

## Mountain Dog Training – Wreak Bodily Havoc – Program 6

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=114&pid=3928>

Weeks 1-3 – Phase 3 – not started. NOTE: This will include periodic band work as well.

---

### Week 1 – Moderate volume

#### Legs – 14 sets:

Seated leg curls – 2-3 warm up sets. Rep scheme is 12, 10, 8. On the 4<sup>th</sup> set you will do a drop set. You will do the same weight you did for 8 to start. Do 8, drop the weight and do 8 more, then drop the weight and do 8 plus 25 partials out of the bottom. **4 total work sets.**

Leg press – After you do several warm ups, we are going to work up doing sets of 10. Place your feet wherever you are most strong, you will need it. Once you get to a hard 10, we are going to do a drop set with it. Do 10, have someone pull some weight, and do 8, pull some weight and do 8 again, then pull some weight and bust ass to failure. We will count this as 4 sets total. **4 total work sets.**

Smith 1 and a Half Squats – Get your feet out in front of you, slightly wider than shoulder width and sink these to just below parallel, then come back up HALF way, then right back down deep and then all the way up and lockout. That is 1 rep. Take a breath then go again. I want 3 sets of 10. **3 total work sets.**

Dumbbell stiff legged deads - 3 sets of 10 – Push your hips back and keep your back arched. Stretch your hams good. Don't come up all the way. Keep constant tension on them. **3 total work sets.**

---

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

Incline dumbbell press – Do a few warm up sets then let's work up to a heavy weight on these. Try to use only a 20-25 degree angle on the incline too. Do sets of 8 all the way up until you can't get 8. Do not lock these out. Use continuous tension. **4 total work sets.**

Smith Incline barbell press – Again try to use only a 20-25 degree angle. I want reps on these this week, a lot of reps. Do not touch your chest, and do not lock out. Use continuous tension again. I want 25 reps, go up in weight a bit and do 20 reps, and then go up a tiny bit and do 15 reps. I want you to do a 4<sup>th</sup> set as a dropset, where you add weight and do 6 reps, then drop the weight and do 6 more, then drop the weight and go to complete failure. **4 total work sets.**

Flat dumbbell flye – Just traditional flat flyes. Do 4 sets of 8-10. These should feel good with your chest as pumped as it will be. **4 total work sets.**

Dumbbell bent over rear laterals –do 1 warm up set then 4 sets of 25 reps done “swing/partial” style. **4 total work sets.**

Rear delt band pullaparts – 3 sets of 15 with a 2 second flex at the contracted position. Only take 45 seconds between sets. **3 total work sets.**

Dumbbell press – Let these come down pretty low and only drive them up to  $\frac{3}{4}$  lockout. Use continuous tension. I want 3 sets of 15 on these. **3 total work sets.**

---

### Back - 15 sets

Meadows rows– Do 2-3 warm up sets, then let's hammer out 3 sets of 8 reps with a good weight. **3 total work sets.**

Stretchers – let's stretch everything out now, and do 3 sets of 10 on these. **3 total work sets.**

Deficit deadlifts – Do not go super heavy. Use a weight you can accelerate with out of the bottom. I want 4 sets of 5. **4 total work sets.**

Dumbbell pullovers – 3 sets of 15 on these today. **3 total work sets.**

Banded hyperextension – 2 sets to failure! **2 total work sets.**

---

### Biceps - 12 sets / Triceps - 12 sets

#### *Superset #1*

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

#### **Superset with**

Barbell curl – Do 15 reps on these (this will be a lighter weight obviously)

Do 4 rounds.

#### *Superset #2*

EZ bar close grip press – This is more like a JM press. Lower to your face, not chest, and drive up with your elbows flared out. Don't lockout. Do 8 perfect reps.

#### **Superset with**

Hammer curl – Do 8 reps on these.

Do 4 rounds.

*Superset #3*

Bench dips – To failure!

**Superset with**

EZ bar reverse curls – Do 25 reps on these!

---

**Calves - 4 sets:**

Standing calf raises I want you to do 4 sets of 15 reps. **4 total work sets.**

Do 3 times this week on whatever days you want.

-----

**Abdominals– 8 sets**

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

**Week 2 – Moderate volume**

**Legs – 15 sets:**

Barbell stiff legged deads – Do 2-3 good warm up sets. I want 4 sets of 8. Push your hips back and keep your back arched. Stretch your hams good. Don't come up all the way. Keep constant tension on them. **4 total work sets.**

Leg press – After you do several warm ups, we are going to focus on quad sweep. Put your feet high and wide on the platform with toes turned out. Lower the weight with a 3 second descent, then drive the weight up hard to  $\frac{3}{4}$  lockout. Work up to a moderate weight and do 15 reps. Add some weight and do 12 reps. Add some weight and do 10 reps. Lastly, add some weight and do 8 reps. **4 total work sets.**

Single leg press – I want you to place your foot just outside of your shoulder. Make sure your toes are lined up perfectly with your knee as you lower the weight. I want you to do 20 reps with one leg, then 20 with the other. Rest for 10 seconds, then do 15 reps with one leg and then 15 with the other. Rest for 10 seconds, and then do 10 reps with one leg, and 10 with the other. It's really one crazy set, but we'll count it as 3! **3 total work sets.**

Squat – Use a light weight and hammer 20 deep reps! **1 total work set.**

Ham killers – 3 sets to failure. **3 total work sets.**

**NOTE: if you have a GHR (Glute ham raise), use that and go to failure for 3 sets!**

---

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

Decline dumbbell press – Do a few warm up sets then let's work up to a heavy weight on these. Use only a slight angle on the decline too. Do sets of 8 all the way up until you can't get 8. Do not lock these out. Use continuous tension. **4 total work sets.**

Smith Incline barbell press – Work up to a heavy weight. Do sets of 6 all the way up to a tough 6, and do 3 sets with it. Do not lock these out – use your standard form we have been using ok. **3 total work sets.**

**NOTE: If you have a FAT bar, use it on these today!**

Flat dumbbell flye – Just traditional flat flyes. Do 4 sets of 8-10. These should feel good with your chest as pumped as it will be. **4 total work sets.**

**NOTE: If you have chains, hook them to a single handle (like you would use on a cable crossover), and do your sets with the chains.**

Pushups in a squat rack/multiple pegs on a cambered bar – I need to get video of this one. Get a cambered bar you can sink into deep. Try to touch your chest to the bar, it'll be a great stretch. Keep your chin up. Go a little wide with your grip. Place the bar at the bottom of a squat rack and go to 90% failure. Then raise the bar up about 6 inches and do it again. As you raise it, the reps are easier. Then make one final increase in the height of where you have the bar set, and go to complete failure. **1 total work set.**

Dumbbell side laterals – do 1 warm up set then 4 traditional style sets of 10 on side laterals. Nothing fancy here. **4 total work sets.**

Machine rear delt flyes (reverse peck dec) – 3 sets of 20 with a 1 second flex at the contracted position. Take your time in between sets. **3 total work sets.**

Nautilus/machine press – I want high reps on these! Do not lock these out. Give me 3 sets of 30 reps. I want your shoulders to be on fire. Shock them! **3 total work sets.**

---

### Back - 16 sets

Dumbbell rows– Do 2-3 warm up sets, then let's see if you can get your best ever weight on these. Just do sets of 6 and go as heavy as you can. Wear a belt on these ok. We'll count the last 3 sets. Again, try to row more than you ever have. **3 total work sets.**

Tbar rows – This is a traditional row. Use a moderate wide overhand (not close palms facing in) grip. This will hit a lot of rhomboids in addition to lats. Squeeze hard at the top. Wear a belt, and don't worry about going super heavy on these. Perfect form!!! 3 sets of 12. **3 total work sets.**

Dumbbell pullovers – 3 sets of 12. **3 total work sets.**

Wide grip pulldowns – On these do your best to flex HARD at the bottom. Drill detail in there, and then let it stretch you at the top. I come all the way out of the seat I stretch so much on these. 3 sets of 8. **3 total work sets.**

Banded hyperextension – 4 sets to failure! **4 total work sets.**

**NOTE – If you have a reverse hyper machine. I want 4 hard sets of 12 reps on it instead of hypers.**

---

### Biceps - 12 sets / Triceps - 12 sets

#### *Superset #1*

Rope pushdowns – Do a few sets to get warmed up. Do 15 hard reps with a flex at the bottom of every rep.

#### **Superset with**

Barbell curl – Do 6 reps on these with a 3 second descent.

**NOTE – If you have Fat Gripz use them on the barbell curls!**

Do 4 rounds.

#### *Superset #2*

Dip machine – Do 8 perfect reps with a 5 second descent.

#### **Superset with**

Barbell reverse curl – Do 6 reps on these.

**NOTE – If you have Fat Gripz use them on these. This will be extremely difficult.**

Do 4 rounds.

*Superset #3*

Close grip pushups – To failure!

**NOTE – If you have chains, drape 2 across your shoulders when doing these.**

**Superset with**

EZ bar preacher curls – Do 10 “normal” reps on these.

Do 4 rounds.

---

**Calves - 9 sets:**

Standing calf raises I want you to do 6 sets of 20 reps. The first 10 reps are full range of motion, followed by 10 partials. **6 total work sets.**

Seated calf raises I want you to do 3 sets of 12 reps. All reps are full range of motion. **3 total work sets.**

Do this 2 times this week on whatever days you want.

-----

**Abdominals– 8 sets**

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

### Week 3 – Moderate volume

#### Legs – 14 sets:

Lying leg curl – Do 2-3 good warm up sets. I want you to start with a hard set of 15. Add weight and do 12. Add weight and do 9. For your 4<sup>th</sup> set, we are going to do a dropset with partials at the end. I want you to go back to what you did for 12, and do 8 reps with it, drop the weight a little and do 8 more, drop the weight a little and do 8 more, then after that 8, GRIND out 25 partials. **4 total work sets.**

Squat – The last few weeks we have done some high rep stuff and some 1.5's. This week we are going to focus on the 3 second decent. Do plenty of warm ups. Get to a weight that is a challenging 10 reps normally. I want you to do 4 sets of 8 with it, but use the 3 second decent rule. Go down to about parallel. Drive the weight up hard. You can lock out if you want, but you don't have to. If you need to, to get your 8 reps, that's ok. **4 total work sets.**

Leg press – I want a set of 50 reps, then a set of 40 reps, then a set of 30 reps. Take as much time as you need between sets. This is gonna hurt. Use a stance where your feet are just outside of shoulder width, and medium on the platform. You can lockout and pause as often as you need to get your rep count. Don't get out of the machine until you have hit your number though. **3 total work sets.**

Ham killers – 3 sets to failure. **3 total work sets.**

**NOTE: if you have a GHR (Glute ham raise), use that and go to failure for 3 sets!**

---

#### Chest - 13 sets & Shoulders – 10 sets:

Machine flyes – Do a few warm up sets then hammer out 3 sets of 10. I want you to flex at the top for 1 second as hard as you can. Don't overstretch at the bottom. Flex hard, and get the blood pumping in your chest. **3 total work sets.**

Incline barbell press – Work up to a heavy weight. Do sets of 6 all the way up to a tough 6, and do 6 sets with it. Do not lock these out – use your standard form we have been using ok. This is just like last week, but I am hoping you can handle a bit more volume with it, via the 3 extra sets. **6 total work sets.**

**NOTE: If you have a FAT bar, use it on these again this week.**

Flat dumbbell press – I want 4 sets of 8 here. Get a good stretch at the bottom and drive up to  $\frac{3}{4}$  lockout. Do not worry about flexing. Just control the weight, and push up hard to that  $\frac{3}{4}$  point. **4 total work sets.**

Dumbbell rear laterals – do 1 warm up set then 4 sets of 25 reps. These should be done with a full range of motion as best you can. If you have to swing the last few to hit your number, that is ok. **4 total work sets.**

Cable side lateral – Do these one arm at a time. Stand away from the machine a bit, and let your arm come across your body. This starting point will give you more of a range of motion. Do 3 sets of 10. Do all your reps and SETS with one arm this time, then do the other. **3 total work sets.**

Barbell front raise – Do these nice and strict. Take the bar to just above eye level. Do 3 sets of 12 reps. **3 total work sets.**

---

### Back - 18 sets

There are a lot of supersets in this workout. Take your time going from one exercise to the other. Don't rush. No need to. I just love the combinations, and the feeling afterward. You'll see 😊

Smith machine bent over rows– Do 2-3 warm up sets, then do sets of 8 reps. Drive the weight up hard and strictly.

#### ***Supersetted with***

Rack pulls – After you have done a few warm ups here too, use a weight that feels great for 5 pulls (from midshin). Deadstop these, no bouncing off a rack.

I want 3 supersets on the above. **6 total work sets.**

One arm barbell rows – Do sets of 8 here.

#### ***Supersetted with***

Rack pulls – Now go up some and use a weight that feels great for 3 pulls (from midshin). Deadstop these, no bouncing off a rack.

I want 3 supersets on the above. **6 total work sets.**

Wide grip pulldowns or chins – I would prefer you do wide grip chins, 8 reps, but if you can't, you can do pulldowns for 8 reps.

#### ***Supersetted with***

Rack pulls – Now go up a little more and do single – sets of 1. Pull from midshin.

I want 3 supersets on the above. **6 total work sets.**

---

### Biceps - 12 sets / Triceps - 16 sets



### ***Tricep Quadset***

Rope pushdowns – Do a few sets to get warmed up. Do 12 hard reps with a flex at the bottom of every rep.

#### **Superset with**

Dumbbell pronated kickbacks – Do 6 reps on these.

#### **Superset with**

Dips between benches – Do 8 reps on these.

#### **Superset with**

Pushups with shoulder width hand placement (sort of close, but not like triangle pushups) – Do 8 reps on these.

Rest 2 minutes before starting again.

Do 4 rounds. **16 total work sets.**

-----

### ***Bicep Triset***

Rope hammer curls – Do 8 reps squeezing for a second at the top

#### **Superset with**

Standing palms up dumbbell curls – Do 6 reps on these, keep your palms up the entire time.

#### **Superset with**

EZ bar curls – Do 6 reps on these also.

Rest 2 minutes before starting again.

Do 4 rounds. **12 total work sets.**

---

### **Calves - 9 sets:**

Standing calve raises I want you to do 8 sets of 8 with 30 second rest breaks. **8 total work sets.**

Seated calve raises I want you to do 2 sets of 25 reps. **2 total work sets.**

Do this 2 times this week on whatever days you want.

---

### Abdominals— 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

### Week 4 – High volume

#### Legs – 17 sets:

Lying leg curl – Do at least 2-3 good warm up sets. I then want you to do sets of 6 with 45 second rest breaks. I want 6 sets of 6. Use perfect form ok. But, the last set or two, the reps might be hard to not cheat a bit...that's ok. On the last two sets do what you can to get 6, and then do 15 partials out of the stretched position. **6 total work sets.**

Leg press – Ok...here we go with the bands again. Time to smash some leg presses with added band tension.

In this program we are going to do bands all the way to the end of the program, but take a week off of them every other week.

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis, and 1 set of monster minis

Week 8 – Same as above

Week 10 – 1 set of orange light (NOT micro mini) bands

Week 12 – 1 set of light bands, AND 1 set of minis – this will be brutally hard.

Work up to a weight that is a hard 8, and do 4 sets of 8 with it. Put your feet in the position you are most powerful. **4 total work sets.**

Squat– Do a few warm up sets to get to a weight that is a challenging 20, and I want 3 sets of 20 with it. Go down to just above parallel. You can lock out if you need to, to get your reps in. **3 total work sets.**

Barbell stiff legged deads – Do 1 warm up set. I want 4 sets of 12. Push your hips back and keep your back arched. Stretch your hams good. Don't come up all the way. Keep constant tension on them. **4 total work sets.**

---

**Chest - 15 sets & Shoulders – 11 sets:**

Flat dumbbell press – Do plenty of warm up sets then do 4 sets of 8 here pyramiding up. Get a good stretch at the bottom and drive up to lockout. Flex for a second. **4 total work sets.**

Incline barbell press – Work up to a heavy weight. Do sets of 6 all the way up until you fail trying to get 6 (or do 6 and know if you tried one more the bar would not come back up – that is what I do). We will count the last 3 sets. **3 total work sets.**

**NOTE: If you have a FAT bar, use it on these again this week.**

Banded bench press – Work up to a weight that is tough, but you get a good solid 5 reps. With. I want 5 sets of 5. Pause on your chest, and fire off hard. **5 total work sets.**

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis

Week 8 – 1 set of monster minis

Week 10 – 1 set of minis, and 1 set of monster minis

Week 12 – 1 set of minis, and 1 set of monster minis

Ladder pushups w/ a cambered bar – If you don't have a cambered bar, you can use a straight bar. Do 3 rounds. I have video of this on my YouTube channel so you can see what I mean. You will love these.

**3 total work sets.**

**NOTE: If you have chains, drape one across your back doing these.**

Dumbbell rear laterals – do 1 warm up set then 3 sets of 55 reps. Swing these! These are not full range of motion. **3 total work sets.**

Dumbbell side lateral – Just standard side laterals here. Do 4 sets of 8 reps. **4 total work sets.**

Cage presses – Do 4 sets of 6. Refer to my YouTube channel if you need a form refresher on these. Remember to lean forward and flex your delts and traps.. **4 total work sets.**

---

## Back - 21 sets

I know you loved last week's combinations, so here is more of the same!

Meadows rows— Do 2-3 warm up sets, then do sets of 8 reps. Drive the weight up hard and strictly.

### ***Supersetted with***

Rack pulls — After you have done a few warm ups here too, use a weight that feels great for 5 pulls (from midshin). Deadstop these, no bouncing off a rack.

I want 3 supersets on the above. **6 total work sets.**

Dumbell rows — Do sets of 8 here. Use standard form. No dead stops today.

### ***Supersetted with***

Rack pulls — Now go up some and use a weight that feels great for 3 pulls (from midshin). Deadstop these, no bouncing off a rack.

I want 3 supersets on the above. **6 total work sets.**

Wide grip pulldowns or chins — I would prefer you do wide grip chins, 8 reps, but if you can't, you can do pulldowns for 8 reps.

### ***Supersetted with***

Rack pulls — Now go up a little more and do single — sets of 1. Pull from midshin.

I want 3 supersets on the above. **6 total work sets.**

Dumbell pullovers — 3 sets of 12. **3 total work sets.**

---

## Biceps - 12 sets / Triceps - 13 sets

Rope pushdowns — Do a few sets to get warmed up. Do 12 hard reps with a flex at the bottom of every rep. Do 5 sets of 12 reps. **5 total work sets.**

Dip machine – Do 4 sets of 8 on these with a very slow 5 second eccentric. This should burn like fire. **4 total work sets.**

Single arm pushdowns – Use an overhand grip. Flex your tris hard. Do 4 sets of 12 reps on these. **4 total work sets.**

-----

Seated dumbbell curls – After a few warm ups do 4 sets of 8 with a 3 second eccentric on these. Keep your palms up the entire time. **4 total work sets.**

EZ bar preacher curls – Do 4 sets of 8 on these. Flex hard at the top. You don't have to lower these ALL THEY way down. **4 total work sets.**

Hammer curls – Do 4 sets of 15 on these. Squeeze the dumbbells hard! **4 total work sets.**

---

**Calves - 8 sets:**

Standing calve raises I want you to do 3 sets of 25 reps. Set the weight so you can get about 10 full reps, then pump out 15 partials. Do this on all 4 sets. **4 total work sets.**

Seated calve raises I want you to do 4 sets of 15 reps. **4 total work sets.**

Do this 2 times this week on whatever days you want.

-----  
**Abdominals– 8 sets**

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

### Week 5 – High volume

#### Legs – 17 sets:

Lying leg curl – Do at least 2-3 good warm up sets. This week you are going to do 3 normal sets of 10. Then on your 4<sup>th</sup> set, I want the same weight for 10 reps, drop weight and do 10 more, and then crank out 35 partials from the stretched position with that same weight ok. **4 total work sets.**

Leg press – *No leg press this week!*

In this program we are going to do bands all the way to the end of the program, but take a week off of them every other week.

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis, and 1 set of monster minis

Week 8 – Same as above

Week 10 – 1 set of orange light (NOT micro mini) bands

Week 12 – 1 set of light bands, AND 1 set of minis – this will be brutally hard.

Squat– Do as many warm ups as you need, then do sets of 10 all the way until you can barely get 10. Use whatever stance you are most comfortable ok. Try to use constant tension on all sets and don't lockout, except for the last one. You may have to stop here and there during that set. We will count the last 3 sets as working sets. **3 total work sets.**

Single leg lunges – This is my favorite style of lunge. Step forward with right leg and bring trail/left leg back to even after the lunge. Then repeat start with right leg again. Once you get about 10 lunges in, turn around and come back doing the other leg. Try to hold moderately heavy dumbbells on these. Do 3 sets. **3 total work sets.**

Leg extensions – These are meant to be done heavy. I want 3 sets of 8 where you flex the heavy weight at the contracted position for 2 seconds. Squeeze your quads HARD on these. **3 total work sets.**

Dumbbell stiff legged deads – Just like last week, but use dumbbells this time around. Do 1 warm up set. I want 4 sets of 12. Push your hips back and keep your back arched. Stretch your hams good. Don't come up all the way. Keep constant tension on them. **4 total work sets.**

---

### Chest - 15 sets & Shoulders – 11 sets:

Machine press – Do plenty of warm up sets then do 4 sets of 10 here pyramiding up. Get a good stretch at the bottom and drive up to lockout. Flex for 2 seconds at the top of each rep. **4 total work sets.**

Incline barbell press – Work up to a heavy weight. Try to do same weight as last week, except this week we are doing 7's instead of 6's. Do sets of 7 all the way up until you fail trying to get 7 (or do 7 and know if you tried one more the bar would not come back up – that is what I do). We will count the last 3 sets. **3 total work sets.**

Banded bench press – *No banded benches this week!*

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis

Week 8 – 1 set of monster minis

Week 10 – 1 set of minis, and 1 set of monster minis

Week 12 – 1 set of minis, and 1 set of monster minis

Slight incline dumbbell press – Use just a slight angle. No more than 20 degrees. I want 4 sets of 8 with a 1 second flex at the top. **4 total work sets.**

Pec minor dips – 4 sets to failure. **4 total work sets.**

Dumbbell rear laterals – do 1 warm up set then 3 sets of 25 reps. These are full range of motion. **3 total work sets.**

Dumbbell side lateral – Just standard side laterals here. Do 4 sets of 12 reps. **4 total work sets.**

Ultra wide grip over and back press – Do 4 sets of 10. Refer to my YouTube channel if you need a form refresher on these. **4 total work sets.**

---

Back - 19 sets

T Bar rows– Do 2-3 warm up sets, then do sets of 8 reps. Keep going up until you hit a weight you can't or can barely get 8 with. We'll count the last 3 sets as working sets. **3 total work sets.**

Deadstop dumbbell rows – Do 3 sets of 12 with a heavy weight. Crank hard on these. **3 total work sets.**

Dumbbell pullover – Do 3 sets of 12. **3 total work sets.**

Rack pulls – Work your way up to a weight that is a pretty tough 3. You are going to do singles with it. Do 1 rep then

Superset with

Wide grip chins – do 5 reps.

***Repeat this 10 times. So you are doing 10 singles, and 50 chins total. Keep a good pace going. You should not stop for a breather at all.***

We'll call this **10 total work sets**.

---

**Biceps - 14 sets / Triceps - 14 sets**

Rope pushdowns – Do a few sets to get warmed up. Do 10 hard reps with a flex at the bottom of every rep. Do 3 sets like this. For your 4<sup>th</sup> set I want a massive drop set. Do 10, drop the weight and do 10 more, drop the weight and do 10 more, and then drop the weight and do another 10, so 40 reps total. **4 total work sets.**

EZ bar close grip bench press – Do not take the bar down to your chest. Take it down more over chin. Let your elbows flare out so your tris stretch at the bottom. Drive up to lockout and squeeze. Do 4 sets of 8 like this. **4 total work sets.**

Reverse grip pushdowns – Use an underhand grip. Don't worry about flexing hard at the bottom. Just keep the weight moving. I tilt down and lean into them quite a bit. Do 4 sets of 15 reps on these. **4 total work sets.**

Dips between benches – I want 2 sets to failure with bodyweight. Get a ton of reps! **2 total work sets.**

-----

Seated dumbbell curls – After a few warm ups do 4 sets of 8 with a 3 second eccentric on these. Keep your palms up the entire time. **4 total work sets.**

EZ bar curls – Do 6 sets of 6 on these. Rest about 45 seconds between sets on these. **6 total work sets.**

EZ bar reverse curls – Do 4 sets of 20 on these. Lets pump a massive amount of blood into your forearm and lower bicep with higher reps here. **4 total work sets.**



---

### Calves - 10 sets:

Standing calf raises I want you to do 8 sets of 8 reps. These should be heavy, but you should be able to get full range of motion reps on all 8 reps.. **8 total work sets.**

Seated calf raises I want you to do 2 sets of 35 reps. **2 total work sets.**

Do this 1 time this week on whatever day you want.

-----

### Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

### Week 6 – High volume

#### Legs – 17 sets:

Seated leg curl – Do at least 2-3 good warm up sets. Next I want you to do 2 sets of 15 reps, and then 2 sets of 25 reps. I want your hams full of blood heading into the leg press. **4 total work sets.**

Leg press – This week we are at 1 set of minis and one set of monster minis! Let's do sets of 8 all the way up until you can't get 8 ok. We'll count the last 3 sets as working sets. Place your feet where you are most comfortable and strong. **3 total work sets.**

In this program we are going to do bands all the way to the end of the program, but take a week off of them every other week.

So the band weeks will be:

Week 4 – 1 set of minis

**Week 6 – 1 set of minis, and 1 set of monster minis**

Week 8 – Same as above

Week 10 – 1 set of orange light (NOT micro mini) bands

Week 12 – 1 set of light bands, AND 1 set of minis – this will be brutally hard.

Front Squat– Do as many warm ups as you need, then do 4 sets of 8. These should be hard sets. **4 total work sets.**

Ham killers– Three of these should really destroy what’s left of your hammies. Go to failure all 3 sets. If you need a form refresher visit my YouTube site. **3 total work sets.**

Leg extension– Do 3 sets of 35 reps. This will suck. It will hurt. But do it. **3 total work sets.**

---

**Chest - 17 sets & Shoulders – 10 sets:**

Decline dumbbell press – Do plenty of warm up sets then do 4 sets of 8 here pyramiding up. Get a good stretch at the bottom and drive up to lockout. Flex for 2 seconds at the top of each rep. **4 total work sets.**

Incline barbell press – Work up to a heavy weight. This week we are doing 5 sets of 5. Don’t let bar touch chest, and go to  $\frac{3}{4}$  lockout. Keep constant tension pecs. **5 total work sets.**

Banded bench press – Also want 5 sets of 5 here! Touch your chest though, and pause for a second then ram the weight up hard. **5 total work sets.**

So the band weeks will be:

Week 4 – 1 set of minis

**Week 6 – 1 set of minis**

Week 8 – 1 set of monster minis

Week 10 – 1 set of minis, and 1 set of monster minis

Week 12 – 1 set of minis, and 1 set of monster minis

Pec minor dips – 3 sets to failure. **3 total work sets.**

Dumbbell rear laterals – do 1 warm up set then 3 sets of 15 reps. These are full range of motion again this week. **3 total work sets.**

Heavy Dumbbell swing side laterals – Just swings here, do 3 sets of 35. Your delts will be on FIRE. **3 total work sets.**

Ultra wide grip over and back press in SMITH MACHINE – Do 4 sets of 10. Do these seated in Smith machine. **4 total work sets.**

---

## Back - 20 sets

Meadows rows– Do 2-3 warm up sets, then do 4 hard sets of 8 reps. Make sure you are working the stretch hard. **4 total work sets.**

One arm barbell rows – More rows for your pleasure but at a different angle. Again, hit 4 hard gutbusting sets of 8, and emphasize the stretch at the bottom. **4 total work sets.**

Dumbbell pullover – Do 3 sets of 12. **3 total work sets.**

Wide grip chins – Do 3 sets to failure, but I only want you to come up half way ok. Keep your chest arched. If you can't do any more than 3 or 4 reps without rounding your back (hunching) and pulling with your bis too much, then do regular wide grip pulldowns to the front. **3 total work sets.**

Stretchers – These should feel awesome today. Do 3 sets of 10. **3 total work sets.**

Banded hyperextension – Do 3 sets to failure (should get 15-25 reps). **3 total work sets.**

**NOTE:** If you have a reverse hyper machine – I would rather you do those, for 3 sets of 20. If not that's ok.

---

## Biceps - 16 sets / Triceps - 16 sets

Rope pushdowns – Do a few sets to get warmed up. Do sets of 12 reps with a flex at the bottom.

### ***Superset with***

Dips between benches – Remember to sit back a hair at the top to really hammer your tris. Go to failure.

**Do 4 supersets for a total of 8 working sets.**

EZ bar close grip bench press – Do not take the bar down to your chest. Take it down more over chin just like last week. Let your elbows flare out so your tris stretch at the bottom. Drive up to lockout and squeeze. Do sets of 8.

### ***Superset with***

Incline skullcrushers – Use an EZ bar and don't go too heavy. I want you to lower bar behind your head for a good stretch. Do sets of 12.

**Do 4 supersets for a total of 8 working sets.**

-----

EZ bar curls – Do 2-3 warm up sets. Then do 6 sets of 10 on these. Rest 10 seconds between sets on these! This will hurt. **6 total work sets.**

EZ bar preacher curls – Ok, let's slow it down now. Do 5 sets of 8 flexing hard at the top. Take your time between sets. Your arms should have a massive pump. **5 total work sets.**

Hammer curls – Do 5 sets of 8 flexing your arm hard the entire time, and squeeze the dumbbell hard too! **5 total work sets.**

---

### Calves - 10 sets:

Standing calf raises I want you to do 8 sets of 8 reps. These should be heavy, but you should be able to get full range of motion reps on all 8 reps.. **8 total work sets.**

Seated calf raises I want you to do 2 sets of 35 reps. **2 total work sets.**

Do this 1 time this week on whatever day you want.

-----

### Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

## Week 7 – High volume

### Legs – 19 sets:

Lying leg curl – Do at least 2-3 good warm up sets. We are going to do 1.25s on these today. So lower weight and come up 1.4 of the way only, then lower and come up all the way. That is one rep. I want 3 sets of 10 like this. I want a 4<sup>th</sup> set where you do 10 reps like this and then tack on another 25 partials only ok. I want your hams FULL of blood. **4 total work sets.**

Leg press – No leg press this week.

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis, and 1 set of monster minis

Week 8 – Same as above

Week 10 – 1 set of orange light (NOT micro mini) bands

Week 12 – 1 set of light bands, AND 1 set of minis – this will be brutally hard.

Squat– Work your way up doing sets of 10. I want you to keep going until you can barely get 10. We will count the last 3 sets as working sets. Go to about parallel on these. **3 total work sets.**

Smith machine 1.25 squats – I know you are warmed so go straight to working weight. I want 1.25 reps. So go down deep, come up just to parallel, then go back down, and then stand up straight and lockout. So 1 ¼ reps! I want 5 sets of 8 like this. Be an animal on these. **5 total work sets.**

Dumbell stiff legged deads – Do 3 sets of 8 reps. Work the stretch at the bottom hard, and only come up about ¾ of the way, to keep continuous tension going. **3 total work sets.**

---

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

Flat dumbell press on low angle – After several warm ups, do sets of 10 all the way up until you can barely or don't get 10. We will count the last 3 sets as working sets. Do not lock these out, get a nice stretch at the bottom, and then drive up to ¾ lockout. **3 total work sets.**

Incline dumbell press – You should be very warmed up, so let's get up to heavy dumbbells pretty quick. I want 4 sets of 7 reps. Do not lockout, and get a good stretch at the bottom ok. **4 total work sets.**

Pec minor dips – Hit 3 sets to failure – flex your pecs HARD when you do these.

*Superset this with*

Stretch pushups – Do these to failure!

**8 total work sets via 4 supersets.**

Banded bench press – No benches this week.

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis

Week 8 – 1 set of monster minis

Week 10 – 1 set of minis, and 1 set of monster minis

Week 12 – 1 set of minis, and 1 set of monster minis

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

Smith machine military press – On these, just take the bar down to nose level and drive up to lockout. Flex hard at the top ok. Do 4 sets of 8. **4 total work sets.**

Machine overhead press – Do 3 sets of 15. **3 total work sets.**

Band pull aparts – Do 3 sets of 20 with a flex on every rep. Use the orange micro mini. **3 total work sets.**

---

### Back - 18 sets

Meadows rows – Do 2-3 warm up sets, then do 4 hard sets of 10 reps with the weight you did for 8 reps last week.. Make sure you are working the stretch hard. **4 total work sets.**

Narrow grip chins – Do 4 sets to failure. Keep your sternum lifted and stretch real hard at the bottom. Your palms should be facing each other when you do these. **4 total work sets.**

Dumbbell pullover – Do 3 sets of 12. **3 total work sets.**

Scapulae stretch pulldowns – These are just the heavy wide grip pulldowns where you only pull to the top of your head, and then let the weight stretch you out big time at the top. Relax your scapulae and let them stretch at the top. This should be a done with a heavy weight. Do 4 sets of 8. **4 total work sets.**

Dumbbell shrugs – Do 3 sets of 15 with a 1 second flex at the top. **3 total work sets.**

---

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

More supersetting this week between bi and tri.

Rope pushdowns – Do a few sets to get warmed up. Do sets of 12 reps with a flex at the bottom.

***Superset with***

Rope hammer curls – Do sets of 8 flexing your arm hard the entire time, and squeeze the rope hard too.

**Do 4 supersets for a total of 8 working sets.**

Smith machine close grip bench – This has become a very popular exercise in my camp. You lower the bar more to your eyes though and let elbows come out to side so tris stretch. Don't try to use heavy weight on these. That's not how you do it. Use a manageable weight that you can lock out and flex with. Control the weight on the way down, feel it in your tris. Use an incline bench on these set up at a 20-25 degree angle, not real steep. Do sets of 8.

***Superset with***

EZ bar curls –Do sets of 12.

If you have Fat Gripz – use them on these!

**Do 4 supersets for a total of 8 working sets.**

-----

Bench dips – Go balls out to failure with bodyweight only.

***Superset with***

EZ bar preacher curls – Do sets of 8. Flex hard at the top.

**Do 4 supersets for a total of 8 working sets.**

---

**Calves - 12 sets:**

Standing calve raises I want you to do 10 sets of 10 reps with 45 second breaks. Get a good stretch on every rep – no bouncing. **4 total work sets.**

Seated calve raises I want you to do 2 sets of 25 reps here with a really good stretch at the bottom. **4 total work sets.**

-----  
**Abdominals– 8 sets**

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

### Week 8 – High volume

#### Legs – 19 sets:

Seated leg curl – Do at least 2-3 good warm up sets. Let's do 3 sets of 10 reps with perfect form ok. Really flex and crank your ham in the contracted position. Sometimes my butt lifts off the seat a bit I am flexing my hams so hard. On your 4<sup>th</sup> set, I want you to do 10 reps, then drop the weight some and do 8 reps, and then drop the weight some and do 8 more reps. On all of these reps focus on a good full range of motion reps with a flex. Your hams should be on fire. **4 total work sets.**

Leg press – This week is 1 set of minis and 1 set of monster minis. After several warm ups, work your way up doing sets of 8. Once you get to a weight that is tough, stay there and grind out 4 sets of 8 with it. Place your feet slightly wider than shoulder width with your toes turned out slightly, and feet in the middle of platform. **4 total work sets.**

In this program we are going to do bands all the way to the end of the program, but take a week off of them every other week.

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis, and 1 set of monster minis

**Week 8 – Same as above**

Week 10 – 1 set of orange light (NOT micro mini) bands

Week 12 – 1 set of light bands, AND 1 set of minis – this will be brutally hard.

Box Squat – I want these to be explosive this week. I do not want you to try and go heavy. I want you to use around 60% of your max and do these explosively. Sit down on the box, and sort of rock back a bit then explode up. Do 5 sets of 5. **5 total work sets.**

Heavy lunges single leg – These are the lunges where you stay on one leg going down, and then come back on other leg. Try to hold pretty heavy weight. I want you to be able to take 8 steps with it though. Do this 3 times. **3 total work sets.**



Dumbbell stiff legged deads – Do 3 sets of 12 reps. Work the stretch at the bottom hard, and only come up about  $\frac{3}{4}$  of the way, to keep continuous tension going. **3 total work sets.**

---

**Chest - 15 sets & Shoulders – 7 sets:**

Incline dumbbell press on low angle – I want these to be done on a 20-25 degree angle. After several warm ups, do sets of 10 all the way up until you can barely or don't get 10. We will count the last 3 sets as working sets. Do not lock these out, get a nice stretch at the bottom, and then drive up to  $\frac{3}{4}$  lockout. **3 total work sets.**

Incline barbell press – Let's pyramid up doing sets of 8 this week. Once you get to a weight you can barely get 8 with, or do not quite get, that'll do it. We'll count the last 3 sets as working sets. **3 total work sets.**

Machine flyes – Do 4 sets of 12 here, and flex hard for 2 seconds at the contraction point of every rep. In between these sets, I want you to do over and back stretches for 8 reps. **4 total work sets.**

Banded bench press – Hit 5 sets of 5 with 1 set of monster minis! Remember to rest the weight on your chest, then fire up, but do not lockout. **5 total work sets.**

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis

**Week 8 – 1 set of monster minis**

Week 10 – 1 set of minis, and 1 set of monster minis

Week 12 – 1 set of minis, and 1 set of monster minis

Dumbbell bent over rear laterals – Let's get your rear delts jacked up for a destroyer set. Do 3 sets of 15 with a full range of motion. **3 total work sets.**

Hang and swing destroyer set – Do a heavy weight for 60 swings, cut the weight in half and do 30, then cut weight in half and do 10 with a flex at the top (as best you can). **1 total work sets.**

Machine overhead press – Do 3 sets of 15. **3 total work sets.**

---

**Back - 18 sets**

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

Wide grip chins – Do 4 sets to failure. Keep your sternum lifted and stretch real hard at the bottom. **4 total work sets.**

Dumbbell pullover – Do 3 sets of 12. **3 total work sets.**

Deficit deadlifts – Do these off of a 4-6 inch block. Do not try and go heavy. Wear a belt. Use a weight that you can accelerate with on the way up. Do 5 sets of 5. **5 total work sets.**

Banded hyperextension – Do 2 sets to failure (should get 15-25 reps). **2 total work sets.**

**NOTE:** If you have a reverse hyper machine – I would rather you do those, for 3 sets of 15 with added weight. If not that's ok.

---

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

I thought it was time to bring an old favorite back.

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 - 8 sets:

Let's do same as last week, but increase frequency. Do 3 times.

Standing calf raises I want you to do 6 sets of 8 reps. Go heavy this week! Get a good stretch on every rep – no bouncing. **4 total work sets.**

Seated calf raises I want you to do 4 sets of 10 reps here with a really good stretch at the bottom. **4 total work sets.**

Do this 3 times this week on whatever day you want.

-----

### Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

### Week 9 – High volume

#### Legs – 16 sets:

Barbell stuff legged deadlift – Do at least 2-3 good warm up sets. I want you to pyramid up doing sets of 10. This week I want you to come all the way up and flex your hams and glutes. We'll count the last 3 sets as working sets. Keep going up until you can barely get your 10 reps with good form. **3 total work sets.**

Seated leg curl – Do 4 sets of 15 reps with 60 second breaks on these. Keep moving and pumping. **4 total work sets.**

Leg press – No banded leg press work this week.

In this program we are going to do bands all the way to the end of the program, but take a week off of them every other week.

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis, and 1 set of monster minis

Week 8 – Same as above

Week 10 – 1 set of orange light (NOT micro mini) bands

Week 12 – 1 set of light bands, AND 1 set of minis – this will be brutally hard.

Leg extension— Do 2-3 high rep warm up sets then I want a nice hard pyramid on these too. I want the following rep scheme. 15, 12, 9, and 6. All reps are to be done with a 2 second flex at the top. I only want 60 second rest breaks on these too. It'll burn like mad if you do it right. **4 total work sets.**

Leg press— Ha, I tricked you. No BANDED leg press work, but we are going to do high reps on regular leg press. I want a moderate weight for 30 reps, then add weight and do 20 reps, and then add weight and do 10 reps. You can take your time on these, no rush in between these 3 sets. **3 total work sets.**

Squats— Just suck it up and give me 2 sets of 20 reps here. Go to parallel depth. You won't be able to go heavy in case you are wondering. **2 total work sets.**

---

**Chest - 14 sets & Shoulders – 11 sets:**

Machine press— Do 2-3 warm up sets. I want you to do 4 sets of 8 reps on these today. Flex every rep for 2 seconds at the top. Let's get the blood pumping. **4 total work sets.**

Incline smith machine press— Rep time. I want the following rep scheme. 30, 25, 20, 15. It should feel like your pecs are tearing off the bone it burns so bad. Do not lower all the way down, and only go to  $\frac{3}{4}$  lockout so your tris don't give out too early ok. **4 total work sets.**

Flat dumbbell press— Ok let's turn all this rep stuff around and go heavy now. Do 4 sets of 6 with a heavy weight. I still want strict form though. You do not have to lock out on these either! **4 total work sets.**

Pec minor dips— 2 sets to failure! **2 total work sets.**

Banded bench press— None of these today!

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis

Week 8 – 1 set of monster minis

Week 10 – 1 set of minis, and 1 set of monster minis

Week 12 – 1 set of minis, and 1 set of monster minis

Dumbbell side laterals. – Nothing fancy here. Just 4 sets of 10. **4 total work sets.**

Band pull aparts— 4 sets of 15 with a 1 second flex. **4 total work sets.**

Cage press— Do 3 sets of 6. **3 total work sets.**

---

## Back - 22 sets

Chin up Death – This is when you do 4 sets with a wide grip to failure. Then do 4 sets with a medium grip (overhand) to failure, then 4 sets with a close grip (palms facing each other) to failure. Take your time on these. **12 total work sets.**

Dumbbell pullover – Do 3 sets of 12. **3 total work sets.**

Conventional deadlifts – Work your way up slowly. Once you get to a weight that is a hard but do-able 5 reps, do 5 sets of 5 with it. **5 total work sets.**

Banded hyperextension – Do 2 sets to failure (should get 15-25 reps). **2 total work sets.**

**NOTE:** If you have a reverse hyper machine – I would rather you do those, for 3 sets of 15 with added weight. If not that's ok.

---

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

I hope you enjoyed the crazy 8's last week. Today is just straight sets and might bore you ☺

V bar pushdowns – Do 2-3 sets of warm up then 4 sets of 10. **4 total work sets.**

Bent over rope extensions – This is where you face away from the machine end over to 90 degrees, let the weight (use a rope) go behind your head, and then you straighten your arms to lockout. Do 4 sets of 15 reps. On these. **4 total work sets.**

Dips between benches – Stack some weight up on your lap today on these. Do 3 sets to failure with weight (should be 8-12 reps). **4 total work sets.**

L extensions – You may need to check my YouTube channel for a refresher on these. Do 3 sets of 10. **3 total work sets.**

Standing barbell or EZ bar curls – After 1-2 warm up sets do 4 sets of 8 reps with a 3 second negative on each rep. **4 total work sets.**

Dumbbell Hammer curls – Do 4 sets of 12 reps on these. If you want to do these cross body style feel free. **4 total work sets.**

EZ bar preacher curls – I want you to do 8 sets of 6 reps with only a 30 second break between sets. This will blow your lower bi up. Watch it pump! **6 total work sets.**

Again, do 4 rounds total.

---

### Calves - 8 sets:

Do 2 times this week.

Standing calf raises I want you to do 4 sets of 15 reps. Get a good stretch on every rep – no bouncing. **4 total work sets.**

Seated calf raises I want you to do 4 sets of 15 reps here too with a really good stretch at the bottom. **4 total work sets.**

---

### Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

### Week 10 – High volume

#### Legs – 18 sets:

Barbell stiff legged deadlift – Start with these again this week. Do at least 2-3 good warm up sets. I want you to pyramid up doing sets of 8. Go back to not locking out, only up  $\frac{3}{4}$  of the way. Keep going up until you can barely get your 8 reps with good form. We'll count the last 3 sets as working sets. **3 total work sets.**

Leg press – Back to cranking on these again. These bands (orange light bands) are thick and will make these tough. Work your way up slowly doing sets of 8. Once you get to a very tough 8, stay there and do 4 sets of 8 with it. Put your feet where you are the strongest. Do not lock out. **4 total work sets.**

In this program we are going to do bands all the way to the end of the program, but take a week off of them every other week.

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis, and 1 set of monster minis

Week 8 – Same as above

**Week 10 – 1 set of orange light (NOT micro mini) bands**

Week 12 – 1 set of light bands, AND 1 set of minis – this will be brutally hard.

Lying leg curl w/ single leg – On these do one leg at a time. Go back and forth nonstop. I want you to do 10 reps with one leg, then 10 with the other, and on and on until you do 50 reps total on each leg. You will have to drop the weight at some points as you go too. So basically it's 5 sets and the rest for each leg is the time it takes you to do the other leg. **5 total work sets.**

Squats– You will be plenty warm for these. Pick a weight that you can do for 10 or so reps, but I want you to do 4 sets of 8 with it. I want you to rest 2 minutes between each set. Try to get just a tad below parallel on these today. **4 total work sets.**

Step ups on box – Use a medium/high box. This should result in your femur being at 90 degrees with your foot on the platform. Take your time on these. Try to use some weight (hold dumbbells or plates in your hand). I want you to step up and do 8 reps on one leg, and then switch and do 8 reps on the other leg. Do 2 sets total. **2 total work sets.**

---

**Chest - 12 sets & Shoulders – 11 sets:**

Flat dumbbell press – Do 2-3 warm up sets. I want you to pyramid up doing sets of 8 until you can't get 8 anymore. Do not lock these out. Get a good stretch at the bottom too. We'll count the last 3 sets. **3 total work sets.**

Decline smith machine press – On these you are going to do 2 higher rep sets and then 2 heavier sets. On the first 2 sets do 20 reps. Do these touch and go. Touch your chest and then go right back up to  $\frac{3}{4}$  lockout. It should burn like fire. Next add some weight and do 2 sets of 6 reps. On these, do a rest pause. Sit the weight down and take a deep breath and then drive it up hard. Still do not lock out though. Remember to use a small angle on the decline. **4 total work sets.**

Banded bench press – This week you are adding a monster and regular pro mini together. Once again do 5 sets of 5 with a weight you can drive up hard. Drive the weight up hard and FLEX at the top! **5 total work sets.**

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis

Week 8 – 1 set of monster minis

**Week 10 – 1 set of minis, and 1 set of monster minis**

Week 12 – 1 set of minis, and 1 set of monster minis

Dumbell bent over side laterals. – Do 4 sets of 15 with a nice full range of motion. **4 total work sets.**

Band pull aparts – 4 sets of 15 with a 1 second flex. **4 total work sets.**

Over and back press – Do 3 sets of 10. **3 total work sets.**

---

### Back - 17 sets

Meadows row – Do 2-3 warm up sets then hammer out 4 sets of 8 hard reps. **4 total work sets.**

Deficit deadlifts – On these we are not going heavy. I want you to use a weight you can accelerate out of the hole/deficit with. Do 5 sets of 3. **5 total work sets.**

Wide grip pulldowns to front – Let's give your lower back a break now. On these reach up high and stretch out our lats big time. Drive the weight down and flex for 1 second hard. Do 3 sets of 10. **3 total work sets.**

Stretchers – Do 3 sets of 10 on these today. **3 total work sets.**

Banded hypers – Ok let's finish your back off with 2 high rep sets of banded hypers today. Go to failure with the band, then drop it and continue to failure with bodyweight. **2 total work sets.**

---

### Arms - Biceps - 11 sets & Triceps 10 sets:

Rope pushdowns – Do 2-3 sets of warm up then 4 sets of 15. **4 total work sets.**

Bent over rope extensions – This is where you face away from the machine end over to 90 degrees, let the weight (use a rope) go behind your head, and then you straighten your arms to lockout. You did these last week. Today I want you to do 25 reps, rest 30 seconds and do 15 reps, rest 30 seconds and do 10 reps. That is 1 set. Give me 2 sets like this. I want so much blood in your tris it's ridiculous. **2 total work sets.**

Close grip bench – I want you to do these with a barbell today. Lower the weight down to about 4 inches above your chin and stop, hold the weight for a second, then drive it up. Do 4 sets of 6 like this. **4 total work sets.**



Seated dumbbell curls – After 1-2 warm up sets do 4 sets of 8 reps with a 3 second negative on each rep. Keep your palms up the entire time ok. **4 total work sets.**

EZ bar reverse curls – I want you to do 4 sets of 15 reps on these. Bring the bar all the way up to your chin this week on these and flex. Lower slowly. **4 total work sets.**

Dumbbell cross body hammer curls – Do 3 sets of 8 reps on these. **3 total work sets.**

---

### Calves - 12 sets:

Do 1 time this week.

Standing calf raises I want you to do 8 sets of 8 reps. Get a good stretch on every rep – no bouncing. Try to go heavy. **8 total work sets.**

Seated calf raises I want you to do 4 sets of 10 reps here too with a really good stretch at the bottom. **4 total work sets.**

---

### Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

## Week 11 – Moderate volume

### Legs – 14 sets:

Lying leg curl – Do 2 to 3 warm up sets then 4 sets of 10. I want you to try and lower the weight with a 3 second decent this week on these. Control the weight, feel your hams lower the weight. **4 total work sets.**

Leg press – No band work this week, but I do want you to do some straight sets on the leg press. Do sets of 10 all the way up until you can barely get 10. We'll count the last 3 sets as working sets. **3 total work sets.**

In this program we are going to do bands all the way to the end of the program, but take a week off of them every other week.

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis, and 1 set of monster minis

Week 8 – Same as above

Week 10 – 1 set of orange light (NOT micro mini) bands

Week 12 – 1 set of light bands, AND 1 set of minis – this will be brutally hard.

Hack squats – On these I want you to use rest/pause. Go down nice and deep, stop, and drive the weight up. Do 4 sets of 10 this way. Do not lockout. Use a high and wide stance on these this time. **4 total work sets.**

If you do not have a hack squat – Do Smith machine front squats.

Ham killers – Hit 3 sets to failure. If you need a form refresher, visit my YouTube site. **3 total work sets.**

Squats – You will be plenty warm for these. Pick a weight that you can do for 10 or so reps, but I want you to do 4 sets of 8 with it. I want you to rest 2 minutes between each set. Try to get just a tad below parallel on these today. **4 total work sets.**

---

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

Incline dumbbell press – Do 2-3 warm up sets. I want you to pyramid up doing sets of 8 until you can't get 8 anymore. Do not lock these out. Get a good stretch at the bottom too. We'll count the last 3 sets. **3 total work sets.**

Incline smith machine press – Let's stay on your upper pecs and front delts with these. Do not touch your chest, stop 2-3 inches short. Don't lockout either. Work the middle range of motion. Let's do the following rep scheme. 15, 12, 9, and 6. **4 total work sets.**

Banded bench press – None this week.

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis

Week 8 – 1 set of monster minis

Week 10 – 1 set of minis, and 1 set of monster minis

Week 12 – 1 set of minis, and 1 set of monster minis

Machine flyes – Get a nice full range of motion and a 2 second flex in the contracted position. Do 4 sets of 10 like this. **4 total work sets.**

Dumbbell bent over side laterals. – Do 3 sets of 25 “swing” style. **3 total work sets.**

6 ways – 4 sets of 10. **4 total work sets.**

Ultra wide grip overhead press – Do 3 sets of 10. Form needs to be perfect, so check YouTube site if you need refresher. **3 total work sets.**

---

Back - 15 sets

One arm barbell row – Do 2-3 warm up sets then hammer out 4 sets of 8 hard reps. **4 total work sets.**

Cable low rows – Do 3 sets of 12 with an intense 2 second flex at the contracted part of the first 6 reps on each set. **3 total work sets.**

Dumbbell pullover – Do 3 sets of 12. **3 total work sets.**

Stretchers – Do 3 sets of 10 on these today. **3 total work sets.**

Banded hypers – Ok let’s finish your back off with 2 high rep sets of banded hypers today. Go to failure with the band, then drop it and continue to failure with bodyweight. **2 total work sets.**

---

Arms - Biceps - 10 sets & Triceps 10 sets:

Rope pushdowns – Do 2-3 sets of warm up then 4 sets of 15 reps like last week. **4 total work sets.**

Reverse grip pushdowns – Lean forward on these, and let your arms come up almost behind your head to get a good stretch on your tris. Do not lockout, and keep the bar moving. Do 3 sets of 15 reps on these with 60 second breaks. **3 total work sets.**

Dips – These will be extremely difficult after the other tri work. Don't worry about going deep, and don't worry about locking out. Just work that middle range of motion, keeping your elbows somewhat in (just don't let them flare out), this will crush your tris. Do 3 sets to failure. **3 total work sets.**

Seated dumbbell curls – After 1-2 warm up sets do 4 sets of 8 reps with a 3 second negative on each rep. Keep your palms up the entire time ok. **4 total work sets.**

EZ bar curls – I want you to do the old “suicide 7’s” on these this week. This is when you do 7 full range of motion reps, then 7 partials from the top, and then 7 partials at the bottom. Do 3 sets like this, your bis will be on fire. **3 total work sets.**

EZ bar preacher curls – Do 3 sets of 8 reps on these with 45 second breaks. **3 total work sets.**

---

### Calves - 8 sets:

Do 2 times this week.

Seated calf raises I want you to do 4 sets of 10 reps here too with a really good stretch at the bottom. Hold and flex at the top for 2 seconds. **4 total work sets.**

Standing calf raises I want you to do 4 sets of 25 reps. Get a good stretch on every rep and no bouncing. **4 total work sets.**

---

### Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

## Week 12 – Low volume

### Legs – 9 sets:

Seated leg curl – Do 2 to 3 warm up sets then it's rep time. The first set is 10 full range of motion reps only. The second set I want you to add weight and do 8 full range of motion reps, and then 20 partials out of the extended position (legs straight). The third set I want you to go up in weight again and do 6 hard reps, and then pump out 35 partial reps. **3 total work sets.**

Leg press – The band work this week will be brutal. A light and mini band will provide a lot of resistance. I want you to work up to a weight you can do for a hard 8 reps. Once you get there, we are going to do a drop set. I want 8 reps, then drop weight and do 8 reps, and then drop weight and do 8 reps, and then ONE MORE TIME drop weight and do 20 reps. On the 20 reps, put your feet right beside each other in the middle of the platform and just pump them out. We'll call this sequence 3 working sets. **3 total work sets.**

In this program we are going to do bands all the way to the end of the program, but take a week off of them every other week.

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis, and 1 set of monster minis

Week 8 – Same as above

Week 10 – 1 set of orange light (NOT micro mini) bands

**Week 12 – 1 set of light bands, AND 1 set of minis – this will be brutally hard.**

Lunges – Pick up some light dumbbells and alternate steps. Go until you basically drop the weight. I am hoping this is about 10 steps with each leg. Drop the weight, count to 20 and then lunge back with no weight, bodyweight only, to where you started from. I want 2 sets like this. **2 total work sets.**

Dumbbell stuff legged deads– Use a weight you can get 10 reps with, and then lighten the dumbbells and do 10 more, and then one final drop to lighter dumbbells for another 10 reps. So you are doing a drop set that equals 30 total reps. One set only. **1 total work sets.**

---

### Chest - 12 sets & Shoulders – 6 sets:

Hammer incline press – Do 2-3 warm up sets. I want you to do sets of 8 up to a weight you can barely get for 8. Once you get there, let's do a drop set. Do 8 reps and then drop the weight so that you can do 8 more reps. After these 8 reps, do 20 little pumps out of the bottom of the movement. We'll call this 3 working sets. **3 total work sets.**

Banded bench press – This week use a mini and monster mini on each side. Hit the normal 5 sets of 5 with a 2 second pause on your chest. Remember to fire the weight up hard and fast, but do not lock it out. **5 total work sets.**

So the band weeks will be:

Week 4 – 1 set of minis

Week 6 – 1 set of minis

Week 8 – 1 set of monster minis

Week 10 – 1 set of minis, and 1 set of monster minis

**Week 12 – 1 set of minis, and 1 set of monster minis**

Pec minor dips – Go to failure then....

**Superset with**

Stretch pushups – Go to failure

Give me 2 rounds for **4 total work sets**.

Heavy partial side laterals. – Do 3 sets of 25 “swing” style standing up. **3 total work sets**.

Machine rear delt flyes/reverse peck deck – 3 sets of 15 reps with a flex in the contracted position. **3 total work sets**.

---

**Back - 14 sets**

Dumbbell row – Nothing fancy here. Do 2-3 warm up sets then grind out 4 hard and heavy sets of 8. **4 total work sets**.

Wide grip chins – Do 3 sets to the front to failure. Keep your chest arched! Use your lats, not your bis. **3 total work sets**.

Reeves deadlifts – Do 5 sets of 5 on these today. **5 total work sets**.

Banded hypers – Ok let’s finish your back off with 2 high rep sets of banded hypers today. Go to failure with the band, then drop it and continue to failure with bodyweight. **2 total work sets**.

---

**Arms - Biceps - 10 sets & Triceps 11 sets:**

V Bar pushdowns – Do 2-3 sets of warm up then pyramid up to a very heavy weight. Lean into these and let your elbows ride up kind of high as you do these. Don’t worry about locking these out and flexing either. Just keep the heavy weight moving with continuous tension, and again let the weight come up kind of high. This will thicken your tris near your elbows. Rep scheme is 8, 7, 6, and 6. **4 total work sets**.

Bench dips – Further the assault on your lower tris with these. Sink deep into the movement and only come up half way. Add some weight on your lap and try to get sets of 8 to 12. Do 4 sets. **4 total work sets**.

Lying Extensions/skullcrushers – On these, no need to go heavy now. Use a medium weight and let the weight come behind your head for a good tri stretch. Hit 3 sets of 15 reps with perfect form. **3 total work sets**.

Barbell curls – After 1-2 warm up sets do 3 sets of 8 reps with a 3 second negative on each rep. **4 total work sets.**

*If you have Fat Gripz, I want you to use them on the barbell curls.*

Hammer curls – Do 3 sets of 12 here. **3 total work sets.**

*If you have Fat Gripz, I want you to use them on the hammer curls too!*

Machine curls – Find a machine where you can really focus on squeezing your reps at the top, and then lowering with a very slow 3 second decent. Do 3 sets of 12 like this. It should burn like fire. **3 total work sets.**

---

Calves - 2 sets:

Do 3 times this week.

Standing calf raises I want you to do 2 sets of 50 reps after you do 1 to 2 warm up sets. **2 total work sets.**

---

Abdominals– 8 sets

Do 3 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

