

Advanced Men Guide

Tactical Capacity Template — Pressure Builds Power.

Strength Block

- Squat 6x3 @85%
- Deadlift 5x3 @85%
- Bench 5x4 @82%

Volume Block

- Front squat 4x8
- Incline DB press 4x10
- Chest-supported row 4x12
- Arms superset 3x15

Conditioning

- Sled push 10x20m
- Rower 5x500m @ 90%

Train with intent. Rest with purpose. REVVA — Pressure Builds Power.