



JOHN MEADOWS

CREEPING DEATH

Mountain Dog Training

Program 7 – Creeping Death

There will be no deloading during this program. We will not be waving volume. Make sure you have a light week or two before starting it, and then also once you complete it. We can't *completely* dismiss periodization.

This program is meant to push you to the absolute limit of your ability to tolerate pain, and for you to do things that you did not think was possible.

This program will be a 5 day a week program that will place extra emphasis on hams, chest and back.

We will be implementing band work as well, but not in the traditional 6 week mid program format that I used back in program 4 if you did that one. It is sprinkled in all over the place now.

Get bands (the Mountain Dog band pack) from <http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=3928>

On occasion the short bands sell out, so this pack is temporarily taken off the site. If you don't see this pack, just call in and ask to purchase all the bands that are available. They are not expensive.

This is a 5 day a week program. Below is a sample split showing you how to set it up.

Day 1 – Legs

Day 2 – Chest/Shoulders (and odds and ends I throw in)

Day 3 – Off

Day 4 – Back

Day 5 – Off

Day 6 – Chest/Shoulders (pumping day)

Day 7 - Arms

**Calves and ab workout can be done up to 5 days a week! Use your level of soreness as an indicator that the muscle is ready to be trained again.*

Week 1

Legs – 17 sets:

Lying leg curls – 2-3 warm up sets. Do 6 sets like this. Find a weight that is a hard 10 reps. Do 10 reps and rest for 20 seconds, then go again to failure. Rest 20 seconds and then go again, and so on until you reach 6 sets. **6 total work sets.**

Goal – Activate and pump muscle

Squats – Work your way up in weight doing sets of 8 until you find a weight that is a pretty tough 8. Stay there and do 6 sets of 6 with 3 second descents and explode up! Go down to parallel or just above it. Your stance should be slightly wider than shoulder width with toes turned out some. On these sets, rest for 2-3 minutes, no need to rush. **6 total work sets.**

Goal – Train explosively

Leg press – On these I want you to place your feet fairly close and on the middle of the platform. We are going to destroy your teardrop. Do 30 reps. Pump them non-stop. No locking out. Rest for 3 minutes and do 25 reps with the same weight. On your 3rd and final set. Drop the weight a little more, and go totally apeshit. Get as many reps as you can. Push yourself. Expect to do more than 40. You CAN stop periodically on these to catch your breath. Give it everything you have on this set. Train like a champion. **3 total work sets.**

Goal – Supramax pump

Dumbbell stiff legged deads - 2 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. You don't need to go real heavy on these. Use a moderate weight. **2 total work sets.**

Goal – Work muscle from a stretched position

Chest - 20 sets / Shoulders – 4 sets / Back - 5 sets / Triceps – 4 sets

Banded hammer or machine press – Do a few warm up sets then we are going to hammer 4 sets of 6. On the sets of 6, I want you to drive as hard as you can out of the bottom. Blast the weight up. Come just short of lockout ok. Also, remember to only let your elbows go back to 90 degrees or these can turn into a harmful exercise. Do them right, and you'll reap the benefit, do them wrong and they are not pleasant. I have these on my YouTube channel if you want to see form. **4 total work sets.**

If you do not have a Hammer Flat, do these on the Hammer Decline.

Goal – Activate the muscle and train explosively

Incline Flye/Press – This is where you use a slight angle incline and do a sort of flye press combo. Do not do a straight fly, but don't do a straight press. The best way to describe this is to start the rep like a fly, but toward the end bend your arms so it's almost a press. Keep your palms facing each other the whole time. I have video of this on my YouTube channel, so take a look. The reps are going to be set at 8 reps for sets. You will be supersetting this with incline barbell.

Supersetted with

Incline barbell press – Try to use only a 20-25 degree angle if possible, if not that is ok. Do not touch your chest, and do not lock out. Use continuous tension. I want 12 reps, go up in weight a bit and do 9 reps, and then go up a tiny bit and do 6 reps for 2 sets. **8 total work sets via 4 supersets.**

Goal – Supramax pump

Machine flye – I want sets of 10 on these. Hold the flex at the top for 2 seconds. Flex HARD! You are going to superset these with pec minor dips.

Supersetted with

Pec minor and regular dip – I want you to do 8 pec minor dips, then do regular dips to failure. You won't be able to get a lot of them. Work more on the bottom part of the exercise. DO not worry about locking out on the regular dips ok. **8 total work sets via 4 supersets.**

NOTE: Women do not do the pec minor dips. Just do straight sets of machine flyes.

Goal – Supramax pump

Incline smith machine triceps extension – Do 1 or 2 warm up sets to get feel. Your elbows will be plenty warm from all the chest work. Lower the bar down toward your nose, and drive back up. Let your elbows flare out a tad, but not too wide. I want them more tucked in like a close grip press. Pause each rep at the bottom 2-3 inches above your nose. There is video of this on my YouTube channel under the "band" playlist. Do 4 sets of 8. **4 total work sets.**

NOTE: On these we actually used bands to make the lockout really hard. I couldn't put weight on my triceps the next day they were so sore. The bands are optional on these though.

Goal – Supramax pump

Rear delt cable crosses – This is just where you start the pull from the top pulley on a crossover machine, and go across your body, flexing your delts at the end for 1 second. Do 3 sets of 15. Then on your 4th set, I want you to do partials. The partials are done from the beginning of the range of motion. So your arms are cross and you just pull them out halfway. I have video of this on my YouTube channel. On the last set do 50 partials without stopping. **4 total work sets.**

Goal – Supramax pump

Parallel grip pulldowns – Do 1 warm up set. Try to use a bar that is sort of medium wide. I don't want you to use the close grip bar or a really wide bar. Again, your palms should be facing each other. Your rep scheme is 20, 17, 14, 11, and 8 reps. Add a little weight each set. Let the weight pull you and stretch you at the top! Drive it down hard. **5 total work sets.**

Goal – Supramax pump

Back - 15 sets

Meadows rows– Do 2-3 warm up sets, then hammer out 4 sets of 8 reps with a good weight. Stretch good at the bottom. I have 2 versions of these on my YouTube channel, feel free to use whichever version you feel the best. **4 total work sets.**

Goal – Activate and pump lats

Rack deadlifts – Do sets of 5 all the way until the 5 reps is moderately tough. Once you get there. Do 5 x 4. Do these dead stop style. Set the weight down, relax, get tight, and explode up on each rep. You will be supersetting these with chins (start the chins when you get to the hard 5 sets of 4).

Supersetted with

Chins– Do these wide grip to the front. Keep your sternum lifted/chest arched. Go to 1 rep shy of failure on each set. If you can't do chins, feel free to use an assist/cheater machine or a spotter's help. I love that machine. You can use perfect form with it. **10 total work sets via 5 supersets.**

Goal – Supramax pump and explosive training

Stretchers – Ok, let's get everything in your upper lats and shoulder girdle stretched out even more. Do 3 sets of 10 here. **3 total work sets.**

Goal – Work muscle from a stretched position

Banded hyperextension – Each set use bands and do as many as you can do. I would like to see 15 reps here, then drop the band and get 10 more. I want 3 sets like this. **3 total work sets.**

Goal – Supramax pump

Chest - 13 sets / Shoulders – 9 sets

Machine flyes – Do a few warm up sets then do 4 sets of 10. On each rep hold and flex for 1 second at the top.

Goal – Activate and work muscle from a stretched position

In between the shoulders exercises you are going to do pec minor dips to failure.

NOTE: Women, you are going to skip the pec minor dips and just focus on shoulders! Women add a set on each shoulder exercise.

Dumbbell side laterals – After doing a warm up set, do 4 sets of 8 reps with a moderate weight. Use standard form.

Supersetted with

Pec minor dips – To failure – use weight if you can.

8 total work sets via 4 supersets.

Goal – Supramax pump

High pulley rear delts flyes – This is where you face into a crossover rack and do rear delt pulls from the top attachment. I have video on YouTube of these. On the partials, do the partials from the arms crossed position, not the arms extended flexed position. You'll see on video. Looks easy, it's not. Do 4 sets of 15 reps with 15 partials on each set.

Supersetted with

Pec minor dips – To failure – use weight if you can.

8 total work sets via 4 supersets.

Goal – Supramax pump

Dumbbell press – Do this set seated and with a back support. You are going to do a drop set. Just work the bottom range of motion, do not lockout or your triceps will give out too soon. The dumbbells should face out (normal), nothing fancy. Do a weight for 8 reps, then drop weight down and do 8 more, then drop weight down and do 8 more.

Supersetted with

Pec minor dips – To failure – use weight if you can.

2 total work sets via 1 superset.

Goal – Supramax pump

Biceps - 12 sets / Triceps - 12 sets

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

Superset #1

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

Superset with

Dumbbell curl – Do 6 reps on these with a 3 second descent. If you have *fatgripz* or *grip4orce* use them. Also keep your palms up throughout the entire rep.

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

Superset #2

Seated dip machine – Do sets of 8 with a 3 second negative. Control the weight, crush your tris.

Superset with

Barbell curl – Do 6 reps on these, and use the *fatgripz* or *grip4orce* if you have them.

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

Superset #3

Smith machine JM press – Lower to your face, not chest, and drive up with your elbows flared out. Don't lockout. Do these on an incline bench too. I just added video of this on my YouTube channel so you can see the form. **Use bands** if you have them, I actually am using bands in the video. I used one set of pro minis on each side. Do 8 perfect reps.

Superset with

Hammer curls – Do 15 normal reps on these!

Do 4 rounds. Take your time between sets. You need rest to do the tricep work here.

Calves - 8 sets:

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

Do 2 times this week minimum 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

Legs – 17 sets:

Seated leg curls – 2-3 warm up sets. Do two sets of 20. Use perfect form, flex at the contraction point. Next add some significant weight and do 2 sets of 6 with 3 second descents as you should have a lot of blood in there. **4 total work sets.**

Goal – Activate and pump muscle

Leg press – Make sure you do plenty of warm ups. Do sets of 8 up until you are at a weight that is a challenging 8. You should still have 1 or 2 reps left in the tank though when you do your 8. Place your feet in the standard slightly wider than shoulder width, toes pointed out, high/middle part of the platform stance. This is where it gets fun. Do 8 reps, then walk slowly over to the Smith machine for a set of lunges.

Supersetted with

Smith machine lunges – Do 8 reps on one leg, then 8 on the other. On your second set do 10 reps with the same weight on each leg. On your last set do 12 reps with the same weight, this should hammer you. You should be in pain and quads pumped big time. **6 total work sets via 3 supersets.**

Goal – Supramax pump

Squats – Use a weight you can do 8 good reps with. I want you to go below parallel, and go ahead and lockout when you come up. Rest for a second then go back down. Do 3 sets of 8 like this. This should put the finishing touch on your quads today. **3 total work sets.**

Goal – Activate and pump muscle

Barbell stiff legged deads – Do 4 sets of 10 on these. Do not lockout. Go up $\frac{3}{4}$ of the way then come back down. Keep constant tension on hams. **4 total work sets.**

Goal – Work muscle form a stretched position

Chest - 12 sets / Shoulders – 8 sets / Back - 4 sets / Triceps – 4 sets

Incline dumbbell press on low angle – Do a few warm up sets to get started. Pyramid up on these doing sets of 8. Don't lock out, keep continuous tension. Keep going up until you can't get 8 reps. We'll count the last 3 sets as work sets. **3 total work sets.**

Goal – Activate and pump muscle

Incline barbell press – Pyramid up on these doing sets of 8 as well, until you can't get 8. Again, do not lockout, and go up until you can't get 8. On this we will count the last 3 sets as working sets too. **3 total work sets.**

Goal – Supramax pump

Stretch pushups – 3 sets to failure – keep your chin up while doing; try to touch the floor with your chest. **3 total work sets.**

Goal – Work muscle from a stretched position

Smith decline bench press – Use a slight angle as you know. Use a wide grip on these this time. Put a weight on there you can do 15 with. Pause the weight for 1 second on your chest and then drive to $\frac{3}{4}$ lockout. Go to failure like this for 3 sets total. **3 total work sets.**

NOTE: Women use a slight incline on these.

Goal – Supramax pump

VBar pushdowns – Do 1 warm up set to get feel. Do 4 sets of 12 with 30 second breaks between sets. Don't flex at the bottom. Keep the weight moving, continuous tension. Try to go fairly heavy. **4 total work sets.**

Goal – Supramax pump

Seated dumbbell side laterals – I want you to do 8 perfect reps on these, and then do 15 partials out of the bottom. Do 4 sets like this. The partials won't be too bad because the weight isn't real heavy, but by the time you get through the 4th set, your shoulders will be on fire and pumped. Rest about 90 seconds between sets. **4 total work sets.**

Goal – Supramax pump

Banded rear delt pulls/face pulls – Do 4 sets of 10 flexing at the contracted position for 2 seconds on each rep. **4 total work sets.**

Goal – Supramax pump

Narrow grip chins – 4 sets to failure. Use straps, keep your chest arched. **4 total work sets.**

Goal – Supramax pump

Back - 19 sets

Meadows row/One arm barbell row superset – Do a few warm up sets. Do the one arm barbell row first, then on the same arm do the Meadows row. Rest for a sec then do the other side. I have a video of this on YouTube channel. Do 6 reps on everything here. This should be very tough. **4 total work sets.**

Goal – Activate and pump muscle

Dumbbell Shrugs – Do 4 sets of 12 with 3 second pauses at the top. **4 total work sets.**

NOTE: Women do dumbbell pullovers on these for 3 x 12.

Goal – Supramax pump

Parallel grip pulldowns– Really stretch your lats at the top on these and drive your elbows down hard. I actually did these with a Swiss bar, as you can see on the YouTube video. The key is to use a neutral grip, stretch, and keep your arch while you drive your elbows down. Do 4 sets of 10 reps. **4 total work sets.**

Goal – Supramax pump

Rows on incline utility bench – I have a YouTube video of these called “chain rows on incline bench” or something like that. The main thing is that you are keeping your elbows up and flaring out to the side as you row to engage rhomboids. You can use dumbbells on these if you don’t have chains. Also, be sure to allow your rhomboids to “open up” by stretching really good at the bottom. Do sets of 10 here. **3 total work sets.**

Goal – Supramax pump

Banded hyperextension – I prefer you do reverse hypers, but if you don’t have that machine you can do these. Hit 4 sets of 15 with as much band tension as you can handle! **4 total work sets.**

Goal – Supramax pump

Chest - 8 sets / Shoulders – 8 sets

Machine press – Do a few warm up sets then do 4 sets of 15 reps. Don't lockout this time or your tris will fatigue to quick with this number of reps, but I do want you to work the stretch good. **4 total work sets.**

In between the chest exercises you are going to do over and backs with a band or rope. This is on my YouTube under the band playlist.

Goal – Active and pump muscle

Banded hammer or machine press – Remember to only go back to 45 degrees with your arms. Don't overstretch and injure your rotators. You should feel a massive flex when you do these. My chest was on fire. Do 4 sets of 8. On the last set of 8, also throw in 15 partials out of the bottom. **4 total work sets.**

Goal – Supramax pump

Heavy side laterals (partials) – Hit 3 sets of 30. FIRE. These are the swing style that oyu can see on my YouTube, not full range of motion reps. **3 total work sets.**

Goal – Supramax pump

Seated dumbell front raise – On these, sit on a little bench that has a back support. Move your butt out away from back support so you are kind of leaning back. This will give your front delts more of a pre-stretch at the beginning of the rep. Start the dumbells at your sides, and take them straight up over your head, this is a nice full range of motion. Do 4 sets of 12. Use some good weight if you can. Control the weight as you bring it back down too. **4 total work sets.**

Goal – Supramax pump

Destroyer set for rear delts – You know how it's done. Lay face down on incline utility bench and do 60 partial (swings). Then cut weight in half and do 30, then cut weight in half and do 10 full range of motion reps. **1 total work set.**

Goal – Supramax pump

Biceps - 12 sets / Triceps - 12 sets

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

Superset #1

V-Bar pushdowns – Do a few sets to get warmed up. Do 20 hard reps with a flex at the bottom of the first ten 10 reps, then just pump out the remaining 10 as best you can.

Superset with

Dumbbell curl – Do 6 reps on these with a 3 second descent. Use the Grip4orce attachments.

If you don't have them they are cheap on www.elitefts.com

8 total work sets via 4 supersets.

Superset #2

Dips between benches – Do sets of 15 with a 3 second negative at minimum. Try to go down really slow. Your tris will be on fire. Control the weight, crush your tris.

Superset with

Barbell curl – Do 8 reps on these with a 3 second descent. Use the Grip4orce attachments.

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

8 total work sets via 4 supersets.

Superset #3

Incline skullcrushers/extensions – As I normally do, use higher reps on these with a good stretch. Try to get the bar behind your head. Do sets of 12.

Superset with

EZ bar reverse curls – Do 12 reps on these.

Do 4 rounds. Take your time between sets. You need rest to do the tricep work here.

8 total work sets via 4 supersets.

Calves - 8 sets:

Standing calve raises - I want you to do a few warmups then your sets should be like this. Do 10 full reps. At the end of the 10th rep, stand on your toes and count to 10 (with weight still on your back), then come back down and do 10 more reps, and then stand back up on your toes for another count of 10 seconds, and finally 10 more reps for 30 total, followed by another 10 seconds of standing on your toes in the machine. Do this 3 times. **3 total work sets.**

Do 2 times this week on whatever days you want.

Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 3

Legs – 19 sets:

Lying leg curls – 2-3 warm up sets. Do 4 sets of 12 with 60 second breaks. Nothing fancy here, just try and get all your reps. I had to pause a few times mid-set to get to the 12 in sets 3 and 4. **4 total work sets.**

Goal – Activate and pump muscle

Banded leg press – Make sure you do plenty of warm ups. Do sets of 8 up until you are at a weight that is a challenging 8. Once you get there, stay and do 3 sets of 8 with it. On your sets working up, explode p with the weight against the band! **3 total work sets.**

NOTE: Use two sets, 1 set of Pro minis (long red bands) and one set of monster minis (long green bands).

Goal – Train explosively

Smith machine lunges – Here is how you do these. Do 4 reps on one leg, then quickly switch to the other and do 4 reps. Then go back to the other leg and do 4 reps, and then 4 on the other. So each leg gets 8 total reps. That is so you don't have one leg that is significantly more annihilated than the other when you squat, plus you can use heavier weight. Once you do that you are going to superset this with Smith Squats. On each set you do, add some weight for the next set (of lunges). This will automatically add weight for the squats as you are throwing a 45 on top of whatever you did for lunges.

Supersetted with

Smith machine squats – Now throw a 45 on top and do 8 deep reps. **6 total work sets via 3 supersets.**

So for example – use a 25 on each side for first set of lunges, and then throw a 45 on top of that for your deep squats. On your next set do 35 on each side for lunges, and then throw a 45 on top for squats, etc. These are tough, and should burn like you know what.

If you don't have a Smith machine, find some kind of machine to squat in. I want you in something that "stabilizes" you. The lunges you just do standing and stationary.

Goal – Supramax pump

Leg extensions – Do 4 sets of 8 on these. Go heavy. Kick the weight up and flex for 3 seconds on each set. **4 total work sets.**

Goal – Supramax pump

Barbell stiff legged deads – Do 2 sets of 15 on these. Do not lockout. Go up $\frac{3}{4}$ of the way then come back down. Keep constant tension on hams. **2 total work sets.**

Goal – Train muscle from a stretched position

Chest - 15 sets / Shoulders – 8 sets / Back - 4 sets / Triceps – 4 sets

Banded hammer or machine press – Do a few warm up sets to get started. I am not really concerned about which machine you use (per my comments for last week on the light day). I want you to flex hard though on every rep. Do 4 sets of 8. **4 total work sets.**

Goal – Activate and pump muscle

Incline barbell press – Pyramid up on these doing sets of 6 this week. Keep going until you can barely get 6. We'll count the last 3 sets as work sets. Use continuous tension on these, no locking out, and take to 1-2 inches above chest. Drive the weight up explosively. You will lose speed on the last set but that is ok. **3 total work sets.**

Goal – Train explosively

Neutral grip flat dumbbell press – These are just flat dumbbell presses, but I want you to have your palms face each other the whole time ok. Let the dumbbells come down low, and stretch real good, and lift your sternum. Then drive up to almost lockout (but not quite), and come back down Do 3 sets of 10 like this. **3 total work sets.**

Goal – Supramax pump

Reverse band bench – Do 5 sets of 5. Use a weight you can get all your reps with ok! **5 total work sets.**

NOTE: If you cannot reverse band just do explosive benching on flat bench.

Goal – Train explosively

VBar pushdowns – Do 1 warm up set to get feel. Do 4 sets of 12 with 30 second breaks between sets. Don't flex at the bottom. Keep the weight moving, continuous tension. Try to go fairly heavy. **4 total work sets.**

Goal – Supramax pump

Dumbbell side laterals – I want 5 sets of 10 with 20 second rest breaks. Crank on these. Fight through the pain. If you need to lighten up a little on the 4th and 5th set you can. **5 total work sets.**

Goal – Supramax pump

Bent over rear dumbbell raises – Do 3 sets of 30 reps of swings. **3 total work sets.**

Goal – Supramax pump

Wide grip pulldown – 4 sets of 10. Drive the weight down hard and flex. Stretch out good at the top! **4 total work sets.**

Goal – Supramax pump

Back - 24 sets

One arm barbell row – Do a few warm up sets. Work up to a tough 8 and stay there for 4 sets of 8. **4 total work sets.**

Goal – Activate and pump muscle

Low rows – Do sets of 10 with a hard flex in the contracted position. Use a grip where your palms face each other, kind of close.

Supersetted with

Stretchers– Hit 8 reps on these. Don't forget, duck your head and stretch!

8 total work sets via 4 supersets.

Goal – Supramax pump

Dumbbell Shrugs – Do 4 sets of 25 reps with the same weight you used for your sets of 12 w/ 3 second pauses last week. No pauses this week, just up and down for 25 reps. **4 total work sets.**

Note: Women do dumbbell pullover for 4 sets of 10.

Goal – Supramax pump

Reverse hypers – Sets of 15 reps.

Supersetted with

Rack pulls (1/4 reps) – These should be pulled from ABOVE your knees. Don't try to be a hero and go lower or your back will crack in half. Just work the top quarter of the movement. These KILL after reverse hypers. Sets of 6 reps.

If you don't have a reverse hyper machine, use banded hypers (sets of 15 reps).

8 total work sets via 4 supersets.

Goal – Supramax pump

Chest - 10 sets / Shoulders – 6 sets

Machine press – Do a few warm up sets then pyramid up. Rep scheme is 15, 12, 9 and 6. Each set should be tough. Don't lockout. On your last set, after you do 6, I want you to pump out 20 partials out of the bottom/stretched position. **4 total work sets.**

In between the chest exercises you are going to do over and backs with a band or rope.

Goal – Activate and pump muscle

Pec minor dips – 4 sets to failure. Try to use some weight attached to you if you do over 15 reps. **4 total work sets.**

NOTE: Women do hex presses. See my YouTube for demonstration of form. Do 4 sets of 10.

Goal – Activate and pump muscle

Stretch pushups – 2 sets to failure. **2 total work sets.**

NOTE: If you have chains, throw 1 or 2 across your back when doing these.

Goal – Activate and pump muscle

Machine rear delts (reverse peck deck) – Hit 3 sets of 15. Go a little heavier on these today. On each rep flex for a second in the contracted position. **3 total work sets.**

Goal – Activate and pump muscle

Destroyer set for rear delts – You know how it's done. Lay face down on incline utility bench and do 60 partial (swings). Then cut weight in half and do 30, then cut weight in half and do 10 full range of motion reps. **1 total work set.**

Goal – Activate and pump muscle

Spidercrawls – Use the red short monster mini. Go up and down a wall three times for each set. Do 3 sets like this. After doing the destroyer set, your delts should be rocked. **3 total work sets.**

NOTE: Use the short red mini band for these.

Goal – Activate and pump muscle

Biceps – 15 sets / Triceps - 15 sets

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

Triset #1

V-Bar pushdowns – Do a few sets to get warmed up. Do 10 reps with a heavy weight. Don't worry about flexing at the bottom, just keep the weight moving, constant tension.

Immediately followed by

Dumbbell curl – Do 8 reps on these with a 3 second descent. Use the Grip4orce attachments. I want you to use the same weight you used last week for 6.

Immediately followed by

Dips between benches – Do all sets to failure

Do 5 rounds of the above after 2 warm up sets. 15 sets via 5 trisets.

Barbell curl – Do 8 reps on these with a 3 second descent. Use the Grip4orce attachments. Try to use a little more weight than last week when you did these.

Immediately followed by

Reverse grip pushdown – Look at my YouTube video on these. Notice how I bend over and let the bar come behind my head for a really good stretch. Do sets of 15 on these.

Immediately followed by

EZ bar reverse curls – Do 15 reps on these with the same weight you used last week for 12.

Do 5 rounds of the above after 2 warm up sets. 15 sets via 5 trisets.

Calves - 6 sets:

Standing calve raises - I want you to do a few warmups then your sets should be like this. Do 10 full reps. At the end of the 10th rep, stand on your toes and count to 10 (with weight still on your back), then come back down and do 10 more reps, and then stand back up on your toes for another count of 10 seconds, and finally 10 more reps for 30 total, followed by another 10 seconds of standing on your toes in the machine.

Immediately followed by

Seated calve raises - I want you to do 10 nice and slow full range of motion reps here. It will sting a bit.

Do 3 rounds.

6 total sets via 3 supersets

Do this once this week minimum on whatever days you want.

Abdominals— 8 sets

Do 2 times this week minimum 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

Legs – 19 sets:

Seated leg curls – 2-3 warm up sets. Do 3 sets of 10, then let's do a crazy drop set. On the 4th set do 10 again, then drop the weight and do 8, then another drop and another 8 reps, and then do 25 partials out of the stretched position. **4 total work sets.**

Goal – Activate and pump muscle

Banded leg press – Make sure you do plenty of warm ups. Do sets of 8 up until you are at a weight that is a challenging 8. Once you get there, stay and do 3 sets of 8 with it. Push to do more than you did last week and remain explosive on these. **3 total work sets.**

NOTE: Use two sets of monster minis (green bands) or 1 set of Pro minis (red bands) and one set of monster minis. So there will be 2 bands on each side.

Goal – Train explosively

Squats – Do a few sets to get up to a hard working weight. I want 4 sets of 8 with a 3 second descent. Nothing fancy here, just grind out the sets. Get to just above parallel. **4 total work sets.**

Goal – Supramax pump

Leg press – No this is not a typo. Go back to the leg press (with no bands), and put about 40% of the weight you can get 8-10 with on the sled. Do 1 set balls out. The minimum # is 40 reps. I did 4 plates and 52 reps. The first 40 I did nonstop. Your legs will blow up like balloons. **1 total work set.**

Goal – Supramax pump

Dumbell stiff legged deads – Do 4 sets of 8. Work the stretch, your legs will be tight and full of blood. **4 total work sets.**

Goal – Work muscle from a stretched position

Chest - 15 sets / Shoulders – 12 sets / Triceps – 4 sets

Machine press – Do a few warm up sets to get started. On these use a full range of motion with a flex at the end for 4 sets of 10. Flex hard, and the will burn and pump like crazy. **4 total work sets.**

Goal – Activate and pump muscle

Incline barbell press – The only difference this week on the incline, is that I want you to bump your reps by 2. Pyramid up on these doing sets of 8 this week. Keep going until you can barely get 8. We'll count the last 3 sets as work sets. Use continuous tension on these, no locking out, and take to 1-2 inches above chest. **3 total work sets.**

Goal – Supramax pump

Reverse band bench – Do 4 sets of 5. Use a weight you can get all your reps with ok! Also, this week I want you to then move your grip in about 1-2 inches and focus on triceps for 4 additional sets. When you do the tricep sets come down to about 6 inches above your chest and pause for a second before firing the weight back up. **8 total work sets.**

Goal – Train explosively

Stretch pushups – Do 3 sets to failure. Keep your chin up, and try and touch your chest to the floor on every rep. **3 total work sets.**

Goal – Work muscle from a stretched position

Dumbbell raises – On these, don't think front or side lateral. It's kind of in between. So picture your arms coming up the 10 and 2 o'clock position, not really straight out front, and definitely not to the side. These will feel great. Do 4 sets of 12. **4 total work sets.**

Goal – Supramax pump

Bent over rear dumbbell raises – Do 3 sets of 20 reps of swings.

Supersetted with

Spidercrawls – Go up to above head, and down to belt level 3 times per set. Try and keep arms straight. Use short red band.

8 total work sets via 4 supersets.

Goal – Supramax pump

Back - 18 sets

Rhomboid rows – This is an elbow up barbell row, but you have to have a cambered bar and be able to lean on a pad. Look at my YouTube video to see what I mean. You can really stretch on the pad, and with the cambered bar you can get the bar way up and really get an unbelievable contraction in your lower traps and rhomboids. Remember to keep your elbows up. 4 sets of 8 is plenty on these. **4 total work sets.**

If you don't have a cambered bar, do a chest supported row and emphasize the stretch and contraction for 4 sets of 12.

Goal – Activate and pump muscle

Low rows – Do sets of 8 with a hard flex in the contracted position. Use a grip where your palms face each other, kind of close (same as last week).

Supersetted with

One arm lat pulldowns – Hit 8 reps on these. Remember to lean back a hair, and drive your elbow straight down, and flex the crap out of your lower lat. Make sure your grip is supinated (palms up) when you flex at the end. You can sort of “unwind” your hand when you let the weight come back up and really get a good stretch. These are on my YouTube channel as well.

8 total work sets via 4 supersets.

Goal – Supramax pump

Trap bar deadlifts – Work up to a tough 5 reps. Do 4 sets of 5 with it. **4 total work sets.**

If you don't have a trap bar – do heavy dumbbell deads. Don't do these full range of motion. I want you to work the upper half of the movement.

Goal – Supramax pump

Banded hypers – 2 sets of failure. **2 total work sets.**

Goal – Supramax pump

Chest - 8 sets / Shoulders – 6 sets

I want to back off on chest and shoulders a hair on the second workout this week FYI.

Machine press – Do a few warm up sets then hit some higher reps today. 4 sets of 15 with a good full range of motion. Make sure you flex at the top for a second. **4 total work sets.**

Goal – Supramax pump

Dumbbell hex press – Do 4 sets of 10. Look at my YouTube if you need a form refresher on these! **4 total work sets.**

Goal – Supramax pump

Dumbbell Bent over laterals – Do 1 warm up set then do 4 sets of 30 – full range of motion. **4 total work set.**

Goal – Supramax pump

Spidercrawls – Go up and down a wall three times for each set. Do 4 sets like this. Use the short red pro mini band. **4 total work sets.**

Goal – Supramax pump

Biceps – 14 sets / Triceps - 14 sets

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

Superset #1

V-Bar pushdowns – Do a few sets to get warmed up. Do sets of 12 on these with a good flex at the bottom.

Immediately followed by

Dumbbell curl – Do 8 reps on these with a 3 second descent. Use the Grip4orce attachments. I want you to use the same weight you used last week for 8, BUT once you do your 8 reps, then take off the Grip4orce attachments and do 6 more reps.

Do 5 rounds of the above after 2 warm up sets. 10 sets via 5 supersets.

Reverse grip pushdown – Look at my YouTube video on these. Notice how I bend over and let the bar come behind my head for a really good stretch. Do sets of 15 on these. Do sets of 15 on these this week.

Immediately followed by

Barbell curl – Do 8 reps on these with a 3 second descent. Use the Grip4orce attachments. Once you do 8, take the Grip4orce attachments off and hit 8 more reps with a normal speed.

Do 5 rounds of the above after 2 warm up sets. 10 sets via 5 supersets.

Ok, let's slow it down some now.

EZ bar preacher curl – Do 4 sets of 8. Use perfect form with a good flex at the top. Rest about 1 minute between sets. **4 total working sets.**

Smith machine JM press – Do these on an incline bench like in the Youtube video. Do 4 sets of 8 perfectly controlled reps. **4 total working sets.**

Use a set of monster minis on these if you can.

Calves - 10 sets:

Standing calf raises – Heavy weight on these this week. After a few warm ups do 8 sets of 8 with 45 second breaks! **8 total working sets.**

Seated calf raises - I want you to do 35 reps on these. Up and down with continuous tension. Do 2 sets. **2 total working sets.**

Do this twice 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

Legs – 17 sets:

Seated leg curls – 2-3 warm up sets. For each set I want you to do 8 full reps and then 15 partials out of the stretched position. Do 4 sets like this. **4 total work sets.**

Goal – Activate and pump muscle

Frog stance leg press – Make sure you do plenty of warm ups. No bands this week. These are just leg presses with a frog stance. So go with a wide stance, and make sure your knees are traveling outside your body as you lower, not down directly over your chest. Turn your toes out. I want to focus more on hams and adductors on these. Do sets of 12 until you can barely get 12. We'll count the last 3 sets as working sets. **3 total work sets.**

Goal – Supramax pump

Squats – Do a few sets to get up to a hard working weight. I want sets of 8 on these. You can add weight as you go too. On these, try to get just a tad below parallel.

Supersetted with (just walk over to the leg press, no need to rush).

Leg press – Ok back to the leg press, but use a very close stance, with feet in the middle of the platform. Do sets of 15 nonstop.

6 working sets via 3 supersets.

Four your reference – on these I did squats with 3 plates, 3 and a quarter, and 4 plates for my sets. The leg press was all done with 5 plates. It hurt.

Goal – Supramax pump

Dumbbell stiff legged deads – Do 3 sets of 10. Work the stretch, your legs will be tight and full of blood. **3 total work sets.**

Goal – Work muscle from a stretched position

Chest - 13 sets / Shoulders – 11 sets / Triceps – 2 sets

Incline dumbbell press – Put 25's under the end of the bench where your head will be for a slight incline. Do a few warm up sets to get started. On these get a good stretch and drive to $\frac{3}{4}$ lockout doing sets of 10. Keep going up until you can't get 10. We'll count the last 3 sets as working sets. **3 total work sets.**

Goal – Activate and pump muscle

Incline Smith press – Work your way up doing sets of 8. Use good controlled perfect form. Don't let the bar touch your chest, and do not lock out. Use continuous tension. Just keep up doing perfect sets of 8 until you get to a challenging weight. Once there, do 3 sets of 8 with it. **3 total work sets.**

Goal – Supramax pump

Decline Smith press – I want the following rep scheme, 15, 12, 9, and 6. On that 4th set, after you do 6, take some weight off and do another 6-8, then take some weight off and widen your grip and pump out reps to failure. **4 total work sets.**

NOTE: Women do these flat and not decline.

Goal – Supramax pump

Stretch pushups – Do 3 sets to failure. Keep your chin up, and try and touch your chest to the floor on every rep. **3 total work sets.**

Goal – Work muscle from a stretched position

Close grip pushups – Do 2 sets to total failure. Try to get 30 or so reps a set. **2 total work sets.**

Goal – Supramax pump

6 ways – I can't believe how bad these burned this week. Do 5 sets of 10. Rest about 60 seconds between sets. **5 total work sets.**

Goal – Supramax pump

Bent over rear dumbbell raises – Do sets of 15 reps with a full range of motion.

Supersetted with

Spidercrawls – Go up to above head, and down to belt level 3 times per set. Try and keep arms straight. Use short red band, unless you think you can handle the short black band.

6 total work sets via 3 supersets.

Goal – Supramax pump

Back - 22 sets

Smith machine bent over rows – After a few warm ups, do sets of 8 working up to a tough weight. Once there, do 3 sets of 8 with it. On the 4th set, do 6 reps, drop weight and do 6 more reps, then drop weight and go to failure. Really focus on driving your elbows up hard during these. I just posted a new video of these on my YouTube channel fyi (it's the drop set). **4 total work sets.**

Goal – Activate and pump muscle

Parallel grip pulldowns – Do sets of 8 with a hard flex in the contracted position. Use a grip where your palms face each other, kind of close.

Supersetted with

Dumbbell pullovers – Do 10 reps a set.
8 total work sets via 4 supersets.

Goal – Supramax pump

Reeves deadlifts – Work up to a tough 5 reps. Do 5 sets of 5 with it. Then add some weight and do 3 sets of 3. Explode on these. Don't do a slow motion muscle up kind of rep. **8 total work sets.**

Goal – Train explosively

Banded hypers – 2 sets of failure. **2 total work sets.**

Goal – Supramax pump

Chest - 7 sets / Shoulders – 6 sets

Machine press – Do a few warm up sets then hit pyramid up. On every rep flex at the top for 1 second. Rep scheme is 15, 12, 9, and 6. Use a neutral grip if you can (palms facing each other). **4 total work sets.**

Goal – Activate and pump muscle

Incline Smith machine – Rep scheme is 30, 20, 10. Just keep the bar moving up and down. I want your chest FULL of blood. Don't lockout and don't come all the way down and touch your chest. **3 total work sets.**

Goal – Supramax pump

Destroyer set – Rear delt swings lying face down on incline utility bench. Swing a heavy weight for 60 reps, cut it in half and do 30, cut it in half and do 10. **1 total work set.**

Goal – Supramax pump

Dumbell side laterals – Do 5 sets of 10 with 45 second breaks between sets. **5 total work sets.**

Goal – Supramax pump

Biceps – 14 sets / Triceps - 14 sets

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

Superset

Barbell curl – Do a few sets to get warmed up. Do sets of 8 on these with a good flex at the top. Use the Grip4orce.

Immediately followed by

Hammer curl – Do 8 reps on these. Use the Grip4orce attachments. These are really tough with the Grip4orce.

This combo will smoke your bis and forearms. Rest 90 seconds between supersets.

Do 6 rounds of the above after 2 warm up sets. 12 sets via 6 supersets.

Machine curls – Do 1 set with a heavy weight for 6 reps and try to lower the weight as slow as you can. Rest 60 seconds and lighten the weight up considerably. I want you to get 25-35 reps on this. Just crank them out with continuous tension. **2 total working sets.**

Superset

V bar pushdown – Do a few warm up sets then do sets of 10 with a hard flex at the bottom on these.

Immediately followed by

Bench dips – Take 3 seconds to lower yourself on every rep. Go to failure. Your tris should be on fire.

Do 5 rounds of the above after 2 warm up sets. 10 sets via 5 supersets.

Reverse grip pushdown – Just like before, lean down and let the bar come behind your head so you can stretch out your tris. Do 15 reps on each set. Do 4 sets. **4 total working sets.**

Calves - 10 sets:

Standing calve raises – Heavy weight on these again this week. After a few warm ups do 8 sets of 8 with 60 second breaks! **8 total working sets.**

Seated calve raises - I want you to do 25 reps on these. Up and down with continuous tension. Do 2 sets. **2 total working sets.**

Do this once this week on whatever day you want minimum.

Abdominals– 8 sets

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

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 6

Legs – 16 sets:

Lying leg curls – 2-3 warm up sets. For the first 3 sets I want you to do 12 full range of motion reps. On the last one we are going to do a drop set with partials. Do 12 reps, drop the weight and do 8 more, drop the weight and do 8 more, then do 25 partials out of the stretched position. **4 total work sets.**

Goal – Activate and pump hams

Leg press – Make sure you do plenty of warm ups. No bands this week either. Just do a standard pyramid doing 10 reps until you get to a weight that you can barely do for 10 reps. On this last set of 10, when you know it's your last one, get out of the machine after the set and then proceed to do a walking lunge with just your bodyweight for 20 steps on each leg. You only need to do the set of lunges after the last set on the leg press. We'll call this 4 working sets. **4 total work sets.**

Goal – Activate and pump quads

Leg extensions – On these, I want you to kick the weight up as hard as you can. You don't have to pause or squeeze. Use a heavy weight on these. These will actually blow your quads up. So again, use heavy weight, kick hard, and do 4 sets of 10 reps. Do not let your feet come all the way own underneath you, as that can be hard on your knees (no matter how fast or slow you do these). **4 total work sets.**

Goal – Supramax pump

Squats – After 1-2 lighter sets, start doing working sets of 8 with deep reps. You don't have to bury these, but do try and get just a tad below parallel. Do 3 sets of 8 pyramid style. For example on these I did 315, 375, and 415 for 8. It was real tough after all the other stuff, but they felt awesome with the overload of blood in my legs.

Goal – Supramax pump

Dumbbell stiff legged deads – Do 4 sets of 10. Work the stretch, your legs will be tight and full of blood. **4 total work sets.**

Goal – Work muscle from a stretched position

Chest - 15 sets / Shoulders – 8 sets / Back– 6 sets

Banded hammer press – After several warm ups, I want you to do 4 sets of 8 on these. I prefer these be done with a FLAT hammer press, but if you don't have one, a decline will do, and if you don't have one of those either, an incline one will do. If you are using the flat or decline one, remember to only let your arms go back to 45 degrees. Don't overstretch and injure your shoulder at the bottom. The contraction on these is awesome. I especially like the full chest contraction on the flat hammer machine these days. Give each rep a 1 second flex at the top. **4 total work sets.**

Goal – Activate and pump chest

Incline barbell press – Work your way up doing sets of 6. Use good controlled perfect form. Don't let the bar touch your chest, and do not lock out. Use continuous tension. Just keep up doing perfect sets of 6 until you get to a challenging weight. Once there, do 3 sets of 6 with it. Do these explosively. Drive the bar up hard. **3 total work sets.**

Goal – Train explosively

Reverse band bench press – Do 5 sets of 5 on these as we usually do. **5 total work sets.**

NOTE: If you cannot do reverse bands do regular flat bench on these.

Goal – Train explosively

Stretch pushups – Do 3 sets to failure. Keep your chin up, and try and touch your chest to the floor on every rep. **3 total work sets.**

Goal – Work muscle from a stretched position

Front raises – Do these with a bar. Place your hands out wider than shoulder width, and try to hold the weight still for a half second at the top. Take these up to eye level. Do 4 sets of 12. **4 total work sets.**

Goal – Supramax pump

Dumbbell side lateral raises – Do 4 sets of 10 reps with a full range of motion. **4 total work sets.**

Goal – Supramax pump

Chin up mini death – Do 2 sets of chins wide, then do 2 with a moderate grip (palms down, not up), then do 2 sets with a close grip (palms facing each other). Full chin up death is 4 sets of each position. Let's do 2 today. Take each set to failure. Failure as in you can't get any more reps with good form. NOT failure as in get sloppy and keep going. Use a spotter or assist/cheater machine if you have to. **6 total work sets**

Goal – Supramax pump

Back - 25 sets

Smith machine bent over rows – After a few warm ups, do sets of 10 working up to a tough weight. Once there, do 3 sets of 10 with it. On the 4th set, do 8 reps, drop weight and do 8 more reps, then drop weight and go to failure. Really focus on driving your elbows up hard during these. **4 total work sets.**

Goal – Activate and pump back

Dumbell rows – Do 4 hard sets of 10 reps. Make sure you stretch good at the bottom. Relax your scapulae on that side and feel everything stretching out. **4 total work sets.**

Goal – Supramax pump

Heavy partial pulldowns – This is the style where you use a really heavy weight and pull the bar to only the top of your head, and then let it stretch you out big time at the top. Do 5 sets of 8 like this. **5 total work sets.**

Goal – Work muscle from a stretched position

Barbell shrugs – Go heavy. Hold the weight at the top for 1 second this week. Do 4 sets of 8 like this. We actually used a Farmer's walk piece of equipment to do these this week, it was awesome. **4 total work sets.**

NOTE: Women do dumbell pullovers here. Do 4 sets of 8.

Goal – Supramax pump

Revers hypers – Do 15 reps of these. If you don't have a reverse hyper do a banded regular hyperextension.

Immediately followed by

Partial deadlift from the top – Only work the top part of the movement. Your lower back should be on fire and extremely pumped from this combo. Do 5 reps on these.

Do 4 supersets for 8 total working sets.

Goal – Supramax pump

Chest - 8 sets / Shoulders – 10 sets

Machine press – Do a few warm up sets then hit pyramid up to a weight that is a tough 8 reps. I want you to do 8 sets of 8 with this. Use a neutral grip if you can (palms facing each other). This week you don't have to pause, just keep continuous tension on the muscle. **8 total work sets.**

In between each set of machine presses do the over and back rope stretches.

Goal – Activate and pump pecs

Cage press – I want 6 sets of 6 on these today done explosively. **6 total work sets.**

Goal – Train explosively

Dumbell bent over laterals – Do 3 sets of 25 with 90 second breaks between sets. **3 total work sets.**

Goal – Supramax pump

Destroyer set – Rear delt swings lying face down on incline utility bench. Swing a heavy weight for 60 reps, cut it in half and do 30, cut it in half and do 10. **1 total work set.**

Goal – Supramax pump

Biceps – 16 sets / Triceps - 14 sets

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

V bar pushdown – Do a few warm up sets then do sets of 10 with a hard flex at the bottom on these. Do 6 working sets and only take 30 seconds between sets. Adjust the weight so that you are hitting 10 reps each time. **6 total working sets.**

Superset

Bench dips – Take 3 seconds to lower yourself on every rep. Go to failure. Your tris should be on fire.

Immediately followed by

Smith machine JM press w/ bands – Do sets of 8 on these. These will be tough after the bench dips. Do the reps nice and slow and feel your triceps get demolished.

Do 4 rounds of the above. 8 sets via 4 supersets.

Superset

Dumbbell curl – Do a few sets to get warmed up. Do sets of 8 on these with a good flex at the top. Use the Grip4orce.

Immediately followed by

Barbell curl – Do 6 reps on these. Use the Grip4orce attachments.

Rest 90 seconds between supersets.

Do 5 rounds of the above after 2 warm up sets. 10 sets via 5 supersets.

Barbell preacher curls – Do 3 sets of 8 and still use the Grip4orce for these as well. **3 total working sets.**

Barbell reverse curls – Do 3 sets of 10 on these with the Grip4orce. Man these were hard. I could only come up about 90 degrees. It felt like my brachioradialis was completely isolated. **3 total working sets.**

Calves - 5 sets:

Standing calf raises – Back to the fun stuff. Do 10 reps, then hold at the top for 10 second, then repeat this process 2 more times. That is one set. Try to use more weight than you did the last time you did these ok. **3 total working sets.**

Seated calf raises - I want you to do 10 heavy reps on these. Do 3 sets. **3 total working sets.**

Do this twice this week on whatever days you want minimum.

Abdominals– 8 sets

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

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 7

Legs – 19 sets:

Lying leg curls – 2-3 warm up sets. For this week, work up to a weight that is a pretty tough 12. I want you to do all these sets with 45 second rest breaks, it's a fast pace. Do 12 reps, rest 45 seconds and do another 12 reps. On the 3rd and 4th sets use a little less weight but keep up the pace. On the 5th and 6th sets use a little less weight than sets 3 and 4 but again keep up the pace. The result is 6 sets of 12. **6 total work sets.**

Goal – Activate and pump muscle

Leg press – This week we are going back to bands. Do plenty of warm ups working your way up to a tough 8 reps. Once there, stay there and do 4 sets of 8 with it. Take your time between sets. Use your strongest foot position and drive the weight up explosively. **4 total work sets.**

Note: Use a pair of red pro minis and green monster minis on these.

Goal – Train explosively

Heavy dumbbell lunge – Do these one leg a time. Take 8 to 10 steps on one leg, then turn around and come back and do the same for the other leg. Do 3 rounds. **3 total work sets.**

Goal – Supramax pump

Front squats – On these I stand on small plates (like 5's) or a very flat board, but you don't have to. I use the technique in which my arms are crossed in front of me (standard technique). I would like for you to sink these deep. You don't need a ton of weight, but I would like for you to do nice full range of motion deep squats on these. Do 4 sets of 8. **4 total work sets.**

Goal – Supramax pump

Barbell stiff legged deads – Do 2 sets of 20. Work the stretch, your legs will be tight and full of blood. **2 total work sets.**

Goal – Work muscle from a stretched position

Chest - 10 sets / Triceps – 10 sets / Shoulders – 5 sets / Back– 5 sets

Flat dumbbell press – After several warm ups, I want you to pyramid up doing sets fo 10 until you can't get 10. We'll count the last 3 sets as working sets. Don't lock out on these. **3 total work sets.**

Goal – Activate and pump muscle

Incline barbell press – This is the same as last week. Work your way up doing sets of 6. Use good controlled perfect form. Don't let the bar touch your chest, and do not lock out. Use continuous tension. Just keep up doing perfect sets of 6 explosively until you get to a challenging weight. Once there, do 3 sets of 6 with it. **3 total work sets.**

Goal – Train explosively

Dip machine – Let your elbows shoot out to the side, tuck your chin onto your upper chest and work the bottom half/stretched position of the movement. Get a good stretch. Don't go down all the way and lock out. If you can use weight, do it. Shoot for 4 sets of 10. **4 total work sets.**

Goal – Supramax pump

V bar pushdowns – Go heavy and flex at the bottom. Do 5 sets of 10.

Supersetted with

Close grip pushups – Do these with your feet elevated onto something, not real high though. Place your hands exactly shoulder width on these and just do pushups with perfect form. This will smash your tris after the pushdowns.

10 total work sets via 5 supersets.

Goal – Supramax pump

Wide grip chins – Do these with a wide grip. Go until you can't get any more good reps. Don't do any sloppy reps.

-

Supersetted with

Banded rear delts pulls – Do sets of 15 with a 1 second flex on every rep at the contracted part of the rep.

10 total work sets via 5 supersets.

Goal – Supramax pump

Back - 18 sets

Smith machine bent over rows – After a few warm ups, pyramid up. Do sets of 8 on these. Rest pause all of these at the bottom!!! The stops should be set so that the weight stops at midshin.

Supersetted with

One arm cable rows – These are done with a single cable handle. I have a video of these on YouTube. Keep one leg off the bench and work the other side. Try to position your body so that you are driving your elbows straight back. So for example, set your left leg off to the side, and sort of sit over a little that way too. Then drive your right elbow straight back focusing on squeezing your right lat. Do 6 reps on each side.

8 total work sets via 4 supersets.

Goal – Activate and pump muscle and train explosively

Narrow grip chins – Do these with your hands facing each other (neutral grip). Try to get 8-12 good reps ok. **4 total work sets.**

Goal – Supramax pump

Barbell shrug deadlift – Pull from the floor. Do 1 deadlift and then 3 shrugs. Repeat until you have done 6 deads (18 shrugs). Do 4 sets.

THEN...

Set a timer for 5 minutes. Go up in weight and do 1 dead followed by one shrug. Do a rep, shrug, and count to 10 and then do it again. Do it until your timer goes off. We'll call all this 5 sets. **5 total work sets.**

NOTE: Women don't do the shrug portion of these.

Goal – Supramax pump

Hyperextension – Just do one set of as many as you can. **1 total work set.**

Goal – Supramax pump

Chest - 8 sets / Shoulders – 12 sets

Incline dumbbell press – Yes rare dumbbells on your 2nd day. Warm up and get to a good weight. Do 8 sets of 8 with it. Don't lock out. **8 total work sets.**

Goal – Activate and pump muscle

Barbell front raise – Just raise the bar out in front of you to eye level for front delts. Try to hold for just a split second. Do 4 sets of 12. **4 total work sets.**

Goal – Supramax pump

Dumbell bent **over** laterals – Do sets of 15 with a full range of motion

Supersetted with

Spidercrawls – Go up and down the wall 3 TIMES!!!

Do 4 rounds.

8 total work sets via 4 supersets.

Goal – Supramax pump

Biceps – 12 sets / Triceps - 12 sets

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

V bar pushdown – Do a few warm up sets then do sets of 10 with a hard flex at the bottom on these.

Superset

Dumbell curl – Do a few sets to get warmed up. Do sets of 8 on these with a good flex at the top. Use the Grip4orce. Do these with palms up the whole time.

10 total work sets via 5 supersets.

Bench dips – Take 3 seconds to lower yourself on every rep. Go to failure on each one

Immediately followed by

Barbell curl – Do 6 reps on these. Use the Grip4orce attachments. Use a 3 second descent.

8 sets via 4 supersets.

Hammer curl – Do sets of 8 on these. They will be tough. Use the Grip4orce.

Immediately followed by

Decline lying extensions.skullcrushers – Do 12 reps on these.

6 sets via 3 supersets.

Calves - 5 sets:

Standing calve raises – Back to the fun stuff but ADD WEIGHT this week on these. Do 10 reps, then hold at the top for 10 second, then repeat this process 2 more times. That is one set. Try to use more weight than you did the last time you did these ok. **3 total working sets.**

Seated calve raises - I want you to do 10 heavy reps on these. Do 3 sets. **3 total working sets.**

Do this once 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 8

Legs – 16 sets:

Seated leg curls – 2-3 warm up sets. For this week let's pyramid up to some heavy weight. Rep scheme is 15, 12, 9, and 6. Then do a 5th set of 25 reps for some extra pump. **5 total work sets.**

Goal – Activate and pump hams

Leg press – Let's load up the leg press today. Do sets of 10 all the way up until you can barely get 10. Once you do that, I also want a drop set. Do 10, pull some weight, and do 8, pull some weight and do 8, then pull some weight and force 25 reps out however you need to, to get the reps. Use your strongest stance. We'll call this 4 sets. **4 total work sets.**

Goal – Activate and pump quads

Smith squat – Get your feet out in front of you and do a few sets of 6 to get you to a weight that is a tough 8. Do the set of 8, and then we will do a dropset. I want you to do 8 reps, then drop the weight and do 6 reps, then drop the weight and grind out 10 more reps. Your legs should be pumped beyond belief. We'll call this 2 sets. **2 total work sets.**

Goal – Supramax pump

Hack squats – Go down deep and do rest pause style for 3 sets of 8. Don't lockout, use continuous tension. Place your feet high but close together on these. **3 total work sets.**

Goal – Supramax pump

Barbell stiff legged deads – Do 2 sets of 20. Work the stretch, your legs will be tight and full of blood. **2 total work sets.**

Goal – Train muscle from a stretched position

Chest - 15 sets / Triceps – 10 sets / Shoulders – 10 sets

Machine press – Do several warm ups then do 3 sets of 8 reps with a full range of motion and flex at the top. Stretch good at the bottom too. Your chest should be on fire if you do these right. Use a neutral grip with palms facing in. **3 total work sets.**

Goal – Activate and pump chest

Decline smith press – On these find a weight that is a moderately hard 8. Just keep adding 20 pounds a set until you can barely get 4 or 5. I did, 8, 8, 8, 7, 5 with 20 lb jumps FYI. I want this to be 5 hard sets. As always, use a small angle on these to avoid rotator stress. **5 total work sets.**

NOTE: Women use a slight incline on these.

Goal – Supramax pump

Incline barbell press – On these do 4 sets of 8. Don't lock out, and don't touch chest as usual. It won't take much weight on these after all the other work, but still push to use as much as you can with good form. **4 total work sets.**

Goal – Supramax pump

Flat dumbbell press – You thought the barbell inclines were heavy..wait until you see how heavy these feel. Do 3 perfect sets of 8 – perfect stretch and flex. I only used 75's on these (usually use 120's). **3 total work sets.**

Goal – Supramax pump

V bar pushdowns – Go heavy and flex at the bottom. Do 5 sets of 10.

Supersetted with

Kettlebell tricep extensions – Am I going crazy..nope. Kettlebells actually feel good on these. Just do a standing tricep extension (one-arm at a time) with these. Your elbows will be plenty warm from all the chest work and the pushdowns you are supersetting. Work the stretch really hard on these. It will feel great. Do sets of 10 on these.

10 total work sets via 5 supersets.

Goal – Supramax pump

Barbell front raises – Do sets of 12 on these. Raise the barbell to eye level.

-
Supersetted with

Spidercrawls – Up and down the wall 3 times – this will BURN!!!

10 total work sets via 5 supersets.

You get a rare break from rear delts this week.

Goal – Supramax pump

Back - 19 sets / Hams - 5 sets

Meadows rows – After a few warm ups, pyramid up. Do 3 heavy sets of 8 on these, then do 2 heavy sets of 6 on these. Stretch good and use perfect form. **5 total work sets.**

Goal – Activate and pump lats

Wide grip lat pulldowns – Drive these all the way down and flex hard. Let these stretch you big time at the top. Your butt should come out of the seat the stretch is so intense. Do 4 sets of 8. **4 total work sets.**

Goal – Work muscle from a stretched position

Barbell shrug deadlift – Pull from the floor. Do 1 deadlift and then 1 shrug all in one motion (kind of like the Reeves deads where you explode up and do the pull and shrug in one continuous motion). Do 5 sets of 6 reps. So each set is 6 pulls and 6 shrugs. **5 total work sets.**

NOTE: I use chains on these to make the top end harder. So if you are lucky and have chains, go for it. I attached 2 sets of chains for the first set, and then added one set for each set.

NOTE: Women do not do the shrug portion of these.

Goal – Supramax pump

Chest supported row – Let's finish off your rhomboids with these. Keep your elbows up so you hit traps, rear delts, and rhomboids. Stretch at the bottom. Do 3 sets of 10 reps. **3 total work sets.**

Goal – Supramax pump

Banded Hyperextension – Do as many as you can with bands, then drop the band and go to complete failure. Do 2 sets like this. **2 total work sets.**

NOTE: If you have a reverse hyper machine, use that instead.

Goal – Supramax pump

Lying leg curls – Do 5 sets of 10 reps with perfect form. Flex at the top. **5 total work sets.**

Goal – Supramax pump

Chest - 0 sets / Shoulders – 0 sets

No light chest/shoulder training this week. This is an intentional break to give you a little more rest headed into the last few weeks. Enjoy the extra day of rest.

Biceps – 12 sets / Triceps - 12 sets

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

Barbell curls – Do several warm ups then just pyramid up taking very small jumps on these. Do 5 sets of 8. Use the Grip4orce on these. Rest about 1 minute between sets. **5 total work sets.**

Dumbbell curl – Do 4 sets of 8 on these with your palms up the whole time. Use the Grip4orce on these. Rest about 1 minute between sets. **4 total work sets.**

Machine curl – Use some kind of preacher type machine do 3 sets of 20 reps. Squeeze your biceps hard at the contraction point. **3 total work sets.**

Rope pushdowns – Do plenty of warm ups then start with a set of a hard 15 reps. Flex at the bottom on every set. Add weight and go to failure on the next 3 sets. So for example, I did my 15, added weight and did 14, then added weight and did 12, then added weight and did 8. Rest about 1 minute between sets. **4 total work sets.**

Dip machine – Get on a dip machine and do 4 sets. Use the exact same strategy that we used on the pushdowns for reps. **4 total work sets.**

Barbell lying extensions – Use the Grip4orce on these. This was the first time I tried this. I loved it. Do 4 sets of 8 to 10. Don't forget to squeeze the grips so you don't drop the bar on your head. I didn't go down all the way, go down about 6 inches above your nose. My trajectory was straight up and down over my nose, with elbows flared somewhat. **4 total work sets.**

Calves - 5 sets:

Standing calve raises – Do sets of 8 full range reps then 10 partials. Do 4 sets like this. **4 total working sets.**

Do this 3 x this week.

Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 9

Legs – 17 sets:

Lying leg curls – 2-3 warm up sets. You are going to do 1.5's today. So lower the weight, bring it up a few inches, lower it back down, then come up all the way. That is one rep. Do 4 sets of 10 like this. Find a weight that makes these burn like fire. **4 total work sets.**

Goal – Activate and pump muscle

Squat – Take as many warm ups as you need, and pyramid up. I want you to do sets of 6 with perfect form. On these do a 3 second descent so you are in total control of the weight and then drive up explosively. Just keep going up until you can barely get 6. We'll count the last 3 sets as working sets. Squat to just above parallel. **3 total work sets.**

Goal – Train explosively

Leg press – Use a moderate weight and crank out 15 reps. Rest about 60 seconds between sets and do 4 sets total like this. **4 total work sets.**

Goal – Supramax pump

Leg extension – Do 2 heavy sets of 8 with a 1 second flex. On your third set I want you to do 8 reps, drop the weight and do 8 more, then drop the weight and do 8 more, then drop the weight and crank to total failure. **3 total work sets.**

Goal – Supramax pump

Barbell stiff legged deads – Do 3 sets of 8. Work the stretch, your legs will be tight and full of blood. **3 total work sets.**

Goal – Train muscle from a stretched position

Chest - 14 sets / Triceps – 8 sets / Shoulders – 12 sets

Banded hammer or machine press – I am just looking for the high intensity contraction that you get from the bands. Do 4 sets of 8 with a challenging weight. FLEX every single rep for 1 second and make sure you are driving it up hard. **4 total work sets.**

Goal – Activate and train the muscle explosively

Incline barbell press – On these do 4 sets of 6. Don't lock out, drive up hard, and don't touch chest as usual. **4 total work sets.**

Goal – Train explosively

Incline dumbbell press – Use a slight angle on these. They will feel different after doing all the other work, but still try and work your way up to a heavy weight. Get a good stretch and flex at the top. Use perfect form. Do 4 sets of 6. **4 total work sets.**

Goal – Supramax pump

Dip machine – Tuck your chin into your chest, let your elbows flare out and work the top half/stretched position of the movement. Do 2 sets of 15. **2 total work sets.**

Goal – Supramax pump

V bar pushdowns – Go heavy and flex at the bottom. Do sets of 10.

Supersetted with

Close grip pushup – Do these to failure

8 total work sets via 4 supersets.

Goal – Supramax pump

Bent over rear delt raises – Do sets of 15 on these.

Supersetted with

Spidercrawls – Up and down the wall 2 times

8 total work sets via 4 supersets.

Goal – Supramax pump

Dumbbell Side laterals – Do sets of 15 on these.

Supersetted with

Spidercrawls – Up and down the wall 2 times

4 total work sets via 2 supersets.

Goal – Supramax pump

Back - 20 sets / Hams - 6 sets

One arm barbell rows – After a few warm ups, pyramid up. Do sets of 8 on these. Stretch good and use perfect form.

On these I actually did a “suitcase” version for lower lat isolation. This is where you use one of these handles. <http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=5066>

You put it on the bar just like a one arm barbell row. You can even use a red pro mini band to make the contraction even harder. It’s awesome. There is a new video of this on my YouTube channel.

Supersetted with

Tbar rows – These are the old school ones with the end of the bar in a corner and rowing with a close grip, or the standard Tbar machine. Either one is good. Do heavy sets of 6.

10 total work sets via 5 supersets.

Goal – Activate and pump lats

Low cable rows – Just normal cable rows, but if you have an attachment where you can use a shoulder width grip (palms facing in), use that. Do 4 sets of 8. **4 total work sets.**

Goal – Supramax pump

Partial pulldowns – This is the heavy version where you stretch hard and pull the bar down to the top of your head only. Do 3 sets of 8. **3 total work sets.**

Goal – Work muscle from a stretched position

Banded Hyperextension – Do as many as you can with bands, then drop the band and go to complete failure. Do 3 sets like this. **3 total work sets.**

NOTE: If you have a reverse hyper machine, use that instead. Try and go heavy!

Goal – Supramax pump

Lying leg curls – Do 6 sets of 10 reps with perfect form. Flex at the top. **6 total work sets.**

Goal – Supramax pump

Chest - 8 sets / Shoulders – 11 sets

Machine press – Do these with a neutral grip (palms facing in). Do 8 sets of 10 with a nice full range of motion. Rest 60 seconds between sets. **8 total work sets.**

Goal – Activate and pump chest

6 ways – Do sets of 10.

Supersetted with

Machine overhead press (palms facing in) – Do sets of 6.

8 total work sets via 4 supersets.

Goal – Supramax pump

Band pull aparts – use the orange micro mini to do 3 sets of 15 with a 1 second flex in the contracted position on each rep. **3 total work sets.**

Goal – Supramax pump

Biceps – 11 sets / Triceps - 12 sets

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

Machine curl – We are going to crank some reps on these to start off with. This should be done on a preacher type machine so your partner can assist. After a few warm ups, do 3 sets like this. Put a weight on that is a hard 10. Do 10, then have your partner help push the weight up and lower it over the course of 4 to 5 seconds....do as many as you can. **3 total work sets.**

Dumbbell hammer curl – Do 4 sets of 12 on these. Do not use the Grip4orce this time.. **4 total work sets.**

Barbell curls – On these you are only doing half reps. Straighten your arms completely at the bottom, then very strictly only curl to 90 degrees. Do 4 sets of 10 with 45 second breaks. Your lower biceps will feel like they are gonna tear off from all the bloodflow. **4 total work sets.**

Rope pushdowns – Do plenty of warm ups then do sets of 12 with a flex at the bottom.

Supersetted with

Bench dips – To failure

8 total work sets via 4 supersets.

Barbell lying extensions – Let's do these again this week. Use the Grip4orce on these. Do 4 sets of 10. Don't forget to squeeze the grips so you don't drop the bar on your head. Go down about 6 inches above your nose. My trajectory was straight up and down over my nose, with elbows flared somewhat. **4 total work sets.**

Calves - 5 sets:

Standing calf raises – After warming up, do 6 full range reps heavy with a 10 second flex at the top, then 20 half reps out of the bottom (stretch position). Stretch hard at the bottom when doing the partials. Do 4 sets like this. **4 total working sets.**

Seated calf raises – Do 3 sets of 10 with a full range of motion.

Do this 2 x this week minimum.

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

Legs – 17 sets:

Lying leg curls – 2-3 warm up sets. Standard pyramid today. Rep scheme is 12, 10, 8, and 6 reps. Use perfect form, and each set you should barely be able to get the target rep count. **4 total work sets.**

Goal – Activate and pump muscle

Squat – After a few warm ups, this is the day where we really push the weight. Don't worry about 3 second descents, and get down to just above parallel, not below it. Do what you need to warm up, then do sets of 5 until you can barely get 5 perfect reps. Count 3 of these as working sets. As an example, mine looked like this – 135 x 10 – 225 x 10 – 315 x 5 – 405 x 5 – 495 x 5 – 525 x 5 – 550 x 5 (counting the last 3). **3 total work sets.**

Goal – Activation and pure strength

Banded Leg press – Do sets of 12, and keep going up until you can barely get 12. We'll count 4 sets. As an example I did 6 plates a side x 12, 8 x 12, 9 x 12, and 10 x 11. **4 total work sets.**

Just use 1 Pro Mini band (long red band)

Goal – Supramax pump

Walking dumbbell lunges – These are the heavy style I like. Hold heavy dumbbells with straps, and do one leg down, and the other leg back. Try to get 10 steps on each leg. Do 3 rounds. **3 total work sets.**

Goal – Supramax pump

Barbell stiff legged deads – Do 3 sets of 20. **3 total work sets.**

Goal – Work muscle from a stretched position

Chest - 11 sets / Triceps – 8 sets / Shoulders – 11 sets

Incline hammer or machine press – After a few warm up sets, the goal on here is to work up to a heavy weight for 6. Do a set of 12, then 10, then 8, then 6, adding weight each time. You should barely be able to get the 6. **4 total work sets.**

Goal – Activate and pump chest

Flat dumbbell press – Again, let's work up to a heavy set of 6. Use perfect form. Get a good stretch, and go to ¾ lockout. Do sets of 8, and just keep going up until you fail at 6. We'll call this 3 sets. **3 total work sets.**

Goal – Supramax pump

Incline barbell press – Time to bump the reps up. On these, I want 4 sets of 10 with the same weight. Do not lock out, go to ¾ lock out. **4 total work sets.**

Goal – Supramax pump

Rope pushdowns – Do 12 reps flexing hard at the bottom

Supersetted with

Barbell floor press (or pin press) – This is for tris, but it will keep working your chest too. This is just where you lay on the floor and do as the name says, floor presses. You can also set the pins up in a power rack and do pin presses. I am ok with either one. Do sets of 5. Try to keep your elbows in tight doing these, and really control the weight on the way down.

8 total work sets via 4 supersets.

Goal – Supramax pump

Machine rear delt flyes – Do sets of 15 on these.

-

Supersetted with

Band pull aparts – Sets of 10 with a hard flex on each rep.

8 total work sets via 4 supersets.

Goal – Supramax pump

Dumbbell Side laterals – Do 3sets of 15 on these with very controlled strict form. Rest 60 seconds between sets. **3 total work sets.**

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Goal – Supramax pump

Back - 14 sets / Hams - 6 sets

Cambered barbell rows – These are rows done with the bar that has a groove in it so you can pull it deeper into your stomach and get more of a contraction. I have video of this on my YouTube channel. If you don't have a bar like this, do smith machine rows. Do all the warm ups you need then 4 hard sets of 8. **4 total work sets.**

Goal – Activate and pump lats

Suit case one arm barbell rows – This is what I described last week below. Do them again this week. If you don't have the attachment to do this, do standard one arm barbell rows, nothing wrong with that. Do 4 sets of 10 reps. **4 total work sets.**

FROM LAST WEEK - On these I actually did a "suitcase" version for lower lat isolation. This is where you use one of these handles. <http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=5066>

You put it on the bar just like a one arm barbell row. You can even use a red pro mini band to make the contraction even harder. It's awesome. There is a new video of this on my YouTube channel.

Goal – Supramax pump

Stretchers – Do 3 sets of 10 to really loosen up shoulder girdle and stretch upper lats. **3 total work sets.**

Goal – Work muscle from a stretched position

Rack deads – Work your way up doing sets of 5 until you can't get 5. We'll count this as 3 working sets. **3 total work sets.**

NOTE: I did high rep chain deadlifts on these. I put 2 plates a side on there and just kept adding 2 chains per side until I could only get 10 or so. So if you have chains, see what you can do!

Goal – Supramax pump

Lying leg curls – Do 6 sets of 10 reps with perfect form. Flex at the top. **6 total work sets.**

Goal – Supramax pump

Chest - 8 sets / Shoulders – 11 sets

Dumbbell hex press – Do 8 sets of 10. Rest 90 seconds between sets. Refer to my YouTube if you need a form refresher on these. **8 total work sets.**

Goal – Activate and pump chest

6 ways – Do sets of 10.

Supersetted with

Machine overhead press (palms facing in) – Do sets of 6.

8 total work sets via 4 supersets.

Goal – Supramax pump

Band pull aparts – use the orange micro mini to do 3 sets of 15 with a 1 second flex in the contracted position on each rep. **3 total work sets.**

Goal – Supramax pump

Biceps – 13 sets / Triceps - 12 sets

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

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

Barbell preacher curl – Do 4 sets of 8 on these. Do not use the Grip4orce this time. Lower the weight slowly and feel the blood cranking in your bis. **4 total work sets.**

Hammer curls – On these I do want you to use the Grip4orce. It won't take much weight. Do 4 sets of 8. Control the weight, you have to squeeze the grips really hard to keep the dumbbell from sliding in the grips. **4 total work sets.**

Rope pushdowns – Do plenty of warm ups then do 5 sets of 12 with a flex at the bottom. **4 total work sets.**

Close grip pushups – Do these real slow. Go down slow and come up explosively. When you come up, squeeze your tris ok. Put your feet on an elevation too. I put mine on a box that is about 18 or so inches off the ground. Do 4 sets with 60 second breaks to failure. **4 total work sets.**

Barbell lying extensions – Let's do these again this week one final time on this program. Use the Grip4orce on these. Do 4 sets of 10. Don't forget to squeeze the grips so you don't drop the bar on your head. Go down about 6 inches above your nose. My trajectory was straight up and down over my nose, with elbows flared somewhat. **4 total work sets.**

Calves - 9 sets:

Standing calve raises – After warming up, do 15 full range reps heavy with a 3 second flex at the top. Then cut the weight in half and do 10 more like this. That is one set. Do 6 sets with 2 minute breaks between sets. **6 total work sets.**

Seated calve raises – Do 3 sets of 10 with a full range of motion. **3 total work sets.**

Do this 2 x this week.

Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 11

Legs – 17 sets:

Lying leg curls – 2-3 warm up sets. We are looking for a massive pump today. Do sets of 12 followed by 15 partials. Do all 4 sets like this. **4 total work sets.**

Goal – Activate and pump muscle

Banded Leg press – Do sets of 8 explosively, and keep going up until you can barely get 8. We'll count 4 sets. **4 total work sets.**

Use 1 Pro Mini band (long red band) and also 1 Pro Monster Mini band (long green one).

Goal – Train explosively

Walking dumbbell lunges – These are the heavy style I like. Hold heavy dumbbells with straps, and do one leg down, and the other leg back. Try to get 10 steps on each leg. Do 4 rounds. What I did different this week was really limit rest breaks on these. Only rest 45 seconds. You will be breathing hard. **4 total work sets.**

Goal – Supramax pump

Leg extensions – After these sets, your quads should feel like they are going to tear from the pump. I want you to find a challenging weight for 20 reps. Kick and flex for a split second. Now go up but still get 20, even if you have to stop a time or two. Now go up again, and find it in you to get 20. This should be torturous. The weight should be something you don't think you can do 20 with, but I want you to push yourself to get the reps no matter what. **3 total work sets.**

Goal – Supramax pump

Barbell stiff legged deads – Do 2 sets of 20. **2 total work sets.**

Note: I did these in the Smith machine this week.

Goal – Work muscle from a stretched position

Chest - 13 sets / Triceps – 11 sets / Shoulders – 7 sets

Machine press – After a few warm up sets, just crank out 4 hard sets of 8 with a good stretch and 1 second flex on each rep. **4 total work sets.**

Goal – Activate and pump muscle

Incline barbell press – Back to sets of 6 on these. Do sets of 6 all the way up until you can barely get 6 on last set. We'll count the last 3 sets as working sets. **3 total work sets.**

Goal – Supramax pump

Reverse band bench press – Do sets of 5 up to a weight you can do a solid 5 reps with. Stick with it and do 3 sets of 5 explosively. Then move your grip in a tad and do 3 more sets of 8 reps. You'll have to lighten weight a bit for this obviously. **6 total work sets.**

Goal – Train explosively

Rope pushdowns – Do 10 reps flexing hard at the bottom

Supersetted with

Shoulder width grip pushups with feet elevated – to failure!

8 total work sets via 4 supersets.

Goal – Supramax pump

Lying dumbbell extensions – Skullcrushers with dumbbells. Do 3 sets of 15. Get your elbows up high and stretch your tris hard at the bottom of the movement. **3 total work sets.**

NOTE: I actually used kettlebells on these, they felt great. Easy to lower and stretch with, without smashing the side of my head.

Goal – Supramax pump

Dumbbell side laterals – Pyramid up. Do 15, 12, 10 and 8 reps as you up each time. **4 total work sets.**

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Goal – Supramax pump

Spidercrawls – Up and down 4 times is one set. Do 3 sets. **3 total work sets.**

Goal – Supramax pump

Back - 17 sets / Hams - 6 sets

One arm barbell rows – Work up to a hard set of 8. Stick with it and do 4 total sets of 8 reps. **4 total work sets.**

NOTE: I used the suitcase handle on these, but didn't do the lower lat version (legs staggered the opposite way), I just did regular ones with the handle. Felt awesome.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=5066>

Goal – Activate and pump back

Smith machine barbell rows – Do 4 sets of 8 here too. Remember to drive your elbows up as hard as you can explosively. **4 total work sets.**

Goal – Train explosively

Chins – Go to failure, then jump up and do 3 slow negative on each set. Do 3 sets like this. Use a moderate overhand grip. Don't use a thumbless grip though. Grab the bar with thumb too. If you cannot do chins, use an assist/cheater machine. They are excellent to use. **3 total work sets.**

Goal – Supramax pump

Rack deads – Last week you did sets of 5 on your way up. This week do sets of 3, and keep going until you can barely get three. Then lighten up to something you think you can probably get around 12-15 with and rep out to failure (with good form). We'll call this 3 sets total. **3 total work sets.**

NOTE: I did high rep chain deadlifts on these again. I put 2 plates a side on there and just kept adding 2 chains per side doing sets of 3 until we got to 10 chains, and then did a rep out set.

Goal – Pure strength and Supramax pump

Reverse hypers – 3 sets of 10 of these. **3 total work sets.**

NOTE: Or banded hypers will work too. Your lower back will be toast.

Goal – Supramax pump

Lying leg curls – Do 5 sets of 10 reps with perfect form. Flex at the top. Then do a 6th set of 10 followed by 25 partials out of the stretched position. **6 total work sets.**

Goal – Supramax pump

Chest - 8 sets / Shoulders – 8 sets

Machine press – Do these with a neutral grip (palms facing in). Do 8 sets of 12 with a nice full range of motion.

Supersetted with

Over and backs with rope

Do 8 rounds.

Goal – Activate and pump chest

Dumbbell side laterals / heavy partials – Do 4 sets of 20 with 60 second breaks. Your delts will be on fire. **4 total work sets.**

Goal – Supramax pump

Bent over rear laterals – use a full range of motion. 4 sets of 10 with 60 second breaks. **4 total work sets.**

That's it!

Goal – Supramax pump

Biceps – 12 sets / Triceps - 8 sets

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

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

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

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

Rope pushdowns w Grip4orce – Do plenty of warm ups then do 8 sets of 12 with a flex at the bottom. These are interesting with the Grip4orce. Put them on the rope. You really have to make sure you squeeze the grips tight to keep it around the rope. These are tough. **8 total work sets.**

Grip4orce squeezes – Just close the grips and squeeze as long and as hard as you can. Do 2 sets of this. I did 57 seconds, then on the second one I got 63 seconds (using the stiff grips).

That's it for today too!

Calves - 9 sets:

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

Seated calve raises – Do 3 sets of 10 with a full range of motion. **3 total work sets.**

Do this 2 x this week.

Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Week 12

Legs – 13 sets:

We are just doing some higher reps with lower intensity as we prepare for next program. This shouldn't be nearly as hard as the previous 11 weeks.

Lying leg curls – 2-3 warm up sets. Do 3 sets of 12. Do all 3 sets like this. **4 total work sets.**

Goal – Activate and pump hams

Leg press – Do sets of 12, and keep going up until you can barely get 12. We'll count 4 sets. **4 total work sets.**

No bands this week.

Goal – Activate and pump quads

Leg extensions – Just give me 3 sets of 15 reps where you hold and flex each rep for 2 seconds. **3 total work sets.**

Goal – Activate and pump muscle

Dumbbell stiff legged deads – Do 2 sets of 20. **2 total work sets.**

Goal – Work muscle from a stretched position

Chest - 14 sets / Triceps – 8 sets / Shoulders – 7 sets

Banded hammer press – After a few warm up sets, just crank out 4 hard sets of 8. I like the flat press the best, the decline hammer second, and the incline hammer third FYI, in case you don't have a flat. With the flat and decline hammer, do not let your elbows go back past 45 degrees, don't overstretch your shoulders. Really focus on driving and flexing. You should an unbelievable chest contraction. **4 total work sets.**

Goal – Activate and pump chest

Incline dumbbell press – Work sets on this, make sure you get a good stretch, and drive to $\frac{3}{4}$ lockout. Do 4 sets of 8 here with a good weight. **4 total work sets.**

Goal – Supramax pump

Reverse band bench press – Just like last week! Do sets of 5 up to a weight you can do an explosive 5 reps with. Stick with it and do 3 sets of 5. Then move your grip in a tad and do 3 more sets of 8 reps. You'll have to lighten weight a bit for this obviously. **6 total work sets.**

Goal – Train explosively

Rope pushdowns – Do 10 reps flexing hard at the bottom and use the Grip4orce attachments. Squeeze them hard or the rope will come out and smack you in the face and you will look like a tool. Do 5 sets with 60 second breaks. **5 total work sets.**

Goal – Supramax pump

Bench dips – 3 sets to failure. Use 3 second descents. Your tris will be on fire. **3 total work sets.**

Get a good 30 second stretch on each tricep 2 x.

Goal – Supramax pump

Dumbbell side laterals – Pyramid up. Do 15, 12, 10 and 8 reps as you up each time. **4 total work sets.**

Goal – Supramax pump

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Cage press – I want 3 sets of 6 done explosively. Remember to lean forward and flex your traps and delts at the end of each rep. Use the YouTube video for a form refresher if needed. This should put the finishing touches on shoulders, tris, and chest. **3 total work sets.**

Goal – Train explosively

Back - 23 sets / Hams - 0 sets

Chins or wide grip pulldowns to front – I prefer you do chins, but if you can't get 8 good reps, do pulldowns to the front. Get an awesome stretch at the top, let the weight pull you ok. Work up to a hard set of 8. Stick with it and do sets of 8 reps.

Supersetted with

Close grip low pulley rows – Do sets of 8 here too. Get your elbows back and hold for a split second flexing your lats.

8 total work sets via 4 supersets.

Goal – Activate and pump back

Pullovers – Hit 3 sets of 12 here. Use the technique from the YouTube video, lay on the bench with head hanging off, not across it. **3 total work sets.**

Goal – Work muscle from a stretched position

Chest supported rows – Use a machine with a chest pad where you can really let your arms extend and your lats stretch. On these let's hit 3 sets of 10. **3 total work sets.**

Goal – Supramax pump

Barbell shrugs – Do 3 heavy sets of 12 with a 1 second flex at the top. **3 total work sets.**

NOTE: Women do pulldowns to the front for 3 sets of 12 instead of shrugs.

Goal – Supramax pump

Rope low cable rows – This is just doing low rows with a rope. Just pull your elbows straight back and flex your traps ok. Don't think about lats too much here, think traps. Do 3 sets of 12. **3 total work sets.**

Goal – Supramax pump

Reverse hypers – 3 sets of 15 of these. **3 total work sets.**

NOTE: Or banded hypers will work too. Your lower back will be toast.

Goal – Supramax pump

Chest - 4 sets / Shoulders – 8 sets

Machine press – Do these with a neutral grip (palms facing in). Do 4 sets of 15 with a nice full range of motion.

Supersetted with

Over and backs with rope

Do 4 rounds.

Goal – Activate and pump chest

Dumbbell rear laterals / heavy swings – Do 4 sets of 25 with 60 second breaks. Feel free to lay across an incline utility bench on these (the way we do destroyer sets). **4 total work sets.**

Goal – Supramax pump

One arm cable side laterals – use a full range of motion. Stand away from the machine a bit so you are starting the lateral with your arm across your body, and not just at your side. Pull up to eye level at your side. Do 4 sets of 12 with 90 second breaks. **4 total work sets.**

Goal – Supramax pump

Biceps – 9 sets / Triceps - 8 sets

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

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

Dumbbell curl – Don't use your Grip4orce on these. Alternate arms on each rep. Do 10 reps total, and then do a half of a hammer curl on each arm for another 6 reps. So each arm gets 10 regular dumbbell curls, then 6 partial hammers. This should burn. **4 total work sets.**

Rope pushdowns w Grip4orce – Do plenty of warm ups then do 5 sets of 12 with a flex at the bottom. You really have to make sure you squeeze the grips tight to keep it around the rope or remember what I said, you'll smash your face and look like a tool. These are tough. **5 total work sets.**

Lying tricep extensions – Lighter weight and higher reps here. Keep your elbows up and get a great stretch. Do 3 sets of 20 reps. **3 total work sets.**

Calves - 8 sets:

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

Seated calve raises – Do 4 sets of 10 with a full range of motion. **4 total work sets.**

Do this 1 x this week.

Abdominals– 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

