

The Bimodal 2-Week Fitness Alchemy

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Welcome to a workout schedule that will not only test your limits but also shatter them. If you're eager to evolve into the best version of yourself, physically and mentally, this dynamic 2-week workout plan is your blueprint. Designed to optimize your time and maximize your gains, this program focuses on strength, conditioning, and a touch of spirituality with meditation sessions.

Here's How to Use the Plan:

Alternating Weeks: This program is spread over two distinct weeks. Week 1 is meant to be followed on the 1st, 3rd, 5th, and 7th weeks of a 2-month cycle. Similarly, Week 2 should be carried out on the 2nd, 4th, 6th, and 8th weeks.

Progression: Start with weights you can manage for the prescribed number of repetitions. Each week, aim to increase the weights by a small increment, usually 1 to 2.5 kilograms (2.5 to 5 pounds) for upper body exercises and 2.5 to 5 kilograms (5 to 10 pounds) for lower body exercises. Always remember: quality over quantity.

Tempo: The tempo for each exercise is crucial. These numbers are not mere suggestions; they are part of the program's science. Adhering to them will ensure that you're getting the most out of each movement. Tempo refers to the speed at which you perform a single repetition and is usually represented by a series of four numbers like 4-0-1-0. The numbers signify:

First number: Time taken to lower the weight (eccentric phase)

Second number: Pause at the bottom

Third number: Time taken to lift the weight (concentric phase)

Fourth number: Pause at the top

No Ego Lifting: Let's be clear—this is not about showing off how much you can lift. The focus is on proper form, controlled movements, and mindful engagement of your muscles. Stick to the tempo, and keep your ego in check.

Remember, you're not just building muscle here; you're building a better you. As you progress through this regimen, you may notice not just physical changes but also an enhanced sense of well-being and mental clarity.

With that said, let's dive into the plan. Fasten your seatbelts; it's going to be an exhilarating ride toward an incredible you.

Happy lifting and even happier evolving!

Week 1

Day 1: Upper Pull + Lower Squat

Warm-up: 3 Sets

Scapular Pull-Ups: 10 reps

Ankle Mobility Drill: 10 reps each leg

Hip Circle Walks: 10 steps each direction

A. Strength:

Back Squat:

Sets: 4

Reps: 4-6

Rest: 3 minutes

Tempo: 4-0-1-0

B. Accessory (Superset):

B1. Chin-Ups (weighted if needed):

Sets: 3

Reps: 8-10

Rest: 1 minute

Tempo: 3-0-1-0

B2. Zercher Cyclist Squats:

Sets: 3

Reps: 10-12

Rest: 1 minute

Tempo: 3-1-1-0

C. Conditioning:

For Time:

21-15-9

Calorie Assault Bike

Calorie Row

Strict Toes to Bar

Day 2: Upper Push + Lower Hinge

Warm-up: 3 Sets

Wall Slides: 10 reps

Hip Hinge with Band: 12 reps

Wrist Circles: 10 each direction

A. Strength:

Frog Stance Deadlift:

Sets: 4

Reps: 4-6

Rest: 3 minutes

Tempo: 3-1-1-0

B. Accessory (Superset):

B1. Dumbbell Bench Press:

Sets: 3

Reps: 8-10

Rest: 1 minute

Tempo: 3-0-1-0

B2. Romanian Deadlifts:

Sets: 3

Reps: 10-12

Rest: 1 minute

Tempo: 4-0-1-0

C. Conditioning:

AMRAP in 15 mins:

15 Deadlifts (heavy)

12 Handstand Push-ups

9 GHD Sit-ups

12 cal Assault Bike or 250m Row (Concept 2)

Day 3: Active Rest Day

Outdoor Activities: Hiking or cycling for 30-60 mins

Mobility Work: Focus on hips and shoulders.

A 15-20 minute guided meditation to focus on breath and presence.

Day 4: Upper Push + Pull

Warm-up: 3 Sets

Push-up to Downward Dog: 8 reps

Banded Face Pulls: 10 reps

Scapular Push-Ups: 10 reps

A. Strength:

Weighted pull-ups:

Sets: 4

Reps: 4-6

Rest: 3 minutes

Tempo: 3-0-1-0

B. Accessory (Superset):

B1. Push Press:

Sets: 3

Reps: 8-10

Rest: 1 minute

Tempo: 2-0-1-0

B2. Bent Over Rows:

Sets: 3

Reps: 10-12

Rest: 1 minute

Tempo: 3-0-1-0

C. Conditioning:

4 Rounds for Time:

10 Ring Rows

10 Ring Dips

400m Run

30s Ring Plank

Day 5: Lower Body Hinge + Squat

Warm-up: 3 Sets

Good Mornings with Band: 10 reps

Cossack Squats: 5 each side

Prone Shoulder T's: 10 reps

A. Strength:

Snatch Grip Deadlift

Sets: 4

Reps: 4-6

Rest: 3 minutes

Tempo: 3-0-1-0

B. Accessory (Superset):

B1. Barbell Bulgarian Split Squats

Sets: 3

Reps: 10-12 each leg

Rest: 1 minute

Tempo: 3-1-1-0

B2. Good Mornings

Sets: 3

Reps: 10-12

Rest: 1 minute

Tempo: 4-0-1-0

C. Conditioning:

For Time:

21-15-9

Kettlebell Swings (heavy-moderate weight)

Box Jumps

Assault bike (calories)

Day 6: Shoulders, Arms, Core + Intensity

Warm-up: 3 Sets

Band Pull-Aparts: 10 reps

Banded Shoulder Dislocates: 10 reps

Plank to Push-Up: 8 reps

A. Strength:

Weighted Dips:

Sets: 4

Reps: 4-6

Rest: 3 minutes

Tempo: 3-0-1-0

B. Accessory (Superset):

B1. Seated Arnold Press:

Sets: 3

Reps: 8-10

Rest: 1 minute

Tempo: 2-0-1-0

B2. Barbell Bicep Curls:

Sets: 3

Reps: 10-12

Rest: 1 minute

Tempo: 2-0-1-0

C. Conditioning:

EMOM 15:

Minute 1: 15 Push-Ups

Minute 2: 15 Ring Rows

Minute 3: 10 Strict Toes to Bar

D. Metabolic finisher:

8 rounds:

20 seconds all-out Assault Bike, 10 seconds rest

Day 7: Rest - Full Rest Day

Week 2

Day 1: Upper Pull + Lower Squat

Warm-up: 3 Sets

Scapular Pull-Ups: 12 reps

Ankle Mobility Drill: 10 reps each leg

Quadruped Thoracic Rotations: 10 each side

A. Strength:

Front Squat:

Sets: 4

Reps: 4-6

Rest: 3 minutes

Tempo: 4-0-1-0

B. Accessory (Superset):

B1. Chin-Ups (weighted if needed):

Sets: 3

Reps: 8-10

Rest: 1 minute

Tempo: 3-0-1-0

B2. Bulgarian Split Squats:

Sets: 3

Reps: 10-12 each leg

Rest: 1 minute

Tempo: 3-1-1-0

C. Conditioning:

21-15-9:

Wall Balls

Chest-to-Bar Pull-Ups

Day 2: Upper Push + Lower Hinge

Warm-up: 3 Sets

YTWLs: 5 each

Single-leg Hip Thrust: 8 each leg

Forearm Stretch: 15 seconds each side

A. Strength:

Clean and Jerk:

Sets: 5-7

Reps: 1

Rest: 3-4 minutes

Tempo: X-0-X-0

B. Accessory (Superset):

B1. Incline Dumbbell Bench Press:

Sets: 3

Reps: 8-10

Rest: 1 minute

Tempo: 3-0-1-0

B2. Landmine Single Leg RDL

Sets: 3

Reps: 10-12

Rest: 1 minute

Tempo: 4-0-1-0

C. Conditioning:

AMRAP in 15 mins:

12 Power Cleans (moderate weight)

9 Strict Handstand Push-ups

6 Toes to Bar

Day 3: Active Rest Day

Mindful Yoga: Focus on breath and stretching for 30-45 mins.

Meditative Walk: Nurture your love for nature and spiritual development.

A 15-20 minute guided meditation to focus on breath and presence.

Day 4: Upper Body Push + Pull

Warm-up: 3 Sets

Banded Face Pulls: 12 reps

Push-up to Downward Dog: 10 reps

Rotator Cuff Internal/External Rotation: 10 each side

A. Strength:

Bench Press:

Sets: 4

Reps: 4-6

Rest: 3 minutes

Tempo: 3-0-1-0

B. Accessory (Superset):

B1. Pull-Ups:

Sets: 3

Reps: 8-10

Rest: 1 minute

Tempo: 3-0-1-0

B2. Ring Dips (scale down to regular dips, scale up with weighted):

Sets: 3

Reps: 8-10

Rest: 1 minute

Tempo: 2-0-1-0

C. Conditioning:

4 Rounds for Time:

10 Push-Ups

10 Ring Rows

500m Row

Day 5: Lower Body Hinge + Squat

Warm-up: 3 Sets

Banded Good Mornings: 12 reps

Lateral Leg Swings: 10 each leg

Prone I's: 10 reps

A. Strength:

Back Squat:

Sets: 4

Reps: 4-6

Rest: 3 minutes

Tempo: 4-0-1-0

B. Accessory (Superset):

B1. GHR:

Sets: 3

Reps: 8-10

Rest: 1 minute

Tempo: 3-0-1-0

B2. Calf Raises:

Sets: 3

Reps: 15-20

Rest: 1 minute

Tempo: 4-1-1-0

C. Conditioning:

For Time:

50 Air Squats

40 Lunges

30 Box Jumps

20 Back Raises

10 Calories Assault Bike (sprint)

Day 6: Shoulders and Arms

Warm-up: 3 Sets

Bicep Warm-up with Light Dumbbell: 10 reps

Tricep Warm-up with Light Dumbbell: 10 reps

Band Pull-Aparts: 12 reps

A. Strength:

Military Press:

Sets: 4

Reps: 4-6

Rest: 3 minutes

Tempo: 2-0-1-0

B. Accessory (Superset):

B1. Dumbbell Bicep Curl:

Sets: 3

Reps: 10-12

Rest: 1 minute

Tempo: 2-0-1-0

B2. Skull Crushers:

Sets: 3

Reps: 10-12

Rest: 1 minute

Tempo: 3-0-1-0

C. Conditioning:

EMOM 16:

Minute 1: 12 Lateral Raises

Minute 2: 12 Hammer Curls

Minute 3: 12 Overhead Tricep Extensions

Minute 4: 12 cal Assault Bike or 250m Row (Concept 2)

D. Metabolic finisher:

8 rounds:

20 seconds all-out Assault Bike, 10 seconds rest

Day 7: Rest - Full Rest Day