

# THE 3X3 NO GYM PROTOCOL

3 movements. 3 days a week. Built for men who don't have time for the gym.

**NO GYM. NO EQUIPMENT. NO EXCUSES.**

## OVERVIEW

# What Is The 3x3 No Gym Protocol?

---

The Murph EMOM System is a structured bodyweight training protocol built around three fundamental movements: **pull-ups, push-ups, and squats** — the same movements at the core of the legendary CrossFit benchmark workout, Murph.

The goal is simple: work your way up to completing the full Murph volume (100 pull-ups / 200 push-ups / 300 squats) using an EMOM format. EMOM stands for Every Minute On the Minute — a timed interval method where you complete your reps at the start of each interval and rest for whatever time remains. **Important: the interval duration is not fixed — it varies by level**, from ~1:45 at Level 1 down to 3:00 at Level 10 Pro. Check the table for your exact timer setting.

The system uses 10 progressive levels. Each level defines a cluster of reps per round and a number of rounds. As you get stronger, your cluster grows, your rounds decrease, and your interval lengthens — but the total workout always stays around **35 minutes**.

## THE THREE RULES

### 01

#### **SAME MOVEMENTS, EVERY SESSION**

Pull-ups, push-ups, squats. That's it. Mastery comes from repetition, not variety.

### 02

#### **TIMED INTERVAL = BUILT-IN PACING**

The timer is your coach. Check the table for your level's interval. Complete your cluster, then rest until the next interval starts. Finish early — rest more. Fail to finish — drop a level.

### 03

#### **PROGRESS THE CLUSTER, NOT THE EGO**

Move up a level only when you can complete all rounds with clean technique and at least 30 seconds rest per round.

# Find Your Starting Level

Pull-ups are the limiting factor for almost every athlete. Your max strict pull-up set determines your entry level — everything else follows.

## THE TEST

- STEP 1** Rest completely — do not train the day before.
- STEP 2** Hang from the bar with a full dead hang. Grip shoulder-width, palms facing away.
- STEP 3** Perform as many strict pull-ups as possible. Stop at technical failure — no kipping, no jerking, no struggling.
- STEP 4** Count your reps. Apply the formula below to find your starting level.

THE FORMULA

$$\text{Starting Level} = \text{Max Pull-Ups} - 2$$

## LEVEL ASSIGNMENT TABLE

MAX PULL-UPS	STARTING LEVEL	NOTES
0 – 2	Assisted → Lvl 1	Use loop band or australian pull-up. See below.
3	Lvl 1	
4	Lvl 2	
5	Lvl 3	
6	Lvl 4	
7	Lvl 5	
8	Lvl 6	
9	Lvl 7	
10	Lvl 8	
11	Lvl 9	
12+	Lvl 10	Full Murph volume

## CAN'T DO A STRICT PULL-UP? (Max 0–2)

Use a **loop resistance band** (place one foot or knee in the loop) or an **australian pull-up** (bar at hip height, body at an angle, feet on the floor). Both build the same pulling pattern with less load.

Follow the normal level progression from Lvl 1 through Lvl 5 using your assisted variation. Once you complete Lvl 5 with assistance, retest strict pull-ups and re-apply the formula above to find your new starting level without assistance.

## A NOTE ON TENDONS

The volume in this system is already calibrated for safe progression. Do not add extra rounds or skip levels. Tendons and connective tissue adapt slower than muscles — respect the system and it will reward you.

# Level Progression Table

Every session runs for approximately 35 minutes. EMOM duration is calculated as 35 min ÷ rounds, rounded to the nearest 15 seconds for easy timer setup.

LVL	CLUSTER pull/push/squat	ROUNDS	EMOM	TOT TIME	TOT REPS	% MURPH	SEC/REP
<b>1 START</b>	<b>1 / 2 / 3</b>	20	<b>1:45</b>	35:00	<b>120</b>	20%	17.5s
2	<b>2 / 4 / 6</b>	19	<b>1:45</b>	33:15	<b>228</b>	38%	8.8s
3	<b>3 / 6 / 9</b>	18	<b>2:00</b>	36:00	<b>324</b>	54%	6.7s
4	<b>4 / 8 / 12</b>	17	<b>2:00</b>	34:00	<b>408</b>	68%	5.0s
5	<b>5 / 10 / 15</b>	16	<b>2:15</b>	36:00	<b>480</b>	80%	4.5s
6	<b>6 / 12 / 18</b>	15	<b>2:15</b>	33:45	<b>540</b>	90%	3.8s
7	<b>7 / 14 / 21</b>	13	<b>2:45</b>	35:45	<b>546</b>	91%	3.9s
8	<b>8 / 16 / 24</b>	12	<b>3:00</b>	36:00	<b>576</b>	96%	3.8s
9	<b>9 / 18 / 27</b>	11	<b>3:15</b>	35:45	<b>594</b>	99%	3.6s
<b>10 MURPH</b>	<b>10 / 20 / 30</b>	10	<b>3:30</b>	35:00	<b>600</b>	<b>100%</b>	3.5s
<b>10 PRO</b>	<b>10 / 20 / 30</b>	10	<b>3:00</b>	30:00	<b>600</b>	<b>100%</b>	3.0s

sec/rep = EMOM duration ÷ reps per cluster. This is your average time per rep including rest. As you progress, this number drops — meaning higher density and intensity.

## HOW TO READ THE TABLE

- CLUSTER** The reps you do each round: pull-ups / push-ups / squats. The ratio is always 1:2:3.
- ROUNDS** How many times you repeat the cluster inside the EMOM.
- EMOM** Your interval timer. Set it and go. Every new minute = new round.
- TOT REPS** Total reps across all rounds. Level 10 = 600 reps = full Murph volume.
- PRO** Same cluster as Level 10 but 30 min total (3:00 EMOM). Less rest, higher intensity.

## EXECUTION

# How To Run Your Session

## EQUIPMENT

All you need: a pull-up bar or rings, and resistance bands for warm-up. No gym, no machines, no excuses.

## SESSION STRUCTURE

### WARM-UP 8–10 min

Band pull-aparts, band dislocations, scapular pull-ups, shoulder circles, bodyweight squats × 15, push-up negatives × 5.

### EMOM BLOCK ~35 min

Set your timer to the interval for your level (see table). Each round: complete your cluster (pull / push / squat). Rest for the remainder of the interval. When the timer beeps — start again.

### COOL-DOWN 5 min

Dead hang 30s, chest stretch, hip flexor stretch, deep squat hold 60s.

## PROGRESSION RULES

### MOVE UP

Complete your current level **twice in the same week** with clean technique and at least 30 seconds of rest remaining each round. Both sessions must be completed — not just one good day.

### MOVE DOWN

If you cannot complete all prescribed rounds with clean form, drop one level immediately — no negotiating. This is not failure. This is the system working.

## WEEKLY SCHEDULE

Train 3 days per week with at least one rest day between sessions. Example: Monday / Wednesday / Friday.

MON	TUE	WED	THU	FRI	SAT	SUN
TRAIN	REST	TRAIN	REST	TRAIN	REST	REST

## NEXT STEPS

# You Have The System. What's Next?

The 3x3 Protocol gives you everything you need to start and progress on your own. But if you want to move faster, or take it to the next level, here are your options.

### OPTION 1

#### Train On Your Own

You already have everything you need. Follow the protocol, apply the progression rules, and trust the process. Results start showing in 6–8 weeks of consistent training.

### OPTION 2 — \$27 ONE TIME

#### 28 Day Accelerator

Already have the system. Want to go faster? Join the 28 Day Accelerator — live group sessions, weekly programming on Skool, and direct access to Gabriel for one month. One time payment. No recurring fees.

[gabrielevianello.fit/accelerator](https://gabrielevianello.fit/accelerator)

### OPTION 3 — 1:1 COACHING

#### Personal Coaching With Gabriel

Fully personalised programming, technique coaching via video feedback, nutrition guidance, and direct support. For those who want the fastest, most direct path to their goals. Limited spots available.

[gabrielevianello.fit/coaching](https://gabrielevianello.fit/coaching)