DOUBLE YOUR SQUAT

6 WEEK SQUAT CYCLE THAT BUILDS EXTREME STRENGTH

TRAVIS STOETZEL
The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the course of The DOUBLE Your Squat System, you are agreeing to accept full responsibility for your actions. By beginning and participating with The DOUBLE Your Squat System, you recognize that despite all precautions on the part of The Forged Athlete LLC, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against The Forged Athlete LLC or their respective affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of your program.

All rights reserved. No part of this manual may be reproduced (by any means) without the expressed written permission of Travis Stoetzel and The Forged Athlete LLC.

***If you are caught sharing this manual ANYWHERE without written consent, there will be LEGAL action taken without warning***

This manual is being offered for education and information purposes only. There is inherent risk with any physical activity.

Please consult your physician before starting this (or any) exercise program.

The Forged Athlete, LLC or Travis Stoetzel cannot be held responsible for any injury that may occur while participating in this program.

Copyright 2014 The Forged Athlete, LLC

www.TravisStoetzel.com DOUBLE Your Front Squat
OK, so let’s talk about how to **Double You’re Back Squat** or shall I say get your squat a whole **LOT STRONGER**!

I want to welcome you to the system.

Before we get into the nitty gritty here I just need to be clear on a few things...

**#1 – This program is TOUGH.** When it comes to getting yourself stronger (especially in squats) you need to be ready to “embrace the struggle”. This shouldn’t feel easy because if it does, you’re probably not going hard enough.

Seriously though, we’ll be doing a LOT of volume and a LOT of squatting so be ready.

The 6 Week Cycle I have laid out for you below is NO walk in the park as it was never designed to be as such, but just note that the hard work and effort you put into these 6 weeks will definitely pay off.

**#2 – Will YOU actually “DOUBLE your Squat”??**

This is all relative to YOU. I can say with complete honesty that I’ve had a handful of athletes double their squat or at least get very close to doing so after using this system. I can also say that I personally took my own squat from a measly 395 up to a lifetime PR of 445 after following this system.

For me to DOUBLE my squat, I’d have to be hitting close to 800 plus so again, it’s all relative to you.

If you’re more of a beginner and your squat isn’t very high, the progress you’ll see in time will be much LARGER to someone who’s already pretty advanced and already strong with a heavier squat.

The reason for this is due to the amount of potential growth and strength you have to gain so if you’ve already made a TON of progress in regards to your strength, you’ll already be closer to your overall strength potential thus making it a bit harder to make gains.

Now don’t get me wrong in thinking you won’t make gains if you’re already advanced (TRUST me - you will), just note that the results you get will all be relative to your current fitness and strength levels.

Either way you put it, you **WILL GET STRONGER**.

[www.TravisStoetzel.com](http://www.TravisStoetzel.com)  

DOUBLE Your Front Squat
Just know that you’re not only going to get STRONGER with your squat, but your whole body will be getting stronger as well.

I look forward to your progress!

Go 110% H.A.M.

Travis

**TRAINING LAYOUT AND EXPLANATION**

**Rule #1** is for you to follow this program from start to finish. DO NOT skip ahead as that will prevent you from getting the best results possible. Instead, follow the program as it’s laid out. *Simple enough right?*

In addition, you must COMMIT and DEDICATE yourself for the long haul. Don’t expect results to just magically appear in a few days. You need to work for it and EARN IT. Stick to the program for the FULL 42 Days.

**Explanation of Workouts:** Each of your workouts within the **DOUBLE Your Squat System** is outlined below. You’ll see a **1A, 2A** ect before each movement. When you see 2 or more of the same NUMBERS **[1A, 1B, 1C]** this means that these movements are joined together in either a superset OR circuit meaning you would perform 1A first followed by 1B) second, 1C next, and so on and so forth. You are allowed to take a break when you have completed ALL of the movements under that letter. Supersets and circuits are meant to have NO rest between movements. When there is just 1 number and 1 letter for a movement, that movement is done on its own, and you are allowed to rest between sets. Don’t worry as you progress, you’ll start to train with heavier weights while starting to feel even more explosive and in condition!

**How to Choose Your Weights:** When it comes to picking the amount of weight to use within your sets, follow these guidelines:

- make sure you can perform the lift with QUALITY technique
- make sure you can perform the allotted amount of reps
- if you’re missing reps in early sets, you’ve gone way too heavy too early
- always work off of the % that is listed UNLESS you’re breaking form and technique or the weight is simply too heavy

**Using Warm Up Sets (listed in more detail below with warm up):** You should always be performing anywhere from 3 to even 5 warm up sets before you get into
your actual work sets. This is all relative to your working set %. If it’s higher, you’ll want more warm up sets

For example:

Let’s say you’re working up to 75% x 5 reps (300 lbs) – Here’s what a warm up protocol might look like:

135 x 5 – warm up  
185 x 5 – warm up  
225 x 3 – warm up  
275 x 2-3 – warm up  
300 x 5 – set #1

DON’T be the idiot that slaps on 300 lbs without a warm up set and just gets after it. That’s asking for injury...

Recording Your Workouts: Make sure you are writing down each and every workout so you can see the weights you used, the reps you did, and the sets you completed.

It would be wise for you to get a notebook and make it your new HARDCORE training workbook OR use the specialized printout work sheets you received with this program!

If you’re not writing anything down, then you are wondering around blind! We must be able to measure your progress and the BEST way to do this is by writing and recording every training session we do down in a workbook. I would record the following:

- total time workout took to complete  
- reps completed OR missed on each movement  
- sets completed  
- and exercises completed

Simply copy down the workouts listed below and record as you go! You’ll be amazed at the progress you make overtime! Writing the workouts down and keeping track will serve as a great source of motivation so make sure you do it! Make NO EXCUSES here! This needs to be done for you to be most successful!

Pre and Post Workout Considerations: It’s very important that you include both a pre-workout and post workout soft tissue session as well as some mobility to end your training session.

www.TravisStoetzel.com

DOUBLE Your Front Squat
If you feel extremely tight and sore before you train, foam rolling / soft tissue work will help you loosen up.

It’s recommended you stretch AFTER your training session then foam roll again to help accelerate recovery.

***Just note to stretch and foam roll after every training session to be sure.

Here’s are two resources that will help you out for stretching and foam rolling:

>>> Foam Rolling

>>> Stretching and Mobility Work

**Rest Days and Listening To Your Body:** One of the main focuses within any training program I design is to make sure you DO NOT over-train your body. While these workouts are designed to brutally tough and challenging, it’s still your job to listen to your body.

When you feel beat up, stiff, and sore, you may need to rest. There’s a difference between feeling “lazy-tired” and fatigued. When you’re fatigued, it’s better you rest it out, let your body recover and come back the next day so you can get after it 110%.

When you feel “lazy-tired” wake the F-Up and get your ass into gear! ;)

When you are feeling fatigued, here’s resource you can use to help increase recovery:

>>> Salt and Ice Baths, plus Contrasts Showers
Part 1 - Intro: Getting STRONG As Sh*t

- Mobility and Efficiency Is EVERYTHING
- Progress and Patience is KEY
- RECOVERY is where it’s at
- If you want to get STRONG – you must COMMIT!

Part 2 - Intro To Stronger Squats

- Mobility and Efficiency Is EVERYTHING (did I say this yet?)
- The Hips, Shoulders, Ankles, Hammys
- Core Stability and Strength

Part 3 - What’s Your Squat Look Like?

- Squat Form – Tip and Tricks
- Prep Test (BW Squat, OH Squat, Double Pistol, Front Squat)
- High Bar VS. Low Bar

Part 4 – The Squat From A-Z

- Mind Prep – Must BE AGGRESSIVE - HATE The Bar!
- The Set Up “Getting Under The Bar”
- The Descent
- At Rock Bottom
- The Ascent

Part 5 – Squat Prep, Tips, and Tricks

- Mobility and Soft Tissue Work
- Banded Mobility
- CNS Prep for Sessions and 1RM Tests
- Gear – Shoes, Belts, Knee Sleeves (Check out RogueStrengthGear.com for details)

www.TravisStoetzel.com

DOUBLE Your Front Squat
Quick Notes:

- This program is designed to be done as laid out – do not add or subtract anything to it or from it in regards to squatting / lower body focused work like lunges, other squats, or a ton of conditioning.
- This program can be used as a “PLUG-IN” that you can use this in conjunction with your normal upper body based training and conditioning.
- Deadlifts are OK, but just know that deviating from this plan in any way could result in preventing you from getting the gains in strength you want.
- There’s 3 main training days a week– follow these in the exact order that their laid out taking a full day off from training your lower body in between.
- Before you begin, you will test your 1RM BACK SQUAT to see where your current PR is – this will make all the difference in your programming, as you’ll be basing a lot of the work you do off of your 1RM load.

Programing Overview / Notes:

The program is designed with 3 Days all devoted to squat – Day 1, 2, and 3.

An IDEAL set up would look like this:

Monday – Day 1
Tuesday – OFF / Upper Body
Wednesday – Day 2
Thursday – OFF / Upper Body
Friday – Day 3
Sat / Sunday – OFF

You could also move the 3rd Day to the weekend like this:

Monday – Day 1
Tuesday – OFF / Upper Body
Wednesday – Day 2
Thursday – OFF / Upper Body
Friday – OFF
Sat – Day 3
Sunday – OFF

It all depends on your preference and schedule, but you’ll definitely want to have at least 1 day in between sessions as rest.

www.TravisStoetzel.com DOUBLE Your Front Squat
Warm Up / Session Notes (Extra Review):

All of the sets listed are “work sets” and should be done ONLY after you’ve completed an appropriate amount of warm up sets.

Don’t over-do it on warm up sets, just make sure you get yourself prepared for the work sets listed and no more.

Here’s a perfect example set up if we were doing 5 x 5 @ 350 lbs

1 x 8  @ 135  
1 x 5 @ 185  
1 x 3 @ 225  
1 x 3 @ 275  
1 x 2 @ 315  
1 x 2 @ 335
Start Your WORK SETS

Main idea is to get the movement pattern down and prep the body for heavier loads.

No matter what the work set is at in regards to reps, always build up to around 10-15 lbs lighter than the working set weight by doing 2’s so you avoid burning yourself out.
The week prior, you’ll test your 1RM Back Squat making sure you have at LEAST 3 days of Rest before starting the DYS 6-Week Cycle

Here’s how your testing day should look:

1A) “Sprinter’s Warm Up” (Will be used for ALL sessions)

   CLICK FOR DEMO --> [http://www.youtube.com/watch?v=D1QU4LdnOkE](http://www.youtube.com/watch?v=D1QU4LdnOkE)

   a) Single Leg Step and Reach
   b) Lunge + Hamstring Stretch
   c) Walking Toe Grabs
   d) Walking Knee Grabs
   e) Toy Soldiers
   f) A Skips
   g) B Skips
   h) Single Leg Hops
   i) Side Shuffles
   j) Side To Side Lunges (Cossack Squats)
   k) Front to Back Leg Swings
   l) Side-to-Side Leg Swings
   m) Inch Worm to Sumo
   n) Short Sprints / Build Ups (if space available – if not – do not worry – just skip)

2A) Build Up To A Heavy Barbell Back Squat

   ***BE SMART and build up slow - take your time!
   *** Do reps of 5, 3, 2, then 1’s until you get to a max effort
   ***Give yourself 3 attempts to find a heavy 1RM and no more
   ***BEFORE YOU RE-TEST 1RM - Do a “SUPRAMAX WALK OUT”
   – this will help prime up your CNS to handle a heavier load (details within the Tips and Tricks Video)
**WEEK 1**

**Day 1**

1A) Sprinter’s Warm Up

2A) Low to Medium Height Box Jump 3 x 3
***Fast and explosive – rest only 20-30 secs between sets

3A) Back Squat 1 x 10 @ 65%, 2 x 8 @ 70%, 1 x 5 @ 75%
***REST 2 mins between sets and NO more

4A) Front Squat 3 x 5
***Make these a moderate to heavy 5 – NO misses

**Day 2**

1A) Sprinter’s Warm Up

2A) Standing Broad Jump x 10 Jumps Total
***Rest 15-20 secs between jumps – for max explosion and distance each rep

3A) Back Squat 3 x 6 @ 70%
***Rest only 60 secs between sets

4A) Bulgarian Squat 3 x 5 / Leg
***Make these a light to moderate reps
***Rest only 90 secs between sets

5A) Barbell Good Morning 3 x 10
5B) Hanging Knee Tucks 3 x 15
***Make the GM’s moderate weight but Not too heavy
***Rest only 60 secs between movements and sets

[www.TravisStoetzel.com](http://www.TravisStoetzel.com) DOUBLE Your Front Squat
Day 3

1A) Sprinter’s Warm Up

2A) DB Power Snatch 3 x 3 / Arm
***Moderate to HEAVY – focus is on moving FAST and EXPLOSIVE – not fatigue
***Rest 30-45 secs between sets

3A) Back Squat 1 x 5 @ 70%, 2 x 5 @ 75%, 1 x 5 @ 80%
***REST 2 mins between sets and NO more

4A) Front Squat 4 x 3
***Make these a heavy, but fast 3 – NO misses

www.TravisStoetzel.com
DOUBLE Your Front Squat
Week 2

Day 1

1A) Sprinter’s Warm Up

2A) Low to Medium Height Box Jump 3 x 3
***Fast and explosive – rest only 20-30 secs between sets

3A) Back Squat 1 x 10 @ 70%, 2 x 8 @ 75%, 1 x 5 @ 80%
***REST 2 mins between sets and NO more

4A) Front Squat 3 x 5
***Make these a heavy 5 – NO misses – heavier than last week if possible

Day 2

1A) Sprinter’s Warm Up

2A) Standing Broad Jump x 10 Jumps Total
***Rest 15-20 secs between jumps – for max explosion and distance each rep

3A) Back Squat 4 x 5 @ 75%
***Rest only 60 secs between sets

4A) Bulgarian Squat 3 x 5 / Leg
***Make these a light to moderate reps – heavier than last week
***Rest only 90 secs between sets

5A) Barbell Good Morning 3 x 12 – same weight as last week
5B) Hanging Knee Tucks 3 x 15
***Rest only 60 secs between movements and sets

www.TravisStoetzel.com

DOUBLE Your Front Squat
Day 3

1A) Sprinter’s Warm Up

2A) DB Power Snatch 3 x 3 / Arm
***Moderate to HEAVY – focus is on moving FAST and EXPLOSIVE – not fatigue
***Rest 30-45 secs between sets

3A) Back Squat 1 x 5 @ 75%, 2 x 5 @ 80%, 1 x 3 @ 85%
***REST 2 mins between sets and NO more

4A) Front Squat 4 x 3
***Make these a heavy, but fast 3 – NO misses
Week 3

Day 1

1A) Sprinter’s Warm Up

2A) Low to Medium Height Box Jump 3 x 3
***Fast and explosive – rest only 20-30 secs between sets

3A) Back Squat 1 x 10 @ 75%, 2 x 8 @ 80%, 1 x 4 @ 85%
***REST 2 mins between sets and NO more

4A) Front Squat 3 x 5
***Make these a heavy 5 – NO misses

Day 2

1A) Sprinter’s Warm Up

2A) Standing Broad Jump x 10 Jumps Total
***Rest 15-20 secs between jumps – for max explosion and distance each rep

3A) Back Squat 4 x 5 @ 80%
***Rest 2 mins between sets

4A) Bulgarian Squat 3 x 5 / Leg - heavier than last week if possible
***Rest only 90 secs between sets

5A) Barbell Good Morning 3 x 15 – same weight as last week
5B) Hanging Knee Tucks 3 x 15
***Rest only 60 secs between movements and sets

www.TravisStoetzel.com  DOUBLE Your Front Squat
Day 3

1A) Sprinter’s Warm Up

2A) DB Power Snatch 3 x 3 / Arm
***Moderate to HEAVY – focus is on moving FAST and EXPLOSIVE – not fatigue
***Rest 30-45 secs between sets

3A) Back Squat 1 x 5 @ 80%, 3 x 3 @ 85%
***REST 2 mins between sets and NO more

4A) Front Squat 4 x 3
***Make these a heavy, but fast 3 – NO misses
Week 4

Day 1

1A) Sprinter’s Warm Up

2A) Low to Medium Height Box Jump 3 x 3
***Fast and explosive – rest only 20-30 secs between sets

3A) Back Squat 1 x 8 @ 80%, 2 x 6 @ 85%, 1 x 3 @ 90%
***REST 2 mins between sets and NO more

4A) Front Squat 3 x 5
***Make these a heavy 5 – NO misses

Day 2

1A) Sprinter’s Warm Up

2A) Standing Broad Jump x 10 Jumps Total
***Rest 15-20 secs between jumps – for max explosion and distance each rep

3A) Back Squat 5 x 5 @ 85%
***Rest 2 mins between sets

4A) Bulgarian Squat 3 x 5 / Leg
***Make these a light to moderate reps – heavier than last week if possible
***Rest only 90 secs between sets

5A) Barbell Good Morning 3 x 15 – heavier than last week if possible
5B) Hanging Knee Tucks 3 x 15
***Rest only 60 secs between movements and sets

www.TravisStoetzel.com  DOUBLE Your Front Squat
Day 3

1A) Sprinter’s Warm Up

2A) DB Power Snatch 3 x 3 / Arm
***Moderate to HEAVY – focus is on moving FAST and EXPLOSIVE – not fatigue
***Rest 30-45 secs between sets

3A) Back Squat 1 x 4 @ 85%, 3 x 3 @ 90%
***REST 2 mins between sets and NO more

4A) Front Squat 4 x 3
***Make these a heavy 3 – NO misses
**WEEK 5**

**Day 1**

1A) Sprinter’s Warm Up

2A) Low to Medium Height Box Jump 3 x 3  
***Fast and explosive – rest only 20-30 secs between sets

3A) Back Squat 1 x 6 @ 85%, 1 x 4 @ 90%, 1 x 1-2 @ 95%  
***REST as much as needed in between sets

4A) Front Squat 3 x 5  
***Make these a heavy 5 – NO misses

**Day 2**

1A) Sprinter’s Warm Up

2A) Standing Broad Jump x 10 Jumps Total  
***Rest 15-20 secs between jumps – for max explosion and distance each rep

3A) Back Squat 5 x 3 @ 80%  
***Rest 2 mins between sets  
***These should feel FAST, EXPLOSIVE, and SMOOTH  
***Treat the weight as if it were extremely HEAVY – move fast and explosive but with CONTROL and TOTAL Body TENSION

4A) Bulgarian Squat 3 x 5 / Leg – same as last week  
***Rest only 90 secs between sets

5A) Barbell Good Morning 3 x 10 – heaviest possible  
5B) Hanging Knee Tucks 3 x 15  
***Rest only 60 secs between movements and sets

www.TravisStoetzel.com  
DOUBLE Your Front Squat
Day 3

1A) Sprinter’s Warm Up

2A) DB Power Snatch 3 x 3 / Arm
    ***Moderate to HEAVY – focus is on moving FAST and EXPLOSIVE – not fatigue
    ***Rest 30-45 secs between sets

3A) Back Squat 4 x 1 @ 95%
    ***REST as much as needed in between sets

4A) Front Squat 4 x 5
    ***Make these a moderate 5 – NO misses

www.TravisStoetzel.com DOUBLE Your Front Squat
Week 6

Day 1

1A) Sprinter’s Warm Up

2A) Low to Medium Height Box Jump 3 x 3
***Fast and explosive – rest only 20-30 secs between sets

3A) Back Squat 1 x 5 @ 75%, 1 x 2 @ 80%, 1 x 1 @ 85%, 1 x 1 @ 90%, 1 x 1 @ 95%, if you’re feeling real good – 1 x 1 @ 100%
***REST as much as needed in between sets

4A) Front Squat 3 x 5
***Make these a moderate to heavy 5 – NO misses

Day 2

1A) Sprinter’s Warm Up

2A) Standing Broad Jump x 10 Jumps Total
***Rest 15-20 secs between jumps – for max explosion and distance each rep

3A) Back Squat 6 x 2 @ 80%
***Rest 2 mins between sets
***These should feel FAST, EXPLOSIVE, and SMOOTH
***Treat the weight as if it were extremely HEAVY – move fast and explosive but with CONTROL and TOTAL Body TENSION

www.TravisStoetzel.com DOUBLE Your Front Squat
Day 3

1A) Sprinter’s Warm Up

2A) DB Power Snatch 3 x 3 / Arm
***Moderate to HEAVY – focus is on moving FAST and EXPLOSIVE – not fatigue
***Rest 30-45 secs between sets

3A) Back Squat 1 x 10 @ 65%, 1 x 8 @ 70%, 1 x 6 @ 75%
***REST only 90 secs between sets
***Treat the weight as if it were HEAVY – move fast and explosive but with CONTROL and TOTAL Body TENSION
Retest Week

After at least 3-4 full days REST – **RETEST your 1RM Back Squat (Yeah BABY!)**

1A) Sprinter’s Warm Up

2A) Low to Medium Height Box Jump 3 x 3
***Fast and explosive – rest only 20-30 secs between sets

3A) BREAK YOUR OLD Back Squat PR
***BE SMART and build up slow - take your time, but **be on a MISSION**!
***Do reps of 5, 3, 2, then 1’s until you get to a max effort
***Give yourself 3 attempts to BREAK your OLD PR
***BEFORE YOU RE-TEST 1RM - Do a “SUPRAMAX WALK OUT”
– this will help prime up your CNS to handle a heavier load (details within the Tips and Tricks Video)

***AFTER YOUR BUST YOUR OLD PR #'s UP, SEND YOUR NEW PR RESULTS IN***

-Just shoot me your results over to TheForgedAthlete@gmail.com

Looking forward to it!

**GO 110% H.A.M.**