

Program 2 – The Batterer

If you are doing this program you must have finished program 1, and are truly sick in the head like me to want more. With program 1 you had some deloading at the end of the program, so I do keep volume down slightly as we move into this one, but I ramp up faster. Ok let's get busy!

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

Day 1 – Legs

Day 2 – Chest/Shoulders

Day 3 – Off

Day 4 – Back

Day 5 – Off

Day 6 – Arms

Day 7 - Off

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

Week 1 – Moderate to High Volume

Legs – 12 sets:

This is great for pounding glute ham tie in and getting thicker hams up top.

Half rep stiff leg deads in rack - this isn't a standard rack pull. You use the same technique that you would for hams, push your hams back, keep back flat etc, but only go down to knee level. You can use more weight, and make sure you flex your glutes at the top.

Do sets of 8 pyramiding up. When you get to a hard 8, it's 3 sets of 8. Don't pause these on rack this week. Just let bar go down to knee level and come back and flex glutes and hams. **3 total work sets.**

Goal – Activate and work muscle from a stretched position

Lying leg curls - 3 sets of 15 - D not go excessively heavy. I want perfect form. Only take 60 seconds between these sets, it'll go fast. Push your hips into the pad, and flex your hams as hard as you can in the contracted position. **3 total work sets.**

Goal – Supramax pump

Leg press - Pyramid up until you can't get 10 reps. This usually takes 3-4 to warm ups, then you can get 3-4 more sets adding weight as you go. Keep feet just a little wider than shoulder width and in the middle of the platform. Control on the way down with a *3 second descent* and drive up without locking out. **3 total work sets.**

Goal – Supramax pump

Smith machine squat - 2 sets of 8 - pyramid up with a few low rep sets if you need. Both sets should be a hard 8. I want you to go rock bottom on these. Use a weight that will allow you to do that. **2 total work sets.**

Goal – Supramax pump

Hack squat - one drop set. I only want 1 drop, so put a weight on there you can do for maybe 15, and then cut it half and do another 25. When I did this workout, I did 3 plates for 15 then dropped one plate and did another 25. It sucked. The 25 hurt. I didn't drop half the weight, but probably should have. **1 total work set.**

After your final set of leg presses, and squats, do intense stretching for each quad, and your hips. Hold each stretch for 45 seconds.

Goal – Supramax pump

Chest - 12 sets & Shoulders – 8 sets:

Machine flyes - 2 sets of 15 to warm up then 3 sets of 12 reps. Hold each flex at the top for 2 seconds. **3 total work sets.**

Goal – Activate and work muscle from a stretch position

Incline (slight) smith machine press - this is what I call rep-o-rama.

Do 25 reps on first set. Make sure you use a weight that you can actually get all the reps! Rest 3 minutes and do again. Rest 3 minutes and do one more time. These should all be lowered to about an inch or two above chest, and taken to 3/4 lockout. On each set I do want you to widen your grip just a little...maybe 1 inch each time. **3 total work sets.**

Goal – Supramax pump

Decline (slight) smith machine press - find a weight you can do 8 reps with. Do 8 reps. Let the bar touch your chest, but you do not have to pause it. Press to 3/4 lockout explosively ok. Take 3 minutes and do it again, and another 3 minutes and one final set. Also widen grip 1 inch each set here too. **3 total work sets.**

Note: Women do these with a flat bench.

Goal – Train explosively

Dips with wide grip on assist machine – I want you to do these on an assist/cheater machine or with a spotter holding your feet. This lessens shoulder strain. I want you to do 3 sets to failure and on each rep, go down and stretch the crap out of your chest. Don't lock these out either ok. Flare elbows out to put more pressure on lower and outer pecs as opposed to triceps. Tuck your chin into your upper chest while doing these. **3 total work sets.**

Goal – Supramax pump

Heavy side laterals - 4 sets of 8. It is ok to swing these a little. I want you to use more weight then you usually do. Do the best you can with these...fight with them all the way. **4 total work sets.**

Goal – Supramax pump

Dumbbell rear delt raises – 4 sets. Do 30 reps on first set. Rest 2 minutes then do 25 reps, rest 2 minutes then do 20 reps, and one more for 15 reps. Feel the fire baby. **4 total work sets.**

Goal – Supramax pump

Back – 16 sets:

Wide grip lat pulldowns - Put hands all the way out to the end. 2 warm up sets of 15. Relax your scapulae and stretch at the top. Only pull the bar down to your forehead. Do not worry about getting the weight all the way down and squeezing. This is a stretcher. You have to use a pretty heavy weight. Do 3 sets of 8. Form on the last set may even look a little silly with the small range of motion...that's ok. I have video of these on YouTube channel if you want to check form. **3 total work sets.**

Goal – Activate and work muscle from stretch position.

Cable rows - Go Heavy but retain perfect form. Use a close grip handle. On each set reach forward, and sort of relax your scapulae again. It will feel like your back is sort of wrapping around your sides. You will have more ROM because of the stretchers on the lat pulldown. You may find you can use more weight than normal. I used our whole stack for 13 reps on my last set when I did this workout. I usually can only do that 3-4 times. Hit 3 sets of 12. **3 total work sets.**

Goal – Supramax pump

Supported rows - Grab a machine where your chest is supported and do rows with your elbows UP, so you hit more rhomboids or center back. These don't need to be super heavy, but you do need to get your elbows back as far as you can and squeeze center back together. 4 sets of 10. These are great for lower traps and rear delts too. **4 total work sets.**

Goal – Supramax pump

Reeves deadlifts - ok - you may have to google this and see a picture of it. This is where the old timers used to do a version of the deadlift created by Steve Reeves. He would actually reach all the way out and grab the lips of the 45 plates on a straight bar, and do deadlifts like that. My version is done with a short Olympic bar or an EZ curl bar. I can't even reach out far enough to hold on the 45's with a regular straight bar. Anyway, put a couple of 10 pound plates on the bar, and THEN put on a 45 on each side outside of the 10's. That will move the weight out further and should be just about right for you. Now I will tell you this too, at my gym we have the 45's with empty spaces near the edge so you can actually reach your fingers through and grab the plate. So this felt really comfortable. So reach out, grab the 45's, squat down and deadlift up, BUT AS IT COMES UP, start a shrugging motion - you know like a an Olympic "hang" movement. So you drive up and shrug in the process and when you are standing straight up the weight is in the shrug position. Now let it come down, set the weight down and repeat. This will pull your lats and the soft tissue in your shoulders to help with width. It also works your lower back and traps too - great exercise. There is video of this on my website and YouTube channel (I am going to heavy in the video) – watch it. Try 3 sets of 8 once you have it figured out...or close to it. **3 total work sets.**

Goal – Train explosively

Hyperextension - bodyweight only 3 sets of 25 reps minimum. **3 total work sets.**

Goal – Supramax pump

Arms - Biceps - 10 sets & Triceps 10 sets:

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

Rope pushdown - 3 sets of 12 to warm up and dumbbell curls 2 sets of 15 to warm up.

Superset 1

Rope pushdown for 15 reps and then do seated dumbbell curls (alternate them this week) for 8 reps. Do 3 rounds. Flex on every rep!! **6 total work sets via 3 supersets.**

Superset 2

Dip machine for triceps - if you don't have machine, some kind of dip is what I am looking for. Superset this with EZ bar preacher curls.

On the dips use a weight that makes for a hard 12 reps, then stick with 8 reps on the EZ bar preacher curls. 3 rounds of this. **6 total work sets via 3 supersets.**

Superset 3

EZ bar close grip bench press - if this is too hard on your wrists - use a regular straight bar. I don't want these two to be heavy - let's rep them. Superset this with standing EZ bar curls.

On the close grip benches hit 20 reps, and on the curls hit 8 reps, but lower the weight with a 3 second count. Do 3 rounds. **6 total work sets via 3 supersets.**

As a finisher - do 1 set of EZ bar lying extensions/skullcrushers now that your elbows are nice and warm...1 set of 25 reps. Then do 1 set of concentration curls for biceps, but hold the peak flex for 3 seconds on every rep. Squeeze them as hard as you can for at least 8 reps. If there is anything left in the bicep, let's get it out! **2 total work sets.**

Enjoy...this should only take about 30-40 minutes total...

Calves - 3 sets:

Toe presses on leg press - have someone time you. Do 3 sets of as many reps as you can do in 60 seconds. This is fun, you'll like it. Do this 1 time this week!! **3 total work sets.**

Abdominals— 8 sets

Do this 2 x this week minimum!

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 2 – Moderate to High Volume

Legs – 13 sets:

Let's flip flop what we did last week for hams.

Lying leg curl - start off with 2 sets of 15 warm up - then pyramid up with the following rep scheme -20, 15,12,9. After those 4 sets, go back to what you did 20 with, and do another 20, plus 20 partials out of the bottom, just little 3-4 inch ROM reps. That should start the fire. **5 total work sets.**

Goal – Activate and pump hams

Deadlifts for hams - Like last week, you will only be lowering the bar to knee level, and then coming back and up and squeezing hams and glutes very hard. Work up to a weight that is a hard 8 reps, then stick with it for 2 more sets (so 3 sets of 8 with hard weight). Make sure you squeeze each and every rep, and again, only come down to knee level. This will let you work with some heavier weight. **3 total work sets.**

Goal – Supramax pump

Leg extensions - 2 sets of 15 to warm up. Then 1 set of 35 reps. You do 20 regular reps, then 5 forced reps where your partner will help the weight move so you can get 5, and then you get 10 little partial reps where you only move the weight 3-4 inches. You do not need to pause at top, this will be hard enough. You might not get the exact weight to do this exactly as I have outlined, but do your best, you know what I want. **1 total work set.**

Goal – Activate and work muscle from a stretched position

Squats - 2 warm up sets. Do sets of 8 up to a weight that will be an explosive 6 reps. I want you to do 6 reps, but on these, I want a slow controlled 3 second descent, then drive up explosively. Once you get to this weight, stick with it for 2 more sets, so 3 total sets of 6 reps. **3 total work sets.**

Goal – Train explosively

Leg press - Put your feet fairly close together (2 inches apart), and a bit low on platform. We are going to smoke your quads. Put a weight on their that you can do for 25 reps. Do 25 reps, and rest 30 seconds and do 10 more, take 45 seconds, and then do 10 more. That's it, just one brutal set after you work up to the right weight. **1 total work set.**

Stretch quads and hips after last set of squats and last set of leg press for 2 rounds of 60 second stretches.

Goal – Supramax pump

Chest - 14 sets & Shoulders – 9 sets:

Flat dumbbell press - 3 sets of 10 to warm up, then pyramid up. Do a weight for a hard 15 reps, then 12 reps, then 9 reps, then go after another heavy set of 6. Form on these is continuous tension. Lower, stretch, then drive up 3/4 of the way, then back down. **4 total work sets.**

Goal – Activate and pump chest

Hammer strength incline - 3 sets of 10. I want all these reps to be taken to $\frac{3}{4}$ lockout using continuous tension. Lower to 1 inches above chest then drive back up. **3 total work sets.**

Goal – Supramax pump

Barbell incline press - 1 warm up then 3 sets of 6 done explosively. I want these to be rest paused. They don't need to be heavy. You need to maintain complete control of the weight. Pause 2 inches above chest for 1 sec, then go to 3/4 lockout then right back down. **3 total work sets.**

Goal – Train explosively

Stretch pushups - 4 sets to failure – check these out on my YouTube if you haven't seen them yet! **4 total work sets.**

Goal – Work muscle from stretched position

Rear delt raises with dumbbells - 3 sets of 35 reps. It won't take much weight. Rest 2 minutes between sets. When your form gets ugly, and you can feel your traps and back taking over, just hang your arms perfectly straight and swing. Hang and swings as I call them, and do it with this form to get to your number. **3 total working sets.**

Goal – Supramax pump

Dumbbell side laterals - go medium weight - 3 sets of 10 with 1 minute rest breaks. On these go up past ear level by about 6 inches...take these kind of high! I envision my arms going up to 10 o'clock and 2 o'clock position when I do them. **3 total working sets.**

Goal – Supramax pump

Dumbbell overhead press – Use standard form. Drive the dumbbells up and together and squeeze for 1 second. Lower to just below ear level. 3 sets of 10 reps. **3 total working sets.**

Goal – Supramax pump

Back – 15 sets:

Lat pulldowns to the front - 2 warm up sets of 15. Then go to a heavy weight and do 3 sets of 10. I want these to be heavy, and for your grip to be all the way out to end of bar. Relax and stretch lats and scapulae in stretched position, then pull down to top of head. It's shorter range of motion. I have video of this on my website under training/back, and also on my YouTube channel. **3 total working sets.**

Goal – Activate and work muscle from stretch position.

Dumbbell Rows - Heavy - 3 sets of 10 reps. Ensure you get a real good stretch. It should be more natural since you have done the pulldowns in a stretching manner, and everything is looser. **3 total working sets.**

Goal – Supramax pump

Neutral grip low rows - Low pulley rows with a parallel bar (one where your palms face each other, and are wider outside of body. Pull in real low to body and flex hard. 3 sets of 12. Don't worry about leaning forward to get more stretch on these. Make this more of a pumping and squeezing motion. **3 total working sets.**

Goal – Supramax pump

Dumbbell Pullover - we'll give your arms a break - 4 sets of 12. Do the ones where you are lying on, not across, the bench, with you head hanging off so that you can get a better stretch. **4 total work sets.**

Goal – Work muscle from a stretched position

Hyperextensions - do 2 sets to failure - challenge yourself - see if you can get 50 reps on the first set. I have done 100 on a few occasions. **2 total work sets.**

Goal – Supramax pump

Arms - Biceps - 10 sets & Triceps 14 sets:

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

EZ bar curls - 2 warm up sets of 20 reps. Then do straight sets pyramiding up. Nothing fancy, just squeeze hard during contraction, and lower with the normal 2 second count. Find a weight that challenges you for 12, then go up a little and do 10, then on your 3rd and final set do 8. Take 45 second rest breaks. There is

no need to sit around long between arm exercises. You probably figured that out by now. **3 total work sets.**

Preacher curls - no pyramid - just find a good weight and do 3 sets of 10 with a flex at the top of the movement. You can use a straight bar or an EZ curl bar, whichever you prefer. Take 45 seconds between sets. **3 total work sets.**

Reverse curls with EZ bar - Let's crank some reps on these, 4 sets of 20. It's ok if you can only get your arm at 45 degrees toward the end of the set, but for most of the set I want your wrists to come up close to your chin, and lower slowly. **4 total work sets.**

Rope pushdown - 2 warm up sets of 25 reps.

Superset I

Rope pushdowns with EZ bar close grip bench - On each set do 15 reps on the pushdown, then on the Close grips lower the weight with a 3 second count, and don't come all the way down - come to about 4 inches above your chest, in fact the bar should be closer to your upper chest/neck. Drive the weight back up, then lower slowly again. Do 6 reps on these. Do 4 rounds total. **8 total work sets via 4 supersets.**

Superset II

Dips between benches with lying dumbbell extensions (skull crushers done with dumbbells on a flat bench) - Try to hit 20 reps on the dips. Remember when you get to the top, to pause and sort of sit back for a sec, and it will crush your inner head of tri. On the skull crushers - kind of like with dumbbell pullovers on back, go back far enough to hang your head off bench. You will be able to get a much better stretch..you'll see. Do 8 reps there. Do 3 rounds total! **6 total work sets via 3 supersets.**

Calves - 10 sets:

Standing calve raises – 2 warm up sets of 15 reps, then 5 sets of 10 reps with 30 second breaks. Do this twice this week. **10 total work sets via 5 sets done twice.**

Abdominals– 8 sets

Do this 2 x this week minimum!

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 3 – High Volume

Legs – 18 sets:

Lying leg curls - 2 sets of 15 to warm up. 3 pyramid sets. Do a set of 12, 10, and 8 reps. Add a little weight each time. Have someone gently push down on your lower back while doing these so you isolate hamstrings. At the end of every rep pause with your legs straight. **3 total work sets.**

Goal – Activate and pump hams

Leg extension - 2 sets of 20 to warm up. Same thing here. Do a set of 12, 10, and 8 reps. On each rep flex and hold for 1 second at the top. Also, I want you to dorsiflex your foot (keep your toes pointed back at you during the rep). This will make your rectus femoris work harder in the middle of your upper thigh. **3 total work sets.**

Goal – Activate and pump quads

Leg press and lunge superset - Do 2-3 sets of leg presses to get joints more warmed up. Start with the lunge, grab some medium weight dumbbells and take 15 paces with each leg. Stop and walk over to the leg press, and then do a set of 10 reps. If the weight is too easy go up. Keep the weight on the lunges the same every set. This should hurt like heck. It's hard. 6 rounds of this! **12 total sets via 6 supersets.**

Goal – Supramax pump

Chest - 14 sets & Shoulders – 10 sets:

Cable crossovers - Warm up - 2 sets of 10 - then a hard 3 sets of 8 flexing at the top and holding for 1 second. **3 total work sets.**

Goal – Activate and work muscle from a stretched position

Incline barbell - 2 low rep warm up sets to get to a weight you can do for 10. When you find that weight do 10 reps. Do not lock out. Use continuous tension style. Add some weight and do 8, then add some

weight and do 6. For your 4th and final set, go back to the weight you did 10 with, and see if you can get 12 with it now. **4 total work sets.**

Goal – Supramax pump

Barbell bench press with a wide-grip - 1 warm up set then 3 sets of 15 w/ moderate weight. Don't go real heavy - these are continuous tension style too, don't lock out. Pump them. They will burn like fire. It won't take much weight, by the time I get to this my 15 is with 225 on a good day, less than that on most. **3 total work sets.**

Goal – Supramax pump

Stretch pushups - 4 sets to failure! **4 total work sets.**

Goal – Work muscle from stretched position

Dumbbell side laterals - 1 warm up set - 2 sets of 50 reps. Do these seated. Tilt your head back, and just swing them up maybe 6-8 inches. Do not stop until you hit 50 reps. I used 25's on these. You will not be able to use much weight if you do it right. **2 total work sets.**

Goal – Supramax pump

Rear dumbbell side laterals - 4 sets of 25 reps. Bend over at 90 degrees and swing (use hang and swing technique) 25 reps non-stop. Good bye delts - they will be crushed. **4 total work sets.**

Goal – Supramax pump

Smith machine shoulder press - 4 sets of 6. Get a fairly heavy weight and do 6 reps with perfect form. Only lower the bar to the top of your head. Go down real slow. Feel the negative. Do not lock out - so it's a short range of motion. **4 total work sets.**

Goal – Supramax pump

Back – 15 sets:

Smith machine rows - 2 warm up sets - then pyramid up each set. Rep scheme is 15, 12, 10, 8. On the last two sets, rest pause them. Set the weight on the catches in the rack and drive up real hard. I have video of this on my website and YouTube channel if you are not sure what I am doing. **4 total work sets.**

Goal – Train explosively

Wide grip lat pulldowns - Same as we have been doing - take widest grip you can on bar, and go heavy. Let the weight stretch you hard at the top, and only pull down to top of head. 4 sets of 8. **4 total work sets.**

Goal – Supramax pump and work muscle from stretch position

Barbell Shrugs - Rep scheme is 15, 12, 10, 8. Keep your arms straight - use your traps, not your arms. **4 total work sets.**

Note: Women do dumbbell pullovers for these. Use the same rep scheme. Increase weight as you go.

Goal – Supramax pump

Hang - put a belt around your waist and hang with 25 lbs for as long as you can - have someone time you - tell me how long you hang and then we will compare :)

Hyperextension - 3 sets of 15 holding a heavy dumbbell, then drop it and do as many reps as you can possibly get with no weight. **3 total work sets.**

Goal – Supramax pump

Arms - Biceps - 10 sets & Triceps 12 sets:

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

Very basic - nothing to crazy - just focus and work hard

Ez bar curls - 2 warm up sets of 15 - standard pyramid - 12,10,8, and 6 reps. Each set you add weight. Lower the weight with a 2 second count, pause at the bottom and squeeze hard as you curl. Grip the bar real hard through your sets. **4 total work sets.**

Ez bar preacher curls (close grip) - 3 sets of 10 - lower weight slowly - flex at the top. **3 total work sets.**

Dumbbell hammer curls - Grab a heavy weight and do 6 reps with a slow negative, then pick up a lighter dumbbell and do 6 more reps. I use a 45lb and 30lb dumbbell for these, to give you an idea. 3 rounds of this. **3 total work sets.**

Pushdowns - 2 warm up sets of 20 - then pyramid. Rep scheme is 20,18,16,14,12,10. The 10 should be pretty heavy. **6 total work sets.**

Dips between benches - try and use weight on your lap as best you can. Add a little each set. 3 sets to failure. **3 total work sets.**

Your tris should be on fire, and elbows warmed up, so now we move to lying extensions...

Lying extension with ez bar - 3 sets of 12. **3 total work sets.**

Calves - 8 sets: *You can do calves and abs on any day you choose.*

Standing calf raises – 2 warm up sets of 15 reps, then 8 sets of 12 reps with 45 second breaks. Do this once this week. **8 total work sets.**

Abdominals – 8 sets

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 4 – High volume

Legs – 18 sets:

Legs:

Leg curls - 2 sets of warm up - then 3 sets of 15 reps. Do all rest pauses. So let your legs straighten, relax, and curl. You won't be able to use as much weight with this style. Also, have someone gently push down on your lower back while doing it, or you can drive your hips into the pad as you do these to better isolate. **3 total work sets.**

Goal – Activate and pump hams

Leg press - 3-4 warm up sets of 15 reps. Feet a little wider than shoulder width, and a little higher than usual on platform. Again this will be a lot of hams the first few sets, before your quads start screaming. After warm ups, do sets of 15. Keep pyramiding up in weight until you can't get 15. I want this to take around 3 sets (not including warm ups) to accomplish. We'll count the last 3 sets. **3 total work sets.**

Goal – Supramax pump

Smith machine lunge - 3 sets of 15 on each leg. **3 total work sets.**

Goal – Supramax pump

Squat - 1 warm up then 3 sets of 15. Go fairly wide and turn your toes out like a duck. Go down to parallel, not below that. Go down with a 2-3 second descent. This will be very hard after doing the other stuff, but it will destroy your legs. **3 total work sets.**

Goal – Supramax pump

Dumbbell stiff legged deadlift - 3 sets of 12. Flex hams and glutes at the top - come all the way up. Go down nice and slow and stretch everything out. **3 total work sets.**

Goal – Train muscle from stretched position

Hyperextensions - 3 set to failure. Do only your bodyweight. Every rep you come up, I want you squeezing your hams and glutes. Try to get at least 20-25 reps. **3 total work sets.**

Goal – Supramax pump

Chest - 14 sets & Shoulders – 9 sets:

Machine flyes - 2 warm up sets - 3 sets of 10. Flex at contracted position for 2 seconds. **3 total work sets.**

Goal – Activate and work muscle from stretched position

Hammer Strength Incline - 1 warm up set - then pyramid up. Do a hard set of 12, then 10, then 8. Go up a little in weight each set. Flex at top for 2 seconds. Also make sure you are letting weight come all the way down so you get a good stretch at the bottom of movement. **3 total work sets.**

Goal – Supramax pump

Incline Barbell - 1 warm up set - then find a weight that is a hard 8 reps. I want you to do constant tension here. Don't go down all the way (stop 2 inches short of chest) and also do not lockout. Do 4 hard sets of 8 with this weight. **4 total work sets.**

Goal – Supramax pump

Flat dumbell press - 4 sets of 8 reps. Regular press, but lower weight as low as you can, and drive up to 3/4 lockout. Constant tension again here, with a great stretch at bottom. **4 total work sets.**

Goal – Supramax pump

Pecs should be toast.

Bent over dumbell side laterals - 3 sets of 25 reps. Use a weight that you can do 10 full range reps with, and then do 15 with the hang and swing technique. **3 total work sets.**

Goal – Supramax pump

Standing side laterals - one arm at a time - hold onto something and lean away from it. So one hand will be holding a structure, and the other will hold the dumbell. Bring these up 6 inches or so above parallel. I want these brought up high. 3 sets of 12 will burn like fire! **3 total work sets.**

Goal – Supramax pump

Dumbell press - Heavy - 3 sets of 6 reps. I do want you to take these all the way to the top, and flex with each rep! Lower to about ear level. **3 total work sets.**

Goal – Supramax pump

Back – 18 sets:

Meadows rows – 2-4 warm up sets then absolutely destroy 3 sets of 8 on this. **3 total work sets.**

Goal – Activate and pump lats

Dumbell Pullovers - 3 sets of 10. **3 total work sets.**

Goal – Train muscle from a stretched position

Wide grip lat pulldowns to the front supersetted with low cable rows - Use individual/single handles on the low rows. 3 rounds of 8 reps on each exercise. On the pulldowns, stretch real good at the top, and then drive your elbows down hard. In recent weeks we have been using this more as a scapulae stretcher, but today they are more standard type reps, where you drive to full contraction. On the cable rows, stretch forward, and drive back with a 1 second squeeze. So a quick pause and hard flex then back down and into stretched position. **6 total sets via 3 supersets.**

Goal – Supramax pump

Barbell shrugs - Just standard barbell shrugs. Pyramid up. Use a weight you can do for 15, then go up and do 12, then go up and do 10. Make sure your arms stay straight during the shrug. Use your traps! Pause for 1 second at top. Again a quick flex then back down. **3 total work sets.**

Note: Women skip these and add 1 working set to first two exercises today.

Goal – Supramax pump

Good mornings - 3 sets of 12 reps. No need to use real heavy weight - use perfect form. Sit back and keep your lower back arched. This is also real good for your hams! **3 total work sets.**

Goal – Supramax pump

Hang - use you straps and hang from a chin-up bar - see if you can hang there for 90 seconds. Relax your scapulae so they stretch. Attach some weight too.

Arms - Biceps - 10 sets & Triceps 11 sets:

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

This is the same exercises as like week done with a twist. Different rest periods and reps. Enjoy, it's fun. The whole workout takes me about 30 minutes.

Ez bar curls - 2 warm up sets of 15 – decreasing rest between sets to add intensity today – 4 sets of 12 reps with 15 second breaks. Grip the bar real hard through your sets. You should not be struggling mightily on the first 1-2 sets, but the last set should be really painful. **4 total work sets.**

Ez bar preacher curls (close grip) - 3 sets of 10 - lower weight slowly - flex at the top. **3 total work sets.**

Dumbbell Hammer curls - Grab a medium weight and do 15 reps, then pick up a lighter dumbbell and do 10 more reps. 3 rounds of this. **3 total work sets.**

Pushdowns - 2 warm up sets of 20 - then decreasing rest between sets to add intensity today – 4 sets of 12 reps with 15 second breaks. Again, you should not be struggling mightily on the first 1-2 sets, but the last set should be really painful. **4 total work sets.**

Dip machine - 3 sets of 10 reps with 20 second breaks. On the negative let the weight come up real slow. **3 total work sets.**

Lying extension with ez bar - 4 sets of 15. Use a lighter weight and let the bar stretch real good behind your head at the bottom of the movement. Each set will feel better and better with this stretch. No rushing these. Rest longer. **4 total work sets.**

Calves - 6 sets & Abs - 6 sets:

Standing calve raises – 6 sets of 20 of standing calve raises in smith machine. Get one of those aerobic step benches with some props to make it taller to stand on so you can get an awesome stretch. Only rest 60 seconds between sets. **6 total work sets.**

Rope crunches – 3 sets of 25 reps. **3 total work sets.**

Incline sit ups – 3 sets of 30 reps. **3 total work sets.**

Week 5

Legs – 17 sets:

Leg curls - 2 sets of 15 to warm up. 4 sets of 10 reps. On each set of 10, do full range of motion, and then pump out 10 partials from the bottom of the movement. So, 10 full reps, then 10 partials. This will get you cooking right out of the gate. **4 total work sets.**

Goal – Activate and pump hams

Squats - 2 sets of 15 light reps to warm up. Do sets of 8 pyramiding up after. Go until you get to a weight that you can get 8 with done explosively. Once you get to that weight, try 3 sets of 8 with it. On each rep you should hit parallel. Control the weight on the way down, and then drive it up to 3/4 lockout. Come right back - fire like a piston. **3 total work sets.**

Goal – Train explosively

Leg press - use a narrow stance, and place feet a little lower on platform than normal. Here is a little trick that will help you get deeper on these (well on the squats too). Go sit in the seated calve machine and just sit there and let the weight stretch your achilles tendon for 30 seconds ***gently***. When you get to the deep part of the leg press (or squat), you will notice your heels aren't coming off the foot plate, and you can get lower while keeping your back on the pad. The difference is amazing. Tom Platz taught me that in the early 90's. Do 4 deep sets of 10 reps. **4 total work sets.**

Goal – Supramax pump

Smith machine lunge - yep again this week. 3 sets of 12 reps on each leg. Hammer that glute/ham tie in. Of course your quads will be on fire too. **3 total work sets.**

Goal – Supramax pump

Hyperextensions for hams and glutes - Pull yourself up by using hams/glutes - not lower back. Give me 3 hard sets to failure. Squeeze hard on every rep. **3 total work sets.**

Goal – Supramax pump

Chest - 15 sets & Shoulders – 10 sets:

Flat dumbbell press - 2-3 sets of 10 to warm up. Pyramid up. Start with something that is a hard 12. Go up 10 or so pounds for next set and get as many as you can. Go up another 10 lbs and get as many as you can. Then for your last one, go up again if you think you can get at least 6 reps with whatever weight you

are thinking of going up to. On these, you don't have to lockout. Use continuous tension with the heavy weight. Stretch real good at bottom. **4 total work sets.**

Goal – Activate and pump pecs

Flat bench press - 4 sets of 10. This will actually be hard after the heavy dumbbell presses (in terms of how much weight you can use). I could barely get 225 for my 10's. It was tough. Use perfect form too. If your form is sloppy go down in weight. Work the muscle, not the tendons and ligaments. **4 total work sets.**

Goal – Supramax pump

Machine flyes - 4 sets of 8. On these flex and hold every rep for 1 second. This should stretch you out good, and put the finishing touches on the pump. **4 total work sets.**

Goal – Work muscle from a stretched position

Pec minor dips – See my website or YouTube channel to see how to do these. You get on a dip stand, and keep your arms straight. You lower your body (with arms straight), and then flex your chest to get yourself back up. Make sure you watch my video so you can see what I mean. **3 sets to failure.**

NOTE: Women do 3 sets of regular pushups to failure. If you can get more than 15 reps elevate your feet onto a box or bench.

Goal – Supramax pump

Heavy side laterals (partial reps) - Grab a pair of very heavy dumbbells, and let your arms hang out to the sides straight. Just do little swings. Do 4 sets of 35 reps. Tilt your head back when you do these, and again, keep your arms straight. Make your medial head of your delts start the weight up. If you do correctly, they will be on fire. **4 total work sets.**

Goal – Supramax pump

Machine rear delts (reverse peck deck) - 3 sets of 15. get the weight back as far as you can...kind of an exaggerated ROM. It will light up your rear delts. **3 total work sets.**

Goal – Supramax pump

6 ways – Just in case there is anything left in your delts, do 3 sets of 10 on these. If you forget how to do them, check out my YouTube channel or website for the video. **3 total work sets.**

Goal – Supramax pump

Back – 20 sets:

Supported row - This is where your chest is on a pad and you can really drive your elbows back, plus let it pull you forward for a good stretch. 2 warm up sets of 12. For working sets pyramid up. I want 12 reps, then 10 reps, then 2 set of 8 reps. Reach forward and feel everything stretching before you drive your elbows back. **4 total work sets.**

Goal – Activate and pump back

Dumbbell rows - 3 sets of 10. Let your arm stretch all the way out, and relax your scapulae so that it pulls, then drive up hard. **3 total work sets.**

Goal – Supramax pump

Chins - Do 3 sets to failure - do the best you can. Use a medium grip, and maintain an arch in your chest. If you can't get all the way up, that's ok, just work the stretch out of the bottom. Your other option is to use a cheater/assist machine. I love these machines. They allow you to maintain perfect form! **3 total work sets.**

Goal – Supramax pump

Dumbbell Pullovers - 3 sets of 10. Focus on the stretch and form. Lie on the bench with your head hanging off end, you can stretch a lot more, instead of lying across a bench. **3 total work sets.**

Goal – Work muscle from a stretched position

Reeves Deadlifts - I am sure you remember these, but if not, see my YouTube channel or website for the video. 4 sets of 6 reps with a good weight. **4 total work sets.**

Goal – Train explosively

Hyperextension - 3 sets of 25. **3 total work sets.**

Goal – Supramax pump

Arms - Biceps - 12 sets & Triceps 11 sets:

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

Barbell curls - 3 sets of 10 to warm up. Go with a little wider grip than usual. This will be pyramid style reps - start at 12, then 10, then 8. On each rep, lower the bar with a 3 second count. Rest about 45 seconds between sets. On your 4th and final set, go back to the weight you did your first set of 12 with, and do 15 reps with it. **4 total work sets.**

EZ bar preacher curls - 4 sets of 8. Lower the bar with a 3 second count. Pause at the top of the movement and squeeze for 1 second as hard as you can. You do not have to straighten your arms out completely at the bottom, go down about 4/5 of the way. Rest about 60 seconds between these sets. **4 total work sets.**

Seated Alternated dumbbell curls - 4 sets of 8 reps. Supinate your wrist hard at the top and squeeze your inner bicep. Lower the weight with your palm still up. When you get to the bottom, pronate your wrists (lengthen your bicep), and then as you are supinating it back around start the curl. This will give your lower biceps a good stretch. **4 total work sets.**

Tricep pushdowns - 2 sets of 25 to warm up - then pyramid. Need to work up to a heavy weight. Let your elbows come out to the sides and the bar to come up under your chin for a massive stretch. Then flex the weight down hard. Do 15 reps, then 12, then 10, then 8. Rest about 60 seconds between sets. **4 total work sets.**

Dip machine - sit in a dip machine and again let the weight come up real high and stretch your tri near your elbows. You don't need to lock these out. Just keep constant tension. Pump these for 4 sets of 10. **4 total work sets.**

EZ bar lying extension on incline bench (flat if you don't have a spotter) - Skullcrushers on an incline. Great finisher. 4 sets of 10. **4 total work sets.**

Calves - 6 sets & Abs - 12 sets: *You can do calves and abs on any day you choose.*

Standing calve raises – 3 sets of 35 of standing calve raises in smith machine. Get one of those aerobic step benches with some props to make it taller to stand on so you can get an awesome stretch. Rest 2 minutes between sets. Stretch your calves during that time for 30 seconds each. Do this workout twice this week. **6 total work sets via 2 days of 3 sets.**

Rope crunches – 3 sets of 25 reps. **6 total work sets via 2 days of 3 sets.**

Incline sit ups – 3 sets of 30 reps. **6 total work sets via 2 days of 3 sets.**

Do abs and calves twice this week.

Week 6 overall – High volume

Legs – 20 sets:

Seated leg curls - 3 sets of 12 to warm up. Start with a weight that should be a hard 12 reps. After that go up each set 10-20 lbs, and do as many as you can do with good form. Make it 4 sets total. I did 12 reps, then actually got 13, then 9, then 8. That is how my sets ended up looking. **4 total work sets.**

Goal – Activate and pump hams

Squats - Warm up with sets of 10. Do these explosively. At the end you will have to grind a little and will lose some speed, but that's ok. Keep going up until you get to a weight you can barely do for 10 reps. The last set should wipe you out to get 10 reps. This is similar to last week, but you won't stay with this weight and do more sets. We'll count the last 3 sets anyway as work sets. **3 total work sets.**

Goal – Train explosively

Leg press - I want deep reps. Do 4 sets of 15 reps, and only take 1 minute between sets. Do not lock out, pump these and use a foot stance that is about shoulder width, and again, get down deep. **4 total work sets.**

Goal – Supramax pump

Hack squats - I want you to use a weight you can do about 10 with normal style. This will be painful, go down with a 3 second cadence, and come up all the way, yes actually lock out..now raise your toes up some so you are on your heels and flex your quads for a second, then go back down. Use a high and wide stance on this. 3 sets of 10 reps should be a killer. Go deep on these too. It won't take a ton of weight. **3 total work sets.**

Goal – Supramax pump

Stiff legged deadlift with dumbbells - 6 sets of 6 with 30 second rest break. Go fairly heavy. Stand up and flex glutes and hams hard before going back down. Keep a slight bend in your knees...this will be a great stretcher. **6 total work sets.**

Do the usual stretching

Goal – Work muscle from stretched position

Chest - 15 sets & Shoulders – 14 sets:

Hammer strength incline - 2 warm up sets of 15 reps. Every rep during working sets is a rest pause. When you lower weight, come down as far as you can, and arch your chest to maximize stretch. I lower the seat pretty low to, so I take out all the rotator cuff strain, and am pushing upward. Pyramid up. Start with something that you can rest pause for about 8 reps. Add 20-30 pounds each set for 4 total sets. Just go to failure with good form (no bad form) on all of your sets after your first set of 8. You DO NOT have to flex at the top on these but I do want you to explode out of the pause at the bottom! I want your triceps fresh for your next exercise. **4 total work sets.**

Goal – Train explosively

Incline barbell - 1 warm up set, then go to a weight you can get for about 15 reps. I only want you to do 8 reps with it though. Just keep adding 20-30 lbs on each set until you get to a weight where you can't hit your 8 reps. These are continuous tension too, no locking out. I want it to take around 4 weight jumps. **4 total work sets.**

Goal – Supramax pump

Dumbell press flat - Pick a weight you can do for about 8 hard flexes. On these, I want you to lower dumbbells as much as you can for a full stretch, then drive up and flex as hard as you can. 4 sets of 8. **4 total work sets.**

Goal – Supramax pump

Pec minor dips – Ok, let's see how you do this week on these. I want another 3 sets done to failure. If you aren't sure what these are, look at them on my YouTube channel or website. They look weird. You actually keep your arms straight and lower body down (it will only go down a few inches), then flex yourself back up with your pecs. This works the deep muscle/pec minor that is under your pec major, and pushes it out further. I actually love these. They won't burn in the traditional sense, but they will be hard. **3 total work sets.**

Stretch chest.

NOTE: Women do incline dumbbell flyes for 3 sets of 12 here instead of pec minor dips.

Dumbell side laterals supersetted with 1 arm cable side laterals – 1 set of 30 reps to warm up, then heavy side laterals supersetted with cable side laterals one arm at a time. Ok - so this one burns like fire. Do a heavy set of 8 reps on side laterals. Now grab a cable and stand away from machine so you get the full delt stretch, and raise to side, and keep going up to 10 o'clock position...then switch arms. On the cables get 10 reps. Do 4 supersets. **8 total sets via 4 supersets.**

Goal – Supramax pump

Machine rear delts - reverse peck deck - do the following rep scheme. Add weight each time. Do 30 reps, then 25, then 20, then 15, then 10, then 8. Your rears should be on fire after these. **6 total work sets.**

Goal – Supramax pump

That's it!

Back - 18 total sets

Low cable rows - 2-3 warm up sets of 10 reps. Pyramid up. Do 15,12,9, 6 reps. Stretch on each rep, and squeeze for 1 second at the top. **4 total work sets.**

Goal – Activate and pump lats

Stretchers - As shown on my website and on my YouTube channel. Do 3 sets of 12 reps. **3 total work sets.**

Goal – Work muscle from stretched position

Dumbbell pullovers - 3 sets of 12 with head hanging off bench style. **3 total work sets.**

Goal – Work muscle from stretched position

Conventional deadlifts - Yes, old school deadlifts off floor. 2-3 warm up sets, then I want 5 sets of 5 with a medium weight. I want perfect form and I want some explosiveness. **5 total work sets.**

Goal – Train explosively

Wide grip lat pulls - These are the ones where you go very wide, let your scapulae stretch, and only pulldown to top of head. These will feel great after deads. 3 sets of 8. **3 total work sets.**

Goal – Supramax pump

Biceps 12 sets / Triceps 12 sets

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

Standing barbell curl - 2-3 warm up sets of 10 reps. Then 5 sets of 8 reps with a 3 second descent. I want you to rest 45 seconds between sets on these. **5 total work sets.**

Machine curls - 3 sets of 15 reps with a hard flex at top. **3 total work sets.**

Hammer curls - 4 sets of 12 reps. **4 total work sets.**

Rope Pushdowns - 2-3 warm up sets of 10 reps. I want you to go heavy on these, and really focus on flexing hard at bottom. 6 sets of 6 reps, once you get up to a heavy weight. **6 total work sets.**

Dips between benches - 2 sets to failure. Would like for you to put weight on your lap. **2 total work sets.**

Lying ez bar extension/skullcrushers - Focus on stretching good on these. Keep elbows up. **4 sets of 10 reps.**

Calves 10 sets

Standing toe raises - 2 warm up sets of 20 reps. Find a weight that is a hard 15 reps. Do 15 reps, and rack it. Count to 10 then go again. I want 10 sets like this. They will be pumped when you are done. Make sure yo stretch good at the bottom. **10 total work sets.**

Abdominals– 8 sets

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 7 overall – High volume

Legs - 17 sets:

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

Stretch hams hard for 30 seconds each

Goal – Activate and pump hams

Leg press – Do as many sets of 10 moving up in weight as you need to get really warmed up. First set is a really hard set of 15 reps. Use 3 seconds down, then drive up like a piston firing but do not lock out. Do one more set with the same weight for 15 again. For 3rd and last set, do the exact same weight and 3 second negative for 12 reps, then drop the weight and do 10 more reps with 3 second negative, then drop the weight and do 8 more reps with 3 second negative...then drop more weight, and lower at regular speed (no more 3 second descents), but go real deep to stretch out the teardrop at the bottom...should be on fire. **3 total work sets.**

Stretch quads hard for 30 seconds

Goal – Activate and pump quads

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

Stretch quads hard for 45 seconds

Goal – Supramax pump

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

Stretch quads hard for 60 seconds

Goal – Supramax pump

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

Stretch hams hard for 45 seconds

Goal – Work muscle from stretched position

Chest - 16 sets & Shoulders – 8 sets:

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

Goal – Activate and pump pecs

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

Goal – Supramax pump

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

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

Goal – Train explosively

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

Goal – Work muscle from a stretched position

Shoulders

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

Goal – Supramax pump

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

Goal – Supramax pump

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

Goal – Supramax pump

Back - 17 sets:

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

Goal – Train explosively

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

Goal – Supramax pump

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

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

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

Goal – Supramax pump

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

Goal – Work muscle from a stretched position

Arms - Biceps - 14 sets & Triceps 12 sets:

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

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

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

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

Seated dumbbell extensions and EZ bar preacher curls. - Sit down with a heavy dumbbell and lower behind your head. Pause at the stretched position, and really let your tris stretch hard. Do not come all the way up, just come up 3/4 of the way. Stretch really hard on these. After all the contracting on the pushdowns and dips, these should feel great. Same with biceps, you are going to do preacher curls. After all the

squeezing this stretch will feel real good. Lower the bar almost all the way down, not quite to lockout though, then come up and flex for a split second and go back down. Lower the weight with a 3 second count on these. The superset will be 8 reps on the dumbbell extension for tris, and 8 reps for the preacher curls. Do 4 rounds total. This hits that medial head of your tri near your elbow - gives your tricep an overall thicker look, and preacher focus on the lower bi and upper forearm in particular. **8 total work sets via 4 supersets.**

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

Calves - 8 sets

Seated calf raises - 2 warm up sets. Do 4 sets of 15 with a good weight, try to get up high and squeeze, and stretch at the bottom. After these 4, do two more sets where you actually relax completely at the stretched position. It will stretch the crap out of your achilles, and loosen it up. Don't use a heavy weight though. No need to get crazy and hurt something. On these do not come up all the way. Do 2 sets of 10 reps. The stretching will help you get a better range of motion which equals more muscle for calves, and it will also allow you to go deeper on your squat, as your achilles won't be so tight that your heels come up when going deep. After your last set, try this, squat down, you will find it very easy to get deep with a looser achilles. Tom Platz taught me this as one of his tricks to squatting deep. It works.

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

Abdominals— 8 sets

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 8 – High volume

Legs – 18 sets:

Lying leg curls – 2-3 warm up sets. I want you to do a standard pyramid of 15, 12, 9, and 6 reps. On the last set when you do 6 reps, then I want you to drop the weight in half and crank out another 20 reps. **4 total work sets.**

Squats – Work your way up doing sets of 6 after a few higher rep warm up sets. Go to just above parallel on these again. Just do sets of 6 all the way up until you have a tough set. We'll count the last 3 sets as work sets. **3 total work sets.**

NOTE: On these I actually used a Buffalo bar. It was interesting, a big thick bar for sure.

SUPERSET

Leg extension – Do heavy sets of 10 reps with a 1 second flex.

Then immediately go to

One Leg press – On these do 5 reps with one leg, 5 on the other, and just keep alternating until you have done 20 total on each leg.

I have video of the entire superset on my YouTube channel fyi.

8 total sets via 4 supersets.

Barbell stiff legged deads – Do 3 sets of 15. Go nice and slow and get your hams stretched out. This will put the finishing touches on you for the day. **3 total work sets.**

Chest - 13 sets / Shoulders – 9 sets / Triceps – 7 sets

Machine press – After a few warm up sets, just do sets of 8 all the way until you can barely get 8. Get a full range of motion with a hard flex at the top of each rep. We'll count the last 3 sets. **3 total work sets.**

Incline barbell press – Move to a little higher reps this week. Pyramid up doing sets of 10 reps, until you can barely or just miss 10 reps. We'll count the last 3 sets. **3 total work sets**

Reverse band bench press – Work your way up like you usually do doing sets of 5, and then when you get to a tough weight, do 3 more sets with it (so 4 total). **4 total work sets**

Dumbell bench press – Use a moderate dumbell. Use a weight that you can get around 8 to 10 reps with. On each rep pause at the bottom, and really stretch (lift your sternum up to accentuate pec stretch). Drive up to $\frac{3}{4}$ lockout. **3 total work sets**

Rope pushdowns – Do 4 sets of 10 with a hard flex at the bottom. Use the Grip4orce attachments. **4 total work sets**

Lying extensions—Keep your elbows up high. I actually used kettlebells on these and they felt great. Kick the bell out, and not right above you. Do 3 sets of 10.**3 total work sets.**

Dumbbell bent over raises – Do hang and swing style this week with a heavy weight. Swing 3 sets of 30 reps. Feel free to lay face down on an incline utility bench if you like. **3 total work sets.**

Banded face pull/rear delt pull – Do 2 sets of 25 with a hard flex at the contracted part of the movement. **2 total work sets.**

Dumbbell side laterals – Go a bit heavy and use a little momentum. At this point, your shoulders will still get fried. Do sets of 6, but only take 45 seconds between sets. Do 4 sets total.**4 total work sets.**

Back - 18 sets

Tbar row— These are the old school version with the bar stuck in a corner and you use a close grip attachment around the bar. You can use a standard Tbar too. Do 2-3 warm up sets, and then hammer out 4 sets of 8 reps with a good weight. Drive with your elbows and use your lats. **4 total work sets.**

Low cable rows – On these pull the close grip attachment a little higher than normal (high on stomach) so we get some extra trap and rhomboid work. Do 4 sets of 10.**4 total work sets.**

Wide grip pulldowns (partial)—These are the heavy version where you only lower to top of forehead. Stretch out big time!! Do 3 sets of 8.**3 total work sets**

Deficit deadlifts— I want these to be lighter in weight and for you to accelerate, not super heavy where you can barely grind out each rep. Do 4 sets of 5. **4 total work sets.**

Banded hyperextension – 3 sets to failure. Your lower back should be on fire when you finish these.**3 total work sets.**

Biceps - 12 sets / Triceps - 12 sets

Superset #1

Rope pushdowns w/ Grip4orce attachments – Do a few sets to get warmed up. Do 10 hard reps with a flex at the bottom of every rep.

Superset with

Barbell curl w/ Grip4orce—Do 8 reps on these.

Do 4 rounds. Only rest 30 seconds after the curls, then start again.

Superset #2

Hammer curl w/ Grip4orce—Do 10 reps on these.

Superset with

Dip machine – Do these with a real slow negative. Do sets of 8.

Do 4 rounds. Only rest 30 seconds after the curls, then start again.

Superset #3

Reverse grip pushdown— Check out my YouTube vide on these to see how I do them. I want you to lean forward and down and let the bar come behind your head so you get maximum stretch on these. Do sets of 15 reps.

Superset with

Reverse EZ bar curls—Do 10 of these without using the Grip4orce.

Do 4 rounds.

Calves - 4 sets:

Standing calve raises— Do a straight pyramid on these. Do sets of 10, and just keep going until you can barely get 10. Do 3 sets of 10 with this weight, and after each 10 do 10 reps out of the bottom only coming up half way to work the stretch. **3 total work sets.**

Seated calve raises – I want you to do 100 reps...just get them. Drop the weight if you need, do fored reps, whatever you need to do to get 100 reps. **1 total work set.**

Do 2 times this week on whatever days you want. This is the same as last week.

Abdominals— 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 9 – High volume

Legs – 17 sets:

Seated leg curls – 2-3 warm up sets. Do a pyramid with the following rep scheme – 15, 12, 9, and on the 4th set do 6, drop the weight and do 6 more, and then drop the weight again and go to complete failure. **4 total work sets.**

Squats – With a regular barbell, work up in weight doing sets of 8. Form is to go to parallel with your strongest stance. I want you to try something a little different this week. When you hit parallel STOP for 1 second, and then drive back up. This is not with a box either. Obviously you can't use the weight you normally would with this technique. This is really good for adductors similar to the 3 second descents, and the hold creates a high level of tension as well. You should have a nice pump from these. Do 4 sets of 8 like this. **4 total work sets**

Banded leg press – With a slightly wider than shoulder width foot placement and medium high on platform, crank out 3 sets of 8 with a tough weight. Lower the weight slowly and then blast it out of the bottom! **3 total work sets**

Smith lunges – Do 3 sets of 15 on each leg. Take your time between sets, your legs will be on fire. **3 total work sets.**

Barbell stiff-legged deads – Let's work the stretch now, but still come all the way up and flex glutes. So use a good full range of motion with 25 lb plates. Do 4 sets of 10. **4 total work sets.**

Chest - 12 sets / Shoulders – 12 sets / Triceps – 4 sets

Banded hammer press – This is the same as last week - As usual, I prefer the flat, then decline, then incline in that order. Remember too, for flat and decline don't let your elbows travel past 90 degrees. Do 3 sets of 8 once warmed up. **3 total work sets.**

Use one pair of red pro minis for these.

Flat dumbbell press – Ok let's work up to a heavy weight. Do sets of 8 all the way up until you can't get 8. We will call that 3 sets. Make you sure you get a nice full stretch at the bottom, but don't lock out, just go to $\frac{3}{4}$ lockout so we keep constant tension with a heavy weight. **3 total work sets.**

Banded bench press – On these let the barbell sit on your chest for 1 second and then blast it up against the band tension. You can lower a little faster than usual. Try to be very explosive on these. Do 5 sets of 5. Hold the flex for 1 second at the top. **3 total work sets**

Use one pair of red pro minis for these.

NOTE: If you have chains, do those instead. Use 2 sets of chains on the inside of the weight for all sets. Also, with chains, do NOT lock out, just go to $\frac{3}{4}$ lockout.

Stretch pushups w/ weight on your back – You can have someone apply tension so your back as you go down (not up), have them steady a dumbbell or plate on your back, or even throw 2 chains across your back. Sink these deep and come up to $\frac{3}{4}$ lockout. Do 3 sets to complete failure. **3 total work sets**

Machine rear delt raises (reverse peck deck) – Pyramid on these. Do 25, then 20, then 15, then 12, going up in weight each time. Hold the flex for 1 second on each rep. **4 total work sets**

Dumbbell side laterals – Actually I want you to use the form where your raising the dumbbells to 10 and 2 o'clock position, so in the middle of a side and front raise, but not either. Raise the dumbbells to eye level too. Do 4 sets of 1 on these with perfect controlled form. **4 total work sets**

Cage press – One more time on the cage press this week! Do 4 sets of 6 pyramiding up. Remember to wear a belt, and stagger your stance. So you know my thought process, I do like to do a press (love these) for the rare occasion when we don't do incline barbell presses, as this seems to keep shoulder width better. **4 total work sets**

V bar pushdowns – Pyramid up to a heavy weight. Do sets of 10 and just keep going up. Once you get to where you can barely do 10, do a crazy drop set. Drop a few plates each time, and keep doing sets of 6 to 8 until you have done 4 or 5 drops. We'll call this 4 sets total. **4 total work sets**

Back - 20 sets

Chin up death – After a warm up or two, do 2 sets to failure with a wide grip, then 2 sets with a medium (a little wider than shoulder width grip, then 2 sets with a close grip where your palms face each other. **6 total work sets.**

Meadows row – Really go after the stretch on these. Do 4 sets of 8. Make sure you keep the hip on the side you are lifting with a little higher than the other hip so you are sort of cockeyed and can get more of a pre-stretch on those lower lats to engage them more. **4 total work sets.**

Dumbbell Pullovers – Four sets of 10. Lower the weight slowly and feel your lats stretching big time. **4 total work sets.**

Underhand grip pulldowns – the same as last week. Use an underhand grip on these. Space your hands out to wherever you feel most comfortable on your wrists. Drive your elbows down and squeeze your lats hard. Let's do 3 sets of 8. **3 total work sets.**

Banded hyperextension – 3 sets to failure! **3 total work sets.**

Note: If you have a reverse hyper machine, do 3 sets of 12 there.

Chest - 10 sets / Shoulders – 10 sets (5th day) – Unless getting ready for a show (within 16 weeks) skip this!!!!!! Remember this is the time when overall weekly volume comes down.

Machine press – After warm ups pyramid up using a rep scheme like this, 15, 13, 11, 9, and 7. On each rep get an awesome stretch at the bottom, and flex at the top for just a split second.

Supersetted with

Dumbbell bent over side laterals – 5 full range of motion sets of 15 reps here!

Do 5 rounds for 10 total sets.

Pec minor dips – Do sets to failure.

Supersetted with

Spidercrawls – Going up and down 4 times is one set.

Do 5 rounds for 10 total sets.

Biceps - 13 sets / Triceps - 12 sets

Standing dumbbell curls w/ Grip4orce – Keep your palms up the entire time. Do 3 sets of 8 once you are good and warmed up. **3 total work sets**

Barbell curls w/ Grip4orce – Do 4 sets of 8 with perfect form squeezing the heck out of the Grip4orce. **4 total work sets**

EZ bar reverse curls – Do 3 sets of 15 on these. Bring your forearms up past 90 degrees to get a fuller range of motion and lower it slowly (3 second count – it will be TOUGH. **3 total work sets**

Barbell preacher curls – 3 sets of 8 again with a nice slow negative and flex hard at top. **3 total work sets**

Rope pushdowns – On these do 10 reps, and try to go increasingly heavier each set just like last week. Do 4 sets. **4 total work sets**

Cable extensions – This is a new exercise in our triceps program. I will have the video up on YouTube this weekend. Just take the rope off the pushdown you were using, and literally grab the cable toward the end facing away from the machine and let your arms come across like those old L-extensions we did a while back. The video will show you better. They are easy. I like these because they are an extension, but not so hard that you have to wait until your 3rd exercise to do them. They are still not good to do first, and seem best done with a really good pump to me. I like the range of motion too, it's huge, plus these are really easy to do partials on. Do 4 sets of 10, and on each set add on 5 partials at the end. **4 total work sets**

Incline EZ bar lying extensions/skullcrushers – Do 4 sets of 15 here as you did last week with a moderate weight. **4 total work sets**

Calves - 5 sets:

Do this 2 times this week.

Standing calf raises – Go back to the protocol where we do 10 reps, hold an flex at top for 10 seconds and repeat 2 more times for 1 set. After doing the heavy work for several weeks, this should shock the hell out of your calves. Do 3 sets like this. **3 total work sets.**

Seated toe raises – 2 sets of 25 with perfect form. A good stretch, and good contraction at the top. When you can't fully contract, do partials out of the bottom. **2 total work sets.**

Do 2 times this week on whatever days you want.

Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 10 – Moderate volume

Legs – 10 sets:

Seated Leg curls - 2 warm up sets of 10. Then 2 sets of 10 reps. Let your legs straighten on each rep - rest/pause then curl weight. On your 3rd last set, I want you to add some weight and do 6 reps, then drop the weight and do 6 more, and then one more drop for another 6 reps, and then lastly do 25 more partials out of the stretched position. **3 total work sets.**

Goal – Activate and pump hams

Squats - 2-3 warm up sets of 12-15 reps working your way up, and then find a weight you can do for 12 reps. I want you to have perfect form on all 12 reps. Next I want you to go up a little bit more and hit a set of 10 reps. For your 3rd and final set, I want you to add some weight and do a really hard set of 8. On all these reps, go to just below parallel. **3 total work sets.**

Goal – Supramax pump

Hack squats - 1 set to get used to movement, then 1 drop set. Use a weight you can rest pause on the bottom for 8 reps. Drop some weight and hit another 8 rest pauses out of the bottom. Next drop some more weight and do another 8 rest pauses out of the bottom. I want a just wider than shoulder width stance and medium high foot placement on platform for quad sweep. **1 total work set.**

Goal – Supramax pump

Smith machine lunges – 1 double set of 10 reps on each leg. Work your range of motion so you can get a nice stretch. So do 10 reps on one side, and then 10 on the other, but don't rack it, that's just half the set.

Then go back to the first leg and do 10 more, followed by the last leg for another 10. So it's 20 total reps per leg. **1 total work set.**

Goal – Supramax pump

Hyperextensions for spinal erectors, hams and glutes - Do 2 sets to failure. On every rep squeeze your hams and glutes as hard as you can. Hold a moderate dumbbell (I hold a 40) while doing first 15 reps, or *you can use bands* hooked to the hyper bench. I have YouTube video of this on my channel. On the bands, hold and flex spinal erectors at top for 1 second..they are insanely brutal. The bands are my favorite way to do these. **2 total work sets.**

Goal – Supramax pump

Stretch hard after last set squats, and after hard set of hacks, and lunges.

Chest - 13 sets & Shoulders – 8 sets:

Machine flyes - 2 warm up sets of 10 reps. 4 sets of 10 with a 2 second flex at the contracted part, followed by 8 more partials out of the bottom (don't lock these out – just keep the weight moving and your pecs burning). **4 total work sets.**

Goal – Activate and work muscle from a stretched position

Barbell Incline press – take as many warm ups as you need then work your way up to a strong set of 6 reps. Do 3 sets of 6 reps with perfect form and do them explosively. On all of these sets I want a 3 second descent. All reps should be hard, but smooth and strong. **3 total work sets.**

Goal – Train explosively

Flat dumbbell twist press - 4 sets of 10 reps. On these start in a "normal" press position, and twist your wrists on the way up so that your pinkies are beside each other in the contracted part. After you do 10 reps, I want you to do 10 more partials out of the bottom on the last set only. **4 total work sets.**

Goal – Supramax pump

Incline hammer strength – Do one drop set with partials again. Use a weight that allows for 8 reps. The reps are taken to $\frac{3}{4}$ lockout only. Do 8 then drop weight and do 8 more. After this keep the same weight on there, and do 25 partials out of the bottom to knock your pecs into oblivion. **2 total work sets.**

Goal – Supramax pump

Dumbbell side laterals - On these, you are going to take your arms up to a 10 & 2 o'clock position, so higher than normal, and try to hold for a second. Give me 6 sets of 12 reps. I love these. If you really focus on your delts, they will be on fire. **6 total work sets.**

Goal – Supramax pump

Machine rear laterals – 1 crazy set. Find a weight you can do 30 reps with. Do 30 reps, and decrease the weight. Do another 20 reps with this weight. Lastly drop some weight, and finish with another 15 reps for a total of 65 reps. Now do 1 more heavy set of 8 as a second set after you rest for a few minutes. Your rear delts should be jacked the 75% up. **2 total sets.**

Goal – Supramax pump

Back - 18 total sets

Deadstop dumbbell rows – 2-3 warm up sets of 10 reps. 3 sets of 15 reps with a heavy weight. Let the dumbbell sit on the ground in between each rep and then drive up hard. Try to use a weight you normally use for 10 reps. Make yourself work for that last 5 reps. **3 total work sets.**

Goal – Train explosively

One arm barbell rows – Crank out 3 sets of 8 ok. Let your arm stretch down so you can feel your scapulae stretch! **3 total work sets.**

Goal – Supramax pump

Dumbbell Pullovers - lay on bench, not across it, and let head hang off edge to facilitate a better stretch. 4 sets of 15. **4 total work sets.**

Goal – Work muscle from a stretched position

Dumbbell Shrugs - Grab a heavy weight and do 4 sets of 12. On each rep hold and squeeze for a 3 count at the top. **4 total work sets.**

NOTE: Women do 4 sets of 12 of front lat pulldowns with a wide grip.

Goal – Supramax pump

Close grip pulldowns – Use a moderate weight and hit these ultra strict. Drive your elbows down and flex your lats, especially your lower lat, very hard. Do 4 sets of 8. **4 total work sets.**

Goal – Supramax pump

Biceps 12 sets / Triceps 12 sets

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

Hammer curls superset with rope pushdowns- 2 warm up sets each of 15 reps.

Superset 1

3 rounds of this combo On the hammer curls, try to go a little heavy today, squeeze the dumbbells too as you are curling. Do sets of 8 on this. Then on the pushdowns, pyramid up. Start with 15 reps, then keep adding weight and going to failure (with good form). Reps should be something like 15, 12, and then 9. **8 total work sets via 4 supersets.**

Superset 2

Barbell curls superset with Machine dips- On the curls lower the bar with a 3 second decent. Do sets of 8 reps. On the machine dips, pyramid up with a 12, 9, and 6 rep scheme. So 3 round total. **8 total worksets via 4 supersets.**

Superset 3

Ez Bar preacher curls superset with dumbbell lying extensions- On the preacher curls do sets of 6, and hold and flex every rep at the top for 2 seconds. On the extensions, lay on the bench so that your head is hanging off. You will be able to lower the dumbbells lower, and get a better stretch. Hit sets of 10 on these. 3 rounds off this to finish off arms. **8 total worksets via 4 supersets.**

Calves 6 sets / Abs 8 sets

Standing raises - Use a heavy weight for 4 sets of 8 reps working the stretch part of the movement. Only take 45 second rest breaks. **4 total work sets.**

Seated Calve raises - 2 x 20 with a 1 second stretch at bottom. **2 total work sets.**

Abdominals– 8 sets

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 11 – Moderate Volume

Legs - 16 sets:

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

Goal – Activate and pump hams

Squats - I love the way these feel with pumped hams. Do 3 sets of 10 to warm up, then do 5 sets of 5. Here is what I am thinking here. I want to go lower in reps with the heavier weight, but I want you to do more overall reps via more sets....so a Volume approach in terms of the heavy weight. Sometimes people just think about volume in terms of total number of sets, you can also think about volume in how you many total reps you get with a heavy weight. I sometimes get more of a beating from doing 25 total reps over the course of 5 sets with say 400 pounds with perfect form, then grinding out 1 set of 15 with it, with less nervous system exhaustion, so it's good change up to add variety.

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

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

Goal – Activate and pump quads

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

Goal – Supramax pump

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

Goal – Work muscle from a stretched position

Chest - 16 sets & Shoulders – 8 sets:

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

So with that in mind I started with this superset.

Cable crossovers with 1 second flex at bottom and a

Modified dumbell flywith a real deep stretch

For the crossover pull the handles across the middle of your torso, not real low...I want you to activate the middle part of your chest too, not just lower and outer...then on to dumbbells. On the dumbbells it's like you are doing a flye, but when you come up you only let your arms get to the 10 o'clock and 2 o'clock position, then come right back down. It's constant tension. Really emphasize the arch in your chest while doing these, keep your sternum lifted.

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

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

Goal – Activation and supramax pump

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

Goal – Train explosively

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

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

Goal – Train explosively

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

Goal – Supramax pump

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

Goal – Supramax pump

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

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

Goal – Supramax pump

Back - 16 sets:

Single arm cable rows - After 2 warm up sets you want to find a weight that is hard for 12 reps. Do your first set with that. Remember what I said about really driving your elbow back hard at the contracted part of the movement, it makes a huge difference. You should feel a cramp type feeling the contraction is so hard. Add some weight for your next set and do 10 reps. Same thing for third set and do 8 reps. I have

video of these on my website and YouTube channel. I position my feet a little differently to get a good stretch. **3 total work sets.**

Goal – Activate lats

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

Goal – Train explosively

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

Goal – Worm muscle from a stretched position

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

Goal – Supramax pump

Dumbbell shrugs - grab some really heavy dumbbells. Do 10 reps with a 3 second squeeze at the top. Rest for 45 seconds and do more to failure with this form. Rest 30 seconds and then pump as many as you can out without the hold at the top. That's just one set. Your traps should be on fire. Do this twice. **2 total work sets.**

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

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

Goal – Supramax pump

Arms - Biceps - 13 sets & Triceps 14 sets:

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

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

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

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

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

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

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

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

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

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

Calves - 9 sets

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

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

Abdominals– 8 sets

Do this 3 x this week minimum!

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 12 – Low Volume

Legs – 15 sets:

Seated leg curls – 2-3 warm up sets. Pyramid up. Rep scheme is 20, 15, 12, 9, and 6. Just straight sets this week. No partials or drops. **3 total work sets.**

Squats – Work your way up doing sets of 8. I want you to use a 3 second descent this week on all of your reps here. The heavier it gets, the more steady and in control you get. Keep moving up with the sets of 8 until you get a weight you can barely get 8 with. We will call this 4 work sets. Use your strongest stance, and go down to right around parallel. **3 total work sets**

Leg press – Again, a nice and heavy pyramid on these. Do sets of 8 with a 3 second descent on these as well. Just keep going up until you can barely get 8. Well call this 4 sets. **3 total work sets**

Leg extensions – Ok, you knew at some point we would go crazy. Here we go. Use a very heavy weight and kick hard for 12 reps. On the next set do the same thing but tack on 10 partials after the 12 reps. On the 3rd and final set, kick 12 reps, drop the weight and kick 10 more, and then tack on 10 partials for the final teardrop smash. **3 total work sets**

Stiff legged deads – Do 3 sets of 10. Work the sets hard, and come all the way up and flex your glutes on each rep. **3 total work sets**

Chest - 12 sets / Shoulders – 12 sets / Triceps – 4 sets

Machine press – Do plenty of warm ups and then work your way up doing sets of 8 like last week. When you get to the last set of 8, go balls out and see if you can do something insane. I usually do our whole stack for around 8, but I did 15 on this day. We'll call this 3 work sets. **3 total work sets.**

Decline smith press – We are going to repeat these this week, but move them up in the order. See if you can crush whatever weight you did last week. Really focus on a good controlled negative, especially on the heavier sets. Do sets of 8 all the way up until you can't get 8. Drive to $\frac{3}{4}$ lockout. **3 total work sets**

Incline dumbbell press – On these I want you to lower the dumbbell as far as you can and get a massive stretch and then blast up to 3.4 lockout and then right back down. Do 4 sets of 8 like this. The stretch is key. **4 total work sets.**

Stretch pushups – 3 sets to complete failure! **3 total work sets**

Bent over dumbbell raises – Do 6sets of 15 on these with a full range of motion and only 60 second breaks. **6 total work sets**

6 ways – 3 sets of 10! **3 total work sets**

Cage press – Work up to a tough weight and do 3 sets of 5 with it. Set the bar on the pins and blast it up. Explode with the weight. **3 total work sets**

Vbar pushdowns – Do 6 sets of 10 with 60 second breaks. You don't need to flex hard, just keep grinding away with constant tension. **4 total work sets**

Back - 18 sets

Wide grip pulldowns – Just regular pulldowns to the front. Bring these down low to your chest. Lean back a hair, and drive/ram your elbows down and flex your lats at the bottom. Do 4 sets of 8. **4 total work sets.**

Dumbbell Pullovers – Four sets of 10. Lower the weight slowly and feel your lats stretching big time. **4 total work sets.**

Dumbbell shrugs – Go as heavy as you can and still get a 1 second pause at the top. 3 sets of 10. **3 total work sets.**

Banded hyperextension – 3 sets to failure! **3 total work sets.**

Note: If you have a reverse hyper machine, do 3 sets of 12 there.

Biceps - 12 sets / Triceps - 13 sets

Barbell curls w/ Grip4orce – After plenty of warm ups do 5 sets of 8. **5 total work sets**

Hammer curls – Use a little lighter weight than usual and go full range of motion. So let your arms straighten at the bottom, and then come up and flex. Rest 60 seconds between sets. Do 4 sets of 10. **4 total work sets**

Barbell preacher curls – 3 sets of 8 again with a nice slow negative and flex hard at top. **3 total work sets**

Rope pushdowns w/ Grip4orce – Get plenty of warm ups then do sets of 10 moving up in weight until you can't get 10. We'll count this as 3 sets. **3 total work sets**

Dip machine (seated) – Do these slow as usual. I want a nice 4 to 5 second eccentric/descent, then drive down but don't flex, start the descent again real slow. Do 4 sets of 15 like this. **4 total work sets**

Cable extensions – Now with a massive pump in our tris we do the cable extensions. Get 8 or 10 nice full range of motion reps, then use your opposite arm to help extend your arm (lock it out) for another 4 to 5 forced reps. Do 6 sets of these and your tris will be shot. **6 total work sets**

Calves - 7 sets:

Do this 2 times this week.

Standing calve raises – Do 10 reps, hold an flex at top for 10 seconds and repeat 2 more times for 1 set. Do 4 sets like this. **4 total work sets.**

Seated toe raises – 2 sets of 20 with perfect form. A good stretch, and good contraction at the top. When you can't fully contract, do partials out of the bottom. **2 total work sets.**

Do 2 times this week on whatever days you want.

Abdominals— 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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