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THE TACTICAL PHYSIQUE: A FUNCTIONAL STRENGTH & CONDITIONING WORKOUT

Build a body that performs as good as it looks. This 5 day program by Brad Borland features functional full body workouts, supersets, bodyweight and conditioning work.

Link to Workout: <https://www.muscleanstrength.com/workouts/tactical-physique-strength-conditioning-workout>

Main Goal: General Fitness
Training Level: Intermediate
Program Duration: 10 Weeks
Days Per Week: 4 Days

Time Per Workout: 30-45 Mins
Equipment: Barbell, Bodyweight, Dumbbells, Other
Author: Brad Borland

Day 1

Exercise	Warm Up Sets	Work Sets	Rest
Strength			
Barbell Back Squats	3 x 8 - 12	4 x 5	120 secs
Barbell Romanian Deadlift	1 x 12	4 x 5	120 secs
Superset			
Incline Bench Dumbbell Press	2 x 12	4 x 5 - 8	60 secs after superset
Wide-grip Pull Up			
Superset			
TRX Row		3 x 10 - 15	60 secs after superset
Plyo Pushup			
Superset			
Hanging Knee Raise		3 x 10 - 15	no rest
Plank		3 x 20 - 30 secs	
Sprint Intervals		8 sprints	1 min

Day 2

Exercise	Warm Up Sets	Work Sets	Rest
Hypertrophy & Muscular Endurance			
Superset			
Standing Barbell Shoulders Press	2 x 12	4 x 10 - 15	no rest
Rear Delt Rope Pull			
Bulgarian Split Squat	2 x 12	4 x 10 each leg	30 secs
Superset			
TRX Curls	1 x 12	4 x 10 - 15	no rest
Parallel Bar Tricep Dips			
Superset			
Dumbbell Deadlift		3 x 10 - 15	no rest
Single Leg Calf Raise			
Superset			
Incline 3-way Sit-up		3 x 15 - 20	no rest
Lying Leg Raise			
Sled Pull or Drag or Farmer's Walk		3 lengths	60 secs

Day 3

Exercise	Warm Up Sets	Work Sets	Rest
Power			
Clean and Press	2 x 12 - 15	3 x 5 - 8	60 secs
Jump Squat or Box Jump	1 x 10	4 x 10	30 secs
Walking Lunge		3 lengths	60 secs
Plyo (hand clap) Push-up	1 x 10	3 x 5 - 8	30 secs
Single Arm Dumbbell or Kettlebell Flat Bench Press		3 x 5 - 8	60 secs
Bent-over Barbell or Dumbbell Row	1 x 12	3 x 5 - 8	60 secs
3-way Plank *		1 x 1 - 2 mins	
Sprint Intervals		8 sprints	60 secs

*alternate from side, middle, to other side without rest - 10 seconds each

Day 4

Exercise	Warm Up Sets	Work Sets	Rest
Speed & Agility			
Timed Shuttle Run (atleast 10 yards)	3 min jog	5 rounds all out effort	60 - 120 secs
Superset			
Front, Side, Side and Reverse Lunge w/ weight (dumbbell or kettlebell)		3 x 5 reps per direction	120 secs
Seated Calf Raise		3 x 12	30 secs
Superset			
Reverse-grip Chin-up	1 x 12	3 x 8 - 12	60 secs after superset
Flat Bench Barbell Press			
Superset			
Dumbbell Shrug		3 x 8 - 12	60 secs after superset
Hyperextension			
Superset			
Floor Crunch		3 x 15 - 20	no rest
Bent Knee Hanging Leg Raise			

Day 5

Exercise	Warm Up Sets	Work Sets	Rest
Optional Full Body Conditioning			
Perform 3 rounds resting when necessary eventually building up to 5 rounds without rest. Rest 60 to 120 seconds after each round.			
Push-up		20 reps	
Prisoner Squat		20 reps	
Pull-up		10 reps	
Walking or Stationary Lunge		10 each leg	
Triceps Bench or Parallel Bar Dip		10 reps	
Short Sprint		varied lengths	
Ab Crunch		20 reps	