

Mountain Dog Training – Embrace Insanity – Program 8

This program will be a little different than previous programs in terms of how we view volume. The other programs (except program 7) waved volume up and down in terms of sets. In this one, we are going to increase volume as we go, but from a training days perspective, not from a workout set # perspective. We are going back to 4 days a week for 3 weeks, and then will increase the number of trainings days to 5 from 4 as our “volume bump” for the second phase that lasts 6 weeks. The last 3 week cycle we are then going back to 4 days a week. Through all of these weeks and phases, our total sets per workout will be the same as what we viewed as high volume before. This is just a different way of looking at overall volume. I believe at this point your work capacity has improved greatly, so this is another good step in training harder but smarter.

We will be using bands as always, much like we did in program 7, with more like a week on and week off approach. I like that approach I am seeing some very significant strength increases in people during program 7, and I believe this was a major reason why.

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

Be prepared.....again..for all out war.

Week 1

Legs – 23 sets:

This workout will set the tone for the program.

Seated leg curls – 2-3 warm up sets. This is very simple today. Just do 4 sets of 8 with a nice hard flex. I actually come out of the seat just a tad I’m flexing hams so hard. **4 total work sets.**

Squats – Work your way up doing sets of 8. Go to just above parallel on these. I want you to get to a weight that is a challenging 8, and do 5 sets with it. **5 total work sets.**

NOTE: On these I actually used a yolk bar and once I got to my working weight, added 2 chains per side up to 10 chains. So if you can do this, go for it.

TRISSET

Leg press – On these do sets of 12. Use a slightly wider than shoulder width, feet in the middle of the platform stance.

Then immediately go to

Lunge – Take 10 steps with each leg. Hold light dumbbells. If you have chains, use 1 or two chains.

Then immediately go to

Hack squat – Sets of 10 with a full range of motion.

Do 4 rounds!!

I have video of the entire triset on my YouTube channel fyi.

12 total sets via 4 trisets.

Dumbbell stiff legged deads – Just do 2 sets of 20. Go nice and slow and get your hams stretched out. This will put the finishing touches on you for the day. **2 total work sets.**

Chest - 14 sets / Shoulders – 6 sets / Triceps – 6 sets

Banded hammer press – Use any hammer machine, but I prefer in this order, flat, decline, and incline. If you use a flat or decline, make sure your arms don't travel past 90 degrees so we keep your shoulders healthy. Do 4 hard sets of 8. How to attach the bands to a hammer is now on my YouTube site. **4 total work sets.**

Note: Use one red Pro mini band on each side.

Dumbbell press – Just your standard flat dumbbell presses. Get a good stretch at the bottom, and drive up to ¾ lockout. Do sets of 8. **4 total work sets**

Incline barbell press – Try to use only a 20-25 degree angle if possible, if not that is ok. Just do sets of 6 up to a weight that you can barely get for 6. We'll call this 3 sets. **3 total work sets**

Stretch pushups – 3 sets to failure! FYI – I got 35, 31, and 20 on these!! **3 total work sets**

Rope pushdowns – Pump out 3 sets of 15 with a hard flex at the bottom. **3 total work sets**

Bench dips – Take your time on these. Go down nice and slow. Do 3 sets to failure. **3 total work sets.**

Dumbbell bent over raises – Time to crank on your rear delts. 4 sets of 25 reps with a full range of motion, not swings (although you may have to throw in a few swings to get all the reps the last set or two, as your rear delts should be numb. **4 total work sets.**

Over and back press – Just 2 sets of 12. Remember over and back is one rep, not two! There is video of this on my YouTube if you need a refresher! **2 total work sets.**

Back - 19 sets

Smith machine rows– Do 2-3 warm up sets, then hammer out 4 sets of 8 reps with a good weight. Remember that your arms are nothing but attachments. Drive with your elbows and use your lats. **4 total work sets.**

One-arm barbell rows – Do 4 sets of 10 on each side. **4 total work sets.**

Chins– Do these wide grip to the front. Keep your sternum lifted/chest arched. Go to 1 rep shy of failure on each set. Lower yourself slowly on the negative part and feel your lats. If you can't get at least 6 reps, use an assisted chin machine or a spotter to help get you up. **4 total work sets**

Barbell shrugs– Pyramid up each set. So the following rep scheme → 15, 12, 9, and 6 (with 3 second pauses). **4 total work sets.**

Banded hyperextension – 3 sets to failure. Your lower back should be on fire when you finish these. **3 total work sets.**

Chest - 0 sets / Shoulders – 0 sets (5th day)

See you at week 4!

Biceps - 12 sets / Triceps - 12 sets

Superset #1

Rope pushdowns w/ Grip4orce attachments – 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 w/ Grip4orce attachments– Do 6 reps on these with a 3 second descent. Keep your palms up throughout the entire rep.

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

Superset #2

Barbell curl w/ Grip4orce – Do 6 reps on these.

Superset with

Close grip pushups – Do these with a real slow negative. When you come up. Flex your tris. Use a shoulder width hand placement. Go to failure.

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

Superset #3

Lying barbell extensions w/ Grip4orce – Lower to your nose, and drive straight up. DO not lock out. Keep tension on your tris. Squeeze the grips so it doesn't fall out and land on your face. Do sets of 10.

Superset with

Hammer curls – Do 10 of these without using the Grip4orce, as your grip will be shot.

Do 4 rounds.

Calves - 8 sets:

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

Do 2 times this week on whatever days you want. This is the same as last 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.

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Week 2

Legs – 18 sets:

Lying leg curls – 2-3 warm up sets. I want you to do a standard pyramid of 15, 12, 9, and 6 reps. On the last set when you do 6 reps, then I want you to drop the weight in half and crank out another 20 reps. **4 total work sets.**

Squats – Work your way up doing sets of 6 after a few higher rep warm up sets. Go to just above parallel on these again. Just do sets of 6 all the way up until you have a tough set. We’ll count the last 3 sets as work sets. **3 total work sets.**

NOTE: On these I actually used a Buffalo bar. It was interesting, a big thick bar for sure.

SUPERSET

Leg extension – Do heavy sets of 10 reps with a 1 second flex.

Then immediately go to

One Leg press – On these do 5 reps with one leg, 5 on the other, and just keep alternating until you have done 20 total on each leg.

I have video of the entire superset on my YouTube channel fyi.

8 total sets via 4 supersets.

Barbell stiff legged deads – Do 3 sets of 15. Go nice and slow and get your hams stretched out. This will put the finishing touches on you for the day. **3 total work sets.**

Chest - 13 sets / Shoulders – 9 sets / Triceps – 7 sets

Machine press – After a few warm up sets, just do sets of 8 all the way until you can barely get 8. Get a full range of motion with a hard flex at the top of each rep. We'll count the last 3 sets. **3 total work sets.**

Incline barbell press – Move to a little higher reps this week. Pyramid up doing sets of 10 reps, until you can barely or just miss 10 reps. We'll count the last 3 sets. **3 total work sets**

Reverse band bench press – Work your way up like you usually do doing sets of 5, and then when you get to a tough weight, do 3 more sets with it (so 4 total). **4 total work sets**

Dumbell bench press – Use a moderate dumbell. Use a weight that you can get around 8 to 10 reps with. On each rep pause at the bottom, and really stretch (lift your sternum up to accentuate pec stretch). Drive up to $\frac{3}{4}$ lockout. **3 total work sets**

Rope pushdowns – Do 4 sets of 10 with a hard flex at the bottom. Use the Grip4orce attachments. **4 total work sets**

Lying extensions – Keep your elbows up high. I actually used kettlebells on these and they felt great. Kick the bell out, and not right above you. Do 3 sets of 10. **3 total work sets.**

Dumbell bent over raises – Do hang and swing style this week with a heavy weight. Swing 3 sets of 30 reps. Feel free to lay face down on an incline utility bench if you like. **3 total work sets.**

Banded face pull/rear delt pull – Do 2 sets of 25 with a hard flex at the contracted part of the movement. **2 total work sets.**

Dumbell side laterals – Go a bit heavy and use a little momentum. At this point, your shoulders will still get fried. Do sets of 6, but only take 45 seconds between sets. Do 4 sets total. **4 total work sets.**

Back - 18 sets

Tbar row– These are the old school version with the bar stuck in a corner and you use a close grip attachment around the bar. You can use a standard Tbar too. Do 2-3 warm up sets, and then hammer out 4 sets of 8 reps with a good weight. Drive with your elbows and use your lats. **4 total work sets.**

Low cable rows – On these pull the close grip attachment a little higher than normal (high on stomach) so we get some extra trap and rhomboid work. Do 4 sets of 10. **4 total work sets.**

Wide grip pulldowns (partial)– These are the heavy version where you only lower to top of forehead. Stretch out big time!! Do 3 sets of 8. **3 total work sets**

Deficit deadlifts– I want these to be lighter in weight and for you to accelerate, not super heavy where you can barely grind out each rep. Do 4 sets of 5. **4 total work sets.**

Banded hyperextension – 3 sets to failure. Your lower back should be on fire when you finish these. **3 total work sets.**

Chest - 0 sets / Shoulders – 0 sets (5th day)

See you at week 4!

Biceps - 12 sets / Triceps - 12 sets

Superset #1

Rope pushdowns w/ Grip4orce attachments – Do a few sets to get warmed up. Do 10 hard reps with a flex at the bottom of every rep.

Superset with

Barbell curl w/ Grip4orce – Do 8 reps on these.

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

Superset #2

Hammer curl w/ Grip4orce – Do 10 reps on these.

Superset with

Dip machine – Do these with a real slow negative. Do sets of 8.

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

Superset #3

Reverse grip pushdown – Check out my YouTube vide on these to see how I do them. I want you to lean forward and down and let the bar come behind your head so you get maximum stretch on these. Do sets of 15 reps.

Superset with

Reverse EZ bar curls – Do 10 of these without using the Grip4orce.

Do 4 rounds.

Calves - 4 sets:

Standing calf raises – Do a straight pyramid on these. Do sets of 10, and just keep going until you can barely get 10. Do 3 sets of 10 with this weight, and after each 10 do 10 reps out of the bottom only coming up half way to work the stretch. **3 total work sets.**

Seated calf raises – I want you to do 100 reps...just get them. Drop the weight if you need, do forced reps, whatever you need to do to get 100 reps. **1 total work set.**

Do 2 times this week on whatever days you want. This is the same as last 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.

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Week 3

Legs – 12 sets:

Lying leg curls – 2-3 warm up sets. Do 4 sets of 10 and on the last set, after you do your 10 reps, get 15 additional partials out of the stretched position. **4 total work sets.**

Squats – Like last week, work your way up doing sets of 6 after a few warm up sets. Go to just above parallel on these again. Just do sets of 6 all the way up until you have a tough set. When you get to the last set of 6, I want you to do 6, then cut the weight a third, and shoot for 6 more reps, and then drop the weight again by a third and shoot for a final 10 reps. We'll count this as 4 worksets. The last set should leave you in pain. Obviously wear a belt, and don't do any reps with bad form. The goal is not to injure you, be smart. **4 total work sets.**

NOTE: On these I actually used a Spider bar. It is good to change up the bars on squats if you are able to.

Leg press – On these start with a moderate weight. You are going to be really “warmed up” after the drop set on squats. This is best with a training partner (or two actually). You are going to do 4 reps. After you do 4 reps, don't rack the weight, let your partners add a 45 to each side and continue this until you can barely get 4. For illustrative purposes, here is what I did on this. I did 5 plates a side to start, and kept adding plates up to 11 (so 7 mini sets of 4 reps). When I got to 11 I could only do 3, so I stopped. It was excruciating, but hey, it's only 1 set. **1 total work set.**

Leg extension – Do a hard set of 30 reps with a 1 second pause and flex on the first 15 reps. **1 total work set.**

Barbell stiff legged deads – Do 2 sets of 15. Go nice and slow and get your hams stretched out. This will put the finishing touches on you for the day. **2 total work sets.**

Chest - 15 sets / Shoulders – 9 sets / Triceps – 7 sets

Banded hammer press – Do a few warm up sets. On these I want to 8 sets of 3 with 60 second breaks. On every rep flex as hard as you can. This is going to be tough, we are graduating bands. **8 total work sets.**

Note: Instead of using our typical Pro mini red bands on these, we are going to use the Pro Monster Mini black bands. These are HARD.

Reverse band bench press – Work your way up like you usually do doing sets of 5, and then when you get to a tough weight, do 3 more sets with it (so 4 total). **4 total work sets**

Incline dumbbell bench press – Use a moderate dumbbell. Use a weight that you can get around 8 to 10 reps with. On each rep pause at the bottom, and really stretch (lift your sternum up to accentuate pec stretch). Drive up to $\frac{3}{4}$ lockout. **3 total work sets**

Stretch pushups – Just do 1 set to failure!! **1 total work set.**

Rope pushdowns – Do 7 sets of 10 with a hard flex at the bottom. Use the Grip4orce attachments. **4 total work sets**

Dumbbell side laterals – I want you to do 3 sets of 15 simply as warm up here.
OK, time to turn on the fire...

Superset #1

Spider crawls – We are going to do these with timed today. I want you to do spider crawls up and down for 60 seconds NONSTOP. Do not stop. Stand back away from where your hands are planted, and “crawl” up and down with your finger tips. As you get tired, push your palm flat into the wall and just slide your hands up and down. This will be excruciating. Also, remember to keep your hands as far apart as you can. DO NOT let them come together – fight it!

After 60 seconds of this, do

Bent over rear dumbbell laterals – Use a light weight and do 12 full range of motion reps.

Rest 2 minutes and repeat one more time.

Superset #2

Spider crawls – Do this the exact same way for 60 seconds.

After 60 seconds of this, do

Front barbell raises – Do 10 of these. Pull the bar up to eye level. I bet you anything your delts are so pumped from this you look a few inches wider.

Rest 2 minutes and repeat one more time.

Superset #3

Spider crawls – Do this the exact same way for 60 seconds.

After 60 seconds of this, do

Dumbbell side lateral swings (heavy) – Do 10 of these only. You won't have the gas to do our normal sets of 25 or so on this.

Rest 2 minutes and repeat one more time.

Back - 18 sets

Supported bar row– These are rows done with your chest against a pad. You can use an overhand grip or a palms facing in grip, depending on which piece of equipment you have in your gym. Do 4 sets of 8. Pyramid up until you can barely get 8. Try to work the stretch on these too. At the bottom it should feel like your rhomboids are pulling apart. **4 total work sets.**

One arm barbell rows – Quickly find a good weight and hammer out 4 sets of 8 here too. **4 total work sets.**

Narrow grip Chins – These are going to be tough after the rows, but the narrow grip (palms facing each other) should allow you to get some reps. I would like to see 6 reps minimum per set for 3 sets. If you can't do that, use one of those cheater machines that allows you to do more. If you can do more than 12 reps, add some weight via a dip/chin belt. **3 total work sets**

Dumbbell pullovers– Do 3 sets of 10 on these. **3 total work sets.**

Banded hyperextension – 4 sets to failure. Your lower back should be on fire when you finish these. **4 total work sets.**

Note: If you have a reverse hyper machine, do 4 sets of 15 there.

Chest - 0 sets / Shoulders – 0 sets (5th day)

See you at week 4!

Biceps - 12 sets / Triceps - 12 sets

Superset #1

Rope pushdowns w/ Grip4orce attachments – Do a few sets to get warmed up. Do 10 hard reps with a flex at the bottom of every rep.

Superset with

Pushups with a shoulder width hand placement – Do sets of 15 on these.

Do 4 rounds.

Superset #2

Barbell curl w/ Grip4orce – Do 8 reps on these.

Superset with

Hammer curl – Do 10 reps on these. NO Grip4orce this time. You won't believe how strong you feel on these after using the Grip4orce so much.

Do 4 rounds.

Superset #3

Barbell lying extensions w/ Grip4orce – Lower the bar toward your nose, and then drive it straight up. Do sets of 12 reps.

Superset with

EZ bar preacher curls – Do sets of 8 on these with a very slow negative and a hard flex at the top.

Do 4 rounds.

Calves - 4 sets:

Same as last week.

Standing calf raises – Do a straight pyramid on these. Do sets of 10, and just keep going until you can barely get 10. Do 3 sets of 10 with this weight, and after each 10 do 10 reps out of the bottom only coming up half way to work the stretch. **3 total work sets.**

Seated calf raises – I want you to do 100 reps...just get them. Drop the weight if you need, do forced reps, whatever you need to do to get 100 reps. **1 total work set.**

Do 2 times this week on whatever days you want. This is the same as last 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.

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Week 4

Legs – 19 sets:

Lying leg curls – 2-3 warm up sets. Do 4 sets of 10 and on the last set, after you do your 10 reps, get 15 additional partials out of the stretched position. **4 total work sets.**

Leg press w/ 3 second descent – Just work your way up doing sets of 8. Use a slightly wider than shoulder width stance with medium platform placement. Keep on going up until you can barely get 8. We'll count the last 3 sets as working sets. **3 total work sets.**

Dumbbell lunge – This is the heavy style where you go down on one leg, and come back on the other. Get 10 steps on each leg. Do 4 rounds. **4 total work set.**

Squat – Put a medium weight on the bar, and do 3 sets of 10 with 2 minute rest breaks. Get to parallel. **3 total work set.**

Dumbbell legged deads – Do 4 sets of 8. Work your way up to a nice and heavy weight on these this week. **4 total work sets.**

Chest - 10 sets / Shoulders – 10 sets / Triceps – 8 sets

Flat dumbbell press – Work your way up doing sets of 8 until you can't get 8. We'll count the last 3 sets as work sets. Do not lock these out. Drive to $\frac{3}{4}$ lockout. **3 total work sets.**

Reverse band bench press – Work your way up like you usually do doing sets of 5, and then when you get to a tough weight, do 3 more sets with it (so 4 total). **4 total work sets**

Machine flyes – Really focus on stretching and squeezing on these this week. Do 3 sets of 10 with a 2 second flex at the top of each rep. **3 total work sets**

In between sets of these do over and back stretches

Rope pushdowns w/ Grip4orce – Do sets of 10 with a hard flex at the bottom. Use the Grip4orce attachments.

Supersetted with

Close grip bench press – Do not take these all the way down. Just go half way down, and stop, and then fire your triceps and squeeze these at the top. Do sets of 8 here.

Do 4 rounds for 8 total work sets.

Dumbell bent over side laterals – Lay face down on an incline bench and do 3 sets of 25 on these with a full range of motion. You may have to do some swings when the reps get high, that's ok. **3 total work sets**

Dumbell side laterals – Just your standard side laterals here. Do 4 sets of 10. Take the weight up to about eye level. **4 total work sets**

Band pull aparts – 3 sets of 15 with a hard one second flex at the end of each rep. **3 total work sets**

Back - 18 sets

Supported bar row – These are rows done with your chest against a pad. Just change your grip from last week. So if you used a regular grip, use a palms facing together grip this time or vice versa. Still do 4 hard sets of 8 after warm ups. **4 total work sets.**

Single arm supinated pulldowns – This is just where you use a single handle to do lat pulldowns with each arm with your palm up at the bottom/contraction point. When you stretch at the top, turn your hand back over so that your palm is facing away from you and really let the weight pull you and stretch you out. There is video of this on my YouTube. Do all your reps on one arm, then switch. Do 4 sets of 8. **4 total work sets.**

Dumbbell shrugs – On these do 10 reps with a 2 second flex at the top, then 6 partials from the bottom on each set. Do 4 sets. **4 total work sets**

Dumbbell pullovers– Do 3 sets of 10 on these. **3 total work sets.**

Weighted Hang – Just wear a dip/chin belt with some weight and see how long you can hang using straps. Shoot for 1 minute at least. 1 set.

Banded hyperextension – 3 sets to failure. Your lower back should be on fire when you finish these. **3 total work sets.**

Note: If you have a reverse hyper machine, do 3 sets of 15 there.

Chest - 7 sets / Shoulders – 7 sets (5th day)

Machine press – After warm ups pyramid up doing sets of 8 with a hard flex at the top, and a good stretch at the bottom. Keep going until you can barely get or you miss 8 reps. We'll count the last 3 sets. **3 total work sets.**

Bent over rear dumbbell laterals – Lay face down on an incline utility bench. Do 4 sets of 15 with a full range of motion. **4 total work sets**

Incline Hammer press (without bands) – 4 strict sets of 8 reps. **4 total work sets**

Spidercrawls – 3 timed sets of 1 minute. **3 total work sets**

Biceps - 12 sets / Triceps - 12 sets

Superset #1

Rope pushdowns w/ Grip4orce attachments – Do a few sets to get warmed up. Do 10 hard reps with a flex at the bottom of every rep like last week.

Superset with

Barbell curls w/ Grip4orce – Do sets of 8 on these.

Do 4 rounds.

Superset #2

Hammer curls – Do 8 reps on these. Do not use the Grip4orce this time.

Superset with

Reverse pushdown – Do 12 reps on these. I have video on YouTube of how I like to do these. Get a good stretch (arms almost behind your head while tilted down).

Do 4 rounds.

Superset #3

Dumbbell lying extensions – Do sets of 12 reps.

NOTE: I actually kettlebells for these. They work awesome.

Superset with

Machine curls – Do sets of 15 on these. Flex hard in the contracted position.

Do 4 rounds.

Calves - 5 sets:

Same as last week.

Standing calf raises – Do 4 sets of the 30 rep scheme. This is where you do 10, then stand and flex for 10 seconds, then repeat 2 more time for 30 total reps, and 30 total seconds of standing on toes. **4 total work sets.**

Standing toe raises off floor – Just stand there and do 100 reps total standing. After you are done, stretch your calves out good as they will be full of blood. **1 total work set.**

Do 2 times this week on whatever days you want. This is the same as last week.

Abdominals– 8 sets

Do 2 times this week on whatever days you want.

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- 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.

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We will be using bands as always, much like we did in program 7, with more like a week on and week off approach. I like that approach I am seeing some very significant strength increases in people during program 7, and I believe this was a major reason why.

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Be prepared.....again..for all out war.

Week 5

Legs – 15 sets:

Seated leg curls – 2-3 warm up sets. Do 3 sets of 12, then on the 4th set, do 12, and cut the weight some and do another 8, then cut the weight again, and try and gut out 15. Have your spotter help you if you need it! **4 total work sets.**

Barbell stiff-legged deads – Do sets of 10. Just do sets of 5 until you reach what will be good for 10. Once there, do 3 sets of 10. **3 total work sets.**

Note: If you have chains, attach 4 chains to each side on your work sets.

Leg press – Just work your way up doing sets of 8 like last week (but no 3 second descent this week). Use a slightly wider than shoulder width stance with medium platform placement. Keep on going up until you can barely get 8. We'll count the last 3 sets as working sets. **3 total work sets.**

Hack squat – Just do nice and deep sets of 8 pyramiding up until you can barely get 8. We'll count the last 3 sets as working sets. **3 total work set.**

If you do not have a hack squat – do Smith machine squats with feet out in front.

Lunges – Walk with a pair of medium heavy dumbbells until you basically fall over. I want a minimum of 10 steps on each leg. I want your quads on fire. As soon as you finish walk over to the leg extension.

Superset with

Leg extensions – Do a massive drop set like this. Start with something you can do 10 reps with and do a 1 second flex at the top on every rep. Then drop some weight and just kick as many regular reps as possible. It should be at least 8 to 10. Then drop the weight some and do partials out of the bottom only for 15-20.

2 sets via 1 superset.

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

Decline dumbbell press – Work your way up doing sets of 8 until you can't get 8. We'll count the last 3 sets as work sets. Do not lock these out. Drive to $\frac{3}{4}$ lockout. Use a slight decline, not a steep one. **3 total work sets.**

Incline barbell press – Work your way up like you usually do doing sets of 8. We'll count the last 3 sets as work sets. Do not lock these out. Drive to $\frac{3}{4}$ lockout. **3 total work sets**

Banded hammer press – On these I want you to do 8 x 4. I only want you to rest 30 seconds between each set. Drive as hard and as fast as you can against the bands and flex hard at top. Your chest should be blown up after this. You may need to drop a little weight toward the end. **8 total work sets**

Use the long red pro mini bands.

Rope pushdowns w/ Grip4orce – Do sets of 10 with a hard flex at the bottom. Use the Grip4orce attachments.

Supersettted with

Close grip pushups – Prop your feet up about 8 inches or so. Place your hands shoulder width. Use your tris on these. Keep your elbows tucked in and drive up and flex them hard. Go to failure! I usually get something like 25, then 17ish, then 10ish...they get tough.

Do 4 rounds for 8 total work sets.

Band pull aparts – 3 sets of 15 with a hard one second flex at the end of each rep. **3 total work sets**

Use the long orange micro mini band.

Dumbbell side laterals – Do 4 sets of 8. Take the weight up to about eye level, and only rest 45 seconds between sets. **4 total work sets**

Dumbbell bent over side laterals – Lay face down on an incline bench and do 3 sets of 25 on these with a full range of motion. You may have to do some swings when the reps get high, that's ok. **3 total work sets**

Destroyer set – While you are lying face down on the incline, let's throw one of these in for good measure. Do 60 reps swing style, then cut weight in half and do 30 more reps, then cut weight in half and do 10 more reps! **1 total work set**

Back - 19 sets

Supported bar row– Ok this is the last week doing these. Change your grip again to hit different muscle. Again do sets of 8 until you can't or barely get 8. We'll count the last 3 sets as work sets. **3 total work sets.**

Low cable rows – Use individual handles on this so you can pull your elbows back a tad more than with a bar. Do 4 sets of 10 on these. Only lean forward a little bit, a few inches, at the top. Flex real hard for a half second on these in contracted position. **4 total work sets.**

Narrow grip chins – Just do the best you can here. Have a spotter help you if you can. I want 3 sets to failure. Hopefully you will get at least 8 on the first set, and 6 on the other 2 sets. **3 total work sets.**

Barbell shrugs– Just pyramid up doing sets of 8. We'll count the last 3 sets as working sets. **3 total work sets**

Dumbbell pullovers– Do 3 sets of 10 on these. **3 total work sets.**

Weighted Hang – Just wear a dip/chin belt with some weight and see how long you can hang using straps. Shoot for 1 minute at least. 1 set. Beat what you did last week.

Banded hyperextension – 3 sets to failure. Your lower back should be on fire when you finish these. **3 total work sets.**

Note: If you have a reverse hyper machine, do 3 sets of 12 there. Go heavier than last week.

Chest - 7 sets / Shoulders – 7 sets (5th day)

Machine press – After warm ups pyramid to a set that is a tough 10 reps. Do 10 reps and res for 45 seconds and then do as many as you can, and repeat 2 more times. So do 4 sets with the same weight (after warm up) with 45 second breaks. **4 total work sets.**

Bent over rear dumbbell laterals – Do 4 sets of 25 of partials done swing style. **4 total work sets**

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

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

Biceps - 12 sets / Triceps - 12 sets

Superset #1

Barbell curls w/ Grip4orce – Do the bottom half only on these. Bring the barbell up to 90 degrees only. Do 10 reps.

Superset with

Seated barbell curls – On these, work the top half of the movement and do not use the Grip4orce attachment. On these do 8 reps. Squeeze hard at the top.

Do 4 rounds.

Superset #2

Hammer curls – Do 8 reps on these. Do not use the Grip4orce this time.

Superset with

Rope pushdowns w/ Grip4orce attachments – Do a few sets to get warmed up first. Do 10 hard reps with a flex at the bottom of every rep like last week.

Do 4 rounds.

Superset #3

Dumbbell lying extensions – Do sets of 12 reps.

NOTE: I actually kettlebells for these. They work awesome.

Superset with

Bench dips – Use a 3 second negative on these. It will be really hard to do more than 6 to 8 reps on these, especially after following the extensions.

Do 4 rounds.

Calves - 5 sets:

Same as last week.

Standing calf raises – Do a few warm ups then go heavy. Do sets of 10, and keep going up until you can't get 10. At that point, shoot for sets of 6 to 8 followed immediately by 10 half reps out of the bottom. Do 5 sets like this. It will be tough. **5 total work sets.**

Standing toe raises off floor – Like last week, just stand there and do 100 reps total standing. After you are done, stretch your calves out good as they will be full of blood. **1 total work set.**

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

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Week 6

Legs – 17 sets:

Lying leg curls – 2-3 warm up sets. Do 3 sets of 10, and then on the 4th set do 10 plus 25 partials. That’ll get the blood flowing. **4 total work sets.**

Squat – Take several warm ups and then pyramid up doing sets of 6. Once you get to a tough 6 that you can do with perfect form, do 3 sets of 6 with it. I want you to do a 4th set to with significantly less weight, and go to near failure. Don’t go to complete failure or you risk injury due to bad form ok. A target number on this last set would be around 20 reps for you to shoot for. **4 total work sets.**

Leg extension – Do one set of 10 with a hard 1 second flex on each rep. On your second set we are going to do a massive drop set. I want you to do 10 again with no flexes, then cut the weight down and do 10 more, and then just do partials until your legs literally won’t move. If they can move ONE INCH, keep going. **2 total work sets.**

Leg press – Just put a medium weight on there, and crank out 3 sets of 20 reps ok. Use a sort of narrow stance with feet in the middle of the platform. I want to crush your teardrops. **3 total work sets.**

Barbell stiff-legged deads – Do 4 sets of 8 on these these. Make sure you bend your knees at the bottom. **4 total work sets.**

Note: If you have chains, attach 3 chains to each side.

Chest - 14 sets / Shoulders – 5 sets / Triceps – 11 sets

Machine press – Pyramid up doing sets of 8 until you can't get 8 anymore. Don't worry about a hard flex on these. I want you to keep constant tension. We'll count the last 3 sets as working. **3 total work sets.**

Incline barbell press – Work your way up like you usually do doing sets of 6. We'll count the last 3 sets as work sets. Do not lock these out. Drive to $\frac{3}{4}$ lockout. **3 total work sets**

Reverse band bench press – Same as usual on these, 5 sets of 5 once the weight starts to feel a little heavy. I do want you to slightly change your grip each set. Some sets come in some, some sets go out some, just a LITTLE, just an inch in and out. **5 total work sets**

Use the long grey or orange (thick orange) bands. Either works well.

Sorry to do these again, but man they feel great on tris, and keep pumping the chest!

Rope pushdowns w/ Grip4orce – Do sets of 10 with a hard flex at the bottom. Use the Grip4orce attachments.

Supersettted with

Close grip pushups – Prop your feet up about 8 inches or so. Place your hands shoulder width. Use your tris on these. Keep your elbows tucked in and drive up and flex them hard. Go to failure! I usually get something like 25, then 17ish, then 10ish...they get tough.

Do 4 rounds for 8 total work sets.

Lying extensions – Do 3 sets of 15 reps on these. I prefer to use kettlebells, and will be loading a video on YouTube this week so you can see form. Basically you keep your elbows up and kick up and back some, you'll see. You can do these with an EZ curl bar the old fashioned way too! **3 total work sets**

Dumbell bent over side laterals – Do 4 sets of 15 with 60 second breaks. Try to use a full range of motion, but if you get tired, I would rather you just do the swing style, instead of using your traps and back to cheat the weight up. **3 total work sets**

Dumbell side laterals – Do one set of 10, and then we are going to do a drop set. Do 10 reps, drop the weight and do 8 reps, then drop the weight some more and do another 8 to 10. **2 total work sets**

Back - 16 sets

One arm barbell row– Use 25 pound plates as usual and work your way up to something you can barely do for 8. Do sets of 8 going up. We'll count the last 3 sets as working sets. **3 total work sets.**

Dumbbell rows– Just standard heavy dumbbell rows for 4 sets of 8. **4 total work sets.**

NOTE: On these I actually tried using kettlebells (20 kg) and they felt awesome. I did them BOTH arms at once. I have tried doing these with dumbbells a million times, but they just don't feel like they will build slabs of back muscle. The kettle bells felt totally different and my entire back was pumped. Anyways, if you are ever in a gym with these, try them, they feel awesome.

Dumbbell pullovers– Do 3 sets of 10 on these. Use a really slow negative and just really focus on your lats pulling hard. **3 total work sets.**

Partial pulldowns – This is the wide grip heavy style where you just pull the bar down to the top of your head. Don't forget to let your lats stretch at the top. Reach up and feel them pulling! Do 3 sets of 8. **3 total work sets.**

Weighted Hang – Just wear a dip/chin belt with some weight and see how long you can hang using straps. Shoot for 1 minute at least. 1 set. Beat what you did last time.

Banded hyperextension – 3 sets to failure. Your lower back should be on fire when you finish these. **3 total work sets.**

Note: If you have a reverse hyper machine, do 3 sets of 12 there.

Chest - 4 sets / Shoulders – 9 sets (5th day)

Machine press – After warm ups pyramid up doing sets of 8 until you can't do 8. Flex at the top on every rep. We'll count this as 4 total sets. In between each set do the rope over and backs. **4 total work sets.**

Machine rear dumbbell laterals – Pyramid up using the following rep scheme – 25, 20, 15, and 12. **4 total work sets**

Dumbbell side lateral partials – 3 sets of 20 with a heavy weight. Just little swings.. **3 total work sets**

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

Biceps - 12 sets / Triceps - 12 sets

Taking a break from Grip4orce this week.

Superset #1

Hammer curls – Squeeze hard for 10 reps

Superset with

EZ bar reverse curls – On these do 8 reps. Bring the bar up to 45 degrees ok.

Do 4 rounds.

Superset #2

Barbell curls – Do 8 reps on these.

Superset with

Vabr pushdowns – Do a few sets to get warmed up first. Work up to heavier and heavier weight each set. Do sets of 8.

Do 4 rounds.

Superset #3

Bench dips – Do these to failure!

Superset with

Decline EZ bar lying extensions – Do sets of 15 here.

Do 4 rounds.

Calves - 5 sets:

Same as last week – we are going to go heavy on these for several weeks!

Standing calve raises – Do a few warm ups then go heavy. Do sets of 10, and keep going up until you can't get 10. At that point, shoot for sets of 6 to 8 followed immediately by 10 half reps out of the bottom. Do 5 sets like this. It will be tough. **5 total work sets.**

Standing toe raises off floor – Like last week, just stand there and do 100 reps total standing. After you are done, stretch your calves out good as they will be full of blood. **1 total work set.**

At about 20 reps, my calves are on complete fire from this. The last 80 suck.

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

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Week 7

Legs – 18 sets:

Lying leg curls – 2-3 warm up sets. Do 3 sets of 10, and then on the 4th set do 10 plus 30 partials. Completely straighten legs on partials, and don't jerk out of bottom, just pump them. **4 total work sets.**

Banded leg press – Take several warm ups and then pyramid up doing sets of 8. Use a slightly wider than shoulder width stance, and feet on middle of platform. When you get to the last set you think you can do for 8, do the 8, then use your hands on your knees to get another 3 or 4. Next stand up and walk over to leg extension (have it loaded and ready), and.....

Use the long black monster minis, and the long red pro minis – one on each side.

superset

Leg extension – Do 10 hard reps (no flex) and then pump 10 more partials out of the bottom.

We'll call this **4 total work sets (3 leg press and 1 extension)**

Heavy lunge – Do these with heavy dumbbells. Do them one leg at a time. Take 10 steps with each leg. Do 4 sets, and on the last set, walk over to the leg extension and....

superset

Leg extension – Do 25 partials out of the bottom.

We'll call this **5 total work sets. (4 lunge and 1 extension)**

Squats – Do 2 sets of 15 reps with a light weight. Go to parallel, your legs will be really pumped, so ROM might be limited. Turn your toes out a little more than normal. **2 total work sets.**

Barbell stiff-legged deads – Do 3 sets of 8 on these these. Make sure you bend your knees at the bottom. **3 total work sets.**

Note: If you have chains, attach 3 chains to each side.

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

Machine press – Do a few warm up sets then do the following rep scheme going up in weight each set – 15, 12, 9, and 6. You don't have to flex each rep. Get a good stretch, but just go to $\frac{3}{4}$ lockout to keep continuous tension. **4 total work sets.**

Incline barbell press – Work your way up like you usually do doing sets of 6. We'll count the last 3 sets as work sets. Do not lock these out. Drive to $\frac{3}{4}$ lockout. **3 total work sets**

Decline smith machine – On these let the weight touch your chest. As usual try to just use a small angle on the decline, not a major angle. Start with a set of 25 reps. Touch our chest but do not lockout, again continuous tension. Go up a little and 15 reps. Next go up a little and do 10 reps. Lastly go up again and shoot for a tough 6 reps with perfect form. **4 total work sets**

Flat dumbbell press – This won't take much weight. Lower the weight and stretch, and then drive up and flex. Do 4 sets of 6. Put a 25 under the side of the bench where your head will be to provide. **4 total work sets**

Rope pushdowns w/ Grip4orce – Do sets of 10 with a hard flex at the bottom. Use the Grip4orce attachments.

Supersetted with

Dips between benches – That ledge I have been telling you about, where I prop my feet up to do the pushups, I use that for dips as well personally. I just use the ledge to position my hands and I lower and sit down, relax and then drive up hard with tris. It look really silly and easy, but getting 10 like this doing this superset is torture. You can also use two benches beside each other the traditional way.

Do 4 rounds for 8 total work sets.

Dumbbell bent over side laterals – Do 3 sets of 15 with 60 second breaks. Do these swing style. **3 total work sets**

Destroyer set – So really this is a 4th set of bent over side laterals, done lying face down on an incline utility bench. Use a heavyweight for 60 swings, cut weight in half, and do 30 reps, and then cut weight in half and do 10 more reps with as full of a range of motion as you can. **1 total work set**

Dumbbell side laterals – Just a standard 4 sets of 8 here. Try to use a semi heavy weight, and it's ok to cheat a little bit. **4 total work sets**

Back - 20 sets

Dumbbell rows – Work your way up doing sets of 8. Once you get to a really heavy weight, I want you to go crazy and do as many as you can. I got 13 on my last on this go around. We'll count the last 3 sets as working. **3 total work sets.**

Smith machine rows – Do sets of 8 with a medium grip. Be explosive out of the bottom, drive the weight up hard.

Supersetted with

Dumbbell Pullovers – For sets of 10. Lower the weight slowly and feel your lats stretching big time.

8 total sets via 4 supersets!

Cable row for traps – We are going to do these for traps ok. Use single handle attachments. Do these with your palms facing down and elbows up. Now pull the weight back hard into the top of your stomach and flex our traps as hard as you can. Do 3 sets of 12. **3 total work sets.**

Single handle lat pulldowns – These are the supinated style pulldowns with one arm at a time where as you drive down the weight, you supinate your hand, and forcefully flex your lower lat. Focus hard on driving down your elbow, not on pulling with your arm. Do 3 sets of 8 on each side. **3 total work sets.**

Banded hyperextension – 3 sets of 20 – finish strong! **3 total work sets.**

Note: If you have a reverse hyper machine, do 3 sets of 12 there.

Chest - 7 sets / Shoulders – 9 sets (5th day)

Machine press – After warm ups do 3 sets of 15 reps with a good stretch, but do not flex at top. We'll save that for next exercise. **3 total work sets**.

Banded hammer press (preferably standard or decline) – Do 4 sets of 5 with a hard flex. **4 total work sets**

Use the long black monster minis on these (hence the lower reps – as these bands are tough on this)

Cable side laterals – On these stand away from the machine so you are getting a really good full range of motion. Do a set of 12 on one arm, and then the other. Rest 45 seconds and repeat. Do 4 sets like this for each arm. **4 total work sets**

Band pullaparts/face pulls – I never really know what to call these. It the rear delt pull where you use the orange micro mini and flex hard on each rep. Do 3 sets of 12. **3 total work sets**

Machine rear delt laterals (reverse peck deck) – 2 sets of 35 reps. Don't lock out, just keep the weight moving and get through the burn. **2 total work sets**

Biceps - 12 sets / Triceps - 12 sets

Superset #1

Seated supinated dumbbell curls w/ Grip4orce – Squeeze hard for 10 reps

Superset with

V bar pushdown – On these do 10 reps, and try to go increasingly heavier each set.

Do 4 rounds.

Superset #2

Barbell curls w/ Grip4orce – Do 8 reps on these.

Superset with

Bench dips– Work the bottom of the range of motion (stretched position), do not worry about locking out. Do sets of 15 or so.

Do 4 rounds.

Superset #3

Machine curls – I would prefer you use a preacher curl type machine. Use a heavy weight and do real slow negatives. I would like to see sets of 8 here.

Superset with

Decline EZ bar lying extensions – Do sets of 15 here.

Do 4 rounds.

And of course, if you have kettlebells, use those for these!

Calves - 5 sets:

Still going heavy on these! Keep pushing the weight on the calved raises without bouncing.

Standing calve raises – Do a few warm ups then go heavy. Do sets of 10, and keep going up until you can't get 10. At that point, shoot for sets of 6 to 8 followed immediately by 10 half reps out of the bottom. Do 5 sets like this. It will be tough. **5 total work sets.**

Standing toe raises off floor – Like last week, just stand there and do 100 reps total standing. After you are done, stretch your calves out good as they will be full of blood. **1 total work set.**

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
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Week 8

Legs – 19 sets:

Lying leg curls – 2-3 warm up sets. Do 3 sets of 8, and then on the 4th set do 8 plus 8 forced reps, then 20 partials. Completely straighten legs on partials, and don't jerk out of bottom, just pump them. **4 total work sets.**

Barbell stiff-legged deads – Do 4 sets of 10 on these. Make sure you bend your knees at the bottom. At the top stand up straight and squeeze your glutes. You don't have to lower these all the way down, I am more concerned with working the top half of the movement this week. **4 total work sets.**

Note: If you have chains, attach 4 chains to each side.

Leg press – Take several warm ups and then pyramid up doing sets of 8. Use a slightly wider than shoulder width stance, and feet on middle of platform. When you get to the last set you think you can do for 8, do the 8, drop the weight and do 8 more, then drop the weight and do 8 more, then drop the weight and just go balls out to failure. On all sets, including the last one, you walk over to the smith and do the lunges afterwards.

superset

Smith machine lunge – Do 8 reps on each leg. On the last set (after the leg press drop set), just use an empty bar on the smith, no added weight, you won't need it.

We'll call this **6 total work sets (3 leg press and 3 lunge)**

Leg extension – Do 20 hard reps (no flex) and then 10 forced reps, and then 6 partials. Then do a second set where you go heavier and do 10 hard reps (no flex) and then 6 forced reps, and then 6 partials. This will torch you. **2 total work sets**

Hack squat – Do 3 sets of 8, going up each time. Try to work to a heavy weight. Do nice controlled deep reps. **3 total work sets**

If you don't have a hack squat use a Smith machine to do squats with feet out in front.

Chest - 10 sets / Shoulders – 11 sets / Triceps – 6 sets

Flat dumbbell press – Do a few warm up sets then do sets of 8 all the way up until you can't get 8. We'll count the last 3 sets as working sets. **3 total work sets.**

Incline smith press – Use a slight incline angle, and do sets of 8 again, until you reach a weight you can't do 8 with. On the last set, do as many as you can, and then cut the weight down and go to failure. We'll call this 3 work sets. **3 total work sets**

Machine press – On these get an awesome stretch, and then flex hard at the top of every rep for 1 second. Try to use a neutral grip if you can (palms facing each other). Do heavy sets of 6 with the form I described. It won't take much weight, especially with this form.

superset

Rear delt raises – I want you to do sets of 15 after each set of machine presses.

After the rear delt raises, I want you to do 10 over and back rope stretches and then rest 2 minutes before starting the next round

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

Rope pushdowns w/ Grip4orce – Do 6 sets of 10 with a hard flex at the bottom. Use the Grip4orce attachments. **6 total work sets**

Dumbbell side laterals – Just do 4 sets of 8. Nothing fancy. **4 total work sets**

Spidercrawls – Do 3 sets of 1 minute. **3 total work sets**

Back - 20 sets

One arm barbell rows – Work your way up doing sets of 8. Once you get to a weight that is tough, stick with it and do 3 sets of 8. Make sure you are getting a good stretch at the bottom. **3 total work sets.**

Chest supported row – On this keep your elbows up and stretch real good at the bottom. When you contract, squeeze your traps and rhomboids. Do 3 sets of 10, and then on a 4th set, do 8 to 10, and have a partner give you 6 additional forced reps by pushing the weight at the very end deeper into the contracted position. **4 total work sets.**

Dumbbell Pullovers – Four sets of 10. Lower the weight slowly and feel your lats stretching big time. **4 total work sets.**

Dumbbell shrugs – Do 3 sets of 12 with 3 a second flex in the contracted position. **3 total work sets.**

Rack pulls – Just do sets of 3 up to a weight that you barely get 3 with. We'll call this 3 work sets. Rest/pause these on the rack at midshin. Reset for each rep. Lower in a very controlled manner. **3 total work sets.**

Banded hyperextension – 3 sets of 20 – finish strong! **3 total work sets.**

Note: If you have a reverse hyper machine, do 3 sets of 12 there.

Chest - 7 sets / Shoulders – 8 sets (5th day)

Machine press – After warm ups pyramid up doing sets of 8 until you can't get 8. One each rep stretch good at the bottom and flex for 1 second at the top. **3 total work sets.**

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

Dumbbell side laterals – Just your standard side laterals. Do 4 sets of 10 with 60 second breaks between sets. **4 total work sets**

Machine rear delt laterals (reverse peck deck) – 4 sets of 15 reps. This week work with heavier weight and also hold for a 2 second in the contracted position. Rest 60 seconds between sets. If you can't get full reps, keep going with partials until you get to 15. **4 total work sets**

Biceps - 12 sets / Triceps - 12 sets

Superset #1

Barbell curls w/ Grip4orce – 8 perfect reps

Superset with

Rope pushdowns w/ Grip4orce – On these do 10 reps, and try to go increasingly heavier each set.

Do 4 rounds.

Superset #2

Hammer curls – Do 10 reps on these. No grip4orce. You should feel really strong on these without the Grip4orce. That tells you how much they help with strength!

Superset with

Bent over rope extension – Work the bottom of the range of motion (stretched position). This is where you place your back against the pulldown machine, bend over to 90 degrees, and extend your arms to work tris. Try to go heavier and heavier each set. Again, work the stretch big time, doing sets of 15. I would call this a partial movement actually.

Do 4 rounds.

Superset #3

Barbell preacher curls – Use good controlled form, with slow negatives throughout set and a hard flex at top. Do sets of 8

Superset with

Incline EZ bar lying extensions/skullcrushers – Do sets of 12 here.

Do 4 rounds.

I tried kettlebells for these this week. I liked these as well.

Calves - 9 sets:

Same as last week – really want to push heavy weight with a good stretch on these for a few weeks.

Standing calf raises – Do a few warm ups then go heavy. Do sets of 10, and keep going up until you can't get 10. At that point, shoot for sets of 6 to 8 followed immediately by 10 half reps out of the bottom. Do 5 sets like this. It will be tough. **5 total work sets.**

Seated toe raises – Let's do some seated raises this week too. Do 3 sets of 12 with perfect form. A good stretch, and good contraction at the top. **3 total work sets.**

Standing toe raises off floor – Like last week, just stand there and do 100 reps total standing. After you are done, stretch your calves out good as they will be full of blood. **1 total work set.**

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.

Mountain Dog Training – Embrace Insanity – Program 8

This program will be a little different than previous programs in terms of how we view volume. The other programs (except program 7) waved volume up and down in terms of sets. In this one, we are going to increase volume as we go, but from a training days perspective, not from a workout set # perspective. We are going back to 4 days a week for 3 weeks, and then will increase the number of trainings days to 5 from 4 as our “volume bump” for the second phase that lasts 6 weeks. The last 3 week cycle we are then going back to 4 days a week. Through all of these weeks and phases, our total sets per workout will be the same as what we viewed as high volume before. This is just a different way of looking at overall volume. I believe at this point your work capacity has improved greatly, so this is another good step in training harder but smarter.

We will be using bands as always, much like we did in program 7, with more like a week on and week off approach. I like that approach I am seeing some very significant strength increases in people during program 7, and I believe this was a major reason why.

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Be prepared.....again..for all out war.

Week 9

Legs – 20 sets:

Lying leg curls – 2-3 warm up sets. Do 3 sets of 10 once warmed up. On your 4th set, I want 10 reps, then have a training partner force another 10. If you do not have a training partner, do 25 reps. You can always try what I did which was 9, then 15 forced reps, then 22 partials. That felt wonderful. **4 total work sets.**

Barbell stiff-legged deads – Do 4 sets of 10 on these. Make sure you bend your knees at the bottom. At the top stand up straight and squeeze your glutes. You don't have to lower these all the way down, I am more concerned with working the top half of the movement this week. **4 total work sets.**

Leg press – Nothing fancy this week. Just use a standard slightly wider than shoulder width foot placement and mid to high level on the platform. Do a few sets of 15-20 to warm up, then do sets of 8 all the way up until you can barely do 8. We'll count the last 3 sets as working sets. **3 total work sets.**

Leg extension – Try to go really heavy on these. Kick real hard. Don't let your ankles come back real far when you are at the bottom (stretched position), it's too hard on your knees. You are mainly working the last half of the movement. Flex at the top for a split second. Do a set of 15, then 10, then on your 3rd set do 10 again, drop some weight and do 20 little partials out of the bottom. Your teardrop will feel like it's going to blow off your leg. **3 total work sets**

Squats – These are going to feel awesome with the little bit of blood you have in your legs. Do sets of 8 all the way up until you can barely get 8. Go to just above parallel. I do want you to add on another high rep set at the end with a light weight, where you go below parallel working a deeper range of motion. This should be about half of the weight you used for your last heavy set of 8. We'll call this 4 total sets. **4 total work sets**

NOTE: I actually used the safety squat bar on these. If you have one, you do that too.

Barbell stiff-legged deads – Do 3 sets of 15 on these. Make sure you bend your knees at the bottom. Only come up $\frac{3}{4}$ of the way. Keep constant tension on your hams. **3 total work sets.**

Chest - 12 sets / Shoulders – 12 sets

Banded hammer press – As usual, I prefer the flat, then decline, then incline in that order. Remember too, for flat and decline don't let your elbows travel past 90 degrees. Do 3 sets of 8 once warmed up. **3 total work sets.**

Use one pair of red pro minis for these.

Decline dumbbell press – Do sets of 8 all the way up until you can't get 8. We'll count the last 3 sets as working sets. You do not have to lock these out. I am more interested in constant tension. Do get a good stretch at the bottom though. **3 total work sets.**

Reverse band bench press – Ok, sets of 5 up to a weight that is hard, but you can still get all your reps. Do 3 sets of 5 with it. **3 total work sets**

Machine press – Ok we have been pushing the weight, now let's push the reps. Do sets of 15 with a full range of motion (and a 1 second flex). In between each set I want over and back rope stretches, 10 over and backs per set. Do 3 sets total. **3 total work sets**

Machine rear delt raises (reverse peck deck) – I want 4 sets of 15 with a 1 second flex at the contracted position. **4 total work sets**

Dumbbell side laterals – Just do 4 sets of 12 pyramiding up. You can loosen your form up a little on the last set to use some extra weight. **4 total work sets**

Cage press – Do 4 sets of 6 pyramiding up. Remember to wear a belt, and stagger your stance. I have video of this on my YouTube channel. **4 total work sets**

Let's give your elbows a break today, and not do extra tricep work.

Back - 21 sets

Front pulldowns – We haven't done these first in a long time! After a few warm ups, I want the following rep scheme, 12, 10, 8, and 6. Go heavier each set. Really reach up at the top and stretch your lats out! Pull the bar all the way down and flex your lats. **4 total work sets.**

Chest supported row – Last week we did elbows up with palms facing down. This time use a closer palms facing in grip. If you don't have a machine where you can do this. Do old school TBar rows. Do 4 sets of 8 here and really focus on driving your elbows back to kill your lats. **4 total work sets.**

Dumbbell Pullovers – Four sets of 10. Lower the weight slowly and feel your lats stretching big time. **4 total work sets.**

Barbell shrugs – Do 3 sets of 10 with a 1 second flex in the contracted position. **3 total work sets.**

Underhand grip pulldowns – One more pulldown exercise. Use an underhand grip on these. Space your hands out to wherever you feel most comfortable on your wrists. Drive your elbows down and squeeze your lats hard. Let's do 3 sets of 8. **3 total work sets.**

Banded hyperextension – 3 sets to failure! **3 total work sets.**

Note: If you have a reverse hyper machine, do 3 sets of 12 there.

This isn't as ball busting as a ton of rows and deads, but the change made me really sore. Enjoy.

Chest - 7 sets / Shoulders – 8 sets (5th day)

Machine press – After warm ups get full range of motion reps with a 1 second flex at the top. Work up to a good weight and do 5 sets of 10 with it. **5 total work sets.**

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

Dumbbell bent over side laterals – I want 4 sets of 20 here with only 1 minute between sets. Try for a full range of motion, and when you are fatigued, kick in the swings until you hit your number! **4 total work sets**

Spidercrawls – Going up and down 4 times is one set. Do 4 sets with 1 minute breaks. **4 total work sets**

Biceps - 13 sets / Triceps - 13 sets

This could be the most boring Mountain Dog arm workout ever, but it felt awesome! No Grip4orce this week.

Rest between all sets is 60 seconds.

Barbell curls – As many warm ups as you need and then 4 sets of 8 with a 3 second descent. Work up to the 8, and just stay there for all 4 sets. **4 total work sets**

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

Barbell preacher curls – 4 sets of 8 again with a nice slow negative and flex hard at top. **4 total work sets**

Cable curls – 1 massive drop set. Do 8 reps, drop weight to failure, then drop weight to failure again, and then one more time. Shoot for 6 to 10 on each drop. **1 total work set**

Rope pushdowns – On these do 10 reps, and try to go increasingly heavier each set just like last week. Do 4 sets. **4 total work sets**

Dip machine – Do 5 second descents. It will burn like fire. Drive down and flex. Do 4 sets of 8. **4 total work sets**

Decline EZ bar lying extensions/skullcrushers – Do 4 sets of 15 here. Get a good stretch. Try to let the bar get behind your head a bit, it'll be hard because your arms will be so jacked 😊. **4 total work sets**

Close grip pushups – Do as many as you can to failure. Hands shoulder width. **1 total work set**

Calves - 9 sets:

This is the last superheavy week, and then we start repping again next week.

Standing calf raises – Do a few warm ups then go heavy. Do sets of 8, and keep going up until you can't get 8. At that point, shoot for sets of 6 to 8 followed immediately by 10 half reps out of the bottom. Do 5 sets like this. It will be tough. **5 total work sets.**

Seated toe raises – 3 sets of 12 with perfect form. A good stretch, and good contraction at the top. **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.

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Week 10

Legs – 17 sets:

Seated leg curls – 2-3 warm up sets. Do a pyramid with the following rep scheme – 15, 12, 9, and on the 4th set do 6, drop the weight and do 6 more, and then drop the weight again and go to complete failure. **4 total work sets.**

Squats – With a regular barbell, work up in weight doing sets of 8. Form is to go to parallel with your strongest stance. I want you to try something a little different this week. When you hit parallel STOP for 1 second, and then drive back up. This is not with a box either. Obviously you can’t use the weight you normally would with this technique. This is really good for adductors similar to the 3 second descents, and the hold creates a high level of tension as well. You should have a nice pump from these. Do 4 sets of 8 like this. **4 total work sets**

Banded leg press – With a slightly wider than shoulder width foot placement and medium high on platform, crank out 3 sets of 8 with a tough weight. Lower the weight slowly and then blast it out of the bottom! **3 total work sets**

Smith lunges – Do 3 sets of 15 on each leg. Take your time between sets, your legs will be on fire. **3 total work sets.**

Barbell stiff-legged deads – Let’s work the stretch now, but still come all the way up and flex glutes. So use a good full range of motion with 25 lb plates. Do 4 sets of 10. **4 total work sets.**

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

Banded hammer press – This is the same as last week - As usual, I prefer the flat, then decline, then incline in that order. Remember too, for flat and decline don't let your elbows travel past 90 degrees. Do 3 sets of 8 once warmed up. **3 total work sets.**

Use one pair of red pro minis for these.

Flat dumbbell press – Ok let's work up to a heavy weight. Do sets of 8 all the way up until you can't get 8. We will call that 3 sets. Make you sure you get a nice full stretch at the bottom, but don't lock out, just go to $\frac{3}{4}$ lockout so we keep constant tension with a heavy weight. **3 total work sets.**

Banded bench press – On these let the barbell sit on your chest for 1 second and then blast it up against the band tension. You can lower a little faster than usual. Try to be very explosive on these. Do 5 sets of 5. Hold the flex for 1 second at the top. **3 total work sets**

Use one pair of red pro minis for these.

NOTE: If you have chains, do those instead. Use 2 sets of chains on the inside of the weight for all sets. Also, with chains, do NOT lock out, just go to $\frac{3}{4}$ lockout.

Stretch pushups w/ weight on your back – You can have someone apply tension so your back as you go down (not up), have them steady a dumbbell or plate on your back, or even throw 2 chains across your back. Sink these deep and come up to $\frac{3}{4}$ lockout. Do 3 sets to complete failure. **3 total work sets**

Machine rear delt raises (reverse peck deck) – Pyramid on these. Do 25, then 20, then 15, then 12, going up in weight each time. Hold the flex for 1 second on each rep. **4 total work sets**

Dumbbell side laterals – Actually I want you to use the form where your raising the dumbbells to 10 and 2 o'clock position, so in the middle of a side and front raise, but not either. Raise the dumbbells to eye level too. Do 4 sets of 1 on these with perfect controlled form. **4 total work sets**

Cage press – One more time on the cage press this week! Do 4 sets of 6 pyramiding up. Remember to wear a belt, and stagger your stance. So you know my thought process, I do like to do a press (love these) for the rare occasion when we don't do incline barbell presses, as this seems to keep shoulder width better. **4 total work sets**

V bar pushdowns – Pyramid up to a heavy weight. Do sets of 10 and just keep going up. Once you get to where you can barely do 10, do a crazy drop set. Drop a few plates each time, and keep doing sets of 6 to 8 until you have done 4 or 5 drops. We'll call this 4 sets total. **4 total work sets**

Back - 20 sets

Chin up death – After a warm up or two, do 2 sets to failure with a wide grip, then 2 sets with a medium (a little wider than shoulder width grip, then 2 sets with a close grip where your palms face each other. **6 total work sets.**

Meadows row – Really go after the stretch on these. Do 4 sets of 8. Make sure you keep the hip on the side you are lifting with a little higher than the other hip so you are sort of cockeyed and can get more of a pre-stretch on those lower lats to engage them more. **4 total work sets.**

Dumbbell Pullovers – Four sets of 10. Lower the weight slowly and feel your lats stretching big time. **4 total work sets.**

Underhand grip pulldowns – the same as last week. Use an underhand grip on these. Space your hands out to wherever you feel most comfortable on your wrists. Drive your elbows down and squeeze your lats hard. Let's do 3 sets of 8. **3 total work sets.**

Banded hyperextension – 3 sets to failure! **3 total work sets.**

Note: If you have a reverse hyper machine, do 3 sets of 12 there.

Chest - 10 sets / Shoulders – 10 sets (5th day) – Unless getting ready for a show (within 16 weeks) skip this!!!!!! Remember this is the time when overall weekly volume comes down.

Machine press – After warm ups pyramid up using a rep scheme like this, 15, 13, 11, 9, and 7. On each rep get an awesome stretch at the bottom, and flex at the top for just a split second.

Supersetted with

Dumbbell bent over side laterals – 5 full range of motion sets of 15 reps here!

Do 5 rounds for 10 total sets.

Pec minor dips – Do sets to failure.

Supersetted with

Spidercrawls – Going up and down 4 times is one set.

Do 5 rounds for 10 total sets.

Biceps - 13 sets / Triceps - 12 sets

Standing dumbbell curls w/ Grip4orce – Keep your palms up the entire time. Do 3 sets of 8 once you are good and warmed up. **3 total work sets**

Barbell curls w/ Grip4orce – Do 4 sets of 8 with perfect form squeezing the heck out of the Grip4orce. **4 total work sets**

EZ bar reverse curls – Do 3 sets of 15 on these. Bring your forearms up past 90 degrees to get a fuller range of motion and lower it slowly (3 second count – it will be TOUGH. **3 total work sets**

Barbell preacher curls – 3 sets of 8 again with a nice slow negative and flex hard at top. **3 total work sets**

Rope pushdowns – On these do 10 reps, and try to go increasingly heavier each set just like last week. Do 4 sets. **4 total work sets**

Cable extensions – This is a new exercise in our triceps program. I will have the video up on YouTube this weekend. Just take the rope off the pushdown you were using, and literally grab the cable toward the end facing away from the machine and let your arms come across like those old L-extensions we did a while back. The video will show you better. They are easy. I like these because they are an extension, but not so hard that you have to wait until your 3rd exercise to do them. They are still not good to do first, and seem best done with a really good pump to me. I like the range of motion too, it's huge, plus these are really easy to do partials on. Do 4 sets of 10, and on each set add on 5 partials at the end. **4 total work sets**

Incline EZ bar lying extensions/skullcrushers – Do 4 sets of 15 here as you did last week with a moderate weight. **4 total work sets**

Calves - 5 sets:

Do this 2 times this week.

Standing calve raises – Go back to the protocol where we do 10 reps, hold an flex at top for 10 seconds and repeat 2 more times for 1 set. After doing the heavy work for several weeks, this should shock the hell out of your calves. Do 3 sets like this. **3 total work sets.**

Seated toe raises – 2 sets of 25 with perfect form. A good stretch, and good contraction at the top. When you can't fully contract, do partials out of the bottom. **2 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

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Week 11

Legs – 17 sets:

Lying leg curls – 2-3 warm up sets. Do sets of 8 all the way up until you can barely get 8. On the last set that you can barely get 8, have someone help you do 5 more forced reps. You’re not done yet though. Rest for 30 seconds, and then lighten the weight up a lot (I cut my weight a little more than half), and prop yourself up on the pad and do more reps all the way to failure. Push your hips into the pad. This will be perfect isolation, and your hams should be loaded with blood afterward. **4 total work sets.**

Squats – Do plenty of warm up and just keep doing 8 reps until you can’t get 8 anymore. Once you do the last set of around 8, do a strip set. Take a weight off and do some more reps. Just do as many with good form as you can. Don’t do any reps where you even think you might break form. Then do one more strip, and again use perfect form. Focus on slowing down your breathing because you will be getting out of breath. I don’t really care about your depth on these, just that your quads are crushed afterwards, so just do what feels more natural to you! **4 total work sets**

NOTE: If you have SSB, use it this week. Also, if you can throw the Orange light Elite bands across the top of the rack, and do these reverse banded, go for it. This is what I actually did.

Leg press – You should be plenty warm so start the work sets immediately with a moderate weight for 25 reps. Add weight and do 15 on your next one. Then add weight and do 10 reps. Don’t lock out, and use a pretty close stance on the middle of the platform so we bust up your VMO. **3 total work sets**

Smith lunges – Do sets of 8 on each leg. Do 4 reps on one side, then 4 on the other, and then repeat one more time for 8 total on each leg.

Superset with

Leg extensions – Use a heavy weight and kick up and hold for 2 seconds on each rep. Do 8 reps a set.

Do 3 rounds for 6 total sets.

Chest - 12 sets / Shoulders – 10 sets / Triceps – 4 sets

Machine press – Do plenty of warm ups and then work your way up doing sets of 8 until you can no longer get 8. Get a good stretch and go to $\frac{3}{4}$ lockout on these. We'll call this 3 sets. **3 total work sets.**

Incline barbell press – Ok back to bread and butter here. Work up doing sets of 6 until you can barely get 6 or even only 5. We'll call this 3 sets too, and again no locking out, and don't let the bar touch your chest. **3 total work sets.**

Decline smith press – Use a slight angle as usual. These felt awesome this week. Do sets of 8 all the way up until you can't get 8. Lower the bar nice and controlled, touch your chest and drive to $\frac{3}{4}$ lockout. **3 total work sets**

Flat flyes – You can do these with a dumbbell or do a machine flye. Either one is ok. Get a nice stretch and on the flex at the contracted position for a second. Do 3 sets of 10. **3 total work sets**

Supersetted with

Bent over dumbbell raises – Do sets of 15 on these with a full range of motion. This will transition you into your shoulder training. **3 total work sets**

Dumbbell side laterals – heavy side laterals, but I want a really slow negative. Lower the dumbbells very slow and then use a little momentum to get them back up. Do 4 sets of 6 this way. **4 total work sets**

Seated dumbbell press – Do 3 sets of 8. Hold the dumbbells at the top and flex for a second, and then lower to about ear level. You are basically working the top half of the movement. These should finish your delts off. **3 total work sets**

Rope pushdowns w/ Grip4orce – You should only need 1 or 2 warm ups. Do 4 sets of 15 but only take 45 seconds between sets. Adjust the weight so that you can get your 15 reps ok. You may have to lighten up as you go, especially the last set. **4 total work sets**

Back - 22 sets

Single arm barbell row – After a few warm ups, grind out 4 sets of 8. Use 25's for maximum range of motion. Stretch out at the bottom! **4 total work sets.**

Cable row – There are just traditional cable rows with the close grip handle. Hold the flex for a second in the contracted position. Do not lean forward to stretch, just keep your spine upright and let your arms straighten during the stretch part of the rep. Do 12, 10, 8, and 6 for your rep counts working up in weight as you go. **4 total work sets.**

Dumbbell Pullovers – Four sets of 10. Lower the weight slowly and feel your lats stretching big time. **4 total work sets.**

Banded chest supported/T-bar rows – New exercise!

On these you hook up two red mini bands on a Tbar that has a chest support. The contraction is UNBELIEVABLE! I will have video uploaded to my YouTube channel this week so you can see. I tinkered around with 3 different machines like this over the weekend, and was able to “band” them all. Do these explosively out of the bottom. Your back will contract hard regardless of whether you try to flex it or not! Do 4 sets of 6. **4 total work sets.**

Wide grip pulldowns – These are the wide grip ones that you do heavy and only pull down to the top of your head. Do 3 sets of 8. **3 total work sets.**

Banded hyperextension – 3 sets to failure! **3 total work sets.**

Note: If you have a reverse hyper machine, do 3 sets of 12 there.

Chest - 10 sets / Shoulders – 10 sets (5th day) – Unless getting ready for a show (within 16 weeks) skip this!!!!!! Remember this is the time when overall weekly volume comes down.

NOTE: This is the same as last week – it is intentional.

Machine press – After warm ups pyramid up using a rep scheme like this, 15, 13, 11, 9, and 7. On each rep get an awesome stretch at the bottom, and flex at the top for just a split second.

Supersetted with

Dumbbell bent over side laterals – 5 full range of motion sets of 15 reps here!

Do 5 rounds for 10 total sets.

Pec minor dips – Do sets to failure.

Supersetted with

Spidercrawls – Going up and down 4 times is one set.

Do 5 rounds for 10 total sets.

Biceps - 14 sets / Triceps - 12 sets

No Grip4orce this week.

Standing dumbbell curls – I want you to supinate on these this week. Flex hard at the top! Do 3 sets of 8 once you are good and warmed up. **3 total work sets**

Barbell curls – Do these fast paced. Do 5 sets of 8, but only take 30 seconds between sets. The last set or two will be really hard. **5 total work sets**

Barbell preacher curls – 3 sets of 8 again with a nice slow negative and flex hard at top. **3 total work sets**

Hammer curls – Do 3 sets to 12 here. Flex hard at the top. Straighten your arms out completely at the bottom so we really crush your lower bi, especially after just doing preacher curls. **3 total work sets**

VBar pushdowns – On these do 10 reps, and try to go increasingly heavier each set just like last week. Do 4 sets. **4 total work sets**

Cable extensions – Last week we introduced this exercise. Let's do these again. Each set I want you to do 8 full range of motion reps and then 6 partials out of the stretched position (where your fist is closest to your face). Do 4 sets. **4 total work sets**

Incline EZ bar lying extensions/skullcrushers – Start with a weight you can get for around 20. Do 20 and then only rest 30 seconds between sets. Do as many reps as you can with the same weight. For example I did 21 reps, rested 30 seconds and did 13, rested 30 seconds and did 7, and then rested 30 seconds and did 5. **4 total work sets**

Calves - 7 sets:

Do this 2 times this week.

Standing calf raises – Same as last week. Do 10 reps, hold an flex at top for 10 seconds and repeat 2 more times for 1 set. After doing the heavy work for several weeks, this should shock the hell out of your calves. Do 3 sets like this. **3 total work sets.**

Seated toe raises – 4 sets of 8 with perfect form. A good stretch, and good contraction at the top. When you can't fully contract, do partials out of the bottom. **4 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.

Mountain Dog Training – Embrace Insanity – Program 8

This program will be a little different than previous programs in terms of how we view volume. The other programs (except program 7) waved volume up and down in terms of sets. In this one, we are going to increase volume as we go, but from a training days perspective, not from a workout set # perspective. We are going back to 4 days a week for 3 weeks, and then will increase the number of trainings days to 5 from 4 as our “volume bump” for the second phase that lasts 6 weeks. The last 3 week cycle we are then going back to 4 days a week. Through all of these weeks and phases, our total sets per workout will be the same as what we viewed as high volume before. This is just a different way of looking at overall volume. I believe at this point your work capacity has improved greatly, so this is another good step in training harder but smarter.

We will be using bands as always, much like we did in program 7, with more like a week on and week off approach. I like that approach I am seeing some very significant strength increases in people during program 7, and I believe this was a major reason why.

Get bands (the Mountain Dog band pack) from

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=3928>

Be prepared.....again..for all out war.

Week 12

Legs – 18 sets:

Seated leg curls – 2-3 warm up sets. Pyramid up. Rep scheme is 20, 15, 12, 9, and 6. Just straight sets this week. No partials or drops. **4 total work sets.**

Squats – Work your way up doing sets of 8. I want you to use a 3 second descent this week on all of your reps here. The heavier it gets, the more steady and in control you get. Keep moving up with the sets of 8 until you get a weight you can barely get 8 with. We will call this 4 work sets. Use your strongest stance, and go down to right around parallel. **4 total work sets**

Leg press – Again, a nice and heavy pyramid on these. Do sets of 8 with a 3 second descent on these as well. Just keep going up until you can barely get 8. We'll call this 4 sets. **4 total work sets**

Leg extensions – Ok, you knew at some point we would go crazy. Here we go. Use a very heavy weight and kick hard for 12 reps. On the next set do the same thing but tack on 10 partials after the 12 reps. On the 3rd and final set, kick 12 reps, drop the weight and kick 10 more, and then tack on 10 partials for the final teardrop smash. **3 total work sets**

Stiff legged deads – Do 3 sets of 10. Work the sets hard, and come all the way up and flex your glutes on each rep. **3 total work sets**

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

Machine press – Do plenty of warm ups and then work your way up doing sets of 8 like last week. When you get to the last set of 8, go balls out and see if you can do something insane. I usually do our whole stack for around 8, but I did 15 on this day. We'll call this 3 work sets. **3 total work sets.**

Decline smith press – We are going to repeat these this week, but move them up in the order. See if you can crush whatever weight you did last week. Really focus on a good controlled negative, especially on the heavier sets. Do sets of 8 all the way up until you can't get 8. Drive to ¾ lockout. **3 total work sets**

Incline dumbbell press – On these I want you to lower the dumbbell as far as you can and get a massive stretch and then blast up to 3.4 lockout and then right back down. Do 4 sets of 8 like this. The stretch is key. **4 total work sets.**

Stretch pushups – 3 sets to complete failure! **3 total work sets**

Bent over dumbbell raises – Do 6sets of 15 on these with a full range of motion and only 60 second breaks. **6 total work sets**

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

Cage press – Work up to a tough weight and do 3 sets of 5 with it. Set the bar on the pins and blast it up. Explode with the weight. **3 total work sets**

Vbar pushdowns – Do 6 sets of 10 with 60 second breaks. You don't need to flex hard, just keep grinding away with constant tension. **4 total work sets**

Back - 26 sets

Meadows row – After a few warm ups, grind out 4 sets of 8. Use 25's for maximum range of motion. Stretch out at the bottom! **4 total work sets.**

Wide grip pulldowns – Just regular pulldowns to the front. Bring these down low to your chest. Lean back a hair, and drive/ram your elbows down and flex your lats at the bottom. Do 4 sets of 8. **4 total work sets.**

Dumbbell Pullovers – Four sets of 10. Lower the weight slowly and feel your lats stretching big time. **4 total work sets.**

Banded chest supported/T-bar rows – Do these again this week!

On these you hook up two red mini bands on a Tbar that has a chest support. Do these explosively out of the bottom. Your back will contract hard regardless of whether you try to flex it or not!

Do 4 sets of 6. **4 total work sets.**

Dumbbell shrugs – Go as heavy as you can and still get a 1 second pause at the top. 3 sets of 10. **3 total work sets.**

Banded hyperextension – 3 sets to failure! **3 total work sets.**

Note: If you have a reverse hyper machine, do 3 sets of 12 there.

Chest - 8 sets / Shoulders – 8 sets (5th day) – Unless getting ready for a show (within 16 weeks) skip this!!!!!! Remember this is the time when overall weekly volume comes down.

Machine press – After warm ups do sets of 10 using a full range of motion. Get a good stretch and then a good hard 1 second flex.

Supersetted with

Dumbbell bent over side laterals – Do 20 reps here with lighter weight

Supersetted with

Over and backs w/ band – This is where we take a band and with our arms straight out in front rotate your shoulders until band is at your lower back, and the reverse and come back around to front. Video is on YouTube channel for these.

Do 4 rounds for 8 total sets. I don't count the over and back stretches sets, but they feel like it.

Pec minor dips – Do sets to failure.

Supersetted with

Dumbbell side laterals – You won't need to go real heavy, your shoulders will be on fire. Do sets of 12.

Do 4 rounds for 8 total sets.

Biceps - 12 sets / Triceps - 13 sets

Barbell curls w/ Grip4orce – After plenty of warm ups do 5 sets of 8. **5 total work sets**

Hammer curls curls – Use a little lighter weight than usual and go full range of motion. So let your arms straighten at the bottom, and then come up and flex. Rest 60 seconds between sets. Do 4 sets of 10. **4 total work sets**

Barbell preacher curls – 3 sets of 8 again with a nice slow negative and flex hard at top. **3 total work sets**

Rope pushdowns w/ Grip4orce – Get plenty of warm ups then do sets of 10 moving up in weight until you can't get 10. We'll count this as 3 sets. **3 total work sets**

Dip machine (seated) – Do these slow as usual. I want a nice 4 to 5 second eccentric/descent, then drive down but don't flex, start the descent again real slow. Do 4 sets of 15 like this. **4 total work sets**

Cable extensions – Now with a massive pump in our tris we do the cable extensions. Get 8 or 10 nice full range of motion reps, then use your opposite arm to help extend your arm (lock it out) for another 4 to 5 forced reps. Do 6 sets of these and your tris will be shot. **6 total work sets**

Calves - 7 sets:

Do this 2 times this week.

Standing calve raises – Do 10 reps, hold an flex at top for 10 seconds and repeat 2 more times for 1 set. Do 4 sets like this. **4 total work sets.**

Seated toe raises – 2 sets of 20 with perfect form. A good stretch, and good contraction at the top. When you can't fully contract, do partials out of the bottom. **2 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.

Mountain Dog training

OPTIONAL/PUMP DAYS – as recovery allows

BACK TRAINING

Here are the guidelines - just do this every week if using Program 17 or less. If you using program 18, scroll down.

Programs 1-17 and 20, 21 – use this template for back training.

Optional Back workout – 16 sets

- ***Your first exercise*** should be one of the following (try to pick exercises that you didn't do earlier in the week):

1. Meadows row
2. One arm barbell row
3. Dumbbell rows
4. Seated cable rows

I really like attachments that are medium wide, so that you can drive your elbows straight back. The extra inch added to range of motion does make a difference.

Do 4 sets 10 after a few good warm up sets. You should get 10 with good form. No reps should be sloppy.

- ***Your second exercise*** should be one of these:

1. Dumbbell pullovers
Use this form - <http://www.youtube.com/watch?v=CVz8KjQtXho>
2. Straight arm lat pulldowns.

On the pulldowns, try using two ropes the way I have them set up for my triceps pushdowns.

http://www.youtube.com/watch?v=LYv_Ww0WCOE

You will get more range of motion.

This will help you train your serratus too; which will help you spread your lats spread better. No sloppy reps. 4 sets of 10.

- ***Your 3rd exercise*** will be one of the following:

1. Regular pulldowns – Try to use a forced stretch if you have a partner. Use this form (2nd exercise) - <http://www.youtube.com/watch?v=Dme2KnhDJNY>
2. Neutral grip (palms facing each other but shoulder width) pulldowns
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin

5. Wide grip chin

You can also mix your grips up on the chins, maybe do 2 sets wide, and then 2 narrow.

Do all sets of chins to failure. If you can get more than 15 reps, start adding hanging some weight off of you.

I also like to use an assist/cheater machine on chins. These are awesome. You can use perfect form and really focus on lats!

On the pulldowns do 4 sets of 10.

This is an attachment I really like, that I believe is worth the investment.

Swiss bar:

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5065>

- Your 4th exercise will be one of the following:

1. One arm supinated pulldowns
2. Low cable rows (if you did not do them as the first exercise)

Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a pump/optional day. This workout is meant to add volume, but in a controlled manner.

I also didn't have any lower back work and that was intentional. Since you space out your heavy leg day and back day to keep your lower back fresh, this workout will have to be right around your heavy leg day. Let's keep your lower back fresh.

Program 18 or 19 – use this template.

You will pick 7 exercises. Every exercise should be with a slightly different grip hitting a different angle. If possible it should be different than your 7 exercises you did on your other back day. Do 3 sets of each exercise so 21 total sets. Reps are 8-12. Start at 12, add weight and do 10, then add weight and do 8. Use textbook form on everything. I want these to be ultra strict form with hard flexes and good stretches.

Structure

Rowing – Do 2 exercises that are rowing. Use 2 different grips on the exercises. This could be any free weight row or machine type row.

I like these (but you can use many other variations):

- 1) Hammer DY rows
 - 2) Supported chest t-bar rows with pronated and neutral grips
 - 3) Hammer low row machine (it's a pronated/neutral hybrid grip)
 - 4) Dumbbell rows (neutral grip)
 - 5) Meadows rows (pronated grip)
 - 6) One arm barbell rows (neutral grip)
-
-

Pulldown or chin – Do 2 exercises using 2 different grips.

I like these (but you can use many other variations):

- 1) Medium width pulldowns (neutral grip)
- 2) Chins on assist machine (pronated grip)
- 3) Single arm pulldowns (supinated grip)
- 4) Away facing pulldowns (neutral grip)

Do one exercise for lower traps/rhomboids

- 1) Supported t-bar or hammer row to do supine shrugs (for lower traps)
- 2) A rope face pull (I pull to chest and not face as seen in video below). This is my favorite low trap exercise.

https://www.youtube.com/watch?v=Q6shuaJl_A&list=UUmSEdfW3LpEKyLiCDWBDdVQ

Do one exercise for serratus and upper outer lats

- 1) Dumbbell Pullover
- 2) Rope straight arm pushdown (also engages lower lats)

Do one exercise for spinal erectors

- 1) Hyperextensions – rep scheme is to go to failure on these sets.
- 2) Banded good mornings (use “light” band) – rep scheme is to do 3 x 20 on these.

<https://www.youtube.com/watch?v=BdO-CM7AW0&list=PL2F8A4BD406176C34&index=4>

If you are using Program 18 or 19, you will do the above for back and also add in two bicep exercises.

Do 4 sets of each (so 8 total sets) – keep rest periods under a minute:

- 1) any stretching movement (since biceps are plenty warmed up) for 8 reps
 - a. Incline dumbbell curls (full range of motion)
 - b. Any type of preacher curl (machine, dumbbell, EZ curl, or barbell)
- 2) Brachialis movement for 10 reps
 - a. Hammer curl
 - b. Reverse curl

You have another choice here for back training!

Option #3 – Giant Set and Tri set combo – 28 sets

Giant Set

- 1) Smith machine bent over row
- 2) Dumbbell Pullover
- 3) Kettlebell (or dumbbell) row
- 4) Banded Chest/face pull

Do sets of 8 on all these. Do 4 rounds. See the video below for demonstration.

<https://www.youtube.com/watch?v=NWdfsg8XN5s&list=PLA808445EA052D63A&index=54>

Now onto the **TRI-SET!**

- 1) One-arm supinated pulldown
- 2) Front or rear pulldown
- 3) Try to simulate this exercise with cables – see video (3rd exercise)

Do sets of 8 on these. Do 4 rounds here too.

<https://www.youtube.com/watch?v=iu-UIvqg7-M>

This is a lot of sets so no biceps are to be done if you use this routine!

Optional Leg workout – 18 sets

You have many choices here!

Option #1 – Giant Sets / quad dominant

*****I realize you can't always have all the equipment you need at the time you need it, but you can see what I am trying to simulate here movement-wise, so just do the best you can to come close.

On these you will be doing these exercises back to back.

- 1) Front squats x 8 reps
- 2) Leg press x 10 reps
- 3) Hack squats x 6 reps with a slow descent
- 4) Leg extension x 8 reps with a 2 second flex at the top on each rep.

Take your time and do plenty of warm up sets. I might do 3 to 4 rounds just to get warm and get weight up to working sets on machines. None of these sets should be to absolute failure. The goal is to drive a massive amount of blood into your legs. Pump them like never before.

Once you are warmed up and ready to crank, do 4 rounds total. If you feel absolutely awesome do 6 rounds.

Finish this workout with 6 sets of 10 on the leg curl, just by itself.

Option #2 – Giant Sets / Ham dominant

*****I realize you can't always have all the equipment you need at the time you need it, but you can see what I am trying to simulate here movement-wise, so just do the best you can to come close.

On these you will be doing these exercises back to back.

- 1) Leg curls x 10
- 2) Stiff legged deadlift x 8 reps (only coming up $\frac{3}{4}$ of the way so you keep tension on hams)
- 3) Smith machine lunge x 8 reps on each leg
- 4) Smith machine squat with feet out wide and toes out for adductor stress x 6 (slow descent)

Take your time and do plenty of warm up sets. I might do 3 to 4 rounds just to get warm and get weight up. None of these sets should be to absolute failure. The goal is to drive a massive amount of blood into your legs. Pump them like never before.

Once you are warmed up and ready to crank, do 4 rounds total. If you feel absolutely awesome do 6 rounds.

Finish this workout with another 6 sets of 10 on the leg curl, just by itself. Try to use a different machine this time. So if you did seated first do lying here, or vice versa.

Option #3 – Overall leg focus

The way I want you to start these workouts is with a leg curl variation. You can do seated or lying. I want you to simply do 6 sets of 10 with a full range of motion after warm ups. No need to do partials and the other high intensity techniques I use on this day. It would be too much. **6 total work sets.**

Next you will move onto the adductor machine if you have one. I know I know, you are thinking this is girly. It's not. Wait until you see how good your squats feel with pumped adductors in addition to pumped hams. Talk about springing out of the bottom. Do 4 sets of 10 here. Try to work your weight up every week on these. You will be amazed at how you can pick up strength on these. **4 total work sets.**

Next I want you to move onto squats. I DO NOT want these to be heavy. I want these to be explosive to train your nervous system. If you take someone who is seriously overtrained, and give them short bouts of explosive exercise you can recover their CNS very quickly by the way. Anything that helps your CNS is valuable because the better it is, the better your chances of getting more fibers to actually fire!

Warm up well and do sets of 6 going up. When you get to a weight that is starting to grind you, meaning you can't explode, stop and you are done. Take small jumps so you can get quite a few sets in. I don't really have a set number for sets, but this is an example of how this would look when done correctly.

135 x 10 - warm up
185 x 10 warm up
225 x 6

245 x 6
275 x 6
295 x 6
315 x 6, and it start to get heavy so you stop.

Notice we didn't go from 225 straight to 315, so you get some sets in. We'll call this 4 sets. **4 total work sets.**

Lastly finish with your choice of hack squats, leg extension, or a leg press machine (not free weight leg press). Do 4 sets of 20 with a lighter weight and full range of motion. Just burn the muscle at this point and pump it until it is numb. Work a little quicker with shorter rest breaks to create metabolic stress. This creates new muscle growth as well. **4 total work sets.**

That's it. Afterwards, your legs should be completely full of blood, incredibly pumped. You had no real joint stress and didn't have a CNS beatdown during this routine. You will find it doesn't even make you sore, but it will help you grow!

Option #4 – Quad and hip flexor focused

If your quads are lagging, you will love this. It is simple, but very effective for quad growth.

This workout consists of 4 exercises.

First do leg extensions. Once you are warmed up, you will be doing 6 sets. Your first 3 sets will be done with your toes pointed back toward you to emphasize upper thigh (rectus femoris). Your next 3 sets will be done with your toes pointed down to emphasize lower thighs (Vastus medialis).

Set #1 – Do 20 with a 2 second pause at the top flexing.

Set #2 – Add weight and do 20 with a 1 second flex at the top.

Set #3 – Add weight and just do a quick flex at the top with no hold.

Sets 4-6 – Just pump all these. Add a little more weight to what you did in set 3 and stay there. Do 3 sets of 20 with it (this will be sets 4-6).

Next is front squats – I have never been a big front squatter because I can't hold the weight on my damn shoulders. Doing them now, you will need MUCH less weight as your quads will be very fatigued. On these put something under your heels (just a small raise) so you hit more quad. Use a good full range of motion going deep and simply pyramid up doing sets of 12 until you barely get 12.

Next up is something that will really help your Sartorius and hip flexors. I actually enjoy these. Do 3 set of 10 with each leg. Below is video so you can see execution (2 options). Also you can simply hook an ankle strap to your ankle and do these facing away from the weight stack on a cable crossover type set up.

<https://www.youtube.com/watch?v=0MB3upvEBNM>

Finish with 4 high rep sets of any leg curl variation. Do 4 sets of 15.

Option #5 – Overall leg focus

This workout consists of 3 exercises.

Start this workout with a leg curl variation. You can do seated or lying. I want you to simply do 3 sets of 15 with a full range of motion after warm ups. No need to do partials and the other high intensity techniques I use on this day. It would be too much. **3 total work sets.**

Superset time!

Next superset leg extensions with dumbbell squats. Once you are warmed up, you will be doing 6 sets of 10 on both the leg extension and squat.. Your first 3 sets will be done with your toes pointed back toward you to emphasize upper thigh (rectus femoris). Your next 3 sets will be done with your toes pointed down to emphasize lower thighs (Vastus medialis). Sit up straight on these! Do not lay back or forward and finish the extension lock out all the way at the top so that this hits hip flexors too.

This is to be Supersetted with

Dumbbell squats – Place your heels under something small and do sets of 10 here. Go deep and keep back tight. I have video of this combination on my YouTube under the leg playlist so you can see what I am after.

12 total sets from doing 6 supersets.

That's it!

Optional Chest and Shoulder workout – Do approximately 12-14 sets

Goal – The strategy for this workout is very simple. I want you to experience the most massive pump you can get without joint stress. This adds training frequency, but in an intelligent and safe manner, as well as enhanced recovery and local growth factors to the targeted muscle. We do not use barbells, and only rarely dumbbells on this day.

I have found that you can mix the order up of these exercises in any way you like, so don't be afraid to experiment!

CHEST

Option #1 – Straight sets

Here are the 5 chest exercises. Pick 3 or 4 if you are feeling great.

NOTE: Women do not use the chest portion of this. I do not believe it is necessary to train your chest twice a week. Instead focus on shoulders!

Machine press – Do as many warm ups as you need working your way using a nice full range of motion with a short flex at the top. Do sets of 10, and when you can't get 10 anymore, that will be enough. Don't take big increases in poundages, or you won't get enough sets in. I want the last 3 sets to be pretty tough. You can do these with a neutral or pronated grip. **3 total work sets**

Dumbbell hex press – I want you to find a weight that feels perfect for 12 reps and do 4 sets of 12. On every rep flex hard at the top, and then pause the dumbbells on your chest. **4 total work sets**

<http://www.youtube.com/watch?v=oL7Tb4ofKUI&list=PL2955620A11D03694&index=24>

Pec minor dips – Do all your sets to failure here. See how hard you can flex your pecs as you lift yourself up. Remember to drive blood in there. This is a tough movement to master but works well when you have done it.

Machine flyes – Do 3 sets of 10. On each rep flex hard in the contracted position. Don't let your arms bend back to beyond 90 degrees. Try to even turn your pinkies in a bit to get more lower peck flex. **3 total work sets**

Press fly dumbbell combination – On these, they are neither a true flye or press. You start the movement like a traditional dumbbell fly, as you lower the weight though, you bend your elbows so that your arms are in a L position when viewed from straight on. Normally on a fly you would get a slight bend in your elbows and then just lock into that position. Once you get into the L position at the bottom of the movement, you drive back up in the same arc you came down in. Use a 3 second eccentric on these. **Do 4 sets of 8.**

*** When you start your third exercise, I want you to begin to superset it with over and backs.*

Over and backs w/ band – You are going to go over and back 10 times each set.

<http://www.youtube.com/watch?v=vI5Fy-jIVH0&list=PLCB563F603BA85BBF&index=7>

Do 4 rounds.

Option #2 - Trisets

*****I realize you can't always have all the equipment you need at the time you need it, but you can see what I am trying to simulate here movement-wise, so just do the best you can to come close.

On these you will be doing these exercises back to back.

- 1) Hammer press (I prefer with bands to emphasize a hard contraction) x 8 reps
- 2) Hex press x 6-8 reps
- 3) Stretch pushups x Failure with a deep stretch

Take your time and do plenty of warm up sets. I might do 2 to 4 rounds just to get warm and get weight up to working sets on machines. All of the work sets should be to failure within the specified rep range. The goal is to drive a massive amount of blood into your pecs. Pump them like never before. Once warmed up do 4 rounds.

Option #3 - Trisets

On this option you will be doing these exercises back to back.

- 1) Twist press x 8-10 reps
- 2) Flat flyes with manual resistance on negative x 6-8 reps and then another 4 with added manual resistance
- 3) Hammer press (I prefer with bands to emphasize a hard contraction) x 8 reps

Once warmed up do 4 rounds.

SHOULDERS

For shoulders, follow this plan.

Option #1 – Straight sets

Machine laterals (for rear delts) – I want you to do 3 sets of 30 on these. You don't have to hold and flex. Get a good tempo going and just pump your rear delts as hard as you can. **3 total work sets**

*If you don't have a fly machine, so these with dumbbells. In that case do 3 sets of 20. **3 total work sets**

Dumbell side laterals – Do 4 strict sets of 10 reps. **4 total work sets**

** You can also do these with a machine

<https://www.youtube.com/watch?v=EgqwOYn-nMI>

Spidercrawls – Go up and down a wall 3 times for each set. Remember to force your hands ***as far apart as you can***. Don't let your hands come in close, and don't stand too close to the wall or it is too easy. Stand back, force your hands apart, and your delts will be on fire, I promise. **3 total work sets**

Use this form but push your hands apart further than I am in the video.

<http://www.youtube.com/watch?v=leKQCX-qvp8&list=PL2F8A4BD406176C34>

If you do not have a short red band from EliteFTS, do these:

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

<http://www.youtube.com/watch?v=E-cCXkSi7IQ&list=PL1F60A60A3E4E2E83&index=9>

Option #2 – Giant Sets

On these you will be doing these exercises back to back.

- 1) Machine rear delt with 2 second flex on every rep x 12 reps
- 2) Seated dumbell side lateral x 6-8 reps
- 3) Band pullapart/facepull x 10 reps
- 4) Dumbell press x 8 reps

Go right into your work sets. All of the work sets should be failure within the specified rep range but have PERFECT form. No sloppy form is tolerated on these. The goal is to drive a massive amount of blood into your shoulders. Pump them like never before. Do 4 rounds

If you are using Program 18 or 19, you will do the above but also add in two triceps exercises.

Do 4 sets of each (so 8 total sets) – keep rest periods under a minute:

- 3) any pushdown variation for 12 reps
- 4) any stretching movement for 10 reps
 - a. Lying or incline extension/skullcrushers
 - b. Seated overhead rope extensions