

THE TERCIO CHALLENGE

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

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	REPS	WEIGHT	DONE
Parallel bar dips	2-3	8-12		
Dumbbell flyes	2-3	8-12		
Archer push-ups	2-3	To failure		
Ab wheel	—	To 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	REPS	WEIGHT	DONE
Front plank	3	45-60 sec		
Side plank (each side)	3	30 sec		
Lying leg raises	3	12-15		
Crunches with legs elevated	3	15-20		
Ab wheel	3	To failure		
Mountain climbers	3	30 sec		

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	REPS	WEIGHT	DONE
Bulgarian split squat with dumbbells (each leg)	2-3	10-15		
Squats	2-3	10-15		
Glute bridge	2-3	10-15		
The soldier (deep squat walk)	Opt.	To failure		
Calf raises	2-3	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	REPS	WEIGHT	DONE
Bent-over lateral raises	2-3	8-12		
Lateral raises	2-3	8-12		
Wide-grip pull-ups	2-3	8-12		
Close-grip pull-ups	2-3	8-12		
Ab wheel	—	To 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	REPS	WEIGHT	DONE
Concentration curl	2-3	8-12		
Hammer curl	2-3	8-12		
Close-grip pull-ups	2-3	8-12		
Overhead triceps extension	2-3	8-12		
Diamond push-ups	2-3	8-12		
Triceps kickback (with band)	2-3	8-12		