

BLOB WARFARE WORKOUT

This document is copyrighted by Jedd Johnson, Diesel Crew LLC, and may not be shared beyond the initial point of download, upon purchase by the buyer and end user.

This sheet will serve as an at-a-glance reference guide for you, when going through the workout and when arranging the drills to best fit your needs. For assistance, please feel free to email "Napalm" Jedd Johnson at jedd.diesel@gmail.com

In the demo videos, I ended up changing the order from what I initially stated in the Intro video. Feel free to try both what I said in the video, as well as what is here on this sheet.

Drill #1 – Isometric Pull Warm-ups

3 sets of 3-5 seconds per hand

Left

1. __secs

2. __secs

3. __secs

4. __secs

5. __secs

Right

1. __secs

2. __secs

3. __secs

4. __secs

5. __secs

Drill #2 – Band Assisted Lifts

3-5 sets of 8-10 seconds per hand

Left

1. Pin Height: __/__ x __secs

2. Pin Height: __/__ x __secs

3. Pin Height: __/__ x __secs

4. Pin Height: __/__ x __secs

5. Pin Height: __/__ x __secs

Right

1. Pin Height: __/__ x __secs

2. Pin Height: __/__ x __secs

3. Pin Height: __/__ x __secs

4. Pin Height: __/__ x __secs

5. Pin Height: __/__ x __secs

Drill #3 – Scale Pulls

3-5 sets of 1

Left

1. __ lbs

2. __ lbs

3. __ lbs

4. __ lbs

5. __ lbs

Right

1. __ lbs

2. __ lbs

3. __ lbs

4. __ lbs

5. __ lbs

Drill #4 – Cushion Deloads

3-5 sets of 8-10 seconds

Left

1. __ secs

2. __ secs

3. __ secs

4. __ secs

5. __ secs

Right

1. __ secs

2. __ secs

3. __ secs

4. __ secs

5. __ secs

Drill #5 – Soft Negatives

3-5 sets of 3 reps

Left

1. __/3__

2. __/3__

3. __/3__

4. __/3__

5. __/3__

Right

1. __/3__

2. __/3__

3. __/3__

4. __/3__

5. __/3__

Thank you for your support, and all the best in your training.

– NAPALM –