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Reactive Pump Training

by John Meadows

Program 1.1

Monday	Legs Heavy
Tuesday	Chest / Shoulders Heavy
Wednesday	Off
Thursday	Back Heavy
Friday	Chest / Shoulders Pump
Saturday	Arms Pump
Sunday	Off

The Reactive Pump – 4 Steps:

The Reactive Pump stimulates enhanced muscle responsiveness to growth and recovery. So, when we use the term "Reactive Pump," or simply "pump," know that we're using a new definition, application, and methodology for the pump. It consists of four steps:

- 1 – Pre-load the bloodstream with specialized anabolic and insulinogenic nutrients contained in Plazma.™
- 2 – Pump and keep pumping these nutrients into pre-activated muscle to sensitize it to being highly responsive to the effects of training.
- 3 – Activate and stimulate fast-twitch fibers while in the Reactive Pump state.
- 4 – Induce, through specific exercise techniques, supra-maximal intramuscular pump volume, further engorging muscle with these high-tech nutrients.

Monday – Legs Heavy Reactive Pump™ Program 1.1

1 - Leg Curl

Goal: Pump in your hams – engorge the muscle with blood.

Sets: 4 work sets

Reps: 8 full and smooth, rhythmic pump reps

The goal is to drive as much blood into your hamstrings as humanly possible. The pump creates an intramuscular state that will potentiate hamstring growth during the rest of the workout. So, the greater the pump, the greater the gains.

I want you to use very strict perfect form on every rep, keeping your hips riveted to the seat pad, especially in the top (contracted position). Select a weight that barely allows you to complete the last rep of every set, again, in perfect form. Adjust the weight if necessary.

On the 4th and final set, perform 25 partial reps at the end of the set in the bottom position (4 - 6 inches).

Monday – Legs Heavy Reactive Pump™ Program 1.1

2 - Chain Squat

Goal: Explosive reps. Drive up as hard as you can.

Sets: 3-6 work sets

Reps: 6 explosive reps (drive up as hard as you can)

The chain squat is my favorite exercise to activate high-threshold fibers (growth fibers) in the leg muscles. I want you to really think about how you feel throughout each rep. Every rep on every set should not only be explosive but it should feel explosive. See how much speed and acceleration you can generate, and notice how heavy the weight feels.

As you ramp up, continue to do this. What I'm specifically looking for is the "switch" moment, where instantaneously the weight feels lighter and you find yourself accelerating faster, which is a good sign that your nervous system is fully engaged. When you feel this effect, back your reps down to 6. For me, this usually happens when I start adding chains, which changes the lifting dynamic. In other words, as you come out of the bottom position of the squat, the chains progressively add weight, so you now have to blast the bar up.

The way you load the chains is important. I want you to have 3 to 5 links touching the ground when you're standing in the top position. When you descend, you should get low enough to where you feel the bar lighten up as the chains de-load. At the de-loaded position, blast back up.

Begin by working up to around 60 percent of your 6RM. For example, if you can do 550 for 6 reps, use around 330 pounds as your base weight (without chains). Once you've performed one work set with your base weight, you're ready to add a set of chains to the bar for the next set. Each subsequent set, add another set of chains to the bar. Continue doing this until you lose your explosiveness (the ability to accelerate throughout the entire ROM).

This should occur between 3 to 5 chain sets, and most likely you'll lose your explosiveness on your 4th set of chain squats. If you can't do at least 3 chain sets, your base weight is too heavy. And if you can keep going past 5 chain sets, the weight is too light. Again, explosiveness is the whole point of this exercise. So, if you finished this exercise and never felt the switch moment, you weren't explosive, and need to learn to be explosive.

Monday – Legs Heavy Reactive Pump™ Program 1.1

3 - Leg Press Escalating Set

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Sets: 1 escalating set

Reps: 16 total reps

Performed correctly, your legs won't know what hit them. In fact, your entire body won't know what hit it. To achieve this effect, you have to begin this exercise with the right load, which is a weight that's about 60 percent of your 10 RM. So if you can do, say, 400 pounds for 10 reps, I want you to start with 240 pounds as your base weight.

You're going to do one extended set with a "micro-stop" every 4th rep, when your training partners are going to add a standard weight (25-pound plate, for example) at each stop. Again, only lock out every 4th rep, and don't use that stop for a long rest. The other reps should be short of lockout.

Use a range of motion that's not too deep and stressful to the lower back. Keeping constant tension on the muscle, with smooth turnarounds, perform as many 4-rep micro-stop sets as you can, which usually ends up being about 16 total reps.

Again, if you do this right, your legs will be almost as full of blood as they can get . . . but not quite.

Monday – Legs Heavy Reactive Pump™ Program 1.1

4 - Leg Extension

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Sets: 3 very painful work sets

Reps: 10, 15, 20 with 15 bottom partials

To endure the pain of this exercise, think of the your extreme pump pain as engorging and trapping Anaconda and Plazma growth factors in the muscle. The more blood the better.

Each rep, kick the weight up as hard as possible, and hold it at the top – and I mean freeze-frame it – then squeeze the quads for a solid two seconds, daring those throbbles to cramp, which won't happen if you're loading Anaconda and Plazma.

Immediately after each set, while pumped, stretch your quads. For the stretch technique, simply put the top of the foot on a flat bench and your knee on the ground. The other foot is flat on the ground in front of you with the knee pointed forwards. Try to gently straighten the spine and sit up straight (arch chest). You'll feel this in the quads and hip flexors.

Set one, hold the stretch for 10 seconds on each leg. Set two, hold the stretch for 20 seconds. Set 3, hold the stretch for 30 seconds.

Additionally on set 3, I want you to forget the flexes and just move the weight through a full range of motion. After 20 reps, stand up for 5 seconds, then sit back down and do 15 partials out of the bottom (and then stretch for 30 seconds).

Monday – Legs Heavy Reactive Pump™ Program 1.1

5 – Dumbbell Stiff-Legged Deadlift

Goal: Stretch your hams out with weight, and work from a different joint angle. Load a stretched muscle!

Sets: 2 work sets

Reps: 15 reps

Technique is extremely important on this exercise. Don't think about bending over at the waist. Instead, think about pushing your hips back to initiate the exercise. Keep your sternum (chest) lifted up and your lower back flat throughout the entire rep. So, if you feel your lower back beginning to round, you've gone too far. You will get more flexible as you go on these. Keep constant tension on the muscles each rep, while thinking about stretching out your hamstrings with the weight. Get a slight bend in your knees as you approach the stretched position of the exercise. Be careful and don't overstretch the involved muscles.

Monday – Legs Heavy Reactive Pump™ Program 1.1

6A/B – Standing Calf Raise / Dorsiflexion

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood, the better.

Sets: 2 work sets

Reps: (10/10/10) 30 total reps

You won't believe the pump you will get in your entire lower leg when you do this combination of exercises. Think of it like training biceps and triceps back to back. This will push as much blood in those calves as possible. Even the most stubborn calves respond to using this approach consistently.

Perform smooth, constant-tension reps. Use a lower weight to get full range of motion on all reps. Every 10th rep, hold the top position for 10 seconds, then continue with the set, holding on the 20th and 30th reps, each time for 10 seconds.

After each set of calf raise, stand up and simply begin dorsiflexing your foot to train the anterior tibialis. Do them until your tibialis goes numb. This usually happens between 30-50 reps.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.1

1 – Dumbbell Press on a Slight Decline

Goal: Start with a dumbbell movement to get some blood flowing and to grease your joints up for the explosive work.

Sets: 2-3 ramp-up sets, 4 work sets

Reps: 8 smooth, full-range reps

To get the slight incline angle I want, put two 25-pound plates beside each other and set the head end of a flat bench on the plates. This will give you the incline angle that's best for working the entire chest.

Increase the weight by 5 - 10 pounds after each work set. You should barely be able to get 8 reps on the last set. Get a good stretch at the bottom and drive up to lockout and flex for 1 second at the top in the contracted position.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.1

2 – Chain Bench Press

Goal: Explosive reps. Drive up as hard as you can.

Sets: 3 ramp-up sets, 5 work sets

Reps: 5 explosive reps (drive up as hard as you can)

Add two sets of chains to each end of the bar. Adjust the chain length so that at lockout there are 3-5 links touching the ground. The weight plates go on the outside of the chains. No additional chains will be added for this exercise.

Each rep should not only be explosive, but it should feel explosive. So don't grind out reps. Pause at the bottom for 1 second before blasting the bar off your chest. Use the same weight on each work set, and select a load that allows you to get all of your reps on every set.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.1

3 – Slight Incline Barbell Press

Goal: Constant tension with a tough weight.

Sets: 1-2 ramp-up sets, 3 work sets

Reps: 6 constant tension reps

Put two 25-pound plates beside each other and set the head end of flat bench on the plates (just like exercise one). The goal is to keep constant tension on the working muscles, so stop about 2 inches short of touching your chest and drive the bar up to 3/4 lockout. This range of motion has the added benefit of not overtaxing your pec insertions or rotator-cuff muscles. Select a weight that barely allows you to get 6 reps, and use that weight on all 3 work sets.

Tuesday – Chest / Shoulders HeavyReactive Pump™ Program 1.1

4 – Cambered-Bar Ladder Pushup

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Sets: 2 work sets

Reps: As many reps as possible

Set up a cambered bar in a squat rack on a pair of pins at the bottom of the rack. Set up another pair of pins about 6 inches above the first set. Place a third pair of pins about 6 inches above the second pair. You're going to do pushups into the cambered, or curved, part of the bar. Don't force the range of motion; just get a good stretch. And don't let your lower back sway; keep it straight and tight.

On the first set, start on the lowest setting and do as many pushups as you can, stopping 2 reps prior to failure. Move the bar up to the second setting and perform the same rep scheme. Do the same on the third setting as well. Performing pushups on all three settings counts as one set. On the second set, go to failure while trying to beat the number of reps you got on the first set.

This exercise is going to take heart and pain tolerance, but do it. The goal is to get an extreme pump, which will deliver nutrients and trap growth factors in the muscle. The more blood the better.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.1

5 – Dumbbell Side Lateral Raise

Goal: Get blood moving into your shoulders and begin to get a nice "pump."

Sets: 1 ramp-up set (10 reps), 3 work sets

Reps: 12 smooth, full-range reps

Do a ramp-up or warm-up set of 10 reps to change gears and get your shoulders ready to go. Do these seated. Put a slight bend in your elbows, lock your arms into place, and bring your arms straight out to the side – not in front, not in back, but straight out to the side. Pay attention to your traps. If you're shrugging at all, the weight is too heavy. I want delt work, not trap work. The rep tempo on these is smooth and uninterrupted while maintaining tension on the muscles at all times. Once again, don't shrug, but raise the dumbbells with your delts.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.1

6 – Cage Press

Goal: Explosive reps. Drive up as hard as you can.

Sets: 3 ramp-up sets, 5 work sets

Reps: 5 explosive reps

This is just a standing overhead press done in a cage. Set up pins in a squat rack at about nose level, and then set a bar on the pins. Roll the bar back (away from you) across the pins until it hits the vertical frame of the rack. You're going to actually push/slide the bar up the vertical posts of the rack.

Get under the bar and stagger your stance so that you can brace yourself. Press it up explosively as it rides up the rack, and lock out. Bring the weight back down and set it on the pins, take a deep breath, reset, then fire the bar back up. Make sure to wear a belt to keep your lower back safe.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.1

7 – Rear Delt Destroyer Set

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Sets: 1 work set

Reps: 60/30/10 hang-and-swing reps

Before you do this set, look in the mirror at your rear delts, because after the set they're going to stick out an extra inch or two from the pump. Rear delts grow fast off high reps, which requires pain tolerance and heart, but it'll absolutely pay off. The goal is to get an extreme pump, which will deliver nutrients and trap growth factors in the muscle. And the more blood the better.

You're going to do partial-rep rear delt raises while lying face down on an incline bench. These are called "hang-and-swings." With dumbbells in your hands, simply let your arms hang to your sides, and using only the rear delts and hinging off the shoulder, begin swinging the weight up in a 6-8 inch arc for 60 reps.

Pick a weight that you could do for 6 reps on a regular, full range-of-motion rear delt raise. These are just swings, so when it starts burning at 30, just push through the pain and keep the weight moving. Even if it's just an inch, just keep moving. After 60 cut the weight in half, take 5 deep breaths, and do 30 more. After this, cut the weight in half again, and do 10 reps.

Now, stand up and look in the mirror at your rear delts.

Thursday – Back Heavy Reactive Pump™ Program 1.1

1 – One-Arm Barbell Row

Goal: Constant tension with a tough weight.

Sets: 2-3 ramp-up sets, 4 work sets

Reps: 8 smooth, full-range reps

You're going to place one end of a barbell into a corner to support the bar. Load the other end of the bar with 25-pound plates (to allow for a better stretch at the bottom of the movement). Stand beside the loaded barbell but don't crouch so far down that your back is totally parallel to the ground; stay a little higher than that. Grasp the bar and start rowing, but keep your torso from dropping and let your arm come down and feel your scapulae stretch as you reach for the ground. Your lats don't usually get this kind of stretch, and they'll begin pooling with blood fast.

Do these rhythmically, up and down. I want you to feel a lot of tension and compression with these. This is what using a barbell does that a dumbbell doesn't. These work best when the hip on the side you're working is raised a few inches higher than the other hip. The angle of your body will pre-stretch your lower lat, and you'll feel your entire lat from top to bottom.

The goal is to get nutrient-rich blood flowing into muscle in preparation for the explosive work ahead.

Thursday – Back Heavy Reactive Pump™ Program 1.1

2 – Smith Machine Row

Goal: Explosive reps. Drive up as hard as you can.

Sets: 4 work sets

Reps: 6 explosive reps (drive up as hard as you can)

Set the bar on the Smith machine so that it's about 2-3 inches below the knee. When bending over, don't lean down so far that your back is parallel with the ground. You want to be about 20 degrees above parallel. The beauty of using the Smith machine is that it allows you to RAM your elbows up hard. Most barbell rows turn into sloppy reverse curls. Again, a Smith machine allows you to lock your body into place (pulling slightly back while pulling up), and you should literally think only about driving your elbows up. Your arms will simply be attachments to the bar.

Do these reps explosively (explosive speed) to recruit and facilitate the fast-twitch fibers, which is in preparation for upcoming mechanical work to induce maximum hypertrophy. So if you're grinding and can't drive the weight up with speed, it's too heavy, and you'll ruin the effect.

Thursday – Back Heavy Reactive Pump™ Program 1.1

3 – Dumbbell Pullover

Goal: Constant tension with a tough weight.

Sets: 4 work sets

Reps: 10 constant-tension reps

Lie on a bench as you would for bench press, but have your head dangling slightly off the edge. Grip a dumbbell with both hands and hold it straight out over your forehead, but keep a slight bend in your elbows. Slowly descend into the stretched position. The goal isn't to force a stretch, but to keep constant tension on your lats. So don't go so far down that you actually lose lat tension (and risk injury). Just find that perfect range of motion where you can only feel your lats working.

When you do these right, you can also feel your serratus contracting. A key part of this is to only come up to the top of your head too (right above forehead). If you go further, you'll lose lat tension. These also have the nice side benefit of allowing your lats to expand further out to the side due to the relationship between your serratus and lats.

Thursday – Back Heavy Reactive Pump™ Program 1.1

4 – Dumbbell Shrug

Goal: Blood flow and a pump in your traps.

Sets: 3 work sets

Reps: 12 reps

On these you're going to shrug the weight up and hold it for 3 seconds. Your traps aren't used to holding weight in the contracted position like this. It'll shock them and engorge them with blood and if done correctly, your traps should blow up by the time you finish your second set.

Thursday – Back Heavy Reactive Pump™ Program 1.1

5 – Chain Deadlift

- Goal: Pump to entire backside.
- Sets: 3-4 work sets
- Reps: 3 explosive reps (drive up as hard as you can)

Now that your lats and traps are fully engorged with blood, we're going to repeat a second explosive movement. There's no rule that says you have to do only one movement explosively, and this will train your lower back, hams, and glutes as well. Remember, every rep should fire off the ground and not slow down at all. So don't go too heavy and grind up the weight. Wear a belt and stay tight, of course.

If performed correctly, you'll feel the muscles becoming increasingly more explosive and the speed of movement increasing set to set. Also, the last rep of each set should always be as fast or faster than the first rep. If not, the weight is too heavy.

To select your base weight (without chains), ramp up to your 10 RM with sets of 3. Once you hit your base weight, it's time to start your work sets with chains. For your first work set, add two sets of chains to each side of the bar. Each subsequent set, add two more sets of chains per side. Continue adding two sets of chains per side until you feel your speed slow down a TINY bit. The reps should still be explosive, though.

The very next set, which will be your last set, keep the weight and chains the same, and I want you to go all out and get as many reps as you can. Forget about speed being your primary focus; you'll be doing some grinding here.

This should obviously be your hardest set of the day. As an example, I'll often do 20-25 reps on this last set. You'll get to the point where your glutes might be on fire as well, but that's okay. Just keep cranking. You'll know when it's time to stop when form begins to break down.

You'll be doing something here that you don't think you can normally do. Walk away from this set feeling like a warrior. We'll call this 4 sets, as you'll probably have at least 3 good, strong sets with the chains going up, and then the annihilator set at the end. I want your entire backside pumped after this set. Your lats, traps, glutes, EVERYTHING! The more blood, the better the effect.

Friday – Chest / Shoulders Pump Heavy Reactive Pump™ Program 1.1

1A/B – Machine Press / Over and Back with a Band

Goal: Most massive pump you can get.

Sets: 4 work sets

Reps: 12 / 6-8 reps

After a few warm ups, do 4 sets of 12 using a full range of motion. Get a good stretch and then a good hard one-second flex in the contracted position. I want you to use a neutral grip where your palms face each other. Work the stretch at the bottom. When you get to the deepest point, make sure your sternum is "lifted," and that you're arched. Done right, you'll feel an awesome stretch right in the middle of your chest in the sternal fibers. Make sure you flex for one second in the contracted position, too. Drive blood in there!

Select a weight that barely enables you to complete the last rep of every set in perfect form. Use the same weight for each set unless you lose 4 or so reps between successive sets (lighten it a bit if you do). If you lose a rep or two, that's ok. Execute these perfectly.

Supersetted with over and backs with a band:

The band over-and-back exercise is performed by pulling a band apart with the arms extended in front of the chest. While holding this position, rotate around the shoulder joint, moving your arms overhead and continuing the movement until the band touches your lower back.

Friday – Chest / Shoulders Pump Heavy Reactive Pump™ Program 1.1

2A/B – Pec Minor Dip / Over and Back with a Band

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle.

Sets: 4 supersets for 8 total sets

Reps: Go to failure (about 10 -12 with proper form) / 6-8 reps

This is a style of dip in which you actually lock your arms and keep them locked throughout the movement. You do sort of a reverse shrug and let your body drift down, and then you pull yourself up by only flexing your pecs. It's obviously a short range of motion.

When you do this right, you'll feel an awesome contraction in your lower, and especially lower and inner, pecs. Play around with your grip on these. Some lifters do better with a wider grip, while others do better using a really close grip.

Supersetted with over and backs with a band:

The band over-and-back exercise is performed by pulling a band apart with the arms extended in front of the chest. Maintain this position while rotating the band around the shoulder joint, moving your arms overhead and continuing the movement until the band touches your lower back. Touch your back and return to the starting position. That's one rep.

Friday – Chest / Shoulders Pump Heavy Reactive Pump™ Program 1.1

3 – Dumbbell Bent-Over Side Lateral Raise

Goal: Literally force and trap nutrient-filled blood in the muscles.

Sets: 4 work sets

Reps: 15-20 reps / 20 hang-and-swing reps

Earlier in the week we did a "destroyer set." Now we're going to do a standard bent-over lateral raise, with a few variations. Pick a weight you can do for 15-20 reps, using a full range of motion, and then continue the set performing 30 hang-and-swing reps. This is a way to extend the set by using your rear delts instead of using your traps and lats. If you do it right, it'll feel like a swarm of hornets just stung your rear delts.

Friday – Chest / Shoulders Pump Heavy Reactive Pump™ Program 1.1

4A/B – Spider-Crawl / Over and Back with a Band

Goal: Bring a never-before realized pump to the area.

Sets: 4 supersets for 8 total sets

Reps: 45 seconds constant tension / 6-8 reps

This exercise will continue to hammer your rear delts, but it's also a great movement for shoulder and rotator health. You're going to get a short red band. Put your hands on the inside of the band, as if you're handcuffed. Now place your hands against the wall, just like you're under arrest. Spread your wrists as far apart as you can. You want max band tension trying to pull your wrists back together. Fight it. "Walk" your hands straight down the wall until you get below your belt, and then walk back up to over your head. Keep going for 45 seconds straight. Finish strong!

Supersettted with over and backs with a band:

The band over-and-back exercise is performed by pulling a band apart with the arms out in front of the chest. Maintain this position while rotating the band around the shoulder joint, moving your arms overhead and continuing the movement until the band touches your lower back. Touch your back and return to the starting position. That's one rep.

Saturday – Arms Pump Reactive Pump™ Program 1.1

1A/B – Rope Pushdown / Dumbbell Curl

Goal: The strategy for arm training is to get a maximum pump.

Sets: 4 rounds

Reps: 12-15 / 12-15 reps

Keep a nice continuous tension while using a pumping-rep style over maximum (full) range of motion. Think rhythmic control. Flex your triceps when your hands are in the bottom position and get a good stretch at the top of the movement.

Superset with dumbbell curl:

Do one arm at a time, alternating between arms, and keep your palms up during the entire set. Be in total control and don't employ momentum by swinging the dumbbell. Use a 3-second descent on these. The 3-second negative will get tougher by the rep, and it won't take long for your biceps to be filled with blood.

Saturday – Arms Pump Reactive Pump™ Program 1.1

2A/B – Barbell Curl / Dip Machine or Dip

Goal: Literally force and trap nutrient-filled blood in the muscles.

Sets: 4 rounds

Reps: 8 / 8 reps

Find the sweet spot in your range of motion where you can feel the muscle tension, lock in, and just stay right there and pump it. You don't have to let your arms completely straighten at the bottom and you don't have to touch your forehead with the bar on the way up. That's complete nonsense.

Superset with dip machine or dip:

Use a 3-second negative on these, as well, which will totally cook your triceps. Just make your mind up to focus on the work and get it done.

Saturday – Arms Pump Reactive Pump™ Program 1.1

3A/B – Decline Barbell Triceps Extension / Hammer Curl

Goal: Engorge the triceps with blood.

Sets: 4 rounds

Reps: 15 / 15 reps

We'll always do lying triceps extensions last, regardless of the type. No exercise beats up elbows as much as lying extensions, so I never like doing them early in a routine, especially if we're using heavy weight. On the other hand, if you do them at the end of a workout, when your triceps are pumped and elbows "greased," lying triceps extensions are awesome for building thickness, pain-free.

Some weeks we'll do these on an incline and some weeks on a slight decline. Both allow you to stretch really well. This week, I want to use a slight decline. Lower the bar to your nose, and drive straight up to 3/4 lockout. Don't force your elbows in unnaturally as the weight descends and don't flare your elbows, either. Keep the elbows tracking in their natural groove.

Superset with hammer curl:

We can't forget to train your brachialis muscle. This is the little bubble of a muscle that sits on the outside of the upper arm, in-between your biceps and triceps. When you develop the brachialis, it adds a roundness and thickness to the upper arm that's very impressive.

Work one arm at a time, alternating between arms. As always, don't swing!

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Reactive Pump Training

by John Meadows

Program 1.2

Monday	Legs Heavy
Tuesday	Chest / Shoulders Heavy
Wednesday	Off
Thursday	Back Heavy
Friday	Chest / Shoulders Pump
Saturday	Arms Pump
Sunday	Off
Optional	Ab Extra, Calf Extra

The Reactive Pump – 4 Steps:

The Reactive Pump stimulates enhanced muscle responsiveness to growth and recovery. So, when we use the term "Reactive Pump," or simply "pump," know that we're using a new definition, application, and methodology for the pump. It consists of four steps:

- 1 – Pre-load the bloodstream with specialized anabolic and insulinogenic nutrients contained in Plazma.™
- 2 – Pump and keep pumping these nutrients into pre-activated muscle to sensitize it to being highly responsive to the effects of training.
- 3 – Activate and stimulate fast-twitch fibers while in the Reactive Pump state.
- 4 – Induce, through specific exercise techniques, supra-maximal intramuscular pump volume, further engorging muscle with these high-tech nutrients.

Monday – Legs Heavy Reactive Pump™ Program 1.2

1 - Leg Curl

Goal: Pump in your hams - engorge the muscle with blood.

Sets: 4 work sets

Reps: Sets of 12, 10, and 8 full and smooth, rhythmic pump reps, followed by a drop set

Do 2-4 warm up sets to get you started. Start with a working set of 12. On your next set add a little weight and do 10. On your third set add a little weight and do 8. Throughout these sets I want you to have someone very gently push down on your lower back so that your hips are down and your hamstrings are doing all the work. On your 4th set (drop set), I want you to use the same weight you did for the set of 8 and shoot for 8 reps again, but don't stop there. Drop the weight down and do another 8. You still aren't done. Drop the weight down again and go to failure. The goal is another 10-20 reps, so push yourself, but use perfect form so we get your hams as pumped as we can.

Monday – Legs Heavy Reactive Pump™ Program 1.2

2 - Chain Squat

Goal: Explosive reps. Drive up as hard as you can.

Sets: 4 work sets

Reps: 6 explosive reps (drive up as hard as you can)

We're doing these again this week for sets of 6. The only change I want you to make is to use a different bar (could be a Buffalo bar, or Safety Squat bar, or even a Spider bar if you're one of the few that has one). This will change the mechanics of the squat slightly, but our goal is still to perform explosive reps! Remember, look for that "switch" when you feel the weight all of a sudden get lighter out of the bottom, and your explosiveness increases. Always keep that in mind when doing these.

As with last week, once you've worked up to your weight, we're going to add a chain on each side with each set. We're going to keep adding chains until you lose your explosiveness. This could happen with 3 sets with chains or maybe 5, we'll see. It'll be interesting to see how this compares to last week and where you ended up! For now, we'll call this 4 work sets.

REMINDER: The way you load the chains is important. I want you to have 3 to 5 links touching the ground when you're standing straight up. When you descend, you should get low enough to where you feel the bar lighten up as the chains deload - then BLAST back up.

Monday – Legs Heavy Reactive Pump™ Program 1.2

3 - Banded Leg Press

Goal: Constant tension and some eccentric overload via the bands.

Sets: 4 work sets

Reps: 8 constant tension reps

What you'll be doing is attaching one band on each side of the leg press. The trick is to fight the resistance as the bands try to pull the platform down. Be aware this is a very tough way to leg press. On these you'll be doing sets of 8. Do not lock these out, and fire away like a piston – up and down nonstop. Don't just drop the weight as it goes down against the force exerted by the bands or you'll lose the reason for doing them in the first place. Control the weight as it goes down and ram up to $\frac{3}{4}$ lockout and then right back down. Get to your working weight in a few sets. You should be very warm from the squats. Do 4 sets of 8.

NOTE: I want you to attach 1 Pro mini band on each side this week. We'll work up to more, but just one band will provide the eccentric overload and the constant tension we're looking for right now.

Monday – Legs Heavy Reactive Pump™ Program 1.2

4 - 1.25 Hack Squat

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Sets: 3 work sets

Reps: Sets of 10 and 8, followed by a pump set of 8, a drop set of 4-6, and then another drop set of as many reps as you can, this time locking out in-between reps

On these you're going to go all the way down, very deep, come up only ¼ of the way, and then squat right back down and then come back up all the way. I call this 1.25's or 1 & 1/4s.

For the first set I want you to get the feel of the movement. Place your feet where it feels most comfortable for you on the platform. For most people it's slightly wider than shoulder width with toes slightly pointed out. Use this first set to find your perfect groove. Do a set of 10.

Now on to set #2. We add weight and do a set of 8. Again, these are 1.25 reps!

Pump set - On set #3, I want you to use the same weight you did for 8 reps and do 8 again. Now drop the weight and do another 4 to 6 immediately. Finally drop the weight again, and get as many as you can. On this last drop, I DO want you to stop and lock out when you get tired. Let the blood rush in there, and hit another rep and rest. Just keep going until you know you're done.

Stretches - In between each set of hacks, stretch your quads intensely for 30 seconds!

Monday – Legs Heavy Reactive Pump™ Program 1.2

5 - Barbell Stiff-Legged Deadlift

Goal: Stretch your hams out with weight, and work from a different joint angle. Load a stretched muscle!

Sets: 2 work sets

Reps: 15 reps

This is just like last week, but use a barbell this week! Come all the way up and flex your glutes, too! Remember to bend your knees a little at the bottom. Do 2 sets of 15.

Monday – Legs Heavy Reactive Pump™ Program 1.2

6A/B - Standing Calf Raise / Dorsiflexion

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood, the better.

Sets: 3 work sets

Reps: 30 / 30-50 reps

We're going to do 3 sets this week of these instead of 2! Do 10 reps, hold and flex at top for 10 seconds, and repeat 2 more times for 1 set. This means you'll do a total of 30 reps and have 30 seconds of static holds at top. Do this 3 times.

Superset with:

After each set of calves, I want you to stand up and simply dorsiflex your foot to train the anterior tibialis. Do them until your tibialis goes numb. This usually happen between 30-50 reps.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.2

1 - Dumbbell Press on a Slight Decline

Goal: Start with a dumbbell movement to get some blood flowing and to grease your joints up for the explosive work.

Sets: 4 work sets

Reps: 8 reps

On these I want a slight decline. I'm not a fan of steep decline angles due to the shoulder stress that comes with it. I typically just place a sit-up bench on the lowest setting and use it. Move up in weight doing 8 reps per set until you reach a weight that's a semi-tough 8 – semi-tough meaning you could get another rep or two if needed. Now stick with this weight and hammer out 4 total sets of 8 with it. Make sure you get a nice full stretch at the bottom, and then drive to lockout and flex for 2 seconds before lowering.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.2

2 - Reverse Band Bench Press

Goal: Explosive reps. Drive up as hard as you can.

Sets: 4 work sets

Reps: 5 explosive reps (drive up as hard as you can)

On these we're going to do sets of 5. We'll be attaching the bands to the top of a power rack so that the bands will help you get the weight out of the bottom, and you just blast through the reps explosively to lock out. Don't use a weight that's so heavy you have to slowly grind through the rep. You'll be able to use significantly more weight than you normally can, however, due to the band assistance at the bottom. This is going to allow you to work with heavier weight through the ROM without the huge pec insertion/shoulder stress at the bottom of the movement that has torn many a pec. I want the weight to fly off your chest and accelerate, but don't bounce it! Control it. You should get to your first work set in 2-3 sets. On each work set, keep adding some weight. I still want perfect form and explosiveness. Once you add weight and you can feel your speed slow down, that'll be your last set. Try to do 4 good, solid, working sets.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.2

3 - Slight Incline Barbell Press

Goal: Constant tension with a tough weight.

Sets: 3 work sets

Reps: 6 constant tension reps

We're going to do these again this week. This exercise is one that we'll be including most of the time. Remember to try to use only a 20-25 degree angle if possible.

Put two 25-pound plates beside each other and set the head end of flat bench on the plates. The goal is to keep constant tension on the working muscles, so stop about 2 inches short of touching your chest and drive the bar up to 3/4 lockout. This range of motion has the added benefit of not overtaxing your pec insertions or rotator-cuff muscles. Select a weight that barely allows you to get 6 reps, and use that weight on all 3 work sets.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.2

4 - Stretch Pushup with Chains

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Sets: 3 work sets

Reps: To failure

On these, you're going to stack up two aerobic step benches on one side and two on the other. You'll put one hand on each stack. So in other words, you're just elevating the floor to allow for deep, full range-of-motion pushups. You're also going to elevate your feet on a box that's 8-12 inches high. When you do these, keep your chin up and don't let your lower back sway. Start with just your bodyweight plus 1 chain across your shoulder blades and see how you do. Get as many reps as you can. If you get at least 15, keep the chain on. If not, take it off for your next two sets. You're doing 3 total sets to failure.

Stretches - In between each set of pushups, do a chest stretch. I like to sit on a bench, have a partner put their knee in my back, and have them pull my straightened arms back until I feel a searing burn in my chest, and then hold it for 30 seconds.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.2

5 - Dumbbell Rear Side Lateral Raise

Goal: Get blood moving into your shoulders and begin to get a nice "pump."

Sets: 3 work sets

Reps: 20 reps

On these I want a full range of motion – not the partial hang and swing technique. Pick a weight that you can do 20 reps with. Remember not to squeeze your traps and lats during this exercise. If you feel these muscles contracting, lighten up so you can isolate your rear delts better. Do 3 sets of 20.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.2

6 - Face Pull with Band

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle.

Sets: 3 work sets

Reps: 12 reps

Use a long, skinny micro band and hold each contraction for 2 seconds. This will force even more blood in them and also prevent us from getting "imbalanced" from all the pressing we do.

Do 3 sets of 12 this way.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.2

7 - Cage Press

Goal: Explosive reps. Drive up as hard as you can. We're training a pumped muscle here!

Sets: 5 work sets

Reps: 5 explosive reps (drive up as hard as you can)

We're repeating what we did last week! This is just a standing overhead press done in a cage. Set up pins in a squat rack at about nose level, and then set a bar on the pins. Roll the bar back (away from you) across the pins until it hits the vertical frame of the rack. You're going to actually push/slide the bar up the vertical posts of the rack. Get under the bar and stagger your stance so that you can brace yourself. Press it up explosively as it rides up the rack, and lock out. Bring the weight back down and set it on the pins, take a deep breath, reset, then fire the bar back up. Make sure to wear a belt to keep your lower back safe. I want 5 sets of 5 done this way.

Thursday – Back Heavy Reactive Pump™ Program 1.2

1 - Meadows Row

Goal: Get some blood flowing and gear you up for the explosive work.

Sets: 3 work sets

Reps: 8 reps

On these you can use a standard T-bar or a bar that's locked into a "landmine." If you only have a barbell, just shove one end of the bar into a corner and load the other end up with plates. It's best to use 25-pound plates to get the best stretch. You're going to be holding the other end of the bar (wearing straps as needed) where the weight is loaded. Last week we stood right beside the bar, parallel to it, and did one-arm barbell rows. This week you'll stand perpendicular to the bar, forming a "T." Load the 25's as you go, grab the thick end outside of the plates and go to work. Just like last week, raise the hip on the side you're rowing with a few inches higher than the other hip. The angle of your body will prestretch your lower lat, and you'll feel your entire lat from top to bottom. Keep your upper body locked into place and let your scapula release and stretch at the bottom. If you do this right, you'll even feel it deep in your serratus. Once you're warmed up, find a good weight and do 3 hard sets of 8 with it.

Thursday – Back Heavy Reactive Pump™ Program 1.2

2 - Banded Supported Row

Goal: Explosive reps. Drive up as hard as you can.

Sets: 4 work sets

Reps: 6 explosive reps (drive up as hard as you can)

This is where you use a machine where your chest sits on a pad and you do rows for your back. With some ingenuity, you can "band" these, and as you're driving the weight back (or up, depending on the angle of the machine), the weight will get heavier, and you'll feel an intense contraction. These are meant to be done explosively, though! Going slow or at a steady pace will just engage and tire out your arms and delts. Ram the weight back and you'll feel your entire back contract! It won't take much weight with the bands. Do 4 sets of 6 on these.

Note: Use a long red Pro mini on each side when you do these to balance the handle so it doesn't pull off to one side excessively.

Thursday – Back Heavy Reactive Pump™ Program 1.2

3 - Stretch Pulldown

Goal: Massive stretch on your lats.

Sets: 3 work sets

Reps: 8 reps

These are regular pulldowns, but with a few tweaks. Use a little heavier weight than normal, and use a really wide grip (all the way out to the end of the lat bar). Only pull it down to the top of your head, and then let it come back up and stretch you. These actually pull me out of my seat sometimes. Keep your reps at 8. If you go higher on your reps, your biceps will start to take over. When you're stretching at the top, relax your scapulae and really let everything spread out and stretch - that's the key to this exercise. I sometimes even refer to these as scapulae stretch pulldowns. Do 3 sets of 8.

Thursday – Back Heavy Reactive Pump™ Program 1.2

4 - Dumbbell Shrug

Goal: Blood flow and a pump in your traps.

Sets: 3 work sets

Reps: 12 reps

This is the same as last week. On these, you're going to shrug the weight up and hold it for a 3-second count. I want 3 sets of 12 like this. Your traps should be blown up by the time you finish your second set. They won't be used to holding weight in the contracted position like this and it'll shock them and engorge them with blood.

Thursday – Back Heavy Reactive Pump™ Program 1.2

5 - Chain Deadlift

Goal: Pump to entire backside.

Sets: 4 work sets

Reps: 3 reps

This is one of the most productive exercises you'll do in the entire program for overall body size, athleticism, and explosiveness. Test your vertical leap after a few weeks of doing these; you'll be in for a surprise.

Ramp up doing sets of 3 to get to a weight that you're able to normally get 10 with. Every rep should fire off the ground and not slow down at all. Now start adding chains 2 at a time on each side. Keep adding chains in this manner until you feel your speed slow down a TINY bit. To give you an example of what I do, I only use 225 on the bar, and I add 2 sets of chains per side until I get to 10 chains a side. The reps are still explosive, though.

For your last set, forget the 3 reps, I want you to go all out, and get as many explosive reps as you can. This should be your hardest set of the day. I'll often do 20-25 reps on this last set. You'll get to the point where you grind a little, and your glutes might be on fire as well, but that's OK!!! Just keep cranking. You'll know when it's time to stop because you'll know you'll lose form if you do another rep. Wear a belt and stay tight of course. Do something that you don't think you can normally do. Walk away from this set feeling like a warrior. We'll call this 4 sets, as you'll probably have at least 3 good strong sets with the chains going up, and then the annihilator set at the end. 4 total work sets.

One more thing! I want you to beat the number you did last week on your annihilator set. This should be your hardest set of the day.

Friday – Chest / Shoulders Pump Heavy Reactive Pump™ Program 1.2

1 - Machine Press

Goal: Most massive pump you can get.

Sets: 4 work sets

Reps: 12reps

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 don't use barbells on this day, and only rarely dumbbells.

This exercise is the same as last week. After a few warm ups, do 4 sets of 12 using a full range of motion. I want you to use a neutral grip where your palms face each other. Work the stretch at the bottom. When you get to the deepest point, make sure your sternum is "lifted," and that you're arched. You'll feel an awesome stretch right in the middle of your chest on the sternal fibers when you do this right. Make sure you flex for 1 second in the contracted position, too. Drive blood in there! Use the same weight for each set unless you lose 4 or so reps (lighten it some if you do) from the previous set. If you lose a rep or two, that's okay. Execute these perfectly.

Friday – Chest / Shoulders Pump Heavy Reactive Pump™ Program 1.2

2A/B - Pec Minor Dip / Dumbbell Bent-Over Side Lateral

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle.

Sets: 4 supersets for 8 total sets

Reps: 10 / 20 reps

This is the same as last week except we're going to try and add a little extra resistance on the way down. If you're able to get 10 good reps, I want you to try and attach a little weight to you this week using a dip belt. It doesn't have to be much weight; a 25-pound plate is plenty. Focus on keeping your arms straight and flexing your pecs! We're going to superset these with a rear delt exercise.

Supersettted with dumbbell bent-over side laterals:

On these I want you to do sets of 20. Remember to not use your traps or back, just hinge off your shoulder joints and flex your rear delts. It won't take much weight.

Friday – Chest / Shoulders Pump Heavy Reactive Pump™ Program 1.2

3A/B - Dumbbell Hex Press / Face Pull with a Band

Goal: Literally force and trap nutrient-filled blood in the muscles.

Sets: 4 supersets for 8 total sets

Reps: 10 / 10 reps

On these you'll lie on a flat bench and press two hex dumbbells while you simultaneously push them together. They need to stay in contact with each other the whole set. Think of it this way: try to smash them together. You'll have a neutral grip on these (palms facing each other). Lower the dumbbells to your chest, and then drive up and flex hard. Smashing the dumbbells together is what provides the magic in this exercise. The neutral grip also helps you avoid any extra shoulder stress on this day. Do 10 hard reps. The weight you use will be about 50% of what you would normally do for a 10-rep set of dumbbell presses. You're going to superset these with face pulls.

Supersetted with face pulls with a band:

Grab a micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold it for a second! Do 10 reps like this.

Friday – Chest / Shoulders Pump Heavy Reactive Pump™ Program 1.2

4A/B - 6 Way / Over and Back with a Band

Goal: Bring a never-before realized pump to the area.

Sets: 3 supersets for 6 total sets

Reps: 10 / 20 reps

Okay, are you ready to put the finishing touches on your delts? Grab two light dumbbells and sit down. Take the dumbbells out to the side simulating a side lateral, and then horizontally bring them together in front of you. They should be at about chest level. Now raise them straight over your head using your anterior delts. You'll feel a massive flex in your front delt. Now lower them back to chest level, and then swivel them back out to the side lateral position, and finally drop them back down to your side. That's one rep. Do 3 sets of 10. Superset these with over and backs!

Supersettted with over and backs with a band:

You're going to go over and back 20 times each set. I expect your delts to be in a pumped and swollen state like they've never been before!

Saturday – Arms Pump Reactive Pump™ Program 1.2

1A/B - Rope Pushdown / 1.50 Cable Curl

Goal: The strategy for arm training is to get a maximum pump.

Sets: 4 rounds. Only rest 30 seconds after the cable curls, then start again.

Reps: 12-15 / 10 reps

Take as many sets as you need to warm up. Don't do a single working set if you're stiff and in pain. If you can't get "warmed up," you probably shouldn't even be training arms, but that's rare and can be fixed.

Keep a nice continuous-tension pumping style doing these. You don't have to spread your hands apart at the bottom as usually prescribed for this exercise. I'd rather your hands be locked into position pretty close together through the whole rep. Don't ram the weight down or let it fly back up. Control the weight. Flex your triceps at the bottom, and let the rope ride up high to get a good full range of motion stretch. Shoot for 12-15 reps.

Superset with 1.50 cable curls:

On these I want a full rep, and then a half rep out of the bottom. That's one rep. Squeeze your bis as hard as you possibly can through the contractions on these. Do sets of 10 reps.

Saturday – Arms Pump Reactive Pump™ Program 1.2

2A/B - Cross Body Hammer Curl / Cable Extension

Goal: Literally force and trap nutrient-filled blood in the muscles.

Sets: 4 rounds. Only rest 30 seconds after the cable extensions, then start again.

Reps: 10 / 10 reps

On these we're focusing on our brachialis and brachioradialis. Do these one arm at a time. As you do these, hammer curl across the front of your body and squeeze hard on every rep. Alternate reps with each arm until you've done 10 with each arm. As you do one arm, the other arm relaxes and more blood flows in, making the pump even more intense.

Superset with cable extensions:

Just take the rope you were using in the triceps pushdown in the previous combo and grab one end of the rope. Now face away from the weight stack and let your arm come across your body. Now extend your arm and flex your triceps, sort of like you were giving a gladiator salute. I like the range of motion, plus these are really easy to do partials on. Do sets of 10, and on each set add 5 partials on at the end. Do the partials from the stretched position, not from the lockout position.

Saturday – Arms Pump Reactive Pump™ Program 1.2

3A/B - Incline Barbell Extension / Preacher Curl

Goal: Engorge the triceps with blood.

Sets: 4 rounds Only rest 30 seconds after hammer curls work, then start again.

Reps: 12 / 8 reps

Last week we did these with a decline. This week do these seated on an incline utility bench. Each set you do, I want you to lower the bar behind your head a little farther. By the time you get to your last set, you should be getting a nice full stretch and an insane pump. Do sets of 12 on these.

Superset with preacher curls:

We can't forget to train your brachialis muscle. This is the little bubble of a muscle that sits on the outside of the upper arm, in-between your biceps and triceps. When you develop the brachialis, it adds a roundness and thickness to the upper arm that's very impressive.

I want you to lower these with a 3-second descent, and then curl up and flex. Don't let your arms straighten completely. Your arms should be engorged with blood at the point. Do sets of 8.

Calf ExtraJohn Meadows Personal Coaching

Standing Calf Raise

Sets: 6 work sets

Reps: 15 reps with 60 second breaks

In addition to the calf work on leg day, do this any time you want more calf work.

Do 10 full range of motion reps, then 5 partials out of the stretched position on each set, with 60-second breaks between sets.

Ab ExtraJohn Meadows Personal Coaching

1 - Lower Abs

List: Hanging Leg Raise
 Leg Raise with Your Elbows Supported on Pad
 Leg Raise on a Decline Board / Bench
 V Up

Sets: 4 work sets

Reps: 15-25 reps

2 - Upper Abs

List: Incline Sit Up
 Pull-down / Crunch
 Band Crunch

Sets: 4 work sets

Reps: 15-25 reps

Choose one exercise from the Lower Abs list and one exercise from the Upper Abs list, and, depending on how hard they are, perform 4 sets of 15-25 reps of each selected exercise for a total of 8 sets.

TM

Reactive Pump Training

by John Meadows

Program 1.3

Monday	Legs Heavy
Tuesday	Chest / Shoulders Heavy
Wednesday	Off
Thursday	Back Heavy
Friday	Chest / Shoulders Pump
Saturday	Arms Pump
Sunday	Off

The Reactive Pump – 4 Steps:

The Reactive Pump stimulates enhanced muscle responsiveness to growth and recovery. So, when we use the term "Reactive Pump," or simply "pump," know that we're using a new definition, application, and methodology for the pump. It consists of four steps:

- 1 – Pre-load the bloodstream with specialized anabolic and insulinogenic nutrients contained in Plazma.™
- 2 – Pump and keep pumping these nutrients into pre-activated muscle to sensitize it to being highly responsive to the effects of training.
- 3 – Activate and stimulate fast-twitch fibers while in the Reactive Pump state.
- 4 – Induce, through specific exercise techniques, supra-maximal intramuscular pump volume, further engorging muscle with these high-tech nutrients.

Monday – Legs Heavy Reactive Pump™ Program 1.3

1 - Leg Curl

Goal: To get a pump in your hams – engorge the muscle with blood.

Sets: 3 work sets

Reps: 6 full and smooth, rhythmic pump reps, followed by a drop set.

Do 2-4 warm up sets to get you started. Work up to doing sets of 6 with perfect form. Drive your hips down into the pad as you curl the weight up. Keep going until you reach a weight that will be relatively difficult (still have 1-2 reps left in the tank). Do 6 reps, then drop the weight and shoot for another 8, then drop the weight again and go to failure. Once you can't do full reps, tack on 10 partials out of the stretched position. We'll count the last 2 sets of 6 plus the drop set as work sets, so 3 work sets total.

Monday – Legs Heavy Reactive Pump™ Program 1.3

2 - Chain Squat

Goal: Explosive reps for initial work sets. On the challenge set, we're looking for explosiveness, pump, maximum contractile tension throughout the rep, and development of pain tolerance (yes, you can develop this!)

Sets: 4 work sets

Reps: 3 explosive reps (drive up as hard as you can)

Pick any bar – a Safety Squat bar, Spider bar, Cambered bar, regular bar, Buffalo bar, etc. – and start hitting squats for sets of 6. Remember, look for that "switch" when you feel the weight all of a sudden get lighter out of the bottom, and your explosiveness increases. Always keep that in mind when doing these.

In previous few weeks we've worked up to a weight and then kept adding chains until you lost your explosiveness. You were doing sets of 6 for all your work sets. This week, once you've done your final warm up set of 6 and are ready to execute your work sets, back your reps down to 3 for a set. Then add a chain to each side and do 3 reps, and then add another chain and do 3 reps. That's 3 sets. This week you're in for something special for your 4th set. Welcome to the challenge set. This is a unique way to stimulate muscle and the CNS, not to mention test your heart. How hard can you really push yourself?

The idea here is to work up to a massive drop set, or really an "add" set. Take off the 2 chains so you're starting the set with no chains. Now do your set of 3, and ADD a chain back on. The weight will still be the same at the bottom, as the chains are de-loaded, but now you have to push even harder to get the weight up. Rack it after 3 reps. Now add another chain, and do it again. Keep going until you know your form will break down, and then stop -- but don't walk away yet. Have your partner's strip off all the chains and knock out another 3 reps. After this have them take a significant amount of weight off and shoot for 10 more reps. See how well you can do this set. It's going to take some serious heart. To show you what I do on these, see below:

Safety Squat Bar

1 plate per side x 6

2 plates per side x 6

3 plates per side x 6

4 plates per side x 6

4 plates per side x 3

(the set above is where CNS fully turned on)

4 plates per side + 1 chain x 3

4 plates per side + 2 chains x 3

Challenge Set

4 plates per side x 3

4 plates per side + 2 chains x 3

4 plates per side + 4 chains x 3

4 plates per side + 6 chains x 3

- Rest 30 seconds

4 plates x 3 (chains were stripped off)

- Rest another 30 seconds and then

2 plates x 10

Monday – Legs Heavy Reactive Pump™ Program 1.3

3 - Leg Press

Goal: To get a massive pump in your legs from the drop set.

Sets: 1 work set

Reps: 32 total reps

Last week we used bands, but not this week. While I find bands work well, they can also beat you up a little if overused. Here, just do sets of 4 reps and build to a weight that you can use for a drop set. You should be plenty warm after squats, so don't waste your energy doing any more than 4 reps as you ramp up. Once there, I want another drop set. Do 8 reps, drop the weight significantly and do 8 more reps, and repeat the drops two more times for a total of 32 reps. That's it for the leg press, but stretch your quads intensely for 30 seconds before moving on to the next exercise.

Monday – Legs Heavy Reactive Pump™ Program 1.3

4 - Leg Extension

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood, the better.

Sets: 2 work sets

Reps: 10 / as many as you can

For the first set I want you to drape 1 chain across your back (no bar) and lunge for 10 steps on each leg. Your form, however, will be a little different from what you're used to. Step forward with your right leg and go down nice and slow so that your left knee GENTLY touches the ground, and then bring the left leg back even with your right leg. Repeat this 10 times. So what we're doing here is performing all the reps on one leg and then going to the other leg. This style minimizes momentum and doesn't allow for a break on the working leg, thereby creating more tension and a better pump.

Now on to set #2. Use 2 chains draped across your back, but this time revert to the standard alternating leg style where you step forward with one leg, and then step forward with the other. Still, we want a little time between reps to allow for more blood to pump into your legs. Take as many steps as you can, then dump the chains and keep going until your legs quit working.

Stretches – After your drop set on the leg press and in between your lunges, stretch your quads intensely for 30 seconds!

Monday – Legs Heavy Reactive Pump™ Program 1.3

5 – Dumbbell Stiff-Legged Deadlift

Goal: Stretch your hams out with weight, and work from a different joint angle. Load a stretched muscle!

Sets: 3 work sets

Reps: 8 reps

Use 25-pound plates and try to get a slightly better stretch each set. Remember to push your hips back, not just bend over at the waist. We want to focus on the hamstrings, not the lower back. Do 3 sets of 8 reps and on each rep come up all the way and flex your glutes, too!

Monday – Legs Heavy Reactive Pump™ Program 1.3

6A/B – Standing Calf Raise / Dorsiflexion

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood, the better.

Sets: 3 work sets

Reps: (10/10/10) 30 total reps

This is the same as last week, volume wise. Do 10 reps, hold and flex at top for 10 seconds, and repeat twice. That's 1 set. This means in each set you'll do a total of 30 reps and have 30 seconds of static holds at the top. Do this 3 times.

Superset with:

After each set of calves, I want you to stand up and simply dorsiflex your foot repeatedly to train the anterior tibialis. Do them until your tibialis goes numb. This usually happen between 30-50 reps.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.3

1 – Machine Press

Goal: Start with a machine movement to get some blood flowing and grease your joints up for the explosive work.

Sets: 3 work sets

Reps: 8 smooth, full-range reps

I prefer these to be done on a flat press, not an incline. Warm up, and then simply pyramid up in weight as you go. Do sets of 8 reps. Keep going up in weight until you can't hit 8 reps. We'll count the last 3 sets as work sets.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.3

2 – Reverse Band Bench Press

Goal: Explosive reps. Drive up as hard as you can.

Sets: 5 work sets

Reps: 5 explosive reps (drive up as hard as you can)

You've done these before, but I want you to repeat them this week. After doing them already, you should feel more comfortable and "in the groove." I want you to do sets of 5 again. Remember that these are to be done explosively (but not bouncing out of the bottom). Find a weight you can do with that style and stick with it for 5 sets of 5 reps.

Note: Use the thick orange bands from EliteFTS on these. They're called "light" bands.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.3

3 – Incline Barbell Press

Goal: Constant tension with a tough weight.

Sets: 3 work sets

Reps: 8 constant tension reps

We've done sets of 6 on these the last few weeks. This week we're bumping the reps up to 8. Again, attach the bands to the top of a power rack so that the bands help you get the weight out of the bottom position and just blast through the reps explosively to lock out. Don't use a weight that's so heavy you have to slowly grind through the rep. You'll be able to use significantly more weight than you normally can, however, due to the band assistance at the bottom. This is going to allow you to work with heavier weight through the ROM without the huge pec insertion/shoulder stress at the bottom of the movement that has torn many a pec.

I want you to keep your form the same, stopping about two inches short of touching your chest, and going to 3/4 lockout. So do sets of 8 reps, all the way up until you can no longer get 8. We'll call the last 3 sets work sets.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.3

4 – Flat Dumbbell Twist Press

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood, the better.

Sets: 3 work sets

Reps: 10 reps

These are awesome for delivering a massive pump. It's all about the squeeze and stretch. Lie flat on a bench with dumbbells and lower them while arching your chest so that you get a good stretch. Then, at the bottom, turn your palms so that they're facing each other (neutral grip). This will allow the sternal fibers on your inner pecs to stretch and work more.

When you drive the weight up, as you drive, turn your pinkies in (NOT your thumbs) and squeeze at the top. You won't be able to use as much weight as you can with a regular dumbbell press, but you'll get a great contraction. Once you find a good weight, do 3 sets of 10 reps. (Note: I only use around 40-pound dumbbells for these.)

Stretches – In between each set of twist presses, do a chest stretch for 30 seconds. I like to sit on a bench and have a partner put his knee in my back, straighten my arms and pull them back until I feel a searing burn in my chest. Hold it for 15 seconds.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.3

5 – Cable Lateral Raise

Goal: Get blood moving into your shoulders and begin to get a nice "pump."

Sets: 3 work sets

Reps: 12 smooth, full-range reps

Grab a low pulley handle and stand away from the machine. I want you to pull these up from behind your back, not out in front of you. Do 12 reps on one side, then flip around and do 12 on the other side. Bring the cable up to about eye level. Keep a slight bend in your elbow, but don't let your elbow "sag" down and turn this into a front deltoid exercise. Do 3 sets of 12 reps.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.3

6 – Face Pull with Band

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle.

Sets: 3 work sets

Reps: 30 reps

Use a long, skinny micro band on these. Last week we held and flexed, but this week I want you to just crank out reps. Do 3 sets of 30 reps. You don't have to hold the flex, but don't get sloppy and turn this into a trap and lat exercise. Focus on your rear delts and work through the pain on each set to hit your number. This will be tough.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.3

7 – Cage Press

Goal: Explosive reps. Drive up as hard as you can. We're training a pumped muscle here!

Sets: 4 work sets

Reps: 5 explosive reps (drive up as hard as you can)

This week I want you to do these with a little twist. Now, when you drive the weight up, push your head forward. This slight change in angle will allow you to crush your traps along with your delts. So as you explode the weight up, lean your head and upper body forward and flex your traps in the locked out position. You have to be leaning forward for this to work correctly. Try a few light sets to get into the groove before you start. Do 4 sets of 5 reps with a weight you can do with perfect form.

Thursday – Back Heavy Reactive Pump™ Program 1.3

1 – One-Arm Barbell Row

Goal: Get the blood flowing and gear you up for the explosive work.

Sets: 4 work sets

Reps: 8 smooth, full-range reps

Use 25-pound plates to allow for a better stretch at the bottom of the movement. Remember the tips from when we did these on week 1 -- don't set up so that your back is totally parallel to the ground; stay a little above that. Keep your torso from dropping, and let your arm come down and feel your scapulae stretch as you reach for the ground. Your lats don't usually get this kind of stretch, and they'll quickly begin pooling with blood.

Do these rhythmically, up and down. I want you to feel a lot of tension and compression. This is what the barbell allows for that a dumbbell doesn't. These work best when the hip on the working side is raised a few inches higher than the other hip. The angle of your body will pre-stretch your lower lat, and you'll feel your entire lat from top to bottom. Do 4 sets of 8 reps.

Thursday – Back Heavy Reactive Pump™ Program 1.3

2 – Chain Deadlift

Goal: Pump to entire backside, plus more explosive work.

Sets: 4 work sets

Reps: 10 explosive reps (drive up as hard as you can)

Do sets of 3 reps to reach a weight that you're normally able to get 10 reps with. Every rep should fire off the ground and not slow down at all.

Now start adding chains, 2 at a time on each side. Keep adding chains in this manner until you feel your speed slow down slightly. To give you an example of what I do, I only use 225 pounds on the bar, and I add 2 sets of chains per side until we get to 10 chains per side. The reps are still explosive, though.

Challenge set: Now this is where it gets fun (again). I want you to beat the number you did last week on your high-rep set. This should be your hardest set of the day. We'll call this 4 sets, as you'll probably have at least 3 good strong sets with the chains going up, followed by the balls-out challenge set at the end.

Thursday – Back Heavy Reactive Pump™ Program 1.3

3 – Dumbbell Pullover

Goal: Constant lat tension.

Sets: 3 work sets

Reps: 12 constant-tension reps

Remember to use the 'lying on the bench' style, as opposed to lying across the bench. Also, remember to not force the stretch. Take your time lowering the weight to maintain tension on your upper lats and serratus. Bring the dumbbell to the top of your forehead -- if you bring it up all the way to above the chest you'll lose valuable lat tension. Do 3 sets of 12 reps.

Thursday – Back Heavy Reactive Pump™ Program 1.3

4 – Stretcher

Goal: Massive stretch on the lats.

Sets: 4 work sets

Reps: 8 reps

Lats are best worked by including exercises that offer a great stretch. One of the issues with this philosophy is that people develop very tight shoulder girdles, so this exercise isn't only great for upper lat development, it has the added benefit of stretching out that tight shoulder girdle. It'll feel a little strange at first in your delts -- not comfortable at all -- but by your last set, you'll notice a big difference in how "loose" your shoulders feel and the pump you get in your upper lats.

Attach a close-grip handle to a pulldown machine. Grab it and step back (you're standing up). Put one foot on the pad and keep one foot on the ground. Stand back so you can really stretch. You're going to do a row where you bring the close grip handle into your sternum, arch your chest, and squeeze your entire upper back. Here's the key to the exercise -- as you lower the weight, duck your head down between your arms and straighten your arms fully, allowing your lats to stretch out as far as they can. This will feel uncomfortable at first, but with each successive set your entire shoulder gear will loosen up. Do 4 sets of 8 reps.

Thursday – Back Heavy Reactive Pump™ Program 1.3

5 – Banded Hyperextension

Goal: Pump to lower back/spinal erectors.

Sets: 2 work sets

Reps: To failure.

Get ready for an unbelievable lower back/spinal erector pump. I want you to use a band while doing hyperextensions. Loop one end of the band around the machine at the bottom and hold the other end behind your head, or you can hold it out in front on your chest. Do 2 sets to failure. You may end up doing 10 reps, or you may end up doing 40 reps -- it all depends on how strong your lower back is.

Aside from providing a powerful pump, these are also incredible for strengthening the lower back. As you come up, the band tension will make it harder. You'll probably feel your glutes and hams working hard too, and that's okay. There's no way for your lower back to not be working hard.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.3

1 – Machine Press

Goal: Most massive pump you can get.

Sets: 4 work sets

Reps: 12 reps

After a few warm up sets, do 4 sets of 12 reps using a full range of motion. Use a neutral grip where your palms face each other. Work the stretch at the bottom, and get a good, hard, 1-second flex. When you get to the deepest point, make sure your sternum is "lifted," and that you're fully arched. You'll feel an awesome stretch right in the middle of your chest on the sternal fibers when you do this right. Make sure you also flex for 1 second in the contracted position as well. Drive blood in there! Use the same weight for each set unless you drop 4 or so reps from the previous set (lighten it some if you do). If you lose a rep or two, that's okay. Execute these perfectly.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.3

2A/B – Pec Minor Dip / Dumbbell Bent-Over Side Lateral

Goal: Extreme pump to deliver nutrients to the muscle and "trap" them there, along with growth factors.

Sets: 4 supersets for 8 total sets

Reps: 10 / 20 reps

This is the same as last week except we're going to try to add a little extra resistance on the way down. If you're able to get 10 good reps, I want you to try to attach a little weight to yourself this week using a dip belt. It doesn't have to be much weight -- a 25-pound plate is plenty. Focus on keeping your arms straight and flexing your pecs! We're going to superset these with a rear delt exercise.

Supersettted with dumbbell bent-over side laterals:

Do sets of 20. Remember to not use your traps or back, just hinge off your shoulder joints and flex your rear delts. It won't take much weight.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.3

3A/B – Dumbbell Hex Press / Face pull with a Band

Goal: Literally force and trap nutrient-filled blood in the muscles.

Sets: 4 supersets for 8 total sets

Reps: 10 / 10 reps

On these you'll lie on a flat bench and, using a neutral grip (palms facing each other), press up two hex dumbbells while you simultaneously push them together. They need to stay in contact with each other the whole set. Think of it this way: try to smash them together. Lower the dumbbells to your chest, and then drive up and flex hard. Smashing the dumbbells together is what provides the magic in this exercise. The neutral grip also helps you avoid any extra shoulder stress on this day. Do 10 hard reps. The weight you use will be about 50% of what you would normally do for a 10-rep set. You're going to superset these with face pulls.

Supersetted with face pulls with a band:

Grab a micro-mini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold it for a second. Do 10 reps in this manner.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.3

4A/B – 6 Way / Over and Back with a Band

Goal: Bring a never-before realized pump to the area.

Sets: 3 supersets for 6 total sets

Reps: 10 / 20 reps

Ready to put the finishing touches on your delts? Grab two light dumbbells and sit down. Take the dumbbells out to the side (a side lateral) and then horizontally bring them together in front of you. They should be at about chest level. Now raise them straight over your head using your anterior delts. You'll feel a massive flex in your front delt. Now lower them back to chest level, and then swivel them back out to the side lateral position, and finally drop them back down to your side. That's one rep. Do 3 sets of 10. Superset these with over and backs.

Supersettted with over and backs with a band:

You're going to go over and back 20 times each set like we did in previously. I expect your delts to be in a pumped and swollen state like never before!

Saturday – Arms Pump Reactive Pump™ Program 1.3

1A/B – V-bar Pushdown / 1.25 Barbell Curl

Goal: To get a maximum pump.

Sets: 4 supersets or rounds. Slow it down this week. Start the next round when you're ready; don't rush.

Reps: 15 / 8 with 10 bottom partials

This week we're switching the handle from a rope to a V-bar for variety. Do as many warm ups as you need. Don't worry about flexing at the bottom; I want continuous blood-pumping tension up and down. Do sets of 15 reps.

Superset with 1.25 barbell curl:

Here we're switching to a barbell from a cable and changing the rep scheme a bit. This will allow you to safely squeeze every ounce of effort out of your biceps. Do 8 reps with a full range of motion. This doesn't mean 100% full range of motion, it means that ROM "sweet spot" that feels right. After 8 reps, I want you to shoot for 10 partials out of the bottom. Keep your arms completely straight on these – just gently curl up about 3-4 inches. This will burn like fire.

Saturday – Arms Pump Reactive Pump™ Program 1.3

2A/B – 1.25 Hammer Curl / Pronated Kickback

Goal: Literally force and trap nutrient-filled blood in the muscles.

Sets: 4 rounds. Start the next round when you're ready; don't rush.

Reps: 8 / 8 reps

This week we're doing traditional hammer curls as opposed to across the body hammer curls. This offers a slightly different angle. Do 8 reps with a full range of motion, and then do ¼ reps out of the bottom for another 8 reps. This will test your pain tolerance. At this point your pump should be massive.

Superset with pronated kickback:

Don't laugh, I hate traditional kickbacks too, but this is different. Keep your hands pronated the entire rep. When you lock out/kick the weight back, your palms should be facing the ceiling. You'll feel a contraction in the long and especially medial heads of your triceps that you won't believe. Do these right and they'll work awesome. They won't do squat if you let your form go and they turn into regular kickbacks. Flex at the top for a second as well. Do sets of 8 reps.

Saturday – Arms Pump Reactive Pump™ Program 1.3

3A/B – Kettlebell Lying Extension / Preacher Curl

Goal: Engorge the triceps with blood.

Sets: 4 rounds

Reps: 10 / 10 reps

These will feel a little strange at first, but I love them. You'll notice many of your little stabilizer muscles aren't really "turned on." In other words, you'll feel shaky. With each set you do though, you'll feel the movement getting smoother and smoother. Each set try to work the stretch a little more at the bottom. Don't lock out all the way, either -- come up 3/4 of the way and then right back down to keep tension on the triceps.

Superset with preacher curls:

Repeat these from last week. Your range of motion might be shortened due to all the blood in your arms. That's okay. Flex as hard as you can on the way up, then lower the weight in a controlled manner. Don't worry about taking 3 seconds this week; I want these to be a bit faster to help squeeze in more reps (and blood) before your biceps shut down from the pain! I'm adding an extra 2 reps per set to "help out." Do sets of 10 reps.

TM

Reactive Pump Training

by John Meadows

Program 1.4

Monday	Legs Heavy
Tuesday	Chest / Shoulders Heavy
Wednesday	Off
Thursday	Back Heavy
Friday	Chest / Shoulders Pump
Saturday	Arms Pump
Sunday	Off

The Reactive Pump – 4 Steps:

The Reactive Pump stimulates enhanced muscle responsiveness to growth and recovery. So, when we use the term "Reactive Pump," or simply "pump," know that we're using a new definition, application, and methodology for the pump. It consists of four steps:

- 1 – Pre-load the bloodstream with specialized anabolic and insulinogenic nutrients contained in Plazma.™
- 2 – Pump and keep pumping these nutrients into pre-activated muscle to sensitize it to being highly responsive to the effects of training.
- 3 – Activate and stimulate fast-twitch fibers while in the Reactive Pump state.
- 4 – Induce, through specific exercise techniques, supra-maximal intramuscular pump volume, further engorging muscle with these high-tech nutrients.

Monday – Legs Heavy Reactive Pump™ Program 1.4

1-1.25 - Leg Curl

Goal: To get a pump in your hams - engorge the muscle with blood.

Sets: 4 work sets

Reps: 10 smooth, rhythmic pump reps

Do 2-4 warm up sets to get started. This week we're going to do 1.25's, or 1-¼ reps, which are a great way to add extra tension and pump in your hams. You lower the weight, bring it up 4-6 inches (like a partial rep), and then go back down to the bottom before going all the way up for 1 rep. Do 4 sets of 10 like this. Keep your form perfect – hips on the pad, and all reps nice and smooth with no jerking.

Monday – Legs Heavy Reactive Pump™ Program 1.4

2 - Chain Squat

Goal: Develop maximum explosiveness.

Sets: 4 work sets

Reps: 4 explosive reps (drive up as hard as you can)

Pick any bar – a Safety Squat bar, Spider bar, Cambered bar, regular bar, Buffalo bar, etc. – and start hitting squats for sets of 6. Remember, look for that "switch" when you feel the weight all of a sudden get lighter out of the bottom, and your explosiveness increases. Always keep that in mind when doing these.

We aren't doing any extended sets this week – the focus is strictly on explosiveness. As much as I love the challenge sets, you can't do them every week.

Do the sets of 6 as a warm up, and then do sets of 4 reps as your work sets. Once "turned on," go up in weight by just adding chains, stopping once you lose explosiveness and the reps turn into grinders.

To show you what I did on these, see below:

Safety Squat Bar

1 plate per side x 6 (did 2 sets)

2 plates per side x 6 (did 2 sets)

3 plates per side x 6

3 plates and a quarter per side x 6 (this is where I felt warm and that my CNS had fully turned on)

Added 2 chains x 4

Added 2 more chains x 4

Added 2 more chains x 4

Added 2 more chains x 4 (started grinding so stopped right here)

Monday – Legs Heavy Reactive Pump™ Program 1.4

3 - Leg Press

Goal: To get a massive pump in your legs.

Sets: 4 work sets

Reps: 8 reps

The goal here is to develop a ton of mechanical tension, so all sets will be performed with a 3-second descent. Do a couple of low-rep sets to get up to your working weight. Once you find it, do sets of 8 with 3-second descents. Drive up hard out of the bottom – don't worry about tempo, just drive the weight up with force. Don't lock out either; stop at 3/4 lockout. Use the foot placement that allows you to be at your absolute strongest. If you hit 8 reps, go up 25 or 45 pounds per side. Keep going until you just miss 8 reps. We'll call this 4 sets.

Monday – Legs Heavy Reactive Pump™ Program 1.4

4 - Bulgarian Split Squat

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood, the better.

Sets: 3 work sets

Reps: 15 reps per leg

These might look easy, but they're going to scorch your thighs. These are also known as rear-foot elevated split squats. Hold onto a pole – or something similar – in front of you for balance. Drop down into the reps, keeping your shins perpendicular to the floor. Don't let your shins shift too far forward. Avoid coming up all the way – only come up about 4/5 of the way to keep tension high. Do 15 reps per leg. Take your time in between sets. Do 3 sets of 15 per leg.

Stretches – After each set of split squats, stretch your quads intensely for 30 seconds!

Monday – Legs Heavy Reactive Pump™ Program 1.4

5 - Chain Barbell Stiff-Legged Deadlift

Goal: You're still loading a stretched muscle, just tweaking the range of motion a little.

Sets: 3 work sets

Reps: 8 reps / last set to failure

You can use 45-pound plates on these this week instead of 25s, as we aren't going for a massive stretch. This week, the goal is to work the top of the movement harder with the chains. Drape 4 chains over the bar to start, and gradually add plates. Do sets of 8 reps and come up all the way, flexing your glutes to take full advantage of the chain resistance. You should feel your glutes firing hard at the midway point in the exercise. Start counting sets when they start getting tough (meaning you're at about 90% exertion – only a couple reps left in the tank). The last set, however, should be to failure. We'll call this 3 sets.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.4

1 - Banded Hammer Press

Goal: To start with a machine movement to get some blood flowing and grease your joints up for the explosive work.

Sets: 4 work sets

Reps: 6 smooth, full-range reps

This is the single best movement I've found for pec contraction. If you normally have trouble feeling your pecs, this is your answer – it gets a ton of blood flowing in there. If you're creative enough, you can usually "band" most pressing machines, but there's something about the arc of the press on a Hammer press that really works well. Regardless, any machine with bands will force your pecs to contract hard at or near the lockout.

Keeping your reps at 6, do a few warm-ups and then do 4 sets of 6 reps. Drive to lockout and flex. Don't let your elbows travel past 90 degrees if you're using a flat or decline hammer press, as it's not good for shoulder health. Stop the reps at 45 degrees and ram the weight up, flexing against the bands.

Note: Use one red Pro-mini band per side.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.4

2 - Reverse Band Bench Press

Goal: Explosive reps. Drive up as hard as you can.

Sets: 5 work sets

Reps: 5 explosive reps (drive up as hard as you can)

One more time with these! You've now done these two weeks in a row and you've found your groove. Now it's time to break a record. I still want sets of 5 reps, but I want you to push yourself to do something you haven't done before. See if you can beat what you did last week - you'd better or else!

Note: Use the thick orange bands from EliteFTS on these. They're called "light" bands.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.4

3 - Incline Dumbbell Press

Goal: Constant tension with an awesome stretch.

Sets: 3 work sets

Reps: 8 constant tension reps

The first few movements have been geared more towards the middle and end of your ROM. On these, you'll do the opposite. I want you to really focus on getting a good stretch at the bottom, and only driving up to $\frac{3}{4}$ of lockout before heading right back down. The stretch and tension will feel awesome. Do 2 sets of 8 reps in this fashion, and then I want a third set done as a drop set. Do your 8 reps, then drop the weight and do 8 more.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.4

4 - Dip

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood, the better.

Sets: 2 work sets

Reps: To Failure

Time to max out the pump. You're going to do dips with your elbows flaring out and chin tucked into your chest as you come down. Work the stretch and only come up halfway. Go balls out to failure. Do this 2 times.

Stretches – In between each set of dips, do a chest stretch for 30 seconds. I like to sit on a bench, have a partner put their knee in my back, straighten my arms, and have them pull back (like making a wish), until I feel a searing burn in my chest, and then hold it for 15 seconds.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.4

5 - Dumbbell Bent-Over Lateral

Goal: Get blood moving into your shoulders and begin to get a pump.

Sets: 4 work sets

Reps: 15 smooth, full-range reps

Let's start with rear delts. Use a full range of motion and do 4 sets of 15 reps. It won't take much weight. Remember to relax your traps and back in order to just use your rear delts.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.4

6 - Heavy Side Lateral Partial

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood, the better.

Sets: 3 work sets

Reps: 25 reps

Grab 2 fairly heavy dumbbells and let your arms hang straight down at your sides. Tilt your head back, relax your traps, and just swing the weight 4 to 6 inches. Resist the urge to shrug and cheat. Just keep the weight moving. Do 3 sets of 25 reps. Fight the intense burn. Be tough mentally.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.4

7 - Cage Press

Goal: Explosive reps. Drive up as hard as you can. We're training a pumped muscle here!

Sets: 4 work sets

Reps: 5 reps

Let's do another session where you tilt your head forward as you drive up to engage the traps while you crush your delts. So, as you explode the weight up, lean your head and upper body forward and flex your traps in the locked out position. You have to be leaning forward for this to work correctly. Try a few light sets to get into the groove before you start. Do 4 sets of 5 reps with a weight you can do with perfect form.

Thursday – Back Heavy Reactive Pump™ Program 1.4

1 - Meadows Row

Goal: Get the blood flowing and gear you up for the explosive work.

Sets: 4 work sets

Reps: 8 smooth, full-range reps

Use 25-pound plates to allow for a better stretch at the bottom of the movement. Remember to keep your body slightly upright (not hunched right over to 90 degrees). Let your arm hang down at the bottom -- think about reaching down while keeping your torso stable. The more ROM, the better for your lats. Do 4 sets of 8 reps.

Thursday – Back Heavy Reactive Pump™ Program 1.4

2 - Smith Machine Row

Goal: Explosive reps. Drive up as hard as you can.

Sets: 4 work sets

Reps: 6 explosive reps (drive up as hard as you can)

Do these explosively; don't try to do these slow and smooth or your arms and delts will take over. Keep your back tight, wear a belt, and remember to ram your elbows up. If you do this right, you'll feel it all over your back, not just in one area. Drive the weight up hard and think 'elbows' – your arms are just attachments! Do 4 sets of 6 reps.

Thursday – Back Heavy Reactive Pump™ Program 1.4

3 - Dumbbell Pullover

Goal: Constant lat tension.

Sets: 3 work sets

Reps: 12 constant-tension reps

Remember to use the 'lying on the bench' style, as opposed to lying across the bench. Also, remember to not force the stretch. Take your time lowering the weight to maintain tension on your upper lats and serratus. Bring the dumbbell to the top of your forehead – if you bring it up all the way to above the chest you'll lose valuable lat tension. Do 3 sets of 12 reps.

Thursday – Back Heavy Reactive Pump™ Program 1.4

4 - Barbell Shrug

Goal: Massive pump in the traps.

Sets: 3 work sets

Reps: 10 reps

On each rep, pause and flex at the top for 2 seconds. Do 3 sets of 10 reps. Do your best to keep your arms as straight as you can. They'll bend a little, just do your best so that your traps are pulling the weight up and not your arms.

Thursday – Back Heavy Reactive Pump™ Program 1.4

5 - Banded Hyperextension

Goal: Pump to lower back/spinal erectors.

Sets: 3 work sets

Reps: To failure.

Get ready for an unbelievable lower back/spinal erector pump. Let's do 3 sets of these this week – the extra set will really make a difference. I want you to use a band while doing hyperextensions. Loop one end of the band around the machine at the bottom and hold the other end behind your head, or you can hold it out in front against your chest. Do 2 sets to failure. You may end up doing 10 reps, or you may end up doing 40 reps – it all depends on how strong your lower back is.

Aside from providing a powerful pump, these are also incredible for strengthening the lower back. As you come up, the band tension will make it harder. You'll probably feel your glutes and hams working hard too, and that's okay. There's no way for your lower back to not be working hard.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.4

1 - Machine Press

Goal: Get the most massive pump you can get.

Sets: 4 work sets

Reps: 12 reps

After a few warm up sets, do 4 sets of 12 reps using a full range of motion. Use a neutral grip where your palms face each other. Work the stretch at the bottom and get a good, hard, 1-second flex. When you get to the deepest point, make sure your sternum is "lifted," and that you're fully arched. You'll feel an awesome stretch right in the middle of your chest on the sternal fibers when you do this right. Make sure you flex for 1 second in the contracted position as well. Drive blood in there! Use the same weight for each set unless you drop 4 or more reps from the previous set (lighten it some if you do). If you lose a rep or two, that's okay. Execute these perfectly.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.4

2A/B - Pec Minor Dip / Dumbbell Bent-Over Side Lateral

Goal: Extreme pump to deliver nutrients to the muscle and "trap" them there.

Sets: 4 supersets for 8 total sets. Start the next round when you're ready; don't rush.

Reps: 10 / 20 reps

This is the same as last week except we're going to try to add a little extra resistance on the way down. If you're able to get 10 good reps, I want you to attach a little weight to yourself using a dip belt. It doesn't have to be much weight – a 25-pound plate is plenty. Focus on keeping your arms straight and flexing your pecs! We're going to superset these with a rear delt exercise.

Supersettted with dumbbell bent-over side laterals:

Do sets of 20. Remember to not use your traps or back, just hinge off your shoulder joints and flex your rear delts. It won't take much weight.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.4

3A/B - Dumbbell Hex Press / Face pull with a Band

Goal: Literally force and trap nutrient-filled blood in the muscles.

Sets: 4 supersets for 8 total sets. Start the next round when you're ready.

Reps: 10 / 10 reps

Lie on a flat bench and using a neutral grip (palms facing each other), press up two hex dumbbells while you simultaneously push them together. They need to stay in contact with each other the whole set. Think of it this way: try to smash them together. Lower the dumbbells to your chest, and then drive up and flex hard. Smashing the dumbbells together is what provides the magic in this exercise. The neutral grip also helps you avoid any extra shoulder stress on this day. Do 10 hard reps. The weight you use will be about 50% of what you would normally do for a 10-rep set. You're going to superset these with face pulls.

Supersetted with face pulls with a band:

Grab a micro-mini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold it for a second. Do 10 reps in this manner.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.4

4A/B - 6 Way / Over and Back with a Band

Goal: Bring a never-before realized pump to the area.

Sets: 3 supersets for 6 total sets. Start the next round when you're ready.

Reps: 10 / 20 reps

Ready to put the finishing touches on your delts? Grab two light dumbbells and sit down. Take the dumbbells out to the side (a side lateral) and then horizontally bring them together in front of you. They should be at about chest level. Now raise them straight over your head using your anterior delts. You'll feel a massive flex in your front delt. Now lower them back to chest level, and then swivel them back out to the side lateral position, and finally drop them back down to your side. That's one rep. Do 3 sets of 10. Superset these with over and backs.

Supersettted with over and backs with a band:

You're going to go over and back 20 times each set like we did previously. I expect your delts to be in a pumped and swollen state like never before!

Saturday – Arms Pump Reactive Pump™ Program 1.4

1A/B - Rope Pushdown / Seated Dumbbell Curl

Goal: To get a maximum pump.

Sets: 4 supersets or rounds. Slow it down this week. Start the next round when you're ready; don't rush.

Reps: 12 / 8

This week we're going to do pushdowns with a rope just for variety. Do as many warm ups as you need. Don't worry about flexing at the bottom; I just want continuous blood pumping tension up and down. Do sets of 12 reps.

Superset with seated dumbbell curl:

Keep your palms up the entire time. Do 4 reps on one side and then 4 on the other and then repeat for a total of 8 reps on each arm per set. Flex at the top for a split second. Drive blood in there!

Saturday – Arms Pump Reactive Pump™ Program 1.4

2A/B - Barbell Curl / Cable Extension

Goal: Literally force and trap nutrient-filled blood in the muscles.

Sets: 4 rounds. Start the next round when you're ready; don't rush.

Reps: 8 / 10 reps with 5 partials.

Do 8 reps of barbell curls. Don't lower the weight all the way down; find that sweet spot range of motion and squeeze the bar hard throughout the set to activate the biceps as much as possible.

Superset with cable extension:

These extensions are done standing and facing away from the cable station and letting the cable come back over your head for a nice stretch. Do 10 reps, and then pump out 5 partials in the fully stretched (not contracted) position.

Saturday – Arms Pump Reactive Pump™ Program 1.4

3A/B - Close Grip Push-Up / Reverse Curl

Goal: Engorge the triceps with blood.

Sets: 4 rounds. Start the subsequent round when you're ready; don't rush.

Reps: 15 / 15 reps

For the push-ups, place your hands right at shoulder width and tuck your elbows in. Come down slow and let your torso touch the ground (with a straight back) and then drive up to lockout, focusing on flexing the long/inner head of the triceps. Do as many reps as you can. If you do at least 15 reps on the first set, throw a chain or two across your back.

Superset with reverse curl:

Bring the bar up to just past 45 degrees. Pump these out! Let your arms straighten out completely at the bottom. Squeeze the bar hard throughout the set. Do sets of 15 reps.

Saturday – Arms Pump Reactive Pump™ Program 1.4

4A/B - Standing Calf Raise / Dorsiflexion

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood, the better.

Sets: 8 work sets. Start the next round when you're ready.

Reps: 8 reps

We're going heavy this week. Do sets of 8 reps working up in weight and just keep going up in small increments until you've done 8 quality sets of 8 reps. On the last 2 sets, do 10 additional partials out of the stretched position.

Superset with dorsiflexion:

After each set of calves, I want you to stand up and simply dorsiflex your foot repeatedly to train the anterior tibialis. Do them until your tibialis goes numb. This usually happen between 30-50 reps.

TM

Reactive Pump Training

by John Meadows

Program 1.5

Monday	Legs Heavy
Tuesday	Chest / Shoulders Heavy
Wednesday	Off
Thursday	Back Heavy
Friday	Chest / Shoulders Pump
Saturday	Arms Pump
Sunday	Off

The Reactive Pump – 4 Steps:

The Reactive Pump stimulates enhanced muscle responsiveness to growth and recovery. So, when we use the term "Reactive Pump," or simply "pump," know that we're using a new definition, application, and methodology for the pump. It consists of four steps:

- 1 – Pre-load the bloodstream with specialized anabolic and insulinogenic nutrients contained in Plazma.™
- 2 – Pump and keep pumping these nutrients into pre-activated muscle to sensitize it to being highly responsive to the effects of training.
- 3 – Activate and stimulate fast-twitch fibers while in the Reactive Pump state.
- 4 – Induce, through specific exercise techniques, supra-maximal intramuscular pump volume, further engorging muscle with these high-tech nutrients.

Monday – Legs Heavy Reactive Pump™ Program 1.5

1 - Leg Curl

Goal: To get a pump in your hams - engorge the muscle with blood.

Sets: 4 work sets

Reps: 12, 10, 8, 6 reps

Do 2-4 warm-up sets to get started. This week we're going to do a simple pyramid. Do 12, 10, 8, and 6 reps, adding weight on each set. You'll be surprised at how much you can leg curl now after all the high intensity sets you've been doing. Keep your form perfect – hips on the pad, and all reps nice and smooth with no jerking.

Monday – Legs Heavy Reactive Pump™ Program 1.5

2 - Stiff-Legged Deadlift

Goal: Develop maximum explosiveness. Exhaust your hams with some tough reps.

Sets: 4 work sets

Reps: 10, 8, 6, 6 explosive reps (drive up as hard as you can)

On these I want you to work the top half of the movement. Usually we use 25-pound plates and focus on stretching, but today you'll go down to just below your knees and then drive up hard, pushing your hips forward and flexing your glutes at the top.

I want you to do a simple pyramid on these, too. Do 10, 8, 6, and 6 reps. Use a belt, and again, flex your hams and glutes at the top.

Note: I occasionally like performing stiff leg deadlifts first when taking a break from squatting. That way you can take your hamstrings to an even deeper level of exhaustion before working quads.

Monday – Legs Heavy Reactive Pump™ Program 1.5

3A/B - Leg Press / Partial Leg Extension

Goal: To get a massive pump in your legs, with extra focus on the VMO

Sets: 4 supersets for 8 total sets. Start the subsequent round when you're ready; don't rush.

Reps: 20, 15, 10, 8 / 15

This first superset will annihilate your VMO/teardrop. Use a close stance and place your feet a little high on the platform. Do several warm-up sets so that your knees are ready (all the hamstring work you've done should have your hips warmed-up already). Once you reach a weight that's somewhat challenging, do the following rep scheme: 20, 15, 10, and 8 reps. Go progressively heavier each set.

Supersettted with partial leg extensions:

The goal here is to develop a ton of mechanical tension, so all sets will be performed with a 3-second descent. Do a couple of low-rep sets to get up to your working weight. Once you find it, do sets of 8 with 3-second descents. Drive up hard out of the bottom – don't worry about tempo, just drive the weight up with force. Don't lock out either; stop at 3/4 lockout. Use the foot placement that allows you to be at your absolute strongest. If you hit 8 reps, go up 25 or 45 pounds per side. Keep going until you just miss 8 reps. We'll call this 4 sets.

Monday – Legs Heavy Reactive Pump™ Program 1.5

4A/B – Wide Stance Leg Press / Partial Leg Extension

Goal: To get a massive leg pump with an emphasis on quad sweep, and to also train some explosiveness

Sets: 4 supersets for 8 total sets. Start the subsequent round when you're ready; don't rush.

Reps: 10/15

This leg press is more for quad "sweep" (vastus lateralis). Use a wide stance and turn your toes out (like a frog-style stance). Allow your knees to come down outside of your body, so you'll be sort of pushing your knees out as you lower the platform.

The concentric is going to be done explosively. Ideally your leg press will have stops or something that will allow you to perform rest pause reps. You don't have to go as deep here as the closer stance leg presses so set the stops kind of high, and let the weight rest for 1 second before blasting it back up explosively. You'll be surprised at how good this shortened range of motion feels. Do 10 reps on all sets. If you don't have stops, don't worry – just blast the weight out of the bottom!

Supersetted with partial leg extension:

Now we work the top half of the movement. Flex hard at the top and only lower the weight half way before driving back up. You'll need to lighten the weight considerably compared to what you were doing on the partials out of the bottom. These should burn like fire!

Stretches – After each set of leg extension partials out of the top, stretch your quads intensely for 30 seconds.

Monday – Legs Heavy Reactive Pump™ Program 1.5

5 - Lunge

Goal: Work a pumped and stretched muscle.

Sets: 3 work sets

Reps: 10 paces per leg

Nothing fancy here. I just want you to lunge with dumbbells or kettlebells (my preference) for 10 paces per leg. Do 3 sets and your legs should be toast.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.5

1 - Flat Dumbbell Press

Goal: Get blood flowing into the pecs and get them activated.

Sets: 3 work sets

Reps: As many as you can.

Work your way up doing warm up sets. Once you get to a weight that's a tough 8 reps, stick with it for 3 sets. On all 3 sets, just do as many reps as you can – you might get 8 per set, you might get tired and only do 6, or maybe you'll find another gear and suddenly knock out 10!

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.5

2 - Incline Bench Press

Goal: Constant tension to drive blood into the pecs.

Sets: 3 work sets

Reps: 6 constant tension reps done explosively

Do sets of 6 reps, increasing the weight until you reach a weight that you can barely get 6 reps with. Keep constant tension on your pecs – stop an inch shy of your chest at the bottom and don't lock out. We'll count the last 3 sets as working sets.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.5

3 - Chain Bench

Goal: Develop explosiveness.

Sets: 5 work sets

Reps: 5 explosive reps

Attach 2 chains on the inside of the weight and then quickly find a load that you can do for 5 explosive reps. I want the bar flying off your chest – touch your chest, pause for a split second, then ram the weight up! Do 5 sets of 5 reps.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.5

4 - Stretch Push-up

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood, the better

Sets: 3 work sets

Reps: To Failure

Time to max out the pump. You're going to do dips with your elbows flaring out and chin tucked into your chest as you come down. Work the stretch and only come up halfway. Go balls out to failure. Do this 2 times.

Set up a pair of aerobic step benches so that you can sink deep into the stretched position. Make sure you keep your chin up and your lower back from swaying. Get as many reps as you can. Be sure to stretch at the bottom – try to touch the floor with your chest! If you do 15 reps or more, throw a chain across your back. If you do 15 reps again, add a second chain. Do 3 sets to failure.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.5

5 - Dumbbell Bent-Over Side Lateral

Goal: Get blood moving into your shoulders and begin to get a pump.

Sets: 4 work sets

Reps: 15 smooth, full-range reps

Let's start shoulders with rear delts. Use a full range of motion and do 4 sets of 15 reps. It won't take much weight. Remember to relax your traps and back so that you just use your rear delts.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.5

6 - Dumbbell Side Lateral

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood, the better.

Sets: 4 work sets

Reps: 12 reps

Last week we worked these heavy and with a partial range of motion. Let's go back to a full range of motion and do 4 sets of 12 reps. At the highest point, your arms should be straight out to the side (at 3 and 9 o'clock). Your shoulders should be on fire after these.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.5

7 - Cage Press

Goal: Explosive reps. Drive up as hard as you can. We're training a pumped muscle here!

Sets: 4 work sets

Reps: 5 explosive reps

Set the pins a little higher this week so you can drive up a bit more weight with a shorter range of motion. Eye level should be about right. Explode the weight up hard, stop on the pins, reset, and repeat! Do 4 sets of 5 reps.

Thursday – Back Heavy Reactive Pump™ Program 1.5

1 - Chin-Up Death

Goal: Get some blood flowing and gear you up for the explosive work.

Sets: 6 work sets

Reps: To failure

Here I'm looking for 6 sets to failure. In other words, when you feel your back rounding and your form getting loose, stop the set. Be sure to keep your sternum lifted throughout, and only descend about 4/5 of the way down. I'm not that concerned about how high up you get, either. I'm more concerned with you keeping your sternum arched and actually using your lats instead of your arms.

Start with 2 sets using a wide, pronated (palms facing away from you) grip. After doing 2 sets, bring your grip in to shoulder width and do 2 more sets to failure. Finally, throw a small V-handle across the bar or find another suitable way to do your final 2 sets with a close grip and your palms facing in towards each other. Each grip hits your lats a little differently and should kick things off with an awesome pump.

Thursday – Back Heavy Reactive Pump™ Program 1.5

2 - Dead-Stop Dumbbell Row

Goal: Explosive reps. Drive up as hard as you can.

Sets: 4 work sets

Reps: 8 explosive reps

These are dumbbell rows where you set the dumbbell down on the floor for a split second on each rep and then ram your elbow up hard. Don't pull with your arms – think elbows – and don't bounce the dumbbells off the floor, either. Do 4 sets of 8 reps like this. Even though these are explosive in nature, it'll surprise you how much more blood rushes into your lats.

Thursday – Back Heavy Reactive Pump™ Program 1.5

3 - Dumbbell Pullover

Goal: Constant lat tension.

Sets: 3 work sets

Reps: 12 constant-tension reps

Remember to use the 'lying on the bench' style, as opposed to lying across the bench. Also, remember to not force the stretch. Take your time lowering the weight to maintain tension on your upper lats and serratus. Bring the dumbbell to the top of your forehead – if you bring it up all the way to above the chest you'll lose valuable lat tension. Do 3 sets of 12 reps.

Thursday – Back Heavy Reactive Pump™ Program 1.5

4 - Dumbbell Shrug

Goal: Massive pump in the traps.

Sets: 3 work sets

Reps: 10 reps

Back to dumbbells this week for shrugs. Do 3 sets of 10 reps with a 1-second pause and flex at the top.

Thursday – Back Heavy Reactive Pump™ Program 1.5

5 - Banded Hyperextension

Goal: Pump to lower back/spinal erectors.

Sets: 3 work sets

Reps: To failure.

Let's kill these again, just like last week!

To recap, I want you to use a band while doing hyperextensions. Loop one end of the band around the machine at the bottom and hold the other end behind your head, or you can hold it out in front against your chest.

Besides providing a powerful pump, these are also incredible for strengthening the lower back. As you come up, the band tension will make it harder. You'll probably feel your glutes and hams working hard too, and that's okay. There's no way for your lower back to not be working hard.

Do 3 sets to failure. Do your best to beat your rep count from last week on at least one set!

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.5

1 - Machine Press

Goal: Get the most massive pump you can get.

Sets: 5 work sets

Reps: 15, 13, 11, 9, 7 reps

After a few warm up sets, pyramid up. Remember to use a full range of motion – when you get to the deepest point, make sure your sternum is "lifted," and you're fully arched. You'll feel an awesome stretch right in the middle of your chest on the sternal fibers when you do this right. Make sure you flex for 1 second in the contracted position as well.

The rep scheme is 15, 13, 11, 9, and 7. Take small jumps each time.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.5

2 – Dumbbell Hex Press

Goal: Literally force and trap nutrient-filled blood into the muscles.

Sets: 3 work sets

Reps: 12 reps

I moved these up in the rotation this week for you to experience how they feel when you're more "fresh." You should be able to use a bit more weight than last week. Remember, the dumbbells need to stay in contact with each other the whole set. Lower the dumbbells to your chest, and then drive up and flex hard, "smashing" the dumbbells together. Do 3 sets of 12 reps.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.5

3A/B – Pec Minor Dip / Over and Back With a Band

Goal: Extreme pump to deliver nutrients and growth factors to the muscle and "trap" them there.

Sets: 3 supersets for 6 total sets. Start the subsequent round when you're ready; don't rush.

Reps: To failure / 10 reps

This week you won't need any weight. By this point your pecs should already have a really good pump. Just do 3 sets to failure.

Supersetted with over and backs with a band:

Go over and back 10 times each set.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.5

4A/B – Dumbbell Bent-Over Side Lateral / Spidercrawl

Goal: Extreme pump like never before.

Sets: 4 supersets for 8 total sets. Start the subsequent round when you're ready; don't rush.

Reps: 15 / 3 reps

On these I want you to do sets of 15 reps. Remember to not use your traps or back, just hinge off your shoulder joints and flex your rear delts. It won't take much weight. Use a full range of motion this week on these, not hang and swing partials.

Supersetted with spidercrawl:

Stand facing a wall with a short red pro-mini band stretched between your wrists. Now move your hands up and down along the wall (a foot above head, down to just below the waist) 3 times for each set. Be sure to forcefully push your arms apart against the band so that you have to really fight to keep your hands from coming in during the set.

Note: The band has to provide significant tension; otherwise it won't work. Do this right and your delts will be on fire. They'll also benefit your rotator cuff musculature.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.5

5A/B – Horizontal Dumbbell Press / Face Pull With a Band

Goal: Get the most massive pump you can get.

Sets: 4 supersets for 8 total sets. Start the subsequent round when you're ready; don't rush.

Reps: 10 / 10 reps

Lie face down on a bench and execute a horizontal dumbbell press. In the fully stretched position, you should look like Superman trying to fly. You'll need to fight to keep the dumbbells up and your wrists from sagging down. Do 10 reps. You can't use much weight – I typically use 5 or 7-pound dumbbells. Sounds easy, huh? Wait until you do it!

Supersetted with face pulls with a band:

Grab a micro-mini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold it for a second. Do 10 reps in this manner.

Saturday – Arms Pump Reactive Pump™ Program 1.5

1A/B – V-bar Pushdown / Barbell Curl

Goal: To get a maximum pump.

Sets: 4 rounds. Start the next round when you're ready; don't rush.

Reps: 20 / 8

Do as many warm-up sets as needed. Don't worry about flexing at the bottom; I just want continuous blood-pumping tension up and down. We're going to start off with very high reps on the first superset combination. Do 20 reps on the pushdowns.

Supersetted with barbell curl:

Do 8 reps on these. Don't lower the weight all the way down – stop just before you lose tension at the bottom. Be sure to squeeze the bar hard throughout the set to activate the biceps as much as possible. If you have a thick/fat bar – or Fat Gripz or Grip4orce attachments – use them here and squeeze as hard as you can. These tools (especially the Grip4orce) can help get you as close to 100% muscle fiber recruitment as possible, and they also help deliver a pump, and not just to the forearms, either.

Saturday – Arms Pump Reactive Pump™ Program 1.5

2A/B – Hammer Curl / Dip

Goal: Literally force and trap nutrient-filled blood in the muscles.

Sets: 4 rounds. Start the next round when you're ready; don't rush.

Reps: 8 / 10 reps

Do 8 reps on these. Flex your arms hard throughout the entire set. Use a full range of motion, going all the way down before curling up and flexing your arms.

Superset with dips:

You can do these the old-school way between benches, or on a dip machine. I just want a lot of tension here. Take 3 seconds to perform the eccentric phase of the movement and then drive up and flex your triceps. I want you to do around 10 reps on each of your sets.

Saturday – Arms Pump Reactive Pump™ Program 1.5

3A/B – Bent-Over Triceps Extension / Incline Dumbbell Concentration Curl

Goal: Engorge the triceps and biceps with blood.

Sets: 4 rounds. Start the next round when you're ready; don't rush.

Reps: 10 with 5 partials / 10 reps

Face away from the pulldown machine, bend over at the waist, extend your arms and lock them out. You can use a rope or a straight bar, whichever you prefer – I like to mix it up. You should now have a very good pump, so we want to work from a fully stretched position and these fit the bill perfectly. Do 10 reps, followed by 5 partials from the stretched position (the opposite of the locked-out position).

Supersetted with incline dumbbell concentration curls:

These are a unique and effective exercise, and they aren't like standard concentration curls at all. You know how we smash the dumbbells together during the hex press (from the last chest workout)? This is similar.

Lie face down on an incline utility bench and let your arms hang down in a fully supinated (palms up) position. Now smash the dumbbells together and curl them up while continuing to smash them. Adjust your position on the bench to find what feels best for you. I like to be a bit high on the bench because the biceps contraction feels more intense that way. Do 10 reps per set.

Saturday – Arms Pump Reactive Pump™ Program 1.5

4A/B - Standing Calf Raise / Dorsiflexion

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood, the better.

Sets: 8 work sets. Start the next round when you're ready.

Reps: 8 reps

We're going heavy this week. Do sets of 8 reps working up in weight and just keep going up in small increments until you've done 8 quality sets of 8 reps. On the last 2 sets, do 10 additional partials out of the stretched position.

Superset with dorsiflexion:

After each set of calves, I want you to stand up and simply dorsiflex your foot repeatedly to train the anterior tibialis. Do them until your tibialis goes numb. This usually happen between 30-50 reps.

TM

Reactive Pump Training

by John Meadows

Program 1.6

Monday	Legs Heavy
Tuesday	Chest / Shoulders Heavy
Wednesday	Off
Thursday	Back Heavy
Friday	Chest / Shoulders Pump
Saturday	Arms Pump
Sunday	Off

The Reactive Pump – 4 Steps:

The Reactive Pump stimulates enhanced muscle responsiveness to growth and recovery. So, when we use the term "Reactive Pump," or simply "pump," know that we're using a new definition, application, and methodology for the pump. It consists of four steps:

- 1 – Pre-load the bloodstream with specialized anabolic and insulinogenic nutrients contained in Plazma.™
- 2 – Pump and keep pumping these nutrients into pre-activated muscle to sensitize it to being highly responsive to the effects of training.
- 3 – Activate and stimulate fast-twitch fibers while in the Reactive Pump state.
- 4 – Induce, through specific exercise techniques, supra-maximal intramuscular pump volume, further engorging muscle with these high-tech nutrients.

Monday – Legs Heavy Reactive Pump™ Program 1.6

1 - Leg Curl

Goal: Activate your hams – engorge the muscle with blood.

Sets: 4 work sets

Reps: 10

Do 2-4 warm up sets to get you started. Work up to a weight you can do for a solid 10 reps and do 3 sets with it. Once you finish your 3 sets, do a 4th set, but this time do the 10 and then drop the weight and do as many good reps as you can. As your form deteriorates (you can't do full reps), start doing partial reps. Keep going until you can't move your hams at all.

Monday – Legs Heavy Reactive Pump™ Program 1.6

2 - Barbell Squat

Goal: Explosive reps. Drive up as hard as you can.

Sets: 3 work sets

Reps: 6 explosive reps (drive up as hard as you can)

Use a regular barbell (without chains) on these this week. Do a few higher rep warm ups (10-15), then start building up your weight doing sets of 6. I still want you to feel the "switch" kick in. It'll kick in even without the chains because your leg muscle should be more efficient at this from the previous weeks. Do sets of 6 up until you can barely get 6 (with perfect form). The last set or two won't be as explosive, but that's okay. You should be much more in tune with these now as mentioned earlier. We'll count the last 3 sets as working sets.

Monday – Legs Heavy Reactive Pump™ Program 1.6

3 - Leg Extension

Goal: Explosive reps. Kick up as hard as you can.

Sets: 4 work sets

Reps: 12

We're also going to do these explosively this week. Remember to not let your feet get underneath you; at the bottom of the rep you want your shins straight down, or just short of perpendicular to ground. Kick hard for 12 solid reps. Don't be afraid to go heavy on these. We're NOT shooting for constant tensions on these this week. Do 4 sets of 12. Try to go a little heavier each set, too.

Stretches – After your last set of leg extensions, a 30-second stretch on each quad.

Monday – Legs Heavy Reactive Pump™ Program 1.6

4 – Leg Press

Goal: To get a massive pump in your legs.

Sets: 1 ascending set

Reps: 4 / 4 / to failure

Now it's time to lay down the knockout punch on your quads. We're going to do an ascending set like we did at the beginning of this program, so find a middle of the road weight and do 4 reps. Then have your training partner(s) immediately throw another plate on each side and do another 4. Keep going in this manner until you can't complete the 4 reps.

Stretches – After your last rep of leg presses, do a 30-second stretch on each quad.

Monday – Legs Heavy Reactive Pump™ Program 1.6

5 - Stiff-Legged Deadlift with Barbell

Goal: Working a pumped and stretched muscle.

Sets: 4 work sets

Reps: 10

These are going to be done in a constant-tension style this week. I don't want you to come up all the way and flex the hams and glutes; instead, come up about $\frac{3}{4}$'s of the way and then lower the barbell. Use 25-pound plates to get a little extra stretch. Don't force the stretch, though. Go to where it feels comfortable, and don't forget to have a little bend in your knees at the bottom. Do 4 sets of 10.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.6

1 - Banded Machine Hammer Press

Goal: Get blood flowing into the pecs and get them activated.

Sets: 4 work sets

Reps: 8 with 10 partials on the last set

Do as many warm ups as you need and then do 4 sets of 8. I want you to squeeze hard at the top against the band tension. So, lock out and flex on every rep for 1 second! If you can't do it, the weight is too heavy. On the last set, after you do your 8, do 10 partials out of the bottom.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.6

2 - Incline Bench Press

Goal: Constant tension to drive blood into the pecs.

Sets: 3 work sets

Reps: 6 constant tension reps done explosively

Do sets of 6 reps, increasing the weight until you reach a weight you can barely get 6 reps with. We'll count the last 3 sets as working sets. Don't touch your chest; stop an inch shy and don't lock out. Drive up hard. These should be explosive in nature, just not so light that your bar is traveling really fast.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.6

3 - Chain Bench

Goal: Develop explosiveness.

Sets: 4 work sets

Reps: 5 explosive reps

Attach 2 chains on the inside of the bar and then quickly find a load you can do for 5 explosive reps. I want the bar flying off your chest. Touch your chest, pause for a split second, and then ram the weight up! Do 4 sets of 5.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.6

4A/B/C – Dumbbell Hex Press / Pec Minor Dip / Partial Dip Out of Stretched Position

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Sets: 9 total work sets via 3 trisets. Start the next round when you're ready.

Reps: 8 / as many as you can / 10

You've been doing dumbbell hex presses on the lighter chest day, but today they're going to be part of an awesome triset designed to get your chest as pumped as humanly possible. Do 8 reps, flexing hard at the top of each rep. Smash the dumbbells together as you drive up! If you don't have hex dumbbells, you can hold a piece of foam in the middle of the dumbbells.

Supersetted with pec minor dip:

As many as you can do (likely 6-10).

Supersetted with partial dip out of stretched position:

Use a wide hand placement on these. Tuck your chin into your chest, shoot your elbows out some instead of keeping them tucked in, and work the deep stretch only. Come up about 1/3 to 1/2 of the way on each rep. Shoot for 10.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.6

5 - Dumbbell Bent-Over Side Lateral

Goal: Maximum pump/blood flow immediately into your delts.

Sets: 3 work sets

Reps: 20 / 30 / 40

On these I want you to do a set with a weight you can do for 20 reps with a full range of motion.

On the second set, I want you to do as many as you can with a full range of motion, and then do hang and swings where you just swing the weight with straight arms until your total rep count for the set is 30 reps.

On your third set, I want you to dig deep. Do as many full range of motion ones as you can, and then do swings until you hit 40 reps. Remember to just keep the weight moving while you're doing these. The pump should be almost unbearable after these.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.6

6 - 6 Way

Goal: More blood in the other parts of your shoulders other than rear/posterior head of delt.

Sets: 3 work sets

Reps: 10 reps

Just like before, grab two light dumbbells and sit down. Take the dumbbells out to the side (a side lateral) and then horizontally bring them together in front of you. They should be at about chest level. Now raise them straight over your head using your anterior delts. You'll feel a massive flex in your front delt. Now lower them back to chest level, and then swivel them back out to the side lateral position, and finally drop them back down to your side. That's one rep. Do 3 sets of 10.

Tuesday – Chest / Shoulders Heavy Reactive Pump™ Program 1.6

7 - Cage Press

Goal: Explosive reps. Drive up as hard as you can. We're training a pumped muscle here!

Sets: 4 work sets

Reps: 5 explosive reps

Set the pins up a little higher this week so you can drive a little more weight with a shorter range of motion. Eye level should be about right. Explode the weight up hard, stop on the pins, reset, and repeat! Do 4 sets of 5.

Thursday – Back Heavy Reactive Pump™ Program 1.6

1 - One-Arm Barbell Row

Goal: Get some blood flowing and gear you up for the explosive work.

Sets: 4 work sets

Reps: 8

Do a few warm ups to get you to a hard 8, and then stick with it for 4 sets. You should have the technique nailed down by this point in the program!

Thursday – Back Heavy Reactive Pump™ Program 1.6

2 - Single-Arm Pulldown

Goal: Constant tension on the lats to further enhance the pump.

Sets: 4 work sets

Reps: 8 constant reps on each side

These are pulldowns done one arm at a time with a small handle. I want you to keep your wrist supinated the whole time. Lean back a little before you start your set, and MAINTAIN that lean. Focus on driving your elbow down and flexing your lower lat. Do 8 reps on one side, and then 8 on the other. Do 4 sets total. Flex hard at the bottom!!! Drive with your elbow; don't pull with your biceps!!

Thursday – Back Heavy Reactive Pump™ Program 1.6

3 - Dumbbell Pullover

Goal: Constant lat tension.

Sets: 3 work sets

Reps: 12 constant-tension reps

Remember to use the lying on the bench style as opposed to lying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension, you've lowered the dumbbell too low. Bring the dumbbell to the top of your forehead. Don't bring it so far that it's above your chest or you'll again lose some lat tension. Do 3 sets of 12.

Thursday – Back Heavy Reactive Pump™ Program 1.6

4 - Chain Deadlift

Goal: Explosiveness!

Sets: 3 work sets

Reps: 10 reps

Do sets of 3, working your way up to a weight you normally might do 8 to 10 with. Once you hit this weight, do 3 additional work sets where you add a chain to each side on each subsequent set.

Thursday – Back Heavy Reactive Pump™ Program 1.6

5 - Kayak Row

Goal: Get one final massive pump in your lats before calling it a day.

Sets: 3 work sets

Reps: 8

Let's kill these again, just like last week!

On these I want you to set up inside a cable crossover type machine and hook up a cable curl bar that's set to just above eye level. Grab the bar on the ends, and start the movement as if you're doing a straight-arm pulldown, but as the weight comes down (keeping your arms straight) simulate rowing a kayak by pulling the bar back along your side and flexing your lower lat. Do 3 sets of 8 for each arm.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.6

1 - Pec Minor Dip

Goal: Get the most massive pump you can get.

Sets: 3 work sets

Reps: 20

These should feel great as you're doing them fresh and you're doing them for high reps. I want you to shoot for 20 reps a set for 3 total sets!

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.6

2 – Machine Press

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle.

Sets: 4 work sets

Reps: 10

We're going to do these a little differently this week. I want you to really focus primarily on the stretch portion. Drive the weight up $\frac{3}{4}$ of the way and then come right back down. Doing these after the dips makes for an unbelievable pump-effect combo. Do 4 sets of 10.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.6

3A/B – Stretch Pushup / Over and Back with a Band

Goal: Literally force and trap nutrient-filled blood in the muscles.

Sets: 3 supersets for 6 total sets. Start the next round when you're ready.

Reps: To failure / 10 reps

On these, you're going to stack up two aerobic step benches on one side and two on the other. You'll put one hand on each stack. So in other words, you're just elevating the floor to allow for deep, full range-of-motion pushups. You're also going to elevate your feet on a box that's 8-12 inches high. When you do these, keep your chin up and don't let your lower back sway. Three 3 sets to failure on these! If you can get more than 15, throw a chain or two across your back!

Supersetted with over and back with a band:

You're going to go over and back 10 times each set. Do this after each set of stretch pushups.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.6

4A/B – Dumbbell Bent-Over Side Lateral / Spidercrawl

Goal: Bring a never-before realized pump to the area.

Sets: 4 supersets for 8 total sets. Start the subsequent round when you're ready; don't rush.

Reps: 10 / 3 reps

I want you to do regular side laterals on these. Do sets of 10, then go immediately do spidercrawls.

Supersetted with spidercrawl:

As a refresher, stand facing a wall with a short red pro-mini band stretched between your wrists. Now move your hands up and down along the wall (a foot above head, down to just below the waist) 3 times for each set. Be sure to forcefully push your arms apart against the band so that you have to really fight to keep your hands from coming in during the set.

Note: The band has to provide significant tension; otherwise it won't work. Do this right and your delts will be on fire. They'll also benefit your rotator cuff musculature.

Friday – Chest / Shoulders Pump Reactive Pump™ Program 1.6

5 – Facepull with a Band

Goal: Bring a never-before realized pump to the area.

Sets: 3 total sets

Reps: 20

Grab a micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Do 20 reps like this.

Saturday – Arms Pump Reactive Pump™ Program 1.6

1A/B – Rope Pushdown / Barbell Curl

Goal: The strategy for arm training is to get a maximum pump.

Sets: 4 rounds. Start the next round when you're ready; don't rush.

Reps: 20 / 8

Do as many rope pushdown warm ups as you need. Don't worry about flexing at the bottom. I want continuous blood-pumping tension up and down. We're going to start off with very high reps on the first superset combination just like last week. Do 20 reps on the pushdowns.

Supersetted with barbell curl:

On these I want you sitting down on a bench. You'll essentially be working the top half of the movement. Flex your bis as hard as you can while doing these! Do sets of 8.

Saturday – Arms Pump Reactive Pump™ Program 1.6

2A/B – Dumbbell Curl / Dip

Goal: Literally force and trap nutrient-filled blood in the muscles.

Sets: 4 rounds. Start the next round when you're ready; don't rush.

Reps: 8 / 8 reps

On these I want you to do a full range of motion rep, come up only half way, and then lower the dumbbells back down. That's one rep. Keep your palms supinated the whole time. I want maximum tension on your bis. Do 8 reps on each set.

Superset with dips:

I want you to do the eccentric portion of the move even more slowly than last week. Instead of 4 seconds, take 5 seconds! You don't have to lock out this week; just drive the weight down hard (if you're using a dip machine) and then let it come up slowly for the 5 count. I want your reps to be around 8 for each of your sets.

Saturday – Arms Pump Reactive Pump™ Program 1.6

3A/B – Kettlebell Lying Extension / Cross Body Hammer Curl

Goal: Engorge the triceps and biceps with blood.

Sets: 4 rounds. Start the next round when you're ready; don't rush.

Reps: 10 / 12 reps each arm

You can substitute an easy-curl bar for these if you don't have access to kettlebells. On each set you do, try to get a little more of a stretch at the bottom. Your tris should be maximally pumped headed into this so this stretch will feel great. Do sets of 10.

Supersetted with cross body hammer curl:

These are hammer curls where you do as the name implies and curl across the front of your body. Flex your arm hard as you contract. Let your arm completely straighten before doing a subsequent rep. You won't be able to use much weight, but that's okay – it doesn't matter on these. You'll feel an extremely intense burn, though. Do sets of 12. Do all 12 on one arm, and then do 12 on the other.

Saturday – Arms Pump Reactive Pump™ Program 1.6

4A/B - Standing Calf Raise / Dorsiflexion

Goal: Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood, the better.

Sets: 3 work sets. Start the next round when you're ready; don't rush.

Reps: 30 reps

We're going back to the "fun" sequence. Do 10 reps and then hold the contraction at the top for 10 seconds, and then repeat the sequence 2 more times for one set. That means each set is really 30 reps, and you're doing 30 seconds of holds during each one. Do 3 sets of this medieval torture.

Superset with dorsiflexion:

After each set of calves, I want you to stand up and simply dorsiflex your foot to train the anterior tibialis. Do them until your tibialis goes numb. This usually happens between 30-50 reps.