



BUILT FOR BATTLE. ENGINEERED FOR PERFORMANCE.



COMBAT
ENGINE
SYSTEM

APEX COMBAT ENGINE

MARTIAL ARTS PERFORMANCE

APEX SPORTS & FITNESS • OFFICIAL TRAINING SYSTEM

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Introduction

MISSION: Build the explosive power, repeatable anaerobic capacity, and structural durability that decide the late rounds.

This plan is built for fighters, martial artists, and combat-sport athletes who are technically capable but want to stop gassing out. Fighting is short maximal bursts repeated over many minutes, stacked on an aerobic base — so this program trains max strength and power on dedicated days, and conditions you with fight-realistic work-to-rest ratios on the others. Your gas tank will finally last as long as your technique.

What You'll Gain

- More output in rounds 3, 4, and 5 — when fights are actually decided
- Heavier hands and stronger takedowns from a raised force ceiling
- A body that absorbs contact, grip that doesn't quit, and a core that transfers power
- Faster between-burst recovery — the true limiter in a fight

LENGTH	DAYS / WEEK	SESSION TIME	LEVEL
8 Weeks	4–5 + skill work	60–75 min	Intermediate–Advanced

READ THIS FIRST

Stick to the programming as written before you customize it. If you miss a session, pick it up at your next opportunity — never stack two hard days together to “catch up,” and never add extra volume to tire yourself out. The plan is dosed deliberately; adding more usually slows your results.

Explanations & How to Read the Tables

RPE & RIR (How Hard Each Set Should Be)

Sets are prescribed by **RPE** (Rate of Perceived Exertion, 1–10) or **RIR** (Reps In Reserve). RPE 8 = you could have done about 2 more clean reps; RIR 2 means the same thing. On strong days you'll need more weight to hit the target; on tired days, less. That's autoregulation working — trust it.

Supersets

Exercises marked as a superset are performed back-to-back with no rest between them, then you rest after the pair. If your gym is too busy to hold two stations, run them as straight sets instead — finish all sets of one exercise, then move on. Don't let logistics derail the session.

Rest Periods

Rest periods are listed per exercise and **tighten as the weeks progress** — that's a deliberate conditioning stimulus. The exception is the main strength lifts: their rest stays long throughout, because cutting rest on heavy compounds turns a strength exercise into an endurance exercise and defeats its purpose.

Tempo

Perform every rep controlled: the lifting (concentric) portion can be explosive, but lower the weight slowly and under control. If you can't control the negative, the weight is too heavy.

The Weight Used Column

Every table ends with a blank **WEIGHT USED** column. Print the plan (or copy the layout into your notes) and log your top weight each session. Beating last week's number — by a rep or a small load increase — is the entire progression engine of this program.

Scaling

Every exercise can be scaled and doing so is not failure — it's precision. Common swaps: assisted or band pull-ups for strict pull-ups; split squats holding support for pistol squats; kettlebell deadlifts for barbell deadlifts; incline push-ups for dips. Keep the movement pattern, reduce the difficulty, progress over time.

Placing Your Skill Training

Technical sparring and mat work belong on conditioning or recovery days — never the morning after a maximal strength session, when your nervous system is still paying the bill. Keep hard sparring to 1–2 sessions per week during this block.

Warm-Up Protocol

Warming up is compulsory. Every session begins with 5–10 minutes of low-intensity aerobic work (jog, bike, row, jump rope, or shadow work) until you've built a light sweat, followed by the dynamic circuit below. The goal is blood flow, joint lubrication, and rehearsing the day's movement patterns — not fatigue.

EXERCISE	REPS	PURPOSE
World's Greatest Stretch	5 / side	Hips, hamstrings, T-spine in one move
Deep Squat Hold + Reach	5 x 5 sec	Ankle & hip mobility, squat pattern
Leg Swings (front & side)	10 / leg	Dynamic hip range
Band Pull-Apart	15	Rear delts, shoulder health
Band Over-and-Back	10	Shoulder mobility — go slow, never force
Push-Up to Down-Dog	8	Shoulders, core, hamstrings
Dead Bug	8 / side	Core bracing pattern
Pogo Hops	20	Ankle stiffness, elastic priming

After the circuit, perform 2–3 ramping sets of the day's first main lift, starting with the empty bar and adding weight each set. You should reach your first working set warm, primed, and not tired.

Active Recovery Menu

Active recovery days are where adaptation happens. The aim is movement that speeds recovery and burns additional calories *without* adding meaningful fatigue. If you are constantly sore, you are not progressing — these sessions keep you fresh enough to hit the hard days hard. Pick **one** option per active recovery day.

Option A — Aerobic Restoration

Long, low-intensity work at a conversational pace (you can talk in full sentences or breathe through your nose throughout). Choose run, cycle, row, swim, or hike — ideally something that flushes the muscles you trained hardest this week.

LEVEL	DURATION
Beginner	20–30 minutes
Intermediate	40–60 minutes
Advanced	60–90 minutes

Option B — Mobility & Reset

20–30 minutes of unhurried mobility: foam rolling the day's tight spots, hip and shoulder openers, and 5 minutes of slow nasal breathing to finish. Best used the day after your heaviest session.

Option C — Mixed Modality

Pick three easy activities and rotate through them — for example bike / row / brisk walk. Beginner: 5 minutes each. Intermediate: 10 minutes each. Advanced: 15 minutes each. Effort stays easy throughout; variety keeps it interesting, not harder.

Option D — Loaded Walk (Ruck)

Load a sturdy backpack and walk at a brisk pace — never run under load. New to it: 20–35 lb for 30–45 minutes. Experienced: 45 lb+ for up to 60–90 minutes. Build weight or time, not both at once, and stop if your posture breaks down.

High-Intensity Conditioning Menu

These sessions build your engine. They are short, hard, and honest — pick **one** per conditioning day, rotate through the menu across the block, and scale to your level. Quality rule: the moment your movement gets sloppy, rest longer or end the session. Sloppy reps build injuries, not fitness.

Option A — Sprint Repeats

Sprint 40–60 m at near-max effort, walk back slowly as your recovery. On a treadmill: 10 seconds on, 20 seconds straddling the belt. Beginner 6–8 sprints, Intermediate 10, Advanced 12–15.

Option B — Bodyweight Gauntlet

Complete all reps of each movement before starting the next: **80 push-ups, 80 sit-ups, 40 dips** (or 40 pull-ups / 80 flutter kicks / 80 air squats as an alternate). Every time you must break, run 200 m before resuming. Beginner: halve the reps. Advanced: add a weighted vest.

Option C — Kettlebell Engine

With one kettlebell: 400 m carry, 75 swings, 200 m carry, 40 swings, then a 100 m empty-handed sprint. Beginner 25–35 lb, Intermediate 40–55 lb, Advanced: add a 200 m carry and 50 swings to the front.

Option D — Sandbag Descent

Descending ladder with a sandbag: squats 40–30–20–10 alternating shoulders, paired with ground-to-shoulder get-ups 20–15–10–5. Beginner 25–35 lb, Intermediate 35–50 lb, Advanced 50–75 lb. Form first — this one punishes sloppiness.

Option E — Jump & Core Rounds

10 rounds: 10 squat jumps + 10 four-count flutter kicks. Tiny footprint, brutal output. Beginner: swap flutter kicks for reverse crunches. Advanced: weighted vest.

Option F — Interval Machine

On a rower, bike, or ski erg: 8–12 rounds of 30 seconds hard / 90 seconds easy. Hold your output within 5% across all rounds — pacing is the skill being trained.

Option G — Fight Rounds (Combat-Specific)

On a bag, pads, or with a partner: 3-minute rounds at 85–95% effort with 60 seconds rest, throwing crisp combinations and level changes throughout. Beginner 3 rounds, Intermediate 5, Advanced 6–8. Finish with 3 minutes of easy shadow work and nasal breathing to down-regulate.

Option H — Grappler's Carry Complex

10 rounds: 40 m farmer carry (heavy) + 40 m single-arm overhead carry (light, switch arms at the turn). Builds the grip, trunk, and posture endurance that clinch work demands. Scale by weight before distance.

WEEK ONE

PHASE: BUILD

Establish strength base. Conditioning stays technical — crisp reps at 85%.

DAY ONE — MAX STRENGTH & POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	4	5	120–180s	
Trap-Bar Deadlift	3	5	120–180s	
Box Jump	5	3	90s — full reset each rep	

SUPERSET 1

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	4	6	60–90s	
Med-Ball Chest Pass	4	8 — max intent	60–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push Press	4	5	90–120s	

SUPERSET 2

EXERCISE	SETS	REPS	REST	WEIGHT USED
Pallof Press	3	10 / side	60–90s	
Hanging Leg Raise	3	12	60–90s	

DAY TWO — CONDITIONING A

High-Intensity Conditioning — choose one option from the menu. Combat athletes should hit Option G (Fight Rounds) at least once per week.

DAY THREE — RECOVERY / SKILL

Active Recovery — choose one option from the menu. Light technical work is ideal here.

DAY FOUR — POWER & SPEED

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean (or DB Snatch)	5	3	120–180s	
Med-Ball Rotational Throw	4	6 / side	60–90s	
Split Jump	4	5 / side	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Half-Kneeling Landmine Press	3	8 / side	60–90s	
Landmine Row	3	10	60–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push	4	20 m — heavy	60–90s	
Farmer Carry	3	40 m	60–90s	

DAY FIVE — CONDITIONING B

High-Intensity Conditioning — choose a different option than Day Two.

DAY SIX & SEVEN — SKILL / REST

Day six: optional sparring, open mat, or Active Recovery. Day seven: full rest — sleep, food, and nothing heroic.

WEEK TWO

PHASE: BUILD

Same structure as last week — beat your logged numbers by a rep or a small load increase.

DAY ONE — MAX STRENGTH & POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	4	5	120–180s	
Trap-Bar Deadlift	3	5	120–180s	
Box Jump	5	3	90s — full reset each rep	

SUPERSET 1

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	4	6	60–90s	
Med-Ball Chest Pass	4	8 — max intent	60–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push Press	4	5	90–120s	

SUPERSET 2

EXERCISE	SETS	REPS	REST	WEIGHT USED
Pallof Press	3	10 / side	60–90s	
Hanging Leg Raise	3	12	60–90s	

DAY TWO — CONDITIONING A

High-Intensity Conditioning — choose one option from the menu. Combat athletes should hit Option G (Fight Rounds) at least once per week.

DAY THREE — RECOVERY / SKILL

Active Recovery — choose one option from the menu. Light technical work is ideal here.

DAY FOUR — POWER & SPEED

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean (or DB Snatch)	5	3	120–180s	
Med-Ball Rotational Throw	4	6 / side	60–90s	
Split Jump	4	5 / side	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Half-Kneeling Landmine Press	3	8 / side	60–90s	
Landmine Row	3	10	60–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push	4	20 m — heavy	60–90s	
Farmer Carry	3	40 m	60–90s	

DAY FIVE — CONDITIONING B

High-Intensity Conditioning — choose a different option than Day Two.

DAY SIX & SEVEN — SKILL / REST

Day six: optional sparring, open mat, or Active Recovery. Day seven: full rest — sleep, food, and nothing heroic.

WEEK THREE

PHASE: BUILD

Same structure as last week — beat your logged numbers by a rep or a small load increase.

DAY ONE — MAX STRENGTH & POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	4	5	120–180s	
Trap-Bar Deadlift	3	5	120–180s	
Box Jump	5	3	90s — full reset each rep	

SUPERSET 1

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	4	6	60–90s	
Med-Ball Chest Pass	4	8 — max intent	60–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push Press	4	5	90–120s	

SUPERSET 2

EXERCISE	SETS	REPS	REST	WEIGHT USED
Pallof Press	3	10 / side	60–90s	
Hanging Leg Raise	3	12	60–90s	

DAY TWO — CONDITIONING A

High-Intensity Conditioning — choose one option from the menu. Combat athletes should hit Option G (Fight Rounds) at least once per week.

DAY THREE — RECOVERY / SKILL

Active Recovery — choose one option from the menu. Light technical work is ideal here.

DAY FOUR — POWER & SPEED

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean (or DB Snatch)	5	3	120–180s	
Med-Ball Rotational Throw	4	6 / side	60–90s	
Split Jump	4	5 / side	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Half-Kneeling Landmine Press	3	8 / side	60–90s	
Landmine Row	3	10	60–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push	4	20 m — heavy	60–90s	
Farmer Carry	3	40 m	60–90s	

DAY FIVE — CONDITIONING B

High-Intensity Conditioning — choose a different option than Day Two.

DAY SIX & SEVEN — SKILL / REST

Day six: optional sparring, open mat, or Active Recovery. Day seven: full rest — sleep, food, and nothing heroic.

WEEK FOUR

PHASE: DEVELOP

Volume rises and rest tightens. Push load on the main lifts when bar speed allows.

DAY ONE — MAX STRENGTH & POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	5	5	120–180s	
Trap-Bar Deadlift	4	5	120–180s	
Box Jump	6	3	90s — full reset each rep	

SUPERSET 1

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	5	6	45–75s	
Med-Ball Chest Pass	5	8 — max intent	45–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push Press	5	5	90–120s	

SUPERSET 2

EXERCISE	SETS	REPS	REST	WEIGHT USED
Pallof Press	4	10 / side	45–75s	
Hanging Leg Raise	4	12	45–75s	

DAY TWO — CONDITIONING A

High-Intensity Conditioning — choose one option from the menu. Combat athletes should hit Option G (Fight Rounds) at least once per week.

DAY THREE — RECOVERY / SKILL

Active Recovery — choose one option from the menu. Light technical work is ideal here.

DAY FOUR — POWER & SPEED

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean (or DB Snatch)	6	3	120–180s	
Med-Ball Rotational Throw	5	6 / side	45–75s	
Split Jump	5	5 / side	45–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Half-Kneeling Landmine Press	4	8 / side	45–75s	
Landmine Row	4	10	45–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push	5	20 m — heavy	45–75s	
Farmer Carry	4	40 m	45–75s	

DAY FIVE — CONDITIONING B

High-Intensity Conditioning — choose a different option than Day Two.

DAY SIX & SEVEN — SKILL / REST

Day six: optional sparring, open mat, or Active Recovery. Day seven: full rest — sleep, food, and nothing heroic.

WEEK FIVE

PHASE: DEVELOP

Same structure as last week — beat your logged numbers by a rep or a small load increase.

DAY ONE — MAX STRENGTH & POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	5	5	120–180s	
Trap-Bar Deadlift	4	5	120–180s	
Box Jump	6	3	90s — full reset each rep	

SUPERSET 1

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	5	6	45–75s	
Med-Ball Chest Pass	5	8 — max intent	45–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push Press	5	5	90–120s	

SUPERSET 2

EXERCISE	SETS	REPS	REST	WEIGHT USED
Pallof Press	4	10 / side	45–75s	
Hanging Leg Raise	4	12	45–75s	

DAY TWO — CONDITIONING A

High-Intensity Conditioning — choose one option from the menu. Combat athletes should hit Option G (Fight Rounds) at least once per week.

DAY THREE — RECOVERY / SKILL

Active Recovery — choose one option from the menu. Light technical work is ideal here.

DAY FOUR — POWER & SPEED

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean (or DB Snatch)	6	3	120–180s	
Med-Ball Rotational Throw	5	6 / side	45–75s	
Split Jump	5	5 / side	45–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Half-Kneeling Landmine Press	4	8 / side	45–75s	
Landmine Row	4	10	45–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push	5	20 m — heavy	45–75s	
Farmer Carry	4	40 m	45–75s	

DAY FIVE — CONDITIONING B

High-Intensity Conditioning — choose a different option than Day Two.

DAY SIX & SEVEN — SKILL / REST

Day six: optional sparring, open mat, or Active Recovery. Day seven: full rest — sleep, food, and nothing heroic.

WEEK SIX

PHASE: DEVELOP

Same structure as last week — beat your logged numbers by a rep or a small load increase.

DAY ONE — MAX STRENGTH & POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	5	5	120–180s	
Trap-Bar Deadlift	4	5	120–180s	
Box Jump	6	3	90s — full reset each rep	

SUPERSET 1

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	5	6	45–75s	
Med-Ball Chest Pass	5	8 — max intent	45–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push Press	5	5	90–120s	

SUPERSET 2

EXERCISE	SETS	REPS	REST	WEIGHT USED
Pallof Press	4	10 / side	45–75s	
Hanging Leg Raise	4	12	45–75s	

DAY TWO — CONDITIONING A

High-Intensity Conditioning — choose one option from the menu. Combat athletes should hit Option G (Fight Rounds) at least once per week.

DAY THREE — RECOVERY / SKILL

Active Recovery — choose one option from the menu. Light technical work is ideal here.

DAY FOUR — POWER & SPEED

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean (or DB Snatch)	6	3	120–180s	
Med-Ball Rotational Throw	5	6 / side	45–75s	
Split Jump	5	5 / side	45–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Half-Kneeling Landmine Press	4	8 / side	45–75s	
Landmine Row	4	10	45–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push	5	20 m — heavy	45–75s	
Farmer Carry	4	40 m	45–75s	

DAY FIVE — CONDITIONING B

High-Intensity Conditioning — choose a different option than Day Two.

DAY SIX & SEVEN — SKILL / REST

Day six: optional sparring, open mat, or Active Recovery. Day seven: full rest — sleep, food, and nothing heroic.

WEEK SEVEN

PHASE: PEAK

Highest demand of the block. Pick the hardest conditioning options you can execute cleanly.

DAY ONE — MAX STRENGTH & POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	5	5	120–180s	
Trap-Bar Deadlift	4	5	120–180s	
Box Jump	6	3	90s — full reset each rep	

SUPERSET 1

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	5	6	30–60s	
Med-Ball Chest Pass	5	8 — max intent	30–60s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push Press	5	5	90–120s	

SUPERSET 2

EXERCISE	SETS	REPS	REST	WEIGHT USED
Pallof Press	4	10 / side	30–60s	
Hanging Leg Raise	4	12	30–60s	

DAY TWO — CONDITIONING A

High-Intensity Conditioning — choose one option from the menu. Combat athletes should hit Option G (Fight Rounds) at least once per week.

DAY THREE — RECOVERY / SKILL

Active Recovery — choose one option from the menu. Light technical work is ideal here.

DAY FOUR — POWER & SPEED

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean (or DB Snatch)	6	3	120–180s	
Med-Ball Rotational Throw	5	6 / side	30–60s	
Split Jump	5	5 / side	30–60s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Half-Kneeling Landmine Press	4	8 / side	30–60s	
Landmine Row	4	10	30–60s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push	5	20 m — heavy	30–60s	
Farmer Carry	4	40 m	30–60s	

DAY FIVE — CONDITIONING B

High-Intensity Conditioning — choose a different option than Day Two.

DAY SIX & SEVEN — SKILL / REST

Day six: optional sparring, open mat, or Active Recovery. Day seven: full rest — sleep, food, and nothing heroic.

WEEK EIGHT

PHASE: DELOAD

Cut roughly half the volume, keep movements sharp, and recover. Retest at the end of this week.

DAY ONE — MAX STRENGTH & POWER

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	3	5	120–180s	
Trap-Bar Deadlift	2	5	120–180s	
Box Jump	4	3	90s — full reset each rep	

SUPERSET 1

EXERCISE	SETS	REPS	REST	WEIGHT USED
Weighted Pull-Up	3	6	60–90s	
Med-Ball Chest Pass	3	8 — max intent	60–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Push Press	3	5	90–120s	

SUPERSET 2

EXERCISE	SETS	REPS	REST	WEIGHT USED
Pallof Press	2	10 / side	60–90s	
Hanging Leg Raise	2	12	60–90s	

DAY TWO — CONDITIONING A

High-Intensity Conditioning — choose one option from the menu. Combat athletes should hit Option G (Fight Rounds) at least once per week.

DAY THREE — RECOVERY / SKILL

Active Recovery — choose one option from the menu. Light technical work is ideal here.

DAY FOUR — POWER & SPEED

EXERCISE	SETS	REPS	REST	WEIGHT USED
Power Clean (or DB Snatch)	4	3	120–180s	
Med-Ball Rotational Throw	3	6 / side	60–90s	
Split Jump	3	5 / side	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Half-Kneeling Landmine Press	2	8 / side	60–90s	
Landmine Row	2	10	60–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Sled Push	3	20 m — heavy	60–90s	
Farmer Carry	2	40 m	60–90s	

DAY FIVE — CONDITIONING B

High-Intensity Conditioning — choose a different option than Day Two.

DAY SIX & SEVEN — SKILL / REST

Day six: optional sparring, open mat, or Active Recovery. Day seven: full rest — sleep, food, and nothing heroic.

Conclusion — What's Next

Completing Apex Combat Engine is the beginning, not the finish line. In the final week, retest your key markers and compare them to Week 1 — the numbers will tell you exactly what improved and what to target next.

Retest Checklist

- Max box jump height or broad jump distance vs. Week 1
- 3-round fight simulation: compare output and recovery heart rate
- Top sets on squat, trap-bar deadlift, and push press
- Bodyweight and how your kit fits

Take 3–5 easy days after your retest, then either run this program again at higher loads or rotate to another Apex program to develop a new quality. Strength, engine, and physique are built over years of consistent blocks — stack them.

STAY IN THE FIGHT

Questions, form checks, or exercise substitutions? Reach out through the Apex Sports & Fitness website and connect with other athletes running the same programs.

Safety, Recovery & Disclaimer

This program is a general training framework, not individualized medical advice. Consult your physician before starting, particularly if you have (or have a family history of) heart disease or high blood pressure, have experienced chest pain, smoke, are obese, or have a bone or joint problem that could be aggravated by exercise. Do not begin if your healthcare provider advises against it. If you feel faintness, dizziness, pain, or shortness of breath at any time, stop immediately. If you sustain an injury, seek medical advice before continuing. Use of the information in this program is solely at your own risk.

Recovery Rules

- **Sleep 7–9 hours.** It is the single most powerful recovery tool you have.
- **Watch your markers:** rising resting heart rate, poor sleep, low mood, and joint soreness that lingers all signal under-recovery.
- **Back off when** performance drops across multiple sessions — add food and sleep before adding work.
- **Deload weeks are mandatory.** They are programmed in; do not skip them or fill them with extra training.
- **Daily extras that cost nothing:** 10 minutes of stretching in the evening, foam rolling, walks, and time with people who recharge you. Mental recovery counts.

FUEL THE WORK

Training is half the equation. Pair this program with the **Apex Fuel System** nutrition framework to support performance, recovery, and body composition.