

THE LOAD IT UP PROGRESSION TABLE

Optional, never required. Add external load only after you meet the EARN IT FIRST criterion shown for that family, with clean and consistent form. Earning the pattern comes before adding weight to it.

FAMILY	BODYWEIGHT VERSION	LOAD IT UP OPTION	EARN IT FIRST
Push	Standard push-up	Weighted vest or loaded pack	Clean three sets of ten
Pull	Inverted row or pull-up	Band, vest, or dip belt	Clean three sets of eight
Squat	Bodyweight squat	Goblet squat	Clean three sets of twelve
Hinge	Two-leg hinge	Dumbbell or kettlebell RDL	Flat back every rep
Power	Fast sit-to-stand	Optional gated step-up (Ch 5)	Controlled descent every rep
Carry	Sixty-foot farmer carry	Heavier load or longer distance	Form intact throughout
Ruck	Loaded pack walk	See Chapter 8 progression	Form holds start to finish

Ruck load follows Chapter 8 on its own schedule — it is not a Load It Up option you add at will.

From **Battle Hard After 50** by Will Power. Free for readers of the book. willpowerprotocols.com · Battle Hard. — Will Power