

Mountain Dog Training - Championship Season - Program 3

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WEEK 1 OF 3 - PHASE 1

Weeks 1-6 - Phase 2 not started

Weeks 1-3 - Phase 3 - not started

WEEK 1 - LOW/MODERATE VOLUME

LEGS - 12 SETS:

Barbell stiff leg deadlifts - 2-3 warm up sets. Push your hips back, keep back flat, and keep a slight bend in the knees. Work into a good stretch. Use continuous tension with no locking out. Pyramid up to a good weight and do 3 sets of 6 with it. **3 total work sets.**

Leg press with elitefts™ bands - 2-3 warm up sets. Use 1 set of elitefts™ pro mini bands (black bands).

There is a “**mountain dog training band pack**” that can purchased [here](#)

If you get this, you'll have all the bands you need for this program plus the next few. FYI: I don't make any money from it, I just think they are awesome. You'll see.

Look at the video of me doing them on my YouTube channel. Look at where I have them attached. Make sure you have somewhere where you can attach them. I also have a video showing you how to attach them.

How to attach the bands: http://www.youtube.com/watch?v=veSA3N_L6LE&feature=share&list=PLIDutekxQQGUfuCdBfiWkQR9KNCBsmOD

Do sets of 8 all the way up until you can barely get 8 reps. Stick with that weight and do 2 more sets with it. FYI: I typically go up to 7 or so plates a side with the bands for 8 reps, and without bands I can do more like 10-11 for 10 reps. They make the movement hard and difficult. You are going to have to push all the way through the rep, which will help your quads grow. These are awesome. **3 total work sets.**

Hack squat - 1-2 sets of 6 reps to get your knees nice and warm. Place feet wherever you are your strongest on these. Then do 1 hard set of 8 reps rock bottom with a pause at the bottom. I then want you to do a 2nd set, which will include 2 weight drops. Start off the same weight you just did for 8 reps, and do 8, then cut weight down, and do 8 more, then cut weight down, and do 8 more (so 24 reps total on this set). **2 total work sets.**

Step-ups - Hold dumbbells in your hand, or even plates, whichever you prefer. I want you to step up onto a platform with the weight. Step up high enough so that you are stretching glutes well, and don't just drop down and slam your calf onto the ground when coming back down. I don't want any ruptured Achilles tendons. LOWER yourself down slowly. Stay on each leg for all reps, and then switch to other leg. I want 2 sets of 10 reps on each leg. **2 total work sets.**

Lying leg curls - 2 sets of 25 - 2 regular sets of 25 reps with standard form. **2 total work sets.**

CHEST - 10 SETS & SHOULDERS - 11 SETS:

Nautilus or Hammer incline press – 2-3 sets of 10 to warm up. I want you to start with an incline machine for this workout. If you don't have any machines, you can use a Hammer Strength Incline. I want you to pyramid up on these to a very heavy weight. Your rep scheme is 12, 10, 8, and 6 reps. Hopefully you have machine that will allow you to drop into a good stretch. **4 total work sets.**

Incline (very slight angle) dumbbell press – 2 sets of 6 to pyramid up to a heavy weight. Once you get there I want 2 sets of 8 reps, with a good deep stretch at the bottom. **2 total work sets.**

Bench press – 2 sets of 15 reps. Do not pause these, and do not lock them out. Touch your chest on each rep though. These will burn like fire at this point. **2 total work sets.**

Stretch pushups – These I have on my YouTube channel and website. Watch the video so you can see how I use the step benches to assist with stretch, and also something to prop your feet up on for even more stretch. This is going to feel awesome with the pump you will have at this point. 2 sets to failure. **2 total work sets.**

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. Lean forward just a tad to engage your rear delts some too. **4 total work sets.**

Machine 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. **4 total work sets.**

Ultra wide grip overhead barbell presses – These will be done with light weight. Watch the form on my YouTube channel and website. You take your grip all the way out to the end of the bar, and you lower it all the way until it touches your chest. You only raise it to the top of your head. I want 3 sets of 12 reps. To give you an idea of how hard these are, I use about 70-80 pounds on a good day. **3 total work sets.**

BACK - 12 SETS:

Dumbbell Rows – Work up to a heavy weight and kill 3 sets of 8 with it. Make sure you are getting a good stretch at the bottom on these. **3 total work sets.**

Meadows Rows – I know this may seem identical from the first exercise, but it's not. Your hand is pulling with a different grip, and you are hitting lats from a different angle. Again, bust your ass and do 3 sets of 10. Watch on my YouTube channel or website if you forget how to do these. **3 total work sets.**

Deadlift – Now that your lats are trashed, let's go crazy on some deadlifts. Your entire lat should be full of blood from top to bottom, so this may feel way better in your lats than it ever has. I want you to do traditional deadlifts off the floor. Do sets of 3 going up until you get to a weight that will be a tough 3. Once you get there, you are going to do 10 reps with a 10 second break between reps. Do a rep, then step away and take a few deep breaths, then get back in there. So it's kind of like 10 sets of 1. This is going to destroy your back. I am going to count this as 3 sets, not sure why—just feels right. **3 total work sets.**

Stretchers – With all the blood that is in your back, this will loosen everything up and help with lat width. Watch the video on YouTube or on my website. Notice how I drop my head, straighten my arms, and stretch on these. It will feel uncomfortable at first, but as you go it will be better and better. This movement is great for width and detail. I want 3 sets of 10 reps. **3 total work sets.**

ARMS - BICEPS -12 SETS & TRICEPS 12 SETS:

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

Tri-set 1

Dumbbell kickbacks for 12 reps then do **seated dumbbell curls** for 8 (palms facing up through entire range of motion and do both arms at once). Then **Bent over rope extension** for 12 reps.

On the kickbacks, read carefully. We are going to hit all heads on the triceps. The first 6 reps do a standard kickback in terms of hand position, and then on the last 6 reps turn your hands over so that your palms are facing UP the whole time. It will crush the long and medial (inner heads) of your triceps with that grip. Work your weight up on these, heavy reps with that palms up grip are brutal.

The 3rd exercise, bent over rope extensions, is when you face away from a pushdown and bend over at waist, and extend arms out in front of you.

Do 4 rounds. **12 total work sets via 4 tri-sets.**

Tri-set 2

Barbell curls for 8 reps with a 3 second negative on all reps, then do the **Seated dip machine** for 8 reps with a 3 second negative on all reps. Finish with **Machine preacher curls** for 8 reps with a hard flex at the top.

Do 4 rounds. **12 total work sets via 4 tri-sets.**

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

CALVES - 10 SETS & ABS - 7 SETS:

You can do calves and abs on any training day you choose.

Toe presses on leg press – Do 1-2 warm up sets. Focus on a good stretch at the bottom and flexing calves at the top of the movement. Do 6 sets 15 with 30-second breaks. **6 total work sets.**

Tibia raises – If you have one of the tibia raise machines, I want you to do these also. Do 4 sets of 15 reps on each tibialis anterior. If you don't have one of those machines, disregard this. **4 total work sets.**

Hanging Leg Raise – 4 sets of 20 reps. **4 total work sets.**

Incline sit-ups – 3 sets of 25 reps. **3 total work sets.**

WEEK 2 OF 3 - PHASE 1

Weeks 1-6 - Phase 2 not started

Weeks 1-3 - Phase 3 - not started

WEEK 2 – LOW/MODERATE VOLUME

LEGS – 13 SETS:

Lying leg curls – 2-3 warm up sets. I want you to do 3 sets of 10 reps. After the 10 reps, do 10 more partial reps out of the stretched position on every set. **3 total work sets.**

Squats– 2-3 warm up sets. Pyramid up doing sets of 8 reps. Once you get to a weight that you think will be a tough 10, I want you to do that for your first set. Your second set I want you to go heavier and do 8 reps. On your third set, I want you to go heavier and do 6 reps. On all 3 sets I want you to execute a 3 second negative on the descent, on every rep. Go to parallel this week, no need to go below that. **3 total work sets.**

Leg press with elitefts™ bands - Do 1 to 2 sets of low rep warm up. I want you to beat what you did last week. Last week you basically did 3 sets of 8. You may not be as fresh after doing the squats first this week, but PUSH yourself. You can beat what you did last week. I want 3 sets of 8 again, but I want you to do more weight and use the exact same form (place your feet where you are strongest). **3 total work sets.**

Use one Pro mini like you did last week on each side.

Heavy dumbbell lunge – Use straps to hold heavy dumbbells. I want you to do these one leg at a time. So step with one leg, and bring trail leg back to even. Then step with the same leg again. Come to a complete stop between each rep to kill momentum. Take 10 steps with one leg, then turn around and take 10 steps coming back with the other leg. I want 2 rounds. **2 total work sets.**

Dumbbell stiff legged deadlifts – Work the stretch on these. I want 2 sets of 20 reps. Keep a slight bend in your knees while doing these. **2 total work sets.**

CHEST – 11 SETS & SHOULDERS – 11 SETS:

Nautilus incline press – 2-3 sets of 10 to warm up. I want you to start with an incline machine for this workout, same as last week. If you don't have any machines, you can use a Hammer Strength Incline. I want you to pyramid up on these to a very heavy weight. Your rep scheme is 12, 10, 8, and 6 reps. **4 total work sets.**

Decline (very slight angle) dumbbell press – 2 sets of 6 to pyramid up to a heavy weight. Once you get there, I want 3 sets of 8 reps with a good deep stretch at the bottom. Flex these at lockout for a second before coming back down. **3 total work sets.**

Incline barbell bench press – 4 sets of 8 reps. This is just like last week, except we made this incline this week and brought the reps down a tad. Do not pause these and do not lock them out. Lower to an inch or so above your chest before driving back up. **4 total work sets.**

In between sets of incline barbells, I want you to get a flexible tubing type band and do the stretching that I have in the high intensity chest video on my website and YouTube channel. This is where you straighten your arms out in front of you holding the band, and then rotate back until band comes behind you to lower back, then back overhead and out front. Arms should be straight the whole time. I want 10 reps per set.

Machine side laterals with extra eccentric load – Do 8 hard reps of side laterals on a machine with extra resistance on the way down (someone pushing your arms down), then pump out 8 more without the extra resistance. **4 total work sets.**

Continue with the band stretching in between sets for 10 reps. Your shoulders will be on fire.

Machine rear delt raises – 4 sets of 20 reps with 90-second breaks. Flex hard on each rep. **4 total work sets.**

Continue with the band stretching in between sets for 10 reps.

Over and back barbell presses – These will be done with light weight. Watch the form on my YouTube channel and website. I want 2 sets of 12 reps. To give you an idea of how hard these are, I use about 90-100 pounds on a good day. **2 total work sets.**

BACK – 13 SETS:

Meadows Rows – Yes, we are doing these again. Get after these: use perfect form, but push the weight ok. Do a few warm up sets then do 4 sets of 8 hard reps. Watch on my YouTube channel or website if you forget how to do these. **4 total work sets.**

Lat pulldowns – I want you to do regular front lat pulldowns this week, with a squeeze at the bottom. Make sure you stretch out at the top of the movement too. Start with a wide grip and then as you add weight, bring your grip in a little bit closer each set (slightly closer so you can handle more weight). 3 sets of 10. **3 total work sets.**

Cable low rows w/ single handles– Sit up straight and really focus on flexing your lower lats by driving elbows back as you do these. Do not lean forward and stretch on these this week. Flex the crap out of your lower lats. 3 sets of 10. **3 total work sets.**

One-arm lat pulldowns– This is a pulldown version where you drive your elbow down with your palm facing toward you (like an underhand grip). Use a single handle, and do all 8 reps on one side, before doing other side. Don't arch your back on these excessively. I sit/tilt back a bit and then just drive my elbow straight down to the floor and flex lower lats. **3 total work sets.**

ARMS - BICEPS - 12 SETS & TRICEPS 12 SETS:

Rope pushdown - 3 sets of 12 to warm up

Superset 1

Rope pushdowns – Sets of 12 with a hard flex at the bottom.

Immediately to:

Dip Machine – Try to work up to a very heavy weight. Rep scheme is 15, 12, 9, and 6.

Do 4 rounds of the above. **8 total work sets via 4 supersets.**

Superset 2

Heavy pronated dumbbell kickbacks - Sets of 8 reps. I want you to use a heavy weight and, most importantly, I want you to keep your palms facing UP THROUGHOUT the movement. In other words, your thumbs stay at your sides, and pinkie is away from body. Tilt your body down a bit more than usual and really drive the weight up high.

Immediately to:

Bent over rope extension - Sets of 12.

Do 4 rounds of the above. **8 total work sets via 4 supersets.**

Do 2 sets of **dumbbell curls** to warm up biceps.

Superset 3

Seated dumbbell curls - Keep palms up the entire time. No supinating. Lower with a 3-second descent. Sets of 8 reps.

Immediately to:

Machine preacher curls - Use both arms at once. Flex hard at top for 10 reps.

Do 4 rounds of the above. **8 total work sets via 4 supersets.**

Superset 4

Reverse EZ bar curls – Sets of 15 reps.

Immediately to:

Hammer curls – Sets of 10 reps. Do both arms at once.

Do 4 rounds of the above. **8 total work sets via 4 supersets.**

Calves - 10 sets

You can do calves and abs on any training day you choose.

Toe presses on leg press – Do 1-2 warm up sets. Focus on a good stretch at the bottom and flexing calves at the top of the movement. Do 10 sets of 15 reps with 30-second breaks. **10 total work sets.**

Tibia raises – Same as last week. If you have one of the tibia raise machines, I want you to do these also. Do 4 sets of 15 reps on each tibialis anterior. If you don't have one of those machines, disregard this. **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

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 OF 3 - PHASE 1

Weeks 1-6 – Phase 2 not started

Weeks 1-3 – Phase 3 – not started

WEEK 3 – MODERATE VOLUME

LEGS – 13 SETS:

Lying leg curls – 2-3 warm up sets. I want you to do 3 sets of 15 reps. I want these done one leg at a time so you can focus on each ham. Do all 15 reps on one leg and then repeat on the other leg. **3 total work sets.**

Squats – 2-3 warm up sets. Pyramid up doing sets of 8 reps. Once you are ready to go, we are going to do sets of 6. The first set should be something you can usually do for around 10 reps. You are going to leave a few reps in the tank on each set except for the last one. Add some weight and do 6 again. Then on one final set, add weight again. This last set should be a very hard 6, but should still be done with perfect form. Go to slightly above parallel this week, no need to go below that. **3 total work sets.**

Leg press with elitefts™ bands – Do 1 to 2 sets of low rep warm up. I want you to beat what you did last week AGAIN. I want 3 sets of 8 again, but I want you to do more weight and use the exact same form (place your feet where you are strongest). **3 total work sets.**

Use the monster mini bands this week in place of the pro minis. They will be a bit tougher.

Smith machine lunges – I want 10 reps with each leg. Do all the reps on one leg before moving to the other leg. This should burn like fire. It won't take much weight. **2 total work sets.**

Smith machine stiff legged deadlifts – Work the stretch on these. I want 2 sets of 15 reps. Keep a slight bend in your knees while doing these. **2 total work sets.**

CHEST - 14 SETS & SHOULDERS – 11 SETS:

Hammer strength incline press – 2-3 sets of 10 to warm up. I want you to pyramid up on these to a very heavy weight. Your rep scheme is 10, 8, 6, and then a drop set. For the 4th set/drop set: Do the weight you did for 6 reps again for 6, then drop the weight and do 6 more, and then drop the weight again for another 6 reps. Remember to stretch at the bottom. **4 total work sets.**

Incline barbell bench press – 4 sets of 6 reps. Take 1-2 sets to get to a weight that is a challenging 6 (but you can do with perfect form). Do 4 sets of 6 with it. Lower bar to one inch above chest and do not lock out. We want continuous tension. **4 total work sets.**

Flat bench press – I want you to do 3 sets of 15 with a wide grip. Take these down and touch your chest and drive to $\frac{3}{4}$ lockout. **3 total work sets.**

Stretch pushups – These I have on my YouTube channel and website. Watch the video so you can see how I use the step benches to assist with stretch and also something to prop your feet up on for even more stretch. This is going to feel awesome with the pump you will have at this point. **3 sets to failure. 3 total work sets.**

In between sets of stretch pushups, I want you to get a flexible tubing type band and do the stretching that I have in the high intensity chest video on my website and YouTube channel. This is where you straighten your arms out in front of you holding the band and rotate back until band comes behind you to lower back, then back overhead and out front. Arms should be straight the whole time. I want 10 reps per set.

Dumbbell Rear raises – 1 warm up set then 3 sets of 10 reps. **3 total work sets.**

Continue with the band stretching in between sets for 10 reps. Your shoulders will be on fire.

Machine press with palms facing each other – 4 sets of 12 reps. Flex hard on each rep. **4 total work sets.**

Continue with the band stretching in between sets for 10 reps.

Ultra wide grip overhead barbell presses – These will be done with light weight. Watch the form on my YouTube channel and website. I want 3 sets of 12 reps. **3 total work sets.**

Dumbbell rear delt raises lying on an incline bench – Destroyer set—hang and swing heavy dumbbells for 60 reps. Drop the weight in half, and do 30 more reps, then drop the weight in half again and do 10 reps. On the last 10 reps, flex your rear delts as hard as you can. I have video of this on my YouTube channel and website. **1 total work set.**

BACK – 15 SETS:

Meadows Rows – Yes, we are doing these AGAIN. Get after these: use perfect form, but push the weight ok. Do a few warm up sets then do 3 sets of 10 hard reps. Try to do the heavy weight you did for sets of 8 last time for sets of 10 this week. Watch on my YouTube channel or website if you forget how to do these. **3 total work sets.**

Smith machine barbell row – For all the reps on these, do a rest/pause. Set the stops so that the weight goes to about mid-shin. Set the weight down and relax, then DRIVE it up as hard as you can. Pull these up a little higher this week. Pull into your upper abs—lets get some extra rhomboids and traps. 3 sets of 8 rest/pause reps. **3 total work sets.**

Narrow grip chins– I want you to do these with a palms facing in/each other grip ok. 3 sets to failure. I am hoping you get 8-12 reps. **3 total work sets.**

Dumbbell pullovers– These are to be done in the style where you lay on the bench—not across it. You hang your head off the end of the bench and slowly work into a nice stretch. Only bring the dumbbell back to the top of your forehead. Watch my YouTube video or website video to see exact form. Do 3 sets of 12 reps. **3 total work sets.**

Barbell shrugs – Do 3 sets of 15 on these. Pause at the top for 1 second and flex. Try not to let your arms bend. Use your traps! **3 total work sets.**

ARMS - BICEPS - 16 SETS & TRICEPS 16 SETS:

Rope pushdown - 3 sets of 12 to warm up.

Superset 1

Single arm pushdowns – Sets of 12 with a hard flex at the bottom. Use an overhand grip. Let your arm forearm come up high for a good stretch, then ram it down and flex tris. You should feel a hard contraction in outer/long head. Switch your starting arm each set.

Immediately to:

Dip Machine – Try to work up to a very heavy weight. Rep scheme is 12, 10, 8, and 6. On the last set of 6, I want these to be a set of negatives only. Load the machine up and lower the weight slowly (lower as in the eccentric part of the movement). Have your partner help you push weight down and repeat on this set.

Do 4 rounds of the above. **8 total work sets via 4 supersets.**

Superset 2

Heavy Dumbbell kickbacks – Sets of 8 reps. I want you to use a heavy weight and, most importantly, I want you to keep your palms facing UP THROUGHOUT the movement, just like last week. In other words, your thumbs stay at your sides, and pinkie is away from body. Tilt your body down a bit more than usual and really drive the weight up high.

Immediately to:

Lying EZ bar extensions/skullcrushers - Sets of 10. This stretch should feel superb after all the flexing up to this point.

Do 4 rounds of the above. **8 total work sets via 4 supersets.**

Do 2 sets of **dumbbell curls** to warm up biceps.

Superset 3

Seated dumbbell curls - Keep palms up the entire time. No supinating. Lower with a 3-second descent. Sets of 8 reps. Then after you do your 8 reps, continue the set by doing 8 more hammer curls. You don't need a 3-second descent on these. Just use that on the seated dumbbell curls. You can do the dumbbell curls standing too if you like.

Immediately to:

Machine preacher curls - Use both arms at once. Flex hard at top for 8 reps.

Do 4 rounds of the above. **8 total work sets via 4 supersets.**

I just stand right beside the machine curl with my dumbbells and do those, then drop them and sit down on this machine and keep going.

Superset 4

EZ bar curls – Sets of 8 reps with a 3-second descent.

Immediately to:

Reverse EZ bar curls – Sets of 15 reps. No slow descent, but flex arm for 2 seconds in contracted position.

Do 4 rounds of the above. **8 total work sets via 4 supersets.**

CALVES - 10 SETS & ABS - 7 SETS:

You can do calves and abs on any training day you choose.

Standing calf raise – Do 1-2 warm up sets. Focus on a good stretch at the bottom and flexing calves at the top of the movement. Do 6 sets of 15 reps with 60-second breaks. **6 total work sets.**

Tibia raises – Same as last week. If you have one of the tibia raise machines, I want you to do these also. Do 4 sets of 15 reps on each tibialis anterior. If you don't have one of those machines, disregard this. **4 total work sets.**

Hanging Leg Raise – 4 sets of 20 reps. **4 total work sets.**

Incline sit ups – 4 sets of 25 reps. **4 total work sets.**

WEEK 4

LEGS – 16 SETS:

Lying leg curls – 2-3 warm up sets. You are going to do a standard pyramid. Do 15, 12, 9, and 6 reps going up in weight each set. I want perfect form on every set. **4 total work sets.**

Leg press with elitefts™ bands – Do 3-4 sets of warm ups. Whatever you did for your hard 3 sets of 8 last week, I want you to do for 3 sets of 10 this week. Beat what you did last week AGAIN. Use the exact same form (place your feet where you are strongest). **3 total work sets.**

Use the monster minis again this week!

Barbell Squats – 2 warm up sets. I want you to do 3 sets of 15 going just below parallel. Use the same weight for all sets. These should be a tough 15. These should hammer you. Place your feet a little wider than shoulder width with your toes turned out. **3 total work sets.**

Teardrop leg extension – Do 3 sets of 8 reps with a HEAVY weight. Kick as hard as you can. Hold every rep in the contracted position for 1 second. There is video of this on my YouTube channel and website so you can see how to position your body. **3 total work sets.**

Barbell stiff legged deadlifts – Work the stretch on these. I want 3 sets of 10 reps. Keep a slight bend in your knees while doing these. **3 total work sets.**

CHEST - 15 SETS & SHOULDERS – 11 SETS:

Machine flyes – 2-3 sets of 10 to warm up. On these, I want you to do 3 sets of 8. Keep your sternum lifted, chest high, and flex hard at the top for 1 second on every rep. **3 total work sets.**

Incline barbell bench press – 5 sets of 8 reps. Take 1-2 sets to get to a weight that is a challenging 8 (but you can do with perfect form). Do 5 sets of 8 with it. Lower bar to one inch above chest and do not lock out. We want continuous tension. This is a lot of reps on the incline and should crush your upper chest and front delts. **5 total work sets.**

Flat dumbbell bench press – On these I want you to keep your palms facing each other (neutral grip) as you lower the dumbbells. Let the weight stretch you good at the bottom. Keeping your palms facing in will allow your inner chest fibers to stretch and fire better than a standard grip. Pause at the bottom, feel the stretch, and drive up hard to $\frac{3}{4}$ lockout. Pick a good weight and do 4 sets of 8 with it. With this style, you won't be able to move extremely heavy dumbbells (I usually use 120+ and did these with 80's). **4 total work sets.**

Regular dips – Do 3 sets of dips to failure. Let your elbows flare out, tuck your chin into your upper chest, and stretch good at the bottom. Don't come up all the way. Keep constant tension on the pecs by coming up $\frac{3}{4}$ of the way. **3 total work sets.**

In between sets of dips, I want you to get a flexible tubing type band and do the stretching that I have in the high intensity chest video on my website and YouTube channel. This is where you straighten your arms out in front of you holding the band and rotate back until band comes behind you to lower back, then back overhead and out front. Arms should be straight the whole time. I want 8 reps per set.

Dumbbell Rear raises – 1 warm up set, then 3 sets of 35 reps. Time to burn the hell out of the delts this week. **3 total work sets.**

Continue with the band stretching in between sets for 10 reps. Your shoulders will be on fire.

Dumbbell side laterals – 4 sets of 15 reps. Bring the dumbbells up to just above ear level. **4 total work sets.**

Continue with the band stretching in between sets for 8 reps.

Cage presses – These will be done with heavy weight. Watch the form on my YouTube channel and website. I want you to pyramid up. Do 9 reps, 7 reps, 5 reps, and 3 reps, adding weight each set. Remember to lock these out and lean forward a bit and then flex your delts and traps. **4 total work sets.**

BACK – 17 SETS:

One-arm barbell rows – These are the rows where you stick a bar in a corner and stand beside it, executing the row. Watch my YouTube channel or website video if you are unsure of which row this is. These are BRUTAL on lower lats. Pyramid up using smaller than 45-pound plates. I use 25-pound plates. Do sets of 8, adding a plate of your choice each set until you finally get to a weight that nearly kills you to get 8. We'll count that set and the previous 2 as working sets. **3 total work sets.**

Partial pulldown – These are the heavy pulldowns taken down only to the top of your head/forehead, and also be sure to stretch out at the top. Use a very wide grip on these. There is video of this on my YouTube channel and website. Do 4 sets of 8 reps. **4 total work sets.**

Cable low row w/ wide grip – I want you to do these with a palms facing in grip and a very wide grip. No need to lean real far forward on these between reps. Squeeze the hell out of your lower lats while doing these. I want 4 sets of 10. **4 total work sets.**

Dumbbell pullovers – These are to be done in the style where you lay on the bench—not across it. You hang your head off the end of the bench and slowly work into a nice stretch. Only bring the dumbbell back to the top of your forehead. Watch my YouTube video or website video to see exact form. Do 3 sets of 12 reps. **3 total work sets.**

Hyperextension with a band – Do 3 sets to failure of these. I have video of this on my YouTube channel and website. **3 total work sets.**

ARMS - BICEPS - 15 SETS & TRICEPS 15 SETS:

Rope pushdown - 3 sets of 12 to warm up.

Pushdowns - Pyramid up on these. Instead of using a rope, use a little v-bar this time. Reps should be 20, 15, 12, 10, 8. Rest about 1 minute between sets. **5 total work sets.**

Kickbacks with a pronated grip - You did these last week, let's keep going with these. Try to add 5 pounds or so to what you did last week. These are awesome for destroying the long/inner head of your triceps. Tilt your body down further than normal and really try to drive the weight up high. Flex for a second at the top. The key to these is your grip. Use a pronated grip. I have video of this on my YouTube channel so you can review form. I want 5 sets of 8 on these. **5 total work sets.**

Bent over rope extension - These are when you place your back against a pad facing away from the machine, bend over to 90 degrees, and extend arm so that it locks out. I want 5 sets of 15 reps on these. These should burn like hell. **5 total work sets.**

Cross body dumbbell curls - These are just like the cross body hammer curls, except I am doing them with a supinated grip like you would with normal dumbbell curls. Actually, kettlebells are good for these too if you have some at your gym. Flex your arms across your body. Do all reps on one arm, then do the other. 4 sets of 10 reps. The crossbody alignment just does something that allows you to feel extra squeeze. You'll see what I mean. **4 total work sets.**

EZ bar preacher curls - 4 sets of 8. Lower weight with 3-second descent. Do not lower until arm is straight. Stop just short. **4 total work sets.**

EZ bar curls - 4 sets of 6 reps with a 3-second descent. **4 total work sets.**

Reverse EZ bar curls - 3 sets of 20 reps. No slow descent, but flex arm for 1 second in the contracted position. Burn the hell out of your forearms. **3 total work sets.**

CALVES - 10 SETS & ABS - 12 SETS:

You can do calves and abs on any training day you choose.

This week do your calves and abs twice, ok!

Toe presses on leg press - Do 1-2 warm up sets. Focus on a good stretch at the bottom and flexing calves at the top of the movement. Pyramid up doing sets of 15. When you get to a weight you can't do for 15, try to do a solid 10 with it, then extend the set by doing another 10 partial out of the deep stretch position. Do 5 sets total. **10 total work sets (since doing 2x this week).**

Tibia raises - Same as last week. If you have one of the tibia raise machines, I want you to do these also between all of your toe press sets. Do 4 sets of 15 reps on each tibialis anterior. If you don't have one of those machines, disregard this. **10 total work sets (since doing 2x this week).**

V Ups – 6 sets of 15 reps. When I do these I lay flat and extend my arms over my head, straight. When I come up, I keep my legs straight and bring them up as I lift my arms up and bring them toward my legs. The key is to push your lower back into the ground and flex your abs while you are doing this. At the end of the contraction, I lay totally flat on the mat again with arms stretched overhead and start over on the next rep. Some people don't reset, I prefer to as it keeps my lower back out of it. I will get video up on this soon. They are very simple to do, and very effective, but kind of hard to describe. **12 total work sets (since doing 2x this week).**

WEEK 5 – HIGH VOLUME

LEGS – 16 SETS:

Lying leg curls – 2-3 warm up sets. You are going to do 4 sets of 10, then a drop set. On the drop set, I want the same weight for 10, then drop weight and do 8 more, then drop weight and do 8 more. It should be a very painful 5th set. **5 total work sets.**

Leg press with elitefts™ bands – Do 3-4 sets of warm ups. Whatever you did for your hard 3 sets of 10 last week, I want you to try to add 50-100 pounds to that this week and see how many you can get. Do 3 sets again. Use the exact same form (place your feet where you are strongest). **3 total work sets.**

Use monster minis again this week.

Barbell Squats – 2 warm up sets. Let's pyramid up. I want a hard set of 10, 8, and 6. Form is to just hit parallel. I want these done with a 3-second descent. **3 total work sets.**

Hack Squat – Do 2 sets of 10 working your way up. Then for your third set, I want a drop set. Do what you did on the last set for 10 reps, and then drop the weight some and do 10 more, then drop the weight some and move your feet lower on the platform to hit teardrop and do 10 more. **3 total work sets.**

Dumbbell stiff legged deadlifts – Work the stretch on these. I want 3 sets of 12 reps. Keep a slight bend in your knees while doing these. **3 total work sets.**

CHEST – 14 SETS & SHOULDERS – 12 SETS:

Incline hammer strength machine – 2-3 sets of 10 to warm up. Pyramid up on these. Do 15, 12, 10, and 8 rep sets. On each rep, pause at the bottom for a second, and then blast the weight back up. Do not lock these out. Take them to just shy of lockout. **4 total work sets.**

Incline barbell bench press – I want rest pauses on these too today. Let's do 4 sets of 6 with each and every rep rest paused. Get to your target weight in 2 warm up low rep sets. Do not lock these out, I want continuous tension at the top of the movement. **4 total work sets.**

Decline dumbbell bench press – Nothing fancy here. Just use a slight decline angle and do 3 sets of 10 with a flex at the top of each rep. **3 total work sets.**

Regular dips – Do 3 sets of dips to failure. Let your elbows flare out, tuck your chin into your upper chest, and stretch good at the bottom. Don't come up all the way. Keep constant tension on the pecs by coming up $\frac{3}{4}$ of the way. **3 total work sets.**

Just like last week, in between sets of dips, I want you to get a flexible tubing type band and do the stretching that I have in the high intensity chest video on my website and YouTube channel. This is where you straighten your arms out in front of you holding the band and rotate back until band comes behind you to lower back, then back overhead and out front. Arms should be straight the whole time. I want 8 reps per set.

Machine rear delt raises (reverse peck deck) – 1 warm up set then do the following rep scheme. I want 30, 25, 20, and then 15 reps. Take 60 seconds in between each set. **4 total work sets.**

Continue with the band stretching in between sets for 10 reps. Your shoulders will be on fire.

Dumbbell side laterals – 4 sets of 20 reps. Bring the dumbbells up to just above ear level again. **4 total work sets.**

Ultra wide grip military presses – These are done standing with light weight. Take the barbell all the way down so that it touches your upper chest, and then drive it up to just above your forehead. Your grip should be way out to the end. Watch my YouTube channel or website video to see how I do these. Do 4 sets of 10 reps with a 60-second break in between sets. **4 total work sets.**

BACK – 18 SETS:

Meadows rows – 2 warm up sets of 10, then pyramid up. I want 12, 10, 8, and 6 reps. Work these hard. **4 total work sets.**

Partial pulldown – These are the heavy pulldowns taken down only to the top of your head/forehead, and also be sure to stretch out at the top. Use a very wide grip on these. There is video of this on my YouTube channel and website. Do 4 sets of 8 reps. **4 total work sets.**

Conventional deadlifts – I want you to do triples all the way up to a weight that you can barely get it with. We'll count the last 3 sets as working sets. **3 total work sets.**

Conventional deadlifts off a box – You will pull from a deficit on these. Stand on a box, so getting out of the hole is harder. The box should be 2-3 inches high. These are not meant to do heavy, ok. Use a lighter weight and accelerate out of the bottom. Be especially careful with posture and keeping your back tight. These are a bitch. These are very difficult. Let's do 3 sets of 3 here. **3 total work sets.**

Dumbbell pullovers – These are to be done in the style where you lay on the bench—not across it. You hang your head off the end of the bench and slowly work into a nice stretch. Only bring the dumbbell back to the top of your forehead. Watch my YouTube video or website video to see exact form. Do 3 sets of 12 reps. **3 total work sets.**

Hyperextension with a band – Do 1 set to failure of these. You should be able to suck it up and get 20+ reps. I have video of this on my YouTube channel and website. **1 total work set.**

ARMS - BICEPS - 15 SETS & TRICEPS 16 SETS:

V-bar pushdowns - 3 sets of 12 to warm up.

V-bar pushdowns - Pyramid up on these. Reps should be 15, 12, 9, 6. Rest 30 seconds between sets. **4 total work sets.**

Seated dip machine - Do a 3-second slow descent/negative as you allow weight to come up, then drive it down and flex for a split second before coming back up. 5 sets of 8 reps. Rest 30 seconds between sets. **5 total work sets.**

Triangle pushups - On these, I just touch my thumbs together and first fingers to form a triangle and go to failure. If you can't do it this style, just brings your arms apart some and do these. If you want to do something really bad ass, you can have someone put a chain or 2 on you (across upper back) when you do them regular style. 3 sets to failure. **3 total work sets.**

*If you want to experiment with the **chains**, they can be ordered off of elitefts.com.*

Decline lying extension - On these, I laid down an incline sit up bench close to flat (same low angle I use for smith machine decline presses - you know, the small angle), and lay back and do lying extensions. These should feel great at this point, as your elbows are juiced up and triceps pumped. Rest 60 seconds between sets on these. 4 sets of 15 reps. **4 total work sets.**

Seated dumbbell curls - I want you to do these leaning back a tad on something. The way I do these is to sit in a preacher curl facing out. Your body is naturally sitting back some. Place your elbows against the pad behind you so they can't move. You can curl very strictly like this. Do 4 sets of 12. It should burn like fire. You can supinate as you come up. **4 total work sets.**

EZ bar preacher curls - 4 sets of 8. Lower weight with 3-second descent. Do not lower until arm is straight. Stop just short. **4 total work sets.**

Close grip chin ups - Use an underhand grip. Try to use as much bicep as possible! 4 sets to failure. **4 total work sets.**

Reverse EZ bar curls - 3 sets of 8 reps. Standard form, nothing special. Give them a flex at the top for **1 second.** **3 total work sets.**

CALVES - 5 SETS

You can do calves and abs on any training day you choose.

This week do your calves and abs once, ok!

Standing calf raises in smith machine or other machine - Do 2-3 warm up sets. Focus on a good stretch at the bottom and flexing calves at the top of the movement. Pyramid up doing sets of 10. When you get to a hard 10, stick with the same weight for 5 sets of 10. Do 5 sets total. **5 total work sets**

Tibia raises – Same as last week. If you have one of the tibia raise machines, I want you to do these also between all of your standing calf raises. Do 5 sets of 15 reps on each tibialis anterior. If you don't have one of those machines, disregard this. **5 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 6 – MODERATE TO HIGH VOLUME

LEGS – 16 SETS:

Lying leg curls – 2-3 warm up sets. Let's pyramid on these today. I want 14, 12, 10, and 8 reps. On the last set, add 25 partial reps after the 8 reps. **4 total work sets.**

Leg press with elitefts™ bands – Do 3-4 sets of warm ups. I want a close stance this week. I want to really tax your teardrop. So hit sets of 8 pyramiding up until you can't do 8 anymore. We'll count the last 3 sets of 8. **3 total work sets.**

This is your last week of banded leg presses—use both the pro minis and the monster minis this week. It will be brutal.

Teardrop leg extension – 2 warm up sets. This is where you sit out toward the end of seat with butt off seat. Let's pyramid up to a heavy weight! I want 3 sets of 8 with a 2-second flex. **3 total work sets.**

Smith machine split squats/lunges – Do this one leg at a time. Hit 10 reps on one leg, and then do 10 on the other. I want you to only take 60-second rest breaks on these. These are going to be tough. **3 total work sets.**

Dumbbell stiff legged deadlifts – Work the stretch on these. I want 3 sets of 8 reps. Keep a slight bend in your knees while doing these. I also want you to use more weight than last week. Try to do these slow and heavy. **3 total work sets.**

CHEST – 14 SETS & SHOULDERS – 12 SETS:

Flat Dumbbell Press – We are going to pyramid these this week. After a couple of warm up sets, do a hard set of 12, then go up and do 10, then 8, then 6, ok. So 4 total sets. You don't have to lock these out. Take them to $\frac{3}{4}$ lockout and come right back down. Keep continuous tension on your pecs. Do get a good stretch at the bottom also! **4 total work sets.**

Incline barbell press – I want an old school 5 sets of 5 done after 1 set to get the feel of the movement. I want continuous tension on these, too—no locking out, just go to $\frac{3}{4}$ lockout. Lower the bar to about 1-inch above your chest, ok. **5 total work sets.**

Barbell bench press – 3 sets of 15 on these and again no lockout. This one is going to set your chest on fire. **3 total work sets.**

Pec minor dips – Do 2 sets of dips to failure. These are the dips where you keep your arms straight and just lower your body and flex your chest to bring yourself back up. If you need a refresher on form, check out my

website or YouTube channel. **2 total work sets.**

Machine rear delt raises (reverse peck deck) – I want 4 sets of 15 reps. Flex each rep hard for 1 second in the contracted position. **4 total work sets.**

One arm leaning side laterals – This is where you hang onto a pole or something stable and upright, leaning your body away from it. With the non-support arm, perform a side lateral. Take the weight above ear level. Do all your reps on one side, then switch and do the other. These are brutal if you do them right. Again, get the dumbbell up above ear level. I want 4 sets of 15 with each arm. **4 total work sets.**

Barbell over and backs – I want 3 sets of 10. If you need a refresher on form check my YouTube video or website for video. **3 total work sets.**

Hang and swing destroyer set – So for your last set of the day, grab some moderately heavy dumbbells and lay face down on an incline utility bench. Do 60 swings, and cut weight in half and do 30 reps. Now stand up and do 10 reps of banded rear lateral pulls. There is video of this on my website and YouTube channel also. **1 total work set.**

BACK – 17 SETS:

One arm barbell rows – 2 warm up sets of 10, then pyramid up. I want 12, 10, 8, and 6 reps. Grind on these. **4 total work sets.**

Cable low rows – Nothing fancy here, just do 4 sets of 10 low cable rows. On each rep, lean forward and stretch lats out, then drive weight back with your elbows (you should be sitting up straight when you have weight pulled back). **4 total work sets.**

Dumbbell pullovers – These are to be done in the style where you lay on the bench—not across it. You hang your head off the end of the bench and slowly work into a nice stretch. Only bring the dumbbell back to the top of your forehead. Do 3 sets of 10 reps. **3 total work sets.**

Rack deadlifts – Start pull at mid-shin. Find a weight that is a tough 5 reps, and do 4 sets of 5 with it. **4 total work sets.**

Hyperextension with a band – Do 2 sets to failure of these. **2 total work set.**

ARMS - BICEPS - 12 SETS & TRICEPS 14 SETS:

V-bar pushdowns - 3 sets of 12 to warm up.

V-bar pushdowns –High reps on these today, do 4 sets of 20 reps. **4 total work sets.**

Seated dip machine – Do a 3-second slow descent/negative as you allow weight to come up, then drive it down and flex for a split second before coming back up. 6 sets of 6 reps. Rest 30 seconds between sets. **6 total work sets.**

Decline lying extension – On these, I laid down an incline sit up bench close to flat (same low angle I use for smith machine decline presses – you know, the small angle), and lay back and do lying extensions. These should feel great at this point, as your elbows are juiced up and triceps pumped. Rest 60 seconds between sets on these. 4 sets of 15 reps. **4 total work sets.**

Seated dumbbell curls – I want you to do these leaning back a tad on something. The way I do these is to sit in a preacher curl facing out. Your body is naturally sitting back some. Place your elbows against the pad behind you so they can't move. You can curl very strictly like this. Do 3 sets of 10. It should burn like fire. You can supinate as you come up.
4 total work sets.

Machine preacher curls – 4 sets of 15. Find a weight you can do for 15 reps, then do 4 sets with it, only resting 45 seconds between sets. Let's load your bi's up with blood. **4 total work sets.**

Hammer curls – Give me 4 sets of 10 reps with a hard flex at the top of every rep. **4 total work sets.**

CALVES – 10 SETS:

You can do calves and abs on any training day you choose.

This week do your calves and abs twice, ok!

Standing calf raises in smith machine or other machine – Do 2-3 warm up sets. Focus on a good stretch at the bottom and flexing calves at the top of the movement. Pyramid up doing sets of 10. When you get to a hard 10, stick with the same weight for 5 sets of 10. Do 5 sets total. **10 total work sets since you are doing 2 x this week.**

Tibia raises – Same as last week. If you have one of the tibia raise machines, I want you to do these also between all of your standing calf raises. Do 5 sets of 15 reps on each tibialis anterior. If you don't have one of those machines, disregard this. **5 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 – HIGH VOLUME

LEGS – 17 SETS:

Barbell stiff legged deadlifts – 2-3 warm up sets. Use 25 plates so you can stretch better at the bottom. Work into the stretch as you go. Don't rush it. I want 4 sets of 10 reps. Once you get to a fairly hard 10, count that, then add a little weight each set for the next 3 sets also. Keep a slight bend in your knees while doing these. **4 total work sets.**

Lying leg curls – You are going to do 3 sets of 15. Nothing fancy here, just do perfect reps with someone gently pushing down on your lower back. **3 total work sets.**

Leg press – Use the exact same form as last week and work your way up, doing sets of 10 until you can no longer get 10 reps. We'll call that 3 sets. **3 total work sets.**

Barbell Squats– 1-2 low rep sets working your way up. I want 3 sets of 6 reps on these with 3-second descents. Go to just above parallel. These are meant to be done heavy, but you should get every rep. Do not use a weight so heavy you can't get the reps with perfect form. Drive out of the hole hard. **3 total work sets.**

Hack Squat – Ok, this is where the rubber meets the road, baby. Time to finish this one in style. I want 4 sets of 10. The first 2 probably won't be too hard. For example, you might do 1 plate a side for 10, then 2, then 3, then 4. So it's a pyramid. On the first two sets, I want you to rest pause them. So get down deep, rest, then drive them up. On the last 2 sets, that is not needed. Just get the 10 reps. Your legs should be on fire, and toasted. **4 total work sets.**

CHEST – 15 SETS & SHOULDERS – 11 SETS:

Dumbbell Press on a slight elevation – These are the ones where I put a 25-pound plate under each end on one side to give it the slight elevation. 2-3 sets of 10 to warm up. Pyramid up on these. Do sets of 8 all the way up until you can't get 8 reps on the last one. Don't make huge jumps. So for example, you might do 45 x 8, 55 x 8, 60 x 8, then 65 x 6 (failing). I want the 4th set to be the set where you fail before 8. **4 total work sets.**

Stretch pushups – You will be supersetting these with rear delt raises. Go to failure on the pushups. There is video of these on my website and YouTube channel so you can see how they are done. **4 total work sets.**

Supersetted with:

Dumbbell rear laterals – Sets of 20 reps. Do the bent over hang and swing version, not the full range of motion. Please see my website or YouTube channel for video. **4 total work sets.**

Banded barbell bench press –5 sets of 5 with a 1-second pause on your chest. Use the same weight for all sets. You shouldn't fail on any of these sets, the reps should be explosive off your chest. Lockout on these and flex for a second! If you are not sure how to set up the bands and do these, check my website or YouTube channel for instruction. **5 total work sets.**

Use Pro Mini bands

Dumbbell swings –These are the side laterals where you tilt your head back and do a short range of motion. Use heavy weight and do 3 sets of 25 reps. Your delts will light up. **3 total work sets.**

Regular dips – Do 2 sets of dips to failure. Let your elbows flare out, tuck your chin into your upper chest, and stretch good at the bottom. Don't come up all the way. Keep constant tension on the pecs by coming up $\frac{3}{4}$ of the way. **2 total work sets.**

Just like last week, in between sets of dips and machine rear laterals, I want you to get a flexible tubing type band and do the stretching that I have in the high intensity chest video on my website and YouTube channel. This is where you straighten your arms out in front of you holding the band and rotate back until band comes behind you to lower back, then back overhead and out front. Arms should be straight the whole time. I want 8 reps per set.

Machine rear delt raises (reverse peck deck) –1 warm up set, then do the following rep scheme: I want 25, 20, 15, and then 10 reps. Take 60 seconds in between each set. **4 total work sets.**

BACK – 19 SETS:

Meadows rows – 2 warm up sets of 10, then pyramid up. I want 5 sets of 8. Grind these out, bust your ass. **5 total work sets.**

Low cable row – Nothing fancy here, just pyramid up. Rep scheme is 14, 12, 10, 8. **4 total work sets.**

Chins – Regular chins, do 3 sets to failure. **3 total work sets.**

Dumbbell pullovers – These are to be done in the style where you lay on the bench—not across it. You hang your head off the end of the bench and slowly work into a nice stretch. Only bring the dumbbell back to the top of your forehead. Watch my YouTube video or website video to see exact form. Do 3 sets of 12 reps. **3 total work sets.**

Dumbbell Shrugs – Do these with a 3-second hold at the top. Should be painful. 3 sets of 10. **3 total work sets.**

Hyperextension with a band – Do 2 sets to failure of these. I have video of this on my YouTube channel and website. **2 total work set.**

ARMS - BICEPS - 14 SETS & TRICEPS 16 SETS:

V-bar pushdowns - 3 sets of 12 to warm up.

QUAD SET - 4 rounds for 16 total sets.

V-bar pushdowns - Set of 12.

Dips between benches - Sets of 10. Work the top part of the motion. DO not go real low. We will get more stretch on the 4th exercise.

Pronated dumbbell kick backs - If you aren't sure what the form is on these, please visit my YouTube channel or website under the training tab. It is important to use the pronated grip throughout the whole movement to hammer the long/inner head of the triceps. Do sets of 6 reps on these.

Dip machine - On these, let the weight ride up and stretch your tri near your elbow. Do not lock out. Work the top part of the motion (just the opposite of the bench dips). Do sets of 6 reps.

Your tris will be JACKED with blood.

Standing dumbbell curls - Just your typical standing alternating dumbbell curls. Supinate as you come up and flex. I want 4 sets of 10 reps with the same weight. **4 total work sets.**

EZ bar preacher curls - 4 sets of 6. Do not lower until arm is straight. Stop just short. **4 total work sets.**

EZ bar curls - Use a 3-second negative. Do 4 sets of 6 reps. **4 total work sets.**

Reverse EZ bar curls - 2 sets of 15 reps. Standard form, nothing special. Give them a flex at the top for 1 second. **2 total work sets.**

CALVES - 16 SETS:

You can do calves and abs on any training day you choose.

This week do your calves and abs twice, ok!

Toe presses in a leg press machine - Pyramid up doing sets of 10, until you find the max weight you can get 10 with. Do 4 sets of 10 with that weight. Work the stretch! **4 total work sets**

Tibia raises - Same as last week. If you have one of the tibia raise machines, I want you to do these also between all of your standing calf raises. Do 4 sets of 10 reps on each tibialis anterior. If you don't have one of those machines, disregard this. **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

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 – 17 SETS:

Seated leg curls – 2-3 warm up sets. 3 sets of 10 hard reps, then I want you to do a drop set. Start with the same weight you did for 10 but do 8. Then drop some weight and do 8 again, and then one final drop of weight for 8 more reps. **4 total work sets.**

Ham killers – 3 sets to failure (should be around 8 reps per set). **3 total work sets.**

Leg press – Pyramid up in weight. Do sets of 10 all the way up until you can't get 10 on a set again this week. We'll count the last 3 sets as working sets. **3 total work sets.**

Barbell Squats – Just standard squats here. Go to just a bit above parallel and do 3 heavy sets of 10 reps. Don't worry about a 3-second descent, use normal speed. **3 total work sets.**

One leg press in a machine – Do these in a machine as pictured in my website and YouTube video. Do 10 reps on one leg, then 10 on the other. Take a 45-second break and do it again. Repeat 2 more times with 45-second breaks. **4 total work sets.**

CHEST – 14 SETS & SHOULDERS – 13 SETS:

Machine press – 2-3 sets of 10 to warm up. Pyramid up on these. Do 4 hard sets of 8 reps with a flex in the contracted position. **4 total work sets.**

Incline barbell bench press – Do sets of 6 all the way up until you get to a weight you can barely get 6 with. Do not touch chest, lower the bar to 1-2 inches above your chest and do not lockout. Keep continuous tension on muscle. We'll count the last 3 sets of 6. **3 total work sets.**

Banded barbell bench press – 5 sets of 6 with a 1-second pause on your chest. Use the same weight for all sets. You shouldn't fail on any of these sets, the reps should be explosive off your chest. Lockout on these and flex for a second! If you are not sure how to set up the bands and do these, check my website or YouTube channel for instruction. **5 total work sets.**

Use the Pro Minis again this week.

Dips – Do 2 sets of failure. Let your elbows ride out, tuck your chin on your chest, and get down deep. DO not lock out, I want all tension to be on chest. **2 total work sets.**

Machine rear delt raises (reverse peck deck) – 1 warm up set then do the following rep scheme: I want 35, 30, 25, and then 20 reps. Take 60 seconds in between each set. **4 total work sets.**

Dumbbell rear laterals – I want you to do heavy hang and swings laying on an incline utility bench on these. 3 sets of 20 reps. Do the bent over hang and swing version, not the full range of motion. Please see my website or YouTube channel for video. **3 total work sets.**

Over and back press – You will not be able to use heavy weight on these. Do 3 sets of 10 reps. Over and back = 1 rep. Watch my website or YouTube video so you can see exact form. **3 total work sets.**

Dumbbell Side laterals – Nothing fancy here, just do 3 sets of 10 on side laterals with moderately heavy dumbbells. **3 total work sets.**

BACK – 19 SETS:

Row-a-thon

Meadows rows – 2 warm up sets of 10, then pyramid up. I want 4 sets of 8. **4 total work sets.**

One arm barbell row – Grind out another hard 4 sets of 8 here. **4 total work sets.**

Seated cable rows – I want 3 sets of 10. I want you to hold these for a split second in the contracted position to give your lats a huge flex. **3 total work sets.**

Dumbbell pullovers – These are to be done in the style where you lay on the bench—not across it. You hang your head off the end of the bench and slowly work into a nice stretch. Only bring the dumbbell back to the top of your forehead. Watch my YouTube video or website video to see exact form. Do 3 sets of 10 reps. **3 total work sets.**

Barbell good mornings – Do 3 sets of 10 with a moderate weight. **3 total work sets.**

Hyperextension with a band – Do 2 sets to failure of these. I have video of this on my YouTube channel and website. **2 total work set.**

ARMS - BICEPS - 15 SETS & TRICEPS 15 SETS:

V-bar pushdowns - 3 sets of 12 to warm up.

Tri Set – 4 rounds for 12 total sets

Bent over triceps extension – This is where you face away from the pushdown, bend at the waist, and extend your arms. I want sets of 12 reps on these.

Pronated dumbbell kick backs – I want you to use more weight than last week on these! If you aren't sure what the form is on these, please visit my YouTube channel or website under the training tab. It is important to use the pronated grip throughout the whole movement to hammer the long/inner head of the triceps. Do sets of 6 reps on these.

Dip machine – On these, let the weight ride up and stretch your tri near your elbow, just like last week. Do not lock out. Work the top part of the motion. Do sets of 8 reps.

After all tri-sets are completed, go to exercise below:

EZ bar lying extensions – Now that your tris are jacked full of blood, let's do lying extensions with a light to moderate weight. Work hard on the stretch at the bottom. I want an additional 3 sets of 20 reps here. **3 total work sets.**

Standing dumbbell curls – Keep your palms up throughout the whole movement this week and flex hard. I want 4 sets of 8 reps with the same weight. Do both arms at once if you prefer. **4 total work sets.**

EZ bar curls – 4 sets of 6, with a 3-second descent. **4 total work sets.**

Hammer curls – Do 4 sets of 10 reps. Flex hard at the top. **4 total work sets.**

Reverse EZ bar curls – 3 sets of 12 reps. Standard form, nothing special. Give them a flex at the top for 1 second. **3 total work sets.**

CALVES – 5 SETS & ABS - 6 SETS:

You can do calves and abs on any training day you choose.

This week do your calves and abs once, ok!

Toe presses in a leg press machine – Pyramid up doing sets of 20. Do 4 sets of 20 for your working sets once you are warmed up. Work the stretch, as always! **5 total work sets**

Tibia raises – Same as last week. If you have one of the tibia raise machines, I want you to do these also between all of your toe presses. Do 5 sets of 10 reps on each tibialis anterior. If you don't have one of those machines, disregard this. **5 total work sets**

V Ups – 6 sets of 15 reps. This is the same as last week. I love these. When I do these, I lay flat and extend my arms over my head, straight. When I come up, I keep my legs straight and bring them up as I lift my arms up and bring them toward my legs. I try to touch my toes. You will work your lower and upper abs with this exercise. It's my favorites for abs. The key is to push your lower back into the ground and flex your abs while you are doing this. At the end of the contraction, I lay totally flat on the mat again with arms stretched overhead and start over on next rep. Some people don't reset, but I prefer to as it keeps my lower back out of it better. I will get video up on this soon. They are very simple to do, and very effective, but kind of hard to describe. **6 total work sets**

WEEK 9 – HIGH VOLUME

LEGS – 19 SETS:

Lying leg curls – 2-3 warm up sets. 5 sets of 10 hard reps. Nothing fancy, just grind them out with perfect form. **5 total work sets.**

Barbell Squats – 2-3 warm up sets of 10 reps. Now I want you to do sets of 6 all the way up to a weight you can barely get 6 with good form. I am looking for 4 hard sets. So for example, you might do 135, 185, and 225 for easy sets of 10, then do 275 for 6, 315 for 6, 365 for 6, and then 405 for 6. That is an example of how this should look. Get down to parallel on these. In between your sets of 6, I want you to try something. Do a split squat (this is where you put one foot on a bench and lunge down with the other leg. This is good for activating your hip flexors to get them firing. These split squats should be very easy. Just 5 reps on each leg (with bodyweight only). You will feel better driving out of the bottom of your squats, as your hips will be looser and not pulling on your spine so much. **4 total work sets.**

Hack squat – Pyramid up in weight. Do sets of 10 all the way up until you can't get 10 on a set. We'll count the last 3 sets as working sets. **3 total work sets.**

Heavy dumbbell lunges – I want you to use the style where you step forward with one leg then bring the trail leg back to even (feet together). Then step forward with the same leg. Do 10 reps with one leg, then turn around and come back doing 10 with the other leg. Use straps on these, as I expect you to be using heavy dumbbells. **3 total work sets.**

Dumbbell stiff legged deadlifts – Do 4 heavy sets of 8 on these. Keep a little bend in your knees. **4 total work sets.**

CHEST – 14 SETS & SHOULDERS – 13 SETS:

Flat dumbbell press – 2-3 sets of 10 to warm up. Pyramid up on these. Do sets of 8 all the way until you can't get 8 reps. So for example, you might do 25, 45, and 65-pound dumbbells for 10 to warm up. Then you might do 80, 90, 100, and 110s for 8 reps. That is the idea, anyway, in terms of the pyramid. **4 total work sets.**

Incline barbell bench press – Do sets of 6 all the way up until you get to a weight you can barely get 6 with. Do not touch chest, lower the bar to 1-2 inches above chest and do not lockout. Keep continuous tension on the muscle. We'll count the last 4 sets of 6. **4 total work sets.**

Banded barbell bench press – 4 sets of 5 with a 1-second pause on your chest. Use the same weight for all sets. You shouldn't fail on any of these sets, the reps should be explosive off your chest. Lockout on these and flex for a second! If you are not sure how to set up the bands and do these, check my website or YouTube channel for instruction. Use more weight than you did last week on these. **4 total work sets.**

Use the Pro Monster mini bands this week.

Machine flyes– Do 2 sets of failure. I want high reps on these, and you do not have to flex on these this time. Try to get 2 sets of 20 reps. **2 total work sets.**

Dumbbell Side laterals – Do 1 warm up set of 15 reps. Do 4 sets of 8 on side laterals with moderately heavy dumbbells. **4 total work sets.**

Ultra wide grip overhead press – You will not be able to use heavy weight on these. Do 4 sets of 10 reps. Watch my website or YouTube video so you can see exact form. Make sure you touch your chest and only go to the top of your forehead on the press. **4 total work sets.**

Machine rear delt raises (reverse peck deck) – Do the following rep scheme: I want 15, 12, 10, and then 8 reps. Flex each rep hard at the contracted position. **4 total work sets.**

Dumbbell rear laterals – I want you to do a “destroyer” set of these today. Do the bent over hang and swing version, not the full range of motion. Swing a heavy weight for 60 reps, then drop the dumbbells, cut the weight in half and do 30 more reps. Finally, drop the weight, cut it in half, and do another 10 reps trying to flex at the top. Please see my website or YouTube channel for video. **1 total work set.**

BACK – 19 SETS:

Row-a-thon II

One arm barbell row – Do 2-3 warm up sets. Use 25-pound plates for a greater range of motion. Grind out another hard 4 sets of 10 here. **4 total work sets.**

Meadows rows – I want slightly higher reps for a shock on these today. Do 3 sets of 15. **3 total work sets.**

Supported chest rows – I want 3 sets of 10 with a massive stretch. Check out my website or YouTube channel for an example of these. Basically, I want you to do a row where your chest is supported by a pad, and for you to reach out and really stretch your lats hard. **3 total work sets.**

Dumbbell pullovers – These are to be done in the style where you lay on the bench—not across it. You hang your head off the end of the bench and slowly work into a nice stretch. Only bring the dumbbell back to the top of your forehead. Watch my YouTube video or website video to see exact form. Do 3 sets of 10 reps. **3 total work sets.**

Dumbbell shrugs – Do 3 sets of 10 with a 3-second flex at the top of the movement. **3 total work sets.**

Hyperextension with a band – Do 3 sets to failure of these. I have video of this on my YouTube channel and website. **3 total work set.**

ARMS - BICEPS - 14 SETS & TRICEPS 16 SETS:

V-bar pushdowns - 3 sets of 12 to warm up.

Quad Set - 4 rounds for 16 total sets

Dip machine - On these, let the weight ride up and stretch your tri near your elbow. Do not lock out. Work the top part of the motion. Do sets of 8 reps.

Pronated dumbbell kick backs - I want you to try again to use more weight than last week on these! If you aren't sure what the form is on these, please visit my YouTube channel or website under the training tab. It is important to use the pronated grip throughout the whole movement to hammer the long/inner head of the triceps. Do sets of 6 reps on these.

Bent over triceps extension - This is where you face away from the pushdown, bend at the waist, and extend your arms. I want sets of 12 reps on these.

Triangle pushups - Touch your thumbs and forefingers to see how many pushups you can do. If that's too hard, move your hands out some but make sure you keep your elbows tucked into your side so that you are working more triceps then chest. Sets to failure on these.

Rest 45 seconds between all sets for biceps.

Hammer curls - Do 2 warm up sets, then do 4 sets of 10 reps. Flex hard at the top. **4 total work sets.**

EZ bar curls - 4 sets of 6, with a 3-second descent. **4 total work sets.**

Reverse EZ bar preacher curls - 3 sets of 8 reps. Flex at the top for 1 second. **3 total work sets.**

Standing dumbbell curls - Keep your palms up throughout the whole movement this week and flex hard. I want 3 sets of 8 reps with the same weight. Do both arms at once if you prefer. **3 total work sets.**

CALVES - 10 SETS & ABS - 12 SETS:

You can do calves and abs on any training days you choose.

This week do your calves and abs twice, ok!

Toe presses in a leg press machine - Pyramid up doing sets of 8 on these. Go heavy this week for 5 sets of 8 after warming up. **5 total work sets**

Tibia raises - Same as last week. If you have one of the tibia raise machines, I want you to do these also between all of your toe presses. Do 5 sets of 10 reps on each tibialis anterior. If you don't have one of those machines, disregard this. **5 total work sets**

V Ups – 6 sets of 15 reps. This is the same as last week. I love these. When I do these, I lay flat and extend my arms over my head, straight. When I come up, I keep my legs straight and bring them up as I lift my arms up and bring them toward my legs. I try to touch my toes. You will work your lower and upper abs with this exercise. It's my favorites for abs. The key is to push your lower back into the ground and flex your abs while you are doing this. At the end of the contraction, I lay totally flat on the mat again with arms stretched overhead and start over on next rep. Some people don't reset, but I prefer to as it keeps my lower back out of it better. I will get video up on this soon. They are very simple to do, and very effective, but kind of hard to describe. **6 total work sets**

Week 3 of 3 - Phase 1 Complete

Weeks 6-6 - Phase 2 Complete

WEEKS 1-3 - PHASE 3 - WEEK 10 OVERALL

WEEK 10 - MODERATE TO LOW VOLUME

LEGS - 13 SETS:

Lying leg curls - 2-3 warm up sets. 2 sets of 10 hard reps. Nothing fancy, just grind them out with perfect form. For your 3rd set I want 10 reps, drop the weight and do 8 more, then leave the weight the same and do 25 partials out of the bottom. **3 total work sets.**

Barbell Squats - 2-3 warm up sets of 10 reps. This is just like last week, but I want you to push the weight a bit more. Try to add weight to your hard sets of 6. Do sets of 6 all the way up to a weight you can barely get for 6 with good form. I am looking for 4 hard sets. So for example, you might do 135, 185, and 225 for easy sets of 10, then do 275 for 6, 315 for 6, 365 for 6, and then 405 for 6. That is an example of how this should look. Get down to parallel on these. In between your sets of 6, I want you to do what you did last week to loosen up your hip flexors and get them firing. Do a split squat (this is where you put one foot on a bench and lunge down with the other leg). These split squats should be very easy. Just 5 reps on each leg (with bodyweight only). You will feel better driving out of the bottom of your squats, as your hips will be looser and not pulling on your spine so much. This is the same thing you did last week for hip flexors, so hopefully you noticed you were stronger and more stable at the deep squat position. **4 total work sets.**

Hack squat - Do 2 light sets of 6 reps as a knee warm-up. I want one hard drop set here. Use a weight that is a tough 10 reps, and after your 10, drop the weight and do another 8 reps. Finally, lower your feet on the platform some and pump out 20 reps for teardrop. **1 total work set.**

Smith machine split squats/lunges - Do one leg at a time. Crank 12 reps on one leg, then do 12 on the other. I want 2 sets total, with only a 30-second rest between the two sets. **2 total work sets.**

Dumbbell stiff legged deadlifts - Do 3 heavy sets of 8 on these. Keep a little bend in your knees. **3 total work sets.**

CHEST - 11 SETS & SHOULDERS - 9 SETS:

Machine flat press - 2-3 sets of 10 to warm up. I want 3 sets of 8 reps on these done with a 1-second flex at the top. Get the blood pumping on these. **3 total work sets.**

Incline barbell bench press - Just like last week, do sets of 6 all the way up until you get to a weight you can barely get 6 with. Do not touch your chest, lower the bar to 1-2 inches above your chest and do not lockout. Keep continuous tension on the muscle. We'll count the last 3 sets of 6. I want you to beat what you did last week. **3 total work sets.**

Banded barbell bench press – Pyramid on these this week. Rep scheme is 6, 5, 4, and 3 reps. All reps are done with a HARD 1-second flex against the band in the lockout position. I uploaded video to my website and YouTube channel of how we attach the elitefts™ bands to do these. **4 total work sets.**

Use the Pro Monster minis again.

Bar dips– Do 1 set to failure on these. Tuck your chin into your chest and flare your elbows out. Go deep but do not lock out. **1 total work set.**

Do your band stretches in between each set of shoulder work today! Do 8 stretches in between each set.

Machine rear delt raises (reverse peck deck) – Do the following rep scheme: I want 20, 15, 12, and then 10 reps. Flex each rep hard at the contracted position. **4 total work sets.**

Bent over barbell rows – Do these with a wide grip and keep your elbows up (not against your sides) to work rear delts. Do 3 sets of 15. Try and flex your rear delts on each rep. These should feel good after doing the machine rear delt work. Since your rear delts are a bit fatigued, you may notice your traps taking over and trying to help. That's ok. **3 total work sets.**

Dumbbell Side laterals – Do 1 warm up set of 15 reps. Do 2 sets of 12 on side laterals with medium heavy dumbbells. **2 total work sets.**

BACK – 16 SETS:

One arm barbell rows – Do 2-3 warm up sets. Use 25-pound plates for a greater range of motion. Grind out a 3 sets of 8 here. **3 total work sets.**

Reeve's Deadlifts – After 2 warm up sets of 6 reps, I want 4 sets of 6 pyramiding up. **4 total work sets.**

Wide grip pulldowns – Grip all the way on the end of the bar. Use a heavy weight and relax and let your scapulae stretch at the top. Only pull the bar down to the top of your head. Do 3 sets of 8 reps. **3 total work sets.**

Dumbbell pullovers – These are to be done in the style where you lay on the bench—not across it. You hang your head off the end of the bench and slowly work into a nice stretch. Only bring the dumbbell back to the top of your forehead. Watch my YouTube video or website video to see exact form. Do 3 sets of 10 reps. **3 total work sets.**

Good mornings with a band – Do 3 sets to failure (hopefully around 15-20 reps) of these. I have video of this on my YouTube channel and website. Bands are from www.elitefts.com. We typically use the orange bands (thick ones—not short ones, obviously). **3 total work sets.**

ARMS - BICEPS - 12 SETS & TRICEPS 11 SETS:

Rope pushdowns – 2-3 sets of 15 to warm up. Pyramid up. Rep scheme should be: 20, 15, 12, 10, and 8. **5 total work sets.**

Dip machine – On these, let the weight ride up and stretch your tri near your elbow. Do not lock out. Work the top part of the motion. Do 3 hard sets of 8 reps. **3 total work sets.**

Pronated dumbbell kick backs – 3 sets of 8. Go heavy and flex as hard as you can in a contracted position. **3 total work sets.**

Rest 30 seconds between all sets for biceps this week!

Standing dumbbell curls – Keep your palms up throughout the whole movement this week and flex hard. I want 3 sets of 8 reps with the same weight. Do both arms at once if you prefer. **3 total work sets.**

EZ bar curls – 3 sets of 6, with a 3-second descent. **3 total work sets.**

Hammer curls – Do 2 warm up sets, then do 3 sets of 10 reps. Flex hard at the top. **3 total work sets.**

Reverse EZ bar preacher curls – 3 sets of 8 reps. Flex at the top for 1 second. **3 total work sets.**

CALVES – 6 SETS:

You can do calves and abs on any training days you choose.

This week do your calves and abs once, ok!

Standing Calf Raises – Pyramid up doing sets of 10 on these. Go heavy this week for 6 sets of 10 after warming up. **6 total work sets**

Tibia raises – Same as last week. If you have one of the tibia raise machines, I want you to do these also between all of your toe presses. Do 5 sets of 10 reps on each tibialis anterior. If you don't have one of those machines, disregard this. **5 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 3 of 3 - Phase 1 Complete

Weeks 6-6 - Phase 2 Complete

WEEKS 2-3 – PHASE 3 – WEEK 11 OVERALL

WEEK 11 – LOW VOLUME

LEGS – 11 SETS:

Lying leg curls – 2-3 warm up sets. 2 strict sets of 15 reps. **2 total work sets.**

Leg press– 2-3 warm up sets of 10 reps. Keep pyramiding up until you can't get 10 reps. We will count the last 3 sets you do as sets. Use a medium width stance with feet towards the upper part of the platform. **3 total work sets.**

Hack squat – Do 2 light sets of 6 reps as a knee warm-up. Let's pyramid these too. I want you to keep going up until you can barely get 8 reps. Go deep, but don't pause. Fire back up to $\frac{3}{4}$ lockout. Keep continuous tension on those quads. We'll count the last 2 sets on these. **2 total work set.**

Walking dumbbell lunges – Do one leg at a time. Use straps and heavy weight so you can only get around 10 steps on each leg. So step forward with the right leg and then bring the left leg up to even (so feet are beside each other), and then step forward with the right leg again. Go until you can't do any more on the one leg. Rest 30 seconds, then come back on the other leg. Do 2 rounds. **2 total work sets.**

Dumbbell stiff legged deadlifts – Do 2 heavy sets of 10 on these. Keep a little bend in your knees. **2 total work sets.**

CHEST – 8 SETS & SHOULDERS – 8 SETS:

Machine flyes– 2-3 sets of 10 to warm up. I want 2 sets of 12 reps on these done with a 1-second flex at the top. Get the blood pumping on these. **2 total work sets.**

Incline barbell bench press – Just like last week, do sets of 6 all the way up until you get to a weight you can barely get 6 with. Do not touch your chest. Lower the bar to 1-2 inches above your chest and do not lockout. Keep continuous tension on the muscle. We'll count the last 3 sets of 6. I want you to beat what you did last week. **3 total work sets.**

Reverse band bench – I have video of this on my YouTube channel and website. These are awesome for overloading the chest and tris at the top. You will be able to use a lot of weight because you will have help getting out of the bottom from the bands. I use the long grey bands from elitefts.com on these. Study how to put these on. It takes a little while to get it down perfectly, but I'm telling you, you will love these once you get the hang of them.

Hook up the thick orange "light" bands from the top for these.

If you don't want to try these or can't get the bands hooked up, do the **regular banded bench presses (with monster minis)** where bands are on bottom. Either way I want 3 sets of 5 reps. **3 total work sets.**

Do your band stretches in between each set of shoulder work today! Do 8 stretches in between each set.

Machine rear delt raises (reverse peck deck) – Do the following rep scheme: I want 3 heavy sets of 10 on these. Flex each rep hard at the contracted position. **3 total work sets.**

Superset with:

Rear delt band pulls – I use the skinny orange elitefts™ bands for these. Double up the band and grab in closer and nail your rear delts. Watch my YouTube channel or website video so you can see how I do these. I want 3 sets to failure. **3 total work sets.**

Cage press – Do 2 solid sets of 8 reps on these. Remember to lean forward and flex delts at top. Watch my YouTube channel or website video to see how these are done. **2 total work sets.**

BACK – 10 SETS:

Meadows rows – Do 2-3 warm up sets. Pyramid up to a weight that is tough to get 8 reps with. Do 3 sets of 8 with that weight. **3 total work sets.**

Cable rows – Use separate handles so you can pull back an inch or two farther. Keep your elbows in tight and drive your elbows back hard. Focus on squeezing lats. Do 3 sets of 10 reps. **3 total work sets.**

Wide grip pulldowns – Grip all the way on the end of the bar. Use a heavy weight and relax and let your scapulae stretch at the top. Only pull the bar down to the top of your head. Do 2 sets of 8 reps. **2 total work sets.**

Banded hyperextensions – 2 sets to failure. This should torch your lower back. **2 total work sets.**

Good mornings with a band – Do 2 sets to failure (hopefully around 15-20 reps) of these. I have video of this on my YouTube channel and website. Bands are from www.elitefts.com. We typically use an orange or grey band on these (thick ones—not short ones) **2 total work sets.**

ARMS - BICEPS - 9 SETS & TRICEPS 10 SETS:

V bar pushdowns – 2-3 sets of 15 to warm up. Pyramid up. Rep scheme should be: 12, 10, 8, and 6. **4 total work sets.**

Pronated dumbbell kick backs – 4 sets of 8. Go heavy and flex as hard as you can in a contracted position. **4 total work sets.**

Dip machine – On these, let the weight ride up and stretch your tri near your elbow. Do not lock out. Work the top part of the motion. Do 2 sets of 25 reps. I want you to fill them with blood. **2 total work sets.**

Standing dumbbell curls – Keep your palms up throughout the whole movement this week and flex hard. I want 3 sets of 8 reps with the same weight. Do a 3-second descent on each rep. Do each arm separate this week. **3 total work sets.**

Just a note – If you happen to have a pair of those “fatgripz,” those are what I used for the dumbbell curls and for the regular bar curls. If not, no worries.

Barbell curls - 3 sets of 6, with a 3-second descent. **3 total work sets.**

Barbell reverse curls – Do 3 sets of 20 reps. **3 total work sets.**

CALVES – 8 SETS:

You can do calves and abs on any training days you choose.

This week do your calves and abs twice, ok!

Standing Calf Raises – Warm up doing a couple sets of 10 on these. Let's rep these this week for 4 sets of 25 after warming up. **4 total work sets (8 sets for the week)**

Tibia raises – Same as last week. If you have one of the tibia raise machines, I want you to do these also between all of your toe presses. Do 5 sets of 10 reps on each tibialis anterior. If you don't have one of those machines, disregard this. **5 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 3 of 3 - Phase 1 Complete

Weeks 6-6 - Phase 2 Complete

WEEKS 3-3 – PHASE 3 – WEEK 12 OVERALL

WEEK 12 – LOW VOLUME

LEGS – 10 SETS:

Lying leg curls – 2-3 warm up sets. 3 strict sets of 15 reps. **3 total work sets.**

Squat– 2-3 warm up sets of 8 reps. Keep pyramiding up until you can't get 8 reps. We will count the last 3 sets you do as sets. Use constant tension, do not lockout, and only come up $\frac{3}{4}$ of the way. **3 total work sets.**

Leg Press – I want you to do a few 6 rep sets to get you up to a hard weight and then do 1 drop set. The set should look like this: X plates for a HARD 10 reps, then take weight off and do 8 more, and take weight off and do 8 more, and then take weight off and bust ass to failure. **1 total work set.**

Hack squat – Do 1 low rep set to get your knees used to the movement. Next, I want 1 drop set. The set should look like this: Do X plates for 6 reps, drop weight and do 6 more, then drop weight and shoot for 12-15 reps. Keep your foot stance high and medium width on the platform. **1 total work set.**

Dumbbell stiff legged deadlifts – Do 2 heavy sets of 10 on these. Keep a little bend in your knees. **2 total work sets.**

CHEST – 9 SETS & SHOULDERS – 10 SETS:

Machine flies– 2-3 sets of 10 to warm up. I want 2 sets of 12 reps on these done with a 1-second flex at the top. Get the blood pumping on these. **2 total work sets.**

Incline barbell bench press – Just like last week, do sets of 6 all the way up until you get to a weight you can barely get 6 with. Do not touch your chest. Lower the bar to 1-2 inches above your chest and do not lockout. Keep continuous tension on the muscle. We'll count the last 4 sets of 6. I want you to beat what you did last week. **4 total work sets.**

Flat Dumbbell Twist Press – I want you to do 3 sets of 8 on these. Put a 25-pound plate under one end of utility bench so that you are on a very slight incline. **3 total work sets.**

Do your band stretches in between each set of chest work today! Do 8 stretches in between each set. This is where you take the band over your head and behind your back all the way down to lower back, then go in reverse and come back around to front.

Machine rear delt raises (reverse peck deck) – Do the following rep scheme: I want 3 sets of 20 on these. Flex each rep hard at the contracted position. **3 total work sets.**

Superset with:

Rear delt band pulls – I use the skinny orange elitefts™ bands for these. Double up the band and grab in closer and nail your rear delts. Watch my YouTube channel or website video so you can see how I do these. I want 3 sets to failure. **3 total work sets.**

Use a skinny orange micro band for this.

Dumbbell side laterals – I want you to do 4 normal sets of 8 reps with a moderately heavy weight. **4 total work sets.**

BACK – 15 SETS:

Meadows rows – Do 2-3 warm up sets. Pyramid up to a weight that is tough to get 8 reps with. Do 3 sets of 8 with that weight. **3 total work sets.**

Smith machine bent over rows – No pausing on these like before. Use a weight that allows you to hold and flex for one second. These will feel awesome after the Meadows Rows. Do a pyramid. I want 12, 10, 8, and 6 reps. Remember, don't go too heavy and lose mind-muscle connection! **4 total work sets.**

Reeve's modified deads with short bar (or EZ curl bar) – We will give your arms a break and pound on your lower back and traps. Watch my video on my website or YouTube channel if you need a reminder on how to do these. I want 5 sets of 5 after 2 warm up sets of 5. **5 total work sets.**

Stretchers – 3 sets of 10 reps. After the rows and modified deads, these should also feel great in your lats. **3 total work sets.**

ARMS - BICEPS - 9 SETS & TRICEPS 12 SETS:

TRISSET – 4 ROUNDS

This is the same as last week, but I am turning it into 4 tri-sets this week. You go from one exercise to the other with little to no rest. This should jack your arms up.

V bar pushdowns – 2-3 sets of 15 to warm up. I want sets of 12. **4 total work sets.**

Then immediately to:

Pronated dumbbell kick backs – 4 sets of 8. Go heavy and flex as hard as you can in a contracted position. **4 total work sets.**

Then immediately to:

Dip machine – On these, let the weight ride up and stretch your tri near your elbow. Do not lock out. Work the top part of the motion. Do sets of 8. Try to go up in weight on each set of these. **4 total work sets.**

Standing dumbbell curls – Keep your palms up throughout the whole movement this week and flex hard. I

want 3 sets of 8 reps with the same weight. Do a 3-second descent on each rep. Do each arm separate this week. **3 total work sets.**

EZ bar preacher curls - 3 sets of 6, with a 3-second descent. Squeeze for 1 second at the top. **3 total work sets.**

Barbell reverse curls - Do 3 sets of 8 reps. Try to actually go a little heavy on these today. Just bring your arm up to 45 degrees on these. **3 total work sets.**

CALVES – 8 SETS:

You can do calves and abs on any training days you choose.

This week do your calves and abs once, ok!

Standing Calf Raises - Warm up doing a couple sets of 10 on these. I want 8 sets of 8. **4 total work sets**

Tibia raises - Same as last week. If you have one of the tibia raise machines, I want you to do these also between all of your toe presses. Do 5 sets of 10 reps on each tibialis anterior. If you don't have one of those machines, disregard this. **5 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.

I have video of the band crunches, V ups, and Rope crunches on my YouTube channel.

BIOGRAPHY

Health and Fitness became a passion of mine at a very young age. I remember very vividly traveling to the local sundry store with my grandmother and sitting on the floor in the magazine section, reading the “Anatomy and Physiology” section in Muscle and Fitness. I don’t think too many other 12 year olds were interested in this kind of thing, but I thought it was really cool. My grandmother was a very well known cook in our local restaurant, where much of the town ate. Since she would always run into people and chat with them, I had ample time to memorize all the muscle names, exercise routines, etc.

When I was 13-years old, I entered my first bodybuilding competition. Back in those days, there was a 13- to 17-year old teenage class. Of course, I got last, as all the 17-year olds crushed me, but I was hooked. Through the years, I did spend a lot of time in a variety of organized sports including football, wrestling, and track. The bodybuilding efforts I was putting in did carry over to the other sports, as I wasn’t the biggest and strongest guy without weight training. The increased strength, flexibility, and endurance I had paid dividends. This was one facet I really enjoyed about bodybuilding—the amount of work I put into it was what I got out of it. Hard work equals success.

I continued to compete over the years, and I have won something like 18 contests along the way, including many state and regional titles, as well as a national title. I also have, and continue to, work with a number of athletes from differing backgrounds. I still train extremely hard and try to practice what I preach.

I have been fortunate through the years to work with some very smart people like Dr. Serrano and others. I have always made it a goal to seek out the smartest people and try to learn the most I can from them.

Nutrition is a passion of mine that I love to share with others. There are many things about my program that do not necessarily agree with mainstream theory, but you will see that the philosophies I have are rooted in fact—not fiction. You will learn that saturated fats aren’t all that bad for you—neither is dietary cholesterol—and many other nutritional truths that can be applied to eating for better results.

Warm Regards,

A handwritten signature in black ink, appearing to read "John Meadows". The signature is stylized with a large, sweeping "J" and a cursive "Meadows".

John Meadows