

KRAVEN THE HUNTER

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The Hunter's Fearless Workout Plan*

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The Pursuit of Strength: An Armed Approach

1. Get the Blood Boiling - Warm-Up Sets
 - Engage in 1-2 warm-up sets per exercise. These start gently and prime the body, not close to failure, preparing the body for the hunt.
 - Rest: 30-60 seconds between warm-up sets.
2. The True Contest - Working Sets
 - Proceed with 2-3 working sets for each exercise, pushing limits like a true predator.
 - Commit to 6-8 fierce reps for each movement at the start, seeking the thrill of the chase.
 - Rest: 2 minutes between working sets to recharge and plot the next attack.
 - The goal is to come close to failure, with 0-2 reps left in the tank.
3. The Rhythm of the Hunt - Tempo
 - Every movement should flow with a tempo of 2010; a steady control ensures mastery over the body.
 - For your calf raises, embrace a 2310 tempo — a 3-second pause in the stretched position, feeling every muscle fiber awaken.
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Prepare yourself, for this training regimen is not for the faint of heart. Channel the spirit of Kraven and conquer your limits. Now, go forth and dominate!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper 1	Lower 1	Rest	Upper 2	Lower 2	Rest	Rest
Rest	Rest	Upper 1	Lower 1	Rest	Upper 2	Lower 2

Upper 1	Lower 1	Upper 2	Lower 2
Incline chest press	Leg press calf press	Chest press	Leg press calf press
Chest supported row	Hip thrust	Lat pulldown	Back extension
Shoulder press	Leg extension	Dips	Seated hamstring curl
Preacher curl	Hamstring curl	Cable lateral raise	Hack squat
Skull crusher	Leg press	Preacher hammer curl	Leg extension
	Cable crunch		Cable crunch

Kraven the Hunter on Weight Training vs. Bodyweight Training:

In the arena of strength, one must choose the most effective weapons. While both weight training and bodyweight exercises have their merits, the edge often lies with weight training for several compelling reasons:

1. **Progressive Overload:**
Weight training allows for precise control over resistance. By increasing weights over time, you can push your limits systematically, leading to greater strength gains – just like tracking a formidable prey through evolving terrain.
2. **Targeting Specific Muscles:**
With weights, you can isolate and target specific muscle groups more effectively. This refinement lets you develop strength and size in chosen areas, similar to honing in on your most coveted prey.
3. **Enhanced Muscle Hypertrophy:**
The ability to lift heavier loads creates greater tension in muscles, stimulating growth more effectively than bodyweight can alone. This principle turns one into a formidable beast on the hunt.
4. **Versatility in Training:**
Weight training offers a myriad of exercises, equipment, and techniques to vary your regimen and keep the body guessing. It's like adapting your strategy for different types of game.
5. **Building Functional Strength:**
Lifting weights can improve your overall durability and functionality, preparing one for real-world challenges. Just as I prepare for varied hunts, so too must one train.
6. **Mental Fortitude:**
Overcoming the weight's challenge builds not just physical strength but mental resilience. Each lift tests your determination, shaping you into a hunter of both body and mind.

Bodyweight Routine

Kraven the Hunter on the Path to Muscle Gain:

To become an apex predator of strength, one must embrace the crucible of muscle gain. The key lies in stimulating reps, ever close to failure. Like tracking prey through dense foliage, you must find the point of struggle where true growth occurs.

1. The Power of Resistance:

To achieve this coveted muscle growth, adding resistance to your movements is paramount. Each weight added is akin to sharpening your weapons for the hunt—higher demands lead to greater adaptations.

2. The Art of AMRAP:

If one finds themselves unable to increase resistance and only able to do bodyweight, do not falter! Embrace the philosophy of AMRAP—As Many Reps As Possible. This method compels you to make every movement count, driving your body to its limits through sheer determination. However, be aware—this path leads to greater muscle damage and longer recovery than lesser rep ranges with larger loads.

3. The Call of the Working Sets:

Should resistance be absent, commit to performing AMRAP for two sets of each movement, resting for 2 minutes between these vigorous working sets. This is the heart of the battle—test your limits and demand the most from your muscles.

4. The Warm-Up Ritual:

Before entering the fray, prepare your body with a warm-up set of 5-8 reps. This is your ritual, a way to awaken the fibers and summon the primal instinct within.

Day 1	Day 2	Day 3
Lunges	Bulgarian split squats	Squats
Hamstring bridge	Glute bridge	Hamstring bridge
Pike push ups	Push ups	Elevated feet push ups
Reverse push up	Reverse push up	Reverse push up
Tricep dips	Tricep dips	Tricep dips
Towel isometric curl - 30sec	Towel isometric curl - 30sec	Towel isometric curl - 30sec

Kraven the Hunter on Strength & Hypertrophy Training:

1. **Harness Mechanical Tension:**
To build muscle, you must create relentless tension with every lift. Just as I grip my prey, feel the weight straining against you; this tension is the crucible of growth, transforming you into a powerhouse.
2. **Embrace Progressive Overload:**
Never settle for mediocrity. Seek to increase the demands on your body continuously. Each rep should challenge you, demanding adaptation and growth, just as I evolve with every challenge in the wild.
3. **Engage in Stimulating Reps:**
Make each rep a testament to your focus and willpower. Push your limits and ignite your muscles, immersing yourself in every movement to cultivate unyielding strength.
4. **Prioritize Recovery:**
Recovery is essential for mastery, allowing your muscles to rebuild and grow stronger. Recognize the need to rest, ensuring you return to training rejuvenated and ready for battle.

Kraven the Hunter on Cardio for Conditioning:

To transform into a formidable beast of strength and endurance, one must master the art of Kraven Cardio. This regimen does not demand relentless chaos but rather strategic control—moving with purpose like a predator in the wild.

1. Embrace Low-Intensity Stealth:

The majority of your cardio should unfold at low intensity, allowing the body to recover while preparing for the next hunt. Picture yourself strolling silently through the savannah, allowing your body to mend and strengthen. Walking, for instance, is an excellent method; keep your steps up as you harness the energy of the earth beneath you.

2. Introducing Sprint Training:

While low intensity forms the foundation, do not shy away from explosive bursts when the moment calls for it. Incorporate sprint training—be it on foot or a bike. This approach is a vital counterpoint to your steady pace, reminiscent of a predator charging forth when the time is right.

3. The Sprinting Strategy:

But heed this warning: Proper preparation is paramount! Warm up thoroughly before diving into fast-paced challenges. Begin with a 10-minute warm-up to awaken your muscles and prepare for the onslaught.

- **Sprint Session Format:**
 - **Rounds:** 6-8 rounds of 10-20 second all-out efforts.
 - **Active Recovery:** 90-120 seconds of gentle movement—walking or light cycling—before launching into the next round.
 - **Finish Strong:** Conclude with a 5-minute cool down to let your body settle.

4. Limit the Hunt:

Absorb these challenges no more than 1-2 times per week. Overexertion could hinder your recovery. Through this balanced approach to cardio, forge yourself into an indomitable force, ready to face any opponent that dares cross your path!

Kraven: Apex Diet

To forge a body worthy of the hunt, one must embrace the Kraven Diet—a regimen steeped in the primal essence of nutrient-dense foods that fuel your relentless pursuit of power.

1. Nature's Ingredients:

At the core of this diet lies red meat, liver, and eggs—sources of unrivaled strength. Pair them with potatoes, berries, fruits and honey for nature's sweetness and sustenance. Chicken, fish, seafood, rice, and bone broth round out your arsenal, providing the building blocks for a formidable physique.

2. Gut Health and Inflammation:

The Kraven workout demands focus on gut health. Choose foods that break down easily and do not stir inflammation. This ensures your body operates at peak efficiency, ready for any challenge that lies ahead.

3. Quality Over Quantity:

Seek quality ingredients—opt for pasture-raised and free-range produce. Just as I seek the finest game, select only the best for your body.

4. Goal-Focused Nutrition:

Your diet must align with your aspirations. To shed fat, command a calorie deficit; for muscle growth, embrace a calorie surplus. However, avoid the reckless "bulking" approach—simply exceeding maintenance calories slightly will allow you to build muscle while remaining lean and athletic. Protein should also be around 2g per KG of body weight.

5. Ditch Teflon due to hidden dangers and harmful chemicals released at high heat; instead, choose cast iron or stainless steel for durability; say no to plastic cutting boards that add plastic to foods and opt for bamboo or hardwood for authenticity; reject tin foil and clingfilm, which can release toxins, and embrace glass containers or parchment paper to preserve the integrity and flavor of your ingredients.

Estimated Daily Caloric Needs for Maintenance

Weight (lbs)	Sedentary (little or no exercise)	Lightly Active (light exercise/sports 1-3 days/week)	Moderately Active (moderate exercise/sports 3-5 days/week)	Very Active (hard exercise/sports 6-7 days a week)
120	1,440	1,560	1,680	1,800
140	1,680	1,800	1,920	2,040
160	1,920	2,040	2,160	2,280
180	2,160	2,280	2,400	2,520
200	2,400	2,520	2,640	2,760
220	2,640	2,760	2,880	3,000
240	2,880	3,000	3,120	3,240

Caloric Deficit:

Recommended Deficit Percentages:

1. 10% to 15% Deficit:

This is a measured and sustainable strategy, allowing for a slow, deliberate shedding of fat while safeguarding your hard-won muscle. Ideal for those seeking to lose weight without upheaving their lifestyle, this path requires finesse and patience.

2. 20% to 25% Deficit:

A more aggressive approach, this deficit unleashes rapid fat loss—but tread carefully! Maintaining muscle mass and energy levels demands vigilance and experience.

Important Considerations:

- Individual Differences:

Each hunter is unique—metabolic rates, activity levels, and body compositions vary greatly. Personalization is key to ensuring your strategy leads to triumph.

- Maintain Nutritional Quality:

Even in a caloric deficit, your diet must consist of whole, nutrient-dense foods. Fortify your body with vital vitamins and minerals to sustain your strength and health.

- Monitor Progress:

Adapt your caloric intake as your body responds to your efforts. Strive for a fat loss of 0.5 to 2 pounds per week—a balance that is both realistic and achievable.

- **Include Physical Activity:**
Merge your caloric deficit with regular exercise to amplify fat loss and enhance your overall vitality. The union of strength and endurance creates an unstoppable force.

Embrace the hunt for your goals with prowess and strategy! Let these principles guide you as you forge the body of a true predator.

The Power of a 5-10% Calorie Surplus:

1. **Fuel for Growth:**
A moderate surplus allows your body to have the extra energy needed to build new muscle. This approach is not about reckless feasting; rather, it's a calculated strategy that supports your transformation into a powerful predator.
2. **Control Overweight Gain:**
A 5-10% surplus strikes the balance between muscle gain and fat retention. This prudent increase helps avoid excessive fat accumulation, keeping you lean and agile—an essential trait for any hunter.
3. **Sustained Energy Levels:**
By providing your body with extra calories, you ensure that your energy levels remain high, enabling you to push through grueling workouts with the ferocity of a lion on the prowl.

Daily schedule examples. This isn't a meal plan you have to follow but it can give you ideas for the style of foods.

Day 1	Day 2	Day 3
AM - Bone Broth	AM - Bone Broth	AM - Bone broth
Breakfast example 1 Egg and banana pancakes 2 large banana 4 medium eggs Tbsp Butter to cook Tbsp of raw honey 650 calories	Breakfast example 2 Scrambled eggs and berries 5 medium eggs 200g berries 1 tbsp honey 515 calories	Breakfast example 3 Nutrient shake 3 egg yolks 1 tbsp raw honey 1 banana 50g whey protein 1 tbsp cacao 1 cup whole milk 690 calories
Lunch example 1 180g sirloin steak 150g potatoes ½ tbsp olive oil 1 kiwi Pinch of salt 720 calories	Lunch example 2 170g lean beef mince 150g roasted potatoes 80g diced courgette 1 tsp butter Pinch of salt 740 calories	Lunch example 3 200g chicken thigh 1stp honey ½ tsp garlic powder 1 orange 100g white rice cooked weight Pinch salt 750 calories
Dinner example 1 200g cod 200g potatoes 100g courgette 1 tbsp butter Lemon Parsley Pinch of salt 100g Berries 515 calories	Dinner example 2 200g chicken breast 100g white button mushroom 30g cream 1 tbsp butter ½ clove of garlic 200g potatoes Pinch of salt 700 calories	Dinner example 3 180g ribeye steak 200g carrots 1tbsp raw honey Bone broth gravy 100g berries 810 calories
Extras 50-100g cooked liver 2-3 times per week. Add more protein if needed		

**Consult with your doctor or health provider before starting any exercise program. There are risks associated with participation in any type of physical exercise and exercises will require guidance to perform safely. By following anything outlined in the document the participant assumes all responsibility for any injury or issue that may arise.*