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# **ASSAULT**

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**8 Week Lean Program**

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*By: Dre Delos Santos*

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**Medical Disclaimer:**

This manual is for information purposes only. You should consult your physician or other health care professional(s) before starting this program. If you or your family has a history of high blood pressure, heart disease, or other ailments, please check with your doctor before engaging in strenuous physical activity. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. **Dre Delos Santos, and DS Pro Fitness LLC, will not be held responsible for any injury that may occur during your participation with this program.**



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## Introduction

This 8-Week program was designed for those looking to add lean muscle in the most time-efficient manner. Time is a valuable commodity, so for most of us training five to six days a week isn't feasible.

For years, I was under the impression that in order to see BIG changes, you have to train at a high frequency. There's an element of truth to that, and there's nothing inherently wrong with it...but, it can be a bit time-intensive. More pressingly, you don't have to train borderline crazy to get quality results.

You have to put in the work, no doubt. However, I've learned over the years that it's rarely a matter of *how much* you do, but simply *what* you do that makes your body change. This was a tough pill to swallow, to say the least — and it was a struggle for me to get out of that paradigm because training is my outlet.

This book is purely intended on helping people navigate the big rocks to maximize both time and effort in the gym. I've tailored it to where you will be hitting all the essential components to get the most out of your training.

By combining moderate to heavy compound exercises and specializing on key muscle groups, you will exhibit high levels of muscular recruitment and growth.



Before moving on, I do want to address that no method of training, or specific protocol will offset poor nutrition and lifestyle habits. If you wish to have a positive outcome, destructive habits must be taken care of, or at the very least, mitigated. Your training is only as good your nutrition and your ability to recover.

With that in mind, thank you for your interest in my program. As someone who loves to train, but also doesn't want to spend hours on end in the gym, I feel that this program can be of great benefit to you.

Committed to your success,

*Dre*



## Important Notes

Just so that we're on the same page, I want to outline a few things. The training template will consist of three strength training days, and you'll be supplementing that



with one conditioning day. Productivity junkies will scoff at the idea of lifting weights only 3x a week, but I can say with a great deal of confidence that you can yield positive results with this program.

You will train on non-consecutive days to allow for ample recovery, so you can attack the weights with full force. The exercises and specific sequences in this program are intensive, but intelligently applied. A hyperlink will be embedded into the exercises to demonstrate how to properly execute them.

## Workout Sequence

Prior to every workout, start by foam rolling. It's the most economical way to get a massage. It aids in reducing tightness and improves mobility. Avoid extended durations, though. The goal is to loosen you up, not prep you for a nap.

After you're done foam rolling, you will perform simple and quick warm-up drills to prepare you for the workout. Warming up thoroughly is essential in performing optimally and reducing the risk of injury.



The main exercise(s) for each strength training session will be the core stimulus to build strength. It will be the barbell and dumbbell bench press, rows, pull-ups, squat and deadlift. Heavy is relative, so pick a weight you can execute the assigned reps with good form. Resist the urge to max out.

From there, you will transition into your accessory work, which comprises of various superset, and compound circuits. This is to encourage muscle growth, general conditioning, and shed body fat. Towards the end of your workout, you'll have the freedom to choose what you want to finish with.

In my experience, I've found this strategy to be the winning formula. Nothing fancy or ground breaking. I'm a huge proponent of simplicity, not complexity.

Time to go get it.





## Phase 1 - Baseline Shock



### Weeks 1-4

#### Overview:

- Upper Body Push Emphasis, Upper Body Pull Emphasis, and Lower Body on non-consecutive days
- Conditioning work to enhance recovery and fat loss
- Three rest/active recovery days

#### Goal:

The primary objective here is to establish relative baseline strength and stamina.



## Warm-Up

### Foam Rolling

<i>5-10 minutes total</i>
Glutes
Hip Flexors/TFL
Quads
Adductors
Lats
Upper Back
Pec Minor
Calves



## Warm-Up

Day 1		
Fire Hydrant Hip Circles	x10 circles/side	*Don't arch low back; controlled circles.
1-Leg Glute Bridge	x10 reps	*Squeeze glutes; don't overarch low back
Seal Jacks	x20 reps	*Synchronize arm and leg movement
Bodyweight Squat	x10 reps	*Push through mid-foot. Keep heels on the floor.
Inchworms	x6-8 total	*Maintain alignment; feel stretch through calves.
Walking Spiderman w/ reach	x6-8 total	*Get into deep lunge; avoid rounding low back

Day 2 and 3		
Bird Dogs	x10/side	*Don't arch low back. Reach with opposite arm and leg.
Quad/Hip Flexor Stretch	x30secs/side	*Squeeze glutes; core engaged. Slight lean forward.
Cable Rear Delt Fly	2x20 reps	*Keep arms straight; elbows slightly bent.
Band Face Pulls	2x12 reps	*Pull towards face/eyebrows.
Yoga Push-Up	2x6 reps	*Push up and away.



## **Week 1-4**

### **Day 1 - Monday** **Lower Body Emphasis**

#### **1) Front Squat: 1 x 8, 1 x 7, 1 x 6+**

\*Clean-grip or cross-arm. Abs pushed out (core engaged); don't round lower back in the bottom.

→Go heavy as possible with proper form. Increase weight each set.

→On the last set (+), perform as many repetitions as you can after hitting the prescribed rep.

*Full recovery between sets*

#### **2) Deadlift (Trap Bar, Sumo, or Conventional): 1 x 6, 1 x 5, 1 x 4+**

\*Neutral spine; don't round lower back. Avoid excessive low back arch at the top; squeeze glutes at the top.

→Go heavy as possible with proper form. Increase weight each set.

→On the last set (+), perform as many repetitions as you can after hitting the prescribed rep.

*Full recovery between sets*

#### **3) Dumbbell Goblet Bulgarian Split Squat: 3 sets x 8 reps/leg**

\*Avoid putting rear leg on too high of a bench/box; use a low setting. Keep shins vertical.

*90-120sec rest between sets*

#### **4A) Farmer Walks: 3 sets x 30yds**

\*Use kettlebells, dumbbells, or a trap bar. Core engaged; full body tension.

#### **4B) Plank Shoulder Taps: 3 sets x 16-20 total reps**

\*Set feet up relatively wide to reduce difficulty. Squeeze glutes and engage core; exhale every rep.

*4A and 4B perform back-to-back. 90-120sec rest between sets*



## **Day 2 - Wednesday**

### **Upper Body Push Emphasis**

**1) Paused Barbell Bench Press:** 1 x 6, 1 x 5, 1 x 4, 1 x 4 (2sec pause slightly above chest)

\*Chest high; keep shoulder blades locked/upper back tight. Keep arms at 45-degrees.

→Go heavy as possible with proper form. Increase weight each set.

*Full recovery between sets*

**2) Close-Grip Bench Press:** 2 sets x 8-10 reps

\*Chest high; keep shoulder blades locked/upper back tight. Set grip just outside shoulder width.

*90-120sec rest between sets*

**3A) Seated Cable Rows:** 3-4 sets x 10 reps

\*Don't excessively arch low back. Allow shoulder blades to move freely; think reach and pinch.

**3B) Shoulder Touch Push-Ups:** 3-4 sets x 10 total reps

\*Glutes tight and core engaged; set feet up relatively wide to reduce difficulty and excessive hip rotation.

*3A and 3B perform back-to-back. 90-120sec rest between sets*

Option A: Gun Show	Option B: Ab/Core	Option C: Fat Loss Finisher
<b>4A) <u>Dumbbell Zottman Curl</u>:</b> 3 sets x 6-8 reps  <b>4B) <u>Cable Tricep Extension</u>:</b> 3 sets x 10-15 reps	<b>4A) <u>Med Ball Russian Twist</u>:</b> 3 sets x 30sec  <b>4B) <u>Front Plank</u>:</b> 3 sets x 20-45sec	<b>4A) <u>Mountain Climbers</u></b> x 40sec  <b>4B) <u>Burpees</u></b> x 40sec  <b>4C) <u>Med Ball Slams</u></b> x 40sec <i>Rest 1-2min. Repeat 3-5 rounds</i>



## **Day 3 - Friday**

### **Upper Body Pull Emphasis**

#### **1A) [Dumbbell Chest Supported Row](#): 4 sets x 10 reps**

\*Don't excessively arch low back. Allow shoulder blades to move freely; think reach and pinch. Use straps if necessary.

#### **1B) [Dumbbell Chest Supported Rear Delt Fly](#): 4 sets x 12 reps**

*1A and 1B perform back-to-back. 90-120sec rest between sets*

#### **2) [Dumbbell Incline Press](#): 1 x 6, 1 x 8, 1 x AMRAP**

\*Chest high; keep shoulder blades locked/upper back tight. Keep arms at 45-degrees. Avoid going to complete failure.

→On the last set, perform as many repetitions as you can.

*90-120sec rest between sets*

#### **3A) [Neutral Grip Cable Lat Pulldown](#): 3 sets x 10 reps**

\*Avoid leaning too far back when pulling down. Keep chest high and tall; don't slouch.

#### **3B) [Cable Rope Face Pulls](#): 3 sets x 12 reps**

\*Keep elbows shoulder level. Allow shoulder blades to move freely; pull towards eyebrows.

Option A: Gun Show	Option B: Ab/Core	Option C: Fat Loss Finisher
<b>4A) <a href="#">EZ Bar Reverse Curl</a>:</b> 2-3 sets x 6 reps  <b>4B) <a href="#">Spider Curl</a>:</b> 2-3 sets x 8-10 reps	<b>4A) <a href="#">Med Ball Russian Twist</a>:</b> 3 sets x 30 secs  <b>4B) <a href="#">Front Plank</a>:</b> 3 sets x 20-45secs	<b>4A) <a href="#">Mountain Climbers</a> x 40sec</b>  <b>4B) <a href="#">Burpees</a> x 40sec</b>  <b>4C) <a href="#">Med Ball Slams</a> x 40sec</b> <i>Rest 1-2min. Repeat 3-5 rounds</i>



## **Day 4 - Saturday** **Conditioning Work**

1) **Assault AirBike**: **12 minutes** of total work

\*Recumbent or spin bikes are fine. Adjust the setting to an appropriate level of resistance.

*4min warm-up*

**10** seconds max-effort, **20** seconds moderate pace (4min)

*4min cool down*



## Phase 2 - Refine



### Weeks 5-8

#### Overview:

- Chest/Shoulders/Triceps, Back/Biceps, and Legs on non-consecutive days
- Conditioning work to enhance recovery and fat loss
- Three rest/active recovery days

#### Goal:

The objective here is to build upon the first phase and maximize muscle gain while decreasing body fat.





**Week 5-8****Day 1 - Monday**  
**Legs**

1) **Seated or Lying Leg Curls**: 1 x 10, 1 x 12, 1 x 15

*60-90sec rest between sets*

2) **Back Squat**: 1 x 10, 1 x 8, 1 x 6+

\*Abs pushed out (core engaged); don't excessively arch lower back; squeeze glutes at the top.

→Go heavy as possible with proper form. Increase weight each set.

→On the last set (+), perform as many repetitions as you can after hitting the targeted rep count.

*Full recovery between sets*

3) **Barbell or Dumbbell RDL**: 3 sets x 8-10 reps

\*Use straps if necessary. Neutral (flat) spine; don't round lower back. Avoid excessive low back arch at the top.

*90-120sec rest between sets*

4A) **Dumbbell or Kettlebell Reverse Lunge**: 3 sets x 8 reps/leg

\*Keep shins of front leg relatively vertical. Push through mid-foot; keep heels on the floor

4B) **Stability Ball Stir Pot**: 3 sets x 10 circles/side

\*Controlled, deliberate circles. Glutes tight and core engaged; neutral (flat) spine. Avoid sagging of hips.

*4A and 4B perform back-to-back. 90-120sec rest between sets*



## **Day 2- Wednesday** **Chest and Shoulders**

### **1A) Dumbbell Low Incline Press: 3 sets x 6 reps, 1 x AMRAP**

\*Set up on a lower incline (2 clicks). Chest high; keep shoulder blades locked/upper back tight. Keep arms at 45-degrees.

→Go heavy as possible with proper form.

→On the last set, perform as many repetitions as you can before complete failure.

### **1B) TRX Suspension Inverted Row: 3 sets x 8 reps, 1 x AMRAP**

\*Don't excessively arch low back. Allow shoulder blades to move freely; think reach and pinch.

*1A and 1B perform back-to-back. Full recovery between sets*

### **2A) Dumbbell High Incline Press: 3 sets x 8 reps**

\*Don't excessively arch low back. Set bench 2-3 clicks down from upright position.

### **2B) Seated Dumbbell Lateral Raises: 3 sets x 8 reps**

\*Avoid heaving weight up; controlled manner. Don't go above shoulder level.

### **2C) Dumbbell Chest Support Rear Delt Fly (Pronated): 3 sets x 12 reps**

\*Keep arms long; elbow slightly bent.

*2A, 2B, and 2C perform back-to-back. 90-120sec rest between sets*

Option A: Chest Blast	Option B: Ab/Core	Option C: Fat Loss Finisher
<b>3A) <u>Med Ball Squeeze Push-Up</u>:</b> 3 sets x 10 reps  <b>3B) <u>Low Cable Chest Fly</u>:</b> 3 sets x 10-15 reps	<b>3A) <u>Hanging Leg Raises</u>:</b> 3 sets x 8-12 reps  <b>3B) <u>Swissball Crunches</u>:</b> 3 sets x 10-15 reps	<b>4A) <u>Kettlebell Goblet Squat</u>:</b> x 8 reps  <b>4B) <u>Kettlebell Swing</u>:</b> x 8 reps  <b>4B) <u>Push-Up</u>:</b> x 8 reps <i>Rest 1-2min. Repeat 3-5 rounds</i>



## **Day 3 - Friday** **Back and Biceps**

### **1A) Eccentric Pull-Ups:** 4 sets x 3-4 reps (5sec negative)

\*Perform only negative portion of the exercise. Don't slouch; chest high.

### **1B) Wide-Grip Cable Lat Pulldown :** 4 sets x 8 reps

\*Avoid leaning too far back when pulling down. Keep chest high and tall; don't slouch.

*1A and 1B perform back-to-back. 90-120sec rest between sets*

### **2) 1-Arm Dumbbell Row:** 3-4 sets x 8 reps

\*Don't excessively arch low back. Allow shoulder blades to move freely; think reach and pinch.

*90-120sec rest between sets*

### **3A) Cable Straight Arm Pulldowns:** 3 sets x 10-12 reps

\*Use rope or straight/curl bar. Keep arms straight and elbows in. Squeeze at the bottom for peak contraction.

### **3B) Cable Rope Face Pulls (Thumbs-Up Grip):** 3 sets x 10-12 reps

\*Keep elbows shoulder level. Allow shoulder blades to move freely; pull towards eyebrows.

*3A and 3B perform back-to-back. 60-90sec rest between sets*

Option A: Gun Show	Option B: Ab/Core	Option C: Fat Loss Finisher
<b>4A) <u>Seated Dumbbell Incline Curl</u>:</b> 2-3 sets x 8-10 reps  <b>4B) <u>Alternating Dumbbell Hammer Curl</u>:</b> 2-3 sets x 6 reps/arm	<b>4A) <u>Hanging Leg Raises</u>:</b> 3 sets x 8-12 reps  <b>4B) <u>Swissball Crunches</u>:</b> 3 sets x 10-15 reps	<b>4A) <u>Kettlebell Goblet Squat</u>:</b> x 8 reps  <b>4B) <u>Kettlebell Swing</u>:</b> x 8 reps  <b>4B) <u>Push-Up</u>:</b> x 8 reps <i>Rest 1-2min. Repeat 3-5 rounds</i>



## **Day 4 - Saturday** **Conditioning Work**

1) **Assault AirBike**: **12 minutes** of total work

\*Recumbent or spin bikes are fine. Adjust the setting to an appropriate level of resistance.

*4min warm-up*

**20** seconds max-effort, **10** seconds moderate pace (4min)

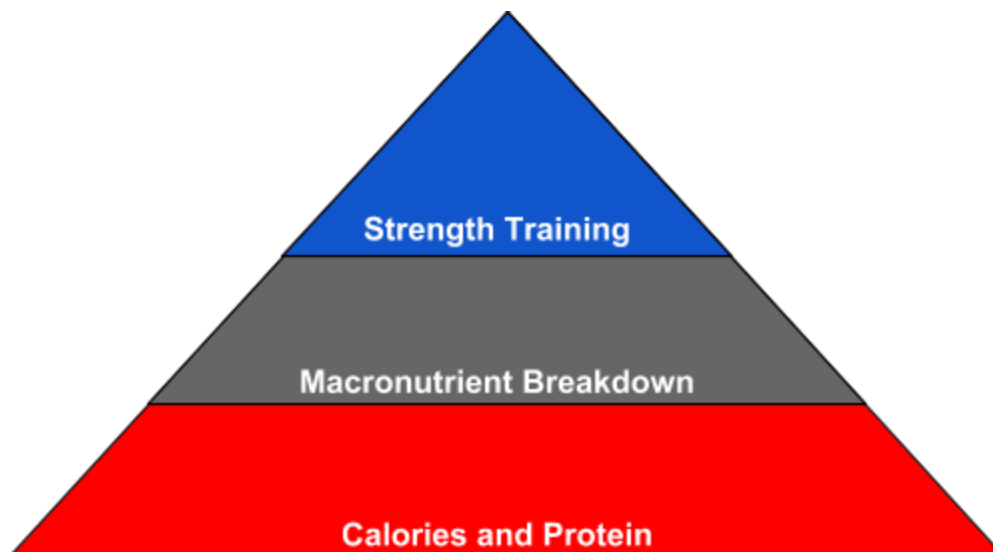
*4min cool down*



## Nutritional Guidelines

Your success is directly determined by your approach to nutrition. It is the prime contributor for improvements in both performance and body composition. Regardless of the training method you're using, it will not offset a horrible diet. You can get by with a mediocre program, but you can't get by with lackluster nutrition.

Here are a few simple strategies:



- 1) First and foremost, verify your total calories. No matter how nutritious your meals are, you can still experience a negative outcome if you don't know how much you're eating.
- 2) Protein is the most important variable for improvements in body composition, so have a palm-sized serving or two at every meal. Supplementing with a protein powder is effective as well.



- 3) Most people across the population under/overestimate their food intake, which is why there's value in monitoring your intake for at least a week to become self-aware. If your goal is primarily **fat loss**, you need to be in a caloric deficit.

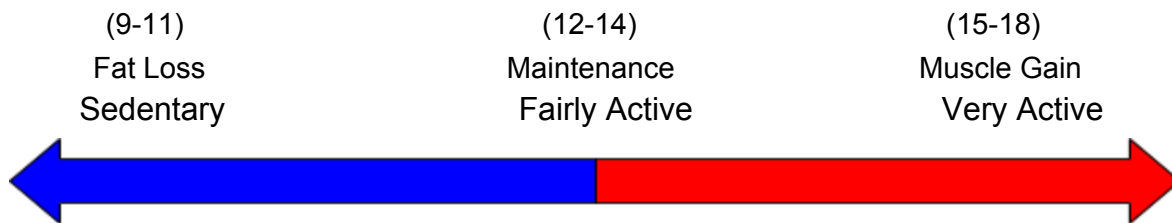
Take your bodyweight in pounds and multiply it by 9-11 (*depending on current activity level*) to calculate daily caloric intake  

$$= (\text{lbs}) \times 9-11.$$

If your goal is to maximize **muscle gain**, you need to be in a surplus.

Take your bodyweight in pounds and multiply it by 15-18 to calculate daily caloric intake  

$$= (\text{lbs}) \times 15-18.$$



- 4) Drink water more frequently, and eat your vegetables. Pretty straightforward.
- 5) Generally, center most of your carbs near your workout, and on intense training days. No reason for you to overindulge on rest days.
- 6) Choose a meal frequency that works for you – and one that doesn't cause you to binge on subsequent meals. There's ample evidence stating that eating smaller meals more frequently does not stoke your metabolism.



- 7) Prioritize whole, nutrient-rich, minimally processed foods. You wouldn't leave your progress up to chance by overindulging on junk, would you? Food quality matters.
- 8) Improve dietary adherence by injecting a *little* freedom at dinner time (within reason), and have your meals throughout the day relatively clean. This ensures your diet is comprised of mostly nutrient-rich foods, while the remaining keeps you from binging.
- 9) Mitigate alcohol consumption, particularly mixed drinks because they quickly add up in calories.
- 10) **The less complicated the diet is, the better the outcome.**



## Frequently Asked Questions

***Q: What should I do once I've completed the program?***

Feel free to use it as a reference and put your own spin to it. I also currently offer online coaching (training and nutrition), and a one-time consultation.

[www.DreDelosSantos.com/coaching/](http://www.DreDelosSantos.com/coaching/)

***Q: Do I have to do conditioning?***

Yes. Do not neglect cardiovascular health. You'll be able to manage fatigue and recover better.

***Q: What if I want to add another training day?***

If you want to add in an additional workout, as long as it does not impede your recovery, go for it. Remember, your training is only as good as your ability to recover from it.

***Q: What does AMRAP mean?***

Perform as many reps as you can with proper form stopping short of complete failure. It's a set that's typically performed with a moderate load.





***Q: Some of the main exercises has (+). What does that mean?***

This is a plus set, which basically means it's open-ended. Some days you're not going to have it. The beauty about this approach is that it enables you to take advantage of the days when you feel really good. Hit the target rep count, but blow right past it if you're feeling good.

***Q: Will eating before bed make me fat?***

Eating late at night won't impede your progress. However, if it causes mindless indulging, then you're going to be running into some problems.

***Q: Is intermittent fasting superior for fat loss?***

There are certain health benefits, but from a fat loss standpoint, it's no different than restricting your calories.

***Q: I'm not getting sore, should I push it harder?***

Muscle soreness doesn't necessarily mean you had a good workout. The fact is, too much soreness can negatively impact your training. Quality over quantity.

***Q: Are carbs bad for you?***

Carbs are not inherently harmful. Eating TOO much carbs is. You still need an appropriate amount to function properly and maintain your training intensity.



***Q: I have trouble getting enough protein, what are some go-to options that can help?***

Getting in a sufficient amount of protein is always a struggle, even more so for people who have tough schedules. Here are a few options:

1. Boiled eggs
2. Beef jerky
3. Protein bars
4. Greek yogurt
5. Cottage cheese
6. Protein shake (Whey or Plant-based)

***Q: Any supplements out there worth taking?***

There is absolutely no supplement out there that is going to make up for poor nutrition and destructive eating habits. But, there are a few I strongly recommend looking into:

- Vitamin D
- Fish Oil
- Magnesium
- Curcumin
- High-quality Whey or Plant-based protein



## About The Author

Dre Delos Santos finds enjoyment in helping people from all walks of life improve their lives through strength training.

He is a Certified Strength and Conditioning Specialist (CSCS), and earned his Bachelor's of Science in Kinesiology from the University of Hawai'i in 2013.

