

THE TERCIO CHALLENGE

5-day plan — The military elite of Europe, 16th-17th century

Mark an X on each day you complete the exercise.

DAY 1 — CHEST · THE PUSH

In pike formation, the soldier pushed forward with the entire body. Chest, triceps, anterior deltoid: the engine of the advance.

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 CORE

Holding the pike. Withstanding the cavalry charge. Maintaining formation. All of it depended on a core that wouldn't yield.

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 MARCH

The Spanish Road: over 1,000 km on foot carrying 30-40 kg of equipment. The legs were the engine of the formation.

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 PIKE

5 meters of ash extended for minutes under a charge. Lats and rear delts: the difference between standing and falling.

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 CAMP

REST — The camp. Without recovery there is no soldier.

DAY 6 OR 7 — ARMS · CLOSE COMBAT

When the formation broke, the sword came in. Biceps, triceps and grip: the toolkit of the final fight.

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.