

## *Indomitable – Program 4*



*Week 1 of 3 - Phase 1*

*Weeks 1-6 – Phase 2 not started – Banded phase*

*Get bands from*

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=138&pid=3928>

*Week s 1-3 – Phase 3 – not started*

---

**Week 1 – Moderate Volume**

**Legs – 15 sets:**

Seated leg curls – 2-3 warm up sets. I want 3 sets of 12 reps. Standard form, keep continuous tension. **3 total work sets.**

Leg press– Do 2-3 warm up sets. I want you to pyramid up doing sets of 8. Keep going until you get to a weight that you can't get all 8 reps and then stop. We will count the last 3 sets as working sets. Place your feet a little bit high on platform, and just a tad wider than shoulder width. Keep your toes pointed out a hair too. **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 2<sup>nd</sup> 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.**

Heavy dumbbell lunges – Use straps and grab some heavy dumbbells. Do these one leg at a time, as per instruction from previous programs. Go until you drop on one leg. Rest a minute, and then do the same thing on the other leg. Do 3 sets of 10. **3 total work set.**

Dumbbell stiff legged deads - 4 sets of 10 – 4 regular sets of 10 reps with knees slightly bent. Keep your chest up and sit back, further stretching your hams. **4 total work sets.**

---

### Chest - 14 sets & Shoulders – 7 sets:

Machine press – 2-3 sets of 10 to warm up. I want you to do 3 sets of 8 reps with a moderately heavy weight. Flex your pecs hard at the contracted part of each rep. **3 total work sets.**

Incline barbell press – 2 sets of 6 to pyramid up to a heavy weight. Once you get there I want 3 sets of 6 reps. Stop about 1 inch above your chest, and do not lock out. Keep tension on your pecs. **3 total work sets.**

Flat dumbbell press – 4 sets of 8 reps. Do one low rep set to get used to new movement, then hit 2 hard sets of 8 reps. I want you to lower the dumbbells deep, so that you stretch your pecs hard. You do not have to flex at the top. On these I want you working out of the deep position, then up to  $\frac{3}{4}$  lockout. **4 total work sets.**

Pec Minor Dips – 4 sets to failure. If you get more than 12 reps on the first set, do these weighted for the next set. **4 total work sets.**

Heavy side lateral swings - 3 sets of 25. These are just done “swing” style. Raise the dumbbells about 4-6 inches. Tilt your head back and don’t let your traps take over. **3 total work sets.**

Machine rear delt raises – 3 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. **3 total work sets.**

Hang and swing destroyer set – Lay on an incline bench face down, and swing heavy dumbbells for 60 reps. Drop the weights and cut your weight in half. Do 30 with these. Now cut the weight in half and do 10 more with a flex at the top. Do your best to get the flexes. DEMOLISH your rear delts. **1 total work set.**

---

### Back – 14 sets:

Meadows Rows – 2-3 warm up sets of 10, then pyramid up with the following rep scheme: 15, 12, 9, and 6 reps. **4 total work sets.**

Rack pulls – Pyramid your way up, doing sets of 4 reps. Keep going until you can’t get 4. We will count the last 3 as sets. Pull from mid shin. Use straps and a double overhand grip EVERYTIME I have you do any kind of deads. No blown biceps here. **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 better and better. This movement is great for width and detail. I want 4 sets of 10 reps. **4 total work sets.**

Hyperextension – 3 sets to failure with bodyweight only. **3 total work sets.**

---

### Arms - Biceps - 10 sets & Triceps 10 sets:

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

#### Superset 1

Tricep pushdowns for 12 reps then do pronated kickbacks for 8 (palms facing up through entire range of motion and do both arms at once). Do 5 rounds. **10 total work sets.**

#### Superset 2

Barbell curls for 8 reps with a 3 second negative on all reps, then do the Seated dumbbell curls for 8 reps with a 3 second negative on all reps. Do 5 rounds. **10 total work sets.**

---

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

Banded 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 8 sets 10 with 60 second breaks. **8 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.**

### 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 2 – Moderate Volume

### Legs – 12 sets:

Seated leg curls – 2-3 warm up sets. I want 3 sets of 20 reps with same weight. Standard form, keep continuous tension. **3 total work sets.**

Squat– Do 2-3 warm up sets. I want you to pyramid up doing sets of 8. Keep going until you get to a weight that you can't get all 8 reps and then stop. We will count the last 3 sets as working sets. Use a 3 second descent, and go down to parallel. **3 total work sets.**

Hack squat – 1-2 sets of 6 reps to get your knees nice and warm. Place feet a little high and wide on these. We are going to do one hard drop set. I want a weight you can do for 10 reps, then drop weight and do 6-8 reps, then drop weight and do to failure. Go deep on all reps and come up about 3/4 of the way. Do not pause at top or bottom. **1 total work set.**

Leg press – Put a weight on there you can do around 10 reps with. I want another drop set here. Give me 10 reps, drop the weight and do another 10 reps, then drop the weight one more time and go to failure. I want you r feet close together and in middle of platform so we crush your teardrop on these. **1 total work set.**

Dumbbell stiff legged deads - 4 sets of 8 – 4 regular sets of 8 reps with knees slightly bent. Keep your chest up and sit back, further stretching your hams. Come up ¾ of the way, do not lockout. **4 total work sets.**

Adductor machine – 3 sets of 15 reps. **3 total work sets. I don't count these toward total sets.**

---

### Chest - 11 sets & Shoulders – 8 sets:

Flat dumbbell press – 2-3 sets of 10 to warm up. I want you to do 3 sets of 8 reps with a moderately heavy weight. Flex your pecs hard at the contracted part of each rep. Lower the dumbbells and stretch on each rep too. I want a full range of motion. **3 total work sets.**

Incline barbell press – 2 sets of 6 to pyramid up to a heavy weight. Once you get there I want 3 sets of 8 reps. Stop about 1 inch above your chest, and do not lock out. Keep tension on your pecs. **3 total work sets.**

Decline dumbbell press – 3 sets of 8 reps. On these drive the weight up and flex hard at the top! **3 total work sets.**

Regular Dips – 2 sets to failure. Shoot your elbows out wide, tuck your chin on your chest, and go down deep. Only come up ¾ of the way. Keep tension on your pecs. **2 total work sets.**

Dumbbell side laterals - 3 sets of 10. These are just regular side laterals take to ear level, nothing fancy. **3 total work sets.**

Bent over dumbbell rear delt raises – I want 3 sets of 20 reps. On these, I want a full range of motion, not just swings today, so the weight won't be extremely heavy. **3 total work sets.**

6-ways – Do 2 sets of 10 reps. In case you need a refresher, these are on my website and YouTube channel. **2 total work sets.**

---

**Back – 15 sets:**

One arm barbell rows – 2-3 warm up sets of 10, then do 4 hard sets of 8 reps. Make sure you get a good stretch on these at the bottom. **4 total work sets.**

One arm underhand grip pulldowns – Do 4 sets of 10 reps. Don't let your arms straighten all the way out this time. There is a style where we do that though fyi. Keep tension on your lower lats. Drive your elbows down hard and flex your lower lats on EVERY REP. Video for this will be added to my YouTube channel and website soon. **4 total work sets.**

Supported rows– Do rows on a machine where your chest is supported. If you can, use a wide grip and keep your elbows up. I would like for this to hit your lower traps, rhomboids, and rear delts. For these do 4 sets of 10 reps also. **4 total work sets.**

Banded hyperextensions – 3 sets to failure with bodyweight only. **3 total work sets.**

---

**Arms - Biceps - 11 sets & Triceps 11 sets:**

V Bar pushdowns - 3 sets of 12 to warm up

Tricep pushdowns – Pyramid up – 15, 12, 9, and 6 reps. **4 total work sets.**

Dip machine - 3 sets of 10 with a 3 second negative. **3 total work sets.**

Pronated kickbacks – Go heavy and flex for a second. 4 sets of 6! **4 total work sets.**

Seated dumbbell curls - 2 warm up sets of 10-12 reps - 3 sets of 8 reps with a 3 second negative on all reps. **3 total work sets.**

EZ bar preacher curls - 3 sets of 8 reps with a 2 second flex at the top. Do not lower all the way down, stop short of full extension. **3 total work sets.**

Barbell curls – 5 sets of 8 with 20 second breaks. These are gonna hurt. Get through the pain. It won't take much weight either, so don't start too heavy. **5 total work sets.**

---

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

Do this 2x this week.

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 10 with 45 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.**

Do this 2x this week.

### Abdominals– 8 sets

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

---

### Week 3 – High Volume

#### Legs – 14 sets:

Seated leg curls – 2-3 warm up sets. I want 5 sets of 10 reps with same weight. Standard form, keep continuous tension. **5 total work sets.**

Leg press – Work your way up to a weight you can do around 10 reps with. Once you find that weight, I want you to kill 3 sets of 10 with it. I want you to use a 3 second eccentric on all 3 sets. Do not lockout. Use a shoulder width stance with feet a little high on the platform. **3 total work set..**

Hack squat – 1-2 sets of 6 reps to get your knees nice and warm. Next I want you to do 4 sets of 6 with a 3 second descent. Get down deep on these and do not lockout at the top. **4 total work set.**

Smith machine squat - 2 sets of 20 – Put your feet out in front of you a go fairly wide. Turn your toes out so we kill your quad sweep. Go deep on these, but only come up half way. I want 2 sets of 20 reps. **2 total work sets.**

Adductor machine – 3 sets of 15 reps. **3 total work sets. I don't count these toward total sets.**

---

#### Chest - 15 sets & Shoulders – 10 sets:

Machine flies – 2-3 sets of 10 to warm up. I want 4 sets of 8 reps with a 1 second flex at the top. Squeeze them hard, and get your pecs full of blood. **4 total work sets.**

Incline barbell press – Straight pyramid on these. Do sets of 8 all the way up until you get to a weight that you can't hit 8 with. The last 3 sets should be pretty tough. **3 total work sets.**

Incline dumbbell press – 4 sets of 8 reps. Set the incline on a very slight angle. **4 total work sets.**

**STARTING HERE – Do the rope stretches in between every set all the way to the end of the workout. I want you to go over and back 8 reps per set. So start these WITH the incline dumbbell press.**

Pec minor dips – 4 sets to failure. Use weight and get a minimum of 8 reps with it. Then drop the weight and finish with your bodyweight only. **4 total work sets.**

Dumbbell bent over rear laterals - 3 sets of 15. Use full range of motion, not swing today. **3 total work sets.**

Supersettted with

Rear delt band pull aparts – I want sets of 15 here. I use the skinny orange band. Pull it back and flex your rear delts. They should be on FIRE. **3 total work sets.**

Dumbbell press – If you can use kettlebells, even better. Do these one arm at a time if you use kettlebells. Lower the weight so that it touches your shoulder then fire up and squeeze your delt. If dumbbells, do both at once. I want 4 sets of 10. **4 total work sets.**



---

**Back – 18 sets:**

One arm barbell rows – 2-3 warm up sets of 10, then do 4 hard sets of 8 reps. Make sure you get a good stretch on these at the bottom. **4 total work sets.**

Supported rows– Do rows on a machine where your chest is supported. If you can, use a wide grip and keep your elbows up. I would like for this to hit your lower traps, rhomboids, and rear delts. For these do 4 sets of 15 reps also. Flex hard at the contracted part of the rep. **4 total work sets.**

One arm underhand grip pulldowns – Do 3 sets of 10 reps. Don't let your arms straighten all the way out this time. There is a style where we do that though fyi. Keep tension on your lower lats. Drive your elbows down hard and flex your lower lats on EVERY REP. Video for this will be added to my YouTube channel and website soon. **3 total work sets.**

Reeves deads – Ok, let's grind out 4 sets of 5 on these. **4 total work sets.**

Good mornings w/ barbell – 3 sets of 12 reps. **3 total work sets.**

---

**Arms - Biceps - 12 sets & Triceps 11 sets:**

V Bar pushdowns - 3 sets of 12 to warm up

Bent over Tricep rope extension – Do 4 sets of 20 reps on these. Let the rope come back on each rep and really stretch your tris. **4 total work sets.**

Pronated kickbacks – Go heavy and flex for a second. 4 sets of 8. **4 total work sets.**

Lying extensions on a slight decline – I use the EZ bar for these. I do these off a sit up bench that is set almost flat. I want high reps on these too. 3 sets of 20 reps. Burn the hell out of your tris. **3 total work sets.**

Hammer curls - 2 warm up sets of 10-12 reps - 4 sets of 10 reps. **4 total work sets.**

EZ bar curls - 4 sets of 8 reps with a 2 second flex at the top. Do not lower all the way down, stop short of full extension. **4 total work sets.**

EZ bar preacher curls – 4 sets of 8. Give these a 1 second flex at the top. **4 total work sets.**

---

**Calves - 15 sets: *You can do calves and abs on any training day you choose.***

Do this **3x** this week.

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 5 sets of 15 with 60 second breaks. **5 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.**

Do this 2x this week.

### Abdominals– 8 sets

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

---

## Week 4 – Moderate/High Volume

### Legs – 15 sets:

Seated leg curls – 2-3 warm up sets. I want you to do a pyramid this week. Do 15,12, and 9 reps. On the last set, I want you do 9 again, but then drop the weight and do 6 more, followed by one final drop and then just blast to complete failure. **4 total work sets.**

Leg press w/ bands– After doing several warm ups, I want you to work up doing sets of 8 until you reach a weight you can barely get 8 with, or fail just before 8. Use 1 set of mini bands for these. We'll count the last 3 sets as work sets. **3 total work sets.**

*Here is the band progression on the leg press:*

**Week 4-5 – One set of minis**

**Week 6-7 – One set of monster minis**

**Week 8-9 – 1 mini and one monster mini per side**

Squat – 1-2 sets of 6 reps to get your knees nice and warm. I want these to be normal cadence reps, for sets of 10. Keep working your way up until you get to a weight you can barely, or don't get 10 reps with. We'll count the last 3 sets of this pyramid too. **3 total work sets.**

Heavy one leg lunge – Pick up some heavy dumbbells (use straps to hold them), and lunge 1 on one leg at a time. So step forward and then bring trail leg back to even (not in front). Then go again with same leg. Take around 10 steps, and then turn around and do the other leg coming back. 3 sets of these. **3 total work sets.**

Dumbbell stiff legged deads– 2 sets of 20 reps flexing your glutes and hams. **2 total work sets.**

Adductor machine – 3 sets of 12 reps. Go heavier than last week. **3 total work sets. I don't count these toward total sets.**

---

### Chest - 12 sets & Shoulders – 15 sets:

Machine presses – 2-3 sets of 10 to warm up. I want 3 sets of 10 reps with a 1 second flex at the top. Squeeze them hard, and get your pecs full of blood. **3 total work sets.**

Incline barbell press – Straight pyramid on these. Do sets of 6 all the way up until you get to a weight that you can't hit 6 with. We'll count the last 3 sets. **3 total work sets.**

Pec minor dips – 3 sets to failure. Use additional weight via a dip belt. **3 total work sets.**

Banded bench press – 3 sets of 5 reps. Every rep should be a hard flex at the top. **3 total work sets.**

*Here is the band progression on the bench press:*

**Week 4-6 – One set of minis**

### **Week 7-9 – One set of monster minis**

Machine rear laterals - 3 sets of 25. Use full range of motion. **3 total work sets.**

Supersetted with

Rear delt band pull aparts – I want sets of 15 here. I use the skinny orange band. Pull it back and flex your rear delts. They should be on FIRE. **3 total work sets.**

#### **Use the orange micro band**

Wide grip barbell rows – Keep your elbows up to nail rear delts! 3 sets of 15 reps. **3 total work sets.**

Dumbbell side laterals – sets of 10. **3 total work sets.**

Supersetted with

Band laterals – stand on band with right leg (or you can loop it around the bottom of a rack somewhere) and loop band around left wrist. Let hand come behind your back, and then lift up to 10 o'clock position (just above parallel). Do 10 reps and then switch sides. **3 total work sets.**

#### **Use the red bands**

---

#### **Back – 16 sets:**

Bent over rows in smith machine – 2-3 warm up sets of 10, then do 4 hard sets of 8 reps. Make sure you flex your lats when you contract. Do these strict. **4 total work sets.**

Dumbbell rows– Regular dumbbell rows done HEAVY! I want 3 sets of 8. **3 total work sets.**

Dumbbell pullovers – Let's give your arms a break and hit some pullovers for serratus and upper lats. Do 3 sets of 12 reps on these. **3 total work sets.**

Dumbbell Shrugs – I want 3 sets of 12 done with a 3 second pause and flex at the top of every rep. **3 total work sets.**

Good mornings w/ barbell – Let's go a little heavier on these than last week. Do 3 sets of 8 reps. **3 total work sets.**

---

#### **Arms - Biceps - 13 sets & Triceps 14 sets:**

V Bar pushdowns - 3 sets of 12 to warm up

Rest will be 45 seconds between all sets!!

Bent over Tricep rope extension – Do 4 sets of 12 reps on these. Let the rope come back on each rep and really stretch your tris. **4 total work sets.**

Pronated kickbacks – Go heavy and flex for a second. 4 sets of 8. **4 total work sets.**

Dip machine – 3 sets of 10. Every rep I want a 3 second negative. **4 total work sets.**

Skullcrushers/lying extensions done on an incline bench – 2 sets of 20. **2 total work sets.**

Seated dumbbell curls - 2 warm up sets of 10-12 reps - 4 sets of 10 reps with a 3 second descent – this should burn like FIRE! **4 total work sets.**

Hammer curls - 4 sets of 10 reps. **4 total work sets.**

Close grip/palms up chins - 3 sets to failure, focus on biceps! **3 total work sets.**

EZ bar preacher curls – 2 sets to failure with a weight you can usually do for 10 reps. Super slow descent, as slow as you can go. **2 total work sets.**

---

**Calves - 15 sets** ***You can do calves and abs on any training day you choose.***

Do this **3x** this week.

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 5 sets of 15 with 60 second breaks. **5 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.**

**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 5 – Moderate/High Volume

### Legs – 16 sets:

Seated leg curls – 2-3 warm up sets. This week I want 3 sets of 10 full reps, and 10 partial reps. So on each set do 10 with a full range of motion, and then do 10 by just coming out of the bottom of the movement 6 inches or so. **3 total work sets.**

Leg press w/ bands– After doing several warm ups, I want you to work up doing sets of 8 until you reach a weight you can barely get 8 with, or fail just before 8. Use 2 sets of mini bands for these this week, per the schedule below. We'll count the last 3 sets as work sets. **3 total work sets.**

*Here is the band progression on the leg press:*

**Week 4-5 – One set of minis**

**Week 6-7 – One set of monster minis**

**Week 8-9 – 1 mini and one monster mini per side**

Squat – 1-2 sets of 6 reps to get your knees nice and warm. I want these to be normal cadence reps, for sets of 10. Keep working your way up until you get to a weight that is a tough 8. I want 3 sets of 8 with that weight. **3 total work sets.**

Smith machine lunge – Do 10 reps on each leg. Do all reps on one leg, then switch to the other. Do 3 sets total. **3 total work sets.**

Dumbbell stiff legged deads– 4 sets of 10 reps flexing your glutes and hams. Pyramid up as you go. The last set should be a brutal 10. **4 total work sets.**

Adductor machine – 3 sets of 12 reps. Go heavier than last week again. Let's get some freakiness going in the adductor area. **3 total work sets. I don't count these toward total sets.**

---

### Chest - 12 sets & Shoulders – 12 sets:

Flat dumbbell presses – 2-3 sets of 10 to warm up. Pyramid up on these. Rep scheme is 15, 12, 9, and then hard set of 6. **4 total work sets.**

Incline barbell press – Straight pyramid on these. Do sets of 8 all the way up until you get to a weight that you can't hit 8 with. We'll count the last 3 sets. It would be really cool if you could use the same weight you did for 6's last week. **3 total work sets.**

Banded bench press – 3 sets of 5 reps. Every rep should be a hard flex at the top. **3 total work sets.**

*Here is the band progression on the bench press:*

**Week 4-6 – One set of minis**

**Week 7-9 – One set of monster minis**

Machine flyes – 2 sets to failure (shoot for weight that allows 15-20 reps. **2 total work sets.**

Dumbbell bent over rear laterals - 3 sets of 15. Use full range of motion. **3 total work sets.**

Supersetted with

Rear delt band pull aparts – I want sets of 15 here. I use the skinny orange band. Pull it back and flex your rear delts. They should be on FIRE. **3 total work sets.**

**Use the orange micro band**

Cage presses – Pyramid up for hard sets. Rep scheme is 10, 8, 6, and 4. Don't forget the little lean forward at lockout and flex of delts! **4 total work sets.**

6 ways – 2 sets of 10. **2 total work sets.**

---

**Back – 17 sets:**

Meadows rows – 2-3 warm up sets of 10, then do 4 hard sets of 8 reps. **4 total work sets.**

Supported rows– These are rows done with your chest on a pad. Get a nice stretch, and flex hard at the contracted part of the movement. I want 3 sets of 10 done with your elbows UP! This is to ensure you hit traps, rhomboids, and rear delts, think shoulder to shoulder in your mid to upper back. **3 total work sets.**

Dumbbell pullovers – Let's give your arms a break and hit some pullovers for serratus and upper lats. Do 3 sets of 12 reps on these. **3 total work sets.**

Reeve's deadlifts – I want 5 sets of 5. Grind these out! **5 total work sets.**

Banded good mornings – Use a big band (orange or grey), and do per my video. Do 2 sets of 25 reps. **2 total work sets.**

**Use a thick orange "light" band**

---

**Arms - Biceps - 13 sets & Triceps 13 sets:**

V bar pushdowns – 2-3 sets to warm up elbows. Pyramid up. Rep scheme is 15, 12, 10, 8, 6. **5 total work sets.**

**Supersetted with**

EZ bar curls – 2-3 sets to warm up. Do sets of 8 reps with a 3 second descent. **5 total work sets.**

Pronated kickbacks – Go heavy and flex for a second. 4 sets of 8. **4 total work sets.**

**Supersetted with**



Hammer curls – 4 sets of 10. **4 total work sets.**

Close grip bench on smith machine – Put the bench on a slight incline. Lower the bar slowly to around your chin like a JM Press. It's more of that than a true close grip bench press. DO slow and controlled sets of 8. **4 total work sets.**

***Supersetted with***

Seated dumbbell curls - 4 sets of 10. Keep your palms up the whole time. **4 total work sets.**

---

**Calves - 15 sets:** ***You can do calves and abs on any training day you choose.***

Do this **2x** this week.

Toe presses in a 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 10 until you can't get all 10 reps with a full range of motion. Once you get there, do 3 sets of 10 as best you can. It's ok if you can get 6 or so with a full range, and then do partials for the rest. **3 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.**

Do this 2x this week.

**Abdominals – 8 sets**

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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/High Volume

### Legs – 16 sets:

Seated leg curls – 2-3 warm up sets. This week we are pyramiding up. The rep scheme should be 15, 12, 9, and 6. No drop sets or partials this week. **4 total work sets.**

Leg press w/ bands– After doing several warm ups, I want you to work up doing sets of 8 until you reach a weight you can barely get 8 with, or fail just before 8. Use 1 set of monster mini bands for these this week, per the schedule below. We'll count the last 3 sets as work sets. **3 total work sets.**

*Here is the band progression on the leg press:*

**Week 4-5 – One set of minis**

**Week 6-7 – One set of monster minis**

**Week 8-9 – 1 mini and one monster mini per side**

Hack squat – 1-2 sets of 6 reps to get your knees nice and warm. Next I want rock bottom sets of 8 reps. Find a weight that is a challenging 8, and hit 3 sets of 8 with it. Don't pause at the bottom this week, and do not lock out. **3 total work sets.**

Heavy dumbbell lunge – Do 10 reps on each leg. Do all reps on one leg, then switch to the other. Use straps so that your grip doesn't become a limiting factor. Do 3 sets total. **3 total work sets.**

Dumbbell stiff legged deads– 3 sets of 15 reps flexing your glutes and hams. Carve in those lines. **3 total work sets.**

Adductor machine – 3 sets of 8 reps. Go heavier again. **3 total work sets. I don't count these toward total sets.**

---

### Chest - 12 sets & Shoulders – 12 sets:

Machine presses – 2-3 sets of 10 to warm up. Pyramid up on these. Do 3 sets of 8 with a 2 second flex on each rep. **3 total work sets.**

Incline barbell press – Straight pyramid on these. Do sets of 6 all the way up until you get to a weight that you can't hit 6 with. We'll count the last 3 sets. **3 total work sets.**

Banded bench press – 3 sets of 5 reps. Every rep should be a hard flex at the top. **3 total work sets.**

*Here is the band progression on the bench press:*

**Week 4-6 – One set of minis**

**Week 7-9 – One set of monster minis**

Pec minor dips – 3 sets to failure, try to use a dip belt and additional weight for at least half of the reps on each set. **3 total work sets.**

Machine rear laterals/reverse pec deck - 3 sets of 25. Use full range of motion. **3 total work sets.**

Supersetted with

Rear delt band pull aparts – I want sets of 15 here. I use the skinny orange band. Pull it back and flex your rear delts. **3 total work sets.**

**Use the orange micro band**

Bet over rear delt rows (wide grip and elbows up) – Do 4 sets of 10. **4 total work sets.**

Dumbbell side laterals – 2 sets of 10. After each set of 10, cut the weight in half and do 10 more reps. Each set totals 20 reps. **2 total work sets.**

---

**Back – 18 sets:**

Dumbbell deadstop rows – 2-3 warm up sets of 10, then do 4 hard sets of 8 reps. **4 total work sets.**

Heavy partial pulldowns– These are the pulldowns done with a real wide grip where you only bring the bar to the top of your head, and then streeetch on the way up. I want 4 sets of 8. **4 total work sets.**

T bar rows – I want good ole regular t-bar rows done here. Pyramid up. Reps are 12, 10, 8, and 6. Squeeze at the top for 1 second. Think tension on these, flex and striate those lower lats. **4 total work sets.**

Dumbbell shrugs – 3 sets of 10 with a 3 second pause at the top. **3 total work sets.**

Banded hyperextension – I want 3 sets of 25. Own that burn! **3 total work sets.**

---

**Arms - Biceps - 13 sets & Triceps 12 sets:**

V bar pushdowns – 2-3 sets to warm up elbows. Pyramid up. Rep scheme is 25, 20, 15, and 10. **4 total work sets.**

Dips between benches – Try to add some weight to your lap. Do 4 sets to failure. **4 total work sets.**

Decline lying extension/skullcrushers – I actually like to let these go behind my head and really stretch. Should feel great when you already have a ton of blood in your tris. Do 4 sets of 12. **4 total work sets.**

Hammer curls – 4 sets of 10. **4 total work sets.**

EZ bar preacher curls – Do 4 sets of 8 reps. Do not go all the way down. **4 total work sets.**

Seated dumbbell curls - 4 sets of 8. Keep your palms up the whole time. **4 total work sets.**

---

**Calves - 15 sets:** ***You can do calves and abs on any training day you choose.***

Do this **2x** this week.

Toe presses in a 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 10 until you can't get all 10 reps with a full range of motion. Once you get there, do 3 sets of 10 as best you can. It's ok if you can get 6 or so with a full range, and then do partials for the rest. **3 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.**

Do this 2x this week.

**Abdominals– 8 sets**

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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– Moderate/High Volume

### Legs – 15 sets:

Seated leg curls – 2-3 warm up sets. I want 3 sets of 10, then a drop set where you do 10 reps and then drop the weight and do another 30 reps. **4 total work sets.**

Leg press w/ bands– After doing several warm ups, I want you to work up doing sets of 8 until you reach a weight you can barely get 8 with, or fail just before 8. Use 1 set of monster mini bands again for these this week, per the schedule below. We'll count the last 3 sets as work sets. Try to beat what you did last week on these using the monster minis. **3 total work sets.**

*Here is the band progression on the leg press:*

**Week 4-5 – One set of minis**

**Week 6-7 – One set of monster minis**

**Week 8-9 – 1 mini and one monster mini per side**

Hack squat – 2 sets of 6 reps pyramiding up to get your knees nice and warm. I want you to then do a drop set. Use a weight that is a hard 8 reps, and then drop weight and do 8 more, and then one final drop for another 15 reps. **1 total work set.**

Smith machine lunge – Do 10 reps on each leg. Do all reps on one leg, then switch to the other. Do 4 sets total. This will be a killer. **4 total work sets.**

Barbell stiff legged deadlifts– 3 sets of 8 reps flexing your glutes and hams. **3 total work sets.**

Adductor machine – More of these! 3 sets of 8 reps. Go heavier again. **3 total work sets. I don't count these toward total sets.**

---

### Chest - 12 sets & Shoulders – 12 sets:

Decline dumbbell press – 2-3 sets of 10 to warm up. Pyramid up on these. Do working sets of 8 reps once you do the warm ups. Keep going up until you can't get your 8 reps. Use PERFECT form, lower weight, stop and feel stretch, then drive up and flex. We'll count this as 3 sets. **3 total work sets.**

Incline barbell press – Straight pyramid on these. Do sets of 6 all the way up until you get to a weight that you can't hit 6 with. We'll count the last 3 sets. **3 total work sets.**

Banded bench press – 3 sets of 5 reps. Every rep should be a hard flex at the top. Bump up the band to a monster mini this week. **3 total work sets.**

*Here is the band progression on the bench press:*

**Week 4-6 – One set of minis**

**Week 7-9 – One set of monster minis**

Stretch pushups – This is where you set up aerobic step benches and a lift, elevate your feet a bit, and go to failure. Make sure you keep your chin up, and stretch at the bottom. There is video of this on my website and YouTube channel. 3 sets should be done to failure. **3 total work sets.**

Machine rear laterals/reverse pec deck - 3 sets of 10. Let's go a bit heavier this week on these. Make sure you get an awesome 2 second flex at the contracted part of the rep. Use full range of motion. **3 total work sets.**

Supersettted with

Rear delt band pull aparts – I want sets of 15 here. I use the skinny orange band. Pull it back and flex your rear delts. **3 total work sets.**

### **Use the orange micro band**

Banded side laterals – Use either the red band or even the orange micro band if you have to to get your reps. I want you to stand on a band with say your right leg. Grab the band and start from behind your back with the left arm. Do sets of 25 reps. Go fast. It might seem weird, but go fast, and get to your 25 rep number quick. Rest about 60 seconds between sets. **4 total work sets.**

Over and back press – 2 sets of 10. There is video of this on my YouTube channel and website. **2 total work sets.**

---

### **Back – 20 sets:**

Dumbbell rows – 2-3 warm up sets of 10, then do 4 hard sets of 10 reps. These are regular rows, not dead stops. **4 total work sets.**

Low cable rows–I want 4 sets of 8. FLEX really hard at the contracted part of exercise. Lean forward to stretch a little, but don't overdo it. **4 total work sets.**

Dumbbell Pullovers – I want these done with my normal style of laying on bench and not across. 4 sets of 10. **4 total work sets.**

Barbell shrugs – 4 sets of 20 with no pause at the top. This is a bit of shock treatment for your traps. It should kill them. **4 total work sets.**

Banded hyperextension – I want 4 sets of 20. **4 total work sets.**

---

### **Arms - Biceps - 16 sets & Triceps 12 sets:**

V bar pushdowns – 2-3 sets to warm up elbows. Pyramid up. Rep scheme is 15, 12, 10, and 8. **4 total work sets.**

Hammer curls – 4 sets of 10. **4 total work sets.**

Dips machine – Do 4 sets to failure with 3 second eccentric. Reps should be around 8 to 12. **4 total work sets.**

Incline concentration curls – This is where you grab 2 dumbbells and lay face down on incline bench and curl the dumbbells up flexing the biceps. Try and keep the dumbbells touching each other the whole time, and flex hard. You should feel an unbelievable peak contraction. 4 sets of 8. **4 total work sets.**

Decline lying extension/skullcrushers – Do these again this week. They feel awesome at the end of your tricep routine. Do 4 sets of 12. **4 total work sets.**

EZ bar curls – Do 4 sets of 8 reps with a 3 second descent. **4 total work sets.**

Seated dumbbell curls - 4 sets of 8. Keep your palms up the whole time. **4 total work sets.**

Make every set count!

---

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

Do this **1x** this week.

Standing calf raises – 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 10 until you can't get all 10 reps with a full range of motion. Once you get there, do 6 sets of 10 as best you can. It's ok if you can get 6 or so with a full range, and then do partials for the rest. **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.**

Do this 1x this week.

**Abdominals– 8 sets**

**Do this 2 x this week!**

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– Moderate/High Volume

### Legs – 16 sets:

Seated leg curls – 2-3 warm up sets. I want 3 sets of 10, then a drop set where you do 4 reps and then drop the weight 3 more times doing 4 reps after each drop. The drops shouldn't be too big. Every set of 4 will be really hard. **4 total work sets.**

Box squats– After doing several warm ups, I want you to work up doing sets of 8 until you reach a weight you can barely get 8 with, or fail just before 8. I count the last 3 sets as “real” sets. **3 total work sets.**

Banded leg press – 1 mini and 1 monster mini. I want 4 sets with a close stance and feet medium high on platform. Shoot for 8 hard reps on each set. You will probably only need a couple of sets to get to your target weight. **4 total work sets.**

*Here is the band progression on the leg press:*

**Week 4-5 – One set of minis**

**Week 6-7 – One set of monster minis**

**Week 8-9 – 1 mini and one monster mini per side**

Hack squat – 2 sets of 6 reps pyramiding up to get your knees nice and warm. I want you to do one hard set of 15 reps with pauses at the bottom of every rep. **1 total work set.**

Barbell stiff legged deadlifts– 4 sets of 12 reps flexing your glutes and hams at the top. **4 total work sets.**

Adductor machine – 4 sets of 10 reps. **4 total work sets. I don't count these toward total sets.**

---

### Chest - 12 sets & Shoulders – 12 sets:

Machine press – 2-3 sets of 10 to warm up. On these do 3 sets of 8 reps. Get a good stretch on every rep, and flex hard at the top for 1 second. **3 total work sets.**

Decline dumbbell press – 2-3 sets of 10 to warm up. Pyramid up on these. Use a weight that will allow you to get around 12 reps for our first set. Lower the dumbbell slowly then ram it up and flex hard. Stick with this weight, and just go to complete failure for 2 more sets. **3 total work sets.**

Incline barbell press – Straight pyramid on these. Do sets of 8 all the way up until you get to a weight that you can't hit 8 with. We'll count the last 3 sets. **3 total work sets.**

Banded bench press – 3 sets of 5 reps. Every rep should be a hard flex at the top. Continue with the monster mini this week. **3 total work sets.**

*Here is the band progression on the bench press:*

**Week 4-6 – One set of minis**

**Week 7-9 – One set of monster minis**

## TRISSET FOR SHOULDERS – Do 4 rounds

Dumbbell bent over rear laterals - Sets of 15.

*Supersetted with*

Rear delt band pull aparts – I want sets of 15 here. I use the skinny orange band. Pull it back and flex your rear delts.

**Use the orange micro band**

*Supersetted with*

Spider crawls – I learned these from Dave Tate. Use a short band if you have one. I have video of this on my YouTube channel and website. Crawl up a wall and back down twice for one set. The whole time keep your hands as far apart as possible. Change your hand positions too. This is GREAT for rotators and stabilizers, and will burn the shit out of your delts too.

---

## Back – 20 sets:

Meadows rows– 2-3 warm up sets of 10, then do 4 hard sets of 8 reps. **4 total work sets.**

Supported rows – I want 4 sets of 8. Keep your elbows up and flex your traps, rear delts, and rhomboids at the contracted part. Also, let the weight pull you and stretch you out. **4 total work sets.**

Dumbbell Pullovers – I want these done with my normal style of lying on bench and not across. 4 sets of 10. **4 total work sets.**

Single arm pulldowns – 4 sets of 8 with continuous tension. On these do not come all the way up. Come up about 95% of the way then drive your elbow down. All through every rep think about nothing except driving your elbow down by flexing your lower lat hard. **4 total work sets.**

Banded hyperextension – I want 4 sets to failure. **4 total work sets.**

---

## Arms - Biceps - 12 sets & Triceps 15 sets:

Rest break for triceps is 45 seconds between all sets.

V bar pushdowns – 2-3 sets to warm up elbows. Pyramid up. Rep scheme is 15, 12, 10, and 8. **4 total work sets.**

Pronated tricep kickbacks – 4 sets of 8. Flex hard at the top! **4 total work sets.**

Dips between benches – Do 4 sets to failure. At the top of each rep lean back just a hair and try and flex your tris. It will make the sets extremely hard. **4 total work sets.**

Incline skullcrushers – Now that your elbows are juiced up, do these and try and let the bar go behind your head for a real good stretch. Do 3 sets of 15. **3 total work sets.**

Decline lying extension/skullcrushers – Do these again this week. They feel awesome at the end of your tricep routine. Do 4 sets of 12. **4 total work sets.**

Seated dumbbell curls - 4 sets of 8. Keep your palms up the whole time. Use a 3 second negative. **4 total work sets.**

EZ bar preacher curls – Do 4 sets of 8 reps. **4 total work sets.**

Incline concentration curls – This is where you lay face down on an incline utility bench. Raise yourself up a bit though. Let your arms hang and try and hold the dumbbells together. On every rep flex so hard it feels like your bis are going to cramp. I want 3 sets of 8. **3 total work sets.**

Narrow grip palms up chins – 1 set to failure! **1 total work set.**

Make every set count!

---

**Calves - 12 sets** ***You can do calves and abs on any training day you choose.***

Do this **2x** this week.

Standing calve raises – 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 until you can't get all 15 reps with a full range of motion. Once you get there, do 6 sets of 15 as best you can. It's ok if you can get 10 or so with a full range, and then do partials for the rest. **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.**

**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 9– High Volume

### Legs – 18 sets:

Seated leg curls – 2-3 warm up sets. I want 3 sets of 10, then a drop set where you do 10 reps, drop the weight and do 10 more reps, then drop the weight and go to failure. **4 total work sets.**

Banded leg press – Last week of bands. 1 mini and 1 monster mini. I want 4 sets with a close stance and feet medium high on platform. Shoot for 8 hard reps on each set just like last week. You will probably need 2-3 sets to get to your target weight. **4 total work sets.**

*Here is the band progression on the leg press:*

**Week 4-5 – One set of minis**

**Week 6-7 – One set of monster minis**

**Week 8-9 – 1 mini and one monster mini per side**

Box squats– I switched the order of the leg press and box squats this week. These will feel awesome with all the blood in your legs from the leg press and leg curl. I want you to do sets of 8 again ok. I want 3 hard sets of 8 once you find a challenging weight. I have video of this on my YouTube channel using a yolk bar which is even better if you are so lucky to have one. **3 total work sets.**

Heavy dumbbell lunges – 3 sets of these. Do these one leg at a time. So go down on one leg, and turn around and come back on the other. **3 total work set.**

Barbell stiff legged deadlifts– 4 sets of 12 reps flexing your glutes and hams at the top. **4 total work sets.**

Adductor machine – 4 sets of 10 reps. **4 total work sets. I don't count these toward total sets.**

---

### Chest - 12 sets & Shoulders – 12 sets:

Machine press – 2-3 sets of 10 to warm up. On these do 3 sets of 8 reps. Get a good stretch on every rep, and flex hard at the top for 1 second. **3 total work sets.**

Incline barbell press – Straight pyramid on these. Do sets of 6 all the way up until you get to a weight that you can't hit 6 with. We'll count the last 3 sets. **3 total work sets.**

Incline dumbbell press –Pyramid up on these too. Use a weight that will allow you to get around 10 reps for our first set. Lower the dumbbell slowly then ram it up and flex hard. Stick with this weight, and just go to complete failure for 2 more sets. **3 total work sets.**

Banded bench press – This is the week of banded benches too. 3 sets of 5 reps. Every rep should be a hard flex at the top. Continue with the monster mini this week. **3 total work sets.**

*Here is the band progression on the bench press:*

**Week 4-6 – One set of minis**

**Week 7-9 – One set of monster minis**

### TRISSET FOR SHOULDERS – Do 3 rounds

Dumbbell side rear laterals - Sets of 12.

*Supersetted with*

Rear delt band pull aparts – I want sets of 15 here. I use the skinny orange band. Pull it back and flex your rear delts.

**Use the orange micro band**

*Supersetted with*

Spider crawls – I learned these from Dave Tate. Use a short band if you have one. I have video of this on my YouTube channel and website. Crawl up a wall and back down three times this week for one set. The whole time keep your hands as far apart as possible. Change your hand positions too. This is GREAT for rotators and stabilizers, and will burn the shit out of your delts too.

Cage presses - Now that your shoulders are really fired up, let's finish with some cage presses. I want you to do 3 sets of 6 reps. Remember to flex your delts at the top while leaning forward slightly. Be sure to wear a belt too ok! **3 total work sets.**

---

### Back – 19 sets:

Meadows rows– 2-3 warm up sets of 10, then do 4 hard sets of 8 reps. **4 total work sets.**

Cable rows with single handles – I want 4 sets of 12. Sit up straight and really flex your lower lats when you drive your elbows back. **4 total work sets.**

Narrow grip chins – 3 sets to failure with narrow, palms facing each other grip. Use a continuous tension style where you don't come all the way down. If you have trouble doing these at this point in the workout, you can use a cheater machine that assists you.. **3 total work sets.**

Dumbbell shrugs – 4 sets of 10 with a 3 second flex at the top. **4 total work sets.**

Banded hyperextension – I want 4 sets to failure. **4 total work sets.**

---

### Arms - Biceps - 12 sets & Triceps 12 sets:

You are going line up six exercises and do them all in a row. Rest long enough to catch your breath and repeat 3 more times for a total of 4 rounds. Be sure to warm up good before doing your first official set.

Reps are 8 on everything – I call this “Crazy 8’s”

V bar pushdowns – 8 reps

Pronated tricep kickbacks – 8 reps

Dips between benches – 8 reps

Standing barbell or EZ bar curls – 8 reps

Dumbbell Hammer curls – 8 reps

Rope hammer curls – 8 reps

Again, do 4 rounds total.

---

**Calves - 9 sets** ***You can do calves and abs on any training day you choose.***

Do this **1x** this week.

Standing calf raises – 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 until you can't get all 15 reps with a full range of motion. Once you get there, do 6 sets of 15 as best you can. It's ok if you can get 10 or so with a full range, and then do partials for the rest. **6 total work sets.**

Seated calf raises – 3 sets of 10 reps. Get a good stretch at the bottom. **3 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.**

**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 10– High Volume

### Legs – 16 sets:

Barbell stiff legged deadlifts – 2-3 warm up sets. I want a hard set so 12, 10, and 8. Stand up straight and flex glutes and hams on every rep. **3 total work sets.**

Leg press – No bands needed. Pyramid up doing sets of 10 until you get to a weight you just barely get 10 with or maybe even fall short a few reps. We will count the last 3 sets as working sets. **3 total work sets.**

Hack squats– Do a couple of easy low rep sets of 6 reps to get your working weight. Do 1 drop set. Do 8 reps, drop the weight and do 8 more, then 1 more drop and go to failure. Use a high and wide stance for the first two sets of 8 on drop set, then move your feet close together for the “go to failure” part. **1 total work set.**

Smith machine lunges – 3 sets of 12 reps on each leg. **3 total work set.**

Seated leg curls – 6 sets of 12 reps. **6 total work sets.**

---

### Chest - 10 sets & Shoulders – 12 sets:

Decline dumbbell press – 2-3 sets of 10 to warm up. On these do 4 sets of 8 reps. Get a good stretch on every rep, and flex hard at the top for 1 second. **4 total work sets.**

Incline barbell press – Straight pyramid on these. Do sets of 8 all the way up until you get to a weight that you can't hit 8 with. We'll count the last 3 sets. **3 total work sets.**

Hammer strength or machine press –I want 2 hard sets of 8 reps where you get a nice stretch and then a good 2 second flex at the top. On the last set, you will need a spotter. I want you to use a very heavy weight and do 4 second negatives. So lower with a 4 second count, and then your partner will help you get back to starting point. Try to get a solid 6 negative on this set. **3 total work sets.**

Dumbbell bent over rear laterals – 4 sets of 20 done with a full range of motion (no swings this time). **4 total work sets.**

Rear delt band pull aparts – I want 4 sets of 20 here. I use the skinny orange band. Pull it back and flex your rear delts. **4 total work sets.**

### Use the orange micro band

6 Ways – I want 4 sets of these (10 reps a set). **4 total work sets.**

Cage presses – 3 set of 5 reps. Remember to lean forward a hair at the top and flex your delts. **3 total work sets.**

---

**Back – 18 sets:**

One arm barbell rows – 2-3 warm up sets of 10, then do 4 hard sets of 8 reps. **4 total work sets.**

Single handle pulldowns with underhand grip – I want 4 sets of 8 reps. Keep your palms up, and really flex your lower lats at the bottom of the movement. Do not let the weight come all the way up, let's do more of a continuous tension type movement here ok. **4 total work sets.**

Dumbbell Pullover – 4 sets of 12 reps. **4 total work sets.**

Barbell shrugs – 4 sets of 10 with a 1 second flex at the top. **4 total work sets.**

Banded hyperextension – I want 3 sets to failure. **3 total work sets.**

---

**Arms - Biceps - 12 sets & Triceps 11 sets:**

V bar pushdowns – After warming up do a nice and heavy pyramid here. Rep scheme is 15, 12, 10, 8, and 6. **5 total work sets.**

Seated dip machine – I want continuous tension reps here. Do 3 sets of 15 reps. No locking out. Just feel the tension in the inner head of your triceps. **3 total work sets.**

Decline lying extension – This is just a slight decline. I use a sit up bench and lower it all the way down. Lower the bar to your forehead, and then drive it up and sort of back a bit, not directly over you. Do 3 sets of 15. **3 total work sets.**

Standing dumbbell curls – After a few warm up sets, do 4 sets of 8 with a 3 second negative on each rep. Keep your palms up the entire time. **4 total work sets.**

EZ bar preacher curls – Do 4 sets of 8 here. Only rest about 45 seconds between sets. Do not lower all the way down. **4 total work sets.**

EZ bar reverse curls – I want high reps on these. 3 sets of 25. Just bring the bar up to 45 degrees. **3 total work sets.**

---

**Calves - 16 sets: *You can do calves and abs on any training day you choose.***

Do this **1x** this week. One day of standing raises, then a second day of seated ones.

Standing calve raises – 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 8 until you can't get all 8 reps with a full range of motion. Once you get there, do 10 sets of 8 as best you can. It's ok if you can get 6 or so with a full range, and then do partials for the rest. **10 total work sets.**

Seated calve raises – 6 sets of 10 reps. Get a good stretch at the bottom. **3 total work sets. Do these on a separate day than the standing raises.**

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.**

Do this 3x this week.

### Abdominals– 8 sets

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

---

## Week 11– High Volume

### Legs – 16 sets:

Seated leg curl – 2-3 warm up sets. I want 3 hard sets of 8 reps with perfect form. For your 4<sup>th</sup> set, I want a hard 16, then drop the weight and do another 16 reps. **3 total work sets.**

Squats – Work your weight up slowly. Get warmed up good. Once you get to a weight that will be a hard 12 reps, do 10 reps with it ok. Leave a little in the tank. Go up and then do 8 reps, then go up again and do 6 reps. Go to just above parallel, keep your toes turned out some, and stand with feet just wider than shoulders. **3 total work sets.**

Leg presses– I want to 2 sets of 35 reps with a close stance for your teardrops done DEEP. Do not let your back come off the pad, but go deep. Do not lock these out unless you need a break to get all your reps. Next add weight and do 2 sets of 15 with the same style. **4 total work set.**

Barbell stiff legs – 6 heavy sets of 8. **6 total work set.**

---

### Chest - 13 sets & Shoulders – 11 sets:

Machine press – 2-3 sets of 10 to warm up. Pyramid up doing sets of 8 reps. Flex at the top for 1 second. Keep going until you can't get 8 reps. We'll count the last 3 sets as working sets. **3 total work sets.**

Incline barbell press – Straight pyramid on these. Do sets of 6 all the way up until you get to a weight that you can't hit 6 with. We'll count the last 3 sets. **3 total work sets.**

Flat dumbbell bench press – Go straight to a weight that will be a hard 10 reps. Stay with it and do 3 more sets to failure with it. **4 total work sets.**

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

Dumbbell bent over rear laterals – 4 sets of 15 with a full range of motion. **4 total work sets.**

Dumbbell side laterals – 4 sets of 10 with a full range of motion (arms at 90 degrees at top). **4 total work sets.**

Over and back press – I want 3 sets of 10 on this. **3 total work set.**

---

### Back – 17 sets:

Smith machine bent over row – After 2 warm up sets. Do 2 sets of 10, then added weight and did 2 sets of 8. **4 total work sets.**

One arm barbell rows – 2-3 warm up sets of 10, then do 3 hard sets of 8 reps. **3 total work sets.**

Dumbbell Pullover – 4 sets of 15 reps. **4 total work sets.**

Barbell shrugs – 3 sets of 30 with a 1 second flex at the top. **3 total work set.**

Banded hyperextension – I want 3 sets to failure. **3 total work set.**

---

**Arms - Biceps - 12 sets & Triceps 11 sets:**

V bar pushdowns – After warming up do a nice and heavy pyramid here like last week. Rep scheme is 15, 12, 10, 8, and 6. **5 total work sets.**

Bent over rope extensions – Do 3 sets of 15 reps. No locking out, but let the weight come back behind your head and really stretch on all reps. **3 total work sets.**

Decline lying extension – Like last week, but higher reps. You should have a monster pump. 3 sets of 25. **3 total work sets.**

Standing dumbbell curls – After a few warm up sets, do 4 sets of 8 with a 3 second negative on each rep. Keep your palms up the entire time. **4 total work sets.**

EZ bar preacher curls – Do 4 sets of 8 here. Only rest about 45 seconds between sets. Do not lower all the way down. **4 total work sets.**

EZ bar reverse curls – I want high reps on these. 3 sets of 25. Just bring the bar up to 45 degrees. **3 total work sets.**

---

**Calves - 16 sets & Abs - 18 sets: *You can do calves and abs on any training day you choose.***

Do this **1x** this week. One day of standing raises, then a second day of seated ones.

Standing calve raises – 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 8 until you can't get all 8 reps with a full range of motion. Once you get there, do 10 sets of 8 as best you can. It's ok if you can get 6 or so with a full range, and then do partials for the rest. **10 total work sets.**

Seated calve raises – 6 sets of 10 reps. Get a good stretch at the bottom. **3 total work sets. Do these on a separate day than the standing raises.**

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.**

Do this **3x** this week.

V ups – 3 sets of 15 reps. **3 total work sets.**

Incline sit ups - 3 sets to failure. **3 total work sets.**

---

## Week 12– Low Volume

### Legs – 10 sets:

Lying leg curl – 2-3 warm up sets. I want 3 hard sets of 8 reps with perfect form. **3 total work sets.**

Squats – Work your weight up slowly. After you do 1-2 warm up, then just do sets of 6 on your way up. I want to see how much you can do with good form for 6 reps. We'll count the last 2 sets. Those will probably be the only really hard sets. **2 total work sets.**

Leg presses – Go high and wide on the platform. Same thing here as far as working up to a heavy weight. Just do sets of 6, and go until you can barely get 6. I want you to do 6 reps, rest 30 seconds and then try for 4, then rest 45 seconds and try for another 4. **3 total work set.**

Hack squat – Do 1 set of 10, then go to a weight that you know will be a hard 10. Do 10 reps, drop the weight, and do 8 more, then drop the weight and do 20 more. Make your first weight drop bigger than the second. So for example, if you start with 4 plates, you would drop down to 2 on your first drop, then go down to one on your last drop. This should be extremely hard. **2 total work set.**

---

### Chest - 9 sets & Shoulders – 8 sets:

Decline dumbbell press – 3 sets of 10 to warm up. Flex at the top for 1 second. Shoot for a weight that is a hard 10 reps, then go up in weight and shoot for 8 on next set, then make a small increase, and shoot for 6-8 on last set ok. **3 total work sets.**

Incline barbell press – Straight pyramid on these. Do sets of 6 all the way up until you get to a weight that you can't hit 6 with. We'll count the last 3 sets. **3 total work sets.**

Pec minor dips – I want 3 sets to failure. If you get more than 10 reps on any set, hang some weight off of you via a dip belt. Make sure you are flexing your chest to raise yourself up ok. Resist the urge to bend your arms and do "normal" dips. **3 total work sets.**

Dumbbell bent over rear laterals – 2 sets of 25 with a full range of motion. **2 total work sets.**

Dumbbell side laterals – 3 sets of 8 with a heavy weight. Use a full range of motion (arms at 90 degrees at top). **3 total work sets.**

Dumbbell front raises – I want you to start with your arms at your sides, and do the front raise until your arms are almost straight over your head (like the raise you do in the 6-way exercise – arms overhead). 3 sets of 12 of these will fry your front delts. **3 total work set.**

---

### Back – 11 sets:

Meadows row – After 2 warm up sets. Do 3 sets of 8 with a hard weight. **3 total work sets.**

One arm barbell rows – Do 2 hard sets of 10 reps. **2 total work sets.**

Wide grip pulldowns to front – Bring these all the way down and flex your lats. Do 3 hard sets of 8. **3 total work sets.**

Dumbbell Pullover – 2 sets of 15 reps. **2 total work sets.**

Banded hyperextension – I want 1 sets to failure. **1 total work set.**

---

### Arms - Biceps - 12 sets & Triceps 12 sets:

Rope pushdowns – After warming up do sets of 12 reps.

#### **Superset with (4 rounds)**

Standing dumbbell curls – You do not have to keep palms up the entire time this week. Do 8 reps per set. You should barely be able to get the 8<sup>th</sup> rep on each set.

Bench dips – Go to failure – try to add weight on your lap.

#### **Superset with (4 rounds)**

Standing barbell curls – Do sets of 6 with a 3 second decent.

EZ bar preacher curls – Do 4 sets of 8 here.

#### **Superset with (4 rounds)**

Bent over triceps extensions w/ rope – I want sets of 12 on these.

---

### Calves - 16 sets & Abs - 18 sets: ***You can do calves and abs on any training day you choose.***

Do this **1x** this week. One day of standing raises, then a second day of seated ones.

Standing calf raises – 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 8 until you can't get all 8 reps with a full range of motion. Once you get there, do 10 sets of 8 as best you can. It's ok if you can get 6 or so with a full range, and then do partials for the rest. **10 total work sets.**



Seated calf raises – 6 sets of 10 reps. Get a good stretch at the bottom. **3 total work sets. Do these on a separate day than the standing raises.**

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.**

Do this 3x this week.

V ups – 3 sets of 15 reps. **3 total work sets.**

Incline sit ups - 3 sets to failure. **3 total work sets.**

(note this is same as last week)