

TRAVIS STOETZEL CSCS

IRON MUSCLE



12 WEEK
ATHLETIC ISOLATION
MUSCLE BUILDING PROGRAM

THE LEGAL STUFF

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THE PURPOSE AND OVERVIEW OF IRON MUSCLE

This 12 Week Athletic Muscle Building Project is to help increase strength and mass all while helping build and maintain athleticism. Many of the principles used to design these workouts came from my athletic background as well as influences from old school bodybuilders such as Columbo, Arnold, and Vince Gironda's thoughts and beliefs on bodybuilding.

The days of pure bodybuilding are no longer a must if you desire to build muscle. You do not need to sacrifice your natural abilities to move and feel like an athlete while bodybuilding any longer.

In fact, following a strict bodybuilding program while using isolation exercises and machines overtime will strip you of natural athletic abilities. It's this anti-functional type of training that can lead to dysfunctional injuries and imbalances.

Regular bodybuilding methods using isolation training exercises and machines is a great way to gain muscle but, at the same time, it's also a great way to lose your athletic power and strength.

The following workouts will help you break the mold of typical bodybuilding isolation training. There is no longer any need for machines or the latest and greatest of fitness gizmos and gadgets that seem to be coming out each and every day to build up thick, strong, and dense muscle.

There are 12 total weeks of work phases mixed in with 1 recovery week every 3 weeks. You will stay at each phase for 3 weeks then take 1 week to recover and prepare for the next phase. The whole program will take you 15 total weeks if followed correctly. After that time, you will be seeing some newly added muscle to your frame as well as some major gains in strength, power, and overall athleticism.

All you need is a set of weights with a barbell, some dumbbells, and strong desire to train hard!

The bottom line is INTENSITY! Train each session as if it were your last!

Live Aggressive and Get Strong!

-Travis

GENERAL INTRODUCTION OF IRON MUSCLE

- You will **ALWAYS** no matter what WARM UP before **ALL** workouts. **NO Exceptions here!** You must properly prepare your body for battle. The warm up is time to not only get your blood flowing properly, but to also focus your mind in on the session to come.
- **Make sure you are FOAM ROLLING** both before and after training sessions.
- **FOAM ROLL** and **Stretch** after your sessions! NO EXCUSES here. You must always properly cool down.
- **Workouts are listed by NUMBERS and LETTERS** – 1A), 2A), 2B), ect... When you see the same number with a different letter, this means these movements are paired up together into either a super set or circuit. There will be NO rest until the set is completed.
- **All sets listed are actual WORK sets** so make sure you have always gone through some light warm up sets before you get into your real sets.
- **If you plan to follow Iron Muscle to a “T”,** I would highly recommend you have both the [Jungle Gym XT](#) and [The Power Wheel](#) as there are different workouts that include these pieces of equipment. **(These are NOT mandatory but highly recommended)**
- **Every 4th week on IRON MUSCLE, you will perform an OFF /RECOVERY week.** These are basic week's filled with light weights and bodyweight to help the body recover and avoid overtraining. DO NOT skip these.
- **Make sure that you are EATING LEAN AND CLEAN** while following this program. You will NOT see results if you eat like sh*t. Make sure to follow along with my [Paleo Ripped Eating Guide](#).

An Additional Nutritional Resource:

[The Paleo Recipe Book](#) – 370+ LEAN and MEAN paleo recipes + meal plans!

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Perform the following Dynamic Warm Up before ALL training sessions.

[VIDEO LINK TO WARM UP](#)

1A) Jump Rope x 3 mins – work on skills (single leg hops, side to side, running, front to back, double jumps, ect)

2A) Front Reach x 10/side

3A) Drop Lunges x 10/side

4A) Push Ups x 10-30

5A) Band Pull Aparts x 50

6A) OH Bodyweight Squats x 15 - 30

7A) Lateral Lunges x 10/side

8A) Inch Worms x 6 total

9A) Seal Jacks x 30

10A) Mountain Climber x 15/side

11A) Movement Prep – (This will always be performed the same)

1A) Jog Forwards/ Back pedal back 3 x 15 yards

2A) Side Shuffles 3 x 10 yards

3A) Basic Skips Forwards/ Backwards 3 x 15 yards

4A) Single Leg Hops 3/leg x 10 yards

5A) 3 pt Stance Sprint Starts 4 x 5 yards

**ALWAYS Cool down with foam rolling post workout – [LINK TO FOAM ROLLING](#)

RECOVERY / OFF WEEKS

*****Perform these workouts every 3 weeks after your main phases.**

The purpose of this week is to allow the body to recover from the beatings it takes from your main phase of workouts. If you don't feel you need these recovery weeks it's time you back track and re-do the last phase because you are NOT training hard enough. These will help speed progress, get you refreshed, and keep you crushing your workouts.

OFF WEEK DAY A – 20 min AMRAP BODYWEIGHT

1A) Prisoner Squat x 10

1B) Push Ups x 10

1C) Pull Ups x 5

*****Switch Variations each round**

1D) Drop Lunges x 10 / Leg

1E) Hanging Leg Raise x 10 ([SEE Video](#))

*****Perform as many rounds as possible in 20 mins**

*****Foam Roll and Stretch before and after workout**

***** "AMRAP" refers to *As Many Rounds As Possible* in which you will perform the circuit and do as many full rounds as possible within the time given.**

OFF WEEK DAY B – 20 MIN AMRAP LIGHT DUMBBELLS

- 1A) DB Romanian Deadlift x 10
- 1B) DB See-Saw Military Press x 5 / Arm
- 1C) [Jungle Gym](#) Recline Row x 10
- 1D) DB Deadlifts x 10
- 1E) Plank Knee Tucks x 10 / Side
- 1F) 100 yard Sprint OR Jog

Rotate these two recovery / off week workouts throughout the week. The main point of a recovery week is to stay active and get some good blood flow to the muscles for repair and re-growth.

Doing light sets of bodyweight movements and dumbbells will help do the trick. The key is to keep the intensity high but never out of control. You want to be fully refreshed and rested up when the next phase begins.

Lots of foam rolling and stretching should be performed throughout the whole week as well.

It would also be wise to get outside into the sun, lay out, go swimming, biking, and play different sports. Be as active in athletic as you can. Just doing other activities that are different in nature than pure lifting will help you stay well rounded, balanced, and athletic.

Most importantly, try to get focused for the next upcoming phase. See yourself attacking the workouts and breaking records each and every session. Be prepared mentally when you start your new phase.

WEEKS 1-3 – GPP AND MUSCLE GROWTH PREP

The overview of the first 3 weeks is to prime your body for more strength and growth by hammering it with higher volumes of bodyweight training.

The particular way these workouts are set up is to help BUILD you up thru BODYWEIGHT TRAINING.

Bodyweight is king and serves as your ultimate foundation. If you are new to bodyweight training or haven't performed it in a long time, DO NOT SKIP THIS PHASE! Focus in on mastering the basics!

Without this solid base of training, YOU WILL FAIL. Don't ever think you are better than bodyweight training!

One of the big reasons I truly agreed with what Columbo, Arnold, and Vince Gironda believed in when it came to building muscle was their use of bodyweight training. Some of Vince's favorite movements included the sternum pull up, dips, and ring flys. All of those are proven to add size and strength to your upper body.

For weeks 1-3, you'll be performing 3 different workouts a week mixed in with 2 quick HIIT cardio workouts. The goal for this phase is NOT to gain a ton of mass but, rather gain the conditioning and FOUNDATION needed for the later phases in this program. If you are a HARD GAINER, skip the HIIT cardio days and eat more food ;)

DAY 1 – LOWER BODY FOCUS

1A) 20 yard Sprint x 8

***Rest about 30 secs between sets

2A) Bodyweight Pause Squats 3 x 20

***Pause for 1 sec at the bottom and explode back up

2B) Plank Knee Tucks 3 x 10 / side

3A) Lateral Cossack Squat 3 x 12 / side [\(SEE Video\)](#)

3B) Hanging Leg Raises 3 x 8-12

4A) Bulgarian Split Squat 3 x 10 / leg [\(SEE Video\)](#)

4B) V-Seat Reach 3 x 20 [\(SEE Video\)](#)

DAY 2 – UPPER BODY FOCUSED

1A) Plyo Push Ups 3 x 8 [\(SEE Video\)](#)

2A) Bodyweight Dips 4 x Submax

***Submax = Get as many reps as possible without going to failure

2B) Band Pull Aparts 4 x 25

3A) Jungle Gym Recline Row – Feet Elevated 4 x Submax

3B) [Power Wheel](#) Or Barbell Rollouts 4 x 10-15

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Day 2 (Con't)

4A) Jungle Gym Chest Fly 3 x 10

4B) Jungle Gym Curls 3 x 10

4C) Jungle Gym Skull Crushers 3 x 10

4D) Jungle Gym Reverse Y Raise 3 x 10

***Take NO rest between exercises

***Rest 60 secs and repeat the circuit

5A) Diamond Push Ups 1 x max reps

DAY 3 – HIIT CARDIO

On a track or field, you will sprint – jog – sprint

Your sprint will last roughly 5-8 secs and will be at 90% - 100% effort.

Your jog will last 30-45 secs depending on how good condition you are in.

The goal is to never stop moving for 12 mins. Build yourself up to as many as 20 mins for this cardio session.

You can perform this on a track or in an open field.

For even better results, incorporate a hill. Simply sprint up the hill at max effort, then walk back down for rest. Repeat for 12-20 mins.

DAY 4 – FULL BODY FOCUS

1A) Broad Jumps 4 x 6

***As soon as you land explode into another jump

2A) Forward / Backward Wall Walk 3 x submax [\(SEE VIDEO\)](#)

2B) Prisoner Split Squats 3 x 15 / leg

3A) Pull Up Variation 4 x Submax

3B) Push Up Variation 4 x Submax

4A) 1 ½ Squats 4 x 15

***Perform 1 FULL squat then a ½ squat and back up = 1 rep

4B) Glute Ham Raise 4 x 10

4C) Hanging Leg Raise 4 x 10

DAY 5 – HIIT CARDIO – CORE FOCUS

You'll perform the following core / cardio circuit for 12 mins

- a) Burpee x 20
- b) Plank Knee Tuck – Cross Body x 10 / leg [\(SEE Video\)](#)
- c) Lunge Jumps x 10 / leg
- d) Side Plank Knee Tuck x 10 / side
- e) Mountain Climbers x 20 / side
- f) Hollow Rocks x 20

Perform 10-15 mins of brisk walking after you finish this circuit.

WEEK 4-6 – ATHLETIC ISOLATION TRAINING

The next phase of IRON MUSCLE is geared toward Isolation training. We've built up some conditioning and some basic foundational strength, now it's time to crank up the volume a bit more and really zero in on each muscle group.

You will now perform a 6 day split over the course of the week. You will take the 7th day OFF as rest.

You'll now start to see even more muscle growth mixed in with more increases in strength and power.

The intensity of your workouts will have to continue to grow in order for you to keep improving. Don't hesitate! Keep pushing forward and make things happen!

Everything will depend on how hard you push within your training sessions.

How intense can you be in your workouts?

How far can you push it?

Only you will hold the answer to what happens within the next few weeks.

Stay focused, stay on target, and stay aggressive!

DAY 1 – QUAD DOMINANT

1A) 20 yard Sprints x 5

***90% Effort

***Rest 45-60 secs b/t sets

2A) Barbell Front Squats 2 x 10 then 4 x 5

3A) DB Bulgarian Squat – 4 x 10 / Leg

*** Hold DB's in Front of Face – Palms Facing You (See Video)

3B) Hanging Leg Raises 4 x 8

4A) DB Squat Clean 3 x 10 ([SEE Video](#))

4B) Jungle Gym Knee Tucks 3 x 15 OR Plank w/ Knee Tuck 3 x 15 / side

***Get DEEP on the DB Squat Clean and pop up fast

***Go SLOW and CONTROLLED on the plank knee tucks

5A) "JC" Leg Cranks x 3 Rounds Total

- a) BW Squat Jumps x 10
- b) BW Squat x 10
- c) BW Lunge Jumps x 10
- d) BW Drop Lunge x 10

***Rest 60-90 secs b/t sets

WORKOUT 2 – UPPER BODY CHEST FOCUSED

1A) Explosive Plyo Push Ups 4 x 6-10

***Stay explosive – avoid excessive fatigue

2A) Barbell Bench Press 8 x 3

***Be explosive with reps – avoid missed / failed reps

3A) DB Wide Bench Press 4 x 8-10

***Let arms come out wide at the bottom of the rep

***Touch DB's at the top of the lift and SQUEEZE your pecs

***Looking to get a nice stretch in chest at bottom of movement

3B) Band Pull Aparts 4 x 25

4A) Dips 4 x submax reps

***Rest 15 secs then

4B) Dip Bar Leg Raises 4 x 10

5A) Jungle Gym / Suspended Push Ups + Fly 2 x submax

***Perform a Push Up 1st then do a fly = 1 rep

***avoid absolute failure here

WORKOUT 3 – BACK AND ABS

1A) Wide Grip Weighted Pull Ups 5 x 4-6

2A) Barbell Bent Rows 4 x 6-10

2B) Hanging Leg Raises 4 x 10

3A) DB Renegade Rows 3 x 8/side [\(See Video\)](#)

3B) Weighted Sit Up 3 x 10 [\(See Video\)](#)

***Have feet be secured and try to allow full extension into extra range of motion – go off of a glute ham machine if possible or decline bench. If on floor, use an ab mat

4A) Palm Ups Jungle Gym Recline Rows 3 x submax reps

4B) Jungle Gym XT Pike 3 x 15

5A) Weighed Plank Holds 3 x max time

WORKOUT 4 – HAMSTRING / HIP DOMINANT

1A) Explosive Broad Jumps 5 x 5

***Going for maximum distance and explosion on each rep

***Go rapid fire – as soon as you land – EXPLODE into another jump

2A) Sumo Deadlifts 5 x 5

3A) DB 1 Legged RDL 4 x 10/leg

3B) Power Wheel / Barbell Rollouts 4 x 15

4A) Glute Ham Raise OR Lying Jungle Gym Leg Curls 3 x 15

4B) Kettlebell Swings 3 x 15

WORKOUT 5 – TRAPS / SHOULDERS

- 1A) Barbell Hang Power Shrugs 6 x 4
- 2A) Double DB Push Press 4 x 8
- 3A) Barbell Standing Military Press 4 x 10
- 3B) Jungle Gym Y-Raise 4 x 10
- 4A) Standing DB Muscle Cleans 3 x 6-10 ([See Video](#))
- 4B) Band or PVC Pipe Dislocaters 3 x 10 ([See Video](#))
- 5A) Heavy DB Farmer Carries 4 x max distance

***If going further than 50 yards per set, go HEAVIER

WORKOUT 6 – BICEPS / TRICEPS

1A) Barbell Power Cheat Curls 4 x 8

2A) Close Grip Bench Press 4 x 8

***Use a DECLINE bench if possible

3A) Jungle Gym Recline Curls 3 x 12

3B) Power Wheel / Barbell Rollouts 3 x 12

4A) Jungle Gym Skull Crushers 3 x 12

4B) Hanging Leg Raises w/ Reverse Grip (Palms Facing) 3 x 10

***Keep good tension on the biceps throughout movement

5A) Band Arm Finisher Tabata (8 rounds of 20 sec of work with 10 secs of rest) [\(SEE Video\)](#)

a) Power Curls - FAST

b) Standing Skull Crushers - FAST

WEEKS 7-9 – STRENGTH, SPEED, AND POWER BODYBUILDING

The purpose of this phase is to build more strength and power through focusing on explosive speed and lifting.

Not too many bodybuilders focus on speed movements. Many of them focus in on slow and isolated movements instead which may be all and well for building muscle but, will do no good at helping increase more athletic muscle and power. We don't want to be big, bulky, and unable to move. We want to be an ATHLETE that can easily move around fast and explosive!

For this phase, you will perform 4 different workouts spanning across a week with 1 extra HIIT cardio session in there for good measure.

Your focus is to determine a fair amount of weight to work with on the strength movements and to increase that weight over the next 3 weeks as progress.

When you get stronger, after time, you'll be able to lift heavier weights for higher reps which will ultimately have you growing larger muscles and getting totally jacked!

Your goal is to break records *everytime* you repeat a workout! Go for it and don't ever look back.

Keep the intensity high and the energy flowing in your workouts.

Continue to push the pace and DESTROY your weaknesses!

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DAY 1 – LOWER

1A) Power Skips 5 x 5 / leg ([See Video](#))

***Focus on getting as high as possible on each skip

2A) 1 Arm DB Snatch 5 x 5 / Arm

3A) Back Squat 4 x 10

3B) Hanging Leg Raises 4 x 8

4A) Walking DB Lunge 3 x 10 / leg

4B) KB or DB Swings 3 x 15

5A) HEAVY Sled / Prowler Sprint 5 x 20 yards

***If no Sled / Prowler – sprint 5 x 30 yards @ 100%

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DAY 2 – UPPER

1A) Barbell Hang Clean to Push Press 5 x 5

***If not experienced in Olympic lifts, sub in DB Clean and Press

2A) Palms Facing DB Floor Press 5 x 6-10

***SQUEEZE Pecs together at top of movement

***Pause for a second at bottom of movement

***work up to a heavy 6 rep set

2B) Single Arm Bent DB Rows 4 x 6-10 / side + 1 x burn out set

[\(See Video\)](#)

***on the last set, grab the heavier DB you used and rep it out for max reps each side – you can use a bit of cheat with your hips but keep a solid flat back and neutral spine

3A) Handstand Push Up (HSPU) / Pike Press 5 x submax [\(SEE Video\)](#)

3B) Heavy Farmer Walks 5 x max distance

***For Farmer Walks – if you are going further than 50 yards, INCREASE the weight being used.

4A) Gun Show Superset [\(SEE VIDEO\)](#)

a) DB Power Cheat Curls 4 x 8

b) Jungle Gym Skull Crusher 4 x 8

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DAY 3 – OFF

REST!

Stretch and foam roll

DAY 4 – LOWER

1A) Burpee Box Jump 5 x 5

***Jump as high as possible each jump

2A) Barbell Deadlift 5 x 5 week 1, 6 x 3 week 2, 6 x 3 + 2 x 1 week 3

3A) Barbell Romanian Deadlift 3 x 12

3B) Hanging Leg Raises 3 x 8

4A) DB Bulgarian Squats 3 x 10 / leg

4B) Jungle Gym XT Pikes 3 x 15

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DAY 5 – UPPER

1A) Extended Range of Motion Plyo Push Ups 5 x 5-10

***Place your hands on plates or boxes to elevate them just a bit

***Choose a rep range that will NOT fatigue you but push you good.

2A) Weighted Pull Ups 4 x 6

3A) Weighted Dips 4 x 6-10

3B) Bent DB Rows 4 x 6-10

4A) DB Press and Carry Medley x 4 Rounds ([SEE Video](#))

- a) DB Military Press x 5
- b) Overhead Carry x max distance

***Palms Facing Inside on press and overhead carry

- c) Front Carry x max distance
- d) Farmer Carry x max distance
- e) Close Grip Push Ups x Submax

***Progress directly into each movement in the circuit - one right after the other - switch when fatigue takes over. DO NOT drop the weight.

***Rest 60-90 secs after push ups and repeat

WEEK 10-12 – “IRON GURU” 3 WEEK SPLIT.

Everything up to this point has prepared you for none other than the *Iron Guru’s* inspired 3 week split.

By now, you should have seen some major changes take place within your body. You should have seen some gains in strength, mass, and fat loss as well as in your overall energy. Now it’s time to put the icing on the cake.

It’s time to finish off what you’ve started.

Vince Gironda was one of bodybuilding’s most unconventional minds, which is why I sided with his thoughts and views the most out of all the different bodybuilders of the past. While I didn’t agree with *everything* he believed in and preached, I agreed very much with what I’m about to share with you in the next phase below.

The main things Vince did that I loved was that he *trained against the grain* which is what I’m all about. For this last phase, you’ll be mixing in a famous rep scheme Vince was known to perform for 3-6 weeks before some of his shows as contest prep. Think of this phase as your contest prep or “*3 week finisher*”.

For many of the movements, it calls for 15 sets of 4 reps. This seems like a lot and it can be but, the key is to focus in on your technique and actual reps being done and not the weight that’s being used. DO NOT make the mistake of overloading your early sets. Use the first 5-6 sets as progression sets. After you have built up to a heavy intensity, then push the limit. You can’t be missing reps on sets 4, 5, ect... Try to hit

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all 60 reps with each movement! **Focus on QUALITY and GOOD FORM!**

You'll be performing 4 different workouts all targeting different muscle groups. These workouts are designed to be maximum workouts and you must attack them with everything you got.

The rules stay the same: Push the pace, train with intensity, and attack the weight!

NO EXCUSES!

DAY 1 – BACK, BICEPS, AND ABS

1A) 1 Arm DB Power Snatch 5 x 5 / arm (to excite nervous system) ([SEE Video](#))

***Use a weight you can lift at maximal speed

2A) Weighted Pull Ups 15 x 4

***perform many different variations of pull ups

***Try to get chest to bar each rep!

***SQUEEZE your lats and shoulder blades each rep

3A) Power Cheat Curls 15 x 4

***Maintain neutral and flat back throughout movement

***Lower weight slow

4A) Reverse Grip Bent Barbell Rows 2 x 15

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- 5A) Hanging Leg Raises 4 x 10
- 5B) Weighted Sit Ups 4 x 10 ([SEE Video](#))

DAY 2 – QUADS

- 1A) Squat Jumps 5 x 5 (to excite nervous system)
***Can be performed with only bodyweight or a moderate to light weight via vest, holding DB's, ect
- 2A) Back Squat 15 x 4
***Ass to Grass on ALL reps! No EXCUSES!
- 3A) Front Loaded DB or KB Bulgarian Split Squats 3 x 8 /leg
- 4A) Backwards Sled Drag with bent knees 3 x 50 yards
***skip if no sled – I highly recommend you get a sled if you don't have one – Here's how to make one ([SEE Video](#))

DAY 3 – CHEST, SHOULDERS, AND TRICEPS

- 1A) Plyo Push Ups 5 x 5 (to excite the nervous system)
***Use an extended range of motion if need be for extra stretch to the chest
- 2A) Weighted Dips 15 x 4
- 3A) Close Grip Bench Press 15 x 4
- 4A) DB Arnold Press 3 x 10 ([SEE Video](#))

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4B) DB Power Shrugs 3 x 25 ([SEE Video](#))

5A) Diamond Push Ups 2 x max reps (take a 2 min break between sets)

DAY 4 – HAMSTRINGS

1A) Broad Jumps 3 x 8

***Consecutive Jumps – once you land, explode into another jump immediately

2A) E.R.O.M. Deadlift 15 x 4

***Extra Range of Motion – stand on a plate or 6 inch box for added range of motion

***Use a moderate weight then build up to a heavier weight as you get into your final sets.

3A) Barbell Romanian Deadlift 3 x 10

4A) KB Swing 3 x 10

5A) Forward Sled Drag with bend at hips 3 x 50 yards

***walk on heels while maintaining forward lean / bend at hips

***skip if no sled – I highly recommend you get a sled if you don't have one – Here's how to make a sled ([SEE Video](#))

IRON MUSCLE QUESTIONS AND ANSWERS

Q: What should I do AFTER I complete Iron Muscle?

A: If you successfully complete ALL 4 phases of Iron Muscle there are a few different things you can do.

- A) Best thing to do would be to train with just bodyweight for a week or two to allow your body to *reset* from all the heavy lifting and volume it's been taking over the last few weeks..

After the final phase of Iron Muscle, you should be completely exhausted and fatigued (if you trained hard enough) as there is a lot of volume specifically programmed in to get you to grow more muscle and strength.

It would be wise to deload for at least a week then maybe get onto another program.

However, in the case where you didn't gain the amount of mass you wanted, I would suggest you go back through the phases 2-4 of Iron Muscle again focusing on breaking all of your records previously set.

- B) Another route to go would be to go through [Bags, Bells, and Bodyweight](#) – This is another one of my programs that is guaranteed to get you more explosive and athletic. After packing on a bunch of new muscle from Iron Muscle, you'll want to see what you can do with it all, The BBB training system would be perfect for this!
- C) If you feel that you truly ready to take it to a whole other level, you may look into my Elite Online coaching program which is ONLY for the most dedicated and serious lifters and athletes out there.

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With this program, I create a plan that is specific to YOU and your goals. It goes way beyond what any ebook ever written can go. There are very limited spots and is typically full. [CLICK HERE](#) for more details.

Q: What If I DON'T have some of the equipment listed within IRON MUSCLE.

A: I always try to make due with what I got as you should to. Stick to the “NO EXCUSES” attitude.

You DO NOT have to have all the equipment. The best thing to do is to always try to find a way to win. Too many people are quick to just throw in the towel when they don't have a certain piece of equipment. Instead, get innovative and do what you can with what you got.

For example, if you don't have [The Jungle Gym XT](#), simply use a rope or towel for recline rows. You can even sub in regular pull ups or some other type of rows in if necessary.

I'm huge on making my own equipment. This is another option as well.

If you don't have space to sprint in or if the weather is too cold, ect – you can always sub in jump roping or running in place.

Something I always want for you is for you to be learning how to do things on your own. Use your imagination and if there comes a time where you need to be creative, do what you feel is right. You can't ever be wrong as long as you're trying your hardest.

Q: I don't know some of the movements within Iron Muscle's workouts? What should I do?

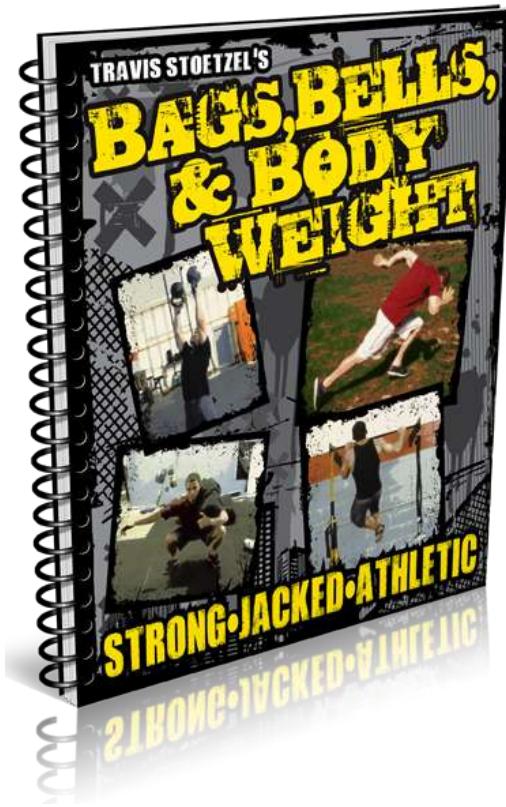
A: If the video isn't listed beside the exercise, research it on YouTube. If you're still not sure, go ahead and shoot me an email – travis@28daymuscle.com and I will be happy to assist you.

ALWAYS be sure you're using good form and great technique! You are responsible for any injuries caused by sh*tty technique and form!

The Aggressive Strength Training Guide:



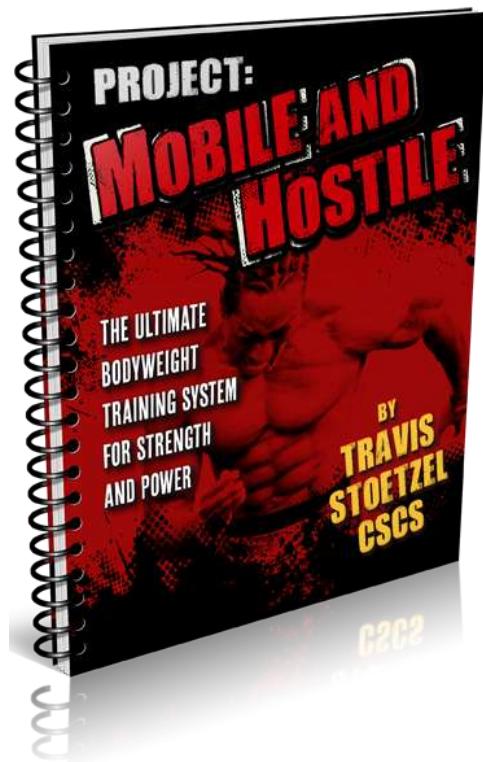
Travis Stoetzel is a hardcore and aggressive strength coach located in Omaha, NE where he owns and operates The Forged Athlete Gym, which caters to highly dedicated athletes and serious lifters. Below you can gain knowledge insight on the various tools and resources he uses to help turn his clients and athletes into strong, jacked, and athletic soldiers. The section below showcases the other various strength and conditioning programs and products he has created and uses to help people all across the world get results.



[The Bags, Bells, and Bodyweight Training System](#) – The “System”

Travis created built upon years of in-the-trenches work with his clients and himself. This is for SERIOUS trainees that combine the use of kettlebells, bodyweight, and sandbags to help construct serious gains in muscle, strength, power, and athleticism. If you love to train hard and want a serious challenge, this is it!

This program spans over 40 total weeks and will put anyone to the test. If you’re serious about getting lean while building strength and power all at the same time, this is the perfect blend of kettlebells, sandbags, and bodyweight training. Especially great for MMA fighters, wrestlers and other combat athletes including fire, military, a law enforcement personnel.



PROJECT: Mobile and Hostile Bodyweight Training System: If you're low on resources as far as weight training equipment goes, this is your NO EXCUSES problem solver! I originally created this program for a Brazilian Professional Football team and when I went down south to train them, we had ZERO equipment to work with. The results... A Brazilian Football National Championship! Whoever chooses to go through this whole system will become stronger, faster, highly conditioned, and more explosive. This is a great program for people on the go with limited options for equipment. This is ideally made for MMA fighters, wrestlers, football players, and other power / combat athletes. All serious lifters welcome!

IRON MUSCLE

The Power Wheel is by far one of the most versatile and complete bodyweight training tools available. You can easily take your ab training movements to the next level with various amounts of different roll outs as well as hand walking variations. You can work on both your lower body and upper body strength virtually anywhere at any time. The Power Wheel is the perfect tool to have for the gym, road, or at home. A must have for all serious trainees.

[**CLICK HERE FOR MORE INFO ON THE POWER WHEEL**](#)

[**PowerWheelStrength.com**](http://PowerWheelStrength.com)



The Jungle Gym is your all around NO EXCUSES Bodyweight Strength gym in a bag! Perform 100's of different variations of lower, upper, and core bodyweight movements. These suspension straps will help increase your bodyweight training results in no time and best of all, can be used pretty much anywhere at any time!

[Check Out More Info On The Jungle Gym XT HERE](#)



Sandbags are truly one of my favorite strength and conditioning training tools. There's really nothing quite like ripping a heavy bag off the floor carrying it around, pressing it, rowing it, squatting it, or even throwing it. I've tried many different types of bags over the years and have even made a half dozen of my own. After a long search through trial and error with different bags, I have found the best and highest quality training sandbag there is in Brute Force Sandbags. These are truly made to last and are build just right for the serious strength enthusiast. Just like all the tools I like to use, these are a mobile gym – take them anywhere – the field, playground, your backyard, the gym... anywhere!



**BRUTE FORCE
SANDBAGS**

www.BruteForceSandbags.com

[CLICK HERE For More Info ON Brute Sandbags](http://www.BruteForceSandbags.com)

IRON MUSCLE

[Performax Bands](#) will take your normal bodyweight exercises and turn them into complete full body reactive athletic movements. Bands offer a great way to increase any and all bodyweight exercises, plus you can take them anywhere you go to get strong!



[CHECK OUT More Info On Performax Bands HERE!](#)

ForgedBandTraining.com

Kettlebells are by far one of the most effective yet brutal tools available to help increase power, strength, muscle, and fat loss. This ancient tool has been around for years and now has come back into the forefront. Your options are limitless with the amount of variations and movements that can be completed essentially anywhere at any time with Kettlebells. When away from the gym, I have a pair in my Jeep at all times in case I'm ever in need! Another NO EXCUSES tool that will greatly improve your results!



[**CLICK HERE TO Find Out More About The BEST Kettlebells on The Market!**](#)

[**TheForgedKettlebell.com**](http://TheForgedKettlebell.com)

Prograde/Protein – For you Hardcore Protein Supplement needs, Pro/Grade is about PURE quality! One of the very best high quality proteins around that is in carbs and sugar while high in quality rich protein.



The Main reasons I recommend Pro/Grade:

- They are a certified GMP “A” rated manufacturer). What’s this mean?? Well, GMP stands for “Good Manufacturing Practices” and with this rating, you know for certain that you’re getting exactly what the label says—and nothing it doesn’t—every single time.
- The products they do create are quality. They’re not out producing all these special concoctions of creatine and protein all blended together , magical berry drinks, or miracle cure pills. They produce the basics needed for great results.
- Both my clients and myself have seen the results their products help produce.

[CLICK HERE TO FIND OUT MORE ABOUT PRO/GRADE](#)

Athletic Greens is your “ultimate vitamin and mineral insurance policy”. Now, I know for a fact not everyone out there gets in enough greens, including myself! That’s why I take Athletic Greens, which is your personal guarantee to help make sure you get in all the vitamins and minerals you would get if you were actually eating all the veggies you’re supposed to. This is a quick drink you can mix and take with you on the go to ensure you get what you need so you can train hard!



Check out LeanandMeanGreens.com for more info!

Want To Learn More On How To Have Me As Your Coach?

I have an ELITE Coaching Program where I have the ability to train anyone at anytime, no matter where they live. All you need is access to the internet and a strong work ethic and dedication to get better. No lazy, undedicated people allowed!

This is the next best thing to having me as your personal strength and conditioning coach in person! My ELITE coaching group is typically FULL and has a waiting list but, if you are truly interested and would like to find out more information, click the link below and get in contact with me and I'll take you through the initial interview process to see if you are a good fit for my program.

CLICK HERE

**FIND OUT MORE ABOUT
THE *ELITE HARDCORE*
*COACHING PROGRAM!***

**It's Time To Take your RESULTS to the
next level! Become one of *The ELITE!***



EliteHardcoreCoachingProgram.com