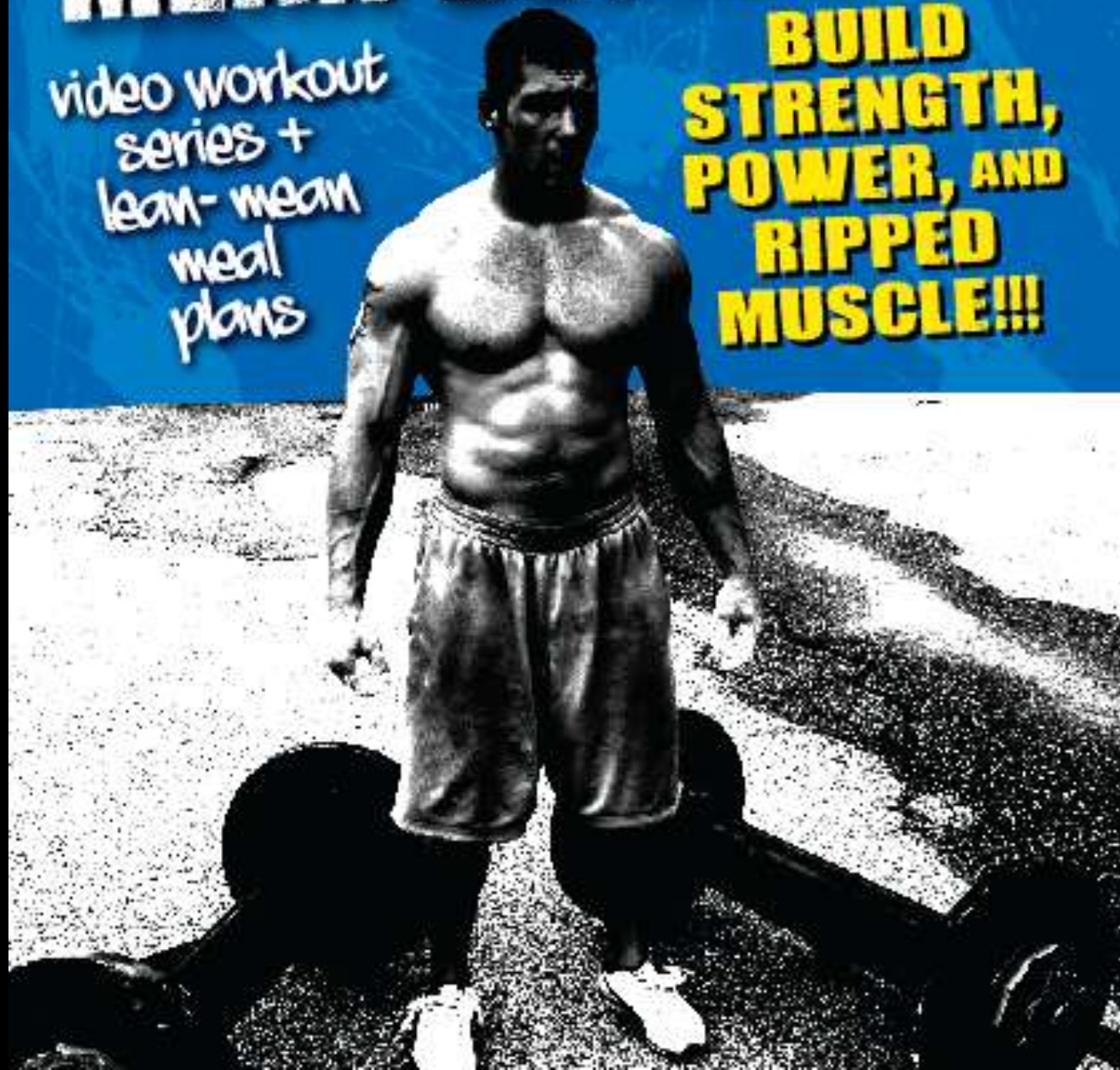


# THE LEAN AND MEAN BLUEPRINT

video workout series + lean-mean meal plans

**BUILD STRENGTH, POWER, AND RIPPED MUSCLE!!!**



This manual is being offered for education and information purposes only. There is inherent risk with any physical activity associated information mentioned in this book.

Please consult your physician before any type of exercise associated with this manual.

The Forged Athlete LLC or Travis Stoetzel cannot be held responsible for any injury that may occur while participating with information contained in this manual.

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**Hello and THANK YOU** for downloading your free copy of the “Lean and Mean Blueprint”.

Below you will find a series of 3 workouts that you can use to immediately help build more strength, muscle, power, and higher levels of conditioning. In addition, you’ll also be receiving *The LEAN and MEAN Eating Guide* you’ll be able to use to help aid in your journey.

The workouts I have supplied to you below are the very type of workouts I use myself as well as with my advanced level athletes and clients.

There are links supplied below the workouts to the detailed videos for further explanation and detail about the workouts

The best way to utilize these workouts would be to use them in a 3-4 week mini cycle where you would hit each workout 3-4 times progressing each time.

For example, you would do workout 1 on Monday, workout 2 on Wednesday, and then workout 3 on Friday. Repeat that schedule for 3-4 weeks until your progress slows or stops. After the 3<sup>rd</sup> or 4<sup>th</sup> week, you would take

a “deload/ recovery” week to help the body heal up and rest, then new series of workouts.

I wanted to share these workout with you to show you how I implement different types of strength and conditioning methods of training together.

If you want a FULL SYSTEM of workouts just like these that target building more muscle, strength, power, and conditioning all at once through athletic type workouts, you can check it out [HERE](#).

One important point to remember with these types of workouts is to ATTACK. Be aggressive and push the pace through your training. Don't hold anything back! Battle to increase on your performance each time you train!

ALWAYS be improving!

**Live Aggressive and Get Strong!**

**Travis**



TravisStoetzel.com

## Workout 1

- 1A) Broad Jump 5 x 5
- 2A) Bear Crawls 3-4 x 20-30 yards
- 3A) BW Push Ups 3-4 x submax
- 3B) BW Pull Ups 3-4 x submax
- 4A) KB or DB Swing 3 x 15
- 4B) Plank Variation 3 x max time
- 5A) Tire Sled Pulls 1 x 5-15 mins

LINK to VIDEO - <http://www.vimeo.com/14815461>

Password – hardcore22



## Workout 2

1A) Power Skips 3-4 x 20-30 yards

2A) 5 Yard Sprint Starts x 4-5

3A) Hand Walks 4-5 x 20 yards

3B) KB or DB 1 Arm Overhead Press 3-4 x submax

4A) recline Row 3-4 x subamx

4B) Power Circuit – 30 secs work w/ 15 sec rest x 4 rounds

- a) Power Band Pulls
- b) Double KB Swing
- c) Battling Rope
- d) KB / DB Push Presses
- e) KB High Pulls
- f) Battling Ropes

LINK to VIDEO - <http://www.vimeo.com/14830893>

Password – hardcore22



## Workout 3

1A) 20-40 Yard Sprints OR Hill Sprints x 8-10

2A) Sandbag Clean and Press 4 x 5-8

3A) KB or DB Goblet Squat 3 x 10

3B) Sandbag Lunge Walks 3 x 8-10/leg

4A) Sandbag Complex x 4 Rounds x 5 reps per exercise

a) SB Shouldering

b) SB Overhead Press

c) SB Zercher Squat

d) SB Bent Rows

e) Sandbag Carry to Failure

LINK to VIDEO - <http://www.vimeo.com/14934391>

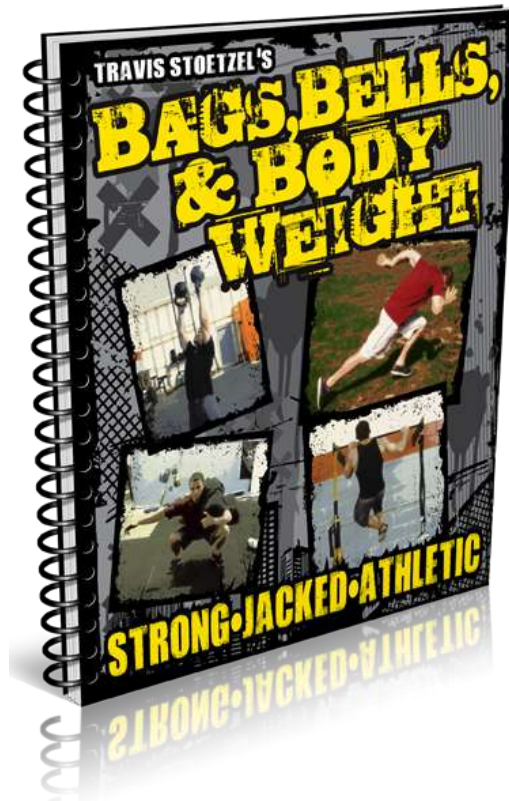
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## The Aggressive Strength Training Guide:



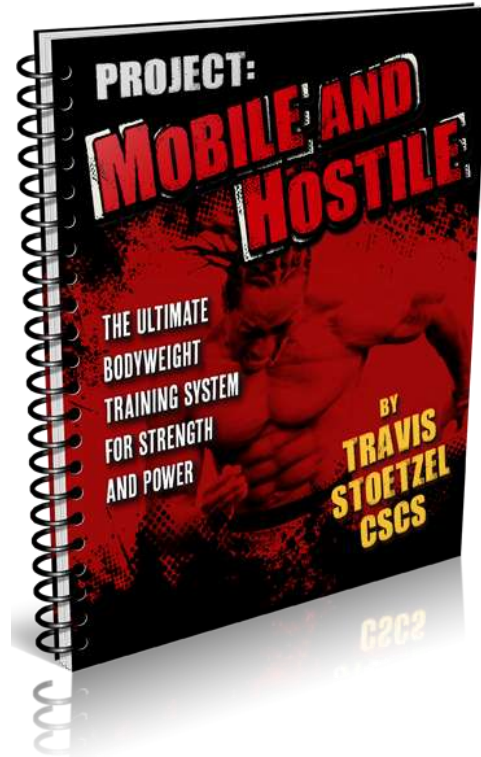
**Travis Stoetzel is a hardcore and aggressive strength coach located in Omaha, NE where he owns and operates The Forged Athlete Gym, which caters to highly dedicated athletes and serious lifters.** Below you can gain knowledge insight on the various tools and resources he uses to help turn his clients 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. Exceptionally 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!

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](#)



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!



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

[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](#)

[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](http://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 usually 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](http://EliteHardcoreCoachingProgram.com)