

Program 9 - Muscular Demolition

This is a 5 day a week program. The goal is simple, get huge. I don't care if you are dieting, bulking, or whatever you call it, the purpose of training should be to develop muscle, and that's the environment we are going to create.

I realize there is a lot of chain work in the program, and that might not be possible for you. You can simulate the effect by reverse banding these exercises (bench, squat, deads)!!!

If you don't have bands, that's ok too, just use the temp I have described to execute the exercise.

Week 1

Legs – 18 sets:

Seated leg curls – 2-3 warm up sets. Work your way up doing sets of 8. I want 3 hard sets of 8 that you execute with perfect form. I don't want your hips popping off the pad. On the 4th set our goal is to drive as much blood in your hams as humanly possible. I want you to do 8 full reps again, but then do an additional 25 reps of partials out of the stretched position. You should only be moving the weight 4 to 6 inches on the partials. The more blood in your hams the better. **4 total work sets.**

Goal – Pump in your hams – engorge the muscle with blood.

Chain Squats – Chains are my favorite way to train the CNS on squats. I want you to pay attention when you do these. I want you to really think about how you feel throughout the rep. How much speed can you generate, how heavy does the weight feel, etc. When you add the chains, continue to do this. What I am specifically looking for is a set, or a moment where all of a sudden the weight feels lighter and you are accelerating faster. This is a good sign that your nervous system is fully engaged. For me, this usually happens when I start adding chains. You can no longer use the same force throughout the rep, you have to blast through the rep harder as you go, due to the chains lifting and the extra weight this adds. When you feel this, back your reps down to 6 ok. Weight wise, work up to a weight that is around 60% of what you can do for 6.

For example, if you can do 550 for 6, do something around 330 for 6 as your last set without chains. Now here is where it gets fun. Once you have worked up to your weight, each set we are going to add a chain on each side. We are going to keep adding chains until you lose your explosiveness. This could be 3 sets with chains, or maybe 5, we'll see. I am going to take the middle road and guess 4 sets. **4 total work sets.**

NOTE: The way you load the chains is important. I want you to have 3 to 5 links touching the ground when you are standing straight up. When you descend, you should get low enough to where you feel the bar lighten up as the chains deload – then BLAST back up.

Goal – Explosive reps. Drive up as hard as you can.

Leg press – Take a weight that is about 60% of what you might work up to for 10 reps. So if you do say 10 plates on each side for 10 reps, I want you to start these with 6 plates. **1 total work set.**

Do 4 reps per set. After each 4 reps, add a plate on each side. For example, do 6 plates for 4 reps, hold the lockout while your partners add another plate and do 4 more. Keep doing this until you can barely get your 4. I want you train with your heart this set. Give it all you have.

Use a range of motion that is not too deep and stressful to lower back, and don't lock out each rep. You can lock out on each rep while additional weight is being loaded. If you do this right your legs will be ALMOST as full of blood as they can get....but not quite.

Goal – I want constant tension and more importantly, I want you to do this because your body will not know what hit it.

Leg extension – On these I want you to kick the weight out as hard as you can, and hold it and flex your quads hard for 2 seconds on each rep. Do 15 reps like this for set #1.

After set #1 – I want you to stretch your quads. I just put my ankle up on a flat bench and knee on the ground and try to gently straighten my spine and sit up straight (arch chest). You will feel this in quads and hip flexors. Hold the stretch for 10 seconds on each leg.

Now on to set #2. Add some weight and do 10 reps with a 2 second flex. Repeat the stretch but hold it for 20 seconds this time.

Pump set – On set #3, I want you to forget the flexes, just move the weight through a full range of motion (don't let your ankles get underneath you at the bottom obviously). I want you to do 20 reps this way. Stand up for 5 seconds and get right back down and do 15 partials out of the bottom. If you have done this correctly, this will engorge your entire quad full of blood. Now hit the stretch for 30 seconds.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

3 total work sets.

Dumbbell stiff legged deads – Your entire upper leg should be pumped and brutalized, BUT, we still have something left to do. I want you to do 2 higher rep sets of stiff legged deads with dumbbells to really stretch out your hams. Bend your knees a little at the bottom. Do 2 sets of 15. **2 total work sets.**

Goal – Stretch your hams out with weight, and work from a different joint angle.

Standing calve raises – Do 10 reps, hold an flex at top for 10 seconds and repeat 2 more times for 1 set. This means you will do a total of 30 reps and have 30 seconds of static holds at top. Do this 2 times. **2 total work sets.**

Supersetted with

Dorsiflexion - After each set of calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Chest - 10 sets / Shoulders – 9 sets

Dumbbell press on a slight incline – I want you to put 2 25 lb plates beside each other and set up one end of a bench on them. This is to get a slight incline. This slight incline will open up your whole chest more to do work. Get a good stretch at the bottom, and drive up to lockout. Flex for 1 second at the top in the contracted position. After some light warm ups, proceed up doing sets of 8. Keep going up until on your last set you can just barely get 8. Once it starts getting heavy, make slight bumps in weight ok. For example, you might do 3 warm ups, then the 75's feel moderately tough, but not a cakewalk, so just go up 5 to 10 lbs a set. Don't go from say 75 straight to 100. We'll call this 4 work sets, as the first three will not be too failure, but won't be easy either. **4 total work sets**

Goal – Start with a dumbbell movement to get some blood flowing and to grease your joints up for the explosive work.

Chain Bench Press – I want you to hook up two chains on the bar first. They will be on the inside of the plates. Just like with the squat, at lockout I want you to have 3-5 links touching the ground. Also, just like the squat, it's time to train explosive. This doesn't mean grinding out reps, it means firing off your chest so hard that at no point in the ROM does the bar slow down. On these, pause on your chest for 1 second that blast up. You don't have to lockout, blast off to about ¾ lockout then come right back down. Use a weight that allows 5 sets of 5 done in this style. **5 total work sets**

Goal – Explosive reps. Drive up as hard as you can.

Incline barbell press – Try to use only a 20-25 degree angle if possible. Do 1 or 2 sets of 4 reps to get to a weight that is a tough 6. I want you to stay there and do 3 sets with it. Do not lock out on these either. I want you stop about 2 inches short of touching your chest, and then drive up to ¾ lockout. Do sets of 6 up to a weight that you can barely get for 6. We'll call this 3 sets. The range of motion also has the nice benefit of not overtaxing your pec insertions or rotator cuff. **3 total work sets**

Goal – I want constant tension with a tough weight.

Ladder pushups on a cambered bar – Set up the cambered bar in a squat rack on some pins down at the bottom. Set another pair of pins up about 6 inches, and then another about another 6 inches up. You are going to do pushups into the camber on the bar on the low setting until you get to about 2-3 reps short of failure, and then move the bar up to the second setting where it's easier and do the same, and then set it up higher on the last setting and go all out to failure. Try to get deep into the camber but don't force the range of motion, just get a good stretch. Also don't let your lower back sway, keep it straight and tight. Do

this two times! On the second set, I want you to beat what you did on the first one – it's gonna take heart and pain tolerance, but do it. **2 total work sets**

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Dumbbell side laterals – On to shoulders. Do 1 warm up set of 10 to change gears and get your shoulders ready to go. Do these seated. Put a slight bend in your elbows, lock your arms into place, and bring your arms straight out to the side, not in front, not in back, straight out to the side. Pay attention to your traps, if you are shrugging at all, it's too heavy. I want shoulder work, not traps. The tempo on these is to just go up and down until you hit 12 reps. Do 3 sets of 12. Remember, don't shrug, and raise the dumbbells with your shoulders. **3 total work sets.**

Goal – Constant tension on your side delts.

Cage press – Set up pins in a squat rack to about nose level. Now set a bar down on the pins. You are going to push the bar back to the back of the squat rack so that it actually rides up the rack as you press, it's similar to a Smith machine, but better this way. Stagger your stance so that you can balance yourself. Wear a belt to keep your lower back safe. Get under the bar and press it up explosively as it rides up the rack. Bring the weight back down and set it on the pins, take a deep breath and fire it back up. Lock these out too. I want 5 sets of 5 done this way. **5 total work sets.**

Goal – Explosive reps. Drive up as hard as you can.

Rear delt destroyer set – Before you do this set, look in the mirror at your rear delts. You are about to make it stick out an extra inch or two from this set. Rear delts grow fast off high reps. This requires pain tolerance, and heart, but it will pay off. You are going to do rear delt raises while laying face down on an incline pad. Now here is the key to these, we are only going to do partial reps. I call these hang and swings. Straighten your arms out, all the way. When you do the partial, just bring the weight up about 6 to 8 inches. Don't lift the weight with your lats, your traps, etc. Just hinge off your shoulder. Your rear delts will contract, they have to if your arms are hanging straight.

Ok so here we go. Pick a weight that you might do for 6 reps on a regular side lateral. You are going to do 60 reps. Remember these are just swings. When it starts burning at 30, just close your eyes, and keep the weight moving, I don't care if they are moving 1 inch, just keep it moving. Relax your traps, keep your arms straight, and swing, say it over and over during your set. After 60 cut the weight in half, take 5 deep breaths and do 30 more. After this, cut the weight in half again, and do 10 reps.

Now stand up, and look in the mirror at your rear delts. **1 total work set.**

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Back - 19 sets

One-arm barbell rows – Use 25 lb plates to allow for a better stretch at the bottom of the movement. Don't sit so that your back is totally parallel to the ground, stay a little above that. Keep your torso from dropping and let your arm come down and feel your scapulae stretch as you reach for the ground. Your lats don't usually get this kind of stretch, and they will begin pooling with blood fast. Do these rhythmically, up and down. I want you to feel a lot of tension and compression with these. This is what the barbell allows for that a dumbbell doesn't. These work best when the hip on the side you are working is raised a few inches higher than the other hip. The angle of your body will pre-stretch your lower lat, and you will feel your entire lat from top to bottom doing these. Do 4 sets of 8. **4 total work sets.**

Goal – Get some blood flowing and gear you up for the explosive work.

Smith machine rows – Set the stops so that the bar is about 2-3 inches below the knee. In some Smith machines you may have to stand on a plate. Don't lean down so far your back is completely parallel with the ground on these either. The beauty of using the Smith machine here, is it allows you to RAM your elbows up hard. Most barbell rows turn into sloppy curls. You can lock your body into place, and literally only think about driving your elbows up using the Smith for these. Your arms will simply be attachments to the bar. Do these explosively. I want 4 sets of 6. If you are grinding and can't drive the weight up with speed, it's too heavy. **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can.

Dumbbell pullovers – I want you to lay on a bench not across it. Lay on the bench so that your head is actually slightly dangling off. Get a slight bend in your elbows, and then lock your arms into place. Slowly descend on these. The object isn't to force a stretch, and go so far down that you actually lose lat tension (and risk injury), I want constant tension. So just find that spot going down slowly where you can only feel your lats working. When you do these right, you can also feel your serratus pulling. A key part of this is to only come up to the top of your head too (right above forehead). If you go further, you will lose lat tension. Do 4 sets of 10. These also have the nice side benefit of allowing your lats to expand further out to the side due to the relationship your serratus and lats have. **4 total work sets**

Goal – Constant tension on your lats.

Dumbbell shrugs – On these you are going to shrug the weight up, and hold it for a 3 second count. I want 3 sets of 12 like this. Your traps should be blown up by the time you finish your second set. Your traps aren't used to holding weight in the contracted position like this. It will shock them, and engorge them with blood. **3 total work sets.**

Goal – Bloodflow and pump into your traps.

Chain deadlifts – Now that your lats and traps are fully engorged with blood, we are going to repeat a second explosive movement. There is no rule that says you have to do only one movement explosively, and this will train your lower back, hams, and glutes as well. Do sets of 3 to get to a weight that you are able to normally get 10 with. Every rep should fire off the ground and not slow down at all. Now start adding chains 2 at a time on each side. Keep adding chains in this manner until you feel your speed slow down a TINY bit. To give you an example of what I do, I only use 225 on the bar, and I add 2 sets of chains a side until we get to 10 chains a side. The reps are still explosive though.

Now this is where it gets fun. For your last set, forget the 3 reps, I want you to go all out, and get as many explosive reps as you can. This should be your hardest set of the day. I will often do 20-25 reps on this last set. You will get to the point where you grind a little, and your glutes might be on fire as well, but that's OK!!! Just keep cranking. You'll know when it's time to stop because you'll know you will lose form if you do another rep. Wear a belt and stay tight of course. Do something that you don't think you can normally do. Walk away from this set feeling like a warrior. We'll call this 4 sets, as you will probably have at least 3 good strong sets with the chains going up, and then the annihilator set at the end. **4 total work sets**

Goal – I want your entire backside pumped after this set. Your lats, traps, glutes, EVERYTHING! The more blood, the better the effect. Plus we get the added benefit of more explosive work. This is one of the most productive exercises you will do in the entire program for overall body size, athleticism, and explosiveness. Test your vertical leap after a few weeks of doing these, you'll be in for a surprise.

Chest - 8 sets / Shoulders – 8 sets (pumping day)

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. It's also pretty cool to see how swollen your chest and delts will get.

Machine press – After a few warm ups do 4 sets of 12 using a full range of motion. Get a good stretch and then a good hard 1 second flex. I want you to use a neutral grip where your palms face each other. Work the stretch at the bottom. When you get to the deepest point, make sure your sternum is "lifted", and that you are arched. You will feel an awesome stretch right in the middle of your chest on the sternal fibers when you do this right. Make sure you flex for 1 second in the contracted position too. Drive blood in there! Use the same weight for each set unless you lose 4 or so reps (lighten it some if you do). If you lose a rep or two, that's ok. Execute these perfectly. **4 total work sets**

Supersetted with

Over and backs w/ band – Once you feel your chest is pumped, and pretty full of blood, we start using this exercise/stretch as a superset. You will do this the remainder of the workout.

This is where you take a band and with your arms straight out in front rotate your shoulders until band goes over your head and rests at your lower back, and the reverse and come back around to front.

Pec minor dips – This is a dip style in which you actually lock your arms, and keep them locked throughout the movement. You do a sort of reverse shrug and let your body drift down, and then you pull yourself up by only flexing your pecs. It's a short range of motion. When you do this right, you will feel an awesome contraction in your lower, and especially lower and inner pecs. This is working deeper fibers than that, but that is where you feel the flex. Play around with your grip on these. Some do better a little wider, and some really close. If you have a really hard time getting the hang of these, here is simple way to get it. Stand away from or even in a dipping type machine. Just lock the weight out and simulate the movement. Push down by flexing your pecs. It's different, but teaches you to lock your arms and only use your pecs. Do 4 sets to failure. Most people do 10-12 of these when using proper form.

Supersetted with

Over and backs w/ band – Keep on going with these.

Dumbbell bent over side laterals – Earlier in the week we did a “destroyer set”. Now we are going to do a standard bent over lateral, with a few variations. Pick a weight you can do 15-20 with using a full range of motion, and then continue the set to 30 using only partials (hang and swing technique). This is a way to extend the set by using your rear delts, instead of using your traps and lats. If you do it right, it will feel like a swarm of hornets just stung your rear delts. Do 4 sets like this. **4 total work sets**

Over and backs w/ band – Keep on going with these.

Spidercrawls – This exercise will continue to hammer your rear delts, but is also a great movement for shoulder and rotator health. You are going to get a short band. You put your hands on the inside like you are handcuffed. Now place your hands against the wall, just like you are under arrest. Spread your wrists as far apart as you can. You want max band tension trying to pull your wrists back together. Fight it. Walk your hands straight down the wall until you get below your belt, and then walk back up to over your head. Keep going for 45 seconds straight. Do 4 rounds. **4 total work sets**

Over and backs w/ band – And again, keep going with these.

Biceps - 12 sets / Triceps - 12 sets

Goal – The strategy for arm training is for maximum pump. One of the most important things to note, is that while progressive resistance may be great for many of the things we do, I do not want you trying to go heavier and heavier on arms. If you can do more weight that's fine, but if you start to cheat, swing heavy weight, etc, coupled with all the chest and back training we do, you will likely develop some inflammation in your elbows. Unfortunately, I learned this the hard way. Don't make the same mistakes I did.

Take as many sets as you need to warm up. Don't do a single working set if you are stiff and in pain. If you can't get “warmed up”, you probably shouldn't even be doing arm training, but that's rare, and can be fixed.

Superset #1

Rope pushdowns – Keep a nice continuous tension pumping style doing these. Don't ram the weight down, let it fly back up etc. Control the weight. Flex your tris at the bottom, and let the rope ride up high, to get a good full range of motion stretch. Shoot for 12-15 reps.

Superset with

Dumbbell curls – Keep your palms up the entire time. Do one arm at a time. Do 8 reps and on these lower the weight with a 3 second descent on each rep. No swinging here, be in total control. The 3 second descents are tough, and it won't take long for your bis to start filling with blood.

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

Superset #2

Barbell curl – Do 8 reps here as well. Find the sweet spot in your range of motion here. You don't have to let your arms completely straighten at the bottom, and you don't have to touch your forehead with the bar on the way up. That's nonsense. Use the range of motion where you can feel the muscle tension lock in, and just stay right there and work.

Superset with

Dip machine – I want you to use a 3 second descent on these like you did with the dumbbell curls. As the weight is coming up, count to 3, then drive down and flex. Again, use nice smooth and controlled movements. Do sets of 8.

Do 4 rounds. Only rest 30 seconds after dip machine work, then start again.

Superset #3

Decline lying barbell extensions – Any kind of lying extension we do, will always be done last. No exercise beats up elbows as much as lying extensions done early in a routine, and especially if done heavy. BUT, if you do them AFTER you have a really good triceps pump, and your elbows are greased, these are awesome for building triceps thickness with no elbow pain. Some weeks we will do these on an incline and some weeks on a slight decline. Both allow you to stretch really well. For this week you are going to use a slight decline. I just lower a sit up bench all the way down and do it on those. Lower to your nose, and drive straight up to $\frac{3}{4}$ lockout. Don't force your elbows in unnaturally as the weight descends, or flare your elbows straight out either. Do sets of 15 on these. Sequencing tricep exercises with a lot of flexing type movements first, and finishing with stretching type movements second, will produce arm growth, and I bet your elbows will feel the best they have felt in years (if you have issues).

Superset with

Hammer curls – We can't forget to train your brachialis muscle. This is the little bubble looking muscle that sits in between your bicep and tricep on the outside. When you develop this, it has this visual affect where your arms look wider from your biceps and triceps being further apart. It is a very impressive, thick, gnarly muscle when fully developed too. Do 10 reps here.

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

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 this anytime in addition to the calf work on leg day.

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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I realize there is a lot of chain work in the program, and that might not be possible for you. You can simulate the effect by reverse banding these exercises (bench, squat, deads)!!!

Week 2

Legs – 20 sets:

Lying leg curls – Do 2-4 warm up sets to get you started. Start with a working set of 12. On your next set add a little weight and do 10. On your third set add a little weight and do 8. On all of these sets I want you to have someone very gently push down on your lower back so that your hips are down and hamstrings doing the work. On your 4th set (dropset), I want you to do the same weight you did for 8, but don't stop there. Drop the weight down, and down do another 8. You still aren't done. Drop the weight down again and go to failure. The goal is another 10-20 reps, so push yourself, but use perfect form so we get your hams as pumped as we can. **4 total work sets.**

Goal – Pump in your hams – engorge the muscle with blood.

Chain Squats – We are doing these again this week for sets of 6. The only change I want you to make, is to use a different bar (could be a Buffalo bar, or Safety Squat bar, or even a Spider bar if you are one of the few that has one). This will change the mechanics of the squat slightly, but our goal is still to perform explosive reps! Remember, look for that “switch” when you feel the weight all of a sudden get lighter out of the bottom, and your explosiveness increases. Always keep that in mind when doing these.

As with last week, once you have worked up to your weight, each set we are going to add a chain on each side. We are going to keep adding chains until you lose your explosiveness. This could be 3 sets with chains, or maybe 5, we'll see. It'll be interesting to see how this compares to last week and where you ended up! For now, we'll call this 4 work sets. **4 total work sets.**

REMINDER: The way you load the chains is important. I want you to have 3 to 5 links touching the ground when you are standing straight up. When you descend, you should get low enough to where you feel the bar lighten up as the chains deload – then BLAST back up.

Goal – Explosive reps. Drive up as hard as you can.

Banded leg press – This are a very tough way to leg press. On these you will be doing sets of 8. Do not lock these out, and fire away like a piston. Up and down non-stop. Don't drop the weight as it goes down against the band pressure, or you just lost the reason for doing them on in the first place. Control the

weight as it goes down and ram up to $\frac{3}{4}$ lockout and then right back down. Get to your working weight in a few sets. You should be very warm from the squats. Do 4 sets of 8 with it. **4 total work sets.**

NOTE: I want you to attach 1 Pro mini band on each side this week. We will work up to more, but just one band will provide the eccentric overload and the constant tension we are looking for.

Goal – I want constant tension and some eccentric overload via the bands. It's a shock to the muscle.

1.25 hack squats – On these you are going to go all the way down, very deep and come up only $\frac{1}{4}$ of the way, and then right back down and the up all the way. I call this 1.25's or 1 & $\frac{1}{4}$ s.

For the first set I want you to get the feel of the movement. Place your feet where it feels most comfortable for you on the platform. For most people it's slightly wider than shoulder width with toes slightly pointed out. Use this first set to find your perfect groove. Do a set of 10.

Now on to set #2. We add weight and do a set of 8. Again, these are 1.25 reps!

Pump set – On set #3, I want you to use the same weight you did for 8 reps and do 8 again. Now drop the weight and do another 4 to 6 immediately. Finally drop the weight again, and get as many as you can. On this last drop, I DO want you to stop and lockout when you get tired. Let the blood rush in there, and hit another rep and rest. Just keep going until know you are done.

Stretches - In between each set of hacks, stretch your quads intensely for 30 seconds!

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

3 total work sets.

Barbell stiff legged deads – This is just like last week, but use a barbell this week! Come all the way up and flex your glutes too! Remember to bend your knees a little at the bottom. Do 2 sets of 15. **2 total work sets.**

Goal – Stretch your hams out with weight, and work from a different joint angle. Load a stretched muscle!

Standing calve raises – We are going to do 3 sets this week of these instead of 2! Do 10 reps, hold and flex at top for 10 seconds and repeat 2 more times for 1 set. This means you will do a total of 30 reps and have 30 seconds of static holds at top. Do this 3 times. **3 total work sets.**

Supersetted with

Dorsiflexion - After each set of calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Chest - 14 sets / Shoulders – 11 sets

Dumbbell press on a slight decline – On these I want a slight decline. I am not a fan of steep decline angles due to the shoulder stress that comes with it. I typically just place a sit up bench on the lowest setting and use it. Move up in weight doing 8 reps a set until you reach a weight that is semi-tough 8. Semi-tough meaning you could get another rep or two if needed. Now stick with this weight and hammer out 4 total sets of 8 with it. Make sure you get a nice full stretch at the bottom, and then drive to lockout for a 2 second flex. **4 total work sets**

Goal – Start with a dumbbell movement to get some blood flowing and to grease your joints up for the explosive work.

Reverse band bench press – On these we are going to do sets of 5. The bands will help you get the weight out of the bottom, and you just blast through the reps explosively to lock out. Don't use a weight that is so heavy you have to slowly grind through the rep. You will be able to use significantly more weight than you normally do however due to the band assistance at bottom. This is going to allow you to work with heavier weight through the ROM, without the huge pec insertion/shoulder stress at the bottom of the movement that has torn many a pec. I want the weight to fly off your chest and accelerate, but do not bounce it! Control it. You should get to your first set in 2-3 sets of going up. On each set after, keep adding some weight. I still want perfect form, and explosiveness. Once you add weight and you can feel your speed slow down, that will be your last set. Try to make this about 4 good solid working sets. **4 total work sets**

Note: Use the thick orange bands from EliteFTS on these.

Goal – Explosive reps. Drive up as hard as you can.

Incline barbell press – We are going to do these again this week. This exercise is one that we will be including most of the time. Remember to try to use only a 20-25 degree angle if possible. Do 1 or 2 sets of 4 reps to get to a weight that is a tough 6. I want you to stay there and do 3 sets with it. Do not lock out on these either. I want you stop about 2 inches short of touching your chest, and then drive up to 3/4 lockout. Do sets of 6 up to a weight that you can barely get for 6. We'll call this 3 sets. The range of motion also has the nice benefit of not overtaxing your pec insertions or rotator cuff. **3 total work sets**

Goal – I want constant tension with a tough weight.

Stretch pushups with chains – On these you are going to set two aerobic step benches on one side (stacked, and 2 on the other). You will put one hand on stack, and one hand on the other. So in other words, you are just elevating the floor to allow for deep full range of motion pushups. Also elevate your feet on a box that is 8-12 inches high. When you do these, keep your chin up, and don't let your lower back sway. Start with just your bodyweight + 1 chain across your shoulder blades and see how you do. Get as many reps as you can. If you get at least 15, keep the chain on, if not take it off for your next two sets. You are doing 3 total to failure. **3 total work sets**

Stretches - In between each set of pushups, and want you to do a chest stretch for 30 seconds. I like to sit on a bench, have a partner put their knee in my back, straighten my arms, and have them pull back (like make a wish), until I feel a searing burn in my chest, and then hold it.

Goal – *Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.*

Dumbbell rear side laterals – On these I want a full range of motion, and not the partial hang and swing technique. Pick a weight that you can do 20 reps with. Remember to not squeeze your traps and lats during these. If you feel these muscles contracting, lighten up so you can isolate your rear delts better. Do 3 sets of 20. **3 total work sets.**

Goal – *Get blood moving into your shoulders and begin to get a nice “pump”.*

Face pulls with band – Use a long skinny microband and hold each contraction for 2 seconds. Make your rear delts stop and hold the weight. This will force even more blood in them. Do 3 sets of 12 this way. **3 total work sets.**

Goal – *Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better, and also to work an exercise that makes sure we don’t get “imbalanced” from all the pressing we do.*

Cage press – Just like last week! Set up pins in a squat rack to about nose level. Now set a bar down on the pins. You are going to push the bar back to the back of the squat rack so that it actually rides up the rack as you press, it’s similar to a Smith machine, but better this way. Stagger your stance so that you can balance yourself. Wear a belt to keep your lower back safe. Get under the bar and press it up explosively as it rides up the rack. Bring the weight back down and set it on the pins, take a deep breath and fire it back up. Lock these out too. I want 5 sets of 5 done this way. **5 total work sets.**

Goal – *Explosive reps. Drive up as hard as you can. We are training here on a pumped muscle!*

Back - 17 sets

Meadows rows – On these you can use a standard T-bar or a bar that is locked into a “landmine”. Those are the square plates that sit on the floor that you can stick one end of a bar in. You are going to be holding the other end of the bar (wearing straps) where the weight is loaded. Load it with 25 lb plates to get the best stretch. Last week we stood right beside the bar, parallel to it, and did the one arm barbell

rows. Now you stand perpendicular to the bar forming a “T”. Load the 25’s as you go, grab the thick end outside of the plates and go to work. Just like last week, on the side you are rowing with, I want you to raise that hip up a little to create more of a pre-stretched lat. Keep your upper body locked into place and let your scapulae release and stretch at the bottom. If you do this right, you will even feel it deep in your serratus. Once you are warmed up, find a good weight and do 3 hard sets of 8 with it. **3 total work sets.**

Goal – Get some blood flowing and gear you up for the explosive work.

Banded supported rows – This is where you use a machine where your chest sits on a pad, and you row for your back. With some ingenuity, you can “band” these, and as you are driving the weight back (or up depending on the angle of the machine), the weight will get heavier, and you will feel an intense contraction. These are meant to be done explosively though! Going slow or at a steady pace will just engage and tire out your arms and delts. Ram the weight back and you will feel your entire back contract! It won’t take much weight with the bands. Do 4 sets of 6 on these. **4 total work sets.**

Note: Use a long red pro mini on each side when you do these. You need to use two to balance the bar so it doesn’t pull off to one side excessively.

Goal – Explosive reps. Drive up as hard as you can.

Stretch pulldowns – These are regular pulldowns down with a few tweaks. Use a little heavier weight than normal, and use a really wide grip (all the way out to the end of the lat bar). Only pull it down to the top of your head, and then let it come back up and stretch you. It actually pulls me out of my seat some. Keep your reps at 8. If you go higher on your reps, your biceps will start to take over. When you are stretching at the top, relax your scapulae, and really let everything spread out and stretch. This is the key to this exercise. I sometimes refer to these as scapulae stretch pulldowns too. Do 3 sets of 8. **3 total work sets**

Goal – I want a massive stretch on your lats.

Dumbbell shrugs – This is the same as last week! On these you are going to shrug the weight up, and hold it for a 3 second count. I want 3 sets of 12 like this. Your traps should be blown up by the time you finish your second set. Your traps aren’t used to holding weight in the contracted position like this. It will shock them, and engorge them with blood. **3 total work sets.**

Goal – Bloodflow and pump into your traps.

Chain deadlifts – Do sets of 3 to get to a weight that you are able to normally get 10 with. Every rep should fire off the ground and not slow down at all. Now start adding chains 2 at a time on each side. Keep adding chains in this manner until you feel your speed slow down a TINY bit. To give you an example of what I do, I only use 225 on the bar, and I add 2 sets of chains a side until we get to 10 chains a side. The reps are still explosive though.

Now this is where it gets fun (again), I want you to beat the number you did last week on your high rep set. This should be your hardest set of the day. We'll call this 4 sets, as you will probably have at least 3 good strong sets with the chains going up, and then the annihilator set at the end. **4 total work sets**

Goal – I want your entire backside pumped after this set. Your lats, traps, glutes, EVERYTHING! The more blood, the better the effect. Plus we get the added benefit of more explosive work. This is one of the most productive exercises you will do in the entire program for overall body size, athleticism, and explosiveness. Test your vertical leap after a few weeks of doing these, you'll be in for a surprise.

Chest - 12 sets / Shoulders – 11 sets (pumping day)

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.

Machine press – This is the same as last week. After a few warm ups do 4 sets of 12 using a full range of motion. Get a good stretch and then a good hard 1 second flex. I want you to use a neutral grip where your palms face each other. Work the stretch at the bottom. When you get to the deepest point, make sure your sternum is "lifted", and that you are arched. You will feel an awesome stretch right in the middle of your chest on the sternal fibers when you do this right. Make sure you flex for 1 second in the contracted position too. Drive blood in there! Use the same weight for each set unless you lose 4 or so reps (lighten it some if you do). If you lose a rep or two, that's ok. Execute these perfectly. **4 total work sets**

Pec minor dips – This is the same as last week except we are going to try and add a little extra resistance on the way down. If you are able to get 10 good reps, I want you to try and attach a little weight to you this week via dip belt. It doesn't have to be much. A 25lb plate is plenty. Focus on keeping your arms straight and flexing your pecs! We are going to superset these with a rear delt exercise.

Supersetted with

Dumbbell bent over side laterals – On these I want you to do sets of 20. Remember to not use your traps, or back, just hinge off your shoulder joint and flex your rear delts. It won't take much weight. I typically use 20-30's on these.

Do 4 supersets for 8 total sets.

Dumbbell hex press – On these you will lay on a flat bench and push two hex dumbbells together. They need to stay on contact with each other the whole set. Think of it this way, try to smash them together. You will have a neutral grip on these (palms facing each other). Lower the dumbbells to your chest, and then drive up and flex hard. Smashing the dumbbells together is what provides the magic in this exercise. The neutral grip also helps you avoid any extra shoulder stress on this day. Do 10 hard reps. The weight

you use will be about 50% of what you would normally do for a 10 rep set. You are going to superset these with facepulls.

Supersetted with

Facepulls w/ a band – Grab a micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Do 10 reps like this.

Do 4 supersets for 8 total sets.

6 ways – Ok, are you ready to put the finishing touch on your delts? Grab two light dumbbells and sit down. Take the dumbbells out to the side simulating a side lateral, and then horizontally bring them together in front of you. They should be at about chest level. Now raise them straight over your head. You will feel a massive flex in your front delt. Now lower back to chest level, and then swivel them back out to the side lateral position, and finally drop them back down to your side. That is one rep. Do 3 sets of 10. Superset these with over and backs!

Supersetted with

Over and backs w/ band – You are going to go over and back 20 times each set. I expect your delts to be in a pumped and swollen state that they have never been before after this combination.

Do 3 supersets for 6 total sets.

Biceps - 12 sets / Triceps - 12 sets

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need to warm up. Don't do a single working set if you are stiff and in pain. If you can't get "warmed up", you probably shouldn't even be doing arm training, but that's rare, and can be fixed.

Superset #1

Rope pushdowns – Keep a nice continuous tension pumping style doing these. You don't have to spread your hands apart at the bottom as usually prescribed for this exercise. I would rather your hands be locked into position pretty close together through the whole rep. Don't ram the weight down, let it fly back up etc. Control the weight. Flex your tris at the bottom, and let the rope ride up high, to get a good full range of motion stretch. Shoot for 12-15 reps.

Superset with

Cable curl 1.25's – On these I want a full rep, and then a half rep out of the bottom. That is one rep. Squeeze your bis as hard as you possibly can through the contractions on these. Do sets of 10 reps.

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

Superset #2

Cross body hammer curl – On these we are focusing on our brachialis and brachioradialis.. Do these one arm at a time. As you do these, hammer curl across the front of your body and squeeze hard on every rep. Alternate reps with each arm until you have done 10 with each arm. As you do one arm, the other arm relaxes and allows more blood to flow in making the pump even more intense.

Superset with

Cable extensions – 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 arm come across your body. Now extend you arm and flex your tricep. I like the range of motion too, plus these are really easy to do partials on. Do sets of 10, and on each set add on 5 partials at the end. Do the partials from the stretched position, not from the lockout position.

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

Superset #3

Incline lying barbell extensions – Last week we did these with a decline. This week do these seated on an incline utility bench. Each set you do, I want you to lower the bar behind your head a little further. By the time you get to your last set, you should be getting a nice full stretch and an insane pump. Do sets of 12 on these.

Superset with

Preacher curls – I want you to lower these with a 3 second descent, and then curl up and flex. Don't let your arms completely straighten. Your arms should be engorged with blood at the point. Do sets of 8 like this.

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

Calves - 8 sets:

Standing calve raises - I want you to do 6 sets of 15 reps with 60 second breaks. Do 10 full range of motion reps, and then 5 partials out of the stretched position on each set. **6 total work sets.**

Do this anytime in addition to the calve work on leg day.

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.

Program 9 - Muscular Demolition

This is a 5 day a week program. The goal is simple, get huge. I don't care if you are dieting, bulking, or whatever you call it, the purpose of training should be to develop muscle, and that's the environment we are going to create.

I realize there is a lot of chain work in the program, and that might not be possible for you. You can simulate the effect by reverse banding these exercises (bench, squat, deads)!!!

Week 3

Legs – 20 sets:

Lying leg curls – Do 2-4 warm up sets to get you started. Simply work up doing sets of 6 with perfect form. Nail your hips to the pad. As you curl the weight up, actually drive your hips into the pad. Keep going until you get to a weight that will be relatively tough (still have 1-2 reps in tank). Do 6 reps, then drop the weight and shoot for another 8, then drop the weight again and go to failure. Once you can't do full reps, tack on 10 partials out of the stretched position. We'll count the last 2 sets plus the dropset as work sets, so 3 total. **3 total work sets.**

Goal – Pump in your hams – engorge the muscle with blood.

Chain Squats – Pick a bar, could be a Safety Squat bar, Spider bar, Cambered bar, regular bar, Buffalo bar, etc. We are doing these again this week for sets of 6 as warm up only. Remember, look for that “switch” when you feel the weight all of a sudden get lighter out of the bottom, and your explosiveness increases. Always keep that in mind when doing these. The last few weeks we have worked up to a weight and then added chains until you lost your explosiveness. You were doing sets of 6 for all your work sets.

This week, once you have done your final warm up set of 6 and are ready to execute your work sets, back your reps down to 3. Add a chain on each side and do 3, and then add another one and do 3. This is 3 sets.

This week you are in for something special for your 4th set. Welcome to the challenge set. What does this set test? Well it's a unique way to stimulate muscle and the CNS. It also will test your heart. How hard can you really push yourself?

The concept here is to work up to a massive drop set, or really an “add” set I should say. Take the 2 chains off so you are starting the set with no chains. Now do your set of 3, and ADD a chain back on. The weight will still be the same at the bottom, as the chains are deloaded, but now you have to push even *harder* to get the weight up. Rack it after 3. Now *add* another chain, and do it again. I want you to keep going until you know your form will break down, then stop. Don't walk away yet. Have your partner's strip all the chains back off, and knock out another 3. After this have them take a significant amount of weight off, and I want you to shoot for 10.

To show you what I did on these, see below:

- SSB was used
- 1 plate per side x 6

- 2 plates per side x 6
- 3 plates per side x 6
- 4 plates per side x 6
- 4 plates per side x 3 (this is where I felt warm and that my CNS had fully turned on)
- 4 plates per side + 1 chain x 3
- 4 plates per side + 2 chains x 3
- **CHALLENGE SET**
- 4 plates per side x 3 immediately followed by
- 4 plates per side + 2 chains x 3 immediately followed by
- 4 plates per side + 4 chains x 3 immediately followed by
- 4 plates per side + 6 chains x 3 – rest 30 seconds then
- 4 plates x 3 (chains were stripped off) – rest another 30 seconds then
- 2 plates x 10

See how well you can do this set. It's going to take heart. **4 total work sets.**

Goal – Explosive reps for initial work sets. On the challenge set, we are looking for explosiveness, pump, maximum contractile tension through the whole rep, and development of pain tolerance (yes you can develop this!).

Leg press – Last week we used bands, and I will sprinkle them in on occasion on these. I have found that they work well, but also beat you up a little too much when overused on this particular exercise. Just do sets of 4 to get to a weight you can use for a dropset. You should be plenty of warm after those squats, so don't waste your energy doing any more than 4 on the way up. Once there I want another dropset. Do 8 reps, drop the weight significantly and do 8 more, and repeat two more times. That's it for the leg press. **1 total work set.**

Goal – To get a massive pump in your legs from the dropset!

Chain Lunges – For your first set I want you to use 1 chain draped over your back, and lunge for 10 steps on each leg. I want your form to be a little different than what you are used to though. Step forward with your right leg, go down nice and slow so that your left knee GENTLY touches the ground, and then bring that left leg back to even with your right leg. Repeat this 10 times. So what we are doing here is doing all of our reps on one leg and then going to the other leg. This style minimizes momentum, and doesn't allow for a break on each leg, creating more tension and a better pump.

Now on to set #2. Use two chains draped across your back, but this time go back to the standard alternate leg style where you step forward with one leg, and then the other. Now we do want a little time between each rep to allow for even more blood to pump into your legs. Take as many steps as you can, and then dump the chains, and keep going until your legs quit working. **2 total work sets.**

Stretches – After your drop set on the leg press, and in between your lunges, stretch your quads intensely for 30 seconds!

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Barbell stiff legged deads – Use 25 lb plates and try to get a little better stretch each set. Remember to sit back, push your hips back, rather than just bending over at the waist. We want to focus on hams, not lower back. Do 3 sets of 8 and on each rep come up all the way and flex your glutes. **3 total work sets.**

Goal – Stretch your hams out with weight, and work from a different joint angle. Load a stretched muscle!

Standing calve raises – This is the same as last week volume wise. We are going to do 3 sets of this. Do 10 reps, hold and flex at top for 10 seconds and repeat 2 more times for 1 set. This means you will do a total of 30 reps and have 30 seconds of static holds at top. Do this 3 times. **3 total work sets.**

Supersetted with

Dorsiflexion - After each set of calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Chest - 14 sets / Shoulders – 10 sets

Machine press – I prefer these to be done on a flat press, not an incline. Warm up, and then simply pyramid up in weight as you go. Do full range sets of 8. Keep going until you can't hit your target number of 8. We'll count the last 3 sets as working sets. **3 total work sets**

Goal – Start with a machine movement to get some blood flowing and to grease your joints up for the explosive work.

Reverse band bench press – I want you to repeat these again this week. After doing these last week, you should feel more comfortable and “in the groove” this time. I want you to do sets of 5 again this week. Remember these are to be done explosively (but not bouncing out of the bottom). Find a weight that you can do with the style and stick with it for 5 sets of 5. **5 total work sets**

Note: Use the thick orange bands from EliteFTS on these. They are called “light” bands.

Goal – Explosive reps. Drive up as hard as you can.

Incline barbell press – The last few weeks we have done sets of 6 on these. This week we are going to bump the reps up to 8. I want you to keep your form the same, stopping an inch or two short of touching chest, and going to $\frac{3}{4}$ lockout. So do sets of 8 all the way up until you can't get 8. We'll call the last 3 sets working sets. **3 total work sets**

Goal – I want constant tension with a tough weight.

Flat Dumbbell Twist press - These are awesome for getting a massive pump. It's all about the squeeze and stretch. Lay flat on bench with dumbbells, lower them and arch your chest so that you get a good stretch, at the bottom, turn your palms so that they are facing each other (neutral grip). This will allow the sternal fibers on your inner pecs to stretch and work more. When you drive the weight up, as you drive, turn your pinkies in and squeeze at the top, NOT your thumbs. You can't do as much weight as a regular dumbbell press, but you will get a great contraction. Once you find a good weight, do 3 sets of 10. I only use around 40 lb dumbbells for these fyi. **3 total work sets**

Stretches - In between each set of the twist press, and want you to do a chest stretch for 30 seconds. I like to sit on a bench, have a partner put their knee in my back, straighten my arms, and have them pull back (like make a wish), until I feel a searing burn in my chest, and then hold it for 15 seconds.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Cable side laterals – Grab a low pulley handle and stand away from the machine a bit. I want you to be pulling these up from behind your back, not out in front of you. Do 12 reps on one side, then flip around and do 12 on the other side. Bring the cable up to about eye level. Keep a slight bend in your elbow, but don't let your elbow "sag" down and turn this into a front delt only exercise. Do 3 sets of 12. **3 total work sets.**

Goal – Get blood moving into your shoulders and begin to get a nice "pump".

Face pulls with band – Use a long skinny microband on these. Last week we held and flexed, this week I want you to just crank out reps. Do 3 sets of 30. You don't have to hold the flex, but don't get sloppy and turn this into a trap and lat exercise. Focus on your rear delts and work through the pain on each set to get your number. This will be tough. **3 total work sets.**

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better, and also to work an exercise that makes sure we don't get "imbalanced" from all the pressing we do.

Cage press – This week I want you to do these with a little twist. When you drive the weight up, push your head forward. This slight angle change will allow you to crush your traps right along with your delts. So explode the weight up and as it goes up lean your head and upper body forward, and flex your traps in the locked out position. You have to be leaning forward for this to work correctly. Try a few light sets to get into the groove, before you start. Do 4 sets of 5 with a weight you can do with perfect form. **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can. We are training here on a pumped muscle!

Back - 17 sets

One-arm barbell rows – Use 25 lb plates to allow for a better stretch at the bottom of the movement. Remember these tips from week 1 when we did these. Don't sit so that your back is totally parallel to the ground, stay a little above that. Keep your torso from dropping and let your arm come down and feel your scapulae stretch as you reach for the ground. Your lats don't usually get this kind of stretch, and they will begin pooling with blood fast. Do these rhythmically, up and down. I want you to feel a lot of tension and compression with these. This is what the barbell allows for that a dumbbell doesn't. These work best when the hip on the side you are working is raised a few inches higher than the other hip. The angle of your body will pre-stretch your lower lat, and you will feel your entire lat from top to bottom doing these. Do 4 sets of 8. **4 total work sets.**

Goal – Get some blood flowing and gear you up for the explosive work.

Chain deadlifts – Do sets of 3 to get to a weight that you are able to normally get 10 with. Every rep should fire off the ground and not slow down at all. Now start adding chains 2 at a time on each side. Keep adding chains in this manner until you feel your speed slow down a TINY bit. To give you an example of what I do, I only use 225 on the bar, and I add 2 sets of chains a side until we get to 10 chains a side. The reps are still explosive though.

Challenge set: Now this is where it gets fun (again), I want you to beat the number you did last week on your high rep set. This should be your hardest set of the day. We'll call this 4 sets, as you will probably have at least 3 good strong sets with the chains going up, and then the challenge set at the end. **4 total work sets**

Goal – I want your entire backside pumped after this set. Your lats, traps, glutes, EVERYTHING! The more blood, the better the effect. Plus we get the added benefit of more explosive work.

Dumbbell Pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbbell to low. Bring the dumbbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 3 sets of 12. **3 total work sets.**

Goal – Constant tension on your lats.

Stretchers – I believe lats are best worked by including exercises that give you a great stretch. One of the issues with this is people get very tight shoulder girdles. This exercise is great for upper lat development and adds the benefit of stretching out your shoulder girdle. It'll feel a little strange at first in your delts, not comfortable at all, but by your last set, you will notice a big difference in how "loose" your shoulders feel and how your upper lats pump.

Place a close grip handle on a pulldown machine. Grab it and step back, standing up. Put one foot on the pad, and keep one foot on the ground. Stand back so you can really stretch. You are going to do a row where you bring the close grip handle into your chest, arch your chest, squeeze your entire upper back, and then here is the key to this exercise. As you lower the weight (let it down) duck your head down inside your arms, straighten your arms, and let your lats stretch out as far as they can. Ducking your head will make this uncomfortable at first, but each successive set you will feel looser, and better. Do 4 sets of 8. **4 total work sets**

Goal – I want a massive stretch on your lats.

Banded hyperextensions – Get ready for an unbelievable lower back/spinal erector pump. I want you to use a band while doing hyperextensions. You can loop it around the machine at the bottom and then behind your head, and hold it there, or you can hold it out in front on your chest. I want you to do 2 sets to failure. You may do 10, you may do 40. It just depends on how strong your lower back is. These are incredible for strengthening your lower back too. As you come up, the band tension will make these harder. You will probably feel your glutes and hams working hard too, and that's ok. There is no way for your lower back to not work on these. **2 total work sets.**

Chest - 12 sets / Shoulders – 11 sets (pumping day)

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.

This is the same workout as last week. That is intentional, because it's an awesome "pump" sequence.

Machine press – After a few warm ups do 4 sets of 12 using a full range of motion. Get a good stretch and then a good hard 1 second flex. I want you to use a neutral grip where your palms face each other. Work the stretch at the bottom. When you get to the deepest point, make sure your sternum is "lifted", and that you are arched. You will feel an awesome stretch right in the middle of your chest on the sternal fibers when you do this right. Make sure you flex for 1 second in the contracted position too. Drive blood in there! Use the same weight for each set unless you lose 4 or so reps (lighten it some if you do). If you lose a rep or two, that's ok. Execute these perfectly. **4 total work sets**

Pec minor dips – This is the same as last week except we are going to try and add a little extra resistance on the way down. If you are able to get 10 good reps, I want you to try and attach a little weight to you this week via dip belt. It doesn't have to be much. A 25lb plate is plenty. Focus on keeping your arms straight and flexing your pecs! We are going to superset these with a rear delt exercise.

Supersetted with

Dumbbell bent over side laterals – On these I want you to do sets of 20. Remember to not use your traps, or back, just hinge off your shoulder joint and flex your rear delts. It won't take much weight. I typically use 20-30's on these.

Do 4 supersets for 8 total sets.

Dumbbell hex press – On these you will lay on a flat bench and push two hex dumbbells together. They need to stay in contact with each other the whole set. Think of it this way, try to smash them together. You will have a neutral grip on these (palms facing each other). Lower the dumbbells to your chest, and then drive up and flex hard. Smashing the dumbbells together is what provides the magic in this exercise. The neutral grip also helps you avoid any extra shoulder stress on this day. Do 10 hard reps. The weight you use will be about 50% of what you would normally do for a 10 rep set. You are going to superset these with facepulls.

Supersetted with

Facepulls w/ a band – Grab a micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Do 10 reps like this.

Do 4 supersets for 8 total sets.

6 ways – Ok, are you ready to put the finishing touch on your delts? Grab two light dumbbells and sit down. Take the dumbbells out to the side simulating a side lateral, and then horizontally bring them together in front of you. They should be at about chest level. Now raise them straight over your head. You will feel a massive flex in your front delt. Now lower back to chest level, and then swivel them back out to the side lateral position, and finally drop them back down to your side. That is one rep. Do 3 sets of 10. Superset these with over and backs!

Supersetted with

Over and backs w/ band – You are going to go over and back 20 times each set. I expect your delts to be in a pumped and swollen state that they have never been before after this combination.

Do 3 supersets for 6 total sets.

Biceps - 12 sets / Triceps - 12 sets

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need to warm up. Don't do a single working set if you are stiff and in pain. If you can't get "warmed up", you probably shouldn't even be doing arm training, but that's rare, and can be fixed.

Superset #1

Vbar pushdowns – This week we are just changing out the handle to a Vbar from a rope for variety. Do as many warm ups as you need. Don't worry about flexing at the bottom. I want continuous blood pumping tension up and down. Do sets of 15.

Superset with

Barbell curl 1.25's – On these we are switching out to a barbell from a cable, and changing the rep scheme a bit. I believe this will allow you to squeeze every ounce of effort out of your biceps safely. Do 8 reps with a full range of motion. This does not mean 100% full range of motion, it means that sweet spot ROM that feels right. After 8, I want you to shoot for 10 partials out of the bottom. I actually do want your arms completely straight on these. Just gently curl up about 3 to 4 inches. This will burn like fire.

Do 4 rounds. Slow it down this week. Start the next round when you are ready, don't rush.

Superset #2

Hammer curl 1.25's – This week we are doing traditional hammer curls as opposed to across the body. I just want to use a slightly different angle. Do 8 reps with a full range of motion, and then do ¼ reps out of the bottom for another 8. This will test your pain tolerance. Your pump at this point should be massive.

Superset with

Pronated kickbacks – Don't laugh, I hate kickbacks too, BUT this is different. Keep your hands pronated the whole rep. So when you lock out/kick the weight back, your palms should be facing the ceiling. You will feel a contraction in the long and especially medial head of your triceps that you won't believe. Do these right and they will work awesome. If you let your form go, and turn these into regular kickbacks, they won't do squat. Flex at the top for a second too. Do sets of 8.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #3

Kettlebell lying extension – These will feel a little strange at first. You will notice how you many little stabilizer muscle aren't really "turned on". You will feel shaky. Each set you do though, you will feel the movement getting smoother and smoother. I love these. Each set try to work the stretch a little bit more at the bottom too. Don't lock these out all the way. Come up ¾ of the way and come right back down to keep tension on the triceps. Do sets of 12 on these.

Superset with

Preacher curls – Repeat these from last week. Your range of motion might be pretty short due to all the blood in your arm. That's ok. Flex as hard as you can on the way up, and lower the weight in a controlled manner. Don't worry about taking 3 seconds this week, I want these to be a bit faster to try and squeeze

more reps and blood in there before they shut down from pain! I am adding an extra 2 reps per set to help with this. Do sets of 10 like this.

Do 4 rounds. Start the next round when you are ready, don't rush.

Calves - 8 sets:

Standing calf raises - I want you to simply do sets of 8, progressively going up until you can't get 8. Remember to work the stretch. That is what your calves aren't used to, coming out of a stretched position with weight! We'll call this 4 sets. **4 total work sets.**

Do this anytime in addition to the calf work on leg day.

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.

Program 9 - Muscular Demolition

This is a 5 day a week program. The goal is simple, get huge. I don't care if you are dieting, bulking, or whatever you call it, the purpose of training should be to develop muscle, and that's the environment we are going to create.

I realize there is a lot of chain work in the program, and that might not be possible for you. You can simulate the effect by reverse banding these exercises (bench, squat, deads)!!!

Week 4

Legs – 18 sets:

Lying leg curls 1.25's – Do 2-4 warm up sets to get you started. This week we are going to do 1.25's. This is another way to add extra tension and pump to your hams. So you lower the weight, and come up 4 to 6 inches (like a partial), and then go back down and then all the way up for 1 rep. Do 4 sets of 10 like this. Keep your form perfect, your hips on the pad, and all reps should be nice and smooth with no jerking. **4 total work sets.**

Goal – Pump in your hams – engorge the muscle with blood.

Chain Squats – Pick a bar, could be a Safety Squat bar, Spider bar, Cambered bar, regular bar, Buffalo bar, etc. We are doing these again this week for sets of 6 as warm up only. Remember; look for that “switch” when you feel the weight get lighter all of a sudden out of the bottom and all the way through the rep.

We aren't going to do any extended sets this week; the focus is back on explosiveness solely. As much as I love the challenge sets, you can't do them every week.

Do sets of 6 as a warm up. Then do sets of 4 as your working sets. Go up taking jumps with chains only, and stop once you lose that explosiveness and the reps turn into grinders.

To show you what I did on these, see below:

- 1 plate per side x 6 (did 2 sets with this)
- 2 plates per side x 6 (did 2 sets with this)
- 3 plates per side x 6
- 3 plates and a quarter per side x 6 (this is where I felt warm and that my CNS had fully turned on)
- Added 2 chains x 4
- Added 2 more chains x 4
- Added 2 more chains x 4
- Added 2 more chains x 4 (started grinding so stopped right here).

We'll call this **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can.

Leg press – We are looking for a ton of mechanical tension here so all of your sets are going to be performed with a 3 second descent. Do a couple of low rep sets to get up to your working weight. Once you find it, I want you to do sets of 8 with these 3 second descents. Drive up hard out of the bottom though, don't worry about tempo, and just drive the weight up with force. Do not lockout, go to 3/4 lockout. Use a foot placement that allows you to be at your absolute strongest. If you get your 8, go up a 25 or 45 each side. Keep going until you barely or just miss 8 reps. We'll call this 4 sets. **4 total work sets.**

Goal – To get a massive pump in your legs.

Bulgarian split squats – Yea these might look easy, but they are going to scorch your thighs. Some people call these real elevated split squats. I want you to use a pole or something to hold onto out in front of you for balance. Drop down into the reps keeping your shins pretty perpendicular to the floor. Don't let your shins shift real far forward. Don't come up all the way, come up about 4/5 of the way to keep tension high. Do 15 reps on each leg. Take your time in between sets. Do 3 sets of 15 on each leg. **3 total work sets.**

Stretches – After each set of split squats stretch your quads intensely for 30 seconds!

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Chain barbell stiff legged deads – You can use 45 lb plates on these this week. We aren't going for a massive stretch. The goal is to work the top of the movement harder via the chains. Drape 4 chains over the bar to start, and add weight to the bar as you go. I want you to do sets of 8, and to come up all the way, flexing your glutes to fully use the chain resistance. You should feel your glutes firing hard at the midway point in the exercise. Start counting sets when they get tough (meaning you are 90% to failure – only have a couple of reps in the tank). The last set should be to failure. We'll call this 3 sets. **3 total work sets.**

Goal – You are still working a pumped and stretched muscle, even if you are focusing on the range of motion a little differently.

Chest - 14 sets / Shoulders – 10 sets

Banded hammer press – If you have trouble feeling your pecs, this is your answer, if you don't it is still an awesome way to feel a pec contraction and get a ton of blood flowing in there. This is the single best movement I have found for feeling pec contraction. If you are creative enough, you can usually "band" most pressing machines. There is something about the arc of the press on a hammer press that really works well on these, but any machine with bands will force your pecs to contract hard close to and at lockout. Keep your reps at 6. Do a few warm ups and then do 4 sets of 6. Drive to lockout and flex. Also, don't let your elbows travel past 90 degrees if you are using a flat or decline hammer press as it is not good for shoulder health. Stop the reps at 45 degrees and ram the weight up and flex against the bands. **4 total work sets**

Note: Use one red Pro mini band per side.

Goal – Start with a machine movement to get some blood flowing and to grease your joints up for the explosive work.

Reverse band bench press – One more time on these! You have done these two weeks in a row, have found the groove, and now it's time to break a record. I still want 5 sets of 5, but I want you to push yourself to do something you haven't done before on these. See if you can beat what you did last week, I expect you too! **5 total work sets**

Note: Use the thick orange bands from EliteFTS on these. They are called "light" bands.

Goal – Explosive reps. Drive up as hard as you can.

Incline dumbbell press – The first few movements have been more geared toward the middle and end of your ROM. On these, I want you to do the opposite. I want you to really focus on getting a good stretch at the bottom, and only driving up to $\frac{3}{4}$ lockout and then right back down. The stretch and tension will feel awesome. Do 2 sets of 8 like this. Now I also want a 3rd set done as a drop set. Do your 8 reps, then drop the weight and do 8 more. **3 total work sets**

Goal – I want constant tension with an awesome stretch.

Dips – Time to max out the pump now. You are going to do dips, with your elbows flaring out as you come down, and your chin tucked into your chest. Work the stretch and only come up half way ok. Just go balls out to failure. Do this 2 times. **2 total work sets**

Stretches - In between each set of the dips, and want you to do a chest stretch. I like to sit on a bench, have a partner put their knee in my back, straighten my arms, and have them pull back (like make a wish), until I feel a searing burn in my chest, and then hold it for 15 seconds.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Dumbbell bent over side laterals – Let's start off with rear delts. Use a full range of motion, and do 4 sets of 15. It won't take much weight. Remember to relax your traps and back and just use your rear delts ok. **3 total work sets.**

Goal – Get blood moving into your shoulders and begin to get a nice "pump".

Heavy side lateral partials – Grab a fairly heavy weight and let your arms hang straight down to your side. Tilt your head back, relax your traps, and just swing the weight 4 to 6 inches. Resist the urge to shrug and cheat. Just keep the weight moving. Do 3 sets of 25. Fight the burn. Be tough mentally. **3 total work sets.**

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle.

Cage press – Like last week, let's do another week where you tilt your head forward as you drive up and engage the traps more. This slight angle change will allow you to crush your traps right along with your delts. So explode the weight up and as it goes up lean your head and upper body forward, and flex your traps in the locked out position. You have to be leaning forward for this to work correctly. Try a few light sets to get into the groove, before you start. Do 4 sets of 5 with a weight you can do with perfect form. **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can. We are training here on a pumped muscle!

Back - 17 sets

Meadows rows – Use 25 lb plates to allow for a better stretch at the bottom of the movement. Remember to keep your body a little upright (not down all the way to 90 degrees). Let your arm hang down at the bottom, in fact, think about reaching down while you're keeping your torso stable. The more ROM the better for your lats. Do 4 sets of 8. **4 total work sets.**

Goal – Get some blood flowing and gear you up for the explosive work.

Smith machine rows – Just remember to ram your elbows up. Don't try to do these slow and smooth or your arms and delts will take over. Keep your back tight, and wear a belt. If you do this right, you will feel it all over your back, and not just in one area. Drive the weight up hard, think elbows, your arms are just attachments! Do 4 sets of 6. **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can.

Dumbbell Pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbbell to low.

Bring the dumbbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 3 sets of 12. **3 total work sets.**

Goal – Constant tension on your lats.

Barbell shrug – I want you to pause and flex these at the top for 2 seconds on each rep. Do 3 sets of 10! Do your best to keep your arms as straight as you can. They will bend a little, just do your best so that your traps are pulling the weight up and not your arms. **3 total work sets**

Goal – Focused tension on traps.

Banded hyperextensions – Are you ready for another unbelievable lower back/spinal erector pump? Let's do 3 sets of these this week. The extra set will make a difference. I want you to use a band while doing hyperextensions. You can loop it around the machine at the bottom and then behind your head, and hold it there, or you can hold it out in front on your chest. I want you do 2 sets to failure. You may do 10, you may do 40. It just depends on how strong your lower back is. These are incredible for strengthening your lower back too. As you come up, the band tension will make these harder. You will probably feel your glutes and hams working hard too, and that's ok. There is no way for your lower back to not work on these. **3 total work sets.**

Chest - 12 sets / Shoulders – 11 sets (pumping day)

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.

This is the same workout as last week. That is intentional, because it's an awesome "pump" sequence.

Machine press – After a few warm ups do 4 sets of 12 using a full range of motion. Get a good stretch and then a good hard 1 second flex. I want you to use a neutral grip where your palms face each other. Work the stretch at the bottom. When you get to the deepest point, make sure your sternum is "lifted", and that you are arched. You will feel an awesome stretch right in the middle of your chest on the sternal fibers when you do this right. Make sure you flex for 1 second in the contracted position too. Drive blood in there! Use the same weight for each set unless you lose 4 or so reps (lighten it some if you do). If you lose a rep or two, that's ok. Execute these perfectly. **4 total work sets**

Pec minor dips – This is the same as last week except we are going to try and add a little extra resistance on the way down. If you are able to get 10 good reps, I want you to try and attach a little weight to you

this week via dip belt. It doesn't have to be much. A 25lb plate is plenty. Focus on keeping your arms straight and flexing your pecs! We are going to superset these with a rear delt exercise.

Supersetted with

Dumbbell bent over side laterals – On these I want you to do sets of 20. Remember to not use your traps, or back, just hinge off your shoulder joint and flex your rear delts. It won't take much weight. I typically use 20-30's on these.

Do 4 supersets for 8 total sets.

Dumbbell hex press – On these you will lay on a flat bench and push two hex dumbbells together. They need to stay on contact with each other the whole set. Think of it this way, try to smash them together. You will have a neutral grip on these (palms facing each other). Lower the dumbbells to your chest, and then drive up and flex hard. Smashing the dumbbells together is what provides the magic in this exercise. The neutral grip also helps you avoid any extra shoulder stress on this day. Do 10 hard reps. The weight you use will be about 50% of what you would normally do for a 10 rep set. You are going to superset these with facepulls.

Supersetted with

Facepulls w/ a band – Grab a micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Do 10 reps like this.

Do 4 supersets for 8 total sets.

6 ways – Ok, are you ready to put the finishing touch on your delts? Grab two light dumbbells and sit down. Take the dumbbells out to the side simulating a side lateral, and then horizontally bring them together in front of you. They should be at about chest level. Now raise them straight over your head. You will feel a massive flex in your front delt. Now lower back to chest level, and then swivel them back out to the side lateral position, and finally drop them back down to your side. That is one rep. Do 3 sets of 10. Superset these with over and backs!

Supersetted with

Over and backs w/ band – You are going to go over and back 20 times each set. I expect your delts to be in a pumped and swollen state that they have never been before after this combination.

Do 3 supersets for 6 total sets.

Biceps - 12 sets / Triceps - 12 sets / Calves – 8 sets / Abs 8 sets

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need to warm up. Don't do a single working set if you are stiff and in pain. If you can't get "warmed up", you probably shouldn't even be doing arm training, but that's rare, and can be fixed.

Superset #1

Rope pushdowns – This week we are going back to a rope just for variety. Do as many warm ups as you need. Don't worry about flexing at the bottom. I want continuous blood pumping tension up and down. Do sets of 12.

Superset with

Seated dumbbell curls – Keep your palms up the entire time! Do 4 reps on one side, and then 4 on the other and then back again. So you will do 8 reps total on each arm per set. Flex at the top for a split second. Drive blood in there.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #2

Barbell curls – Do 8 reps on these. Don't lower the weight all the way down, find that sweet spot range of motion and squeeze the bar the entire set hard to activate as much bicep as possible.

Superset with

Cable extensions – These are the extensions where you face away from the machine and come across your body for a nice full range of motion. Do 10 reps, and then pump out 5 partials in the fully stretched (not contracted) position. We did these in week 2 as well.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #3

Close grip pushup – Put your hands right at shoulder width. Tuck your elbows in while doing these. Come down and let your torso touch the ground (with a straight back), and drive up to lockout and really focus on flexing the long/inner head of tricep. Do as many reps as you can. If you do at least 15 reps on the first set, throw a chain or two across your back!

Superset with

Reverse curls – Bring the bar up just past 45 degrees. Pump these. Let your arms straighten out completely at the bottom. Squeeze the bar hard while doing the set. Do sets of 15.

Do 4 rounds. Start the next round when you are ready, don't rush.

Standing calf raises – We are going heavy this week. Do sets of 10 working up your weight and just keep going up taking little jumps until you have done 8 really good sets of 8. On the last 2 sets, I want you to do 10 additional partials out of the stretched position. **8 total work sets.**

Supersettted with

Dorsiflexion - After each set of calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

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.

NOTE:

Feel free to repeat the calve and ab workout on arm day any other day of the week.

Program 9 - Muscular Demolition

This is a 5 day a week program. The goal is simple, get huge. I don't care if you are dieting, bulking, or whatever you call it, the purpose of training should be to develop muscle, and that's the environment we are going to create.

I realize there is a lot of chain work in the program, and that might not be possible for you. You can simulate the effect by reverse banding these exercises (bench, squat, deads)!!!

Week 5

Legs – 27 sets:

Every once in a while I shake things up and experiment a little. This was one of those workouts. It went awesome. I am writing it as I did it, as I don't think it needed any adjustments (I didn't do anything stupid)! HA!

Lying leg curls – Do 2-4 warm up sets to get you started. This is going to be a simple pyramid. Do 12, 10, 8, and 6 reps. On each set add some weight. You might be surprised at how much you can leg curl now after all the high intensity sets you have done on these. **4 total work sets.**

Goal – Activate your hams – get some blood in there. Pre-exhaust a bit for the stiff legs coming up.

Stiff legged deads – On these I want you to work the top half of the movement. Usually we use 25 lb plates, and focus on stretching. Today I want you to go down to just below your knees, and drive up hard pushing your hips forward and flexing your glutes at the top. I want you to do a simple pyramid on these too. I want 10, 8, 6, and 6 reps. Use a belt, and again, flex your hams and glutes at the top. **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can. Exhaust your hams with some tough reps.

NOTE: I like doing the stiff legs first on occasion when taking a break from squatting. You take your hams to an even deeper level of exhaustion this way before doing quads.

Leg press – This first superset is going to annihilate your VMO/teardrop. Use a close stance, and go a little high on the platform. Do several warm up sets so that your knees feel good. All the ham work should already have your hips/ feeling good. Once you reach a weight that is a little tough do the following rep scheme. Do 20, 15, 10, and 8 reps. On each side go progressively heavier. You are going to superset these.

Supersetted with

Leg extension partials – I want these done out of the bottom, so kick the weight up to about the halfway point and then come right back down. Do 15 reps on all sets here!

8 total work sets via 4 supersets.

Goal – To get a massive pump in your legs, with a lot of focus on VMO.

Wide stance leg press – More on the leg press. This is more for quad “sweep”/vastus lateralis. Use a wide stance and turn your toes out more (like a frog style stance). Let your knees come down outside of your body, so you will be sort of pushing your knees out as you come down. This is going to be done as explosive work. Ideally you have stops or something you can do rest pause on these in the machine. I don’t want you to go as deep on these as the closer stance leg presses you just did. So set up some stops, kind of high, and then rest the weight for 1 second before blasting it back up explosively. You will be surprised at how good this shortened range of motion actually feels. Do sets of 10 on all these. If you don’t have stops, don’t worry, just blast the weight out of the bottom!

Supersetted with

Leg extension partials – Now we work the top half of the movement. Flex hard at top and only lower half way before driving back up. You will have to lighten the weight compared to what you were doing on the partials out of the bottom. These should burn like FIRE. Shoot for 15 reps.

8 total work sets via 4 supersets.

Goal – To get a massive pump in your legs, with a lot of focus on quad sweep, and to also train some explosiveness to a degree. Dual benefit.

Stretches – After each set of leg extension partials out of the top, do a 30 second stretch on each quad.

Lunges – Nothing fancy here. I just want you to lunge with dumbbells or kettlebells (my preference) for 10 paces on each leg. Do 3 sets like this and your legs should be toast. **3 total work sets.**

Goal – Working a pumped and stretched muscle.

Chest - 14 sets / Shoulders – 12 sets

Flat dumbbell press – Work your way up doing warm ups, then once you get to a weight that is a tough 8, stick with it. Do 3 sets, and on all 3 sets just do as many as you can. It might be 8, maybe you’ll get tired and do 6, or maybe you’ll find another gear (muscle activates better) and you’ll suddenly knock 10! Do not lock out. Go to $\frac{3}{4}$ lockout to ensure constant tension. **3 total work sets**

Goal – Get blood flowing in pecs, and get them activated.

Incline bench press – On these do sets of 6 all the way until you get to a weight you can barely get 6 or just miss it. We'll count the last 3 sets as working sets. Don't touch your chest, stop an inch shy, and don't lock out. Keep constant tension on your chest. **3 total work sets**

Goal – Constant tension to drive blood in pecs. Drive up hard too. This should also be explosive in nature, just not so light that you have a really fast bar speed.

Chain bench – Use 2 chains on the inside of the weight, and very quickly find a weight you can do for an explosive 5 reps. I want the bar flying off your chest. Touch your chest, pause for a split second, then ram the weight up! Do 5 sets of 5. **5 total work sets**

Goal – Explosiveness

Stretch pushups – This is where you set up 2 aerobic step benches so that you can sink deep into the stretched position. Keep your chin up, keep your lower back from swaying, and get as many reps as you can. Stretch at the bottom, try to touch the floor with your chest! If you do 15 or more, throw a chain across your back. If you do 15 again, add a 2nd chain. Do 3 sets to failure. **3 total work sets**

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Dumbbell bent over side laterals – Let's start off with rear delts again. Use a full range of motion, and do 4 sets of 15. It won't take much weight. Remember to relax your traps and back and just use your rear delts ok. **4 total work sets.**

Goal – Get blood moving into your shoulders and begin to get a nice "pump".

Dumbbell side lateral – Last week we worked these heavy and with a partial range of motion. Let's go back to a full range of motion now and do 4 sets of 12. At the highest point, your arms should be straight out to the side at 3 and 9 o'clock. Your shoulders should be on fire after these. **4 total work sets.**

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle.

Cage press – Set the pins up a little higher this week so you can drive a little more weight explosively, with a shorter range of motion. Eye level should be about right. Drive the weight up hard, and again, stop on the pins, reset, and repeat! Do 4 sets of 5. **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can. We are training here on a pumped muscle!

Back - 19 sets

Chin up death – On these I am looking for is 6 sets to failure. When you feel your back rounding and your form getting loose, stop. Keep your sternum lifted, and only come down about 4/5 of the way. I am not real concerned that you get up real high, I am more concerned with you keeping your sternum arched and actually using your lats instead of your arms. We start at 2 sets with a wide normal pronated grip. After doing 2 sets like this we bring our grip in to shoulder width, a medium grip. Do 2 more sets to failure. Lastly we throw a little v handle across the bar or find a way to do these with a close grip and your palms facing in toward each other for your last 2 sets. Each grip hits your lats a little differently, and should start you off with an awesome pump. **6 total work sets.**

Goal – Get some blood flowing and gear you up for the explosive work.

Deadstop dumbbell rows – These are dumbbell rows done where you set the dumbbell down on the floor for a split second and then ram your elbow up hard for each rep. Don't pull with your arms, ram your elbows up! Don't bounce the dumbbells off the floor either. Do 4 sets of 8 like this. Even though these are explosive in nature, it will surprise you how much more blood rushes into your lats. **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can.

Dumbbell Pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbbell to low. Bring the dumbbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 3 sets of 12. **3 total work sets.**

Goal – Constant tension on your lats.

Dumbbell shrug – Back to dumbbells this week on your shrugs. Do 3 sets of 10 with a second pause and flex at the top! **3 total work sets**

Goal – I want to pump up and exhaust your traps.

Banded hyperextensions – Just like last week, let's kill these again! Do your best to beat your rep count from last week on at least one set! Do 3 sets to failure. **3 total work sets.**

Chest - 11 sets / Shoulders – 16 sets (pumping day)

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.

These are the same exercises as last week for chest, just in a different order. For shoulders it's all different from last week. Enjoy.

Machine press – After a few warm ups pyramid up. Remember to use a full range of motion on these and flex hard in the contracted position for a second. The rep scheme is 15, 13, 11, 9, and 7. Take small jumps each time. **5 total work sets**

Dumbbell hex press – I moved these up in the rotation this week just to see how they felt while being more “fresh”. You will be able to use a bit more weight than last week. Remember, let the dumbbells stop on your chest, drive them up and flex, and smash them together as described last week! Do 3 sets of 12 reps. **3 total work sets**

Pec minor dips – This week you won't need any weight. At this point, your pecs should have a really good pump. Just do 3 sets to failure. I also want you to do a set of over and back rope stretches in between every set you do here! **3 total work sets**

Supersetted with

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

Dumbbell bent over side laterals – On these I want you to do sets of 15. Remember to not use your traps, or back, just hinge off your shoulder joint and flex your rear delts. It won't take much weight. Use a full range of motion this week on these, not hang and swing partials.

Supersetted with

Spidercrawls – Use a short red pro mini band and go up and down the wall (a foot above head, and down to just below waist) 3 times for each set. Remember to forcefully push your arms apart so that you have to really fight to keep your hands from coming in during the set. If you don't have enough band tension from this, it won't work. If you do, your delts will be on fire, and you'll get the health benefits of this exercise in your rotator cuff musculature.

Do 4 supersets for 8 total sets.

Horizontal dumbbell press – On these you lay face down on a bench, and execute a dumbbell press. In the fully stretched position, it looks like you are Superman and trying to fly. You have to fight to keep the dumbbells up and your wrists from sagging down. You can't use much weight. I typically use 5 or 7 lb dumbbells. Sounds easy huh. Wait until you do it. Shoot for 10 good reps.

Supersetted with

Facepulls w/ a band – Grab a micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Do 10 reps like this.

Do 4 supersets for 8 total sets.

Biceps - 12 sets / Triceps - 12 sets / Calves – 8 sets / Abs 8 sets

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need to warm up. Don't do a single working set if you are stiff and in pain. If you can't get "warmed up", you probably shouldn't even be doing arm training, but that's rare, and can be fixed.

Superset #1

Vbar pushdowns – Do as many warm ups as you need. Don't worry about flexing at the bottom. I want continuous blood pumping tension up and down. We are going to start off with very high reps on the first superset combination. Do 20 reps on the pushdowns.

Superset with

Barbell curls – Do 8 reps on these. Don't lower the weight all the way down, find that sweet spot range of motion and squeeze the bar the entire set hard to activate as much bicep as possible. If you have a thick/fat bar, or Fat Gripz or Grip4orce attachments, I want you to use them this week on this and squeeze them as hard as you can. I believe these tools (especially the Grip4orce) can help get you to as close to 100% muscle fiber recruitment as possible, and they also help with the pump, and not just forearms either.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #2

Hammer curls – Do 8 reps on these. Flex your arms hard throughout the whole rep. Use a nice full range of motion going all the way down and curling up and flexing your arms.

Superset with

Dips – You can do these the old school way between benches, or on a machine that simulates dips. I want a lot of tension here. During the eccentric part of the movement, I want it to take 3 seconds, then drive and flex your tris. I want your reps to be around 10 for all your sets here.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #3

Bent over tricep extension – This is just where you face away from the pulldown machine, bend over at waist, and extend and lock arms out. You can use a rope or a straight bar, whichever you prefer. I like to mix it up. You should have a real nice pump now, so we want to work it from a nice stretched full range of motion position now. These fit the bill perfectly. Do 10 reps, and then follow with 5 partials done in the stretched position (the opposite of when you arms are locked out).

Superset with

Incline dumbbell concentration curl – These are a really unique and effective exercise. They are not like standard concentration curls at all. You know how we smash the dumbbells together doing the hex press on the last chest workout? Well this is similar. You lay face down on an incline utility bench. Let your arms hang down, in a fully supinated position, smash the dumbbells together, and curl them up while continuing to smash them. Adjust where you positioned on the bench to what feels good for you. You may feel these better positioned up a little higher or maybe lower. I like to be kind fo high on the bench because the biceps contraction feel more intense just due to how body is aligned. Do 10 reps on each set.

Do 4 rounds. Start the next round when you are ready, don't rush.

Standing calve raises – We are going heavy again this week. Do sets of 10 working up your weight and just keep going up taking little jumps until you have done 8 really good sets of 8. On the last 2 sets, I want you to do 10 additional partials out of the stretched position. **8 total work sets.**

Supersetted with

Dorsiflexion - After each set of calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

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.

NOTE:

Feel free to repeat the calve and ab workout on arm day, any other day of the week.

Program 9 - Muscular Demolition

This is a 5 day a week program. The goal is simple, get huge. I don't care if you are dieting, bulking, or whatever you call it, the purpose of training should be to develop muscle, and that's the environment we are going to create.

I realize there is a lot of chain work in the program, and that might not be possible for you. You can simulate the effect by reverse banding these exercises (bench, squat, deads)!!!

Week 6

Legs – 16 sets:

Seated leg curls – Do 2-4 warm up sets to get you started. Work up to a weight you can do for a solid 10 reps and do 3 sets with it. Once you complete this, on your 4th set, do the 10, then drop the weight and do as many good reps as you can. As your form goes (you can't do full reps), kick in partial reps. Go until you can't move your hams at all. **4 total work sets.**

Goal – Activate your hams – get a lot of blood in hams.

Barbell Squats – Use a regular barbell for these this week. Do a few higher rep warm ups (10-15), then start building up your weight doing sets of 6. I still want you to feel the “switch” kick in. Even without the chains, it will kick in, as your leg muscle should be more efficient at this from the previous weeks. Do sets of 6 up until you can barely get 6 (with perfect form). The last set or two won't be as explosive, but that's ok. You should be much more in tune with this now as mentioned earlier. We'll count the last 3 sets as working sets. **3 total work sets.**

Goal – Explosive reps. Drive up as hard as you can.

Leg extensions – We are going to do these explosively too this week. Remember to not let your feet get underneath you. At the bottom of the rep you want your shins straight down, or even just short of perpendicular to ground. Kick hard for 12 solid reps. Don't be afraid to go heavy on these. This week these are NOT designed for constant tension as usual. Do 4 sets of 12. Try to go a little heavier each set too, as you should get stronger initially. **4 total work sets.**

Goal – Explosive reps. Kick up as hard as you can.

Leg press – Now it's time to lay down the knockout punch on your quads. We are going to do an ascending set like we did at the beginning of this program. So find a middle of the ground weight, and do 4 reps, then have your training partner (s) immediately throw another plate on each side and do 4. Keep going until you can't complete the 4 reps. **1 total work set.**

Goal – To get a massive pump in your legs.

Stretches – After your last set of leg extensions, and after your set on the leg press, do a 30 second stretch on each quad.

Stiff legged deads w/ barbell – These are going to be done constant tension style this week. I do not want you to come up all the way and flex hams and glutes, instead come up about $\frac{3}{4}$ of the way and go right back down. Use 25 lb plates to get a little extra stretch. Don't force the stretch, go to where it feels comfortable, and don't forget to have a little bend in your knees at the bottom. Do 4 sets of 10. **4 total work sets.**

Goal – Goal – Working a pumped and stretched muscle.

Chest - 20 sets / Shoulders – 10 sets

Banded machine/hammer press – Do as many warm up as you need, and then do 4 sets of 8. I want you to squeeze hard at the top against the band tension. So lock out, and flex on every rep for 1 second! If you can't do this, the weight is too heavy. On the last set, after you do your 8, then do 10 partials out of the bottom. **4 total work sets**

Goal – Get blood flowing in pecs, and get them activated.

Incline bench press – On these do sets of 6 all the way until you get to a weight you can barely get 6 or just miss it. We'll count the last 3 sets as working sets. Don't touch your chest, stop an inch shy, and don't lock out. Keep constant tension on your chest. **3 total work sets**

Goal – Constant tension to drive blood in pecs. Drive up hard too. This should also be explosive in nature, just not so light that you have a really fast bar speed.

Chain bench – Use 2 chains on the inside of the weight, and very quickly find a weight you can do for an explosive 5 reps. I want the bar flying off your chest. Touch your chest, pause for a split second, then ram the weight up! Do 4 sets of 5. **4 total work sets**

Goal – Explosiveness

Dumbbell hex press – You have been doing these on the lighter chest day, but today they are going to be part of an awesome triset designed to get your chest as pumped as humanly possible. Do 8 reps here flexing hard at the top of each rep. Smash the dumbbells together as you drive up! If you do not have hex dumbbells, you can hold a piece of foam in the middle of the dumbbells, a little trick I was taught recently.

Immediately followed by

Pec minor dips – As many as you can do (will likely be 6-10).

Immediately followed by

Partial dips out of stretched position – On these use a wide hand placement, tuck your chin into your chest, shoot your elbows out some instead of keeping them tucked in, and work the deep stretch only. Come up about 1/3 to 1/2 of the way on each rep. Shoot for 10.

9 total work sets via 3 trisets.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

Dumbbell bent over side laterals – On these I want you to start with a weight you can do for 20 reps with a full range of motion. On the second set, I want you to do as many as you can with a full range, and then do hang and swings where you just swing the weight with straight arms until your total rep count for the set is 30 reps. On your third set, I want you to dig deep. Do as many full range of motion ones as you can, and then swing until you hit 40 reps. Remember while you're doing this to just keep the weight moving. The pump should be almost unbearable after these. **3 total work sets.**

Goal – Maximum pump/blood flow in your delt immediately.

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

Goal – More blood in the other parts of your shoulders other than rear/posterior head of delt.

Cage press – Set the pins up a little higher this week so you can drive a little more weight explosively, with a shorter range of motion. Eye level should be about right. Drive the weight up hard, and again, stop on the pins, reset, and repeat! Do 4 sets of 5. **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can. We are training here on a pumped muscle!

Back - 17 sets

One arm barbell row – Do a few warm up to get you to a hard 8, and then stick with it for 4 sets. At this point in the program, you should have the technique nailed down on these! **4 total work sets.**

Goal – Get some blood flowing and pre-pump your lats.

Single arm pulldowns – These are pulldowns done one arm at a time with a small handle. I want you to keep your wrist supinated the whole time. Lean back a little before you start your set, and just STAY at that lean. Focus on driving your elbow down and flexing your lower lat. Do 8 reps on one side, and then 8 on the other. Do 4 sets total. Flex hard at the bottom!!! Drive with your elbow, don't pull with your bicep!! **4 total work sets.**

Goal – Constant tension on lats to further enhance pump.

Dumbbell Pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbbell to low. Bring the dumbbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 3 sets of 12. **3 total work sets.**

Goal – Constant tension on your lats.

Chain Deadlifts – Do sets of 3 working your way up to a weight you normally might do 8 to 10 with. Do 3 sets where you add a chain to each side once you hit this weight. **3 total work sets**

Goal – Explosiveness!

Kayak rows – On these I want you to stand in a cable crossover type machine, and hook up a cable curl bar. The bar should be set to just above eye level. Grab the bar on the ends, and start the movement as if you are doing a straight arm pulldown, but as the weight comes down (keeping your arms straight) simulate rowing a kayak by pulling the bar back along your side and flexing your lower lat. Do 3 sets of 8. **3 total work sets.**

Goal – Get one final massive pump in your lats before calling it a day.

Chest - 10 sets / Shoulders – 11 sets (pumping day)

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.

Pec minor dips – These will feel great done fresh for high reps. I want you to shoot for 20 reps a set, and do 3 sets total! **3 total work sets**

Machine press – This week these are going to be a little different. I want you to really focus on the stretch portion primarily. Drive the weight up ¾ of the way and then come right back down. Following the dips with these is an unbelievable combination for pump effect. Do 4 sets of 10. **4 total work sets**

Stretch pushups – 3 sets to failure on these! If you can get more than 15, throw a chain or two across your back! **3 total work sets**

Supersetted with

Over and backs w/ band – You are going to go over and back 10 times each set. Do this after each set of stretch pushups.

Dumbell side laterals – I want you to do regular side laterals on these. Do sets of 10, then immediately do Spidercrawls.

Supersetted with

Spidercrawls – Go up to above head, and down to below waist 3 times on each set. Pull the band apart, and keep it apart! Don't let your hands come in. Fight it!

Do 4 supersets for 8 total sets.

Facepulls w/ a band – Grab a micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Do 20 reps like this. **3 total work sets**

Biceps - 12 sets / Triceps - 12 sets / Calves – 3 sets / Abs 8 sets

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

Superset #1

Rope pushdowns – Do as many warm ups as you need. Don't worry about flexing at the bottom. I want continuous blood pumping tension up and down. We are going to start off with very high reps on the first superset combination just like last week. Do 20 reps on the pushdowns.

Superset with

Seated barbell curls – On these I want you sitting down on a bench. You will essentially be working the top half of the movement. Flex your bis as hard as you can doing these! Do sets of 8.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #2

Dumbbell curl 1.5's – On these I want you to do a full range of motion rep, then only come up half way, and then back down. That is one rep. Keep your palms supinated the whole time. I want maximum tension on your bis. On each set do 8 reps.

Superset with

Dips – I want you to do these. even slower than last week on the eccentric portion of the move. Instead of 4 seconds, take 5 seconds! You do not have to lock out this week, just drive the weight down hard and then let it come up slowly for the 5 count. I want your reps to be around 8 for all your sets here.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #3

Kettlebell lying extension – You can sub an easy curl bar for these if you do not have kettlebells. One each set you do, try to get a little more of a stretch at the bottom. Your tris should be maximally pumped headed into this, now this stretch will feel great. Do sets of 10.

Superset with

Cross body hammer curl – These are hammer curls where you do as the name implies, and curl across the front of your body. Flex your arm hard as you contract. Let your arm completely straighten before doing another rep with it. You won't be able to use much weight, but that's ok, and doesn't matter on these. You will feel an extremely intense burn though. Do sets of 12. Do all 12 on one arm, and then do 12 on the other.

Do 4 rounds. Start the next round when you are ready, don't rush.

Standing calf raises – Back to the "fun" sequence. Do 10 reps and then hold at the top for 10 seconds and repeat 2 more times for one set. So each set is really 30 reps, and 30 seconds of holds in total. Do 3 sets of this medieval torture. **3 total work sets.**

Supersettted with

Dorsiflexion - After each set of calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

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.

NOTE:

Feel free to repeat the calve and ab workout on any other day of the week.

Program 9 - Muscular Demolition

This is a 5 day a week program. The goal is simple, get huge. I don't care if you are dieting, bulking, or whatever you call it, the purpose of training should be to develop muscle, and that's the environment we are going to create.

I realize there is a lot of chain work in the program, and that might not be possible for you. You can simulate the effect by reverse banding these exercises (bench, squat, deads)!!!

Week 7

Legs – 17 sets:

Lying leg curls – Do 2 - 4 warm up sets to get you started. Just pyramid up doing sets of 8. Once you get to a pretty tough 8, I want you to stay there and do 3 sets of 8. On each set add in 6 partials after your full range of motion 8 reps. **3 total work sets.**

Goal – Activate your hams – get a lot of blood in hams.

Chain safety bar squats – Do a few higher rep warm ups (10-15), then start building up your weight doing sets of 6. Sit back as best you can just like you are doing a regular barbell squat with your sternum held high (arched chest). Find where your stance is most comfortable and stick to it. I want you to do a 3 second descent on the way down on all your work sets, then blast the weight back up. Look for the “switch” to kick in. Work up to a weight that is about 60% of your 6 rep maximum. So if you can SBS 300 for 6, then go up to 180 as your top end weight.

Now it's time to add chains. Let's add a chain each set, and stick with sets of 6. Four sets should be plenty. If 3 chains feel really heavy and your speed comes to a halt, you can stop there, but I would like to see 4 sets as your goal. **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can.

Leg press – We are going to pump your entire leg now with constant tension and varying angles. I want you to do a few really low rep sets just so you can get to a nice weight to work with. On each set I want you to do 8 reps with your feet high and wide on the platform, toes pointed out at 10 o'clock, then bring your feet together in the middle of the platform and pump out 8 more reps. Do 4 sets like this. On all these sets use constant tension and no lock out. **4 total work set.**

Goal – To get a massive pump in your legs.

Stretches – After each set of leg presses, do a 30 second stretch on each quad.

Step ups – I want you to hold a plate in each hand (if it is the kind you can easily grip), or hold dumbbells and step up onto a box. The box should be about knee level. I want you to use a subtle lean forward on these as you go down. So as you are lowering yourself, lean forward (bend at the waist) just a hair. You will feel it working your glute/hamstring tie-in really well. Your quads will be screaming too. Do all your reps on one leg, and then switch legs. When you do each leg, come up 4/5 of the way then go right back down. Do sets of 12 with each leg, and 3 sets total. **3 total work sets.**

Goal – Constant tension to further enhance massive pump from leg press.

Barbell stiff legged deadlifts – Keep the bar in tight on these and push your hips back. Keep your back arched and chest lifted. Go down nice and slow and feel your hams stretching. Do not go so low that your back rounds. Bring the weight all the way up, drives your hips forward, and flex your glutes. Do 3 sets of 10. **3 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Chest - 14 sets / Shoulders – 10 sets

Slight incline dumbbell press – Put a pair of 25's at the end of the bench so it is on a very slight incline. Lay on the end so that you are inclined not declined. Work your way up doing sets of 8. On these just keep going until you hit a weight that you miss 8 with, or barely get. Do not lock these out, use constant tension. We will count the last 3 sets as work sets. Don't take huge jumps in weight or you will cheat yourself out of work sets. **3 total work sets**

For example – this would be perfect

25 x 8

55 x 8

75x8

80x8

85x7

.

For example – this would not be good

25 x 8

55 x 8

85x7

Goal – Get blood flowing in pecs, and get them activated.

Incline bench press – Work up to a moderate weight you can explosively do 5 reps with. Stay there and do 5 sets of 5 with it. Don't touch your chest, stop an inch shy, and don't lock out. Keep constant tension on your chest, but explode out of the bottom! **5 total work sets**

Goal – Explosiveness

Smith machine decline – This should be a very slight decline. Steep angles are not good for shoulder health. You can do a scrape the rack version if you do not have a smith machine. Start with a high rep set of 20. Move up in weight and shoot for 15. Move up in weight again and shoot for 10. For your last set, we are going to do a drop set. Move up in weight, and shoot for 6 or so reps, then drop the weight and try to get another 6 or so, then drop the weight significantly and widen your grip. Pump these until your chest quits firing. Make sure you have a spotter. On all sets use constant tension and no lockout. **4 total work sets**

Goal – Maximum pump

Chain flies on a flat bench – Hook a few chains up to small handles that you would normally use in a pulley/crossover type machine. The chains will deload at the bottom so stretch, then fly the weight up as you would normally do a fly. The weight will get increasingly heavier as you go through the range of motion. If the chains deload too much, try to raise the bench. Do 2 sets of 20. **2 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Dumbbell bent over side lateral partials – Use a partial range of motion on these (hang and swings). Do 3 sets of 30 **3 total work sets.**

Goal – Maximum pump/blood flow in your delt immediately.

Seated dumbbell side laterals – Do 3 sets of 10 here seated on a bench. I want these to be ultra strict. No swinging or shrugging. **3 total work sets.**

Goal – More blood in the other parts of your shoulders other than rear/posterior head of delt.

Cage press – Drive the weight up explosively and as you press lean your head forward into the movement. Remember to use a staggered stance for balance and wear a belt to protect your lower back. At the end of each set of 5, with the weight locked out, do a sort of reverse shrug. Push the weight up with your traps for an additional 4 reps. **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can. We are training here on a pumped muscle!

Back - 17 sets

Meadows row – Do a few warm ups to get you to a hard 8, and then stick with it for 4 sets. Remember to stretch, don't let your torso drop as you stretch, and do to keep the side you are working higher (by raising that hip). **4 total work sets.**

Goal – Get some blood flowing and pre-pump your lats.

Dumbell deadstop rows – These are a standard dumbell row, but the difference is that you set the weight on the ground each rep, and then forcefully ram your elbow up for maximum lat activation. Don't yank the weight with your arms, drive your elbows. The key to rowing is driving with your elbows! Do 4 sets of 8. **4 total work sets.**

Goal – Explosiveness!

Dumbell Pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbell to low. Bring the dumbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 3 sets of 12. **3 total work sets.**

Goal – Constant tension on your lats.

Shrugs – Trap bar shrugs. If you do not have a trap bar, use dumbbells. Hold the contracted position for 3 seconds on each rep. Squeeze your traps hard! Do 3 sets of 15. **3 total work sets**

Goal – Max trap pump

Stretchers – These are done by grabbing a close grip handle in a pulldown and actually standing up with one foot on the bench. Tilt down and duck your head between your arms to emphasize the stretch. Straighten your arms and reach forward! Now raise up, arch, and drive the weight in like you are doing a low row. Do 3 sets of 8. **3 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Chest - 9 sets / Shoulders – 11 sets (pumping day)

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.

Machine press – Work your way up to a weight that is a pretty tough 10 reps with a full range of motion. Stretch and flex and every rep. Stay there and do 3 sets of 10 with it. **3 total work sets**

Pec minor dips – Crank as many reps as you can get for 3 sets! **3 total work sets**

Dumbbell twist press – These are dumbbell presses where you start in the normal bench press position, but as you drive the dumbbells up turn your pinkies in so that when you reach the top of the movement, your hand are supinated and you are flexing your pecs. This twist will enable you to get a fierce contraction. Do not go so heavy that you can't twist the dumbbells properly. It will probably take less than 50% of what you would normally dumbbell press. Do 3 sets of 10. **3 total work sets**

Supersetted with

Over and backs w/ band – You are going to go over and back 10 times each set. Do this after each set of twist presses.

Dumbbell side lateral partials – I want you to do these heavy. Keep a slight bend in your arms, tilt your head back. Remember to relax your traps/ and just swing the weight 4 to 6 inches. Do sets of 30, then immediately do Spidercrawls.

Supersetted with

Spidercrawls – Go up to above head, and down to below waist 3 times on each set. Pull the band apart, and keep it apart! Don't let your hands come in. Fight it!

Do 4 supersets for 8 total sets.

Facepulls w/ a band – Grab a micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Do 20 reps like this. **3 total work sets**

Biceps - 12 sets / Triceps - 12 sets / Calves – 6 sets / Abs 8 sets

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

Superset #1

Rope pushdowns – Do as many warm ups as you need. Don't worry about flexing at the bottom. I want continuous blood pumping tension up and down. Once you are warmed up, do sets of 12.

Superset with

Cable curls – Immediately do these after pushdowns. Flex your arms hard at the top. Don't let your arms straighten at the bottom. Flex and pump! Do sets of 15 here, I want your arms to be full of blood 5 – 10 minutes into the workout.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #2

Cross body hammer curls – This is a hammer curl done where you curl the weight in front of your body instead of beside it. Do all 10 reps on one arm, then do 10 on the other.

Superset with

Bench dips – If you have a training partner I would love to see you stack some weight on your lap when you do these. Go down nice and slow, but do not try to get down real low. Go down about half way.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #3

Pronated kickbacks – I am not a fan of kickbacks done in the traditional style, but these are awesome. Stand up straight with dumbbells at your side. Your thumbs should be on your side, now bend over and keep your thumbs in this position. When you kick the weight back/up, flex hard, your palms will be facing the ceiling. Do sets of 10.

Superset with

Seated incline dumbbell curl – Sit down on a utility bench at a high incline angle. Lay back and let your arms hang out to the side. Keep your palms up through the entire movement. You will get a nasty stretch at the bottom. Lower the weight carefully, and don't try and go heavy. Let your arm gently straighten and then flex the weight up hard. Do sets of 8.

Do 4 rounds. Start the next round when you are ready, don't rush.

Standing calf raises – Do sets of 10 all the way up until you can't get 10 anymore. Take small weight jumps so you get a high number of sets in. I want at least 6 good hard sets. **6 total work sets.**

Supersetted with

Dorsiflexion - After each set of calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

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.

NOTE:

Feel free to repeat the calve and ab workout on any other day of the week.

Program 9 - Muscular Demolition

This is a 5 day a week program. The goal is simple, get huge. I don't care if you are dieting, bulking, or whatever you call it, the purpose of training should be to develop muscle, and that's the environment we are going to create.

I realize there is a lot of chain work in the program, and that might not be possible for you. You can simulate the effect by reverse banding these exercises (bench, squat, deads)!!!

Week 8

Legs – 16 sets:

Seated leg curls – Do 2 - 4 warm up sets to get you started. Once you reach a weight that is a tough 10 reps, stay there and do 3 sets of 10 with it. I want these rest-paused. So straighten your legs, pause for a split second, and then contract fully and flex before going back to starting position. You will also be doing a 4th set in which you do 10, drop the weight and do another 6-8 reps, and then grind out 20 partial reps out of the stretched position. That should load your hams with blood. **4 total work sets.**

Goal – Activate your hams – get a lot of blood in hams.

Chain safety bar squats – This is close to the same as last week, but it's time for another challenge set and you don't need to do the 3 second descents as you previously did. Just use good controlled form on the descent. Do a few higher rep warm ups (10-15), then start building up your weight doing sets of 6. Sit back as best you can just like you are doing a regular barbell squat with your sternum held high (arched chest). Look for the "switch" to kick in. Work up to a weight that is about 60% of your 6 rep maximum. So if you can SBS 300 for 6, then go up to 180 as your top end weight.

Now it's time to add chains. Let's add a chain each set, and stick with sets of 6. Three sets should be plenty leading up to the challenge set.

Challenge set - I want you to see how many good solid reps you can get with your final weight. Shoot for more than 10. Your speed will suffer, but that's ok on this one set. This set is about heart. Once you do this, take off all chains and do more reps. Do as many good ones as you can. Do not keep going if you know your form will deteriorate. After this step back and count to 30 real slow, drop some more weight, and finish strong with more perfect reps. **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can, plus a challenge set to push you to your limits.

Leg press – We are going to pump your entire leg now with constant tension as we did last week. I want you to put your feet high and in the middle of the platform, and pump out sets of 20 reps. Find a weight that is a tough 20, and keep going up each set while still hitting your rep count.

Here is an example of how it might look.

500 lbs – You do 20 straight.

550 lbs – You do 15 reps, pause due to fatigue, and then do your last 5.

600 lbs – You do 10 then pause, then another 5 then pause, and then another 5. At this point, it seems impossible to add weight. Don't listen to that voice.

650 lbs – You do 8 reps and then pause, then 4 more, then 4 more, then 2 more, and then barely get your last 2. That is the kind of intensity I want out of these 4 sets.

4 total work set.

Goal – To get a massive pump in your legs.

Stretches – After each set of leg presses, do a 30 second stretch on each quad.

Dumbbell stiff legged deadlifts – Keep the dumbbells in tight on these and push your hips back. Keep your back arched and chest lifted. Go down nice and slow and feel your hams stretching. Do not go so low that your back rounds. Bring the weight all the way up, drives your hips forward, and flex your glutes. Do 4 sets of 10. **4 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Chest - 14 sets / Shoulders – 9 sets

Decline dumbbell press – This is just like last week, expect at a slightly different angle. Remember to use a slight decline angle. I use a sit up bench and lower it down all the way to accomplish this. Work your way up doing sets of 8. On these just keep going until you hit a weight that you miss 8 with, or barely get. Do not lock these out, use constant tension. We will count the last 3 sets as work sets. Don't take huge jumps in weight or you will cheat yourself out of work sets. **3 total work sets**

For example – this would be perfect

25 x 8

55 x 8

75x8

80x8

85x7

.

For example – this would not be good

25 x 8

55 x 8

85x7

Goal – Get blood flowing in pecs, and get them activated.

Reverse band bench press – Work up to a moderate weight you can explosively do 5 reps with. Stay there and do 5 sets of 5 with it. Touch your chest, pause for a split second, and then fire off hard! Don't lock out. Keep constant tension on your chest, but explode out of the bottom! **5 total work sets**

Goal – Explosiveness

Smith machine Incline – This should be a very slight incline. Steep angles are not good for shoulder health. You can do a scrape the rack version if you do not have a smith machine. Very quickly get to a weight that is a tough 8 reps, and do 4 sets of 8 with it. If you fall a few reps shy of 8 on the last couple of sets, that's ok. Do not worry. Do not touch your chest (stop an inch or two short), and do not lockout. Use continuous tension for max pump effect. **4 total work sets**

Goal – Maximum pump

Partial dips – Do these out of the bottom/stretched position.. Only come up half way. Let your elbows travel out to the side, tuck your chin on your chest and pump. Do 2 sets to failure. **2 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Dumbbell bent over side laterals – Use a full range of motion on these. Do 3 sets of 20. **3 total work sets.**

Goal – Maximum pump/blood flow in your delt immediately.

Over and back press – On these you are doing a standing barbell press. Use your typical shoulder press hand spacing on the bar. Lower it to your nose, and then press up, but ONLY high enough to clear your head, and then take it behind your neck, but DO NOT lower more than 2 to 3 inches. Then bring it back over just clearing your head again. Over and back is 1 rep. These are not meant to be done heavy. These are for pumping. Do 3 sets of 10. **3 total work sets.**

Goal – More blood in the other parts of your shoulders other than rear/posterior head of delt.

Cage press – Set the pins up high, all the way to the top of your forehead. Let's keep cranking on these as out explosive movement, and use a little more weight with the shortened range of motion. Do 3 sets of 5 once you find the perfect weight and groove. **3 total work sets.**

Goal – Explosive reps. Drive up as hard as you can. We are training here on a pumped muscle!

Back - 16 sets

One-arm barbell row – Do a few warm ups to get you to a hard 8, and then stick with it for 4 sets. Remember to stretch (reach for the floor), don't let your torso drop as you stretch, and to keep the side you are working higher (by raising that hip). **4 total work sets.**

Goal – Get some blood flowing and pre-pump your lats.

Smith machine rows – Do 1 to 2 feeder sets to get to your working weight. Now do 4 sets of 6 exploding up with the weight. Remember, the way to explode on these is by driving your elbows up hard, not yanking the bar hard with your arms! **4 total work sets.**

Goal – Explosiveness!

Dumbbell pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbbell to low. Bring the dumbbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 4 sets of 12. **4 total work sets.**

NOTE: As a variation on these, you can try these on a sit up bench raised slightly for a little bit of a decline angle. So get in the apparatus as if you are going to do sit ups, but do a pullover with the same form. It's a little different angle and stretch.

Goal – Constant tension on your lats.

Dead hang – Attach some weight via a dip belt, use straps, and hang as long as you can from a chin up bar. Relax your arms and feel the stretch in your lats. Tilt your head back for even more stretch. See how long you can make it for! **1 total work set**

Goal – Max lat stretch

Banded hyperextensions – Do 3 sets to failure!! I want a crazy pump in your lower back! **3 total work sets.**

Goal – Max Spinal erector pump

Chest - 11 sets / Shoulders – 10 sets (pumping day)

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.

Pec minor dips – Do a few pushups to get you warmed up for these. We are going back to doing these first! Crank as many reps as you can get for 3 sets! Shoot for 20 reps on the first set of two. **3 total work sets**

Banded dumbbell press – This is another awesome exercise that delivers a massive contraction and pump. Wrap a red long mini band under the bench, and around so that you are holding the bands in your thumbs on each side. Have your partner hand you the dumbbells at the same time in each hand. Drive straight up with a normal grip and flex your pecs. This will feel great against the band tension. Do 4 sets of 10. **4 total work sets**

Supersetted with

Over and backs w/ band – You are going to go over and back 10 times each set. Do this after each set of banded dumbbell presses. All the flexing on the pec minor dips and the dumbbells will tighten you up, so this is a good adjunct to keep you loose.

Dumbbell flyes – On these I want continuous tension. So when you come up, come up so that your hands are at the 10 o'clock and 2 o'clock position, and then go right back down. Keep your sternum lifted so that your chest is stretching. Do 4 sets of 12. **4 total work sets**

Supersetted with

Over and backs w/ band – Keep these going! Do 10 reps after every set of flyes.

Do 4 supersets for 8 total sets.

Dumbbell bent over raises – After one warm up set, I want you to do 4 sets of 15 with a full range of motion this week. **4 total work sets**

6-ways – Time to cook your entire delt. Again as a refresher, start the dumbbells at your side, and do a side lateral, stop at the contracted part and swing them around in front of you, then raise overhead working your anterior/front delts, then back down to chest level, then back out to the side, then back down to your side! That is all 1 rep! Do 3 sets of 10 like this. **3 total work sets**

Facepulls w/ a band – Grab a micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Lift your chest when you pull the band apart so you can arch and flex your rear delts even harder. Do 20 reps like this. **3 total work sets**

Biceps - 12 sets / Triceps - 12 sets / Calves – 4 sets / Abs 8 sets

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

Superset #1

Vbar pushdowns – Do as many warm ups as you need. Don't worry about flexing at the bottom. I want continuous blood pumping tension up and down. Once you are warmed up, do sets of 12. With the vbar, let it ride up a little higher when you are in the eccentric part of the lift. It will give your tri a little more thickness around your elbow (medial head). Don't get sloppy though, maintain total control.

Superset with

Cable curls – Immediately do these after pushdowns. Flex your arms hard at the top. Don't let your arms straighten at the bottom. Flex and pump! Do sets of 15 here, I want you arms to be full of blood 5 – 10 minutes into the workout.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #2

Reverse grip EZ bar curl – Do these standing, and bring the weight all the way up and flex, and let your arms straighten out completely at the bottom. This is going to blast your upper forearm (brachioradialis) as well. I expect your lower bis to be filled with blood after these too. Do sets of 12 on these.

Superset with

Cable extensions – These are the one arm extensions you do holding a cable facing away from the machine. Get a nice full range of motion on these too. At the end of every set of 10, pump out 5 partials out of the stretched position (not contracted).

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #3

Lying extensions (prefer kettlebells) – Lower slowly and focus on getting a good stretch then kick straight up and right back down. Keep continuous tension, don't kick the bells up and over your chest, again, straight up and right back down. Do not lockout, but come close. Do sets of 10.

Superset with

Preacher curl – You can use an EZ curl bar or a straight bar. Do not let the bar come all the way down on these. Go down about 2/3 of the way and come up and flex hard for a sec, then right back down. Do sets of 8.

Do 4 rounds. Start the next round when you are ready, don't rush.

Seated calf raises – Do a few warm up sets to get to a weight that is a challenging 12. Now stay there and do 4 sets of 12 with it. Get a good stretch at the bottom, and get a nice contraction at the top. It won't take much weight. **4 total work sets.**

Supersetted with

Dorsiflexion - After each set of seated calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

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.

NOTE:

Feel free to repeat the calf and ab workout on any other day of the week.

Program 9 - Muscular Demolition

This is a 5 day a week program. The goal is simple, get huge. I don't care if you are dieting, bulking, or whatever you call it, the purpose of training should be to develop muscle, and that's the environment we are going to create.

I realize there is a lot of chain work in the program, and that might not be possible for you. You can simulate the effect by reverse banding these exercises (bench, squat, deads)!!!

Week 9

Legs – 18 sets:

Lying leg curls – Do 2 - 4 warm up sets to get you started. This week you will be doing 3 sets of 10 with a moderately tough weight. Keep your hips jammed into the pad so you isolate hams better. On your 4th set, you are going to do 1.25 reps. This means you let the weight come down, come up like you are doing a partial, go back down, then come all the way back up. That is one rep. I want a set of 10 like this with a weight that is slightly lighter than the 3 sets of 10 you did. **4 total work sets.**

Goal – Activate your hams – get a lot of blood in hams.

This week you are going to be doing your explosive work on a very pumped set of legs - with that in mind, enjoy!

Leg press & leg extension superset – Work your weight up warming up with sets of 10. I also want you to do some light leg extensions. Once you are ready for your work sets, I want them done with the following rep scheme. The first set should be tough on the leg press, but you should be able to complete all 10 reps done non-stop. I expect the last set to be a very difficult challenge, with some breaks as you go through the set to get 16 reps. Push yourself.

Set #1 - Leg extension 10 reps, casually go to leg press (do not rush), and do 10 reps on the leg press.

Set #2 - Leg extension 10 reps, casually go to leg press (do not rush), and do 12 reps on the leg press.

Set #3 - Leg extension 10 reps, casually go to leg press (do not rush), and do 14 reps on the leg press.

Set #4 - Leg extension 10 reps, casually go to leg press (do not rush), and do 16 reps on the leg press.

On the leg extension, hold the flex for 1 second on each rep.

On the leg presses, pump them with continuous tension. Do not lockout. Put your feet where they are most comfortable on the platform.

8 total work sets via 4 supersets

Goal – To get a massive pump in your legs.

Stretches – After each set of leg presses, do a 10 second stretch on each quad.

Barbell squats – Do a few sets of 3 reps to get you to a weight that you can do explosively for 6 reps. I want you to stick with the weight and do 4 sets with it. On each set try to drive up even faster! Your legs will be pretty fatigued by the preceding work, *but* you will still have plenty of strength to move weight fast. You also do not have chains kicking in this week as you go, so the weight should really fire up at the midpoint in the rep. Depth wise, going to parallel or slightly above that is just fine. **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can.

Barbell stiff legged deadlifts – On these I want you to use 25 lb plates and get a really good stretch. Do these very controlled and deliberately. As you lower the weight, push your hips back, and feel your hams stretch. Bend your knees a bit too at the bottom so you don't pull any muscle (in a bad way). Do 2 sets of 12. **2 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Chest - 13 sets / Shoulders – 9 sets

Banded chest press – Use the long red pro mini bands on these. Do as many warm ups as you need and then simply find a good weight and do 3 sets of 8 with it. Explode out of the bottom. Flex hard at the top. Get everything activated and full of blood. If you are using a flat or decline machine, only let your elbows go back to where they are even (in line with) your chest. Do not let the weight come all the way back. **3 total work sets**

Goal – Get blood flowing in pecs, and get them activated.

Chain bench press – Work up to a moderate weight you can explosively do 5 reps with. Stay there and do 5 sets of 5 with it. Touch your chest, pause for a split second, and then fire off hard! Don't lock out. Keep constant tension on your chest, but explode out of the bottom! Put the chains on first, on the inside of the weights, and make sure 3-5 links are touching the ground when you are at lockout. **5 total work sets**

Goal – Explosiveness

Smith machine Decline – This should be a very slight decline. We use a sit up bench set all the way down and slide it into the rack. On these you are going to do higher rep pumping sets. Do not lockout, and as soon as your touch chest, fire weight back up. I want you to do 3 sets of 15 done in this style. **3 total work sets**

Goal – Maximum pump

Partial dips – We are going to repeat these from last week! Do these out of the bottom/stretched position.. Only come up half way. Let your elbows travel out to the side, tuck your chin on your chest and pump. Do 2 sets to failure. **2 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch.

No presses this week – this week will be all lateral variations.

Dumbbell bent over side laterals – Use a full range of motion on these. Do 3 sets of 15. **3 total work sets.**

Goal – Maximum pump/blood flow in your delt immediately.

Spidercrawls – Use the short red pro mini band for these. I want you to crawl up and down the wall for 60 seconds straight per set. Do 3 sets like this. Fight to keep your hands apart, and to not stand to close to wall, Push yourself on these, it just requires pain tolerance. **3 total work sets.**

Goal – More blood in the other parts of your shoulders other than rear/posterior head of delt.

Dumbbell front raises – Do these seated. Keep your hands pronated throughout the whole rep. Bring the dumbbells up 3 to 4 inches past eye-level. Lower them to the side of your body. Do 3 sets of 12. **3 total work sets.**

Goal – Even more blood in shoulders! They should be numb.

Back - 19 sets

Meadows row – Do a few warm ups to get you to a hard 8, and then stick with it for 4 tough sets. Focus on form, but be aggressive. Drive with your elbows, and stretch your lat on each rep. **4 total work sets.**

Goal – Get some blood flowing and pre-pump your lats.

Chain deadlifts – Work your way up doing sets of 3, until you get to a weight that is about what you would normally be able to do for 10 reps. I want you to add a chain to each side per side, for 4 sets (so finish with 4 chains per side). This week do sets of 5. I do want you to be explosive on these. Get tight and fire the weight up hard. In between each rep, re-set for a split second and then fire back up. Don't bounce the weight off the floor. **4 total work sets.**

Goal – Explosiveness!

Dumbbell pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbbell to low. Bring the dumbbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 4 sets of 12. **4 total work sets.**

Goal – Constant tension on your lats.

Barbell shrugs – Do 3 sets of 10 with a 2 second flex at the top of every rep. **3 total work sets.**

Goal – Max trap pump

Dead hang – Attach some weight via a dip belt, use straps, and hang as long as you can from a chin up bar. Relax your arms and feel the stretch in your lats. Tilt your head back for even more stretch. See how long you can make it for! **1 total work set**

Goal – Max lat stretch

Banded hyperextensions – Do 3 sets to failure!! I want your spinal erectors to be as pumped as any other muscle you train. Burn them and drive blood in there! **3 total work sets.**

Goal – Max Spinal erector pump

Chest - 10 sets / Shoulders – 11 sets (pumping day)

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.

Machine press – After a few sets to warm up, pyramid up doing sets of 10 with a full range of motion. Use a neutral grip if your machine allows it. Hold and flex for just a split second at the top. Just keep going up until you can't get 10 good reps. We will count the last 3 sets as working sets. **3 total work sets**

Dumbbell hex press – Time for more intense squeezing and contracting. I want you to do 4 sets of 10 here. Sit the dumbbells on your chest for a second, then drive them up squeezing with every ounce of strength you have. Remember to “smash” the dumbbells together throughout the entire set. Do 4 sets of 10. **4 total work sets**

.Supersetted with

Over and backs w/ band – You are going to go over and back 10 times each set. Do this after each set of hex presses. All the flexing on the pec minor dips and the dumbbells will tighten you up, so this is a good exercise to keep you loose.

Stretch pushups – Throw a chain across your back and do 3 sets to total failure. Keep your chin up, try to touch the ground with your sternum, and don't let your lower back sway.

Supersetted with

Over and backs w/ band – Keep these going! Do 10 reps after every set of stretch pushups.

Do 4 supersets for 8 total sets.

Dumbbell seated side laterals – Do one warm up set of 10. I want these done ultra strict. Use a weight that allows this. No shrugging, no swinging, just super strict reps where you bring the dumbbells out to your side to eye level. Do 4 sets of 10. **4 total work sets**

Dumbbell front raises – Stay seated on the bench. Now I want you to do front raises, so bring the dumbbells straight out in front to hit your anterior delt. Bring them up strictly 2-3 inches above eye level. Do 4 sets of 10 here too. **4 total work sets**

Facepulls w/ a band – Grab a long orange micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Lift your chest when you pull the band apart so you can arch and flex your rear delts even harder. Do 20 reps like this. **3 total work sets**

Biceps - 15 sets / Triceps - 15 sets / Calves – 4 sets / Abs 8 sets

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

No supersetting on this day!

Vbar pushdowns – Do as many warm ups as you need. On these we are going to reduce rest breaks for an even faster, more increased pump effect. I don't care if the weights you are using goes down. Arm training is not about setting barbell curl PR's! So with that in mind, do sets of 15 on the pushdown. Only take 45 seconds between sets and do 6 sets. As you go, you will need to decrease the weight to hit your number. That's ok. Do what you need to do to hit 15 reps. Do 6 sets! **6 total work sets**

Cable curls – After doing all of your sets on pushdown, move to these. Flex your arms hard at the top. Don't let your arms straighten at the bottom. Flex and pump! Do sets of 8 here and again only take 45 seconds between sets. Do 6 sets of these. **6 total work sets**

Cross body hammer curl – On these I want you to hammer curl them across your body. You can do all your reps on one arm and then move to the other, or alternate. Either way is fine. Do 10 reps for each arm though. I want 6 sets again with 45 second rest breaks. **6 total work sets**

Dip machine/dip between benches – After you do all your hammer curls, move onto these. As usual take a 3 second descent on these. Your arms should be absolutely on fire and screaming at this point. If not, you have went too heavy more than likely, and did not focus enough on flexing during your movements. Do sets of 8 here too with 45 second breaks, and again 6 sets. **6 total work sets**

Decline lying extensions w/ EZ curl bar – Do these on a decline. I prefer to use a sit up bench lowered all the way down so the angle isn't too steep. I want you to really stretch on these. Your arms should be full of blood, so lower the weight behind your head slowly, and drive straight up to $\frac{3}{4}$ lockout, then right back down. Do sets of 10 here, but this time only 3 sets, and also now I want you to rest for as long as you need to before starting again. The blood is in there, so let's take our time and work a stretched muscle hard. **3 total work sets**

Preacher curl – Like the extensions, now take your time on these too. Do sets of 8. I want 3 total sets. Remember to not let your arms straighten; work the sweet spot of the movement. Flex hard throughout the movement, but really hard at the top. **3 total work sets**

Standing calve raises – Do a few warm up sets here. I want you to get to a weight that is a tough 15. On each set shoot for 15 reps with a full range of motion, and then tack on 10 partials out of the bottom. As always, superset these with tibia raises. **4 total work sets.**

Supersetted with

Dorsiflexion - After each set of seated calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

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.

NOTE:

Feel free to repeat the calve and ab workout on any other day of the week.

Program 9 - Muscular Demolition

This is a 5 day a week program. The goal is simple, get huge. I don't care if you are dieting, bulking, or whatever you call it, the purpose of training should be to develop muscle, and that's the environment we are going to create.

I realize there is a lot of chain work in the program, and that might not be possible for you. You can simulate the effect by reverse banding these exercises (bench, squat, deads)!!!

Week 10

Legs – 18 sets:

Lying leg curls – Do 2 - 4 warm up sets to get you started. This week you are doing all rest/pause reps. So straighten your legs, pause for a split second, then curl the weight back as far as you can. Do 4 good hard sets of 10 here. **4 total work sets.**

Goal – Activate your hams – get a lot of blood in hams.

Barbell squats – I would prefer you change out to safety bar squats this week. If you do not have one, that's ok, just stick to the regular barbell. Do as many sets as you need to warm up, progressively moving up to a weight that is about right for 6 explosive reps. Keep the weight low enough for you to be able to accelerate out of the bottom. Do 3 sets of 6 with this weight. For your 4th set I want you to reduce the weight about 25% and just go all out to failure. Get as many reps as you can. Push yourself. Train like a champion. **4 total work sets.**

Goal – Explosive reps. Drive up as hard as you can, plus a challenge set to push you to your limits.

Leg press – Do a few feeder sets of 3 just to get you up to a weight that will be perfect for 15 reps. I want your feet to be close together, and around the middle of the platform. I want these reps to be pumping reps done with no lockout. Just fire like a piston up and down. Do 3 sets of 15 once you have found a weight that is a pretty tough 15. For your 4th set, we are going to do another challenge set. I want you to do as many reps as humanly possible with the same weight. This means you can pause, rest for a few seconds, use your hands to help, etc. An awesome set here would be grinding out like 25 reps. **4 total work sets**

Goal – To get a massive pump in your legs.

Stretches – After each set of leg presses, do a 10 second stretch on each quad.

Chain barbell stiff legged deadlifts – On these I want you to pull from midshin, like you are doing a rack pull for your back. Put two chains on each side, and then just keep adding weight doing sets of 8. On each rep stand up straight and flex your glutes. We are working the top half of the movement; the chains will engage even more muscle as the bar will get heavier toward lockout. Keep going up until you can't get your 8 reps. We will count the last 4 sets as working sets. Don't take huge jumps, or you will not get enough sets. **4 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch (partial stretch in this case)

Chest - 13 sets / Shoulders – 9 sets

Dumbbell press on a slight incline – Elevate the bench a few inches by placing 25 lb plates under the side of the bench where your head will be. Do sets of 8 all the way up until you can't get 8. On these I don't want you to lockout. Just give your pecs continuous tension by getting a good stretch and then driving up to $\frac{3}{4}$ lockout. We'll count the last 4 sets as work sets. Remember when you get into the working sets, don't take huge jumps or you won't get enough sets in. If you get stuck with less than 8 reps before you're your 4th set, feel free to lighten it up a bit too. **4 total work sets**

Goal – Get blood flowing in pecs, and get them activated.

Incline bench press – Do a few feeder sets of 3 to get you to a weight that is a challenging 6. Now stay there and do 3 good explosive sets of 6 with it. Don't take the bar all the way to chest, stop at about 2 inches above chest, and don't lockout. These are explosive, but we also want continuous tension. **3 total work sets**

Goal – Explosiveness

Smith machine Decline – We are going to hit these again. I want 3 sets of 10 reps here. I want you to pause the weight on your chest for just a split second then drive up to $\frac{3}{4}$ lockout then come right back down. **3 total work sets**

Goal – Maximum pump

Flye machine/dumbbell flyes – We are going to work a full range of motion on these. If you have a machine for these, that is my number one choice. I want a stretch to where your arms come straight out to the side, but not beyond that, and then bring your hands in together and flex hard. Do 3 sets of 10 like this. **3 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Dumbbell bent over side laterals – Use a full range of motion on these. Do 3 sets of 15. **3 total work sets.**

Goal – Maximum pump/blood flow in your delt immediately.

6-ways – Do 3 sets of 10 on these. **3 total work sets.**

Goal – More blood in the other parts of your shoulders other than rear/posterior head of delt.

Ultrawide grip barbell overhead press – These are tough. You cannot use a heavy weight; in fact it's not safe. Take your grip way out on a barbell, for me I literally go all the way to the collar. Lower the weight all the way to your chest and actually touch it, then drive to the top of your forehead only. Don't lockout. I only use like 75 lbs on these. These are HARD. Do 3 sets of 10. Remember go all the way down until you touch your chest. Stagger your stance for balance, and wear a belt for safety reasons. **3 total work sets.**

Goal – Even more blood in shoulders! They should be numb.

Back - 18 sets

One-arm barbell row – Do a few warm ups to get you to a hard 8, and then stick with it for 4 tough sets. Focus on form, but be aggressive. Drive with your elbows, and stretch your lat on each rep. if you have a Meadows row attachment, use it on these. **4 total work sets.**

Goal – Get some blood flowing and pre-pump your lats.

Smith machine rows – As usual, ram your elbows up, and keep your upper body stationary. It's all in the elbow drive. Wear a belt on these. Find a weight that you can do explosively for 6 reps, and do 4 sets of 6 with it. **4 total work sets.**

Goal – Explosiveness!

Dumbbell pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbbell to low. Bring the dumbbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 4 sets of 12. **4 total work sets.**

Goal – Constant tension on your lats.

Pulldowns with a stretch – These are fun. You are doing a regular pulldown to the front, the difference is as you let the weight come up and your arms are locked out, your training partner is going to GENTLY push down on the stack to make it heavier thereby stretching your lats more than they usually get. This is

the only part of the movement where your partner applies extra tension. Again, use a gentle, not jerky or overly aggressive stretch. Be very clear with your partner about this. Do 3 sets of 8. **3 total work sets.**

Goal – Max lat stretch

Banded hyperextensions – Do 3 sets to failure!! I want your spinal erectors to be as pumped as any other muscle you train. Burn them and drive blood in there! **3 total work sets.**

Goal – Max Spinal erector pump

Chest - 10 sets / Shoulders – 11 sets (pumping day)

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.

This is the same as the last few weeks, that's ok, this should definitely be giving you the pump we are looking for.

Machine press – After a few sets to warm up, pyramid up doing sets of 10 with a full range of motion. Use a neutral grip if your machine allows it. Hold and flex for just a split second at the top. Just keep going up until you can't get 10 good reps. We will count the last 3 sets as working sets. **3 total work sets**

Dumbbell hex press – Time for more intense squeezing and contracting. I want you to do 4 sets of 10 here. Sit the dumbbells on your chest for a second, then drive them up squeezing with every ounce of strength you have. Remember to “smash” the dumbbells together throughout the entire set. Do 4 sets of 10. **4 total work sets**

Supersetted with

Over and backs w/ band – You are going to go over and back 10 times each set. Do this after each set of hex presses. All the flexing on the pec minor dips and the dumbbells will tighten you up, so this is a good exercise to keep you loose.

Stretch pushups – Throw a chain across your back and do 3 sets to total failure. Keep your chin up, try to touch the ground with your sternum, and don't let your lower back sway. **3 total work sets**

Supersetted with

Over and backs w/ band – Keep these going! Do 10 reps after every set of stretch pushups.

Do 4 supersets for 8 total sets.

Dumbbell seated side laterals – Do one warm up set of 10. I want these done ultra strict. Use a weight that allows this. No shrugging, no swinging, just super strict reps where you bring the dumbbells out to your side to eye level. Do 4 sets. **4 total work sets**

Dumbbell front raises – Stay seated on the bench. Now I want you to do front raises, so bring the dumbbells straight out in front to hit your anterior delt. Bring them up strictly 2-3 inches above eye level. Do 4 sets here too. **4 total work sets**

Facepulls w/ a band – Grab a long orange micromini band and pull your hands out to the side with straight arms. Once your arms are straight out to the side, flex your rear delts and hold for a second! Lift your chest when you pull the band apart so you can arch and flex your rear delts even harder. Do 20 reps like this. **3 total work sets**

Biceps - 12 sets / Triceps - 12 sets / Calves – 4 sets / Abs 8 sets

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

Rope pushdowns – Do as many warm ups as you need. Do sets of 15 on these. Don't lock out, just keep firing up and down like a piston to get the blood moving in your triceps.

Supersetted with

Barbell curls – Make sure you have done plenty of warm ups here too. You are going to do sets of 8 here.

8 total work sets via 4 supersets

Hammer curl – On these I just want you to do regular hammer curls for sets of 10.

Supersetted with

Single arm pushdowns – These are just pushdown done with a single cable handle, but on these, lock your arm and flex your tri for 2 seconds on each rep. Drive more blood in there! Do sets of 10.

8 total work sets via 4 supersets

Reverse grip pushdown – Now that your tricep is full of blood, let's work a "stretch" exercise. On these lean forward and let the bar sort of come behind your head for maximum stretch. Go a bit heavy, and don't lockout. Just work that stretch! Do sets of 10 here too.

Supersetted with

Preacher curl – As usual, don't use a full range of motion on these. Keep your bicep tendon intact. Flex hard at the top. Squeeze even more blood in there ok. Do sets of 8 here.

8 total work sets via 4 supersets

Standing calve raises – Do plenty of warm up sets here. I want you to get to a weight that is a tough 8. On each set shoot for 8 reps with a full range of motion, and then tack on 5 partials out of the bottom. As always, superset these with tibia raises. **4 total work sets.**

Supersetted with

Dorsiflexion - After each set of seated calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

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.

NOTE:

Feel free to repeat the calve and ab workout on any other day of the week.

Program 9 - Muscular Demolition

This is a 5 day a week program. The goal is simple, get huge. I don't care if you are dieting, bulking, or whatever you call it, the purpose of training should be to develop muscle, and that's the environment we are going to create.

I realize there is a lot of chain work in the program, and that might not be possible for you. You can simulate the effect by reverse banding these exercises (bench, squat, deads)!!!

Week 11

Legs – 19 sets:

Seated leg curls – Do 2 - 4 warm up sets to get you started. Nothing fancy this week. We are doing straight sets of 10. Just find a weight that is a pretty tough 10, and shoot for 4 sets of 10 with it. If you can't quite get 10 on the last few sets, that's fine. Have someone press down on your lower back lightly so your hips don't rise off the bench. **4 total work sets.**

Goal – Activate your hams – get a lot of blood in hams.

Barbell stiff-legged deads – We are also doing “normal” straight sets of these too today. Just pull from the floor and come up $\frac{3}{4}$ of the way, before going right back down. Keep a little bend in your knees when lowering the weight. On each rep I want you to set the bar down, and then fire back up with perfect form. Do sets of 10. **4 total work sets.**

Goal – Explosive reps for hams

Leg press – Do plenty of warm up sets on these. Use the stance that you feel most comfortable and powerful with. Do straight sets of 10 working your way up until you can barely get 10. Do not lock these out; keep continuous tension on your quads. **4 total work sets**

Goal – Activate your quads – get a lot of blood in there

Barbell squats – Do explosive sets of 5 all the way up until you feel like you are “grinding” and your rep speed is way down. Use whatever stance you feel strongest. We'll count the last 3 sets as work sets! **3 total work sets.**

Goal – Explosive reps for quads

Kettlebell side squats – These always looked a little goofy to me, but they are a great abductor, and adductor exercise that also is fantastic for pumping. Hold the kettlebell out in front of you with your arms hanging down, and simply step to the side and squat down. Do this in one smooth motion. So don't step

to the side, stop then squat down. Do it all together, so as you are stepping to the side you are really starting the descent too. If you do this right, you will immediately feel these in your ab and adductors. Let's pump like crazy on these. Do 4 sets of 15 on each leg. **4 total work sets.**

Goal – To get a massive pump in your legs.

Chest - 15 sets / Shoulders – 13 sets

Dumbell press on a slight decline – We are going to do these on a slight decline. After plenty of warm ups, do sets of 8 working your way up until you hit a weight you hit failure on right around 8. Once the sets become hard, take small jumps so you can get 4 good work sets from this. Usually we do these only to 3/4 lockout, but this week I want you to lock these out and flex your pecs hard. **4 total work sets**

Goal – Get blood flowing in pecs, and get them activated.

Incline bench press – Do a few feeder sets of 3 to get you to a weight that is a challenging 5. Remember, don't let the weight come all the way down and touch your chest, and also do not lock these out. Fire the weight up out of the bottom and when you hit ¾ lockout come right back down. Do 4 sets 5 with a weight that allows you get to get all your reps explosively. **4 total work sets**

Goal – Explosiveness

Dips – On these I want you to get a really good stretch at the bottom. Tuck your chin into your chest, and keep your feet out in front of you slightly. Come up about 3/4 of the way on these too, so your triceps don't wear out before your pecs can work hard. If you can, toss a chain or two across your back on these! Do 4 sets of 12 reps. If 12 is easy, add weight (or chains). **4 total work sets**

Goal – Maximum pump

Stretch pushups – I want you to crank a lot of reps out on these. Shoot for 20 or so on the first set, and then from there you will lose some reps, but that is ok. Go to failure on every set. On the last set, once you hit failure, do 6 partials out of the bottom (stretched position) to really pump and annihilate your pecs. **3 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Dumbell bent over side laterals – Use a full range of motion on these. Do sets of 15.

Supersetted with

Face pulls/Band pull apart – On each rep hold the flexed position for 2 seconds. This should be excruciating, but watch your rear delts pump up. Do another 15 here.

8 sets via 4 supersets

Goal – Maximum pump/blood flow in your delt immediately.

Cage presses – Talk about training on a pumped muscle. Well this would be it. Find a weight that you accelerate explosively with and do 5 sets of 5 with it, and call it a day! **5 total work sets.**

Goal – Explosive work

Back - 17 sets

Meadows row – Do a few warm ups to get you to a hard 8, and then stick with it for 4 tough sets. Focus on form, but be aggressive. Drive with your elbows, and stretch your lat on each rep. **4 total work sets.**

Goal – Get some blood flowing and pre-pump your lats.

Chain deadlifts – Today will be fun on these. I want you to do triples up until you get to a weight that is kind of heavy, not something with you have to grind to get the reps, remember these are explosive. Attach 2 chains on each side. You are going to do 1 rep, step back and count to 10, and do it again. I want 15 explosive reps total done like this. So this is 15 singles with a 10 second break in between each one. We'll call this 3 work sets, just due to it being 15 reps. **3 total work sets.**

Goal – Explosiveness!

Dumbbell pullovers – Remember to use the laying on the bench style, as opposed to laying across the bench. Also, remember to not force the stretch. Take your time lowering the weight as you want to keep tension on your upper lats and serratus. If you lose the tension you have lowered the dumbbell to low. Bring the dumbbell to the top of your forehead. Don't bring it all the way to above chest or you will again lose some lat tension. Do 4 sets of 12. **4 total work sets.**

Goal – Constant tension on your lats.

Barbell shrugs – On these just pyramid up doing sets of 8 with a 2 second flex on each rep, until you get to a weight that you can barely do your 8 with. We'll count the last 3 sets as work sets. **3 total work sets.**

Goal – Maximum pump in traps

Banded hyperextensions – As always, my favorite spinal erector exercise. Do 3 sets to failure!! I want your spinal erectors to be as pumped as any other muscle you train. Burn them and drive blood in there! **3 total work sets.**

Goal – Max Spinal erector pump

Chest - 12 sets / Shoulders – 10 sets (pumping day)

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.

This is the same as the last few weeks, that's ok, this should definitely be giving you the pump we are looking for.

Dumbbell hex press – We are going to start with the hex press this week for an unbelievable flex and contraction. Do as many warm ups as you need, then I want you to find a weight that feels perfect for 10 reps and do 4 sets of 10. On every rep flex hard at the top, and then pause the dumbbells on your chest. **4 total work sets**

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.

Supersetted with

Over and backs w/ band – You are going to go over and back 10 times each set. Do this after each set of pec minor dips.

Do 4 rounds.

Machine press – On these we want to extract every last bit of flexing you have in your pecs. Drive these to lockout, then flex for 2 seconds. Do 4 sets of 8 this way. On the 4th set, I want you to add on an additional 10 partials out of the bottom position (opposite of flexed) to finish off your pecs. **4 total work sets**

Dumbbell side laterals – Nothing fancy here, just do a warm up set, and then 4 sets of moderately heavy weight for 8 reps. Bring the dumbbells up to just a few inches above parallel. **4 total work sets**

Machine laterals (for rear delts) – This is done on a pec deck type machine where you face it, and do rear delt laterals. If you don't have one, feel free to do dumbbell bent over laterals. I want you to do 3 sets of 20 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**

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**

Biceps - 12 sets / Triceps - 12 sets / Calves – 4 sets / Abs 8 sets

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

Vbar pushdowns – Do as many warm ups as you need. Do sets of 15 on these. Don't lock out; just keep firing up and down like a piston to get the blood moving in your triceps.

Supersetted with

Cable curls 1.25's – On these you are going to a full rep, and then a quarter rep out of the bottom hence the 1.25s reps. Each time you do this, this is 1 rep. I want 8 reps like this on each set. Drive the blood in there!

8 total work sets via 4 supersets

Seated incline dumbbell curls – This is where you sit on an incline utility bench back a bit and let your arms hang down for an awesome stretch. Do not try to go real heavy on these. We are doing 8 reps on these, and then 6 more partial reps out of the bottom. Your biceps will be on fire!

Supersetted with

Close grip pushups – Use about a shoulder width grip, and really try to place 100% focus on using triceps on these. go to failure each set.

8 total work sets via 4 supersets

Seated dip machine (or bench dips) – Go nice and slow on these. Feel the muscle stretch, and then go to ¾ lockout. As you fatigue, keep going and just do little reps. Push yourself until you are just moving an inch or so. This should burn like fire. Shoot for around 8 good reps before kicking in the partials for enhanced bloodflow.

Supersetted with

Preacher curl – As usual, don't use a full range of motion on these. Keep your bicep tendon intact. Flex hard at the top. Squeeze even more blood in there ok. Do sets of 8 here.

8 total work sets via 4 supersets

Standing calve raises – Do plenty of warm up sets here. I want you to bump the reps up this week. Do a set of 30, then 25, then 20, then 15. On each set add weight. If your calves are burning so bad you can't get to the top of the movement, that ok, just do partials out of the bottom until you hit your rep target. **4 total work sets.**

Supersettted with

Dorsiflexion - After each set of standing calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

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.

NOTE:

Feel free to repeat the calve and ab workout on any other day of the week.

Program 9 - Muscular Demolition

This is a 5 day a week program. The goal is simple, get huge. I don't care if you are dieting, bulking, or whatever you call it, the purpose of training should be to develop muscle, and that's the environment we are going to create.

I realize there is a lot of chain work in the program, and that might not be possible for you. You can simulate the effect by reverse banding these exercises (bench, squat, deads)!!!

Week 12

Legs – 17 sets:

Lying leg curls – Do 2 - 4 warm up sets to get you started. This time I want you to do 3 regular sets of 15 reps. On your 4th set, I want 15 again, but then tack on 35 partials. This is a lot of reps, and should have your hams completely loaded with blood. **4 total work sets.**

Goal – Activate your hams – get a lot of blood in hams.

Barbell squats – Do explosive sets of 8 all the way up until you feel like you are “grinding” and your rep speed is way down. Use whatever stance you feel strongest. For your last set, we are going to do a challenge set. So whatever you finished for your last set of 8, now do as many reps as you can possibly do with good form. Rest 20 seconds, drop the weight some, and now crank again doing as many as you can with good form. If you can handle it, do one more drop. I do. We'll call this 4 sets total. **4 total work sets.**

Note: If you have a Safety Squat Bar, use it this week.

Goal – Explosive reps for quads and a challenge set to shock your legs

Leg extensions – Let's move on to something where you are seated as you might be a bit gassed if you pushed yourself hard on that last set of squats. Do 3 sets of 8 with a weight you can hold and flex each rep for 2 seconds with. **3 total work sets.**

Goal – More blood into your quads. Pump.

Hack squat – Ok, now that you have had a chance to sit down, let's get back up and finish your quads off with a supramax pump set. Do 2 sets of 10 with a descent weight using a good full range of motion, and then on your 3rd set, I want you to do 10, then drop the weight in half, and go all out to near failure. I want you to be able to rack the weight, is why I say “near” failure. **3 total work sets**

Note: If you do not have a good hack squat – use the same scheme on the leg press.

Goal – To get a massive pump in your legs.

Barbell stiff-legged deads – Use a good full range of motion on these. Come all the way up, flex your glutes, and then get a nice stretch. Use 25 lb plates to enhance the stretch. Do 3 sets of 10. **3 total work sets.**

Goal – Train on a fully pumped stretched muscle.

Chest - 14 sets / Shoulders – 9 sets

Dumbell press on a slight incline – Do plenty of warm up sets working your way up doing 8 reps a set. Keep going until you get to a weight you can barely hit 8 with. On these, don't lockout. Come up $\frac{3}{4}$ of the way, and then go right back down and get a good stretch at the bottom. We'll call this 3 working sets. **3 total work sets**

Goal – Get blood flowing in pecs, and get them activated.

Incline bench press – Many times we do these for explosiveness, but today we are going to do these for reps. Find a weight you can do for 10 reps. As usual, don't come up all the way, come up $\frac{3}{4}$ of the way and then go down to an inch or two above your chest. Keep this constant tension for all 10 reps to enhance your pump. Do 3 sets of 10. **3 total work sets**

Goal – Additional chest pump

Reverse band bench press – Now we are ready to hit the explosive work! Work up to a good weight quickly and do 5 sets of 5 with it! **5 total work sets**

Goal – Explosiveness

Stretch pushups – Let's keep doing these, but elevate your feet a bit more now to make them harder! Do 3 sets to failure. **3 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch.

Dumbell side laterals – Use a full range of motion on these. Do sets of 15.

Supersetted with

Face pulls/Band pull apart – On each rep hold the flexed position for 2 seconds. This should be excruciating, but watch your rear delts pump up.

8 sets via 4 supersets

Goal – Maximum pump/blood flow in your delt immediately.

Rear delt destroyer set – Do partial raises bent over for rear delts for 60 reps, and then drop weight in half and do 30, then one more drop and do 15. You can and should probably do this lying face down on an incline utility bench so your lower back doesn't give out. **1 total work set.**

Goal – Supra max pump

Back - 17 sets

One arm barbell row – Do a few warm ups to get you to a hard 8, and then stick with it for 4 tough sets. Focus on form, but be aggressive. Drive with your elbows, and stretch your lat on each rep. If you have the Meadows row handle use it, and use 10 lb plates. **4 total work sets.**

Goal – Get some blood flowing and pre-pump your lats.

Low cable row – These are just standard low cable rows with a close grip handle. Get a nice stretch and arch your chest as you drive your elbows back and pull the weight in and flex your lats. Do a pyramid here. Do 12, 10, 8, and 6 reps with increasingly heavier weight as you go. Don't compromise form though. **4 total work sets.**

Goal – Additional blood flow in lats

Dumbbell pullovers – Do 4 sets of 12 with our usual style of laying on the bench and not across it.. **4 total work sets.**

Goal – Constant tension on your lats.

Dumbbell shrugs – On these try and go heavy. Hold for a 1 second flex at the top. Do 4 sets of 8 like this. **3 total work sets.**

Goal – Maximum pump in traps

Banded hyperextensions – Do 3 sets to failure!! I want your spinal erectors to be as pumped as any other muscle you train. Burn them and drive blood in there! **3 total work sets.**

Goal – Max Spinal erector pump

NOTE: We are laying off of explosive back work this week in favor of more pumping type exercises.

Chest - 11 sets / Shoulders – 10 sets (pumping day)

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.

This is the same as the last few weeks, that's ok, this should definitely be giving you the pump we are looking for.

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. **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**

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.

Supersetted with

Over and backs w/ band – You are going to go over and back 10 times each set. Do this after each set of pec minor dips.

Do 4 rounds.

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 like last week. **3 total work sets**

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**

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

Biceps - 12 sets / Triceps - 12 sets / Calves – 5 sets / Abs 8 sets

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

Rope pushdowns – Do as many warm ups as you need. Tilt your body down to a 90 degree angle so you get a bit more of a stretch, and don't worry about flexing in the contracted position. Use more of a pumping motion. DO 20 reps like this.

Supersetted with

Cable curls – Do 8 full range of motion reps with a nice hard 2 second flex at the top of every rep.

8 total work sets via 4 supersets

Hammer curls – Do these out to the side, not across your body. Do sets of 10 reps squeezing with your grip hard!

Supersetted with

Reverse grip pushdowns – Lean down and into these to like you did the first pushdowns, just reverse your grip! Do sets of 12 here. Work the stretch!

8 total work sets via 4 supersets

Incline lying extension/skullcrusher – Now that your elbows are greased up, we are going to do these. Don't try and go real heavy. Use a weight that you can lower slowly to right down to your forehead and then drive back up to ¾ lockout. Do sets of 15 here!

Supersetted with

Preacher curl – As usual, don't use a full range of motion on these. Keep your bicep tendon intact. Flex hard at the top. Squeeze even more blood in there ok. Do sets of 8 here.

8 total work sets via 4 supersets

Standing calf raises – Do plenty of warm up sets here. Go heavy. Do full range motion sets of 8 all the way up until you can't get your 8 reps. Take small jumps in weight to get more volume in. We'll call this 5 sets. **5 total work sets.**

Supersetted with

Dorsiflexion - After each set of standing calves, I want you to stand up and simply dorsiflex your foot to train anterior tibialis. Do them until your tibialis goes numb. This is usually 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

Goal – Extreme pump to deliver nutrients and trap growth factors in the muscle. The more blood the better.

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.

NOTE:

Feel free to repeat the calve and ab workout on any other day of the week.

I added an awesome calve routine to the express site for the month of August – you are free to try it – it works!

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-Ulvqg7-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 spring 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 Supersettted 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