



# THE ULTIMATE LANDMINE PROGRAM FULL BODY TRAINING PROGRAM

# THE ULTIMATE LANDMINE PROGRAM PREVIEW

Landmine training and the countless exercises you can perform are badass, empowering, and extremely beneficial, and can be a key component in your training arsenal. While using a landmine attachment is great, it is not mandatory. You can rest the barbell against a secure surface like a wall, box/other object, or on a no-slip surface. So really, all that is required to perform landmine exercises is a barbell and perhaps several weight plates. To be very clear, you absolutely need to be sure that the bar is in a stable position and will not slip. This IS necessary.

In case you are unfamiliar with landmine exercises, they involve an angled barbell movement. One end of the barbell is in a fixed position on the ground (or in a landmine attachment), and the opposite end of the barbell is held by the trainee.

## BENEFITS OF LANDMINE EXERCISES

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**Efficient** - You can often seamlessly transition from one exercise to the next, so you can get more done in less time. Who doesn't want that?

**Minimal Equipment Required** - All you need is a barbell and perhaps several weight plates. You may also use a band to provide additional resistance. While having a landmine attachment is great, it is not mandatory.

**Friendlier For Developing And Advancing Lifters** - Landmine exercises mimic many movements that are done with barbells and dumbbells, but are often easier to learn. This is largely due to the fixed position of the one end of the barbell, and the natural arc that the barbell travels. As a result,

landmine exercises can often be performed by a greater number of trainees since they cater to a wider range of fitness levels and abilities.

**Target Most Fundamental Movements** - Landmine exercises can be extremely useful in helping trainees master most of the key fundamental movements (squatting, hinging, lunging, pushing, pulling). Due to the more stable and predictable nature of the bar-path, trainees are often able to use more resistance than they would during similar variations that involve a barbell or dumbbells. This can mean more progressive overload and better results!

**Bridge The Gap Between Many Variations Of The Same Movement** - Landmine exercises can be a great way to regress or progress movements, and can bridge the gap between many movements. Here is a great example using the squatting movement. While someone might not be ready to perform barbell squats, they have mastered goblet squats, and have reached the maximum amount of weight they are able to hold in the goblet position. This is often a barrier many trainees encounter. In essence, their upper body strength becomes the limiting factor, and restricts the amount of weight they are able to lift using their lower body.

Landmine squats can be a viable option as they often allow trainees to use significantly more weight than they'd otherwise be able to use during goblet squats. Also, if this is a goal of theirs, landmine squats can sometimes serve as a stepping stone to helping trainees progress to performing barbell squats.

**Low Intimidation Factor** - Let's face it, not everyone has the desire to perform barbell lifts, and there is nothing wrong with this whatsoever. Many barbell lifts can be intimidating, and feeling pressured to perform them can lead many people to shy away from strength training. As I discussed above, landmine exercises provide similar benefits to many of the barbell exercises, and are much less daunting to perform. Training should be fun and empowering, and should not bring people needless stress.

### **Provide Many Great Alternatives To Unsupported Pressing**

**Movements -** Landmine exercises can allow trainees to perform many barbell or dumbbell exercises they might not otherwise be able to perform safely, effectively, and confidently. Overhead pressing is a great example. This is a movement many trainees of all fitness levels and abilities struggle to execute, and for a wide array of reasons. The great news is that there are many different landmine pressing variations that provide similar benefits to overhead pressing, and other unsupported pressing movements. In some instances, performing landmine pressing movements can bridge the gap, and can help some trainees progress to eventually being able to execute overhead pressing or other unsupported pressing movements.

**Provide Similar Benefits To Many Olympic Lifts -** Landmine “power” exercises can be a great tool for athletes, and often provide similar benefits to Olympic lifts, but are easier to learn, and are generally lower risk. As a result, because explosiveness is a key component in enhancing performance in many sports, and even in every-day life, many more people will be able to reap the benefits of power training.

**Injury Recovery/Training Around An Injury -** Due to the fixed position of one end of the barbell and the more stable and predictable bar path, landmine exercises can sometimes be an extremely valuable tool to use during injury recovery. Depending on the nature and severity of the injury, performing landmine exercises may allow trainees to work around their injury, and help them perform similar movements they might not currently be able to do using a barbell or even dumbbells. Landmine exercises can also be a valuable aid in injury recovery. To be clear, if you are dealing with any sort of injury or issue, make sure you get clearance from a qualified physician before you participate in any training program, including this one.

**Conditioning -** Once you are extremely technically proficient at performing 100% of the exercises in this program, and have developed the necessary levels of full body strength, controlled mobility, and stability, you may progress to performing conditioning circuits where you do each superset I’ve provided without rest (or less rest) between the 3-4 sets. Reducing your rest between sets will make the workout more conditioning-based.

To be clear, your tempo while performing each exercise should remain roughly the same, as rushing each rep and chasing exhaustion will make you more prone to suffering breakdowns in form. This is not ideal, and is not conducive to achieving optimal results. It is extremely important that you maintain your best form for 100% of the reps, so rest for as long as necessary. Form should be your top priority. Also, you will likely need to use less weight.

## WHAT YOU WILL GET WITH MY ULTIMATE LANDMINE PROGRAM

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Due to the popularity and effectiveness of The Ultimate Pull-Up Program, which is currently being followed by thousands of people from 63 countries worldwide, and also the overwhelming amount of positive feedback my program has received, the design and layout of *The Ultimate Landmine Program* is very similar. With 100% of the exercises in this program, you will get an extremely detailed written description/coaching tips, a video, and a photo. I want you to feel as if you are working with me in person.

*The Ultimate Landmine Program* is extremely comprehensive, and I did not leave any stones unturned. *The Ultimate Landmine Program* has been broken into 2 phases, each phase coming with 3 different full body workouts. Each phase can last anywhere from 8-12 weeks, but there is no set timeline. If it takes you slightly longer to progress to the next phase, or slightly less, there is absolutely nothing wrong with



this at all. Also, you are more than welcome to follow each phase for as long as you like.

Remember, it is very important that you focus on mastering every movement, and executing 100% of your reps with your best form. Focus on form, not fatigue. This is key.

In each phase, I have given you exercises that will help you:

- 1) Improve your lower body strength.
- 2) Improve your upper body strength.
- 3) Improve your full body power.
- 4) Improve your scapular and shoulder controlled mobility (and stability).
- 5) Improve your lumbo-pelvic stability/core strength. This includes the glutes.
- 6) Improve your grip strength.
- 7) Improve your upper body muscle hypertrophy.
- 8) Improve your lower body muscle hypertrophy.

### **But This Is Not All...**

Also, as I am never one to leave any stones unturned, I included a 36 page bonus section of supplemental exercises. These exercises can be done as part of your warm-up, after you've performed each landmine workout, or on "off-days."

These exercises require minimal equipment, and address different key components, including:

1. Lumbo-pelvic stability
2. Adductor strength
3. Psoas strength
4. Hamstring strength (particularly eccentric)
5. Shoulder and scapular controlled mobility (or stability)
6. Elbow health
7. Foot strength and stability



## SAMPLE EXERCISES

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Here are 4 exercises that are part of my extremely detailed and thorough *The Ultimate Landmine Program*, and 1 exercise that is part of the bonus supplemental exercise section. In *The Ultimate Landmine Program*, you will get 36 different landmine exercises, so this is just a tiny sample of what you can expect in my full landmine program. I provided several exercises from each phase of the program.

*The Ultimate Landmine Program* is over 100 pages in length, and as I just mentioned, comes with an additional 36 pages of bonus material. I think you will be delighted with my full program, and the great value I provide.

Lastly, if you are a coach, *The Ultimate Landmine Program* will be a fantastic resource for you to have at your disposal. *The Ultimate Pull-Up Program* was intentionally created with this objective in mind, as was *The Ultimate Landmine Program*.

### LANDMINE REVERSE LUNGES + SINGLE ARM PRESSES

Goal: Improve full body power, shoulder and scapular controlled mobility, and lumbo-pelvic stability.

### Coaching Tips:

- Set up a barbell so it is lengthwise, and is in line with your armpit. You may anchor the barbell against a stable surface like a wall, weight plate, or box, or on a no slip surface. You may also use a Landmine attachment.
- Stand so your feet are approximately hip width apart, but figure out what foot width works and feels best for you.
- Form a tripod base by placing your weight on the mid to back portion of your foot, and keep your toes down, particularly your big and baby toes. These parts of your foot should remain in contact with the floor for the duration of the exercise. Pretend you are suctioning or screwing your foot to the ground.
- If you want to target more quads (as in photo/video), adopt a more upright torso position, a shorter distance between your front and back foot, and place the knee of your front/working leg so it is in closer proximity to your toes (if this feels good). If you want to target more posterior chain, adopt more of a forward lean in your torso (but not too much), a greater distance between your front and back foot, and place the knee of your front/working leg so it is farther away from your toes (closer to your heel).
- Before you go, take a deep breath in (360 degrees of air around your spine), brace your core (360 degree brace around your spine), and tuck your ribs towards your hips (close the space in your midsection). This will help stabilize your hips and spine.





- Now perform a reverse lunge and lower yourself down to your full depth (a range where you are able to maintain proper form). As you are pressing away from the floor with your lower body and are returning to the starting position, extend your elbow and press the barbell to a range where you are able to maintain proper form. Make sure the barbell stays in line with your armpit.
- Exhale after you have pressed away from the ground and are approaching the top position.
- Once you are in the top position of the lunge, “row” the barbell back in to your body, and “reset” before the next rep.
- Do not keep your shoulder blade pinned. It is meant to move.
- During the lunge, keep the weight close to your armpit. Pretend you are trying to crush something in your armpit. This will help stabilize your upper body and will help keep the weight from leaving your body.
- For the duration of the exercise, your head, torso, and hips should remain in a stacked position. Do not allow your lower back to hyperextend or round, ribcage to flare, or your torso, spine or hips to rotate. Your hips should remain in a level position (I love to use the water glass analogy).
- Maintain control at ALL times. The same goes with the lockout.
- Do not allow your knee to fall inside or outside of your foot. Also, in many instances it is perfectly all right if your knee is above, or even slightly in front of your toes. The key is that you do not allow your weight to shift to the front of your foot, and for your heel to leave the ground.

#### Regression:

Make this exercise easier by using less weight, or by performing the exercise less explosively.

#### Progression:

Make this exercise more challenging by using more weight, or by performing the exercise more explosively.

## VIDEO

**Prescription:** 3-4 sets of 6-8 reps per side. Do a warm-up set using the bar, and another using 50% of your working weight.

# LANDMINE SINGLE ARM ROWS IN PLANK POSITION

Goal: Strengthen the mid and upper back, improve grip strength, shoulder and scapular controlled mobility (and stability on the planted side), and lumbo-pelvic stability.

If you are performing this exercise correctly, the muscles in your mid and upper back, not your arm, should be doing the majority of the work. Also, aside from the arm that is performing the rowing movement, the rest of your body should remain in a fixed position for the duration of the set.

## Coaching Tips:

- Set up a barbell so it is lengthwise, and is in front of your body. You may anchor the barbell against a stable surface like a wall, weight plate, or box, or on a no slip surface. You may also use a Landmine attachment.



- Get into a plank position with your hand on a bench, and feet on the floor. Spread your fingers, and pretend you are suctioning your hand to the bench. Aim to keep your feet about hip to shoulder width apart.
- Set your body so it is in a straight line from your head to heels, and maintain this position for the duration of the exercise. Make sure that your torso and hips are square to the ground.
- Before you initiate the row, take a deep breath in (360 degrees of air around your spine), brace your core (360 degree brace around your spine), tuck your ribs towards your hips (close the space in your midsection), and squeeze your glutes. This will help stabilize your hips and spine.
- Initiate the movement by using the muscles in your mid and upper back and draw your shoulder blade in towards the spine (retract). Do not initiate the movement with your arm, and do not use excessive momentum.
- In the top position, do not allow your elbow to flare out; instead keep it close to your side.
- Lower the barbell with control, and make sure you keep your shoulder from collapsing. During the lowering/eccentric component, do not keep your shoulder blade pinned. It is meant to move, and should perform the reverse movement (protraction) as it did during the rowing/concentric component.
- Pay attention to your non-working/supporting side. Push away from the bench and protract your shoulder blade (move it away from the spine). Do not mindlessly hang out.
- For the duration of the exercise, your head, torso and hips should remain in a stacked position. Do not allow your lower back to hyperextend or round, ribcage to flare, or your torso, spine or hips to rotate. Your torso and hips should remain square to the ground.
- Exhale right after you have initiated the rowing movement; you may inhale/"reset" as the barbell is returning to the starting position, or hold your breath for the duration of the rep, exhaling, inhaling, and re-setting between reps. Do what works and feels best for you.

Regression:

Make this exercise easier by using less weight.

Progression:

Make this exercise more challenging by using more weight.

VIDEO

**Prescription:** 3-4 sets of 8 reps per side. Do a warm-up set using the bar, and another using 50% of your working weight.

## LANDMINE STAGGERED STANCE DEADLIFTS

Goal: Strengthen the posterior chain muscles, improve grip strength, shoulder and scapular stability (both should remain in a relatively fixed position for the duration of the movement), lumbo-pelvic stability, and balance.

In this variation, the leg that is ahead should be doing the majority of the work.

Coaching Tips:

- Set up a barbell so it is lengthwise, and is just outside of your leg. You may anchor the barbell against a stable surface like a wall, weight plate, or box, or on a no slip surface. You may also use a Landmine attachment.
- Place your feet so one foot is ahead, and the other foot is slightly behind. Adopt your preferred foot width and positioning.
- Hold onto the top of the barbell with the hand that is on the same side of your body as the forward leg. Keep your arms rigid, engage your lats, and pretend you are crushing something in your armpits.
- Establish a tripod base on the foot that is ahead (keep weight on the mid to back portion of your foot and keep all of your toes in contact with the ground, particularly your big and baby toes). These parts of your foot should remain in contact with the floor for the duration of the exercise. Pretend you are suctioning or screwing your foot to the ground. You should be on the forefoot of your back foot.
- Before each rep, take a deep breath in (360 degree breath around your spine), brace your core (360 degree brace around your spine), and tuck your ribs towards your hips (close the space in your midsection).



- Initiate the movement with your hips and push them backwards as far as you can. Imagine a rope is pulling your hips backwards or that you are trying to press your hips back against a wall. Do not perform the movement by squatting, rounding your back, dropping your chest towards the ground, or a combination of the above.
- When you reach your full range, engage your posterior chain muscles and press your body away from the floor and back to the starting position. Lower does not mean better if your form deteriorates. Go to a range where you can maintain proper form.
- Exhale after you have pressed away from the ground and are approaching the top position.
- Perform the lockout by squeezing your glutes and hamstrings and extend your hips, and extend your knee.
- The weight should not travel ahead of your body. This could mean you are not performing the hinge properly, or are not engaging your lats. For the duration of the exercise, keep your arms rigid, lats engaged, and pretend you are crushing something in your armpits.
- For the duration of the exercise, your head, torso and hips should remain in a stacked position. Do not allow your lower back to hyperextend or round, ribcage to flare, or your torso, spine or hips to rotate. Your torso and hips should remain square to the ground.
- Do not allow your knees to fall inside or outside of your feet.

#### Regression:

Make this exercise easier by using less weight.

#### Progression:

Make this exercise more challenging by using more weight, or by performing negative reps and taking 3-5 seconds to perform the eccentric component of the movement.



## VIDEO

**Prescription:** 3-4 sets of 6-8 reps per side. Do a warm-up set using just bodyweight, and another using 50% of your working weight.

## LANDMINE REVERSE NORDIC CURLS

**Goal:** Strengthen the quads (particularly eccentrically), improve shoulder and scapular stability (both should remain in a relatively fixed position for the duration of the movement), and lumbo-pelvic stability.

To be very clear, you should be proficient at performing the bodyweight movement before you add the landmine component. You can even start out by performing the bodyweight eccentric component alone, and can use assistance on the way up. Once you have mastered this, you can perform both the eccentric and concentric components using your bodyweight. Finally, once you are able to excel at performing both the eccentric and concentric components using your bodyweight, you can add in the landmine component.

**If this movement bothers your knees, swap it out and replace it with negative landmine squats or landmine squats with band resistance.**



### Coaching Tips:

- Set up a barbell so it is lengthwise, and is in line with the center of your body. You may anchor the barbell against a stable surface like a wall, weight plate, or box, or on a no slip surface. You may also use a Landmine attachment.
- Get into a tall kneeling stance. Adopt your preferred knee width. Your head, torso, hips, and knees should be in a stacked position. While I prefer to keep my feet plantarflexed, do what works and feels best for you.
- Grab onto the top portion of the barbell, and extend your arms so they are in an overhead position. This will be the starting position.
- Before each rep, take a deep breath in (360 degrees of air around your spine), brace your core (360 degree brace around your spine), tuck your ribs towards your hips (close the space in your midsection), and squeeze your glutes. This will help stabilize your hips and spine.
- Now, while keeping your body in a stacked position from your head to knees, take 3-5 seconds and use your quads to control the movement as you lower your body down to your full range. Use a range that allows you to maintain proper form. This is extremely important.
- Once you've hit the bottom position, use your quads to bring your body back to the starting position. In the bottom position, your arms and torso should form about a 90 degree angle.
- The more you lean back, the more challenging the movement will be. Conversely, the more upright your body remains, the easier the movement will be. Start out very conservatively.
- Exhale after you have pressed away from the ground and are approaching the top position.
- For the duration of the exercise, your head, torso, hips, and knees should remain in a stacked position. Do not allow your lower back to hyperextend, ribcage to flare, your torso, spine or hips to rotate, or your weight to shift from knee to knee.

### Regression:

Make this exercise easier by using less weight, by using a smaller range of motion/keeping the body more upright, or by using bodyweight only. Remember, **ONLY** add in the landmine component once you've mastered the movement with your bodyweight, **NOT** before. This is extremely important.

### Progression:

Make this exercise more challenging by using more weight, or by using a greater range of motion/leaning back more.

### VIDEO

**Prescription:** 3-4 sets of 5-8 reps. Do a warm-up set using just your bodyweight.

## **BIRD DOG + BAND AROUND FEET**

Goal: Improve lumbo-pelvic stability, and shoulder and scapular stability.

### Coaching Tips:

- Place a resistance band around your forefeet.
- Get on your hands and knees. Your head, torso and hips should be in a stacked position, thighs in a vertical position, and chin tucked. Your knees should be positioned so they are approximately your regular walking/running width apart.



- Set your hands so they are roughly shoulder width apart, and are directly below your shoulders. Spread your fingers, and pretend you are suctioning them to the floor.
- Before each rep, take a deep breath in (360 degrees of air around your spine), brace your core (360 degree brace around your spine), tuck your ribs towards your hips (close the space in your midsection), and squeeze your glutes.
- Now steadily exhale through your mouth, lead with your heel and extend one leg backwards, and simultaneously reach forward with your opposite arm. Pause for a count when you are in this extended position. Return your arm and leg to the starting position. You may either alternate sides, or you may perform all of the reps on one side before switching sides.
- Do not lift your arm or leg too high as this can cause your spine to hyperextend. Parallel to the ground is often a good height.
- Keep the leg that is extending close to the midline of your body, and dorsiflex your foot. This will help keep your torso and hips square to the floor.
- As a main objective of this exercise is to generate full body tension, contract your lats, muscles between your shoulder blades, arm, and leg.
- Pay attention to your non-working/supporting side. Push away from the floor and protract your shoulder blade (move it away from the spine). Do not mindlessly hang out.
- For the duration of the exercise, your head, torso, and hips should remain in a stacked position. Do not allow your lower back to hyperextend or round, ribcage to flare, torso, spine or hips to rotate, or weight to shift from leg to leg. Your torso and hips should remain square to the ground.

Regression:

Make this exercise easier by using a band with less resistance.

Progression:

Make this exercise more challenging by using a band with more resistance.

[VIDEO](#)

**Prescription:** 3 sets of 5-10 reps per side.