

Program 1 - Pain and Suffering

Welcome to Mountain Dog training! This is Program 1. You probably know I have many many more programs I have built, but that does not mean this one is the easiest! All of these programs are brutal, so buckle up and let's go.

This is a 4 day a week program. Below is a sample split showing you how to set it up.

Day 1 – Legs

Day 2 – Chest/Shoulders

Day 3 – Off

Day 4 – Back

Day 5 – Off

Day 6 – Arms

Day 7 - Off

**We are going to ramp up volume over the first 3 weeks and do a lighter week at the end of the 12 weeks.*

**Calves and ab workout can be done up to 4 days a week! Use your level of soreness as an indicator that the muscle is ready to be trained again.*

Week 1 – Low to moderate volume

Legs - 13 sets:

Lying leg curls - Have someone gently push down on your lower back while you do these to keep your hips down - you won't be able to go as heavy, but it will isolate them better.

2 warm up sets then 1 set of 12, go heavier, 1 set of 10, heavier, 1 set of 8, rest about 90 seconds between these sets. Then do a drop set like this for your 4th set, go back to weight you did for 12, do it 10 x, drop a plate and do 10 more reps, drop a plate and do 10 reps, then do 25 partials out of the bottom. Just start the weight up and come back down...little reps...your hams will be on fire...the weight will literally only be moving 2-3 inches, but they will on fire from the constant tension. They will be so pumped you won't believe it. Tom Platz showed me these back in the 90's...it works. On my website you can see video under the training/legs tab of how I execute these types of sets. This is also on my YouTube channel. 4 total work sets.

Goal – Activate and pump hams

Barbell stiff legs (bend your knees at bottom) - use 25 lb plates (on the barbell) to get better stretch - 2 warm ups to get stretched out then find a good weight that you can use for 3 sets of 10. On every rep come up and flex your glutes and hams. 3 total work sets

Goal – Work muscle from a stretched position

Leg press - You will love leg presses after all this ham work. Place feet just a little wider than shoulder width, and a little low on the platform. Start light with 1 plate on each side...when you are going down, you should still keep feeling it in hams and inner thighs. Keep going up for sets of 10 until you can't get 10 anymore. Once you get to what you feel is your first working set (where you are getting 10, but starting to have to work hard), I want you to take 3 seconds going down during the eccentric phase, then drive the weight up HARD on EVERY REP throughout the remainder of your leg presses. I want you to do 3 hard sets of this. Go up in weight as much as you like, just be sure to get the full 3 second descent on each and every rep. Do not lock out – keep constant tension on your thighs for the best effect!

For example, just for illustrative purposes, someone might do 1,2,3 and 4 plates for 10. Then with 5 plates on each side, it starts getting hard, so they do 3 second descents on this set, and then the next one with 6 plates, and a final one with 7 plates for their 3 sets. 3 total work sets

Once you feel like your quads are pumped, I want you to stretch them for 30 seconds each between each set. Stretch them hard.

Goal – Train Explosively

Smith machine squat - you will be plenty warm - this won't take much weight - name of the game here is constant tension. So - 2 sets of 10 done like this...go down below parallel, and only come up half way, then back down deep then all the way up - that is one rep. So really they 1 1/2's. They will be full of blood and on fire. 2 total work sets

Goal – Supramax pump

Leg extension - I want you to raise your butt off the seat when you are doing these. It will allow you to squeeze your tear drop harder....1 x 12, and hold each contraction for 3 seconds. Use a heavy weight. Squeeze the crap out of them...1 total work set

Goal – Supramax pump

Chest - 10 sets & Shoulders - 9 sets:

Flat Dumbbell Twist press - These are awesome. Excellent for pre-exhaust. It's all about the squeeze. Lay flat on bench with dumbbells, lower them and arch your chest so that you get a good stretch, at the

bottom, turn your palms so that they are facing each other. This will allow the fibers on your inner pecs to stretch and work more. Now when you drive the weight up, as you drive turn your pinkies in and squeeze at the top. You can't do as much weight as a regular dumbbell press, but you will get a great contraction. Once you find a good weight, do 3 sets of 10. There is video of this on my website under the training/chest tab ok, and also on my YouTube channel. 3 total work sets

Goal – Activate and pump pecs

Barbell Incline - 2 warm sets of 8, then pyramid up doing sets of 8. For example, I do something like 225, 250, 275, 315 etc. Keep going up until you can't get 8, then stop. You should get to this point in about 4 sets. On all the reps I want you to drive the weight up hard and explosively. Do not let the bar touch your chest. On inclines always stop an inch or two short of touching chest. 4 total work sets

Goal – Supramax pump in lats

Stretch pushups - Place two flat benches beside each other or if you have them, 2 aerobic step up benches raised. You are going to get in the middle with each hand on a different bench and do pushups - sink down in the middle really low - get an awesome stretch. Keep your chin up. Don't let your lower back sway. Your feet will be on the ground. Stretch really well at the bottom, and drive up and squeeze. Use a fairly wide grip so you can really open your chest up. 3 sets of 20. You should have a sick pump at this point. I have video of this on my website and YouTube channel using raised aerobic step benches as the primary means of delivering the stretch. This exercise will greatly help your flexibility. 3 total work sets

Goal – Work muscle from a stretched position

Dumbbell bent over laterals- 3 sets of 20 here after 1 warm up. I am a huge believer in training rear delts. You will notice in the weeks to come I do some unusual rep ranges on rear delts. Be prepared. 3 total work sets.

Goal – Supramax pump in rear delts

Barbell front raise. Grab a barbell with a grip outside shoulder width (kind of wide) and raise out in front of you for front delts. Go all the way up to over your head. - 3 sets of 12. Your shoulders should be on fire at this point 3 total work sets.

Goal – Supramax pump in front delts

Dumbbell side lateral partial raises- Grab very heavy dumbbells, tilt your head back, and just sort of swing them out with straight arms to the side. You will only come up about a 1/3 of the way. These are heavy partials. Heavy partials for high reps on these will blast your side delts. 3 sets of 30. 3 total work sets.

Goal – Supramax pump in side delts

Back - 13 sets:

Meadows rows - 2 warm up sets then 3 x 10. 3 total work sets

One of the things I struggled with early in my competitive days in bodybuilding was my back development. I always heard "if you could just get a back that matches your legs". I tried soooo many different things over the years....What I eventually found that worked for me, has also some other guys I know with "slow growing backs." The exercises are a little unconventional in some cases (I will go over 1 in detail in this workout), but they work. Some take some work (tweaking your foot position, the way your elbow is driving up or back, etc)...but I think I can explain the jist of it.

The exercise that has put the most amount of meat on my lats is a modified one arm tbar row. If you have a regular T-Bar, you would grasp the little bar that stick outs where you load the weights, and face across the machine.

So in this case you would take your left hand and grab the bar with an overhand grip, and brace yourself with your right hand on your right knee. You will learn how to move your hips around, shift them slightly, to create the best possible stretch for your lats when doing these. Play with these and you will love them. These are very hard, you will be breathing heavy. There is video of this on my website under the training/back tab ok, and also on my YouTube channel.

Goal – Activate and pump lats

Cable rows - use two separate handles attached beside each other. It's the same as a regular low row attachment, except you can pull back an inch or two further creating a much better contraction
3 x 12. 3 total work sets.

Goal – Supramax pump in lats

Dumbbell pullovers - 3 x 12 - there is a version of this I have on my YouTube site under training videos/back in which I hang my head off the end of the bench, lying on it, not across it. Watch that technique. That is how I want you to do these. 3 total work sets.

Goal – Work muscle from a stretched position.

Narrow grip chins - 2 sets to failure - work hard on arching your chest and stretching at the bottom. These will be extremely hard after all the other stuff. If you need to use one of those assisted machines, or a spotter to help, that is A-OK. 2 total work sets.

Goal – Supramax pump in lats

Dumbbell shrugs - hold the dumbbells for 3 seconds at the top of EVERY rep. Do 1 x 12. 1 total work set.

Goal – Supramax pump in traps

NOTE: Women skip this one unless you have very weak traps.

Hyperextensions - (hold a dumbbell against your chest - I use a 40) and do 1 set to failure, then drop the weight and continue the set with just your bodyweight to failure. 1 total set.

Goal – Supramax pump in spinal erectors

Arms - biceps - 12 sets & Triceps 13 sets:

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need to warm up.

EZ bar curl - 3 sets of 15 light to warm up - grab a moderate weight. Do 10 perfect reps and set weight down. Count to 10, and repeat. Do 5 sets total - so 5 sets of 10 with 10 second breaks. The last 2 sets should have your arms screaming. 5 total work sets.

Hammer curls - same thing - 5 sets of 10 with 10 second breaks. On these I actually took the dumbbells to my ears (I did them both at same time) and flexed as hard as I could. 5 total work sets.

EZ Bar Preacher curls - can't use a ton of weight on these - 2 sets of 10. I do these real slow on the eccentric phase. I don't like dropping these at bottom for fear of bicep injury...so don't be afraid to use moderate weight. I let my arms straighten very gently, and curl up with deliberate form. 2 total work sets.

Rope pushdowns - 2 sets of 12 to warm up - then this tri-set 3 times:

Rope pushdowns for 15 ---> Dips between benches (I know, old school) with 45 or 25 pound (depending on how strong you are) plates on lap for 10--> dumbbell pronated kickbacks heavy - for 6 reps - kick up hard and contract. Look at my youtube or website for video on how to do it pronated
9 total work sets via 3 rounds

then superset these two last for 2 sets:

skullcrushers/lying extensions - 10 reps - keep elbows in, and stretch at bottom real good - seated overhead dumbbell extensions using one dumbbell - sets of 8. 4 total work sets via 2 rounds

As you can see for triceps I like to do contraction type exercises first, and then when fully pumped do the skullcrusher and stretching exercises. This sequence keeps elbows healthy!!

Calves - 3 sets:

Toe presses on the leg press - I want you to do 3 timed 1 minute sets of these. Stretch your calves good at the bottom, and when you can't plantar flex your foot all the way and flex your calf, just do small partials out of stretched position. Use a weight that will allow you to get at least 15 reps with a full range of motion. 3 total work sets.

Abdominals– 8 sets

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

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**Calves and ab workout can be done up to 4 days a week! Use your level of soreness as an indicator that the muscle is ready to be trained again.*

Week 2 - Low to moderate Volume

Legs - 13 sets:

Seated Leg Curls - 2 warm up sets of 20 - Then find a weight that is hard for 14 reps. Get a full range of motion, all the way up and back. Do 14 reps. Rest 1 minute. Go up a plate and do 12 reps. Rest a minute and go up a plate and do 10 reps. Now, go back to a weight that is 1 or 2 plates lighter than what you started with and do 35 reps. The first 10 reps will be easy...you will then be on fire, it will be hard to get 35, but do it. Your hams will be very pumped. Even if your last 10 are partials, get through the set. 4 total sets.

Goal – Activate and pump hams

Leg extension - Warm-ups - do as many as you need to feel comfortable!!! - work your way up to a weight you can do for 10. I want you to do 2 sets of 10 reps where you hold and squeeze for 2 seconds at the top. Let your butt come out the seat - it will just make your teardrop work harder. 2 total sets.

Goal – Activate and pump quads with emphasis on VMO/teardrop

Leg Press in a machine - 2 warm up sets with a standard, feet shoulder width, toes pointed straight up, and medium on the platform. Let's focus as much as we can on teardrop. Work the lower part of the movement the hardest. This is how you nail the teardrop. Keep adding a plate and doing 10 reps, until you get to something you could normally do for about 10-12 reps max. Stick with that weight. Now we are going to do 3 sets of 16...you may have to use your hands to assist. These are all done with continuous tension style - no locking out. Rest about 3-4 minutes between the 3 working sets. These are meant to be excruciating. Look at the video of these on my website or YouTube channel so you can see what kind of leg press I am talking about. 3 total work sets.

Goal – Supramax pump

Hack Squats - 1 warm up set done real slow all the way rock bottom. Work your way up to a weight that you can do for 8 reps rock bottom. Go all the way down and pause in a very controlled manner. Drive up, but do not lock-out. It won't take much weight, and your legs should be extremely pumped after 2 sets of these for 8 reps each. 2 total work sets.

Get A 20 second quad stretch in between every set of leg presses and hack squats. Start gentle, and as you get more blood in the area, stretch a little harder each time.

Goal – Supramax pump

Dumbbell Stiff leg deadlifts - 2 x 10 - don't come up all the way, and bend your knees slightly at the bottom. Focus on getting a good stretch. On each set, try to get deeper. Focus on pushing your hips back as you go down, and keeping the dumbbell right against you. 2 total work sets.

Goal – Work muscle from a stretched position

Back - 14 sets:

Dumbbell Row Deadstops - this is a normal dumbbell row, but you let the dumbbell rest on the ground, and then drive your elbow up as hard as you possibly can. Do several sets of warm ups to ensure you got some blood in there...then pyramid up. 3 x 12, but go 10lbs heavier every set...push yourself. Even though you are driving elbow up hard, don't get sloppy. Stay controlled, especially on way down. There is video on my website and my YouTube channel on how to do these under the training tab. Watch it. 3 total work sets.

Goal – Activate and pump lats

Cable rows - your standard cable row, pull them in low, but hold for a 2 second pause. When you lower it alternate stretching, and sitting straight up. So lean forward to stretch out lower lats on reps 1,3,5,7 9, contract hold for 2 seconds, then keep your back totally straight and let arms straighten before contracting on reps 2,4,6,8,10, repeat. Flex the crap out of them when you are holding. 3 x 10. 3 total work sets.

Goal – Supramax pump

Barbell row in Smith machine (overhand grip) - pull these up kind of high, to your upper abs. This is to drill your rhomboids and to some degree your traps. Again, hold and flex at the top for 2 seconds. Do 3 sets of 12 with same weight. I like these a lot. I get so much more out of doing these strict then slinging around a heavy barbell. I have video of this on my website and YouTube channel. 3 total work sets.

Goal – Supramax pump in rhomboids, traps

Dumbbell pullover - give your arms a break and keep stretching your lats - 2 x 15 - just pull to the top of your forehead then lower..I actually hang my head off the end of a bench. I do a style where I am laying on the bench, not across it. With your head hanging off the bench, wait until you see how much more of a safe comfortable stretch you can get. It's awesome. Then again, just come up to top of forehead. There is video on my website and my YouTube channel on how to do these under the training tab. Watch it. 2 total work sets.

Goal – Work muscle from a stretched position

Barbell shrugs - 2 x 25 - let's rep these this week...burn them. 2 total work sets.

NOTE: Women skip this one unless you have very weak traps.

Hyperextensions holding a moderately heavy dumbbell – 1 set to failure - go slow and concentrate on contracting spinal erectors...drop the dumbbell when exhausted, and do more with just your bodyweight. 1 total work set.

Goal – Supramax pump in spinal erectors

Chest - 11 sets & Shoulders – 10 sets:

Flat dumbbell presses - 3 sets of light warm up then find a weight you can do a good solid 15 reps with. On these do them with a normal traditional grip (like you use when you bench press). When I did these, I did a set of 15 reps with 1 second pauses at the bottom, then a 1 second squeeze at the top. I went up 10 lbs, and tried it again..I was able to get like 13 reps. I went up 10 pounds and got 11. Then on my last set I went up another 10 pounds and got 9 good reps with this style. So get to your weight for 15 reps, then add each time and get what you can get. See how your numbers compare to mine. 4 total work sets.

Goal – Activate and pump pecs

Decline dumbbell Press – do the exact same thing on a decline bench - not a steep angle, just a slight one - steep angles kill your rotators. I just found a good weight and stuck to it trying to get 4 sets of 10...It started to become hard to squeeze at the top because my pecs were getting fatigued from all the stretching and flexing. I think I got 10,10, 9, 8. See how you do on these. 4 total work sets.

Goal – Supramax pump

NOTE: Women do incline barbell press for same rep scheme.

Incline dumbbell press - One again, I got a good weight and just stuck with it for 3 sets with the 1 second stretch but no squeeze at the top. At this point your pecs are so fatigued it is hard to squeeze much at the top, so this is a good time for continuous tension. Don't come up all the way...your chest will be pumped big time at this point. 3 total work sets.

Goal – Supramax pump

Cable crossovers - not a movement I typically do. Do 1 set of 20 reps. Stretch hard, and come close to the flex position, but not quite. Again, we want continuous tension. You should have a phenomenal pump. 1 total work set.

Goal – Work muscle from a stretched position

No explosive work for chest today.

Shoulders - also very straightforward

Heavy side laterals - 5 sets of 8 - bring the dumbbell up to ear level, but only rest 30 seconds between sets. I like heavy laterals for low reps with low rest breaks...sounds weird, but gives you a dull numb pain. 5 total work sets.

Goal – Supramax pump in side/lateral delts

Bent over rear laterals - I used a cable machine to do them this week. This is where I like much higher reps. I did 5 sets of 25...Could barely move my arms my rear delts were burning so bad. I have had a lot of success with high reps on rear delts. It ALWAYS works. You just have to burn the crap out of them. You'll like this. The more numb and pumped they get, the thicker they look when you come down! 5 total work sets.

Goal – Supramax pump in rear/posterior delts

That was it - moderate volume overall, straight sets..nothing fancy, but it will get the job done. The key this week is all the stretching and flexing and controlling the weight and not being sloppy..

Arms - Biceps - 9 sets & Triceps 13 sets:

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need to warm up.

I struggled with arm growth for years as well as back - I got really strong and was curling a lot of weight (85 lb dumbbells, 200 barbell etc), but they just wouldn't grow. Eventually I kicked my ego to the side, lightened up and started supersetting to drive as much blood into the muscle as humanly possible. This worked wonders for me. Got my arms up to a hard 21 inches ...I continue to train this way generally speaking...of course you always want to have variety.

I place a lot of focus on brachialis development, as it pushes out your bi's and tri's from each other giving you a wider looking arm. I am also a big believer in preacher curl type movements. Thick lower biceps look nasty from all angles. For triceps, the key principle has been to do a lot of contraction type movements early in the routine like pushdowns, then stretching like movements toward the end. I like the fact that the elbows are warmed up prior to doing something like an EZ bar lying extension/skullcrusher. You have to keep your elbows healthy. I also like the stretching movements when you have a really good pump as this is going to help stretch fascia tissue out...now you may be surprised to see the number of sets I do...I do really high volume for arms often, but remember..it's a lot of flexing and stretching, and not superheavy slinging weight around. For me, and many others, this approach has #1 kept us healthy, and #2 kick-started the arms growing again.

Triceps:

Similar to last week..

3 rounds of this tri-set - 2 warm up rounds with light weight – 9 total work sets.

Rope pushdowns - sets of 15 - flex at bottom for 1 second

supersetted with

Pronated dumbbell kickbacks - sets of 6 - try this for your inner/long head - turn your hands so that your palms are facing up toward ceiling when you get to the contracted part of the movement. Your tricep will feel like it's cramping it contracts so hard. Normally kickbacks are useless, but I find this variation to be really good at hitting the medial head of your tricep.

supersetted with

Dips between benches - to failure - when you get to the top, flex and sit back on your tricep for a sec - these are really hard - I get anywhere from 6 to 10...You will not need the plates on your lap like last week. The little subtle sitting back on your tri's at the end will make this really hard. Truthfully, I don't even use benches for this. We have a window with a little ledge, and I sit on it and do these. I sit down on the floor and drive up real hard, sit back and flex for a second, then repeat...it looks so easy, but it's so hard!!! LOL.

Once you have completed 3 rounds rest a few minutes and then proceed to this exercise.

Incline triceps extensions with dumbbells - sets of 10 - doesn't take much weight - you have to sort of let the weight go out to the side a little when lowering it so it doesn't hit the bench. You will get the hang of this after a set. There is an angle and direction that makes sense. You'll see. Get a really good stretch at the bottom, that is the key. 4 total work sets.

Biceps:

I have a bastardized version of DC training where I finish with an 842 set. You do 8 reps, rest for 10 seconds and do 4 reps, then rest for 5 seconds and do 2 more reps. That is what I mean when I say 842 below.

EZ bar curls - 2 warm up sets of 20 reps..

Then a set of 10 strict reps with a good weight. Rest 1 minute and then 2nd set is also 10 reps. For 3rd set you are going to do an "842". The 842 on this is really hard, it is tempting to swing and cheat at end...really focus on the negative once you get to the 4 reps and 2 reps and your arms will pump up like balloons...try to take 2 seconds on the way down. 3 total work sets.

EZ bar preacher curls - same as above...biceps will be fatiguing and this exercise is hard to move up weight when you are doing strictly...still do 10 reps, 10 reps, then the "842" set. 3 total work sets.

Hammer curls - same thing 10 reps, go up 5 pounds on dumbbells then another 10 reps, up 5 pounds and then finished with an "842". Another one where you really focus on a slow negative especially on the 842. 3 total work sets.

This should take about 40 minutes tops..your arms will be jacked - stretch them out as much as you can when done and in between sets once they are full of blood..

Calves - 5 sets

Standing calf raises - 1 set of 30 reps to warm up.

Pyramid up - start at 15 reps, and keep adding weight until you can only do 10. Do 3 sets of 10 with that weight. Remove some weight for your last set and hit a set of 20. So 3 x 10, then 1 x 20.

The form is a flex at the top, and stretch at the bottom for 3 seconds. As you get close to the end of the set, it should be almost impossible to get up all the way on your toes. For the last set, don't go down all the way, just flex at the top, and go down half way. Make sure you get 4 good 30 second stretches on each calf when you are done. 4 total work sets.

Seated calf raise - Let's do one all out set. They should already be burning. Pick a weight you think you can do 15 reps with. Do 15 reps, then drop some weight and do 10 reps, then drop some weight and do 20 little mini partials out of the bottom. This will hurt. You will see. The form is to flex at top and stretch at bottom, but no need to hold at bottom, keep the reps moving. 1 total work set.

Abdominals – 8 sets

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

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Week 3 – Low to moderate volume

Chest - 12 sets & Shoulders – 9 sets:

Key concepts here pre-exhaustion, time under tension, and rest pause w/ isotension/flexing at contracted part of movement..

Machine flyes /peck deck flyes (the ones where you can keep your arms almost straight - not the ones where your arms are folded up on the peck deck). 2 sets of 20 to warm up.

Then find a weight you can do for 12 reps. It should burn like fire around the 8th or so rep. Do these very strict - lower these with a 3 second count then contract and hold for 1 second.

Rest 2 minutes and for 2nd set add a little weight and do another 12. If your form starts to go, your partner should spot you and keep the weight moving just enough for you to get to 12. Then for your last set, add a little bit more weight and do the same thing. You will probably need a spotter's help here for 4 reps or so. Again, 3 seconds down, stretch and then squeeze for a 1 second hold. So 3 sets of 12, stretching and flexing, and moving up in weight a little each set, using a spotter to get you through a few forced reps. 3 total work sets.

Goal – Activate and pump pecs

Barbell incline bench - 1-2 warm up set to get into groove and find the right weight.

You are going to do 3 sets of 8, with constant tension. Don't lower the weight all the way to your chest (come short about 2 inches) and don't like it out. With the preexhaustion done, this will give you an awesome pump. Also drive the weight up hard and explosively. 3 total work sets.

Goal – Train explosively

Flat bench dumbbell press - regular presses, but put a 25 lb plate under one side of the bench to raise it just a hair. This will open up more of your chest in the middle.

Find a weight that you can do 8 perfect reps with, holding at the top for 1 second and flexing with all you got. This will be 3 sets of 8. If you can't quite do the flex at the top for every single rep, sometimes that just happens when the muscle is fatigued, but you should be able to get through most of the reps with the flex. 3 total work sets.

Goal – Supramax pump

Flat bench barbell press. This WILL NOT require much weight at all. You are going to do 3 sets of 6 reps with a rest pause. Lower the weight slowly, touch your chest and rest for 2 seconds then drive up hard. 3 total work sets.

Goal – Train explosively

Shoulders - Your shoulders should be warm from all the pressing. Do 1 set of side laterals to warm up.

Side laterals - 12,10,842. So do a good solid 12 reps for first set. Then on your second set go up again and do 10 reps. Then for your last set go up again and do 8 reps, rest 10 seconds, then 4 reps, rest 5 seconds, and 2 more reps to finish the 842. the 3rd set, the 842 set, should be real tough, but you should feel awesome afterwards. 3 total work sets.

Goal – Supramax pump

Dumbbell rear delt raises - lay face down on an incline bench (pad should be in your chest, so that arms can swing all the way together at the bottom). Instead of coming up all the way, just hang your arms straight and swing them about 6 inches. I call these Hang and Swings. Use a pretty heavy weight. Do 3 sets of 30 swings. You will be on FIRE. They might start out easy, but just keep swinging. I think I mentioned before, I love high reps on rear delts, gets them really thick actually. I have video on my YouTube channel of hang and swing technique. 3 total work sets.

Goal – Supramax pump

Dumbbell front raises for front delts. 3 sets of 12 reps. Bring the dumbbells up together at once, and stop about 2 inches above eye level. Lower them slowly! 3 total work sets.

Goal – Supramax pump

Legs (Hams focus)- 13 sets:

Lying leg curls - Have someone gently push down on your lower back while you do these to keep your hips down - you won't be able to go as heavy, but it will isolate them better.

2 warm up sets then 1 set of 12, go heavier, 1 set of 10, heavier, 1 set of 8, rest about 90 seconds

between these sets. Then do a drop set like this for your 4th set, go back to weight you did for 12, do it 10 x, drop a plate and do 10 more reps, drop a plate and do 10 reps, then do 25 partials out of the bottom. Just start the weight up and come back down...little reps...your hams will be on fire...the weight will literally only be moving 2-3 inches, but they will be on fire from the constant tension. They will be so pumped you won't believe it. Tom Platz showed me these back in the 90's...it works. On my website you can see video under the training/legs tab of how I execute these types of sets. This is also on my YouTube channel. 4 total work sets.

Goal – Activate and pump hams

Barbell stiff legs (bend your knees at bottom) - use 25 lb plates (on the barbell) to get better stretch - 2 warm ups to get stretched out then find a good weight that you can use for 3 sets of 10. On every rep come up and flex your glutes and hams. 3 total work sets

Goal – Work muscle from a stretched position

Hack Squat Machine (Wide, High Stance) - You will love leg presses after all this ham work. Place feet just a little wider than shoulder width, and a little low on the platform. Start light with 1 plate on each side...when you are going down, you should still keep feeling it in hams and inner thighs. Keep going up for sets of 10 until you can't get 10 anymore. Once you get to what you feel is your first working set (where you are getting 10, but starting to have to work hard), I want you to take 3 seconds going down during the eccentric phase, then drive the weight up HARD on EVERY REP throughout the remainder of your leg presses. I want you to do 3 hard sets of this. Go up in weight as much as you like, just be sure to get the full 3 second descent on each and every rep. Do not lock out – keep constant tension on your thighs for the best effect!

For example, just for illustrative purposes, someone might do 1,2,3 and 4 plates for 10. Then with 5 plates on each side, it starts getting hard, so they do 3 second descents on this set, and then the next one with 6 plates, and a final one with 7 plates for their 3 sets. 3 total work sets

Once you feel like your quads are pumped, I want you to stretch them for 30 seconds each between each set. Stretch them hard.

Goal – Train Explosively

Smith machine squat - you will be plenty warm - this won't take much weight - name of the game here is constant tension. So - 2 sets of 10 done like this...go down below parallel, and only come up half way, then back down deep then all the way up - that is one rep. So really they 1 1/2's. They will be full of blood and on fire. 2 total work sets

Goal – Supramax pump

Abductors: 2 sets

Adductors: 2 sets

Leg extension - I want you to raise your butt off the seat when you are doing these. It will allow you to squeeze your tear drop harder....1 x 12, and hold each contraction for 3 seconds. Use a heavy weight. Squeeze the crap out of them...1 total work set

Goal – Supramax pump

Seated leg curl: 2 Sets

Hyperextensions - (hold a dumbbell against your chest - I use a 40) and do 1 set to failure, then drop the weight and continue the set with just your bodyweight to failure. 1 total set.

Goal – Supramax pump in spinal erectors, glutes, Hamstrings

Arms - biceps - 10 sets & Triceps 12 sets:

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need

Medium to high volume, but fast pace - great pump - similar to what you did last week. Hopefully the pace and supersetting is pumping your arms up big time!!

warm up - Rope tricep pushdowns (my usual starter to get blood in elbows and be able to flex hard) 3 sets of 15 to warm up...then 1 set of dips between benches to warm up, and one set of rope extensions to warm up

Tri-set

Rope pushdowns for 12 reps, then

bent over rope extensions (get a real good stretch on these) for 10, then

dips between benches (get real low to thicken the lower part of your tricep near your elbow) for failure. I like the dumbbell kickbacks with the modified grip you did last week, but wanted to add some more stretching to tris this week, so I replaced them with the rope extensions. I call these the Lee Priest exercise cause his lateral head of his tricep looks sick when you see him do these. Now on the dips between benches, remember to sit back on them for a second like I mentioned last week ok. They will contract superhard.

Rest for 90 seconds and repeat 3 more times. 3 rounds, 12 total work sets.

Finish with 3 sets of 10 of lying skullcrushers now that you're pumped and elbows are warmed up - I would never do these early in a routine due to elbow injury, but doing these with fully pumped tris and warmed up elbows are awesome - I wouldn't do them any other way. I like to take the weight to my forehead on the first set. On the 2nd set take it to behind my head, then on the 3rd set take it behind my head and drop it down a little to stretch even more. Each set involves more of a stretch if you get my drift.

Biceps

warm up with EZ bar curls, then Tri-Set

EZ bar curl for 8 reps, lower weight in controlled fashion, and flex hard at the top - perfect form, followed immediately by

standing dumbbell curls. Do both arms at once, and keep your palms up the whole time...lower with a 2 second count on each rep. Do 8 reps - should be on fire. Then finish with

EZ bar reverse curls for 8 reps for your brachialis and brachioradialis...one of the key muscles in the arms

Do this cycle 3 times total. 9 working sets.

Finish with 1 set of chin ups with a close grip palms up for biceps, try to get 8 reps....these will be hard after doing all the supersetting so take your time. Use your bi's on the chins. Try to not use back (sounds funny recommending that on chins doesn't it..lol) 1 working set.

Calves - 8 sets

standing machine raises 2 warm up sets of 20

8 x 8 reps with 60 second breaks. Make sure you are stretching at the bottom all the way down and not bouncing back up. As the sets go on, it will become nearly impossible to get up on toes, just like I mentioned in a previous workout. Just focus on stretch and get all your reps no matter how much it burns....stretch calves for a while when done. 8 total work sets.

Abdominals– 8 sets

Do this 2 x this week minimum!

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

Back - 14 sets:

Smith Machine bent over rows (overhand grip). Do 2 warm up sets of 15 reps. Hold the bar on your belly button for a second while flexing lats. This makes all the difference in the world. First set I want is a hard set of 15. Rest for 2 minutes then a hard set of 12, then put a weight on there you can do for 8 reps. For the 3rd and final set do 14 reps. On this set do 8 normal reps, then set the weight down, relax, and then drive it up, repeat 5 more time for 6 additional reps totaling 14 reps for the set. 3 total work sets.

Goal – Activate and pump lats

One arm cable rows - this is another one of my favorites - this really helps my lower lats (not as much as the 1 arm modified tbar rows - but I do like these) - so just find a machine you usually use for cable low rows and use a single attachment. Do 8 reps on one side, then 8 reps on the other. When you are doing the set, lean all the way forward and stretch your lower lats at the bottom of the movement. When you come up arch, squeeze your lats, and try to drive your elbow back as far as you can. Do 3 sets of 8 on this exercise. If you really focus on getting your elbow back a few inches more than normal, it will make a huge difference. When I do this I get twice as sore the next day...a real deep soreness in my lats, right where I want it...remember to do that. I have video of this on my website and YouTube channel. 3 total work sets.

Goal – Supramax pump

Rack deadlifts - I want you to find a weight that is fairly heavy, that you could probably do 4-6 reps with. I want you to simply do 10 rest pause reps - the pause in between is 10 seconds. So do a rep, count to 10, then do a rep, then count to 10 etc....the last 3-4 reps should be grueling...make sure you choose a hard weight to use, but use perfect form. If you realize at the end of 10 reps it was too light, go ahead and do 5 more. I am going to count this as 2 working sets.

Goal – Supramax pump and pure strength

Dumbbell pullovers across a bench - 3 sets of 12 done with your new form lying on the bench not across it. 3 total work sets.

Goal – Work muscle from a stretched position

Partial Chins - hang on a bar and do 3 sets of 15 reps. I only want you to go up 1/3 of the way - You will be too tired to come up all the way. I want you to focus on the stretch at the bottom. Relax your scapulae at the bottom and stretch. Then come up 4-5 inches. This might sound easy, but your lats will be on fire. 3 total work sets.

Goal – Supramax pump

Use wrist straps on everything except pullovers obviously...all the rowing will help with thickness, and I stuck in some work for scapulae widening too (although the rows will give you the best results, I do like to stretch lats hard as well)

Legs - 12 sets:

Lying leg curls - 2 warm up sets of 15 reps. This helps target inner hams - put your heels together as best you can during the set, 3 sets of 15...keeping your feet together is hard through the whole range of motion...stay strict ...it won't take much weight - you might get a cramp type feeling in inner ham. 3 total work sets.

Goal – Activate and pump hams

Leg extension - 2 warm up sets of 25. Then one set of 20 with a 2 second hold and flex at the top. Rest 90 seconds. 2nd set is 12 reps with a 3 second hold and flex, 3rd and last set is 6 reps with a 5 second hold and squeeze. Go up each set in weight a good deal. Your legs should have a nasty pump. Last week I had you take your butt out of seat to focus on teardrop, this week try to stay in seat so that your rectus femoris gets hit hard too...after your last set here, start doing quad stretches for 20 seconds in between each set here on out. 3 total work sets.

Goal – Activate and pump quads

Squats - for quad sweep and overall thickness - feet slightly wider than shoulder width, toes out slightly, go just a hair below parallel and explode up. I am not sure how strong you are on squats, but what I want is a pyramid where you keep going heavier, but don't let up on the reps. Stay at 10 reps. I used to do 3,4,5,6 plates for 10, then even did 7 plates for some reps in my insane days... When you get to a weight where you know if you increase the weight you won't get 10 reps, give me 3 good sets with it. Be smart - keep the weight to something you can do with perfect form. It will feel awesome after the pre-exhaustion. 3 total work sets.

Goal – Train explosively

Leg press - feet fairly close together, middle of platform to crush your teardrop - go rock bottom (don't let butt come off pad) and let's do 30 reps, then go up in weight and do 20 reps, 3rd and final set is 15 reps with more weight. Remember, go deep and crush your teardrop. Pump these - no locking out. 3 total work sets.

Goal – Supramax pump

Program 1 - Pain and Suffering

Welcome to Mountain Dog training! This is Program 1. You probably know I have many many more programs I have built, but that does not mean this one is the easiest! All of these programs are brutal, so buckle up and let's go.

This is a 4 day a week program. Below is a sample split showing you how to set it up.

*Day 1 – Legs
Day 2 – Chest/Shoulders
Day 3 – Off
Day 4 – Back
Day 5 – Off
Day 6 – Arms
Day 7 - Off*

**We are going to ramp up volume over the first 3 weeks and do a lighter week at the end of the 12 weeks.*

**Calves and ab workout can be done up to 4 days a week! Use your level of soreness as an indicator that the muscle is ready to be trained again.*

Week 4 – Moderate to high volume

Legs - 16 sets:

Seated leg curls - Do the usual 2 warm up sets of 15 - then find a weight that would make for a hard 10 reps. Do 3 sets of 10. Do a sort of rest pause. Let your legs fully extend, and pause for a second before curling weight and squeezing as hard as humanly possible. Take about 90 seconds between these sets. For the 4th set, do this drop set. Add a little bit of weight that you were doing for the sets of 10 (like maybe 10 pounds), and do 6 reps with a 3 second negative, pause at the bottom, then curl hard/squeeze --- drop about 20 lbs and do another 6 reps this way ----drop another 20 lbs and do another 6 reps this way ---then drop one final time and do 15 really freaking hard reps. Your hams should feel like they are going to explode. 4 total work sets.

Goal – Activate and pump hams

Squats - I love the way these feel with pumped hams. Do 3 sets of 10 to warm up, then do 5 sets of 5. Here is what I am thinking here. I want to go lower in reps with the heavier weight, but I want you to do more overall reps via more sets....so a Volume approach in terms of the heavy weight. Sometimes people just think about volume in terms of total number of sets, you can also think about volume in how you many total reps you get with a heavy weight. I sometimes get more of a beating from doing 25 total reps

over the course of 5 sets with say 400 pounds with perfect form, then grinding out 1 set of 15 with it, with less nervous system exhaustion, so it's good change up to add variety.

So for volume you work up to a weight you can do for a good solid 5 reps. Go just a tad below parallel. and drive up..super strict..Every rep should be solid. No rep should be slow and sloppy...

To give you an example I did 135 for 10, 225 for 6, 315 for 6. I then did my 5 sets of 5 with 405. Every rep was very deliberate and slow on the way down, and I drove the weight up hard. I could probably have done 500 for 5 sets of 5 but I wanted form perfection...so keep that in mind. 5 total work sets.

Goal – Activate and pump quads

Barbell walking lunges - (if you don't have space to walk, do in smith machine) - Take an empty barbell and walk 12 paces with each leg. Now the form here is real important. It will get your glutes and hams, but you will actually feel this type of form a lot in your teardrop. When you lunge, let your back knee touch the ground (GENTLY) and pause for a second, and then bring your trail leg back to even with your front leg, so feet are right beside each other. Then do your other leg the same way. This kills all the momentum you normally get just continually walking, and allows you to focus on form rather than not falling on your can. Go down slow, touch your knee and pause, then drive back up...it will burn and give you a heck of a pump. 3 total work sets.

Goal – Supramax pump

Dumbell Stiff legs - 4 sets of 12. Use slow and strict form, slightly bent legs, push hips back and do continuous tension. No locking out at top. 4 total work sets.

Goal – Work muscle from a stretched position

Chest - 16 sets & Shoulders – 8 sets:

I want you to really pre-exhaust this week, much more so than usual, because I want you to push the basic movements hard...as you know I am a big believer in exercise sequences that keep your joints healthy, and keep your tendons and ligaments healthy....but to also push the basic movements with perfect form.

So with that in mind I started with this superset.

Cable crossovers with 1 second flex at bottom and a

Modified dumbell fly with a real deep stretch

For the crossover pull the handles across the middle of your torso, not real low...I want you to activate the middle part of your chest too, not just lower and outer...then on to dumbbells. On the dumbbells it's like you are doing a flye, but when you come up you only let your arms get to the 10 o'clock and 2 o'clock

position, then come right back down. It's constant tension. Really emphasize the arch in your chest while doing these, keep your sternum lifted.

The reps are 12 crossovers and 7 reps on the modified flyes.

4 supersets total....it will burn like hell, your pecs will be tired but your joints will be fresh headed into next 2 exercises. 8 total worksets via 4 supersets.

Goal – Activation and supramax pump

Incline barbell bench press - 3 seconds on the way down, drive up hard 3/4 of way then right back down...Do a few sets to get to a weight you might normally do for 8, then hit 4 sets of 6. The 3 seconds down is the key. Make your Pecs work hard during lowering. 4 total work sets.

Goal – Train explosively

Barbell bench press - Rest pauses 4 sets of 5 - goal here is to explode - train fast twitch muscle fiber...the pause is for 2 seconds. Lower the weight, count to 2 then bam drive up hard...pyramid up...just keep going up with like 30-40 pound jumps until you get to a weight where you struggle with the 5th rep.

You shouldn't feel the barbell movements at all in your joints from the previous work. This is the best part about the routine. You can hammer basics without getting injured. 4 total work sets.

Goal – Train explosively

Side laterals - Do 8 reps, set the weight down and count to 10, and do another 8 reps, set the weight down and count to 10, and then do another 8 - I had to have a spot, couldn't quite get the weight up at that point, so got some assistance from partner...it was a hard set. 3 total work sets.

Goal – Supramax pump

Machine shoulder press - Find a weight that is hard to do 10 times - do 10 reps with a 2 second flex at the top. After you have done 10 reps in this style, do 10 more half reps out of the bottom. 3 total work sets.

Goal – Supramax pump

Rear delts on peck deck/flye machine - 2 sets of 40 reps. Try to hold every rep and squeeze at the flexed part. Needless to say your rear delts might be sticking out a little after these 2 sets. 2 total work sets.

All the heavy barbell pressing works your delts to, hence the lower number of sets...

Goal – Supramax pump

Back - 16 sets:

Single arm cable rows - After 2 warm up sets you want to find a weight that is hard for 12 reps. Do your first set with that. Remember what I said about really driving your elbow back hard at the contracted part of the movement, it makes a huge difference. You should feel a cramp type feeling the contraction is so hard. Add some weight for your next set and do 10 reps. Same thing for third set and do 8 reps. I have video of these on my website and YouTube channel. I position my feet a little differently to get a good stretch. 3 total work sets.

Goal – Activate lats

Rack deadlifts - now that lower lats are somewhat preexhausted - heavy and hard rack pulls - just start with one plate a side and keep adding a plate until you can't do 3 reps. As you are working up, do sets of 6. Concentrate on the negative part. Lower the weight strictly with your lower lats. Set the weight down on the rack, take a deep breath and pull up hard and explosively. That is how each rep should look. The weight should be at midshin level, maybe an inch or so higher. We'll call this 3 sets, since the last 3 will work you. 3 total work sets.

Goal – Train explosively

Lat pulldowns with a stretch - This one will require a spotter or some help. I love doing these...really stretches out your scapulae and your upper lats...

Here is how the rep looks...it's a pulldown where you pull the weight down in front of you, and squeeze for a second at the bottom, as soon as you start the negative someone pushed down on the weight stack to add tension through the eccentric phase, when you are fully stretched they slowly add even more tension so you get an even better more intense stretch. The tension should be smooth and not jerky throughout the rep. That is the biggest problem I have with people doing these. They want to push down real hard at the beginning and ease up, or push down real hard at the end without working up to it. Hopefully this makes sense. If you don't have a partner or help, just let the weight pull you really hard at the top..I come out of my seat I let it pull so much. 3 sets of 10 reps. You can see this on my website under training and back section and also on YouTube channel. Check it out so you can see the execution of this. 3 total work sets.

Goal – Worm muscle from a stretched position

Supported rows - do a row on a chest pad with a neutral grip like you would use bench pressing. Keep your elbows up, and squeeze the middle of your back really hard – this will nail rhomboids. 3 sets of 12. Let the weight stretch you at the bottom too. 3 total work sets.

Goal – Supramax pump

Dumbbell shrugs - grab some really heavy dumbbells. Do 10 reps with a 3 second squeeze at the top. Rest for 45 seconds and do more to failure with this form. Rest 30 seconds and then pump as many as you can

out without the hold at the top. That's just one set. Your traps should be on fire. Do this twice. 2 total work sets.

NOTE: Women skip the shrugs unless your traps are small and weak.

Hyperextensions - Hold a moderately heavy dumbbell - 15 reps with it, and drop it and do at least 10 more reps. 2 rounds of this total. 2 total work sets.

Goal – Supramax pump

Arms - Biceps - 13 sets & Triceps 14 sets:

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need

Dips between benches - 2 warm up sets - then superset dips with the following movement:

L-Extensions - Let me see if I can explain this well. You sit down on an incline utility bench (like u would use to do dumbbell incline presses. Only use one dumbbell. Put it in your left hand like you are getting ready to do a dumbbell press for chest, but instead lower to your right across your face. Keep your upper arm/humerus pointing straight up the whole time. These are hard if you do them strict. Do all your reps on one side, then do the other when finished. It is called L extensions on my website under the training/triceps section and on my YouTube channel.

So the superset is going to be 20 reps on the dips between benches (with added weight if possible), then 7 reps of the one-arm dumbbell extensions. I loved this combo. The one arm things really hammer your medial head, the part that thickens up your tri near your elbow. 4 supersets. 8 total work sets.

Close grip bench press - 1 warm up - 3 second negatives on these. Find a weight you can do 8 solid reps with. Control the weight. 3 sets of 8. I like to use an EZ bar because it feels better on my wrists, and I can concentrate on tri's more. Use whichever you feel more comfortable with. I actually like to do a version where I lower the bar to right below my chin. You can't use as much weight, but you stretch the tri harder, and isolate it more, instead of just working your chest. These should feel awesome since you are starting them with a nice pump. Play around with this. 3 total work sets.

Rope pushdown - heavy - use a heavy weight and flex hard at the bottom. 3 sets of 8. The main thing on this is the flex. 3 total work sets.

Your tris will be real tight from this combination of exercises. So be sure to stretch them frequently once you feel a pump in there..

EZ bar curls - 2 warm up sets. Good ole fashion pyramid on these. Start with a weight you can do for 12 then go up. Try to hit 10, then go and try to hit 8. Use a 2 second count on the way down. Rest about 1 minute between sets. Squeeze these hard on every single rep. 3 total work sets.

Dumbbell curls w/ additional hammer work – Start these with your palms up the whole time. Do 8 reps with this style, then flip your wrists over and do 8 more with a hammer style. On the palms up ones, lower it over 3 seconds. You will love these guaranteed, these will burn. Do 3 rounds of this. 6 total work sets.

Preacher curls - 4 sets of heavy partials - just work the medium and top range of these with a decent weight. 4 sets of 6, but each rep should have a hard flex at the top. 4 total work sets.

Calves - 9 sets

Standing machine raises - 2 warm up sets of 20. Pyramid up to a weight where you can get about 10 full range of motion reps. I want you to do 6 sets with this. Do the 10 full range reps, then 5 more partials out of the bottom. Rest 2 minutes between sets. 6 total work sets.

Seated calve raises – Do 3 sets of 25 reps. 3 total work sets.

Abdominals– 8 sets

Do this 3 x this week minimum!

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

Program 1 - Pain and Suffering

Welcome to Mountain Dog training! This is Program 1. You probably know I have many many more programs I have built, but that does not mean this one is the easiest! All of these programs are brutal, so buckle up and let's go.

This is a 4 day a week program. Below is a sample split showing you how to set it up.

Day 1 – Legs

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Day 3 – Off

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Day 5 – Off

Day 6 – Arms

Day 7 - Off

**We are going to ramp up volume over the first 3 weeks and do a lighter week at the end of the 12 weeks.*

**Calves and ab workout can be done up to 4 days a week! Use your level of soreness as an indicator that the muscle is ready to be trained again.*

Week 5 – High volume

Legs - 17 sets:

Seated leg curls- 2 warm up sets of 15. Then 3 hard sets of 12 reps, each rep is continuous tension with a squeeze. For the 4th and final set use the same weight but do 10 reps, and use the 3 second down rule for each rep (on the negative only). Drop the weight and do 8 more reps the same way, then drop the weight one more time for another 8 reps. This should be a brutal set. Your hams will be pumped. 4 total work sets.

Stretch hams hard for 30 seconds each

Goal – Activate and pump hams

Leg press – Do as many sets of 10 moving up in weight as you need to get really warmed up. First set is a really hard set of 15 reps. Use 3 seconds down, then drive up like a piston firing but do not lock out. Do one more set with the same weight for 15 again. For 3rd and last set, do the exact same weight and 3 second negative for 12 reps, then drop the weight and do 10 more reps with 3 second negative, then drop the weight and do 8 more reps with 3 second negative...then drop more weight, and lower at regular

speed (no more 3 second descents), but go real deep to stretch out the teardrop at the bottom...should be on fire. 3 total work sets.

Stretch quads hard for 30 seconds

Goal – Activate and pump quads

Smith machine squats - 1 warm up then use a weight you can do for 15 reps with the following form. Turn your toes way out, get a little wider than shoulder width stance, and sink these real deep. Only come up half way. These will help with quad sweep and adductors. Go up in weight and do another set of 12 reps. Then go up and do a set of 10. Next do a set of 8 with even more weight. Execute perfect form every rep. Get deep, and keep your back totally straight. That is why I am using smith machine on these. 4 total work sets.

Stretch quads hard for 45 seconds

Goal – Supramax pump

Leg extensions and heavy lunges – On the extension, do sets of 8 reps with a 2 second pause at the top squeezing the crap out of your quads, then immediately get up and lunge 6 slow paces with each leg using a heavy dumbbell. Do these slow and controlled so you don't fall on your face. 4 total work sets (2 rounds).

Stretch quads hard for 60 seconds

Goal – Supramax pump

Hyperextensions - move your body away from the pad if that makes sense...When I do these I am literally on my tip toes...use your hams and glutes to squeeze. Hold a dumbbell and squeeze each rep hard at the top for 15 reps. For second set do same reps, but after 15 drop the weight and do 10 more without weight. 2 total work sets.

Stretch hams hard for 45 seconds

Goal – Work muscle from stretched position

Chest - 16 sets & Shoulders – 8 sets:

Incline dumbbell press - Nothing fancy here, just a good ole pyramid - get a good stretch at the bottom and drive to full lockout and squeeze this time. Keep going up in weight until you get to something that is a tough 8 reps with the squeeze. Don't go so heavy you can't squeeze each rep. 4 sets of 8. 4 total work sets.

Goal – Activate and pump pecs

Smith machine decline barbell presses - Very *slight* decline angle - I think I have mentioned that I like slight angles in the smith machine to keep your shoulders and rotators healthy. I absolutely love repping on these. Really fills out my chest. Go all the way down and touch your chest, but only come up 3/4 of the way...constant tension on these this time. Use a light weight for 25 reps. Get your pecs burning. Then one more with a little more weight for 20. Next go up in weight and do a solid set of 12 reps with perfect form. Now we do a hard set. Start with something you believe you can do for 8-10 reps. Go to failure. Do not do one single rep with bad form. When your form starts to break, take the weight down and do as many as you can get with good form again. Then for your last drop widen your grip and do the same thing. Your chest should be flat out on fire. To give you an idea of how I drop my weight, I would do a 45,25,45,25 on each side for about 10. Then I would drop a 45 and 25 off each side and do another 12-15. Then on the last one just drop the 25 leaving a 45 only, and do about 20 or so with the wide grip. 4 total work sets.

Goal – Supramax pump

NOTE: Women use a slight incline not decline angle on these.

Flat barbell bench press - Rest/pauses. 4 rest pause sets of 5 reps. Lower bar in controlled fashion. Set on chest for 2 seconds then drive up hard. Fire all those fast twitch white fibers. 4 total work sets.

Goal – Train explosively

Cable cross over - really deep stretch is the goal - 4 set of 6 reps. Don't worry about flexing at bottom, just focus on that big stretch. Not a lot of reps on these, but the stretching is where the value is after all the hard pressing. 4 total work sets.

Goal – Work muscle from a stretched position

Shoulders

Seated overhead presses in smith machine - Take the bar to the top of your head. It's a short range of motion. Also do not lock out, so range is even shorter. Pump 15 reps on first set. Add weight and do 12 reps, then add weight and do 9 reps. Only rest about 60 seconds on these. Your delts should be on fire after the last one. 3 total work sets.

Goal – Supramax pump

Overhead Dumbbell press - 3 sets of 10. Squeeze these at the top this time. Touch dumbbells together at the top so your arc is right in order to get the most out of your shoulders. 3 total work sets.

Goal – Supramax pump

Rear delt raises - Time for some fun. Grab a pair of light dumbbells - hit 30 reps of bent over rear laterals, and rest for 30 seconds only then do 20 reps. Rest for 30 seconds then do 10 reps. That's one set. Repeat one more time for 2 total sets. This is actually one of my pre-contest favorites...I love tons of reps on rear delts, when they get pumped you look twice as thick. 2 total work sets.

Goal – Supramax pump

Back - 17 sets:

Smith machine bent over rows - 2-3 warm sets. Then find a weight you can do for 8 reps. do 2 sets of 8 with it. Form wise, nothing special, just do them strict. Then add a bit of weight and do 2 sets of 7. On these I want you to do rest pauses. I had the pins in the smith machine set around mid shin, just a little below...Set the bar down each time, pause, and then drive it up with your lats at full speed. The goal is to engage all the explosive white muscle fibers on these, like your benches were earlier in the week. Then add a bit more weight and do 2 final rest pause sets of 6. So two strict sets of 8, then 4 sets of rest pauses (2 sets of 7 and 2 of 6). 6 total work sets.

Goal – Train explosively

Low cable row - 3 sets. First set is 10 reps, second set is 8 reps, and third set is 6 reps. I want you to reach real far forward and stretch the crap out of your lats, then sit up straight and arch your chest while squeezing lats. The stretch will feel good on these. 3 total work sets.

Goal – Supramax pump

Chin up death - 2 sets with a narrow grip (use the low cable row attachment - hang it across the bar). Go to 6 reps or whatever you can do, then have a spotter spot you at your shoulder blades and force out a couple of more reps.

2 sets medium wide with overhand grip - same thing, 6 or so reps, then 2 with a spotter getting you up to the top of the movement.

Lastly 2 sets with a wide grip..reps and spotting the same. If the rep counts are too easy, change them..maybe you do 8 then 2 with help. If they are too hard change them..maybe do 5 and 2 with help. The goal is to get as many good ones as you can, and do 2 forced reps with a spotter pushing up on your shoulder blades. 6 total work sets.

Goal – Supramax pump

Dumbbell Pullover - on these I like to lay normally on a bench, not across it. I actually scoot out so that my head is dangling off the head of the bench (kind of like a chicken about to get their head cut off)...Lower the weight and only come up to the top of your forehead. Do not come up any higher. Keep constant tension on your upper lats and serratus. Each set you do, you will feel your shoulder blades loosening up, and your lats stretching even better. It doesn't take much weight. 2 sets of 10. 2 total work sets.

Goal – Work muscle from a stretched position

Arms - Biceps - 14 sets & Triceps 12 sets:

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need

Rope pushdowns and seated incline dumbbell curls with palms up - 2 warm up sets of each...

Rope pushdowns do 12 reps then sit down and do 8 supinated curls. Keep your palms up through the entire movement. On the negative on the curls, lower with a 3 second count. On the pushdowns, as usual flex hard at the bottom of the movement. Do 4 rounds total. This will hit lateral head of tricep hard, and your whole bicep. 8 total work sets via 4 supersets.

Dips between benches and standing barbell (or EZ bar) curls. For the dips, add a 45 lb plate each set or less if you can't. Every set do 10 reps. If you can't do 3 plates on your third or 4 plates on your fourth, just stick to what you were doing previous set. The 4 plates is really hard. So the first set is one plate on your lap, second set is 2 plates, etc. Maybe the right thing for you is to use 25 lb plates...maybe even 10 lb plates. Be smart. For the barbell curls, pick a weight that you can do with perfect form, and squeeze the crap out of your biceps at the top of the movement. Do 6 reps on these, with the same weight each set. Do 4 rounds total. This will hit long/inner head of tri hard, and your whole bicep. 8 total work sets via 4 supersets.

Seated dumbbell extensions and EZ bar preacher curls. - Sit down with a heavy dumbbell and lower behind your head. Pause at the stretched position, and really let your tris stretch hard. Do not come all the way up, just come up 3/4 of the way. Stretch really hard on these. After all the contracting on the pushdowns and dips, these should feel great. Same with biceps, you are going to do preacher curls. After all the squeezing this stretch will feel real good. Lower the bar almost all the way down, not quite to lockout though, then come up and flex for a split second and go back down. Lower the weight with a 3 second count on these. The superset will be 8 reps on the dumbbell extension for tris, and 8 reps for the preacher curls. Do 4 rounds total. This hits that medial head of your tri near your elbow - gives your tricep an overall thicker look, and preacher focus on the lower bi and upper forearm in particular. 8 total work sets via 4 supersets.

Reverse curls - I like to do these with an EZ bar - we can't neglect brachioradialis and brachialis even more so...2 sets of 12. I take these all the way up not just at 45 degree angle. If doing the 45 degrees, I would just use a heavier heavy. Squeeze the bar really hard through this movement. I use to train on occasion with Jim Seitzer (guy that trained Mike Francois back in his heyday), and he always told me people he trained gained size on their upper arms almost immediately when they started gripping the bar real hard on bicep movements. It did seem like it helped actually..so I continue to do this 10 years later.

Calves - 8 sets

Seated calve raises - 2 warm up sets. Do 4 sets of 15 with a good weight, try to get up high and squeeze, and stretch at the bottom. After these 4, do two more sets where you actually relax completely at the

stretched position. It will stretch the crap out of your achilles, and loosen it up. Don't use a heavy weight though. No need to get crazy and hurt something. On these do not come up all the way. Do 2 sets of 10 reps. The stretching will help you get a better range of motion which equals more muscle for calves, and it will also allow you to go deeper on your squat, as your achilles won't be so tight that your heels come up when going deep. After your last set, try this, squat down, you will find it very easy to get deep with a looser achilles. Tom Platz taught me this as one of his tricks to squatting deep. It works.

Lastly, do 2 sets of 50 reps of standing raises with no weight, just standing on something where you can stretch and get up on your toes. Your calves will go numb, trust me.

Abdominals– 8 sets

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

Program 1 - Pain and Suffering

Welcome to Mountain Dog training! This is Program 1. You probably know I have many many more programs I have built, but that does not mean this one is the easiest! All of these programs are brutal, so buckle up and let's go.

This is a 4 day a week program. Below is a sample split showing you how to set it up.

*Day 1 – Legs
Day 2 – Chest/Shoulders
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**We are going to ramp up volume over the first 3 weeks and do a lighter week at the end of the 12 weeks.*

**Calves and ab workout can be done up to 4 days a week! Use your level of soreness as an indicator that the muscle is ready to be trained again.*

Week 6 – High volume

Legs - 16 sets:

Leg extension and Leg curls - 2 warm up sets then 3 sets of pyramiding. First set is 15 reps on seated leg curl, and then 15 reps on leg extension. 2nd set is 12 reps on each exercise. On the 3rd set - go pretty heavy - 8 reps on leg curl normal style, then continue set with 15 partials at the bottom. For leg extension 8 reps then quickly pump out 15 more reps with no pausing. 6 total work sets via 3 supersets.

Goal – Activate and pump hams and quads

Now that your legs are jacked, we'll hit squats.

Barbell Squats - Pyramid up. After 2 sets, on your 3rd set start doing a 3 second down controlled decent, then drive up. You should hit parallel. This will be your first set. Hit 8 reps. Keep going up in weight, until you can't get a solid 8 reps. Form is same on all of these. 3 seconds down then drive up hard. This should feel awesome after all the pre-exhaust, nothing in hips, or low back. I am hoping about 4 sets are perfect for you to get to that point. So 2 warm up, then 4 sets of 8, and last set of 8 should be extremely hard. 4 total work sets.

Goal – Train explosively

Hack squats – Do 3 sets of 8 rock bottom. Go all the way down, very bottom...You should be able to add weight each set. I do 3 plates, 4, 5, then 6 plates to give you an idea of how I do them. In between each one of these, stretch your quads hard for 30 seconds. By the time you are done, your legs should be completely full of blood. 3 total work sets.

Goal – Supramax pump

Dumbbell stiff legged deads - 3 sets of 12. Go all the way down and stretch, but only come up 3/4 of way. The stretch will feel great. 3 total work sets.

Goal – Work muscle from a stretched position

Chest - 16 sets & Shoulders – 10 sets:

Hammer strength incline machine - 2 warm sets - then pyramid up. These are not to be flexed. I want to keep tricep strength for heavy pressing later. Do a pyramid on these, 3 sets. Hit 12,10, and 8 reps. Work on getting a good stretch at bottom, inhale real deep, and lift your sternum at the bottom of each rep. Drive up 3/4 of the way and come right back down. Continuous tension and deep stretching on these sets. You are also going to do a drop set for your fourth set. Use the same weight you did for 8 reps, and do that, then drop weight and do 8 more. No locking out. 4 total work sets.

Goal – Activate and pump chest

Incline smith machine press (slight incline angle) - Get to a weight you can do for about 10 reps. I want you to add 10-20 lbs each set, and cut reps down 1-2 reps per set until you get down around 6 reps. Do what you can with perfect form. Form on this is to lower slowly to about 2 inches off your upper chest and drive up to 3/4 lockout and back down, just like with last exercise. Keep going up until you get down to 4-5 reps. For example, I did mine with 225 x 10, 250x9, 275 x8, 300 x 7, 320 x 6 - that was enough sets, so stopped there. 5 total work sets.

Goal – Supramax pump

Barbell bench press - rest pause again...Want you to do 4 sets this week. Find a weight that you can pause and drive up explosively for 5 reps. I want you to do 5 reps, rack it and count to 20, then do 4 reps, and rack it and count to 20, then do 3 reps. Should be a really tough set. Every rep is a 2 second pause at the bottom. Your shoulders may start burning form all the stabilizing they will be doing. Repeat this three more times. 4 total work sets.

Goal – Train explosively

Flye machine - 3 sets of 8. Work the stretch really hard on these again this week. Also, for this week I want you to hold and flex for 1 second at the contracted part of the movement. Pump as much blood in there as humanly possible. 3 total work sets.

In between all of your fly machine sets, get a good 30 second stretch on each pec. You can also do something called over and back rope stretches for flexibility in between sets. I have a video of these on my YouTube channel in the band playlist. Watch the video so you can see what I do. This really helps with flexibility and seems like it makes my chest pump up better.

Goal – Work muscle from a stretched position

Shoulders:

Machine side laterals with extra negative resistance - If you have one of those old nautilus machines, I want you to do this - it will take a partner to help. Do a weight for 10 reps, and on each rep, have your partner push down on the pads and resist as hard as you can on the way down. The extra eccentric work is great for size. If you don't have a machine, just do it with dumbbells and have partners assist (push down) Hit 3 sets of these. I love these. I actually just put the whole stack on there when I am done, and do little tiny quarter reps at bottom for 1 set of 50 reps sometimes. It blows your side delts up, this is on my website and YouTube channel fyi. Do that too. So 3 sets as I described with the extra resistance, then 1 set of 50 of just little partials out of the bottom. 4 total work sets.

Goal – Supramax pump

Wide grip smith machine military presses - lower to forehead, drive up to lockout and lean forward just a hair and flex your delts. Take your time on these. You need to use the smith machine to do these safely. The little subtle lean allows your delts to flex even harder. 3 sets of 8 on these. Lower slowly here too, and try to only take 45 second breaks between sets ok. This does not need to be a real heavy weight. 3 total work sets.

Goal – Supramax pump

Cable rear delts - Most of our rear delt work has been dumbbell rears, grab some cables this time in the crossover rack and hit 3 sets of 25...you won't be able to put much weight on these. I could only use 2 plates this weekend doing these, really burned. Set the pulleys so that you are pulling from the high angle, not the low angle where you are bent over. 3 total work sets.

Goal – Supramax pump

Back - 17 sets:

Bent over rows in smith machine – Hopefully you are really enjoying the rest pause sets on bent over rows in smith machine. Remember to set the "stops" up to about midshin in the rack....you aren't resting with the bar all the way on the floor.

2 warm sets...then find a weight that is a hard 8 reps with rest pause form. Lower the weight in a controlled fashion but not too slow, set on stops for a second, then drive up hard - real hard. 4 sets of 8. 4 total work sets.

Goal – Train explosively

One arm barbell row - this is where you stick one end of a barbell into a corner...stand beside the bar, and grip the bar with one hand just below where you load the weight..use 25's so you can get down and stretch on these. These are awesome for lat (especially lower lat) thickness..keep adding a 25 per set until you can't get 8 reps. I start with 3 25's just to give you an idea of what I do, and usually do 4 sets. These are gut busters, very hard...focus on stretch at bottom too. You should have a monster pump in your lats when done with these. This is on my website under training videos and YouTube channel fyi. 4 total work sets.

Get 2 sets of 30 second lat stretches after you finish this exercise...

Goal – Supramax pump

Lat pulldowns with underhand grip (Dorian Yates style) - grip should be a little wider than shoulder width, just adjust it so that your wrists don't hurt and you can really drive your elbows down while keeping your chest arched. 3 sets of 10 strict. I don't like to get a super stretch on these though, it just activates biceps too much with this grip. I keep more constant tension really focusing on driving elbows down. You also need to lean back a bit to allow your elbows to travel at the right angle and not over engage biceps. 3 total work sets.

Goal – Supramax pump

Dumbbell pullovers – Once again, use the style where you lay on the bench with your head actually hanging off some, not across it - focus on getting a little more stretch each set. You should feel these real good in serratus and upper lats..3x10. this is on my website under training videos fyi. 3 total work sets.

Goal – Work muscle from a stretched position

Dumbbell hyperextensions - use a moderate heavy dumbbell and do 10 reps real slow and controlled, flex spinal erectors at top. Drop weight and pump out 10 more reps. 3 sets like this. Probably the most painful of anything on back day. These will burn. 3 total work sets.

Goal – Supramax pump

Arms - Biceps - 14 sets & Triceps 14 sets:

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need

Quad set #1 - do 4 rounds

Rope pushdowns - 12 reps on each set

Seated dumbbell supination curls - 8 reps

Cable kick backs with high flex - 8 reps

EZ bar reverse curls - 8 reps

Rope pushdowns are done with the normal flex at the bottom and hands go apart to hit lateral head of triceps. The supination curls are just your normal supinate as you come up curls. Do them one arm at a time this week, so you can really twist and flex at the top. Cable kickbacks this style hit the inner/long head of your tri really hard. Get your arm parallel to floor and lock and flex tri, then raise your whole arm up about 2 inches. You will feel a cramping type feeling on the inner head it contracts so hard. Each set you do will feel better and better on these. EZ bar reverse curls bring the bar up all the way to your chin, and lower with 3 second count.

Do 4 rounds of this. 16 total work sets via 4 quad sets.

Quad set #2 - do 3 rounds

Weighted dips - sets of 6

Ez bar curls - sets of 6

Lying tricep extension - sets of 8

Dumbbell hammer curls (both arms at once) - sets of 7

For the weighted dips, it won't take much weight. You can even use your bodyweight if you need to. Do not go down all the way. Work the middle range of motion, not all the way down, not all the way up. The key here is constant tension on a good basic exercise. With all that you have done, you should not have pain in elbows...should be good and warmed up..

EZ bar curls are just regular curls, do them with a 3 second count on the way down.

Lying extension are to stretch your tris after all the contracting type movement. Do not use a superheavy weight. Actually let the bar go slightly behind your head and feel the stretch. Each set you will get looser and looser. For the hammer curls, try and use a heavy weight and squeeze the dumbbells as hard as you can as you go through the reps.! 12 total work sets via 3 quad sets.

Stretch - stretch each tricep and bicep hard for 30 seconds after each superset in round #2.

Calves - 5 sets

Standing calve raises - 1 set of 30 reps to warm up.

Pyramid up - start at 15 reps, and keep adding weight until you can only do 10. Do 3 sets of 10 with that weight. Remove some weight for your last set and hit a set of 20. So 3 x 10, then 1 x of 20.

The form is a flex at the top, and stretch at the bottom for 3 seconds. As you get close to the end of the set, it should be almost impossible to get up all the way on your toes. For the last se, don't go down all the way, just flex at the top, and go down half way. Make sure you get 4 good 30 second stretches on each calf when you are done. 4 total work sets.

Seated calf raise - Let's do one all out set. They should already be burning. Pick a weight you think you can do 15 reps with. Do 15 reps, then drop some weight and do 10 reps, then drop some weight and do 20 little mini partials out of the bottom. This will hurt. You will see. The form is to flex at top and stretch at bottom, but no need to hold at bottom, keep the reps moving. 1 total work set.

Abdominals– 8 sets

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

Program 1 - Pain and Suffering

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**Calves and ab workout can be done up to 4 days a week! Use your level of soreness as an indicator that the muscle is ready to be trained again.*

Week 7 – High volume

Legs - 16 sets:

This is the infamous "*dead body workout*" that is legendary on the internet! This workout is the sneakiest workout you will ever have. Looks easy on paper, but you will be hurting when it's over.

Don't be fooled into thinking this one is easy.

Warm up with 3 sets of leg extensions and seated leg curls.

Superset

Leg extension and seated leg curl – Warm up thoroughly. Now your first set is to do 12 reps on each exercise. On the extensions, hold for 1 second and squeeze at the top.

On second superset, move *up in weight a bit and still do 12 and 12 with same form.*

On third set move up in weight a bit and do 9 reps of each with a *2 sec pause/flex* on the extension only.

On the 4th and last set start with leg extension. Go up 3-4 plates where you left off with 9 reps and do 6reps with a *3 second flex* at the top. Now stroll on over to the leg curl, and go a little heavier for 6 reps. 8 total work sets via 4 supersets.

Goal – Activate and pump hams and quads

Machine leg press - We have one where you are almost sitting straight up and you use pins in a selectorized weight stack (this is not a free weight leg press). You did these in an earlier week. When I sit in the seat, I have someone push it down and lock in, so that I am starting from the deepest possible point. This is a fun one. Do 2-3 more warm up sets to get hips and such warm. I have video of this on my YouTube, so you can see the type of machine I use. If you don't have this exact machine, it's no biggie, just find one similar.

Then put a moderate weight on there and do 20 reps with continuous tension. Get down deep so you can crush your teardrop. Use a shoulder width foot placement, not wide at all – this will help focus on quad and teardrop.

On the 2nd set move up in weight 40 lbs or so and do 15 reps, then 5 rest pauses. So reps 16 through 20 sit all the way down until the weight is sitting on machine. Give it one sec and then fire up as hard as you can, but don't lock out.

On your 3rd set go up again in weight, and do 10 reps then 10 rest pauses.

This set will test your will. How serious are you? On your 4th and final set, go up more weight and do 5 reps, then 15 rest pause reps. Getting the 15 rest pauses will require everything you have. You really have to push to get these. I had to lock out and rest a few seconds after my 10th and 15th reps on these. 4 total work sets.

Goal – Supramax pump

Barbell stiff leg deadlift - no need to warm up..use small plates on the barbell so you can stretch better at the bottom. Just give me 4 sets of 12, and bring these all the way up flexing glutes and hams at the top. 4 total work sets.

Goal – Work muscle from a stretched position

Chest - 15 sets & Shoulders – 10 sets:

More dumbbell work this week...to give joints a break, and to get more range of motion..

Incline dumbbell press - 3 warm up sets. Let's do a straight pyramid. Find a weight that is hard for 12. Do that. Go up maybe 5-10 lbs and do 10 reps on 2nd set. Go up 5-10lbs and do 8 reps and 3rd set. On 4th set use the same weight and get your 8, and have your spotter help with 2-3 forced reps. On all of these stretch good, let the dumbbells come all the way down. Drive up to lockout this week, but don't hold and flex. Just get them coming right back down again. 4 total work sets.

Goal – Activate and pump chest

Flat dumbbell press - 1 warm up set to get an idea of weight is right. Find a weight that you can do 4 sets of 9 reps with. Lower the weight in a controlled manner down to the bottom and sit there for a sec and feel the stretch. Drive up, lock out, and flex at the top. These will feel awesome, but will not require much weight. I went up to the heaviest dumbbells we have for the inclines (130s for 11 on my own), but only did 90s on these, and they were hard. Again, superstrict reps. 4 total work sets.

Goal – Supramax pump

Decline in smith machine - As you know, just a slight decline angle. Let the bar hit you right below nipple area. Touch your chest on each rep, but come just short of lockout. On these I want a good controlled slower than normal decent. Doesn't have to be 3 seconds, but you need to control the weight. Find a weight that you can do for a good 12 reps. Do 12, go up and try to get 9, then go up and try to get around 6. Hopefully you will surprise yourself on these, and be pretty strong. 3 total work sets.

NOTE: Women use a slight incline on these, not decline.

Goal – Supramax pump

Machine flys – I want 4 sets of 8. Stretch good, and flex for 2 seconds at contracted position. This will finish your pecs off. 4 total work sets.

Goal – Work muscle from a stretched position

Heavy partial side laterals - 4 sets of 25 reps. Only come up about 6 inches...just swing your arms...trust me, they will be on fire after all these reps, and right in your side delt. Tilt your head back to take traps out of these. Weight wise - I like to do regular sides for 10 reps with 40's and I do these with 55's to give you an idea of heavy they should be. 4 total work sets.

Goal – Supramax pump

Rear delt dumbbell raises - 3 sets of 30 reps with 20 second breaks. You will not be able to get full range of motion on these. Instead of using back and traps when you get tired, just hang your arms and swing the rest of the reps. This is one of my favorite pre-contest things fyi. Thought I would throw it in to see how you like these. These pump up my rear delts really well, they are hard though and will burn like high rep calves. I have video on website of technique under training/shoulders. They are called hang and swings. 3 total work sets.

Goal – Supramax pump

Smith machine seated military press - 1 warm up set then 3 sets of something you think you can do 8 reps with. Lower the weight with a 3 second count to the top of your head, then drive back up but not to

lockout. Continuous tension here. Go to failure. Do as many as you can do with the good slow descents. 3 total work sets.

Goal – Supramax pump

Back - 18 sets:

TBar rows - Regular tbar - nothing unique about this one this time. 2-3 warm up sets. Wear a belt. Sets of 8 pyramiding up until you reach a weight that is a tough 8. Stay there for 3 sets of 8. Form wise. Lowering should be 1 second, the 3 second stuff doesn't work well on these with heavy weight because your arms and shoulders will take over. Drive up hard and give it a good squeeze at the top. Use the grip that is more neutral (palms facing each other). 3 total work sets.

Goal – Activate lats

Dumbbell Rows - 4 sets of 8. No deadstops - just regular reps here, but really work on stretch at bottom to get lower lats. Also, as with the one arm barbell rows, try to elevate your hip on the side that is going to just above the other one, to create better stretch and torque on lower lats. 4 total work sets.

Goal – Supramax pump

Superset

Dumbbell shrugs and dumbbell pullovers - this will give your arms a break from the heavy rowing. 4 rounds of 10 reps on each exercise. On the shrugs use a barbell today, and for the pullovers lay on the bench not across it, as you have done before. 8 total work sets via 4 supersets.

Note: Women sub wide grip pulldowns to the front for the shrugs.

Goal – Supramax pump

Rack pulls - Pyramid up to a heavy weight and do 3 x 3 with it. Lower the weight slow, and rest on pins (mid shin level). Then drive up hard, and drive elbows back at top of movement to engage more lower lats. 3 total work sets.

Goal – Train explosively and pure strength

Arms - Biceps - 15 sets & Triceps 12 sets:

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need

2 warm up sets of 20 of dumbbell curls, and 2 sets of 8 on EZ bar curl for warm up.

Superset

Standing dumbbell curls - alternate arms this time around, supinate on way up and squeeze bicep hard. 8 reps on each bicep.

EZ bar curl - then pick up a moderate weight on EZ bar curl. I want you to be able to do 6 reps, and on each rep lower the weight with a 3 second count. Rest 1 minute and repeat. 8 total work sets via 4 supersets.

One arm dumbbell preacher curl - 3 sets of 10. Do one arm, then switch. Only take 30 seconds between sets. I like to do them by letting the dumbbell go all the way so that my arm is fully extended, rest for 1 second, and then curl up. I use an incline utility bench, the kind that you would use for incline dumbbell presses. It's a steeper angle, and you can get that stretch safely without your arm hyperextending. 3 total work sets.

Reverse curls – Higher reps here. Do 25 reps, set the weight down and count to 20, then do 20 reps, set the weight down and count to 20, then do 15 reps, set the weight down and count to 20, then do 10 reps. 4 total work sets.

Bent over rope extensions - This is where you put your back against a pad on a tricep machine, lean forward, and extend your arms out and flex tris. 2 warm up sets of 20 then 4 sets of 12 on these. On the form, make sure you are letting your wrists come all the way back behind your head so you are stretching hard on these. To make the stretch even harder, when I get to that full stretch, I will pick my elbows up toward the ceiling a few inches to get additional stretch. 4 total work sets.

Seated dip machine - if you don't have one of these do weighted dips between benches. This is the machine where you have a seatbelt to keep you in, and you pushdown and flex tris. Try to go really heavy on these, with continuous tension, no jerking. Do not lock out, but let the weight ride up so you feel the stretch around your lower tricep - pyramid up. Do sets of 8, and keep adding weight until you can't get 8 anymore. Should take 4 sets. 4 total work sets.

Smith machine close grip benches - these are one of my absolute favorites for triceps. Put the bench on a slight incline. The technique is not like a bench press. It's kind of a combo of a bench and lying extension - similar to the old JM presses that JM Blakely patented. So anyway, on the incline (slight) grip should be a little closer than shoulder width. You slowly lower the bar down to your chin area. You have to let your elbows sort of ride out to the side when you do these. You can't keep your elbows tucked in or this is impossible. So let your elbows flare out some, and slowly lower the weight to your chin. At the bottom position, it looks more like a skull crusher in terms of how your arms are set up, but elbows are under you a little more. Play around with this. When you get it, you'll know it. You will feel an awesome stretch. Doing these last, should keep your elbows healthy. Tris are already tired, so you won't need to load up the weight. Lower slowly, hold for a second at bottom, then drive up but not full lockout. Get 4 sets of 8. 4 total work sets.

Calves - 5 sets

Smith machine standing raises - we have those little cardio benches that people do step ups on, I use those with a couple of the things that raise the height. I love these. 1 warm up set of 20 reps, then go up and do a hard 15 reps. The weight should be such that you can get up on your toes on all reps, and also I

want you to sit in stretch position at the bottom for 2 seconds. For second set go up in weight. You may not be able to get up on your toes for all 15, in fact I know you won't, but do what you can, and still get your stretches and 15 reps in. I love partial out of the stretch on calves. For set 3 same thing. Go up in weight, get as many as you can on your toes, but just make sure you get to 15 reps, and that you stretch them all. Now go back down in weight for set 4 to what you did on set 2. Take weight off, and do the same thing. Then one final drop to get you back to where you started weight wise on set 1...so it will be 5 sets in all!!! Stretch, stretch, stretch! 5 total work sets. Do this workout 2 x this week. 10 total work sets via 2 5 set workouts.

Abdominals– 8 sets

Do this 3 x this week minimum!

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

Program 1 - Pain and Suffering

Welcome to Mountain Dog training! This is Program 1. You probably know I have many many more programs I have built, but that does not mean this one is the easiest! All of these programs are brutal, so buckle up and let's go.

This is a 4 day a week program. Below is a sample split showing you how to set it up.

*Day 1 – Legs
Day 2 – Chest/Shoulders
Day 3 – Off
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Day 6 – Arms
Day 7 - Off*

**We are going to ramp up volume over the first 3 weeks and do a lighter week at the end of the 12 weeks.*

**Calves and ab workout can be done up to 4 days a week! Use your level of soreness as an indicator that the muscle is ready to be trained again.*

Week 8 – High volume

Legs - 19 sets:

Seated leg curls - 2 warm up sets of 15 reps. After warm up I want 3 sets of 12 reps. Every rep is a rest pause. Straighten your legs, and then squeeze hard, get your feet back as far as you can get them, and lower slowly. I want perfect form and execution. 3 total work sets.

Goal – Activate and pump hams

Dumbell stiff legs superset with leg press - 1 warm up set of dumbell stiff legs to loosen up tight hams, and 2-3 sets of warm up on leg press to get warm.

Pick a weight on the dumbell stiff legs that is only medium hard. This is going to be a volume ham workout, with lots of reps, and a high high rep quad workout. For example, I would normally work my way up to 110-130's on dumbbells for sets of 10, but on these I only use 75s for sets of 6.

First set on leg press is 50 pump reps - do not go rock bottom - just moderate depth and no lockout. Feet should be about shoulder width (yes this will blast your teardrop). First set is 50 reps, so pick your weight carefully. Then stand up and do 6 reps on dumbell stiff legs.

Second set is 40 reps (add weight) on leg press, and 6 reps on dumbbell deadlift.

3rd set is 30 reps on leg press (add weight), and 6 on dumbbells.

4th set is 20 reps (add weight) plus 6 reps on dumbbells.

5th and final set is 10 reps (add weight) plus 6 on dumbbells. Take about 3 minutes between supersets. On the dumbbells, do not come up all the way and lockout - just keep constant tension on hamstring.
10 total work sets via 5 supersets.

Stretch quads for a hard 30 second stretch on each quad

Goal – Supramax pump

Hack squat - Use a fairly high and wide stance and turn your toes out some for quad sweep - instead of 50 reps, start with 30 reps. So it will be 3 sets (30 reps, 20 reps, and 10 reps). Add weight each set, and continue the stiff legs on dumbbells for all 3 sets. On the hacks, do go deep, but again do not come up all the way. Constant tension. Your legs should be JACKED up. 6 total work sets via 3 supersets.

Stretch quads for 45 seconds each – hard

Goal – Supramax pump

Chest - 14 sets & Shoulders – 11 sets:

Hammer incline press – 2 warm up sets. Pyramid up. Hit 8 reps a set. On these go all the way down and arch your chest/lift your sternum so you feel the stretch even more. Contract completely, and flex for a split second before lowering again. Do the 8 reps until you get to a set you know you won't be able to hit with. For example, maybe you struggle with 3 plates on each side to get your 8th rep. So going up, you know there is no way you can do 8 if you add weight. It should take about 3-4 sets to get to that weight. Once you find it let's do a drop set for your last set. Do not lock out on the drop set, your tris will die too fast if you do, go back to continuous tension (3/4 lockout). Go to failure, and drop the weight quite a bit, and go to failure again, finally make one more drop, and do 35 little tiny partials out of the bottom/stretched position. These will feel good. We will say this is 3 total work sets.

Goal – Activate pecs and supramax pump

Stretch pecs for 30 seconds hard - I like to sit on a bench and have a partner stand up behind me, and stick his knee in the middle of my back. Straighten your arms out to your sides, and have your partner pull your arms back GENTLY. The way I really like to do these is hard to explain, but let me try. So you sit on bench, clasp your hands and put them behind your head. Your partner puts knee in back, and reaches over top your arms (kind of like reaching over wings the way you are holding your arms) and kind of gently folds your wings back while keeping your chest arches with his knee in your back. Does that make sense?

Incline dumbbell press - 1 set to find a weight that will be hard. Do a weight that you can get 8 reps with, without locking out. Do 4 sets of 8. Again, get the dumbbells down low and stretch at the bottom. 4 total work sets.

Goal – Supramax pump

Barbell Incline - ok, so you might be a wee bit pre-exhausted - I want you to go directly to a weight you think you can do 8 reps with, and do 4 sets of 5 with it driving up explosively. All of these should be continuous tension as well - no locking out. 4 total work sets.

Goal – Train explosively

Machine flye - 1 set - On every rep flex and hold at top for 2 seconds. Squeeze with everything you have. Shoot for 10 reps with a weight that will be hard. Rest 30 seconds, then drop weight -3-4 plates and do another 10 reps. Rest 30 seconds and do the same weight again for 10 reps. Your partner will need to ensure you get to lockout so you can flex. It will be hard to not get sloppy, let the spotter help. So 3 sets of 10 total. 3 total work sets.

Goal – Work muscle from a stretched position

Stretch pecs for 45 seconds hard...

Dumbbell side laterals - 2 sets of 25 reps, then use a heavy weight and do 2 sets of 8 reps. 4 total work sets.

Goal – Supramax pump

Bent over dumbbell side laterals - 2 sets of 35 reps, and then do 2 sets of 10 reps heavy. 4 total work sets.

Goal – Supramax pump

6 ways - OK - this one is fun, but hard to explain...so picture this...

Sit on bench and do side lateral, stop when your arms are at ear level, and bring the dumbbells together in front of you until they touch. Then raise them straight over your head and flex your front delt for 1 second and lower back down in front of you, then take your arms back out to your sides (kind of like you are going in reverse from what you originally did), and then let your arms come down. That is one rep. Do 3 sets of 10 reps. I use 10 lbs on these, or even 7.5 sometimes. They are hard, and they hurt. These are called 6-ways on my website under training/shoulders videos and on YouTube channel. Watch the video so you can see how these are done. 3 total work sets.

Goal – Supramax pump

Back - 18 sets:

Front pulldowns - 2 warm up sets of 10. Then 3 sets. Reps are 12, 10, and 8. Pyramid each set. If you get the first set right, and 12 is really hard, then it won't take much weight to be added each time. On these arch your chest as hard as you can coming down, and hold for a second and flex as hard as you can at the bottom for a second. After doing rows first for so many weeks, you will notice that you can really feel these contracting well. That is one of the reasons why I like changing order up to, your body thinks it is doing a new exercise, and is stimulated as such. On the stretch, I get a little crazy on these. I will let myself come out of the seat a bit to get every ounce of stretch I can. Be careful though. Don't let it fly up or you risk injury. 3 total work sets.

Goal – Lat activation

Dumbbell deadstop rows - 3 sets of 8. Dumbbell rows where you sit the weight down on the ground in between each and every rep and then drive up as hard as you can. Use a heavy weight, challenge yourself, but don't get sloppy. 3 total work sets.

Goal – Supramax pump

Low cable rows - 3 sets of 8. I want these to be really strict. Sit up straight the whole time, and pull the weight in, and flex your lower lats as hard as you can. You should feel these really well too, since there should already be a ton of blood in there from the previous 2 exercises. Anyway, the key here is to squeeze. Don't think you have to use light weight on these. You can use a moderately heavy weight, and honestly, the heavier it is (as long as you can control it)..the better the flexes will be. 3 total work sets.

Goal – Supramax pump

Supported rows - What I mean by supported is that your chest can be placed against a pad. I want you to be able to keep your elbows up and really squeeze your rhomboids/midback on these. We have a Tbar looking machine where you lay on it and can pull these. Pull the weight back as far as you can, and let it come down about 80% of the way. Keep tension on rhomboids. These can't be really heavy or you will feel too much in rear delts (cause your elbows are up) and your biceps. 3 sets of 12. There is video on my website of a version of these. It is called supported rows. 3 total work sets.

Goal – Supramax pump

Dumbbell shrugs - 3 sets of 10 with 30 second breaks between sets. Continuous tension up and down - no holds/flexes at the top this week. 3 total work sets.

Note: Women sub in dumbbell pullovers for these.

Goal – Supramax pump

Hyperextensions - Do one set with medium weight for failure then drop the weight and get some more reps. The next set, cut the weight in half and repeat. On third set, just do bodyweight for as many reps as you can. For example, I hold a 50lb dumbbell and do 15 reps, then drop it and try to get out 10 more. On 2nd set I hold a 25lb dumbbell and pretty much do same reps. On 3rd set I can usually get about 25 reps. This is brutal. Lower back will be fried after this. 3 total work sets.

Goal – Supramax pump

Arms - Biceps - 12 sets & Triceps 12 sets:

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need

Standing dumbbell curls - 2 warm sets of 8 (you can do seated if you prefer) - then 3 sets of 6. Do these with a 3 second count lowering it. Keep your palms up when coming down until you get to very bottom...then you can sort of twist/pronate your wrists and come back to palms up/supinated grip and do next rep...when you get to bottom and twist your wrists/pronate..it lengthens your lower bicep, and you will feel it good there as the sets go on. The 3 second eccentric part is really hard. I only use 35 or so lbs when I do these in this style. 3 total work sets.

Preacher curls - 3 sets of 12 with ez bar. Do not go all the way down. Flex at the top of the contraction, then back down 3/4 of the way. Use the wide grip to really hit outer bicep hard in addition to lower bicep. 3 total work sets.

Ez bar reverse curls - 3 sets of 20 - 10 reps coming all the way up on the contraction, then finish each set with another 10 reps where you only come up halfway (elbow will be at 90 degrees). 3 total work sets.

Barbell curls – This is going to finish your bis in a big way. Do 10 reps, set the weight down for 20 seconds, then pick it back up and do 8 more. Next set it down for 20 more seconds, and then pick it back up and do 6 more. 3 total work sets.

Rope pushdowns - 2 warm up sets of 15 - then 4 sets of 25...flex 15 reps hard at the bottom, then just pump out another 10 without flexing - they will fill full of blood quickly. After 4 sets, they will be full of blood. 4 total work sets.

Dips between benches - use additional weight on lap - 4 sets to failure don't come up all the way, but try to get down low on these. This will thicken up your tri near the elbow. 4 total work sets.

EZ bar close grip bench press - 4 sets of 8. On these, lower with a 2 second count, and pause - let tricep stretch at bottom, then drive up and flex. I have a hard time getting the bar all the way down, so I just lower until I get 4-5 inches off of chest. 4 total work sets.

Calves - 10 sets

Superset

Seated calf raises – 2 warm up sets of 15 reps. Do 10 reps here, ensure you are stretching at bottom all the way.

Then do donkey raises ensuring you get all the way up on your toes for another 10. Get on your toes and flex and these.

5 rounds of that. In between each set stretch calves hard for 20 seconds ok. 10 total work sets via 5 supersets.

Abdominals– 8 sets

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

Program 1 - Pain and Suffering

Welcome to Mountain Dog training! This is Program 1. You probably know I have many many more programs I have built, but that does not mean this one is the easiest! All of these programs are brutal, so buckle up and let's go.

This is a 4 day a week program. Below is a sample split showing you how to set it up.

Day 1 – Legs

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Week 9 – High Volume

Legs - 20 sets:

Stiff-legged deadlifts with barbell – Change up this week! Knees slightly bent at bottom - 2-3 sets of warm, then 4 sets of 10. I want you to keep adding weight until you get to a weight you can barely do 10 with good form. Stay there for 4 gut busting sets of 10. I want you to only come up $\frac{3}{4}$ of the way so we keep constant tension on the hams. 4 total work sets.

Goal – Activate and work hams from stretched position

Leg press – Do as many warm up as you need. Place your feet high on platform, but not wide - go down $\frac{3}{4}$ of way - do not go down all the way rock bottom, try to keep tension in your hams as you lower. As you add weight, your quads will begin to burn more and more. Do sets of 10. Keep adding weight until you can't get 10 reps anymore. Once you get to that weight, I want 4 sets of 8 reps. Don't make dramatic weight jumps, work your way up smart. Do not lock these out. Use constant tension. 4 total work sets.

Goal – Supramax pump

Leg extension - Move your body up toward front of seat NOT back toward end of seat...if you sit up far, you can focus solely on teardrop. Lean forward when you do these. It's kind of a short range of motion. Just kick out and flex. You will be able to use a lot of weight on these. Go to a heavy weight and kick and flex for 15 reps, then on set 2 go heavier and do 15, then on set 3, go a little heavier and just go balls out till you can't do anymore.. (I did 37 reps on my last set when I did this). 3 total work sets.

Goal – Supramax pump

Hack squat - Very slow on way down - 3 seconds down, and do rest pause. Rest for a second then drive up. Use a moderate weight and do 5 sets of 8. Every rep needs to be deep and paused at the bottom. This will take some heart. 5 sets of this is tough. 5 total work sets.

Goal – Supramax pump

Lying leg curl – No need to warm up. Just give me 4 sets of 10 reps with perfect form. 4 total work sets.

Goal – Supramax pump

Chest - 12 sets & Shoulders – 11 sets:

Hammer strength incline - 2 warm up sets. I put the seat REAL low so I am pushing in a really good upward arch. At the bottom, as always arch your chest so you can get maximal stretch. Pyramid up. A set 12, then a set of 10, then a set of 8 plus 25 pumps - the pumps are just partials coming out of the bottom so stretch and then move the weight a few inches. 3 total work sets.

Goal – Supramax pump

Incline barbell - 1 warm up set then go to a weight that you can do for around 15. I want you to do 4 sets of 8 with it though. I want you to accelerate on the way up as hard as you can. Try to really forcefully drive the weight up as hard as you can. Lower slowly, pause for a split second then bam drive up hard...None of these sets will be to failure, because the weight won't be that heavy. 4 total work sets.

Goal – Train explosively

Flat dumbbell press - Regular press, but pause at bottom, and squeeze for 1 second at top. You probably won't be able to handle a ton. Pick a weight you can do for 3 sets of 10. 3 total work sets.

Goal – Supramax pump

Decline smith machine bench - Pick a weight you can usually do for 15 normal reps. I want you to do rest pauses with it to failure. So you may get 8-10 depending on how good your pauses are and how exhausted you are already. Then I want you to do one more set. Add some weight, something you can usually do for about 8, and I want you to do the same thing with that. You will probably get 3 to 4 reps. 2 total work sets.

Note: Women use a slight incline on these not decline.

Goal – Supramax pump

Cable side laterals - one arm at a time - 4 sets of 20 with each arm - this will probably be the most painful thing you do. Get the weight up to a little over your head in terms of how high to bring up. These are sides, so stay strict on doing them out to sides. It won't take much weight at all. I use like 2 plates on a cable crossover rack. Only rest 30 seconds after you do each set, then back at it. Burn them up. They should be numb when you complete the sets. 4 total work sets.

Goal – Supramax pump

One arm dumbbell bent over rear laterals - Do one arm at a time, so that you can get a little more ROM with this. The arm that is going can kind of cross over to the other side of your body, then you swing it back out, so you get a little extra coming across. Make sure that you actually flex and stop all momentum on each rep!!! Your entire delt should be full of blood, and feeling like you were stung by a swarm of hornets. 4 sets of 15 reps.

Goal – Supramax pump

Seated dumbbell press - Heavy - 3 sets of 6. Go down to about ear level and drive up to near lockout then back down - continuous tension. You will be surprised how much you can do, but you might have to have someone hand them to you. 3 total work sets.

Goal – Supramax pump

Back - 19 sets:

Seated cable row - 2 warm up sets of 10

Supersetted with

Pulldowns with a neutral grip (palms facing each other) - 1 warm up set.

On seated cable row use a narrow/close grip. For the first 2 sets, you will do 10 reps, and each rep is to be held and flexed at the contracted part of the exercise.

Then use a fairly heavy weight on the lat pulldown (with a neutral grip) and do 6 reps with a massive stretch at the top. Do not hold these at the bottom..go for a good stretch, and stay arched. So do 2 sets this way.

Then your last 2 sets will be the opposite, I want you to use a heavier weight on the rows, and work the stretch really good, and don't hold your flex at the top. Stretch - lean forward on these to get extra stretch, do 6 reps on these, then lighten up the weight on the pulldowns and do 10 perfect reps with flexes at the bottom. Hold for 1 second. 2 rounds of that.
8 total work sets via 4 supersets.

Goal –Lat activation and supramax pump

Dumbbell rows deadstops - remember these :)

3 sets of 8...heavy, complete stop at bottom and let dumbbell rest, then drive elbow up as hard as you can.
3 total work sets.

Goal – Supramax pump

Barbell shrugs superset with lat stretches

Pyramid up on barbell shrugs...do a weight you can get 15 with, then go up and do 12, then up and do 9, then up and do 6. Each rep needs to be held and flexed at the top for 2 seconds.

In-between sets of these, strap into a chin up bar and hang there for 30 seconds. Use a moderate grip, a little more than shoulder width. Try to relax and feel your scapulae pulling out. Sometimes I feel it better if I tilt my head back. Play around with this until you get it perfect. 4 total work sets.

Note: Women instead of doing barbell shrugs, just do regular chin ups with a spotter, or use the assist/cheater machine to do them. I am a big fan of the cheater machine because you can adjust the weight to ensure perfect form.

Goal – Supramax pump

Good mornings - 4 sets of 8. Do the movement very slow and controlled...maintain your arch through the whole movement. 4 total work sets.

Goal – Supramax pump

Arms - Biceps - 14 sets & Triceps 11 sets:

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need

I freaking love this workout

Warm up with 2 sets of 15 of dumbbell curls and 1 set of 15 on a curl machine - seated.

Superset 1

Standing dumbbell curls - Do both arms at once. Go down with a 3 second count for 6 reps. Then turn your hands over so you are doing hammer curls, and do 6 more reps. Next, sit down a machine bicep curl and flex 6 more reps out. Flex hard, they will burn like fire. 4 rounds of this. 8 total work sets via 4 supersets.

Superset 2

Standing EZ bar curl with one arm preacher curls.

Curl 8 reps, and then do one arm at a time on a preacher bench with dumbbells. Try to go all the way down, but when you get to the bottom turn your thumb down toward the floor to get some more lower bi stretch, supinate hand back up, then curl the weight up for 8 reps. 3 rounds of this. 6 total work sets via 3 supersets.

That's it for bi's - that is one of my favorite bi workouts

Rope pushdowns - 5 sets of 15 with 30 second breaks. Try to flex every rep, but once you get to the 3rd set or so, you won't be able to do that. Just do the best you can. 5 total work sets.

Close grip bench with ez bar curl - lower these with a 3 second count and pause at the bottom - then drive up. Pyramid up. Try to get a set of 12, then 10, then 8. I like to lower the bar to more above my nose though. It's all tri there. If I take the bar to my chest, it just seems like it is 90% chest. 3 total work sets.

Tricep extensions with a pulley - Get a bench with a back support and put in crossover rack. Hook a rope up to the bottom pulley and do seated overhead extension with rope. Basically just sit bench beside low pulley and have your partner hand you the rope. These feel awesome for high reps. Try to do 3 sets of 25, and stretch good at the bottom on every rep. This is another one of my high rep favorite exercises. 3 total work sets.

Calves - 8 sets

Toe presses in leg press - Use a timer. Put a plate or two on each side and do it for 60 seconds. Rest 60 seconds, then do it again. So press for 60 sec, rest for 60 secs, back and forth for 4 sets. This might sting a bit. Do this workout twice this week at a minimum. 8 total work sets via 4 sets on 2 different days.

Abdominals – 8 sets

Do this workout twice this week at a minimum also:

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
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Welcome to Mountain Dog training! This is Program 1. You probably know I have many many more programs I have built, but that does not mean this one is the easiest! All of these programs are brutal, so buckle up and let's go.

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Week 10 – High volume

Legs – 15 sets:

Lying leg curl 1.25's - 3 warm up sets of 10 – then you are going to do 1 and 1/4 reps. So Do a full range of motion rep, then do a little quarter rep from the bottom when your hams are stretched out - that is one rep. Pick a weight you can get 12 reps with done in this style. Do 12 1.25 reps. Add a little weight and then do 10 reps like this for your second and third set. Make sure you pause for a sec at the bottom, and when you are doing the quarter reps, make sure you do not bounce or you can injure yourself. That form goes for both sets. Do these right and your hams will scream. 3 total work sets.

Goal – Activate and pump hams

Leg press – Place feet high on platform, and shoulder width. Work your way up in weight. You'll notice your hams doing a lot of the work the first several sets. That is good! That is what I want! So work your way up doing sets of 15 reps. Don't rush up in weight as quads are not warmed up, so don't be afraid to take smallish jumps until you feel really good. Once you get to a weight where you feel like you had to push yourself to hit 15, count that as your first set. I would like for you to make another jump for your second set, but still keep 15 reps. The last set of 15 should be a weight that takes everything you have to do it. Now on these, you do not need to go real deep. Just be like a piston firing away in there. These

should be nonstop reps with no lockout and certainly do not let your butt or back come off pad. This 3rd and final set will be a drop set. After each set remove weight and do another 15 reps. I want 2 drops. This will be 45 reps total. So do 15 hard reps, drop some weight and do 15 more, then drop some weight and do 15 more. Your quads should be on fire. The narrow stance should have moved the pain from your hams around to your quads by this point. 3 total work sets.

Goal – Supramax pump

Hack squats - Put your feet in the middle of the platform, a little lower then where you normally do, and put your feet together. This is going to smash your quads. Go down all the way and only come up half way...pick a weight you can do for 30 reps. Then add a little weight and do 25 reps for your 2nd set. On your third set add weight and do 8 reps. 3 total work sets.

Start stretching - hit 30 second static hold stretches for quads. 2 on each leg before moving onto next exercise.

Goal – Supramax pump

Smith machine squats – I want moderate weight done explosively on these. 3 sets of 8. Go fairly wide with toes out for quad sweep. Only go to parallel, there is no need to go rock bottom after all the other stuff. If you want to do a few sets of 2 or 3 reps just to make sure everything is loose, you can. I usually do one set like that at this point in workout. On every single rep take a 3 second descent, so lower the bar with a 3 second cadence and then drive up explosively. 3 total work sets.

Goal – Train explosively

Barbell stiff legged deads – Work the top half of the movement on these. Stand up straight with the weight and flex your glutes and hams. Do 3 sets of 10. 3 total work sets.

Goal – Work muscle from a stretched position

Chest - 12 sets & Shoulders – 10 sets:

Incline dumbbell presses - 2-3 warm up sets of 15. Then pyramid up doing sets of 10. Try to make jumps so that your 3rd working set will be the set where you can barely get 10. Now on each one of these sets, I want 10 full reps, so stretch at the bottom, then flex at the top end. We will count this as 3 working sets. 3 total work sets.

Goal – Activate and pump chest

Flat dumbbell press – Use strict form. Go all the way down, pause, stretch, and drive up and flex. On the third set, after you do the 12 reps, do little flexes (not stretches) at the end. Try to do 4 additional little flexes on your chest. This means lowering the weight maybe 2-3 inches then flexing the weight back up, by flexing your chest. 3 total work sets.

Goal – Supramax pump

Machine flies - 3 sets of 10. After you do your 10, have your partner help you force out another 5. Try to flex throughout the entire rep. You don't have to hold it at the top this time. Just focus on flexing throughout range of motion. 3 total work sets.

Goal – Work muscle from a stretched position

Smith machine Decline bench press – I want you to pick a weight that is a tough 8 reps. Form is to take weight down and touch chest, then drive up to $\frac{3}{4}$ lockout. On next set, go to 6 reps. Add just a little bit of weight. On the 3rd and last set use the same weight and do your 6, but then drop the weight significantly and do another 10 reps, and then drop the weight again, widen your grip a few inches, and go to failure with the wide grip. 3 total work sets. 3 total work sets.

Goal – Supramax pump

Heavy side laterals supersetted with hang and swings - Grab a heavy dumbbell and hit 8 reps with it (really slow on the negative), and then lay down face first on an incline bench. This is where you swing your arms to hit REAR delts. If you are not sure by what I mean by hang and swings, watch the video of it on my YouTube. Sometimes I just lean forward and put my forehead on top of an incline bench. You can do it that way, or by laying face down into an incline utility bench. The hang and swings are sets of 50. This combo is one of my pre-contest specials. It's a shocker, so 8 reps on side laterals then 50 hang and swings for rear delts - 2 ROUNDS. 4 total work sets via 2 supersets.

Goal – Supramax pump

Machine rear delts/reverse peck deck type machine - 2 sets of 15. Flex at the contracted part really hard, drive more blood in those rear delts. After the 2 sets of 15 reps, lighten the weight up a little bit, and do 1 set of 35 reps. Absolutely burn the crap out of your rear delts. Kill them. 3 total work sets.

Goal – Supramax pump

Over and backs - stand in a squat rack - put a light weight on a barbell. Lift the weight to just over your forehead like a military press to behind your head and right back over to the front again....you don't press real high..just enough to get over your head to the front or back, and you don't let the weight get low

when it's behind you (too hard on rotator cuff), but if you do these right, your shoulders will be smoking...over and back is 1 rep. Do 3 sets of 10. I have video of this on my YouTube. 3 total work sets.

Goal – Supramax pump

Back – 16 sets:

One arm cable low rows - 2 warm sets of 12 reps. Reach forward and stretch lower lats and when you sit up, arch and try to get your elbow back as far as you can. The extra inch or two of Range of motion makes a difference. Go with sets of 10. Pyramid up. You will notice each set as you get more blood in lats, the stretch will feel better and better. Pyramid up a little bit each time. Your last set should be a struggle to get 10 with. 2 sets of 10. 2 total work sets.

Goal – Activate and pump lats

Smith machine rest pause bent over rows - set the pins/catches up so that when you are pausing, you aren't bending down and straining your lower back. They should be a little above mid-shin. Control the weight on the way down, pause and drive it up *hard*. 2 sets of 10, add weight and do 2 sets of 7. 4 total work sets.

Goal – Train explosively

Dumbbell Pullovers - 3 sets of 15. Do these lying on the bench with head hanging off. Each rep gets a little bit more of a stretch. 3 total work sets.

Goal – Work muscle from a stretched position

Chins - half reps - stretch at bottom and come up about half way. 2 sets of 15. You will have to fight to get this many reps. Even if you can only move an inch, keep going until you get to 15. Keep your chest arched the whole time. I would rather you use good form to move 1 inch, then to cave in your back and use bi's to move 6 inches...A spotter is always good on this too. They can put their hands under your shoulder blades and give you a little boost toward the end of the set. 2 total work sets.

Goal – Supramax pump

Dumbbell shrugs - pump out 2 sets of 35 with 1 minute between the sets. 2 total work sets.

Note: Women do 4 sets of the chins instead of two and do not do the shrugs.

Goal – Supramax pump

Hyperextension - Hold a dumbbell and do nice and slow reps to failure, then drop the dumbbell and pump out as many more as you can get. Do 3 sets of these. 3 total work sets.

Goal – Supramax pump

Arms - Biceps - 12 sets & Triceps 10 sets:

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need

Seated dumbbell curls superset with ez bar preacher curls - 3 sets of 10 to warm up.

On the seated dumbbell curls - keep your palms up throughout the entire set. On the way down take 2 seconds. Flex real hard at the top of these. These should be super strict. Then on the preacher curls, same thing, lower with 2 second count, and flex hard at the top. Each exercise is done for 8 reps. So each set will be 16 reps (8 with dumbbells and 8 on preacher curl). Do 3 rounds total. Rest about 90 seconds between sets. 6 total work sets via 3 supersets.

EZ bar reverse curl superset with dumbbell hammer preacher curl. On the reverse curl, have your arms come to a 90 degree angle - perpendicular to floor. Squeeze the bar hard as you are doing them. Then when you move on to the preacher curls with a dumbbell, again do them hammer style one at a time. All the way down, and all the way up. Do 3 rounds total. Reps are 12 on both exercises. Rest about 90 seconds between sets. 6 total work sets via 3 supersets.

Do 3-4 hard 30 second stretches for bi's when done.

Tricep pushdowns – As many sets as you need to warm up.

Bench dips - let's go for some shock here. Do as many reps as you can up to 40 reps. After you do each set grab a heavy dumbbell and sit down (with your back supported) and do:

dumbbell extension behind the head. ONLY do the bottom 1/4 of the rep. Do 8 reps with this technique. I want you working the stretch, after you just finished all the reps on dips working the contraction. This is a great combination. Do these nice and slow. Don't rush to heavy weight ok. Do 3 rounds. 6 total work sets via 3 supersets.

Regular pushdowns - 4 sets of 8. Let the bar ride up high, try to feel it in your lower tricep too near the elbow. Go as heavy as you can while keeping perfect form. 4 total work sets.

Calves - 12 sets & Abs - 16 sets:

Standing calf raises – Pyramid up to a heavy weight. Do 6 sets of 10 with 45 second breaks. Do this workout twice this week. 12 total work sets via 6 sets on 2 different days.

Do this workout twice this week also:

Abdominals – 8 sets

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

Program 1 - Pain and Suffering

Welcome to Mountain Dog training! This is Program 1. You probably know I have many many more programs I have built, but that does not mean this one is the easiest! All of these programs are brutal, so buckle up and let's go.

This is a 4 day a week program. Below is a sample split showing you how to set it up.

Day 1 – Legs

Day 2 – Chest/Shoulders

Day 3 – Off

Day 4 – Back

Day 5 – Off

Day 6 – Arms

Day 7 - Off

**We are going to ramp up volume over the first 3 weeks and do a lighter week at the end of the 12 weeks.*

**Calves and ab workout can be done up to 4 days a week! Use your level of soreness as an indicator that the muscle is ready to be trained again.*

Week 11 – Moderate volume

Legs – 11 sets:

Best to do this with a partner.

Leg extension and lying leg curl

Warm up on leg curls and leg extensions - 2-3 sets of 15 reps.

I call these double sets. You are going to do 8 reps on leg extension, then your partner is going to do 8, then you get right back on and do 8 more. That is one set. You are going to do the same thing with leg curls. You are going to do 10 reps, your partner does 10, then you do 10 immediately. That is one set. Every rep doesn't have to be the most intense rep done in history, this is more volume driven, as you will be doing a lot of reps. You will have an awesome pump headed into your next exercise. So in summary, do a double set of leg extensions, then *take your time* and walk over to leg curls and do your double set. 3 rounds of this. 6 total work sets via 3 supersets.

Goal – Activate and pump hams

Smith machine squats - 3 seconds down then drive up hard and explosively, sets of 6 - double sets. So you do 6, your partner does 6, then you do 6 again. That is one set. I want you to pyramid up slowly each set. Get 5 double sets. 5 total work sets.

Goal – Train explosively

Chest - 13 sets & Shoulders – 10 sets:

Flye machine - 2 warm up sets of 15 reps. I want 3 sets of 10 - Flex for one sec at top. After you do 10th rep, I want you to hold for 10 seconds and squeeze before stopping set. You may feel a stinging sensation. 3 total work sets.

Goal – Activate pecs and work from a stretched position

Incline barbell in smith machine - just put on a very slight angle - continuous tension reps - do not lock out and do not go all the way down and touch chest (stop about 2 inches short of chest). I want high reps on these to start. Do a set of 25 reps. For your second set add weight and do a hard 15 reps. For your last set I want you to put a weight on there that will be a hard 8 reps. Do the 8 reps, rack it and count to 20 and then do 4 more reps, rack it and count to 20 and then do 2 more reps slowly with perfect form. Your chest should be on fire. These are the old 8-4-2 sets you may remember from a week ago. 3 total work sets.

Goal – Supramax pump

Flat dumbbell press - Put one end of the bench on top of 25 lb plates so you get a very slight incline. These are all done rest pause style with a good stretch and flex. It will not take much weight. Lower the dumbbell and pause at bottom, feel the stretch, then drive up and flex for 1 second at top. EVERY rep is like this. I want 4 sets 8 reps. 4 total work sets.

Goal – Supramax pump

Decline dumbbell press - these should be done on a slight angle. Most benches are too steep and put too much pressure on your rotator cuff. I use the bench that people hook their legs in and do sit ups on. I set it down to the very bottom (least steep - easiest for situps) and do the dumbbell press from there. The form on these is to stretch but no pause and no flex at the top. Get a good stretch and go to about 3/4 to lockout, then back down. 3 sets of 10 should feel awesome. 3 total work sets.

Note: Women use an incline bench for these.

Goal – Supramax pump

Cable side laterals - one arm at a time. Stand away from the machine so that when you start your hand is actually across your body. Obviously this just gives you more range of motion, as opposed to just standing

in there and pulling straight up from the side. I want high reps on these. Your shoulders will be numb. 3 sets of 20 reps with each arm. 3 total work sets.

Goal – Supramax pump

Machine rear laterals - reverse peck deck - whatever it's called - 3 sets of 20 reps. Make sure you can get the weight back and HOLD IT for a sec, and flex on every single rep. 3 total work sets.

Goal – Supramax pump

Seated dumbbell press - 4 sets of 8. Just make sure your form is strict. Don't get sloppy. Control the weight. You can flex for 1 second at top...that will be plenty for the day! 4 total work sets.

Goal – Supramax pump

Back – 14 sets:

Front pulldowns - 2 sets of 15 to warm up - I want you to take your hands all the way out to the end of the pulldown bar. I want you to pull the bar down to your chin, and then let it come up as high as it can. Relax your upper body so that you can feel your scapulae pulling. The first set may feel a little achy. Your shoulders and scapulae will be tight at first, but they will loosen up. This is great for width. Do 4 sets of 15 reps. 4 total work sets.

Goal – Activate and pump lats

Low cable rows - after all the stretching on the lat pulldown, you may notice these feel better than usual. Do 3 sets of 12, and try to go up a little each set in weight. Push yourself. Form is to lean forward a little, maybe 10 degrees on the way down, and then arch your chest and squeeze for a half second at the top. 3 total work sets.

Goal – Supramax pump

Smith machine bent over rows - Do 4 sets pyramid style. Do 12 reps, then 10, then 8, then 6. Go up each set. No rest pause on these this week. Just do them "normally", but make sure you control the weight perfectly and do the driving up with your elbows, as opposed to pulling up with you bis. 4 total work sets.

Goal – Supramax pump

Hyperextensions - Give me 3 sets of as many as you can do!!! I did 47 reps last time I tried this on my first set. See if you can beat that. 3 total work sets.

Goal – Supramax pump

Arms - Biceps - 10 sets & Triceps 10 sets:

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need

Seated dumbbell curls - supinated - both arms at once - 2 warm up sets of 15 reps.

Sit on something that has a back, so you are more strict - like last week - 3 seconds down on the negative. Do 6 reps, again, keep palms up the whole time. Also like last week, then turn hands to neutral grip and pump out 6 more hammer curls. On these, make sure your arms straighten all the way out before you start each rep. Your lower bicep will be on fire. Hit 4 rounds of these. 4 total work sets.

Close grip chin ups - form is just the opposite of when doing back...don't have an arch in your back...just pull with biceps. Try to get all the way up. Do 3 sets to failure. If you can't get at least 6, have a spotter help you knockout an extra 2-4 reps. 3 total work sets.

Reverse grip curl with EZ bar - 3 sets of 12. Take these all the way up to your face, and lower slowly. Yes, you will use some front delt to get the weight that high, but it will blast your forearms and brachialis. 3 total work sets.

Rope pushdowns - 2 sets of 25 to warm up. Go fairly heavy on these. Straighten your arms and flex each rep. 3 sets of 10. 3 total work sets.

Reverse grip pushdowns - now you can do these either one handed or with both hands with a straight bar. I actually prefer to use one hand at a time, but do what feels more comfortable for you. You have to flex these at the bottom for them to work. 3 sets of 10 here too. 3 total work sets.

Bench dips - try to use additional weight on your lap. - Get 4 sets of 10 here. On each set try to get lower and really stretch out tri near elbow. 4 total work sets.

Stretch arms - 4 30 second holds for each bi and tri!!!

Calves - 10 sets & Abs - 16 sets:

Standing calf raises – Pyramid up to a heavy weight. Do 10 sets of 10 with 60 second breaks. Make sure you get an awesome stretch at bottom of movement, and drive up and flex. Do this workout once this week. 10 total work sets.

Abdominals – 8 sets

Do this 3 x this week minimum

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad

- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

Program 1 - Pain and Suffering

Welcome to Mountain Dog training! This is Program 1. You probably know I have many many more programs I have built, but that does not mean this one is the easiest! All of these programs are brutal, so buckle up and let's go.

This is a 4 day a week program. Below is a sample split showing you how to set it up.

*Day 1 – Legs
Day 2 – Chest/Shoulders
Day 3 – Off
Day 4 – Back
Day 5 – Off
Day 6 – Arms
Day 7 - Off*

**We are going to ramp up volume over the first 3 weeks and do a lighter week at the end of the 12 weeks.*

**Calves and ab workout can be done up to 4 days a week! Use your level of soreness as an indicator that the muscle is ready to be trained again.*

Week 12 – Low volume

Legs – 10 sets:

Seated leg curls - 3 sets of 12 to warm up, then 3 sets of 10. The first 2 are just "normal" hard sets. It should be hard to get the last few reps. Rest pause every rep. So straighten legs out, pause, then flex and squeeze. With this form, you will get a ton of blood in there. On the 3rd set, after you do 10 reps, drop weight some and do 10 more, then keep weight the same and do 25 partials out of the bottom. 3 total work sets.

Goal – Activate and pump hams

Leg press - Warm ups - do 10 reps a set, adding weight each time, until you get to a weight you struggle with for 10. Once you get there, I want you to do 8 reps per set, but only take 90 seconds between each set. You are going to do 4 sets like this. This is a fun one. 4 total work sets.

Stretch each quad for 30 seconds. Do 2 stretches on each leg.

Goal – Supramax pump

Squats - Take your time now. You can slow down on these. I want you to work up to a weight that you can do for probably 12-15. It should only take maybe 2-3 sets. When you get there you are going to do 3 sets of 8, with plenty of time in between. These reps should be pretty explosive. At the end of your sets, you shouldn't be struggling to complete the set. This is just a way to get a lot of reps with a higher weight and safely. In this case you are getting 24 reps with what you might do for 1 set of 12. The surprising thing is how sore these will make you. To give you an example...I can do 460ish for 12 reps. On these I do 370 for my sets of 8. 3 total work sets.

Stretch each quad for 30 seconds.

Also stretch your hams, hips, and everything else out - need to stay healthy!

Goal – Train explosively

Chest - 10 sets & Shoulders – 10 sets:

Machine press with neutral grip - 2 warm up sets of 15 reps with a flex. This is done on a machine where your palms face each other. Your elbows travel right along your sides on the way back...it can be done for triceps with some form tweaking. If you don't have a machine where you can use a neutral grip, go ahead and use something like a hammer strength machine with a regular grip. Pyramid up on these. If you have a machine where you can set the seat up, so that you get a better stretch, do that. Reps are 12,10,8,6. Each rep is done with a 1 second flex at the top. 4 total work sets.

Goal – Activate and pump chest

Incline barbell - Lower weight to 2-3 inches above chest and do not lock out...constant tension. Find a weight that you can do 3 sets of 6 with and still maintain good bar speed and explosiveness with. 3 total work sets.

Goal – Train explosively

Decline smith machine press - Slight angle - very slight - 2 sets of 25 reps. Touch your chest at bottom and push up to 3/4 lockout. Constant tension. After the 2 higher rep sets, do a heavier set of 8. 3 total work sets.

Note: Women use a slight incline on these.

Goal – Supramax pump

Dumbbell side laterals - 2 sets of 25 reps to get them cooking. 2 total work sets.

Goal – Supramax pump

Cage press – 5 sets of 5 done explosively. There is a video of this on my YouTube for illustration of proper form. 5 total work set.

Goal – Train explosively

Machine rear delts - reverse peck deck - 3 sets of 35. Rep the crap out of them. 3 total work sets.

Goal – Supramax pump

Back – 12 sets:

Wide grip pulldowns to front - 2 warm up sets of 15 - Do these as wide as you possibly can. It is not a big range of motion. Only pull the weight down to eye level. Use a heavy weight and relax your scapulae like last week to get that nice stretch at the top of the movement. Do 3 sets of 15. 3 total work sets.

Goal – Activate and pump lats

Regular T-Bar rows - use neutral grip - palms facing each other. Pyramid up. Do 4 sets. 12,10,8, 6 reps. I want you to go heavy, but make sure you can get the weight all the way in to your stomach - no half reps. 4 total work sets.

Goal – Supramax pump

Dumbell Rows – Go heavy on these too, but I want you to fully stretch your lat at bottom of range of motion. Let the weight hang down, and relax your scapulae so that you feel them stretching, before pulling weight back up. 2 sets of 15 reps. High reps with heavy weight here. This should be very tough. 2 total work sets.

Goal – Supramax pump

Dumbell Pullovers - 3 sets of 12. 3 total work sets.

Goal – Work muscle from a stretched position

Arms - Biceps - 10 sets & Triceps 10 sets:

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need

EZ bar curl - 2 warm up sets of 15 reps. You are going to do 1.5's. So do a full rep, and then come up half way and go back down. That is one rep. The point of this is to use your lower biceps more throughout the set. Do 3 sets of 8. 3 total work sets.

Dumbbell hammer curls on preacher bench - This really isolates brachialis and brachioradialis - squeeze really hard at the top. When you come down, get a good stretch on that lower bicep too. 3 sets of 12 reps. Do one arm at a time! 3 total work sets.

EZ bar preacher curls superset with reverse curls - This is one I like a lot. Do a hard 8 reps on preacher curls, then stand up and grab the same weight and pump out 12 reps of reverse curls. Do 2 round of this!! 4 total work sets via 2 supersets.

Ez bar close grip bench press - 2-3 sets of 10 to warm up. I want you to do 3 sets of 8, and in between each set do:

Rope pushdowns to pump tons of blood in there. When you do the rope pushdowns, you are only doing sets of 6, and you are holding each rep for 3 seconds at the bottom. Again, 3 of these supersets. 6 total work sets via 3 supersets.

Seated dip machine - Keep elbows in tight. Come up slowly with weight and get a nice stretch on your lower tri near the elbow. Flex each rep for 2 seconds also. 2 sets of 8. 2 total work sets.

Dumbbell lying extensions/skullcrushers w dumbbells - On these, let the dumbbells come out to the side of your head and really work on stretching the tri. When you come up, just kick them to right above your forehead. I like to actually hang my head off the bench so that I can really let my triceps stretch at the bottom. Give that technique a try. 2 sets of 10. 2 total work sets.

Calves - 9 sets

Toe presses on leg press - have someone time you. Do 3 sets of as many reps as you can do in 60 seconds. This is fun, you'll like it. Do this 3 times this week!! 9 total work sets via 3 workouts.

Abdominals – 8 sets

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

Mountain Dog training

OPTIONAL/PUMP DAYS – as recovery allows

BACK TRAINING

Here are the guidelines - just do this every week if using Program 17 or less. If you using program 18, scroll down.

Programs 1-17 – use this template for back training.

Optional Back workout – 16 sets

- *Your first exercise should be one of the following (try to pick exercises that you didn't do earlier in the week):*

1. Meadows row
2. One arm barbell row
3. Dumbbell rows
4. Cable rows

I really like attachments that are medium wide, so that you can drive your elbows straight back.

Do 4 sets 10 after a few good warm up sets.

- *Your second exercise should be one of these:*

1. Dumbbell pullovers
Use this form - <http://www.youtube.com/watch?v=CVz8KjQtXho>
2. Straight arm lat pulldowns.

On the pulldowns, try using two ropes the way I have them set up for my triceps pushdowns.

http://www.youtube.com/watch?v=LYv_Ww0WC0E

You will get more range of motion.

This will help you train your serratus too; which will help you spread your lats spread better. 4 sets of 10.

- *Your 3rd exercise will be one of the following:*

1. Regular pulldowns – Try to use a forced stretch if you have a partner. Use this form (2nd exercise) - <http://www.youtube.com/watch?v=Dme2KnhDJNY>
2. Neutral grip (palms facing each other but shoulder width) pulldowns
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin
5. Wide grip chin

You can also mix your grips up on the chins, maybe do 2 sets wide, and then 2 narrow.

Do all sets of chins to failure. If you can get more than 15 reps, start adding hanging some weight off of you.

I also like to use an assist/cheater machine on chins. These are awesome. You can use perfect form and really focus on lats!

On the pulldowns do 4 sets of 10.

This is an attachment I really like, that I believe is worth the investment.

Swiss bar:

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5065>

- Your 4th exercise will be one of the following:

1. One arm supinated pulldowns
2. Low cable rows (if you did not do them as the first exercise)

Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a second day. This workout is meant to add volume, but in a controlled manner.

I also didn't have any lower back work and that was intentional. Since you space out your heavy leg day and back day to keep your lower back fresh, this workout will have to be right around your heavy leg day. Let's keep your lower back fresh.

Program 18 – use this template.

You will pick 7 exercises. Every exercise should be with a slightly different grip hitting a different angle. If possible it should be different than your 7 exercises you did on your other back day. Do 3 sets of each exercise so 21 total sets. Reps are 8-12. Start at 12, add weight and do 10, then add weight and do 8. Use textbook form on everything. I want these to be ultra strict form.

Structure

Rowing – Do 2 exercises that are rowing. Use 2 different grips on the exercises. This could be any free weight row or machine type row.

I like these (but you can use many other variations):

- 1) Hammer DY rows
 - 2) Supported chest t-bar rows with pronated and neutral grips
 - 3) Hammer low row machine (it's a pronated/neutral hybrid grip)
 - 4) Dumbell rows (neutral grip)
 - 5) Meadows rows (pronated grip)
 - 6) One arm barbell rows (neutral grip)
-

Pulldown or chin – Do 2 exercises using 2 different grips.

I like these (but you can use many other variations):

- 1) Medium width pulldowns (neutral grip)
- 2) Chins on assist machine (pronated grip)
- 3) Single arm pulldowns (supinated grip)
- 4) Away facing pulldowns (neutral grip)

Do one exercise for lower traps/rhomboids

- 1) Supported t-bar or hammer row to do supine shrugs (for lower traps)
- 2) A rope face pull (I pull to chest and not face as seen in video below). This is my favorite low trap exercise.

https://www.youtube.com/watch?v=Q6shuaJl_A&list=UUmSEdfW3LpEKyLiCDWBDdVQ

Do one exercise for serratus and upper outer lats

- 1) Dumbbell Pullover
- 2) Rope straight arm pushdown (also engages lower lats)

Do one exercise for spinal erectors

- 1) Hyperextensions – rep scheme is to go to failure on these sets.
- 2) Banded good mornings (use “light” band) – rep scheme is to do 3 x 20 on these.

<https://www.youtube.com/watch?v=BdO-CM7AW0&list=PL2F8A4BD406176C34&index=4>

If you are using Program 18, you will do the above for back and also add in two bicep exercises.

Do 4 sets of each (so 8 total sets) – keep rest periods under a minute:

- 1) any stretching movement for 8 reps
 - a. Incline dumbbell curls (full range of motion)
 - b. Any type of preacher curl (machine, dumbbell, EZ curl, or barbell)
- 2) Brachialis movement for 10 reps
 - a. Hammer curl
 - b. Reverse curl

You have another choice here for back training!

Option #3 – Giant Set and Tri set combo – 28 sets

Giant Set

- 1) Smith machine bent over row
- 2) Dumbbell Pullover
- 3) Kettlebell (or dumbbell) row
- 4) Banded Chest/face pull

Do sets of 8 on all these. Do 4 rounds. See the video below for demonstration.

<https://www.youtube.com/watch?v=NWdfsg8XN5s&list=PLA808445EA052D63A&index=54>

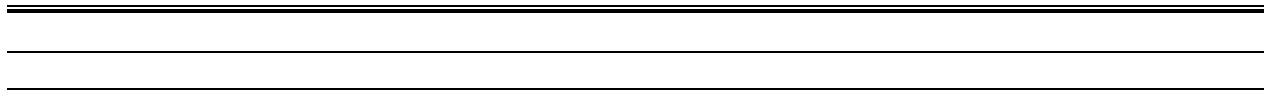
Now onto the TRI-SET!

- 1) One-arm supinated pulldown
- 2) Front or rear pulldown
- 3) Try to simulate this exercise with cables – see video (3rd exercise)

Do sets of 8 on these. Do 4 rounds here too.

<https://www.youtube.com/watch?v=iu-Ulvqg7-M>

This is a lot of sets so no biceps are to be done if you use this routine!



Optional Leg workout – 18 sets

You have many choices here!

Option #1 – Giant Sets / quad dominant

*****I realize you can't always have all the equipment you need at the time you need it, but you can see what I am trying to simulate here movement-wise, so just do the best you can to come close.

On these you will be doing these exercises back to back.

- 1) Front squats x 8 reps
- 2) Leg press x 10 reps
- 3) Hack squats x 6 reps with a slow descent
- 4) Leg extension x 8 reps with a 2 second flex at the top on each rep.

Take your time and do plenty of warm up sets. I might do 3 to 4 rounds just to get warm and get weight up to working sets on machines. None of these sets should be to absolute failure. The goal is to drive a massive amount of blood into your legs. Pump them like never before.

Once you are warmed up and ready to crank, do 4 rounds total. If you feel absolutely awesome do 6 rounds.

Finish this workout with 6 sets of 10 on the leg curl, just by itself.

Option #2 – Giant Sets / Ham dominant

*****I realize you can't always have all the equipment you need at the time you need it, but you can see what I am trying to simulate here movement-wise, so just do the best you can to come close.

On these you will be doing these exercises back to back.

- 1) Leg curls x 10
- 2) Stiff legged deadlift x 8 reps (only coming up $\frac{3}{4}$ of the way so you keep tension on hams)
- 3) Smith machine lunge x 8 reps on each leg
- 4) Smith machine squat with feet out wide and toes out for adductor stress x 6 (slow descent)

Take your time and do plenty of warm up sets. I might do 3 to 4 rounds just to get warm and get weight up. None of these sets should be to absolute failure. The goal is to drive a massive amount of blood into your legs. Pump them like never before.

Once you are warmed up and ready to crank, do 4 rounds total. If you feel absolutely awesome do 6 rounds.

Finish this workout with another 6 sets of 10 on the leg curl, just by itself. Try to use a different machine this time. So if you did seated first do lying here, or vice versa.

Option #3 – Overall leg focus

The way I want you to start these workouts is with a leg curl variation. You can do seated or lying. I want you to simply do 6 sets of 10 with a full range of motion after warm ups. No need to do partials and the other high intensity techniques I use on this day. It would be too much. 6 total work sets.

Next you will move onto the adductor machine if you have one. I know I know, you are thinking this is girly. It's not. Wait until you see how good your squats feel with pumped adductors in addition to pumped hams. Talk about springing out of the bottom. Do 4 sets of 10 here. Try to work your weight up every week on these. You will be amazed at how you can pick up strength on these. 4 total work sets.

Next I want you to move onto squats. I DO NOT want these to be heavy. I want these to be explosive to train your nervous system. If you take someone who is seriously overtrained, and give them short bouts of explosive exercise you can recover their CNS very quickly by the way. Anything that helps your CNS is valuable because the better it is, the better your chances of getting more fibers to actually fire!

Warm up well and do sets of 6 going up. When you get to a weight that is starting to grind you, meaning you can't explode, stop and you are done. Take small jumps so you can get quite a few sets in. I don't really have a set number for sets, but this is an example of how this would look when done correctly.

135 x 10 - warm up
185 x 10 warm up
225 x 6
245 x 6
275 x 6

295 x 6

315 x 6, and it start to get heavy so you stop.

Notice we didn't go from 225 straight to 315, so you get some sets in. We'll call this 4 sets. 4 total work sets.

Lastly finish with your choice of hack squats, leg extension, or a leg press machine (not free weight leg press). Do 4 sets of 20 with a lighter weight and full range of motion. Just burn the muscle at this point and pump it until it is numb. Work a little quicker with shorter rest breaks to create metabolic stress. This creates new muscle growth as well. 4 total work sets.

That's it. Afterwards, your legs should be completely full of blood, incredibly pumped. You had no real joint stress and didn't have a CNS beatdown during this routine. You will find it doesn't even make you sore, but it will help you grow!

Option #4 – Quad focused

If your quads are lagging, you will love this. It is simple, but very effective for quad growth.

This workout consists of 3 exercises.

First do leg extensions. Once you are warmed up, you will be doing 6 sets. Your first 3 sets will be done with your toes pointed back toward you to emphasize upper thigh (rectus femoris). Your next 3 sets will be done with your toes pointed down to emphasize lower thighs (Vastus medialis).

Set #1 – Do 20 with a 2 second pause at the top flexing.

Set #2 – Add weight and do 20 with a 1 second flex at the top.

Set #3 – Add weight and just do a quick flex at the top with no hold.

Sets 4-6 – Just pump all these. Add a little more weight to what you did in set 3 and stay there. Do 3 sets of 20 with it (this will be sets 4-6).

Next is front squats – I have never been a big front squatter because I can't hold the weight on my damn shoulders. Doing them now, you will need MUCH less weight as your quads will be very fatigued. On these put something under your heels (just a small raise) so you hit more quad. Use a good full range of motion going deep and simply pyramid up doing sets of 12 until you barely get 12.

Finish with 4 high rep sets of any leg curl variation. Do 4 sets of 15.

Option #5 – Overall leg focus

This workout consists of 3 exercises.

Start this workout with a leg curl variation. You can do seated or lying. I want you to simply do 3 sets of 15 with a full range of motion after warm up. No need to do partials and the other high intensity techniques I use on this day. It would be too much. 3 total work sets.

Superset time!

Next superset leg extensions with dumbbell squats. Once you are warmed up, you will be doing 6 sets of 10 on both the leg extension and squat.. Your first 3 sets will be done with your toes pointed back toward you to emphasize

upper thigh (rectus femoris). Your next 3 sets will be done with your toes pointed down to emphasize lower thighs (Vastus medialis). Sit up straight on these! Do not lay back or forward and finish the extension lock out all the way at the top so that this hits hip flexors too.

This is to be Supersettted with

Dumbell squats – Place your heels under something small and do sets of 10 here. Go deep and keep back tight. I have video of this combination on my YouTube under the leg playlist so you can see what I am after.

12 total sets from doing 6 supersets.

That's it!

Optional Chest and Shoulder workout – Do approximately 12-14 sets

Goal – The strategy for this workout is very simple. I want you to experience the most massive pump you can get without joint stress. This adds training frequency, but in an intelligent and safe manner, as well as enhanced recovery and local growth factors to the targeted muscle. We do not use barbells, and only rarely dumbbells on this day.

I have found that you can mix the order up of these exercises in any way you like, so don't be afraid to experiment!

CHEST

Option #1 – Straight sets

Here are the 5 chest exercises. Pick 3 or 4 if you are feeling great.

NOTE: Women do not use the chest portion of this. I do not believe it is necessary to train your chest twice a week. Instead focus on shoulders!

Machine press – Do as many warm ups as you need working your way using a nice full range of motion with a short flex at the top. Do sets of 10, and when you can't get 10 anymore, that will be enough. Don't take big increases in poundages, or you won't get enough sets in. I want the last 3 sets to be pretty tough. You can do these with a neutral or pronated grip. 3 total work sets

Dumbell hex press – I want you to find a weight that feels perfect for 12 reps and do 4 sets of 12. On every rep flex hard at the top, and then pause the dumbbells on your chest. 4 total work sets

<http://www.youtube.com/watch?v=oL7Tb4ofKUI&list=PL2955620A11D03694&index=24>

Pec minor dips – Do all your sets to failure here. See how hard you can flex your pecs as you lift yourself up. Remember to drive blood in there. This is a tough movement to master but works well when you have done it.

Machine flyes – Do 3 sets of 10. On each rep flex hard in the contracted position. Don't let your arms bend back to beyond 90 degrees. Try to even turn your pinkies in a bit to get more lower peck flex. 3 total work sets

Press fly dumbbell combination – On these, they are neither a true flye or press. You start the movement like a traditional dumbbell fly, as you lower the weight though, you bend your elbows so that your arms are in a L position when viewed from straight on. Normally on a fly you would get a slight bend in your elbows and then just lock into that position. Once you get into the L position at the bottom of the movement, you drive back up in the same arc you came down in. Use a 3 second eccentric on these. Do 4 sets of 8.

*** When you start your third exercise, I want you to begin to superset it with over and backs.*

Over and backs w/ band – You are going to go over and back 10 times each set.

<http://www.youtube.com/watch?v=vI5Fy-jIVH0&list=PLCB563F603BA85BBF&index=7>

Do 4 rounds.

Option #2 - Trisets

*****I realize you can't always have all the equipment you need at the time you need it, but you can see what I am trying to simulate here movement-wise, so just do the best you can to come close.

On these you will be doing these exercises back to back.

- 1) Hammer press (I prefer with bands to emphasize a hard contraction) x 8 reps
- 2) Hex press x 6-8 reps
- 3) Stretch pushups x Failure with a deep stretch

Take your time and do plenty of warm up sets. I might do 2 to 4 rounds just to get warm and get weight up to working sets on machines. All of the work sets should be to failure within the specified rep range. The goal is to drive a massive amount of blood into your pecs. Pump them like never before. Once warmed up do 4 rounds.

Option #3 - Trisets

On this option you will be doing these exercises back to back.

- 1) Twist press x 8-10 reps
- 2) Flat flyes with manual resistance on negative x 6-8 reps and then another 4 with added manual resistance
- 3) Hammer press (I prefer with bands to emphasize a hard contraction) x 8 reps

Once warmed up do 4 rounds.

SHOULDERS

For shoulders, follow this plan.

Option #1 – Straight sets

Machine laterals (for rear delts) – I want you to do 3 sets of 30 on these. You don't have to hold and flex. Get a good tempo going and just pump your rear delts as hard as you can. 3 total work sets

*If you don't have a fly machine, so these with dumbbells. In that case do 3 sets of 20. 3 total work sets

Dumbell side laterals – Do 4 strict sets of 10 reps. 4 total work sets

** You can also do these with a cable machine

Spidercrawls – Go up and down a wall 3 times for each set. Remember to force your hands *as far apart as you can*. Don't let your hands come in close, and don't stand too close to the wall or it is too easy. Stand back, force your hands apart, and your delts will be on fire, I promise. 3 total work sets

Use this form but push your hands apart further than I am in the video.

<http://www.youtube.com/watch?v=leKQCX-qvp8&list=PL2F8A4BD406176C34>

If you do not have a short red band from EliteFTS, do these:

6 ways – Do 3 sets of 10 here. 3 total work sets

<http://www.youtube.com/watch?v=E-cCXkSi7IQ&list=PL1F60A60A3E4E2E83&index=9>

Option #2 – Giant Sets

On these you will be doing these exercises back to back.

- 1) Machine rear delt with 2 second flex on every rep x 12 reps
- 2) Seated dumbell side lateral x 6-8 reps
- 3) Band pullapart/facepull x 10 reps
- 4) Dumbell press x 8 reps

Go right into your work sets. All of the work sets should be failure within the specified rep range but have PERFECT form. No sloppy form is tolerated on these. The goal is to drive a massive amount of blood into your shoulders. Pump them like never before. Do 4 rounds

If you are using Program 18, you will do the above but also add in two triceps exercises.

Do 4 sets of each (so 8 total sets) – keep rest periods under a minute:

- 3) any pushdown variation for 12 reps
- 4) any stretching movement for 10 reps
 - a. Lying or incline extension/skullcrushers
 - b. Seated overhead rope extensions