

Mountain Dog Training – Program Y

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

Weeks 1-3

Day 1

Legs and speed squats

Lying leg curls – After warm ups, pyramid up using this scheme 15, 12, 9, and 6 reps.

Each week I want you to add 5 lbs to each set, but keep the reps the same. At the end of the 4th set, add on 20 partial reps for additional pump and bloodflow into hams.

4 total work sets.

Speed squat – I want you to figure 50% of your max ok. So if your squat is 450 right now, figure 225. If your speed doesn't feel great off the box, go down to 455 ok. We want speed. "Slow" lifters need a lower % to develop speed more than you will. In week 3 we will work up toward another max after your speed sets. The difference this time around is going to be box height. In program x, you hit parallel on a box. This time you are going to break parallel, and go 2 or so inches below that.

Each week I want you to go up 10 lbs.

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

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

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

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

8 total work sets

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

Here is the band progression on the leg press:

Week 1 – One set of monster minis on each side (the long black bands)

Week 2 – One set of light bands on each side (the long thick orange bands)

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

3 total work sets

Chain lunges – I want 10 paces on each leg. Start with one chain draped over your back. Add another for the 2nd set if you can, and then another IF you can. **3 total work set**

Next week we go to 15 reps, and then week 3 we go to 20 reps per set.

These will rotate out with leg extensions in weeks 4-7.

Day 2

Chest & Triceps

Banded hammer press – These are awesome for developing strength and explosiveness. I have a video on my YouTube on how to hook bands up to flat hammer. If you don't have a flat hammer, use a decline, and if not that, use an incline hammer press. For the flat and decline hammer press, do NOT let your elbows come back past 90 degrees. We need to keep your shoulders safe. Drive hard against the bands and flex at the top. Do 6 sets of 4 once you reach a tough weight. Don't get sloppy! Flex hard and fight the bands.
4 total work sets

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

These bands are TOUGH on chest. Just train them explosively and keep reps at 4.

Add 5 lbs a side in weeks 2 and 3. The bands also give you extra eccentric work (they pull back against you).

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

In week 2, do the same for sets of 5.

In week 3, do the same with sets of 4.

If you have a Fat bar, I want you to use it on these.

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

In week 2, do the same for sets of 4.

In week 3, do the same with sets of 3.

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

In week 2, do the same for sets of 6.

In week 3, do the same with sets of 4.

Vbar pushdowns - Just your standard heavy pushdowns. Let the bar ride up pretty high, so that the medial head of your tri (by your elbow) gets worked hard. You do not have to lock these out at the bottom. Do 5 sets of 10. Rest between sets is 90 seconds. **5 total work sets.**

In week 2, rest between sets is 60 seconds.

In week 3, rest between sets is 45 seconds.

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

Day 3 – OFF

Day 4

Back

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

In week 2 beat the time you had in week 1, and the same with week 3.

Meadows rows - 2 warm up sets then 4 x 8. Just some good ole grinding on these. rest 2-3 minutes between sets. **4 total work sets**

In week 2, rest between sets is 90 seconds.

In week 3, rest between sets is 60 seconds.

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

Dumbbell dead stop rows – Do these explosively! Do 3 sets of 8. **3 total work sets.**

Add 10 lbs per week in weeks 2 and 3.

Dumbbell pullovers - 3 x 12. **3 total work sets.**

Add 5 lbs per week in weeks 2 and 3.

Dumbbell shrugs - hold the dumbbells for 3 seconds at the top of EVERY rep. Do 3 x 10. **3 total work set.**

In week 2 do 2 extra reps. In week 3 do 4 extra reps.

NOTE: I would prefer you do these with a trap bar if you have one.

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

Banded hyperextensions - Hold onto a band and go to failure. Do 3 sets like this. **3 total set.**

In week 2 and 3, add an extra band each week. So you should have 3 bands in week 3 you are pulling against.

Day 5

Speed bench and shoulders

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

In week 2 go up 5 lbs, and do the same in week 3.

Dumbbell side laterals – Go very strict on these. I want you to do 3 sets of 12. **3 total work sets**

In week 2 try to get an extra rep, and in week 3 do an extra 2 reps.

Machine rear laterals (rear peck deck) – Rear delts are extremely important in stabilizing a good bench. We are going to work them like dogs. Do the following rep scheme → 25, 20, 15, 12, and 9. **5 total work sets**

Use the same rep scheme, but use 10 lbs extra in week 2 and 5 lbs extra in week 3.

Spider crawls – Go up and down the wall 3 times for each set. Use the short red mini band. **3 total work sets**

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

In weeks 2 and 3 max out on these again!

Day 6

Biceps & Triceps

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

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

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

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

Hammer curl w Grip4orce – Do sets of 8 full reps and then 8 partials out of the bottom. Do all reps on one arm, and then do the other arm. Use the Grip4orce this time. **4 total work sets.**

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

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

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

Calves

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

Abdominals– 8 sets

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

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

Weeks 4-6

Day 1

Legs and speed squats

Lying leg curls – After warm ups, pyramid up using this scheme 15, 12, 9, and 6 reps.

Each week I want you to add 5 lbs to each set, but keep the reps the same. At the end of the 4th set, add on 6 forced reps from a partner or drop the weight and do 8 additional reps (if you don't have a partner) for additional pump and bloodflow into hams.

4 total work sets.

Speed squat – I want you to figure 55% of your max ok. In week 6 we will work up toward another max after your speed sets. The last cycle was done below parallel on a box, now let's get back to going parallel.

I would prefer you use a different bar this 3 week cycle, especially the safety squat bar, if you have one.

Each week I want you to go up 10 lbs.

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

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

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

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

8 total work sets

Leg press – I want you to find a good weight you can do 3 sets of 15 with. Your stance should be medium high and medium wide. **3 total work sets.**

NOTE: No bands this cycle – I believe that overuse of bands can create overtraining. 3 weeks is a safe time frame to use them as we did in weeks 1-3.

If you do not have a leg press do Bulgarian split squats for 3 sets of 15 each week on each leg.

3 total work sets

Leg extensions – I want you to use a heavy weight and hold the flex for 1 second at the top flexing as hard as you can! Do 3 sets of 10. Each week try to get 2 extra reps! **3 total work set**

In week 5, do the same for sets of 12.

In week 6, do the same with sets of 14.

If you do not have a leg extension do lunges with dumbbells for 3 sets of 10. Do them heavy, go slow, and focus on form.

Day 2

Chest & Triceps

Dumbbell press – On these work your way up slowly to ensure you are good and warmed u doing sets of 8. Keep going until you get to a weight you can barely do 8 with. We will count this as 3 work sets. We are going to slightly change the angle each week. **3 total work sets**

In week 5, do the same on a slight incline

In week 6, do the same on a slight decline

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

In week 5, do the same weight, but shoot for 7 reps a set!

In week 6, do the same weight but shoot for 8 reps a set!

Reverse band bench press – I still love these. These are flat out awesome for size and strength. Work up to a heavy set of 5. I want it heavy, but I want the reps to be solid ok. Do 5 sets of 5 with a good weight. **5 total work sets**

In week 5, do the same for sets of 4. Try to use more weight than last week.

In week 6, do the same with sets of 3. Try to use more weight than the previous week.

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

In week 5, do the same for sets of 6. Try to use more weight than last week.

In week 6, do the same with sets of 4. Try to use more weight than the previous week.

Rope pushdowns - Just your standard heavy pushdowns. On these flex and hold at the bottom for 2 seconds on each rep. I want 5 sets of 10. **5 total work sets.**

In week 5, rest between sets is 60 seconds.

In week 6, rest between sets is 45 seconds.

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

Day 3 – OFF

Day 4

Back

Lat pulldowns – Do these to the front, and let them stretch you out at the top of the movement. Get a really good lat stretch. Warm up good, then do 4 sets of 8 reps. **4 total work sets.**

In week 5, try to add a bit of weight.

In week 6, also try to add a bit of weight.

One arm barbell rows - 1 warm up sets then 4 x 8. Just some good ole grinding on these. rest 2-3 minutes between sets. **4 total work sets**

Note: If you have the Meadows row handle, use it on these with 10lb plates to get a good ROM.

In week 5, try to add a bit of weight.

In week 6, also try to add a bit of weight.

Dumbbell pullovers - 3 x 12. **3 total work sets.**

Add 5 lbs per week in weeks 5 and 6.

Barbell shrugs - hold at the top for 3 seconds at the top of EVERY rep. Do 3 x 10. **3 total work set.**

In week 5 do 2 extra reps. In week 6 do 4 extra reps.

NOTE: I would prefer you do these with a trap bar if you have one.

Deficit deadlifts (bend your knees at bottom) – I want these to be fairly explosive ok. Don't use a ton of weight. I want your form to be PERFECT. Do 5 sets of 5. **5 total work sets**

Banded hyperextensions - Hold onto a band and go to failure. Do 3 sets like this. **3 total set.**

Day 5

Speed bench and shoulders

Speed bench – I want you to use 70% of your max. On each set vary your grip. Keep varying it every set an inch or so in and out. Remember, speed is the name of the game. Resist the urge to go heavier ok.

In week 5 go up 5 lbs, and do the same in week 6.

In week 6 I want you to work up to a solid single to see where your strength is at now!

Dumbbell side laterals – Go very strict on these. I want you to do 3 sets of 12. **3 total work sets**

In week 5 try to get an extra rep, and in week 6 do an extra 2 reps.

Band pullaparts – Do 4 sets of 15 with a 2 second pause in the contracted position of each rep. **4 total work sets**

Use a long orange micro mini band for these.

Spider crawls – Go up and down the wall 3 times for each set. Use the short red mini band. **3 total work sets**

Over and back press – Check out my YouTube if you need a form refresher on these. Do 3 sets of 10. Over and back equals 1 rep.

In weeks 5 and 6 try to add 5 lbs to your working sets.

Day 6

Biceps & Triceps

Rope pushdowns – Do as many warm ups as you need. Tilt your body down to a 90 degree angle so you get a bit more of a stretch, and don't worry about flexing in the contracted position. Use more of a pumping motion. Do sets of 15, and then on the last set do a massive drop set. You should get about 8-10 reps a drop, and do 4 drops.

Supersetted with

Cable curls – Do 8 full range of motion reps with a nice hard 2 second flex at the top of every rep. Also do a massive drop set on these too for your 4th set. Again, 8 to 10 reps a drop, and do 4 drops on the last set.

8 total work sets via 4 supersets

Hammer curls – Do these out to the side, not across your body. Do sets of 10 reps squeezing with your grip hard! On the last set, we do another drop set. Do 2 drops. So for example, do 30's for 10, 20's for 10, and 10's for 10, something like that.

Supersetted with

Reverse grip pushdowns – Lean down and into these to like you did the first pushdowns, just reverse your grip! Do sets of 12 here. Finish with a drop set that has 3 drops in it. Shoot for about 10 reps before doing each drop.

8 total work sets via 4 supersets

Decline lying extension/skullcrusher – Do sets of 8 here, with extremely strict form, and then on the last set, guess what – yes, drop set. Do 2 drops. So something like 8, drop and do 8, drop and do 8 again.

Supersetted with

Machine curl – Use any good bicep machine you want. Do sets of 8 squeezing every rep with all you can, and then finish with another triple drop set. Do 8, then 8, then 8 again. If you don't have a machine, try to simulate a preacher curl on these.

8 total work sets via 4 supersets

NOTE : You can stop for a bit on the 4th round after each drop set you do, to catch your breath for the drop set on the opposing muscle group.

Calves

Standing calf raise – After warming up, do your 10 reps, 10 second flex, 10 reps, 10 second flex, 10 reps, 10 second flex sets. Do 4 of these. Make sure you are really pushing hard and flexing on the 10 second hold. **4 total work sets.**

Do this 3 x this week.

Abdominals– 8 sets

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

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

Weeks 7-9

Day 1

Legs and speed squats

Lying leg curls – After warm ups, find a good weight and do 4 perfect sets of 10 reps. On the 4th set, I want you too add in 15 partials out of the stretch position.

Week 8 – Make the partials at the end of the 4th set 25 reps.

Week 9 – Make the partials at the end of the 4th set 35 reps.

4 total work sets.

Speed squat – I want you to figure 60% of your max ok. In week 9 we will work up toward another max after your speed sets. The last cycle was done going parallel. This cycle I want you to be slightly above parallel!

I would prefer you use a different bar this 3 week cycle, if you have one, if you have one, then the last 3 week cycle (so either straight bar, of safety squat bar – or if you are lucky like me, even a cambered bar or spider bar.

Each week I want you to go up 10 lbs.

You are going to do 8 x 3 on a box a few inches above parallel.

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

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

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

8 total work sets

Bulgairan split squats – I want 3 sets of 12 here. Try to work the stretch deeper and deeper each set as you loosen up. **3 total work sets.**

Week 8 – 3 x 14

Week 9 – 3 x 16

3 total work sets

Heavy barbell lunges – I want you to use a weight that you can take 8 steps with on each leg. These are standard walking lunges. **3 total work set**

Week 8 – Take 10 steps with each leg using the same weight

Week 9 – Take 12 steps with each leg using the same weight

Day 2

Chest & Triceps

Dumbbell press – On these work your way up slowly to ensure you are good and warmed u doing sets of 12. Keep going until you get to a weight you can barely do 12 with. We will count this as 3 work sets. We are going to slightly change the angle each week. **3 total work sets**

In week 8, do the same on a slight incline

In week 9, do the same on a slight decline

Reverse band incline bench press – You will love doing these on an incline! Work up to a heavy set of 5. I want it heavy, but I want the reps to be solid ok. Do 5 sets of 5 with a good weight. **5 total work sets**

In week 8, do the same for sets of 4. Try to use more weight than last week.

In week 9, do the same with sets of 3. Try to use more weight than the previous week.

Stretch pushups – Do 3 sets to failure. **3 total work sets**

In week 8, add 1 chain on your back

In week 9, add 2 chains on your back

If you do not have chains, have someone hold a dumbbell on your back, or use a long red pro mini band and wrap it around your body so that the push up is harder.

Rope pushdowns – Pump these. Do sets of 15 nonstop to get maximum blood flow in your triceps. **5 total work sets.**

In week 8, use a VBar

In week 9, use a different handle again. You can do these one arm at a time with a single cable pulley handle.

Decline lying extensions – Use a slight decline to do these. Don't lock these out, keep constant tension on your tris. Do 4 sets of 12. **4 total work sets**

In week 8, do the same for sets of 10. Try to use more weight than last week.

In week 9, do the same with sets of 8. Try to use more weight than the previous week.

Day 3 – OFF

Day 4

Back

Chins – Do these with a narrow grip (palms facing in). If you can't do at least 8 reps, simulate using a lat pulldown. Do 4 sets to failure. If using a pulldown, do sets of 12. **4 total work sets.**

In week 8, try to add a bit of weight.

In week 9, also try to add a bit of weight.

Meadows rows – Do 1 or 2 warm ups, then hammer out 4 sets of 8 reps. Get a good stretch, focus on driving with your elbows, and not pulling with your arms. **4 total work sets**

In week 8, try to add a bit of weight.

In week 9, also try to add a bit of weight.

Dumbbell pullovers - 3 x 12. **3 total work sets.**

Use perfect form, don't worry about weight.

Dumbbell shrugs - hold at the top for 3 seconds at the top of EVERY rep. Do 3 x 10. **3 total work set.**

In week 8, do 3 x 12

In week 9, do 3 x 14

Banded hyperextensions - Hold onto a band and go to failure. Do 3 sets like this. **3 total set.**

Note: If you have a reverse hyper I want you to do 3 x 15 on it instead.

Day 5

Speed bench and shoulders

Speed bench – I want you to use 70% of your max. On each set vary your grip. Keep varying it every set an inch or so in and out. Remember, speed is the name of the game. Resist the urge to go heavier ok.

In week 8 go up 5 lbs

In week 9, I want you to work up to a solid single to see where your strength is at now!

Dumbbell side laterals – Go very strict on these. I want you to do 3 sets of 12. **3 total work sets**

In week 8 try to get an extra rep, and in week 9 do an extra 2 reps.

Band pullaparts – Do 4 sets of 15 with a 2 second pause in the contracted position of each rep. **4 total work sets**

Use a long orange micro mini band for these.

Spider crawls – Go up and down the wall 3 times for each set. Use the short red mini band. **3 total work sets**

Cage press – Set the pins at nose level in the power rack. Do an explosive 5 x 5. Stagger your stance, wear a belt, and again, explode with the weight. These aren't meant to be grinders.

In weeks 8 and 9, just try to be even more explosive with the weight.

Day 6

Biceps & Triceps

Barbell curls – We are going to maximum pump right out the gate. Here is the rep scheme for this. Keep the same weight. Do 25, 20, 15, and 10 reps.

Supersetted with

Rope pushdowns – Same thing as above, do 25, 20, 15, and 10 reps.

After you do the rope pushdowns, rest for 60 seconds and then back it. 4 rounds won't take long, but your arms should be blown up fast.

8 total work sets via 4 supersets

Hammer curls – On these I just want sets of 8. Squeeze the dumbbells hard!

Supersetted with

Dips between benches – Just work the sweet spot on these, don't come all the way up, and don't go down all the way. Work the middle range of motion. Do the eccentric/negative nice and slow. Do sets of 10.

Take your time in between supersets on these. No rush. Your arms should be jacked.

8 total work sets via 4 supersets

Decline lying extensions – Do these on a slight decline, and control the weight. Bring it down nice and slow. Don't lockout. Keep constant tension on the tri. Do sets of 12.

Supersetted with

EZ bar preacher curl – Same thing on these, bring the weight down nice and slow. Don't let your arms fully straighten, and do try and bring the weight all the way up and flex hard!

8 total work sets via 4 supersets

Standing calf raises – Same as last week. Work up the stack going heavier each time. Do sets of 10 until you can't get 10 anymore. Once you get to that weight, stick with it for 3 sets, and just get as many reps as you can with it on each set. Feel free to use partials to get your number or beat it.

Supersetted with

Dorsiflexion - After each set of standing calves, I want you to stand up on an aerobic platform. Hold onto something for balance. Let your toes dangle off it so you get more range of motion on the dorsiflexion. Shoot for 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

6 total work sets via 3 supersets

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.

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

Day 7 – OFF

Weeks 10-12

Day 1

Legs and speed squats

Speed squat – I want you to figure 65% of your max ok. In week 12 we will work up toward another max after your speed sets. This cycle we are going back to parallel.

Use a regular squat bar this cycle.

Each week I want you to go up 10 lbs.

You are going to do 8 x 3 on a box hitting parallel.

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

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

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

8 total work sets

Stiff legged deads – Use 25 lb plates to get a good stretch. Do sets of 8. Come up all the way and flex your glutes on these. I want 3 hard sets.

Week 11 – Take the reps to 10.

Week 12 – Take the reps to 12.

3 total work sets.

Leg extensions – Do a few sets to get warmed up. I want you to kick hard on these. Hold the flex at the top for 1 second. Do 4 sets of 10. **4 total work sets.**

Week 11 – Take the reps to 12.

Week 12 – Take the reps to 14.

3 total work sets

Lying leg curls – Do regular reps with no partials or drop sets. Do 3 sets of 10. **3 total work set**

Week 11 – Take the reps to 12.

Week 12 – Take the reps to 14.

Day 2

Chest & Triceps

Decline dumbbell press – On these work your way up slowly to ensure you are good and warmed u doing sets of 8. Keep going until you get to a weight you can barely do 8 with. We will count this as 3 work sets. We are going to keep the angle the same this cycle, but work our reps up. **3 total work sets**

Week 11 – Take the reps to 10.

Week 12 – Take the reps to 12.

Reverse band bench press – We are going back to flat now on these. As usual work up to a heavy set of 5. I want it heavy, but I want the reps to be solid ok. Do 5 sets of 5 with a good weight. **5 total work sets**

In week 11, do the same for sets of 4. Try to use more weight than last week.

In week 12, do the same with sets of 3. Try to use more weight than the previous week.

Dips – Do 3 sets to failure. **3 total work sets**

In week 11, add 1 chain on your back

In week 12, add 2 chains on your back

Rope pushdowns – Pump these. Do sets of 10 nonstop to get maximum blood flow in your triceps. **5 total work sets.**

Week 11 – Take the reps to 12.

Week 12 – Take the reps to 14.

Close grip floor press – Do sets of 6 all the way up to a weight you can barely get 6 with. We will count this as 4 sets. **4 total work sets**

In week 11, try to use more weight than last week.

In week 12, try to use more weight than the previous week.

Day 3 – OFF

Day 4

Back

Deadstop dumbbell rows – Work your way up doing sets of 8 on these. Make sure you get at least 3 gut busting sets of 8. **3 total work sets.**

Week 11 – Take the reps to 10.

Week 12 – Take the reps to 12.

Close grip pulldown – Do 1 warm up then 4 sets of 10 using a narrow grip with palms facing in. **4 total work sets**

Week 11 – Try to increase the weight from what you did last week.

Week 12 – Try to again increase the weight for your sets from what you did last week.

Dumbbell pullovers - 3 x 12. **3 total work sets.**

Use perfect form, don't worry about weight.

Wide grip barbell row – Do these with your elbows up, and not tucked into your sides. This is meant to hit your traps, rear delts, and rhomboids, not so much lats. Do 3 sets of 8. **3 total work set.**

Week 11 – Take the reps to 10.

Week 12 – Take the reps to 12.

Banded hyperextensions - Hold onto a band and go to failure. Do 3 sets like this. **3 total set.**

Note: If you have a reverse hyper I want you to do 3 x 15 on it instead.

Day 5

Speed bench and shoulders

Speed bench – I want you to use 70% of your max. On each set vary your grip. Keep varying it every set an inch or so in and out. Remember, speed is the name of the game. Resist the urge to go heavier ok.

Week 11 - go up 5 lbs

Week 12 - I want you to work up to a solid single to see where your strength is at now!

Dumbell side laterals – Go very strict on these. I want you to do 3 sets of 12. **3 total work sets**

Week 11 – Take the reps to 10. Go heavier

Week 12 – Take the reps to 8. Go even heavier

Band pullaparts – Do 4 sets of 15 with a 2 second pause in the contracted position of each rep. **4 total work sets**

Use a long orange micro mini band for these.

Spider crawls – Go up and down the wall 3 times for each set. Use the short red mini band. **3 total work sets**

Cage press – Set the pins 2 inches above where you were last cycle, so about forehead level. Do an explosive 5 x 5. Stagger your stance, wear a belt, and again, explode with the weight. These aren't meant to be grinders.

In weeks 11 and 12, just try to be even more explosive with the weight.

Day 6

Biceps - 16 sets / Triceps - 16 sets / Calves – 5 sets / Abs 8 sets

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

Dumbell curls – Keep your palms up and do these with a 3 second descent. Do sets of 8.

Supersetted with

Reverse grip barbell curls – Bring the bar up past 90 degrees. Do sets of 10. Straighten your arms out at the bottom, to really fire up your lower bis too.

8 total work sets via 4 supersets

Barbell curls – Do sets of 8 here, flexing hard at the top for 2 seconds on each rep.

Supersetted with

Reverse grip barbell curls – Bring the bar only to 90 degrees now. Do sets of 10. Straighten your arms out at the bottom, to really fire up your lower bis too.

8 total work sets via 4 supersets

Rope pushdowns – On these do sets of 10 with a hard 1 second flex at the bottom of each rep.

Supersetted with

Decline lying extensions – Don't overdue the weight on these, we need your elbows to get warmed up, so use a weight you can do for 15 reps.

8 total work sets via 4 supersets

Close grip pushups – Space your hands out to shoulder width, keep your elbows tucked in, and really try to isolate tris. Shoot for at least 12 reps a set.

Supersetted with

Decline lying extensions – Now you can use a little more weight and do sets of 8.

8 total work sets via 4 supersets

Standing calve raises – After a few warm ups, let's go to 30 rep sets with 30 seconds of holds. This is where we do 10 standing raises, followed by a 10 second hold at the top. Do this 2 more times for 1 set. Do 3 sets total.

Supersetted with

Dorsiflexion - After each set of standing calves, I want you to stand up on an aerobic platform. Hold onto something for balance. Let your toes dangle off it so you get more range of motion on the dorsiflexion. Shoot for 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

6 total work sets via 3 supersets

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

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.

NOTE:

Feel free to repeat the calve and ab workout on any other day of the week.

I added an awesome calve routine to the express site for the month of August – you are free to try it – it works!

Day 7 – OFF