ALPHA TRAINER · HALLOWEEN WARRIOR EDITION

FREE · HALLOWEEN

REAPER PROTOCOL

Full Body Extreme · Monsters are made, not born.

FULL BODY | HIGH DIFFICULTY | HALLOWEEN EDITION

LIFTS	REAPER ROUNDS	MINUTES
05	04	~75

01 HAUNTED ASCENT · WARM-UP

7 MIN

·	INCLINE TREADMILL WALK	DURATION 7 min			10–12% incline, brisk. Swap: rower, easy to moderate.

02 CRYPT CORE · CORE ACTIVATION

3 ROUNDS · REST 30 S BETWEEN ROUNDS

01	DEAD BUG	ROUNDS 3	REPS 8 / side		Low back pinned, full exhale on each reach.
02	SIDE PLANK	ROUNDS 3	HOLD 25 s / side		Hips stacked, straight line head to heel.

03 BONE ARMOR · PREHAB

1 ROUND · SHOULDER HEALTH

01	BAND EXTERNAL ROTATION	SETS 1	REPS 12 / side		Light band, tempo 2-1-2.
02	BAND INTERNAL ROTATION	SETS 1	REPS 12 / side		Light band, smooth and pain-free.
03	BAND PULL-APART	SETS 1	REPS 15	REST 30 s	Arms straight, 1 s squeeze.

04 GRAVEYARD SHIFT · MAIN LIFTS

STRAIGHT SETS · LOG EFFORT 1–10

01	BARBELL BACK SQUAT	SETS 2 + 3	REPS 8, 5 / 6	REST 150 s	Warm-ups ~40% and ~65%. Working sets tempo 3-1-1, 2 RIR. Swap: safety bar or goblet squat.
02	ROMANIAN DEADLIFT	SETS 3	REPS 8	REST 120 s	Tempo 3-1-1, 2 RIR. Swap: dumbbell RDL.
03	STRICT PULL-UP	SETS 3	REPS 6–8	REST 120 s	1–2 RIR, no kipping. Add load at 8 clean reps. Swap: band-assisted or lat pulldown.
04	INCLINE DUMBBELL PRESS (30°)	SETS 3	REPS 10	REST 90 s	Tempo 3-1-1, 1–2 RIR. Swap: feet-elevated push-up or machine press.
05	DUMBBELL WALKING LUNGE	SETS 2	REPS 10 / side	REST 90 s	2 RIR. Swap: reverse lunge in place.

05 REAPER ROUNDS · FINAL ROUND CIRCUIT

4 ROUNDS · 4:30 WORK / 1:00 REST

01	ROWER	DOSE 2 min			Swap: air bike 2 min.

02	KETTLEBELL SWING	DOSE 15	Hip snap, bell to chest height.
03	SLED PUSH	DOSE 15 m × 2	Swap: plate push on turf.
04	PUSH-UP	DOSE 10	Rigid plank. Elevate hands to keep form.

06 WITCHING HOUR · FINISHER

CRYPT CARRIES

01	FARMER CARRY	ROUNDS 3	DISTANCE 40 m	REST 45 s	Heavy. Tall, shoulders down. Swap: trap bar carry.

07 REST IN PEACE · COOLDOWN

5 MIN

•	EASY BIKE OR WALK	DURATION 2 min	Bring the heart rate down.
•	COUCH STRETCH	HOLD 45 s / side	Glute squeezed, ribs down.
•	CHILD'S POSE WITH LAT REACH	HOLD 60 s	Long exhales.

! SCALING & SAFETY

- ***Extreme*** As written: every set, 4 Reaper Rounds, 3 carries, 1–2 RIR. About 75 min.
- ***Normal*** Squat 2 working sets, lifts 2–4 at 2 sets, skip lunges, 3 Reaper Rounds (row 90 sec, sled 15 m × 1) with 1:30 rest, 2 carries, 3 RIR.
- ***Progress*** When every working set feels 7/10 or easier, add 2.5–5 kg (5–10 lb). Short on time: drop lift 5, then cut to 3 Reaper Rounds.
- ***Safety*** No max-effort singles. Stop for sharp or joint pain, dizziness or chest discomfort. Extreme is for people already training hard. Check with your doctor first.

Educational information only, not medical advice. Consult your physician before starting any exercise, nutrition or supplement program. Results vary and are not guaranteed. Full disclaimer: alphatrainerhq.com/disclaimer

ALPHA TRAINER

THE VAULT // HW-01

🎃 HALLOWEEN · WARRIOR EDITION

FULL WORKOUT

REAPER PROTOCOL

FULL BODY · EXTREME · 5 LIFTS · ~75 MIN

HAUNTED ASCENT · WARM-UP

WU	Incline treadmill walk	7 min · 10–12%

CRYPT CORE · CORE CIRCUIT

3 ROUNDS · REST 30s / ROUND

01	Dead bug	3 × 8/side
02	Side plank	3 × 25s/side

GRAVEYARD SHIFT · MAIN WORKOUT

01	Barbell back squat	2 warm-up + 3×6 · rest 150s
02	Romanian deadlift	3 × 8 · rest 120s
03	Strict pull-up	3 × 6–8 · rest 120s
04	Incline DB press	3 × 10 · rest 90s
05	DB walking lunge	2 × 10/side · rest 90s

— REAPER ROUNDS

4 ROUNDS · 4:30 ON / 1:00 OFF

R1	Rower	2 min
R2	Kettlebell swing	15
R3	Sled push	15 m × 2
R4	Push-up	10

— WITCHING HOUR FINISHER

F1	Farmer carry, heavy	3 × 40 m · rest 45s

REST IN PEACE · COOL-DOWN · 5 MIN

- Easy bike / walk — 2 min
- Couch stretch — 45s/side
- Child's pose + lat reach — 60s