

JOHN MEADOWS



PROGRAM X

Mountain Dog Training

This is a combination of bodybuilding and powerlifting training. We will be training for rate of force development as well as maximal strength. To do this we use submaximal loads and train purely for speed on some exercises (it may seem light, but it will work), while on others we work up to heavy weights we have to grind with (maximal strength training). We will be rotating exercises every 3 weeks. When you do the same things over and over, you get stuck and progress halts, especially with maximal loads.

Weeks 1 - 3

Day 1 - Legs and speed squats

Lying leg curls – After warm ups, pyramid up using this scheme 15, 12, 9, and 6 reps. Each week I want you to add 5 lbs to each set, but keep the reps the same.

4 total work sets

Speed squat – I want you to figure 75% of your max ok. So if your squat is 455 right now, figure 345. If your speed doesn't feel great off the box, go down to 65% ok. We want speed. "Slow" lifters need a lower % to develop speed more than you will. In week 3 we will work up toward another max after your speed sets.

Each week I want you to go up 10 lbs.

You are going to do 8 x 3 on a box that you hit parallel on.

The objective is SPEED. If you are going slow, and grinding, you don't develop the speed strength and explosiveness we are looking for. Remember that ok!

When you sit on the box, rock back just a tad (keeping your back and core tight), then come back forward and blast up.

You get 60 seconds rest between each set. Remember, speed.

8 total work sets

Leg press w/ bands – After doing a few warm ups, I want you to work up doing sets of 8 until you reach a weight you can barely get 8 with. Now hit 2 more sets with it for 3 total sets. I have video on my YouTube on how to hook up bands.

Here is the band progression on the leg press:

Week 1 – One set of pro minis on each side (the long red bands)

Week 2 – One set of monster minis on each side (the long black bands)

Week 3 – One set of light bands on each side (the long thick orange bands)

3 total work sets

Leg extension – I want 3 sets of 10 with a 2 second flex at the top of each rep.

3 total work sets

Week 2, do 15 reps per set

Week 3, do 20 reps per set

These will rotate out with lunges in weeks 4-7.

Day 2 - Chest & Triceps

Banded hammer press – These are awesome for developing strength and explosiveness. I have a video on my YouTube on how to hook bands up to flat hammer. If you don't have a flat hammer, use a decline, and if not that, use an incline hammer press. For the flat and decline hammer press, do NOT let your elbows come back past 90 degrees. We need to keep your shoulders safe. Drive hard against the bands and flex at the top. Do 4 sets of 8 once you reach a tough weight. Don't get sloppy! Flex hard and fight the bands.

4 total work sets

Use one set of long red pro minis (red bands) on these.

Add 5 lbs a side in weeks 2 and 3. The bands also give you extra eccentric (they pull back against you). Eccentric muscle breakdown is what allows you to grow!

Barbell Incline – 2 warm sets of 8, then pyramid up doing sets of 6. Keep going until you can barely get 6 reps. We will count the last 3 sets of work sets.

3 total work sets

Week 2, do the same for sets of 5

Week 3, do the same with sets of 4

Reverse band bench press – This is a money exercise for strength and size. I have a video on YouTube on how to set up the bands "reverse" style. This style is going to allow you to use heavier weight, as it will help you out of the bottom, and then the bands will loosen up and you will have to handle the heavier weight on your own to lockout. These are flat out awesome for size and strength. Work up to a heavy set of 5. I want it heavy, but I want the reps to be solid ok. Do 5 sets of 5 with a good weight.

5 total work sets

Week 2, do the same for sets of 4

Week 3, do the same with sets of 3

Reverse band close grip press for triceps – Choke your grip in 2 to 3 inches now. Do not let the bar come all the way down. Stop at about 6 inches above your neck, and hold for a second, then drive the weight up hard with acceleration. You will use less than when you grip was normal, but still pretty heavy weight. These are also awesome for tricep thickness. Do 5 sets of 8 like this.

5 total work sets

Week 2, do the same for sets of 6

Week 3, do the same with sets of 4

Rope pushdowns – Just your standard heavy pushdowns. Pyramid up doing sets of 8. I like to put Grip4orce attachment on the rope, but not sure if you can do that with Fat Gripz..probably can. If so do it. You'll like the beating it gives your inner tricep head. Do 5 sets of 10. Rest between sets is 90 seconds.

5 total work sets

Week 2, rest between sets is 60 seconds.

Week 3, rest between sets is 45 seconds.

Reducing rest is another way to add intensity and stimulate growth.

Day 3 – Off

Day 4 - Back

Meadows rows – 2 warm up sets then 4 x 8. Just some good ole grinding on these. rest 180 seconds / 2 minutes between sets.

4 total work sets

Week 2, rest between sets is 90 seconds.

Week 3, rest between sets is 60 seconds.

Don't cut your weight down when resting less, fight to keep it up!

One arm barbell rows – I have YouTube video of these if you need a refresher. These are also awesome for lat thickness. Do 4 sets of 8. The grip is at a different angle and works your lats differently than the Meadows rows.

4 total work sets

Week 2, add 10 lbs

Week 3, add 10 lbs

Dumbbell pullovers – 3 x 12.

3 total work sets

Week 2, add 5 lbs

Week 3, add 5 lbs

Narrow grip weighted chins – 3 sets to failure. After the 3rd set do a weighted hang. See how much you can hang with for 60 seconds (use straps). Each week we will build the weight or time up.

3 total work sets.

Week 2, beat the time you had in week 1

Week 3, beat the time you had in week 2

Dumbbell shrugs – hold the dumbbells for 3 seconds at the top of EVERY rep. Do 2 x 12.

2 total work sets

Week 2, do 2 extra reps

Week 3, do 4 extra reps

Barbell stiff legs (bend your knees at bottom) – This is more like a Romanian deadlift than a stiff leg ok. Think back not hams, even though your hams will do some work. I don't want regular or deficit deads yet, they come in week 4. Work up to a tough 5, and do 4 total sets of 5 with it.

5 total work sets

Hyperextensions – Hold a dumbbell against your chest and do 1 set to failure, then drop the weight and continue the set with just your bodyweight to failure.

1 total set.

Day 5 - Speed bench and shoulders

Speed bench – I want you to use 65% of your max. For example, if you do 425, use 275. Do 8 sets of 3. On each set vary your grip. Keep varying it every set an inch or so in and out. Remember, speed is the name of the game. Resist the urge to go heavier ok. We will take a heavier set around week 4 or 5.

8 total work sets

Week 2, add 5 lbs

Week 3, add 5 lbs

Dumbbell side laterals – Go heavy, cheat a little. I want you to do 4 sets of 8.

4 total work sets

Week 2, try to get an extra rep

Week 3, do an extra 2 reps

Machine rear laterals (rear peck deck) – Rear delts are extremely important in stabilizing a good bench. We are going to work them like dogs.

Do the following rep scheme: 25, 20, 15, 12, 9

5 total work sets

Week 2, add 10 lbs

Week 3, add 5 lbs

Cage press – Check out my YouTube if you need a form refresher on these. You push the bar right up against a squat rack, and then lean forward a hair and flex your traps and delts on every rep. Use a staggered stance and wear a belt. Do sets of 3, and just keep going up until you can barely get a single.

In weeks 2 and 3 max out on these again!

Day 6 – Biceps & Triceps

Barbell curl w Grip4orce – Use the Grip4orce on these and just do sets of 8 taking small jumps up once you are warmed up. I want 5 sets of 8. The last set should be to failure around 8 reps.

5 total work sets

Hammer curl w Grip4orce – Do sets of 8 full reps and then 8 partials out of the bottom. Do all reps on one arm, and then do the other arm. Use the Grip4orce this time.

4 total work sets

EZ Reverse curl – Just 4 straight sets of 15 on these. Bring the bar all the way up and flex your arms (biceps and forearms) on each rep.

4 total work sets

Rope pushdowns w Grip4orce – Do plenty of warm ups then do 6 sets of 12 with a flex at the bottom. These are interesting with the Grip4orce. Put them on the rope. You really have to make sure you squeeze the grips tight to keep it around the rope. These are tough.

6 total work sets

Lying tricep extensions w/ Grip4orce – Lighter weight and higher reps here. Keep your elbows up and get a great stretch. Do 4 sets of 20 reps.

4 total work sets

Here is the link to the Grip4orce if you want to try them. I think they are way better than Fatgripz because you have to squeeze them to keep them shut the entire set. They are brutal.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=3437>

Calves

Standing toe raises - Go heavy. Do sets of 8 all the way up taking small jumps, until you can't do 8. We'll count this as 4 sets.

4 total work sets

Most athletes do not focus on muscle irradiation - creating more tension throughout the body/ activating more muscle. By focusing more on squeezing the bar (creating tension) this will allow better bar control- acceleration/deceleration/ recruit more muscle fibers and build stronger hands. That might come in handy during the deadlift, and also it doesn't hurt that your upper arms will get bigger.

Abdominals – 8 sets

Pick one exercise from the following to hit lower abs:

Hanging Leg Raises

Leg raises with your elbows supported on pad

Leg raises on a decline board/bench

V ups

Pick one exercise from the following to hit upper abs:

Incline sit ups

Rope pulldowns/crunches

Band crunches

Most powerlifters love the band crunches. I love those and V Ups.

You can do abs and calves as frequently as you want in addition to arm day.

Weeks 4 - 6

Day 1 – Legs and speed squats

Lying leg curls – After warm ups, do 4 hard sets of 10. After the last set of 10, crank out 15 partials out of the bottom to extend the set.

Each week I want you to add 5 lbs to each set, but keep the reps the same.

4 total work sets

Speed squat – In week 4, I want you to do regular squats for sets of 6 (after a few warm up sets). Keep going up until you hit a weight that is a pretty tough set of 6. Next add weight and hit a triple. I want to base weeks 5 and 6 on what you triple.

In week 5, I want you to use 55% of what you tripled for your 8 sets of 3. In week 6, I want you to use 60% of what you tripled for your 8 sets of 3.

The objective is still SPEED. If you are going slow, and grinding, you don't develop the speed strength and explosiveness we are looking for.

You get 60 seconds rest between each set. Remember, speed.

8 total work sets

Leg press – After doing a few warm ups, I want you to work up doing sets of 10 until you hit a weight that you can barely get 10 with. We will count this as 3 work sets. No bands this mini cycle.

3 total work sets

Lunges – Do these on leg at a time. In other words step forward, then bring your trail leg back to even. Then step with the same foot. Take 10 steps with one leg. Then turn around and take 10 steps with the other leg coming back. I want you to hold pretty heavy dumbbells in your hands with wrist straps to make these really tough. Do 4 sets total.

4 total work sets

Each week go up 5lbs with the dumbbells. Push yourself.

Dumbbell stuff legged deads – Do 3 sets of 10 with a moderately heavy weight.

3 total work sets

Week 5, do sets of 12

Week 6, do sets of 15

Day 2 – Chest & Triceps

Banded hammer press – Use one set of long black pro monster minis on these. Do a few warm ups and then we are going to do 8 sets of 4. On every rep, drive as hard as you can against the band, and flex at the top. Think explosive. Rest 60 seconds in between sets.

8 total work sets

Week 5, Reduce your rest 10 seconds in between sets

Week 6, Reduce your rest an additional 10 seconds in between sets

Flat dumbbell press - 2 warm sets of 8, then pyramid up doing sets of 6. Keep going until you can barely get 6 reps. We will count the last 3 sets of work sets.

3 total work sets

Week 5, do the same for sets of 8

Week 6, do the same with sets of 6

Floor presses – This is exactly what it sounds like. Lay on the floor and do these in a power rack. This is where we do rest pause reps, to help you with top end lockout strength. I want you to lower the weight, pause, and then fire up. Do sets of 3 all the way up to a tough triple. Keep your form tight though. Don't get sloppy. We count the last 3 sets as work sets.

3 total work sets

Week 5, do the same for sets of 3

Week 6, do the same for sets of 2 (You should be locking out some good weight at this point)

Rope pushdowns w/Grip4orce attachments - Pyramid up doing sets of 12. Do 5 sets of 12 once you find a good weight. Rest between sets is 90 seconds.

5 total work sets

Week 5, rest between sets is 60 seconds

Week 6, rest between sets is 45 seconds

Close grip pushups – Use a shoulder width hand placement. Do as many reps as you can in 90 seconds.

1 total work set

Barbell lying extensions w/ Grip4orce (skullcrushers) – Bring these down to your nose, and flare our elbows out a little (will thicken your lower tri – all good benchers have thick lower tris). Drive the weight straight up. Do 4 sets of 10.

4 total work sets

Day 3 – OFF

Day 4 – Back

Chest supported rows - 2 warm up sets then 4 x 8. If you don't have an apparatus to do this, then do standard Tbar rows. Rest 180 seconds / 2 minutes between sets.

4 total work sets

Week 5, rest between sets is 90 seconds.

Week 6, rest between sets is 60 seconds.

Don't cut your weight down when resting less, fight to keep it up!

Dumbbell rows – Just some ball busting heavy ass dumbbell rows. Do sets of 8 to a working weight, and then stay there and do 3 sets with it.

3 total work sets.

Weeks 5, add 5 lbs

Week 6, add 5 lbs

Dumbbell pullovers - 2 x 10. This should be heavier than what you finished with in week 3. 5 lbs heavier would be good.

2 total work sets.

Weeks 5, add 5 lbs

Week 6, add 5 lbs

Close grip pulldowns – 3 sets of 10.

3 total work sets.

Week 5, use a different attachment, perhaps a medium grip attachment

Week 6, change attachments again, perhaps a wide grip attachment

Continue with 3 sets of 10

Deficit deadlifts off 2 inch block (or just stand on 2 45 lb plates) – On these do not wear a belt, and train these for speed. Keep your lower back tight. Do 5 sets of 3 with a weight you can accelerate with out of the bottom.

5 total work sets

Weeks 5 and 6, use the same weight but try to get faster with it. Produce force! Think RFD (rate of force development). Speed out of the bottom will let you blast right by sticking points.

Hyperextensions - Hold a dumbbell against your chest and do 1 set to failure, then drop the weight and continue the set with just your bodyweight to failure.

1 total set

Day 5 – Speed bench and shoulders

Speed bench w/bands – I want you to use 50% of your max. Do 8 sets of 3. On each set vary your grip. Keep varying it every set an inch or so in and out. Remember, speed is the name of the game. Resist the urge to go heavier. Use 1 set of red Pro mini bands. Let the weight lightly touch your chest and reverse it and accelerate up.

8 total work sets

Week 5, add 5 lbs

Week 6, add 5 lbs

Use the pro red mini bands for all 3 weeks

In week 6. After your sets, take off the bands and do some single up to something that you could probably do 3 reps with. Leave a little in the tank. Let's see where your strength is.

Bent over rear laterals – Do 4 sets of 15 reps. Rest 90 seconds between sets.

4 total work sets

Week 5, rest 75 seconds between sets

Week 6 rest 60 seconds between sets

Band pull apart (face pulls) – Do 4 sets of 15 reps. Rest 90 seconds between sets.

4 total work sets

Week 5, rest 75 seconds between sets

Week 6, rest 60 seconds between sets

Use the orange skinny micro mini bands for all 3 weeks

Incline dumbbell press – I want high reps. Grab the 70's and see how many reps you can get in 90 seconds.

1 total work sets

In weeks 5 and 6 do this again and see if you can get more reps in the 90 seconds.

Day 6 – Biceps & Triceps

Barbell curl w Grip4orce – Do sets of 8 taking small jumps up once you are warmed up. I want 5 sets of 8. The last set should be to failure around 8 reps.

5 total work sets

Dumbbell curl w Grip4orce – Do sets of 8 full reps. Keep your palms up the entire time. Do all reps on one arm, and then do the other arm.

4 total work sets

EZ Reverse curl – Just 4 straight sets of 15 on these. Bring the bar all the way up and flex your arms (biceps and forearms) on each rep.

4 total work sets

Rope pushdowns w Grip4orce – Do plenty of warm ups then do 6 sets of 12 with a flex at the bottom.

6 total work sets

Bench dips – Old school bench dips where you pile up plates on your lap and do these. Do 2 45 lbs plates and go to failure for 3 sets. On the last set , make it a drop set.

3 total work sets

Week 5, use 3 45 lb plates

Week 6, use 4 45 lbs plates

Calves

Your calves are awesome – do what you want.

Abdominals – 8 sets

Pick one exercise from the following to hit lower abs:

Hanging Leg Raises

Leg raises with your elbows supported on pad

Leg raises on a decline board/bench

V ups

Pick one exercise from the following to hit upper abs:

Incline sit ups

Rope pulldowns/crunches

Band crunches

Weeks 7 - 9

Day 1 – Legs and speed squats

Seated leg curls – After warm ups, do 4 hard sets of 8. After the last set of 8, crank out 15 partials out of the stretched position at top to extend the set.

4 total work sets

Week 8, add 5 - 10 lbs

Week 9, add 5 - 10 lbs

Speed squat – In week 7, I want you to do regular squats for sets of 6 (after a few warm up sets). Keep going up until you hit a weight that is a pretty tough set of 6. Next add weight and hit a triple. I want to base weeks 8 and 9 on what you triple.

Week 8, I want you to use 65% of what you tripled for your 8 sets of 3.

Week 9, I want you to use 70% of what you tripled for your 8 sets of 3.

The objective is still SPEED. If you are going slow, and grinding, you don't develop the speed strength and explosiveness we are looking for.

You get 60 seconds rest between each set. Remember, speed.

8 total work sets

Banded Leg press – After doing a few warm ups, I want you to work up doing sets of 8 until you hit a weight that you can barely get 8 with. We will count this as 3 work sets. Remember to have the leg press lowered when you double loop the bands per my Youtube video, to provide maximum tension. This is the same band progression as before, but you should be stronger and use more weight with it this time!

3 total work sets.

Here is the band progression on the leg press:

Week 7, use one set of pro minis on each side (the long red bands)

Week 8, use one set of monster minis on each side (the long black bands)

Week 9, use one set of light bands on each side (the long thick orange bands)

Smith machine Lunges – We need to get your glutes and adductors strong for the bottom of the squat. Do these one leg at a time. Do all 8 reps on one leg, then switch. Do 4 sets of 8. I have video of this on my YouTube (it is supersetted with squats in the video), so you can see how I do these.

4 total work sets

Week 8, add 5 lbs

Week 9, add 5 lbs

Barbell stiff legged deads – Do 3 sets of 8 with a moderately heavy weight.

3 total work sets

Week 8, add 10-20 lbs

Week 9, add another 10-20 lbs

Day 2 – Chest & Triceps

Decline dumbbell press - 2 warm sets of 8, then pyramid up doing sets of 8. Keep going until you can barely get 8 reps. We will count the last 3 sets of work sets.

3 total work sets

Week 8, do the same for sets of 9 as your goal

Week 9, do the same with sets of 10 as your goal

Reverse band bench press – Ah, my favorite, remember these! Work up to a heavy set of 5. I want it heavy, but I want the reps to be solid. Do 5 sets of 5 with a good weight.

5 total work sets

Week 8, do the same for sets of 4

Week 9, do the same with sets of 3

Ladder pushups w/cambered bar – These are on my YouTube. This is where you sit the bar down low in a squat rack or any rack, and do pushups into the camber nice and deep to almost failure, then raise it up higher and repeat, then raise it up higher and repeat again. Do 2 sets like this.

2 total work sets

Repeat this on weeks 8 and 9, but try to get more reps!

Rope pushdowns w/ Grip4orce - Pyramid up doing sets of 8. We are going heavier this mini cycle. Do 5 sets of 8 once you find a good weight. Rest between sets is 90 seconds.

5 total work sets.

Week 8, rest between sets is 60 seconds.

Week 9, rest between sets is 45 seconds.

Reducing rest is another way to add intensity and stimulate growth.

Pin press – Set up bench in a squat rack and put the pins about 6 inches from lockout. You are just going to do heavy singles to failure. Use a fairly close grip, about shoulder width. Work your way up to something heavy!!

1 total work sets

Barbell lying extensions w/Grip4orce – Barbell skullcrushers. Bring these down to your nose, and flare our elbows out a little (will thicken your lower tri). Drive the weight straight up. Do 2 sets of 20.

2 total work sets

Day 3 – OFF

Day 4 – Back

Wide grip pulldowns - 2 warm up sets then 4 x 8. Use weight this is heavy enough to pull you out of your seat, and only pull it down to the top of your head.

4 total work sets

Week 8, increase the weight 10-20 lbs

Week 9, increase the weight another 10-20 lbs

One arm barbell rows – More ball busting heavy ass rows. Do sets of 8 to a working weight, and then stay there and do 3 sets with it.

3 total work sets.

Week 8, add 5 - 10 lbs

Week 9, add 5 - 10 lbs

Chest supported rows - 3 x 8. I don't want to switch these out, just want to change the order so that you doing them later when more fatigued. Get a good stretch on these and drive the weight up and back as hard as you can.

3 total work sets.

Week 8, add 5 - 10 lbs

Week 9, add 5 - 10 lbs

Rack pull with shrugs – On these do 3 rack pulls and then 2 shrugs on each set. Keep on going up in weight until you can't do both the 3 pulls and 2 shrugs. When you do the shrug, I want you to hold it for 3 seconds at the top on each rep. We'll count the last 3 sets as working sets.

3 total work sets.

Week 8, try to get 4 pulls with the same weight

Week 9, try to get 4 pulls plus 3 shrugs with the same weight

Hyperextensions - Hold a dumbbell against your chest and do 3 sets to failure.

3 total sets

Day 5 – Speed bench and shoulders

Speed bench w/bands – I want you to use 50% of your estimated max. You should be stronger now than when you started, so we need to redo the math. Do 8 sets of 3. On each set vary your grip. Keep varying it every set an inch or so in and out. Remember, speed is the name of the game. Resist the urge to go heavier ok. Use 1 set of red Pro mini bands. Let the weight lightly touch your chest and reverse it and accelerate up.

8 total work sets

Week 8, add 5 lbs

Week 9, add 5 lbs

Use the pro red mini bands for all 3 weeks

Week 9, after your sets, drop the bands and do singles up to something that you could do 3 reps with. Leave a little in the tank. Let's see where your strength is again.

Bent over rear laterals – Do 4 sets of 15 reps. Rest 90 seconds between sets.

4 total work sets

Week 8, rest 75 seconds between sets

Week 9, rest 60 seconds between sets

Spidercrawls – Do 3 sets of 1 minute straight non-stop up and down!

3 total work sets

Week 8, rest 75 seconds between sets

Week 9, rest 60 seconds between sets

Flat dumbbell press – I want high reps. Grab the 100's and see how many reps you can get.

1 total work set

In weeks 8 and 9 do this again and see if you can get more reps.

Day 6 – Biceps & Triceps

Barbell curl w/Grip4orce – Do sets of 8 taking small jumps up once you are warmed up. I want 5 sets of 8. The last set should be to failure around 8 reps.

5 total work sets

Hammer curl – These are going to feel super light after all the Grip4orce stuff you have been doing. Do 4 sets of 10.

4 total work sets

EZ bar preacher curl – 4 sets of 8 on these. Lower the bar slowly, and flex hard at the top! Only rest 45 seconds between sets here.

4 total work sets

V bar pushdowns – Do plenty of warm ups then do 6 sets of 8. You don't have to lock out, use heavy weight and keep continuous tension ok.

6 total work sets

Dip machine – Use a machine that simulates dips. I want you to use a 3 second descent. Lowering yourself slowly will destroy tricep muscle fiber. Do 3 sets of 8.

3 total work sets.

Week 8, get 10 reps with the same weight and form

Week 9, get 12 reps with the same weight and form

Calves

Your calves are awesome – do what you want.

Abdominals – 8 sets

Pick one exercise from the following to hit lower abs:

Hanging Leg Raises

Leg raises with your elbows supported on pad

Leg raises on a decline board/bench

V ups

Pick one exercise from the following to hit upper abs:

Incline sit ups

Rope pulldowns/crunches

Band crunches

Weeks 10 - 12

Day 1 – Legs and speed squats

Lying leg curls – After warm ups, do 3 hard sets of 10. After the last set of 10, drop the weight and do 8 more, and then drop the weight and go to failure.

Each week I want you to add 5-10 lbs to each set, but keep the reps the same.

4 total work sets

Speed squat – The same as we did In week 7, I want you to do regular squats for sets of 6 (after a few warm up sets). Keep going up until you hit a weight that is a pretty tough set of 6. Next add weight and hit a triple. I want to base weeks 11 and 12 on what you triple.

Week 11, I want you to use 65% of what you tripled for your 8 sets of 3.

Week 12, I want you to use 70% of what you tripled for your 8 sets of 3.

The objective is still SPEED. If you are going slow, and grinding, you don't develop the speed strength and explosiveness we are looking for.

You get 60 seconds rest between each set. Remember, speed.

8 total work sets

Leg press – back to some good ole normal leg presses. This is simple, work up in weight doing sets of 8 each set until you get to a weight you barely do for 8. We'll count the last 3 sets.

3 total work sets.

Here is the progression on the leg press:

Week 11, do sets of 9 with the same weight

Week 12, do sets of 10 with the same weight

Leg extensions – These need to be done heavy. I want set of 8 with a 1 second pause and flex at the top.

4 total work sets

Here is the progression on the leg extension:

Week 11, make it 2 second holds with the same weight

Week 12, make it 3 second hold with the same weight

Dumbbell stiff legged deads – Do 3 sets of 10 with a moderately heavy weight.

3 total work sets

Week 11, add 5 - 10 lbs

Week 12, add another 5 - 10 lbs

Day 2 – Chest & Triceps

Flat dumbbell press - 2 warm sets of 8, then pyramid up doing sets of 8. Keep going until you can barely get 8 reps. We will count the last 3 sets of work sets.

3 total work sets

Week 11, do the same for sets of 9 as your goal

Week 12, do the same with sets of 10 as your goal

Incline barbell press – Work up to a tough 8 reps, and stay there for 3 sets of 8.

3 total work sets

Week 11, try to beat last weeks reps. Maybe you just beat it on one set, but that's ok

Week 12, beat something from last week again...could be reps, could be weight

Stretch pushups – Do 3 sets to failure!

3 total work sets

Go to failure in weeks 11 and 12. If you happen to have chains, have someone toss 1 or 2 across your back.

Close grip reverse band bench press – These are going to be more focused on triceps this mini-cycle. Do 5 sets of 5 with a closer grip than you normally use. I like to actually pause and stop 4 to 6 inches above my face and then drive up hard flexing my tris.

5 total work sets

Week 11, do the same for sets of 4

Week 12, do the same for sets of 3

V-Bar pushdowns - No Grip4orce this mini cycle on these. Use a V-bar instead. I want you to do sets of 10 all the way up until you can't get 10. We'll count the last 3 sets as work sets.

3 total work sets

Week 11, rest between sets is 60 seconds

Week 12, rest between sets is 45 seconds

Tricep cable extensions – I recently added a video of these to my YouTube so you can see what they are. It is the video where you are standing facing away from a machine and grabbing a cable and extending your arm. Get a nice full range of motion on the first 10 reps, and then do 5 more partials out of the bottom/stretched position. Do 4 sets.

4 total work sets

Day 3 – OFF

Day 4 – Back

Chin up death - 2 warm up sets then 2 sets of 8 wide, then 2 shoulder width, and then 2 close with palms facing in. See if you can hang some weight off of you.

6 total work sets

Weeks 11 and 12, see if you can add a little bit of weight, without letting your form go bad.

Meadows rows – Do sets of 8 to a working weight, and then stay there and do 4 sets with it.

4 total work sets

Week 11, add 5 - 10 lbs

Week 12, add 5 - 10 lbs

Dumbbell pullovers - Do 4 sets of 12 lying on a bench, not across it like we always do.

4 total work sets

Dumbbell shrugs – Do 3 sets of 10 with a heavy weight and hold each rep at the top for 1 second.

3 total work sets

Week 11, hold the weight for 2 seconds

Week 12, hold the weight for 3 seconds

Hyperextensions - Hold a dumbbell against your chest and do 3 sets to failure.

3 total sets

Or if you have it

Reverse hypers - 3 sets of 15 with a tough weight.

Day 5 – Speed bench and shoulders

Speed bench w/bands – I want you to use 60% of your estimated max. This is a little higher %, but you should be much more explosive now. Do 8 sets of 3. On each set vary your grip. Keep varying it every set an inch or so in and out. Remember, speed is the name of the game. Resist the urge to go heavier ok. Use 1 set of red Pro mini bands. Let the weight lightly touch your chest and reverse it and accelerate up.

8 total work sets

Week 11, add 5 lbs

Week 12, add 5 lbs

Use the pro red mini bands for all 3 weeks

Week 12, after your sets, drop the bands and do singles up to something that you could do 3 reps with. Leave a little in the tank. Let's see where your strength is again.

Bent over rear laterals – Do 4 sets of 15 reps. Rest 90 seconds between sets.

4 total work sets

Week 11, rest 75 seconds between sets

Week 12, rest 60 seconds between sets

Spidercrawls – Do 3 sets of 1 minute straight non-stop up and down!

3 total work sets

Week 11, rest 75 seconds between sets

Week 12, rest 60 seconds between sets

High incline dumbbell press – I want high reps like you did last cycle on the flat bench. I want this to be a little more shoulder too, so set the incline higher up than normal. Do 1 all out set with a medium weight.

1 total work set

Week 11, see if you can get more reps

Week 12, see if you can get even more reps

Day 6 – Biceps & Triceps

Supinated dumbbell curl w/Grip4orce – Keep your palms up the entire rep. Do 4 sets of 8.

4 total work sets

EZ bar preacher curl – 4 sets of 8 on these. Lower the bar slowly, and flex hard at the top! Only rest 45 seconds between sets here.

4 total work sets

Superset

Barbell curl – Do 8 reps

Reverse barbell curl – Do 10 reps

Do 3 rounds for 6 total sets

Dip machine – Use a machine that simulates dips. I want you to use a 3 second descent. Lowering yourself slowly will destroy tricep muscle fiber. Do 4 sets of 8.

4 total work sets

Lying extension – Use kettlebells if you have them, I have video on YouTube on these. if not that's ok too, use an EZ curl bar. Don't go real heavy, I want reps. Do 4 sets of 15 reps, with a nice full range of motion.

4 total work sets

Just move fast in all weeks on the arm training. Go for maximum pump!

Calves

Your calves are awesome – do what you want.

Abdominals – 8 sets

Pick one exercise from the following to hit lower abs:

Hanging Leg Raises

Leg raises with your elbows supported on pad

Leg raises on a decline board/bench

V ups

Pick one exercise from the following to hit upper abs:

Incline sit ups

Rope pulldowns/crunches

Band crunches

