

# ONE BARBELL SYSTEM

GET STRONGER (AND FASTER)  
EVEN IF YOU'RE LOW ON TIME  
AND SHORT ON EQUIPMENT



|||Eo3||| FITNESS

# IN THIS GUIDE:

- THE ONE THING YOU NEED TO KNOW
- THE STRENGTH METHODS
- THE CONDITIONING METHODS
- PROGRAM AUDIT
- THE ONE BARBELL LIFE
- OUR BENCHMARKS
- SAMPLE DAY
- A FULL WEEK OF FREE COACHING/WORKOUTS



# THE OTHER

# GUY

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This is for the Other Guy/Gal.

I am the other guy, maybe you are too.

Even though I've been obsessed with fitness for well over a decade, I never really had a 'fitness home'. I always wanted to be good at everything. I would do strength training, but I knew I would never be as strong as a power lifter. I would run, but I knew I would never be as fast as an endurance athlete.

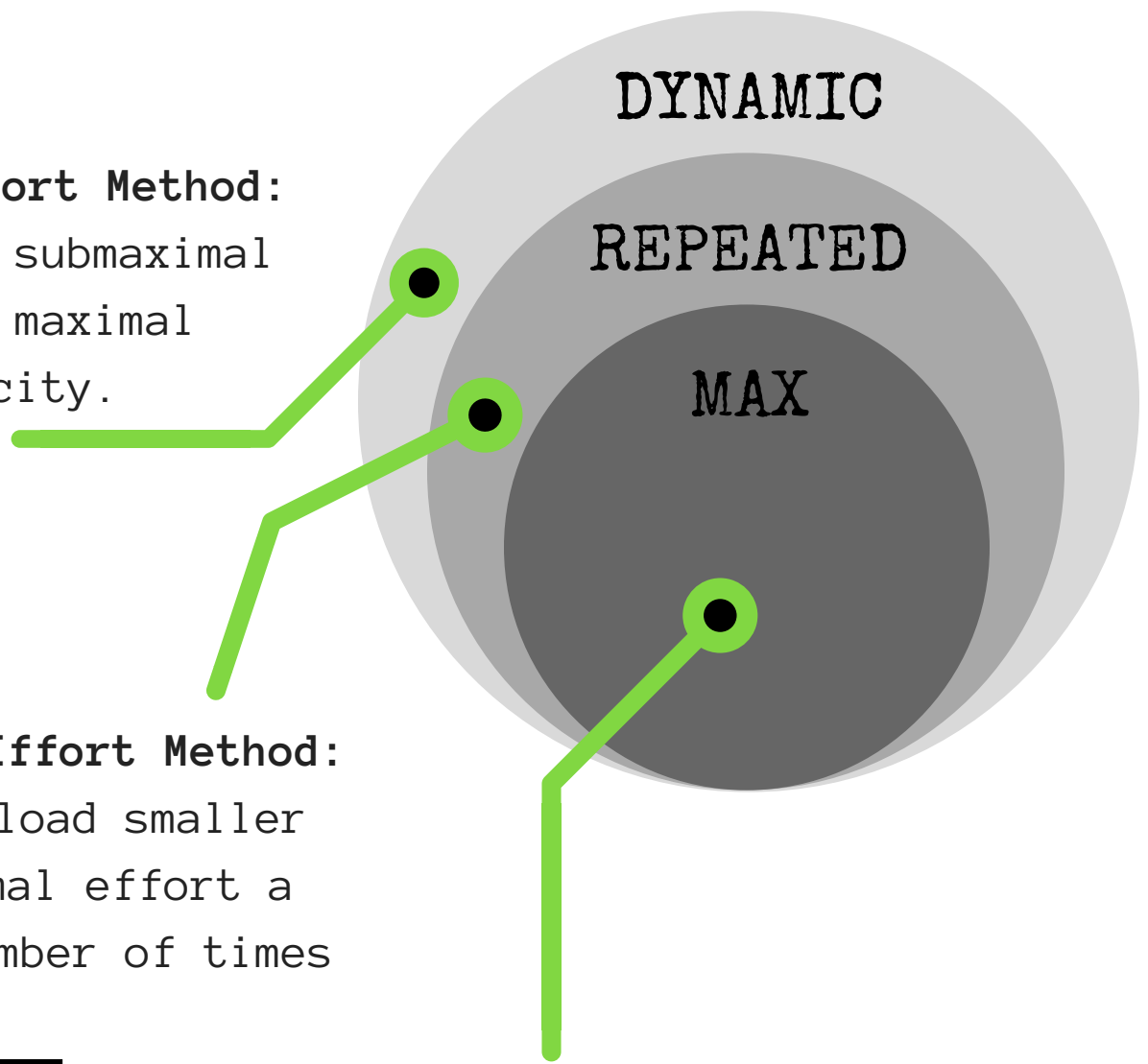
However, I always knew that I could run faster than the power lifter and lift more than the endurance athlete. There was just one problem...no one cared. There was no forum for, or proving grounds for being good at both, or being good at everything. I didn't necessarily love sport, I loved to train and now training has become the sport.



**Dynamic Effort Method:**  
lifting a submaximal  
load at maximal  
velocity.

**Submaximal Effort Method:**  
lifting a load smaller  
than maximal effort a  
repeated number of times

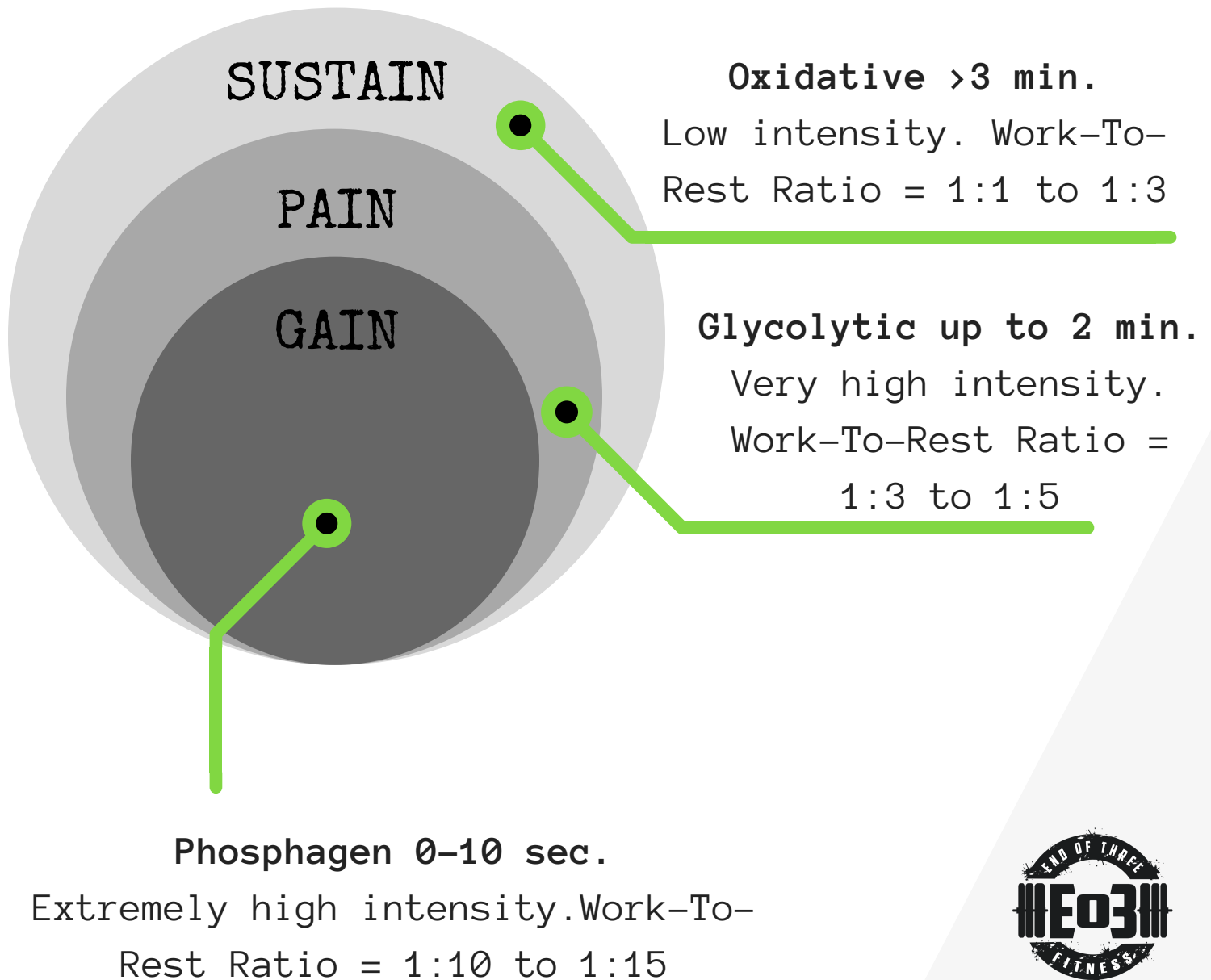
**Maximal Effort Method:**  
lifting a maximum load



# THE STRENGTH METHODS



# CONDITIONING METHODS





## FIT

- Submaximal Effort Method
- Max Effort Method
- Oxidative Conditioning
- Phosphagen Conditioning

## HEALTHY

- Submaximal Effort Method
- Oxidative Conditioning

## HARDER TO KILL

- Submaximal Effort Method
- Max Effort Method
- Dynamic Effort
- Oxidative Conditioning
- Phosphagen Conditioning
- Glycolytic Conditioning

# THE CONTINUUM





# PROGRAM AUDIT

- ☐ Does your current program have you reach maximum effort either in 1-Rep or multiple reps?
- ☐ Does your current program have you lift a submaximal load for a number of repetitions? This could be accessory or hypertrophy work.
- ☐ *\*Does your current program have you lift a lighter load explosively? Is there a speed (of the barbell) element in your strength program?*
- ☐ Does your current program have you do aerobic/endurance conditioning? This could be longer sustained efforts or longer repeated efforts in interval training?
- ☐ *\*Does your current program have you do glycolytic conditioning? Max effort bouts of up to 2 min followed by extended rest periods. The most painful type of conditioning.*
- ☐ Does your current program have you do very short, yet incredibly intense conditioning? This could be shorted repeated efforts on an Airdyne, Rower, Sprinting, or Sled.



# ONE BARBELL LIFE

We strive to keep things simple but never easy.

Our simple system is not the be-all and end-all of training. Rather, we strip away parlor tricks, unnecessary volume, and focus on what is most effective.

Our methods are not experimental or made up.

We have taken and refined some of the already proven methods from the best coaches and programmers in the world and refined it with our own athletes over the course of several years.

It's your starting point.

We keep our training time low and our intensity high.

Our System has been tested at every level of fitness; from CrossFit competitors, U.S. Special Operations Forces, Average Joes and Stay-at-home moms, cyclists, 50K trail runners and more.

Making it one of the only competition-faced, war-tested, life-proven and multi-sport used strength and conditioning systems in the world.

We're building better humans.





# THE E03 BENCHMARKS

Element	Competitor	Established	Recruit
Work Time	4+ hours	3+ hours	2+ hours
Deadlift	≥ 2x Bodyweight	≥ 1.5x Bodyweight	≥ 1x Bodyweight
Back Squat	≥ 1.75x Bodyweight	≥ 1.5x Bodyweight	≥ 1x Bodyweight
Front Squat	≥ 1.5x Bodyweight	≥ 1.25x Bodyweight	≥ .75x Bodyweight
Press	≥ 1x Bodyweight	≥ .75x Bodyweight	≥ .5x Bodyweight
Clean	> 1x Bodyweight	≥ .8-.9x Bodyweight	<i>Skill Practice*</i>
Snatch	> 1x Bodyweight	≥ .8-.9x Bodyweight	<i>Skill Practice*</i>
Jerk	> 1x Bodyweight	≥ .8-.9x Bodyweight	<i>Skill Practice*</i>
E03 5K	< 40:00	< 50:00	< 60:00
Strict Pull-ups	20+	10-15+	< 10
Strict Dips	20+	10-15+	< 10
2,000m Row	≤ 7:00	≤ 8:00	≤ 9:00
1.5 Mile Run	≤ 9:10	≤ 11:04	≤ 13:01
500m Row	≤ 1:35	≤ 1:50	≤ 2:00
400m Sprint	60 sec. (+/- 5)	75 sec. (+/- 5)	90 sec. (+/- 5)

**YOU NEED RULES THAT ARE NOT OPEN TO  
INTERPRETATION, PERSONAL INTUITION, GUT FEELINGS,  
HAIRS ON THE BACK OF YOUR NECK, LITTLE DEVILS OR  
ANGELS SITTING ON YOUR SHOULDERS.**

**RULES AND BENCHMARKS THAT CONTAIN NO AMBIGUITY.**



# SAMPLE LIFTING DAY

## BACK SQUAT

4 reps @ 60%

4 reps @ 70%

4 reps @ 75%

4 reps @ 85%

Advanced athletes do as many  
reps as possible on last set.

Short rest, then 4 reps EVERY  
MINUTE ON THE MINUTE for 10  
minutes @ 60%.



# A FULL WEEK OF FREE COACHING/WORKOUTS

NO TRIALS...

NO CREDIT CARDS...

NO SHENANIGANS...

**JUST SIGN UP (IT'S FREE)!**

**TAKE THE NEXT STEP**

