THE BIG BOOK OF THROWdowns

OVER 50 BRUTAL STRENGTH & CONDITIONING CHALLENGES

BY TRAVIS STOETZEL
The LEGAL STUFF

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Welcome to the The BIG Book of Throwdowns!

If you’re not yet familiar with what my Thursday Throwdown’s are quite yet, it’s time you get acquainted with them.

Back on July 6th of 2011, I had a crazy idea pop into my head after I hammered out a fast but challenging little workout finisher.

I said to myself that I needed to make this a weekly ordeal to help serve as both a challenge and form of motivation for people like you to be apart of and to COMPETE in.

My thought wasn’t to have you or myself compete against others, but more with one self. It’s to my belief that when you COMPETE against yourself that you’ll truly start to see the phenomenal gains in progress shine through. In the end, it will always come down to YOU vs. YOU...

So why call it “Thursday Throwdown”?

Well, I only thought the word “throwdown” was natural as it goes right along with how I personally train, coach, and approach fitness.

When you train, it’s time for war and in war, you must battle and fight to survive, hence the word “Throwdown”. And since I typically hit these bad boys up on Thursday’s, it was only a logical choice to name these workout challenges, “Thursday Throwdowns.”

Either way, I’ve put together this book to serve as your “go-to” guide for the past 50+ Throwdown’s that I’ve posted up on my blog and Youtube Page over the course of the last year and a half.

You see, my Thursday Throwdown’s started quite some time ago and has kept going strong ever since. The first Throwdown I posted was back on July 6th of 2011 and from what I remember, that was a doozey...

It’s YOU and the people like you that follow my Aggressive Strength Blog and newsletter who have kept my TT’s going strong so THANK YOU!

The feedback and replies I’ve received back with your results and experiences with these TT’s are truly awe-inspiring and are the sole reasons I still continue to post these up each week and will continue to do so on into the future.

Here we’re almost in 2013 and my Throwdown’s will continue to Forge ahead stronger and better then ever.
I hope that you will continue to push your limits and reach beyond what you think you're capable of achieving fitness wise.

This guide will make it easy for you to go back into my Throwdown archives and grab your favorite ones so that you can continue to do so.

The bottom line is I want YOU to be PUSHED, I want YOU to be CHALLENGED, and I want to see YOU get RESULTS.

As always, you gotta go 110% H.A.M and EARN it.

Here’s to “Throwin’ Down”...

Live and Train Aggressive!

Travis
How To Use These Throwdown's

Now, let’s chat quickly about the HOW and WHEN you can implement in my weekly Thursday Throwdown’s.

Obviously, these are quick hitting challenge workouts that you can easily use as a finisher to any of your workouts or even use as a stand alone training session on it’s own. This is all relative to YOU and YOUR fitness level.

With this in mind, I always want you to be SMART about using these. Everyone will be different. If you’re beat up and sore from the normal training sessions you’re currently doing, wait to use a Throwdown until another day.

Please note and understand that you DON’T have to necessarily use my TT’s only on Thursdays... Use them when it’s good for you.

Finally, if you’re more of beginner, I would suggest using my TT’s as stand alone workouts on their own if at all. You should easily be able to handle your bodyweight before anything else. If you can’t you have NO business hitting any of these.

If you’re more advanced, I would use these Throwdown’s as finisher’s to your normal workouts.

The BEST overall way to use these and the main reason I first created my TT’s was to be used as a hardcore finisher to your main workout.
Here’s some quick basics about the set up:

**Submax:** When you see “submax” listed next to an exercise, this simply means to avoid going to failure. The best way to keep your progress going further while avoiding plateaus or step back is to keep your reps under you maximum limit or avoiding failure.

If you’re new to this concept, you probably do not understand but trust me, leave a few reps left in your bank when doing different movements such as pushups, pull ups, rows, ect, when you get close to failure, cut the set off.

It’s better to stay fresh and keep the movements fast and explosive. When you start to really grind reps out slow, just stop your set there. In time, you’ll feel and see the difference in what submax training will do for you.

The ONLY time you should really go to failure with different submax movements is when it’s your last week on that particular workout.

You main goal should be to break your own records each and every session! The best way we can make sure we do that is with the next ESSENTIAL note...

**E.M.O.T.M.:** This stands for *Every Minute on The Minute* and it’s an interval you will be using to build up some serious strength and endurance all at once!

Basically, you’ll hit your movements for the allotted amount of reps and whatever time you have left at the end of your sets will serve as your rest period.

**AMRAP:** This stands for *As Many Rounds As Possible* and when you see this, it will always be paired up with a set amount of time. For example, you may see this:

12 min AMRAP:

   a) *Squat x 10*
   b) *Push Ups x 10*
   c) *Pull Up x 10*

This means that you will set a clock for 12 mins and go through the circuit as many times as possible getting in as many QUALITY reps as possible in that time. When time is up you stop and record the amount of rounds and reps you complete.

This is a great form of density training that has a ton of benefits.
**R.A.T.**: This stands for *Remaining Amount of Time* and when you see this, basically what you will do is perform the prescribed amount of reps for the movement associated with it in a superset or circuit and then perform the paired movement for as many reps as possible for the remaining amount of time.

Here’s an example:

4A) E.M.O.T.M. x 7 mins

a) Squat Clean x 4 (use any strength tool you want – SB, DB’s, KB’s, Barbell, ect)

b) Burpee x R.A.T. (remaining amount of time)

For this set up, you would perform the Squat Clean 1st x 4 reps then with the remaining amount of time left in the minute, you would do burpees for as many reps as possible until the minute is up.

So if it takes you 30 secs to complete the Squat Clean reps, that means you have 30 secs to do as many burpees as you can until the minute is up.

**How to Choose Your Loads:** When it comes to picking the amount of weight to use within your sets, follow these guidelines:

- make sure you can perform the lift with QUALITY technique
- make sure you can perform the allotted amount of reps
- if you’re missing reps in early sets, you’ve gone way too heavy too early

**Using Warm Up Sets:** You should always be performing 1-2 warm up sets before you get into your actual work sets or hit up these Throwdowns.

When you do a BIG lift such as a squat, deadlift, or overhead press variation, make sure to get in at least 3-4 warm up sets and build up to your heavier loads.
For example:

*Say I know I can lift 300 lbs of my front squat, so my warm up and work sets may look like this:*

- 135 x 5 – warm up
- 185 x 5 – warm up
- 225 x 5 – warm up
- 275 x 5 – set #1
- 300 x 5 – set #2

DON’T be the idiot that slaps on 300 lbs without a warm up set and just gets after it. That’s asking for injury…

**Set Loading:** You’ll notice that for many of the lifts, the sets and reps will appear to be straight across such as 5 x 5 or 4 x 10, etc.

You do not want to use the same amount of weight for each set rather, you want to progressively ramp up the weights so you’re lifting heavier in the final sets.

You do NOT want to go so heavy that you start missing reps before the last set. This is a HUGE mistake and will lead to burnout as well as low quality, sloppy reps.

Here’s an example of what a set of 5 x 5 might look like on a deadlift with CORRECT missed reps...

- 375 x 5 – set 1
- 395 x 5 – set 2
- 405 x 5 – set 3
- 415 x 5 – set 4
- 425 x 4 – set 5

Now here’s an example of what an INCORRECT set of missed reps may look like...

- 395 x 5 (sloppy) – set 1
- 425 x 5 (barely completed) – set 2
- 425 x 4 – set 3
- 435 x 3 – set 4
- 455 x 2 – set 5

When you start missing reps early, you’ve gone too heavy too early. Your best bet is to drop the weight back down and get in some quality reps. Then when you hit this movement again, start with a better weight that you know you’ll be able to get QUALITY reps with without missing too many reps early in the sets.
**Recording Your Throwdown’s and Workouts:** Make sure you are *writing down each and every workout* so you can see the weights you used, the reps you did, and the sets you completed and if it’s timed, record that as well.

It would be wise for you to get a notebook and make it your new HARDCORE training workbook OR use the *specialized printout work sheets* you received with this program!

If you’re not writing anything down, then you are wondering around blind! We must be able to measure your progress and the BEST way to do this is by writing and recording *every training session* we do down in a workbook. I would record the following:

- *total time workout took to complete*
- *reps completed on each movement*
- *sets completed*
- *and exercises completed*

Simply copy down the workouts listed below and record as you go! You’ll be amazed at the progress you make overtime! Writing the workouts down and keeping track will serve as a great source of motivation so make sure you do it! Make NO EXCUSES here! This needs to be done for you to be most successful!
The THROWDOWNS

**Throwdown #1 – Match Made In Heaven**

The 1st Throwdown of many...

10 Rounds Of:
  a) 5 x 1 arm DB snatch w/ 60lbs
  b) 7 x Burpees

Get this done as fast as possible.

**Throwdown #2 – A Match Made In Hell**

Another killer

10 Rounds Of:
  a) 5 x DB Hang Squat Clean Press
  b) 5 x Wide Grip Pull Ups

Hammer it out as fast as possible!

**Throwdown #3 – No Touching The Floor!**

1A) DB / KB RDL x 12 reps

1B) DB / KB Clean x 9

1C) DB / KB Split Jerk x 6

1D) DB / KB Rack Split Squat x 3 / Leg

***Your goal is to complete each FULL ROUND without letting the Dumbbells or Kettlebells touch the floor. I did NOT succeed but will next time. Just thought I would throw in an added bonus to test you a little bit!

***A FULL ROUND is considered going through all the reps with BOTH ARMS, WEAK ARM, and STRONG ARM....
**Throwdown #4 – What Can YOU Do In 20 Mins?**

20 Min Density Set:

1A) Kettlebell Swings x 10 reps (70 lbs Bell)

1B) Pull Ups x 8 reps (go strict until you have to kip to get reps)

1C) Handstand Push Ups x 6 reps (forehead to floor)

1D) Burpee Box Jumps x 4 reps (I used a 36 inch box... go with what you got)

1E) Muscle Ups x 2 reps (not everyone can do these, if you can't hit DIPS and PULL UPS x 2 reps each)

Get as many rounds as you can in 20 mins.

**Thursday Throwdown #5 – One TOUGH Complex**

10 Rounds -- Try To Go Up In Weight Each Round Until You Can't Go Any Heavier....

1A) Barbell Complex:

a) Deadlift x 3

b) Back Squat x 2

c) Push Jerk / Press x 1

The beauty of this complex is the fact that YOU are responsible for getting the barbell into position for the squats and the press. Adjust your weight accordingly. More than likely you'll have to go with your 2-3RM push press weight or lower.
Thursday Throwdown #6 – The Pull Up Ladder w/ a Snatch

You'll be hitting a "Pull Up Ladder" where you'll hit one pull up of ANY variation you choose, on the minute every minute.

You'll add an additional pull up every minute. So, on minute two, you'll do two pull ups... Minute three, you'll do three, and so on....

In addition, you'll be pairing up your pull ups with a 1 arm snatch on each side. You can do these snatches with ANY implement you choose. I would pick a weight that is around your 3-5 rep max or lower.

Thursday Throwdown #7 – The Bodyweight Gauntlet

The CLASSIC of all Throwdown's.

In any order, do a 3 min AMRAP of each movement and count your total reps for each.

Rest only 1 min between movements

1) Push Ups -- any variation

2) Pull Ups -- all grips and variations
3) Squats -- ass to grass only!

4) Burpees - chest to floor with a jump at the top

Where do you rank? Can YOU pass Level 1?

See the whole blog post on The Bodyweight Gauntlet HERE

**Thursday Throwdown #8 – Barbell and Bodyweight Superset Ladder**

a) Front Squats 2, 4, 6, 8, 10  
b) Weighted Dips 10, 8, 6, 4, 2

Just GSD!

**Thursday Throwdown #9 – 100 Burpees + A Damn Sandbag**

a) E.M.O.T.M. 3 x Sandbag Power Squat Clean

***Do AMRAP of Burpee with remaining amount of min until you hit 100 reps

For Part I, you do 3 sandbag squat power cleans every min on the min. With the remaining amount of time, do burpees.

Keep repeating this sandbag workout complex until you reach 100 burpees.

**Thursday Throwdown #10 – 200 Double Under’s + That Damn Sandbag**

a) E.M.O.T.M. 3 x Sandbag Power Clean and Press

***Do AMRAP of Double Unders with remaining amount of min until you hit 200 reps

Here’s a TOUGH sandbag workout taken from a Thursday Throwdown.

For Part II, you do 3 sandbag power clean presses every min on the min. With the remaining amount of time, do double-unders with a jump ropes.

Keep repeating this sandbag workout complex until you reach 200 double-unders.
Thursday Throwdown #9 – More Turkish Get Ups The You Can Handle

I have 5 different variations of The Turkish Get Up lined up in a row. From there what you do is hit each variation using a ladder style rep scheme starting at 1 going up to 5:

1A) Barbell TGU - Heavy - 1 rep per side
1B) Sandbag TGU - Heavy / Moderate - 2 reps per side
1C) Dumbbell TGU - Moderate - 3 reps per side
1D) Kettlebell TGU - Moderate - 4 reps per side
1E) Bodyweight TGU - 5 reps per side.

You'll put 12 minutes on the clock and hit this up! Get through The Turksih Get up Ladder as many times as possible starting at 1A going to 1E then back down the ladder!

Thursday Throwdown #11 – One Bad Ass DB Complex

The basis is simple: Grab a dumbbell, put 12 mins on the clock and get to work!

6 reps per movement:

1A) 1 Arm Power / Hang Snatch
1B) Dumbbell Clean and Press
1C) Off Set Drop Lunge
1D) 1 Arm Bent Row
1E) Single Arm Dumbbell Swings
1F) Dumbbell Goblet Squats
Thursday Throwdown #12 – Weight Pushes and Pulls

3 Rounds:

Weighted Pull Up x 3

Max Push Up – ANY Variation x 3

***Only take a 60-90 secs break between rounds

***Chin must clear bar for pull ups

***No long breaks allowed during push ups

My Results...

Weighted Pulls Ups - 110, 120, 120 (iffy on last rep)

Max Push Ups - Spiderman x 45, Hindu x 34, Feet Elevated x 25

Total Score = 454 @ a weight of 180.

What can YOU get done?
Thursday Throwdown #13 – The Bodyweight Gauntlet 2.0

Instead of using just 4 movements like in BWG 1.0, I decided to go with 5 more advanced movements. All of these movements are skilled bodyweight movements as you need to possess good overall levels of basic strength, power, mobility, stability, stamina, and overall athleticism.

3 Min AMRAP of Each Movement:

1. The Bar Muscle Up
2. Cossack Squats
3. Handstand Push Ups (HSPU)
4. Reclined Rows
5. Burpee Box Jumps

***Rest 1 Min in between each movement
***Count your TOTAL reps complete

Thursday Throwdown #14 – Bodyweight and Sandbag KILLER

For the first part, you will be doing a 10 min AMRAP of 2 Wall Walks + 4 Heavy Sandbag Shoudering’s. You’ll get 2 shouldering’s on the right side and two on the left.

After you finish your 10 min round of wall waling and shouldering, you will then get 90 secs REST. After 90 secs rest, you’ll hit a MAX set of pull ups x 1 round.

There is NO kipping allowed and you must get your chin above the bar.

For scouring, you’ll take the amount of COMPLETED rounds for the wall walks and sandbag shouldering then add on the total amount of reps you get in with the pull ups.
Thursday Throwdown #15 – The Ab and Grip Ripper

Perform a Descending and Ascending Ladder of Kettlebell Swings + Power Leg Raises (Toes To Bar) in as fast as possible.

*** Start at reps of 10 – 1 the go back up from 1 – 10.

For both of the movements you will do x 10, 9, 8, 7... all the way to 1 then come back up to 10.

Thursday Throwdown #16 – Single Leg Burpee Tabata w/ a Twist

This will only take 4 mins...

What can YOU score?

For this Thursday Throwdown, you will hit a Suspended Single Leg Burpee Tabata and your score will be the total amount of reps you can get in 8 rounds of 20 second sets.

Your reps only count during the 20 secs.

One leg must be suspended in The Jungle Gym XT or any other type of suspension trainer.

If you don't have a suspension trainer, do a single leg burpee.

Thursday Throwdown # 17 – One BRUTAL DB Complex

For Time Do 5 Rounds with the Heaviest Weight You can handle of:

1A) 8 x Deadlifts
1B) 6 x Front Squats
1C) 4 x Thruster
1D) 2 x Push Press
**Thursday Throwdown #18 – Manmakers + BONUSES!**

In shrot, Manmakers will CRUSH you...

Grab a set of dumbbells and get to work.

Hit 5 Rounds for Time OF:

a) 5 Manmakers  
b) 5 Drop Lunges /Leg  
c) 5 Toes To Bar

**Thursday Throwdown #19 – Barbell “Half and Half”**

This is a tough little workout.

I called this - "Half and Half"

10 Min AMRAP of:

1A) Deadlift x 2 reps  
1B) Barbell Push Press x 4 reps

Load up the deadlift and what ever you use for that weight wise, you will do at least HALF as much for your push press.

For me, I did 405 lbs for the deadlifts and used 210 lbs for the push press.

**Thursday Throwdown #20 – Sumo’s and Friends**

3 Movements and 4 Rounds of:

1A) Barbell Sumo Deadlift High Pulls x 12  
1B) Burpee x 10  
1C) Plank Holds x 60 secs (Use advanced plank holds with your feet elevated on a box or with a Jungle Gym XT if you got one)

Go through this circuit 4 times as fast as you can. You'll have a 4 min handicap due to the plank holds, but if you must go down during the min holds, you will ADD 10 secs to your time for every time you come down.
Thursday Throwdown #21 – **Thrusters and Bears**

In this Thursday Throwdown you will begin with a Squat Clean Thruster Ladder.

You will go 5 reps of squat clean thruster then a bear crawl.

Then add 10 lbs to the bar and perform 4 reps and 1 bear crawl...

Do this until you get down to 1 rep for the squat clean thruster and finish off with a bear crawl.

Finish off with 100 double under's.

If you have a weighted vest, throw that baby on and hit this one up!

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Thursday Throwdown #22 – **50/50**

1A) Bar Muscle Ups
1B) Pistol Squats

Get 50 reps of each in the fastest time possible

***If you can't get muscle ups, do 1 chest to bar pull up + 1 dip for regression***
Thursday Throwdown #23 – The Warrior Complex

For this complex, which I took straight out of one of my BEST training manuals, Warrior Ripped, you'll be doing an AMRAP set for 20 mins.

Put 20 mins on the clock, put your head down, and get to work! Try to get as many rounds in as possible. It's as simple as that, but not really...

...As I said before, I'm not using just one tool for the job, I using three as what I did was hit the complex with dumbbells first, then kettlebells, then finished up with the barbell and repeated that order for the 20 mins.

Do 5 Reps of Each Movement:

1A) Front Squat
1B) Power Snatch
1C) Push Up
1D) Lunge
1E) High Pulls

Thursday Throwdown #24 – The MMA Throwdown

Here's the set up:

1A) Sandbag Shouldering x 4 total x 40 secs - use remaining amount of time is used for REST

1B) Power Rope Slams x 20 secs

2A) Sandbag Squat x 4 x 40 secs - use remaining amount of time for REST

2B) Burpee Box Jump x 20 secs

3A) Sandbag Push Press x 4 use remaining amount of time for REST

3B) Mobile Plank with Band x 20 secs

You'll be doing 3 min rounds of 40 secs of a STRENGTH / POWER movement then a 20 sec round of a POWER / CONDITIONING movement for the FULL set.
Thursday Throwdown # 24 – The AB Finisher Challenge

For Time:

1A) 20 x Burpees
1B) Cross-body Mountain Climbers x 15/ side
1C) Prisoner Squats
1D) Jungle Gym XT Pikes x 15
1E) Lunge Jumps x 15 / side

Taken from the Hardcore Ab Finishers manual.

Great stuff!

Thursday Throwdown #25 – Are YOU Serious About Grip and Abs?

Hit this after your regular workout for best results..

1A) Kettlebell Swings x 20
1B) Single Arm Towel Farmer Carries x Max each arm
1C) Banded Plank w/ Knee Tucks x 30 total

Quick and to the point. This little circuit will help get your abs stronger and build up some grip strength as well

Thursday Throwdown #26 – Kettlebells and a Chain

Do 21-15-9 reps of:

1A) Kettlebell Cleans
1B) Chain Push Ups on Blast Straps Or Rings Or Suspension Trainer

Your goal should be to go UNBROEKN for each of the movements.

Have fun with this one!
Thursday Throwdown #27 – The R.A.T. Throwdown

In a nutshell, I use the E.M.O.T.M. interval method, but combine that with a bit of a twist.

So, basically "every minute on the minute" I start off with a certain movement and in order to get to the second movement, you must complete the allotted amount of reps for the first movement.

The first movement rep total will stay the same. Usually it's only around 2-4 reps.

The second movement is the movement you'll be hitting for R.A.T.

What I like about this interval method is the challenge it provides. I use the second movement to score my overall performance.

6 Rounds of E.M.O.T.M.

a) 4 Single Arm Squat Cleans w/ DB OR KB
b) R.A.T. (remaining amount of time / minute) - Burpees

You must complete 4 single arm squat cleans at every top of the minute before you proceed to your burpees. Make sure to switch arms each round. Also, you can use either a dumbbell or kettlebell. Doesn't matter just make sure you pick a weight that's challenging.

Count your burpee reps.

Your score is the overall amount of burpees you do + the weight of either the DB or Kettlebell you use.
Thursday Throwdown #28 – A BRUTAL Concoction of Movements

For Time:

1A) HEAVY Farmer Walks x 120 ft
1B) Burpee Box Jumps x 30
1C) HEAVY Farmer Walks x 120 ft
1D) Muscle Ups x 15

If you DON’T have Farmer Handles - Use HEAVY Dumbbells, Kettlebells, or Sandbags

If you CAN’T do Muscle Ups - Do 15 Dips and 15 Pull Ups

For Burpee Box Jumps - Just Make It Happen!

Thursday Throwdown #29 - Just Hang!

Here’s a quick, but NOT easy Grip and Ab workout finisher you can try to tear up the grip and core.

Do three rounds of the following:

1A) Heavy Kettlebell Orbitals x 20 each direction
1B) Banded Knee Tucks x 15 per leg
1C) Rope Hang for max time

You goal is to accumulate as much time as you can with the hangs.

You abs MUST be engaged for time to count so lift up your knees or keep your abs tight.
Thursday Throwdown #30 – Sinister Sandbag Throwdown

You'll be hitting 6 rounds for time of:

1A) 5 Sandbag Clean and Press
1B) 10 Sit Outs (5 each side)

Have at it kids...

The sandbag I was using is a Brute Force Sandbag and weighs 125.2 lbs and it gets heavy quick ;)

You can turn this throwdown into a nice finisher if you wanted to as it’s fast and to the point.

If you wanted to make it into a full workout, just do a few more rounds and take longer breaks between each.

Bottom Line - Get after and go hard!

Thursday Throwdown #31 – Gym-Less Throwdown

Get outdoors and get it done!

1A) Stair Or Hill Sprint Ladder
   -sprint stair x 1 level, x 2 levels, x 3 levels, x 4 levels OR just go to top of the hill
   -push ups x 10, 20, 30, 40

2A) 3 Rounds
   a) Rock / Sandbag / Barbell Thruster x 10
   b) Ring Pull Ups x 10
   c) 150 yard Sprint / Run
Thursday Throwdown #32 - The Hardcore 250

250 Reps total in the fastest time possible. Make it happen.

1A) Burpee + Pull Ups x 10

1B) Goblet Squat x 30
- must use at least a 40 lbs weight of your choice
- for reps to count -- you must get ass to grass and hips extended at the top

1C) Hand Release Push Ups x 30
- chest must touch floor -- hand must come up

1D) Burpee Chin Up x 10

1E) Goblet Lunge x 20 / leg
- must use same weight as you did with goblet squats

1F) Mountain Climbers x 15 / side

1G) Jumping Jacks x 100
- hands must touch overhead
- feet must get wider then shoulder width

As soon as you touch you fingers on the 100th Jack, you're done.

***See 30+ more throwdown's like this with the Hardcore Workout Finishers Program

Thursday Throwdown # 33 – Swinging Worms

Perform a Descending Ladder with the following 2 movements until you reach 1 rep starting with 10 reps.

1A) Inch Worm w/ Push Ups x 10, 9, 8, 7... 1
1B) Kettlebell Swings w/ 70# x 10, 9, 8, 7... 1

If you don't have a kettlebell, you can use the alternate movements I showed in the video with either dumbbells or weight plates.
Thursday Throwdown #34 – Underground Strength Throwdown

This is more of a FULL workout then a quick finisher.

This is a highlight of a crazy training session I put together and got while at the Underground Strength Gym with my homeboy Zach Even-Esh and a bunch of other badass'. Everyone was going 110% H.A.M.

Here’s the breakdown...

1A) 1 Arm DB Snatch 8, 6, 4, 2
1B) Spiderman Push Ups 4 x 10
1C) KB Rack Squat 4 x 5 / side
1D) KB Swing 4 x 10

2A) KB Lunge x 8 / L
2B) Any Pull x submax

3A) 2 Min Sit Out Challenge

This workout was designed to be a fast paced workout.
Thursday Throwdown #35 – The AMANDA Throwdown

I decided to crank out a classic CrossFit workout called "Amanda" which is a short, but brutal superset of muscle ups and power squat snatches at 135lbs.

1A) 9, 7, and 5 reps of each for time:
   a) Power Squat Snatch @ 135
   b) Muscle Ups @ Bodyweight

Thursday Throwdown #36 – Man BREAKERS

Not only am I after the physical benefits of training 110% H.A.M., but more importantly, I'm after the MENTAL benefits of training 110% H.A.M. as well.

The physical part of training is already a given when you workout, but the mental aspect has to be unlocked and ultimately EARNED.

You must be willing to go beyond your personal comfort zone within your training sessions to unlock your true potential. NOT everyone is able to do this...

1A) 5 Min AMRAP of DB Manmakers

You'll be finishing off your training session with 5 minutes of Manmakers or as one of my athlete's calls them, "Man Breakers".

Thursday Throwdown #37 – Prison Style

1) Bar Muscle Up 10, 8, 6, 4, 2

2) Speed Squat Jump 10, 8, 6, 4, 2

As always, use progressions. If you can’t bang out a bar muscle up, regress it down to chest to bar pull ups and dips.
1A) The "Buy In" - 1 Lap x 1A Kettlebell Single Arm Farmer Walk - Switch arms every 100m or go AFAP

2A) 5 Rounds each for time:

a) 200 yard Shuttle Sprint

b) 5 Burpees

c) 10 KB Sumo DL High Pulls upon completion of shuttle

***Rest 1 Min Between Rounds

***Score is TOTAL WORK TIME + weight of KB or DB used

4D) The "Cash Out"

1 Lap x 1A Kettlebell Single Arm Farmer Walk - Switch arms when you have to
Thursday Throwdown #39 – **Kettlebell, Sandbag, & Bodyweight Throwdown**

For this week's Throwdown, I used a nice little blend of bodyweight, sandbag, and kettlebell training

I did short 3 Min AMRAP sets of the following movements:

1A) Bear Crawl x 50 yards
2A) Sandbag Get Ups x 2 / Shoulder
3A) Single Arm Kettlebell Snatch x 3 / Arm
4A) 4 Burpees

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Thursday Throwdown #40 – **Upper Body Finisher**

The goal for this Throwdown is to finish off your upper body, but trust me when I say, it will hit your lower body as well.

You’ll be hitting two different movements:

1A) Sumo Deadlift High Pulls x 10 reps
1B) HEAVY DB Clean and Presses x 8 reps

Your goal is to use the heaviest amount of weight possible that you can handle with good form. Push yourself through it and get done in the least amount of time possible.
Thursday Throwdown #41 – 20 Min Throwdown


E.M.O.T.M. (x 2 mins) x 10 total rounds of:

1A) Rope Climb x 15 ft x 1
1B) Push Ups x 10
1C) Toes To Bar x 10
1D) HEAVY Sled Drive x 100”

***Use the remaining amount of time left to REST.

***With 20 lbs Weighted Vest

***Repeat circuit x 10 total rounds OR if you FAIL to get in all of the work within the round, you are done.

Here's some "swap outs" you can use for the different movements:

So, first off, if you don't have a rope, either buy one and hang it from a tree or even a squat rack and go from there. If you can't get access to a rope, simply sub in 5 chest to bar pull ups. As I mention in the video, try to get a .5-1 sec hold / squeeze in at the top.

Next, if you can't hammer out solid reps of Toes To Bar quite yet, just use your progressions:

Dip Bar Knee Tucks - Dip Bar Leg Raises - Hanging Knee Tucks - Toes To Bar

Finally, if you don't have a Prowler or even a tire sled (I would highly recommend at least having a tire to drag and pull around) you can sub in some sprints. Just sprint 20-30 yards and back.

Bottom Line - You can always make these Throwdowns work in some way or another by subbing in similar movements. It may not be the exact same, but it can be close. As long as you make the effort, that's what truly counts ;)}
Thursday Throwdown #42 – **The 7’s Throwdown**

1A) 7 min AMRAP of:

   a) 7 "Front To Back" Alternating Pull Ups
   b) 7 Feet Elevated Suspended Push Ups
   c) 7 Pistol Squats

Just go! 7 mins will seem a lot longer then you think.

Thursday Throwdown #43 – **Terrible Two’s Throwdown**

The Terrible Two’s Throwdown:

2 Min AMRAP x 5 Rounds

1A) Bar Muscle Up x 2
1B) Wall Walk x 2
1C) Sandbag Shouldering OR Stone Shouldering x 1 / shoulder

***Rest 1 Min In Between Rounds***

Thursday Throwdown #44 – **Terrible Two’s Part II**

5 Rounds of 2 min AMRAP sets of:

1A) Weighted Box Jump x 2
1B) Weighted Pull Up x 2
1C) Weighted HSPU x 2

***1 Min Rest b/t rounds***
Thursday Throwdown #45 – **Triple 7’s**

This is a nasty combo of bodyweight and barbell work. Get done what you can in 7 mins.

7 Min AMRAP of:

a) 7 x Muscle Ups  
b) 7 x Barbell Power Clean  
c) 7 x Barbell Walking Lunge

Thursday Throwdown #46 – **Man Child’s**

"Man Child’s" is a fitting nickname for your classic barbell power squat clean press.

8 Rounds of 45 sec rounds of 2 "Man Child’s"

***Finish out the rest of the 45 sec round with AMRAP of Toes To Bar.***

"Man Child's" is a fitting nickname for your classic barbell power squat clean press.

Thursday Throwdown #47 – **The GRIP Finisher**

3 Rounds of:

15 x Toes To Bar  
15 x Hand Release Push Ups  
15 x Kettlebell Swings  
100-150 ft. DB Farmer Walk

***Rest the same amount of time it takes you to do the circuit***
Thursday Throwdown #48 – Bodyweight Only

All you need is your own bodyweight for this Throwdown.

4 Rounds As Fast As Possible:

1A) Squat Jumps x 10
1B) Lunge Jumps x 10
1C) Burpee x 5
1D) Pull Ups x 10

Classic!
**Thursday Throwdown #49 – The BIG 3-0 Throwdown**

When I turned 30 I punished myself with this Throwdown on my birthday.

Complete the following as fast as possible:

- 30 x KB Squats
- 30 x HSPU
- 30 x OH Walking Lunges
- 30 x KB Push Press
- 30 x Strict Pull ups
- 30 x Push Ups
- 30 x SB Power Cleans
- 30 x 30 Inch Box Jumps
- 30 x Recline Rope Rows
- 30 x KB Swings

Have fun with it!

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**Thursday Throwdown #50 – The TURKEY DAY Throwdown**

This is an EVENT style Throwdown that you’ll perform with a with a Running Clock:

Turkey Day Throwdown - Part 1 (From Start to 15 min mark)

1A) 10 Rounds x [The Turkey Day Barbell Complex](#)

***With the Heaviest Weight YOU can handle on the Barbell - Complete 10 rounds of the following Barbell Complex:

a) Power Clean x 1

b) Push Press / Jerk x 1

c) Front Squat x 1

d) Thruster x 1
***Score is weight on the bar + overall time taken to complete complex

***Barbell must NOT touch the ground during the complex sequence - reps will NOT count if it does - you can rest bar on the ground between reps

Turkey Day Throwdown - Part 2 (From 15min - 18min mark)

1A) 3 min AMRAP of STRICT Pull Ups

***You can come of the bar when ever you want but you MUST get your chin above the bar for the rep to count. NO kipping allowed.

***Take a 2 Min Break***

Turkey Day Throwdown - Part 3 (From 20 mins to 30 min mark)

1A) For Time - 12, 10, 8, 6, 4, 2 + 10 Reps Of Each:

a) HSPU's

b) 70# KB Swings

***HSPU's must be full range of motion and KB Swings are FULL Overhead American Style Swings

***Score = Total Time Taken To Complete the Ladder

***10 Min Time Limit
Turkey Day Throwdown - Part 4 (From 30 mins to 40 min mark)

1A) 70 Burpees For Time + 400m Run To Finish

***1 Ground To Overhead Every Min on the Min w/ a loaded Barbell with HEAVIEST weight used on the Turkey Day Complex OR with the HEAVIEST weight you can handle

1B) After 70 Burpee are completed - 400m Run to Finish!

***as soon as you hit 70 Burpees, run 400m to FINISH

***Score is Total Time taken to complete and weight used for Ground to Overheads

Thursday Throwdown #51 – The BEASTfit Finisher Throwdown

Simply put, this Throwdown will turn you into a BEAST...

5 Rounds - 20 secs goes w/ 10 sec rest:

a) Hang Cleans at 135

b) Push Jerk at 135

c) Front Squat at 135

d) 10 yard Sprint / Backpedal

***Take one complete round off (30 secs) and repeat circuit 5 total rounds

Taken from Phase III of BEASTfit from The Aggressive Strength Method Vol II
Thursday Throwdown #52 – *The Strong and Shredded Finisher*

1A) Max Set of Pull Ups x 1 min

***Rest x 1 Min

2A) 30-20-10 reps of each:

a) KB Swing
b) Push Ups
c) Toes 2 Bar

***Rest x 1 min

3A) Max Set of Pull-Ups x 1 min

Score will be the number of pull ups you can crank and the time you finish the ladder in.

Taken from Week 5, Da1 of *STRONG and SHREDDED*

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Throwdown #52 – *Handstands and Muscle Ups*

A SOLID combo of solid bodyweight movements...

1A) 10 rounds Of:

   a) Handstand walking x 25 feet
   b) Ring Muscle Ups x 2
   c) Toes to bar x 20

***Use a weighted vest if possible
Throwdown #53 – Barbell and Bodyweight Superset Ladder Part II

Complete this ladder as fast as possible:

1A) Barbell Push Press x 12, 10, 8, 6, 4, 2

1B) Pull Up x 2, 4, 6, 8, 10, 12

For each superset workout ladder, you’re trying to finish as fast as possible!

Try to use the same amount of weight for the whole entire ladder.

Also feel free to add weight to the pull ups via chains, weighted vest, or with a weight belt.

Throwdown #54 – BONUS Throwdown – The 28 Min Challenge

***Special Access - Taken from The 28 Day Athletic Muscle Formula)

5 Min Warm Up
Warm Up for Deadlift and Press
10 Mins – 3 x 1-2 HEAVY REPS of:
   a) Deadlift
   b) Overhead Press

***Must be completed within 10 mins
5 Min AMPRAP of:
   a) Push Ups
   b) Pull Ups (Or Rows)

5 Min AMPRAP of:
   a) OH Lunge x 5 / leg
   b) Hollow Rocks x 20

8 Min AMRAP of:
   a) Broad Jumps x 5
   b) DB Squat Clean x 5
   c) Burpee x 5
   d) Bear Crawl x 20 feet
Throwdown #55 – BONUS Throwdown - 30 Min Warrior Challenge

***Special Access Take from The Mud Run 21

1A) Deadlift x BW OR for advanced athletes - Deadlift x 1.5 BW x 10

2A) Burpee Broad Jump x 25 total yards

3A) 400m Run

4A) 60 sec AMRAP x each:
   a) Pull Ups (or Recline Rows – worth only .5 point)
   b) Squats
   c) Push Ups
   ***Count Total Reps
   ***No rest in between sets

REPEAT 1A) – 4A) UNTIL 30 MIN TIME LIMIT IS UP

KEEP Climbing HIGHER...
Aggressive Strength Training RESOURCES

Travis Stoetzel is a hardcore and aggressive strength coach located in Omaha, NE where he owns and operates The Forged Athlete Gym, which caters to highly dedicated athletes and serious lifters.

Below you can gain knowledge insight on the various tools and resources he uses to help turn his clients and athletes into strong, jacked, and athletic soldiers. The section below showcases the other various strength and conditioning programs and products he has created and uses to help people all across the world get results.

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