

Nick Bare Hybrid Training Program Free

EMBRACE THE SUCK

12-WEEK

WWW.NICKBAREFITNESS.COM

Program Overview: This week is a lower body, pull and push split. The split is 3 days but should be completed twice in one week for a total of 6 workout days and one rest day.

LOWER

EXERCISE	REPS	SETS	NOTES						
Leg Extension	10-15	5	*Pre exhaustion before going in to squats.						
Leg Curl	10-15	5							
Barbell Squats	5	5							
Barbell Squat - Bodyweight	AMRAP	1	*After completing 5 x 5 do an AMRAP (as many reps as possible) with your bodyweight on the bar.						
Barbell Lunges	10	4	*10 walking steps on each leg. Focus on glute contraction.						
Hanging Leg Raises	AMRAP	4	*Core work						
Cable Crunches	20	4							

Nick Bare Hybrid Training Program Free is a popular fitness approach that combines elements of strength training and endurance workouts, designed for those looking to build muscle while improving their cardiovascular fitness. Developed by fitness entrepreneur Nick Bare, this program has gained traction among fitness enthusiasts for its structured yet flexible nature. In this article, we will explore the key components of the Nick Bare Hybrid Training Program, its benefits, how to get started, and tips for maximizing your results.

The Philosophy Behind the Hybrid Training Program

The Hybrid Training Program is rooted in the philosophy that optimal fitness can be achieved by blending strength and endurance training. Nick Bare emphasizes a balanced approach, where participants can enjoy the benefits of both worlds. This program is particularly appealing to athletes or fitness enthusiasts who want to prepare for events that require both strength and stamina, such as obstacle course races, triathlons, or general fitness challenges.