

THE EMPEROR'S GUARD

The Praetorians — 5-day plan, the elite within Rome's elite

Mark an X on each day you complete the exercise.

DAY 1 — CHEST · THE FIRST CLASH

In the Praetorian's close combat, the first contact was everything. The push of chest, triceps and shoulder decided between prevailing at once or giving the opponent a fatal second chance.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parallel bar dips	2-3 x 8-12							
Dumbbell flies	2-3 x 8-12							
Archer push-ups	2-3 x Failure							
Ab wheel	— x Failure							

DAY 2 — ABS · THE GUARD'S BALANCE

On duty for hours, in constant tension. The Praetorian needed an iron core not to march but to generate instant power from stillness.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Front plank	3 x 45-60s							
Side plank (each side)	3 x 30s							
Lying leg raises	3 x 12-15							
Crunches with legs elevated	3 x 15-20							
Ab wheel	3 x Failure							
Mountain climbers	3 x 30s							

DAY 3 — LEGS · THE RAPID INTERVENTION

The Praetorian didn't march a thousand kilometres, but he had to move fast when it mattered: covering the distance to the emperor, bursting into a room. Leg power, not kilometres.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bulgarian split squat with dumbbells (each leg)	2-3 x 10-15							
Squats	2-3 x 10-15							
Glute bridge	2-3 x 10-15							
The soldier (deep squat walk)	Opt. x Failure							
Calf raises	2-3 x 10-15							

DAY 4 — BACK & SHOULDERS · THE ESCORT

Carrying the shield, holding the weapon raised through hours of guard duty, dominating the opponent in the grip. The Praetorian's back was his daily working tool.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bent-over lateral raises	2-3 x 8-12							
Lateral raises	2-3 x 8-12							
Wide-grip pull-ups	2-3 x 8-12							
Close-grip pull-ups	2-3 x 8-12							
Ab wheel	— x Failure							

DAY 5 — REST · THE RELIEVED GUARD

REST — The relieved guard. Without recovery, no power lasts.

DAY 6 OR 7 — ARMS · THE GUARD'S GLADIUS

In the tight space of a corridor or a street, the Praetorian's arm decided the outcome in an instant. The gladius was wielded with explosive strength and an unrelenting grip.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Concentration curl	2-3 x 8-12							
Hammer curl	2-3 x 8-12							
Close-grip pull-ups	2-3 x 8-12							
Overhead triceps extension	2-3 x 8-12							
Diamond push-ups	2-3 x 8-12							
Triceps kickback (with band)	2-3 x 8-12							

Tip: rest at least 48 hours between sessions for the same muscle group. Clean technique matters more than the number of reps.