

# HERACLES | XII — THE FIRST 7 DAYS

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## A Strength & Discipline Foundation

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*“Discipline over motivation. Structure over chaos. You show up, execute, and progress.”*

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### WELCOME TO THE TRIAL

You are about to embark on the first week of the **HERACLES | XII** training system. This isn't just a workout plan; it's a standard for how you move and how you think.

This 7-day program is designed to give you a taste of the full 12-week labor. It focuses on heavy primary lifts, high-intensity variations, and the mental grit required to finish every session.

### THE RULES OF ENGAGEMENT

Before you touch a barbell, understand these three principles:

- 1. The 6–8 Rep Rule:** If you hit 8 reps easily, the weight is too light. If you can't hit 6, it's too heavy. Find the sweet spot where the 8th rep is a struggle but maintains perfect form.
  - 2. Move with Intent:** Every rep counts. Control the eccentric (lowering) phase. Explode on the concentric (lifting) phase.
  - 3. No Excuses:** The program is written. Your job is to execute.
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### DAY 1: CHEST & TRICEPS (THE FOUNDATION)

*Focus: Push strength and upper body volume.*

Exercise	Sets	Reps	Notes
<b>Bench Press</b>	3–4	6–8	Primary lift.
<b>Incline DB Press</b>	3–4	6–8	Focus on the upper chest.
<b>Machine Chest Press</b>	3–4	6–8	Controlled reps.
<b>Cable Fly</b>	3–4	6–8	Constant tension.
<b>Dips</b>	3–4	6–8	Bodyweight or weighted.
<b>Skull Crushers</b>	3–4	6–8	Keep elbows tucked.
<b>Rope Pushdown</b>	3–4	6–8	Squeeze at the bottom.
<b>Treadmill Run</b>	1.6 km	N/A	Speed 7–8.

**MINDSET:** *You don't need motivation. You need standards.*

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## DAY 2: LEGS & CORE (THE ENGINE)

*Focus: Lower body power and midsection stability.*

Exercise	Sets	Reps	Notes
<b>Back Squat</b>	3–4	6–8	Deep, controlled reps.
<b>Leg Press</b>	3–4	6–8	Full range of motion.
<b>Romanian Deadlift</b>	3–4	6–8	Feel the stretch in hamstrings.
<b>Walking Lunges</b>	3–4	6–8	Keep chest upright.
<b>Leg Extension</b>	3–4	6–8	Peak contraction.
<b>Hanging Knee Raise</b>	3–4	6–8	No swinging.
<b>Incline Sit-Ups</b>	3–4	6–8	Slow and controlled.
<b>Cycle</b>	20 mins	N/A	Low intensity.

**MINDSET:** *Move well now so you can move heavy later.*

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## DAY 3: SHOULDERS & CARDIO (THE CAPACITY)

*Focus: Overhead strength and aerobic base.*

Exercise	Sets	Reps	Notes
Overhead Press	3-4	6-8	Strict press, no leg drive.
Seated DB Shoulder Press	3-4	6-8	Vertical torso.
Cable Lateral Raise	3-4	6-8	Controlled descent.
Rear Delt Machine	3-4	6-8	Squeeze the shoulder blades.
Upright Cable Row	3-4	6-8	Pull to upper chest.
Bike	10-15 min	N/A	Low intensity.

**MINDSET:** *Control builds capacity.*

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## DAY 4: REST & RECOVERY

*Focus: Tissue repair and mental reset.*

Take this day to walk, stretch, or do light mobility work. Do not lift. Let your central nervous system recover for the heavy pulls coming tomorrow.

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## DAY 5: BACK & BICEPS (THE STRENGTH)

*Focus: Pulling power and arm volume.*

Exercise	Sets	Reps	Notes
Deadlift	3–4	6–8	Brace your core.
Lat Pulldown	3–4	6–8	Long bar, wide grip.
Bent Over Row	3–4	6–8	Barbell or dumbbell.
Seated Cable Row	3–4	6–8	Neutral grip.
Lat Pulldown	3–4	6–8	Narrow grip V-handle.
EZ-Bar Curl	3–4	6–8	Full extension.
Incline DB Curl	3–4	6–8	Maximum stretch.
Rowing Machine	3 x 500m	N/A	3 min break per 500m.

**MINDSET:** *Strength is built quietly, rep by rep.*

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## DAY 6: THE CIRCUIT (THE TEST)

*Focus: Endurance and core resilience.*

1. **1.6km Run** (Speed 6–8)
2. **Circuit (6 Rounds):**
  - 10 Sit-ups
  - 10 Crunches
  - 10 Kettlebell Side Crunches
  - 10 Incline Sit-ups
3. **1.6km Run** (Speed 6–8)

**MINDSET:** *Start with the mile, end with the mile. Earn the work before chasing the pump.*

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## DAY 7: REST & REFLECT

*Focus: Evaluation.*

Review your numbers. Did you hit the 6–8 rep range? Did you maintain your standards?

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## **READY FOR THE FULL 12 WEEKS?**

You've completed the first labor. There are 11 more waiting for you. The full **HERACLES | XII** program includes:

- **12 Weeks of Periodized Programming**
- **Automated Load Calculation** (Enter your goals, get your weights)
- **Progressive Overload Tracking**
- **Advanced Training Blocks** (Labour 1 to Labour 12)

**[GET THE FULL PROGRAM HERE]**