



**MISSIONSIXZERO**

**THE DELIBERATE DISCOMFORT 60 DAY CHALLENGE**

# **PHYSICAL STRENGTH PROGRAM**



**60 DAYS  
6 STRENGTH DOMAINS  
NO EXCUSES  
NO CHEATS  
100% HONESTY**

**DAY 18**

**REMEMBER:** EXERCISE IS NOT WITHOUT ITS RISKS AND THIS OR ANY OTHER EXERCISE PROGRAM MAY RESULT IN INJURY. CIRCUMSTANCES AND RESULTS VARY FROM PERSON TO PERSON. THIS PROGRAM PROVIDES A GENERAL FITNESS PLAN TO FOLLOW FOR THE M60 CHALLENGE. THIS IS NOT INTENDED, NOR DOES IT REPLACE, PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. TO ENSURE IT MEETS YOUR INDIVIDUAL NEEDS, YOU SHOULD CONSULT A QUALIFIED HEALTHCARE PROFESSIONAL OR PHYSICIAN TO ASSESS YOUR INDIVIDUAL CAPABILITIES BEFORE STARTING THIS PROGRAM. THIS IS DESIGNED FOR EDUCATIONAL PURPOSES ONLY AND YOUR USE OF INFORMATION IS SOLELY AT YOUR OWN RISK.

# **PROGRAM INSTRUCTIONS**

## **OVERVIEW**

This is a 60-day program that will focus on balanced fitness, building aerobic stamina, and providing work capacity maintenance. Though maximizing total fitness is not the primary goal of the Deliberate Discomfort Challenge, this program is tailored to meet the challenge's objectives while also minimizing the symptoms of overtraining, reducing the risk of injury, and defaulting to our regular fitness routines that will not align with the duration of this challenge. In short, this program is a slow burn that will incrementally challenge you with a balanced structure and approach. The intent is not to destroy you in the gym, but to progressively work toward a goal, build a fitness habit, and grow personal efficacy to prove greatness is accomplished through the mundane of smaller daily tasks.

## **FREQUENCY**

There will be two sessions per day. One workout is a gym-based session designed to use conventional gym equipment. The second session is an aerobic session designed for the outdoor environment. Each day's session can be performed in any order within the given day. For example, the outdoor session can either be performed before or after the gym-based workout (morning, afternoon, or evening). However, they cannot be performed back-to-back.

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## FREQUENCY CONT.

In order to make the fitness plan accommodating to this challenge, we designed it to be predictable and familiar, which also increases progress and consistency. I hesitate to say it is boring, yet effective, but predictability and consistency are the unsexy keys to overall improvement. Sticking to this strategy, below are the weekly session breakdowns for the entirety of the 8-1/2 week program:

**Monday:** Chest / Run | **Tuesday:** Gym-based circuit / Hike  
**Wednesday:** Legs / Sprints | **Thursday:** Shoulders / Run  
**Friday:** Gym-based circuit / Ruck | **Saturday:** Arms / Run  
**Sunday:** Back / Hike

### GYM-BASED WORKOUTS

Monday, Wednesday, Thursday, Saturday, and Sunday's gym-based workouts are split into body parts (Chest, Legs, Shoulders, Arms, and Back, respectively). Tuesday and Friday's gym sessions are circuit based, which are designed to maintain and build an individual's work capacity. The gym-based circuits are not designed for strength building, but total body movement at a higher intensity. These sessions will have a mix of bodyweight movements and lighter weight loads.

### OUTDOOR SESSIONS

The Deliberate Discomfort Challenge requires one outdoor training session a day. In order to adhere to this requirement and minimize our risk of injury or overtraining, we modulate between different modalities. These modalities include running, sprinting, rucking (hiking with backpack), and hiking. The sessions are time-based, but we recommend keeping track of distances and interval times to measure progress over the 60 days.

# PROGRESSIONS

The Deliberate Discomfort Challenge PT plan progresses two events throughout this program: **Rucking** and **bodyweight exercise of choice (BWEOC)**.



## RUCKING

Rucking is a term used in the military to denote hiking with a load, usually a rucksack. The rucksack is a military backpack that stores all provisions needed for a mission. For this challenge, Fridays will be our rucking day. The first ruck with requires a 10-pound load (i.e., a backpack with a 10lbs weight). Each subsequent week, the weight will increase by 5 pounds, until the final week, which will require a ruck with a 45lb load. If rucking is not physically doable or cannot be part of your program, perform the hike without the weighted load.



## BODYWEIGHT EXERCISE OF CHOICE (BWEOC)

Each individual chooses another progressive event for the entirety of the 60 days. It's simple but effective and motivating. Each person picks a bodyweight exercise and perform it daily with an increase EVERYDAY. You cannot mix-match exercises. Pick one exercise and stick with it. Below are the choices and their respective daily progressions:



## PUSH-UPS

Start with 1 push up on day 1 and add an additional push-up each day. On day 60 of the challenge, you will do 60 push-ups. Choose to do them unbroken or without stopping to make it more challenging.



## BURPEES

Start with 1 burpee on day 1 and add an additional burpee each day. On day 60 of the challenge, you will do 60 burpees.



## SQUAT JUMPS

Start with 1 squat jump on day 1 and add an additional squat jump each day. On day 60 of the challenge, you will do 60 consecutive squat jumps.



## OTHER

If you have a bodyweight exercise that you would like to progress, feel free to include it here. However, decide before the challenge starts. Chin-ups, pullups, and sit-ups are tougher to progress because pullups are difficult by nature and harder to progress incrementally, while sit-ups would require a greater daily increase because they are naturally less challenging.

# THE VALOR CHALLENGE

## OPTIONAL

Every Saturday, there will be a Valor Challenge to complete after one of the workouts. It is a simple challenge but meant to commemorate a soldier who was killed in action. The intent is to perform the challenge after one of the workouts on Saturday when you are tired and mentally tasked. This simple, but not easy, challenge will test your fortitude to push through discomfort while honoring one of our fallen. An example is performing 50 push-ups and 50 sit-ups after your 60-minute Saturday hike.

**YOU CAN'T CROSS THE SEA  
MERELY BY STANDING AND  
STARING AT THE WATER.**



### **Exercise descriptions and demonstrations:**

All exercises, movements, and stretches can be found at <https://atomic-athlete.com/exercise-library/> or <https://mntactical.com/category/exercises/>. These are great coaches that provide excellent programs and demonstrations that we recommend using after the challenge ends to keep up with your progress.

## FREQUENTLY ASKED QUESTIONS

### **I would like to substitute an exercise because of equipment or physical limitations. Is this acceptable?**

Yes. Substitutions are acceptable due to these limitations. Attempt to find something that closely resembles the desired benefit of the prescribed exercise. However, if you are substituting the exercise based on preference, we ask you attempt to stay with the prescribed exercise, if possible.

### **Can I substitute in rowing, biking or stair work instead of running or sprinting?**

Yes. These substitutions are acceptable if they follow the intent of the exercise. For instance, a 35 minute row is an acceptable substitution for a 35 minute run, if you have extenuating circumstances. However, a inside row does not count for an outdoor workout.

### **Where can I find an exercise description or demonstration of how the exercise is performed?**

Most exercises, movements, and stretches can be found at <https://atomic-athlete.com/exercise-library> or <https://mntactical.com/category/exercises>. These are great coaches that provide excellent programs and demonstrations that we recommend using after the challenge is complete to keep up with your progress.

### **I cannot complete the workouts in the allotted time. Should I go beyond 60 minutes to finish?**

These training sessions are designed to be completed in 60 minutes when you adjust to the exercises, tempo, and rep scheme. There will be a little bit of a learning curve at first. However, if you are not consistently getting through them in this time, you need to minimize your distractions (no cell phones or side conversations), lighten the weight you are using, or research the session/exercise before you start. Do not go beyond 60 minutes to finish the training sessions. Instead, find ways to accomplish the mission in the allotted time.

### **I completed the workout in less than 60 minutes, what should I do with the remaining time to get credit for my full 60 minutes?**

These sessions are designed to be challenging for the full 60 minutes, so if you finish with a significant amount of time remaining, please fill it with stretching or additional core work. However, if you are flying through sets, adjust the loading for a more challenging set that requires a full recovery period of at least 90 seconds.

## FREQUENTLY ASKED QUESTIONS CONT.

### Are these sessions designed for men and women?

Yes, these sessions are designed for adult men and women. They provide a balance of strength development, lean muscle mass acquisition, increased stamina, and work capacity maintenance. What you'll also find is a dedication to core development with opportunities to work on flexibility throughout the sessions. It is the appropriate training plan to efficiently and effectively complete this challenge with maximum benefit to your physical and mental status.

### Can I change the outdoor workouts days or the gym-based workout days?

This entire program is customized to maximize the benefit of the overall M60 challenge. If you feel it necessary to change the days of the program, please do so with caution. The entire program is a recommendation based on years of education and personal experience with sport, tactical, and recreational athletes. However, the beauty of the challenge is adhering to a program and see it through with purpose and discipline. Adjust the schedule as necessary but be mindful to ensure the changes are appropriate to meet the spirit of the program.

## ABBREVIATIONS

**AA** – Atomic Athlete exercise library <https://atomic-athlete.com/exercise-library/>

**AMRAP** – As Many Rounds As Possible - Complete the prescribe exercises in the AMRAP for time.

**BB** – Barbell

**BWEOC** – Bodyweight exercise of choice

**DB** – Dumbbell

**DB/KB** – Use either a Dumbbell OR Kettlebell for the exercise.

**EMOM** – Every Minute On the Minute - Start a new round every minute.

**e/s** – each side.

**F/B** – Forward/Backward.

**HBD** – Hard But Doable - This is a term used to describe your loading for the exercise. It prescribes a weight that is challenging, but not too light or too overwhelming. It is a weight you can complete the prescribed repetitions with perfect form without going to failure.

**KB** – Kettlebell.

**MTI** – Mountain Tactical Institute Exercise Library <https://mntactical.com/category/exercises/>

**RDL** – Romanian Dead Lift (see exercise description at <https://atomic-athlete.com/exercise-library/> or <https://mntactical.com/category/exercises/>)

**Rounds** – number of times you complete each group of exercises.

**SOC** – Stretch of Choice – We prescribe a stretch during each round, but if you have a specific area that needs extra attention, substitute that stretch in.

# DAY 18

## SESSION 1 - SHOULDERS

### Warm-up:

Bodyweight exercise of choice (BWEOC) x 18 reps  
3 rounds of:  
10x Push-ups  
10x Sit-ups  
5x Six Way Shoulder  
3rd World Stretch or SOC (30 seconds each side)

### Main Set

1. 6 rounds of:  
BB Push Press (10,10,10,10,10,10)  
-The first 2 rounds are progressive warm-up rounds at increasing weight for 10 reps.  
-The final 4 rounds are at a consistent weight that is Hard But Doable (HBD)  
Lat and Pec Stretch or SOC (30 seconds each side)

2. 6 rounds of  
DB Military Seated Press (10, 10, 10, 10, 10, 10)  
-The 2 rounds are a progressive warm-up rounds for 10 reps  
-The final 4 rounds are at a consistent weight that is HBD  
12x Flat Bench Knees to Elbow  
Cobra Stretch (30 seconds) or SOC (30 seconds each side)

3. 6 rounds of  
DB Pullovers (10,10,10,10,10,10)  
- The first 2 rounds are progressive warm-up rounds at increasing weight for 10 reps.  
- The final 4 rounds are at a consistent weight that is HBD  
10x DB Overhead Tricep Extension  
Pigeon Stretch (30 seconds each side) or SOC (30 seconds each side)

## SESSION 2 - RUN

### Warm-up:

3 rounds of:  
10x Air Squats  
10x Walking lunges (total steps)  
Hip Flexor Stretch (30 seconds each side)  
3rd World Stretch or SOC (30 seconds each side)

### Main Set

1. 35 min Run/Jog at moderate pace (note distance covered in 35 minutes)

2. 3 rounds of  
Cobra Stretch (30 seconds) or SOC (30 seconds each side)  
Instep + quad stretch or SOC (30 seconds each side)





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