%	8		70.0%	8	
		72.5%	8		70.0%	8	
2B	Lat Pulldown	50.0%	10		50.0%	10	
0%		55.0%	10		57.5%	10	
0		57.5%	10		60.0%	10	
3A	Barbell RDL	50.0%	10		55.0%	10	
22%		67.5%	10		62.5%	10	
0	67.5%	10		62.5%	10		
3B	Barbell Row	50.0%	10		55.0%	10	
65%		67.5%	10		65.0%	10	
0		67.5%	10		65.0%	10	
Wk 3- 1.5 Mile Run		Wk 4- 20 Minute Run					

Weeks 3-4		Notes					
<p>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</p>							
FRIDAY		Wk 3		Wk 4			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Incline Bench Press	60.0%	8		60.0%	8	
85%		72.5%	8		70.0%	8	
0		72.5%	8		70.0%	8	
		72.5%	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	
3A	Standing DB Press	60.0%	8		60.0%	8	
30%		72.5%	8		75.0%	8	
0	72.5%	8		75.0%	8		
3B	Pull-Ups	0.0%	max		0.0%	max	
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							
<p><b>** For Auxiliary Lifts</b> (Example, Barbell Curls, SA Dumbbell Row) Choose a comfortable weight rather than the percentages listed**</p>							
MONDAY		Wk 5		Wk 6			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Back Squat	65.0%	5		65.0%	5	
100%		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%		0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
3A	DB Lunge	60.0%	10		60.0%	10	
22%		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%		65.0%	12		70.0%	12	
0		65.0%	12		70.0%	12	
0%							
0	Wk 5- 40 Minute Run	Wk 6- 3 Mile Run					

NAME:		Squat		Bench			
<p><b>Welcome To the Light Snack Hybrid Program</b> This program will help you gain physical strength and running endurance. <b>** Run can be performed before or after the lift or at a different time of the day**</b></p>							
TUESDAY		Wk 5		Wk 6			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Bench Press	65.0%	5		65.0%	5	
80%		80.0%	5		82.5%	5	
0		80.0%	5		82.5%	5	
		80.0%	5		82.5%	5	
2B	Tricep Extensions	55.0%	12		55.0%	12	
0%		60.0%	12		62.5%	12	
0		62.5%	12		65.0%	12	
3A	Barbell Overhead Press	75.0%	8		75.0%	8	
65%		80.0%	6		82.5%	6	
0	80.0%	6		82.5%	6		
3B	Push-Ups	0.0%	15		0.0%	20	
0%		0.0%	15		0.0%	20	
0		0.0%	15		0.0%	20	
0%							
0	Wk 5- 35 Minute Run	Wk 6 25 Minute Run					

NAME:		Squat		Bench			
<p>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</p>							
THURSDAY		Wk 5		Wk 6			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Front Squat	65.0%	5		65.0%	5	
100%		77.5%	5		80.0%	5	
0		77.5%	5		80.0%	5	
		77.5%	5		80.0%	5	
2B	Lat Pulldown	55.0%	10		55.0%	10	
0%		60.0%	10		62.5%	10	
0		62.5%	10		65.0%	10	
3A	Barbell RDL	55.0%	10		60.0%	10	
22%		67.5%	8		65.0%	8	
0	70.0%	8		70.0%	8		
3B	Barbell Row	55.0%	10		60.0%	10	
65%		65.0%	8		65.0%	8	
0		67.5%	8		70.0%	8	
0%							
0	Wk 5- 3 Mile Run	Wk 6 45 Minute Run					

Weeks 5-6		Notes					
<p>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</p>							
FRIDAY		Wk 5		Wk 6			
#	EXERCISE	%	Rep	Wt	%	Rep	Wt
1	Incline Bench Press	65.0%	5		65.0%	5	
85%		77.5%	5		80.0%	5	
0		77.5%	5		80.0%	5	
		77.5%	5		80.0%	5	
2B	ABS/CORE	0.0%	10		0.0%	10	
85%		0.0%	10		0.0%	10	
0		0.0%	10		0.0%	10	
3A	Standing DB Press	65.0%	8		65.0%	8	
30%		70.0%	8		70.0%	8	
0	72.5%	8		75.0%	8		
3B	Pull-Ups	0.0%	max		0.0%	max	
0%		0.0%	max		0.0%	max	
0		0.0%	max		0.0%	max	
0%							
0	10K Run (6.22 Miles)	Wk 6- 7 Mile Run					