

Program 10 – The Devourer

This is a 5 day a week program, but if you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice some optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. This is what I am personally using at this point in my training (2012). Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly. The lighter days will not change fyi. You will get new routines for all the heavy days each week as usual.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (light/explosive)

Wednesday – Chest/Shoulders (light)

Thursday – Arms

Friday – Back (light)

Week 1

Legs – 17 sets:

Seated leg curls – Do 2 - 4 warm up sets to get you started. This time I want you to do 3 regular sets of 10 reps. On your 4th set, I want 10, then a weight drop for another 8-12, then 20 partials added on. **4 total work sets.**

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

Barbell squats – We are going to do grinder sets on squats this week and push the explosive work to 3rd in the routine. Do sets of 10 all the way up until you can barely get 10. Take small jumps so you can get in at least 3-4 tough sets. We'll call this 4 sets. Try to get to a few inches above parallel, no need to go deeper than that. **4 total work sets.**

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

Goal – Quad pump

Banded leg press – On these do sets of 5 working your way up pretty quick to your target you will be doing 8 reps with. Lower the weight in a controlled manner, fighting the eccentric overload created by the bands, and then BLAST the weight back up against them. Once you get to the target weight, hit 3 sets of 8 with it. **3 total work sets.**

Goal – Explosive work

Leg extension – The name of the game here is pain tolerance. I want you to do a set of 30, then 25, then 20. Use the same weight, and rest 2 minutes in between each set. Kick up hard, but you don't have to flex and hold the weight. **3 total work sets**

Goal – To complete the 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 - 16 sets / Shoulders – 11 sets

Machine press – 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 smith bench press – Let's find the sweet spot in terms of range of motion here and pump the heck out of your pecs. Go down to 2 inches above chest, and go up to $\frac{3}{4}$ lockout. Start with a weight you can do 15 with, and then add a little weight each set using the following rep scheme -> 15, 13, 11, 9, and 7. **5 total work sets**

Goal – Additional chest pump

Reverse band bench press on a slight incline – This is a new angle for these. Just bump your bench up a bit with 25 lb plates (incline not decline). 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

Wide grip dips – Work the bottom half of the range of motion on these. Tuck your chin into your chest, let your elbows flare out and do down deep only coming up half way. Keep your feet under or out in front of you, but NOT behind you as that will put too much pressure on your shoulders. Do 3 sets to failure, which will hopefully be 10-15 reps. If exceed 15, add some weight/chains. **3 total work sets.**

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

Dumbbell side laterals – Use a full range of motion on these. Do sets of 12. Bring the dumbbells a few inches above 90 degrees. Think 10 and 2 o'clock.

Supersetted with

Spidercrawls – Up and down 3 times is one rotation/set.

8 sets via 4 supersets

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

Dumbbell bent over side laterals – Do 3 sets of 25 reps using the hang and swing partial technique with a slightly heavy weight. **3 total work sets.**

Goal – Supra max pump

Back - 18 sets

Meadows row – Do a few warm ups to get the blood flowing. Get to a weight that is a pretty tough 10 and stay with it for 4 sets. **4 total work sets.**

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

Single hand pulldown – Do these with a supinated grip. Tilt your body back a bit, keep it there and drive your elbow straight down. Flex your lower lat hard at the bottom. Again, don't pull with your bicep, drive your elbow down and squeeze your lat. Do 4 sets of 8 on each arm. Do all reps on one arm, then switch to other arm. **4 total work sets.**

Goal – Additional blood flow in lower 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.

Smith bent over rows – I want 3 explosive sets of 6 on here. Drive your elbows up hard! **3 total work sets.**

Goal – Train explosively

Banded hyperextensions – Do 3 sets to failure as usual. If you want to get a little crazy on your last set, use multiple bands, go to failure, and drop band. It's a band drop set! Extremely intense and painful. We use 3 bands and do about 15, and drop a band each time all the way to no band at all. **3 total work sets**

Goal – Max Spinal erector pump

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 sets of 15, and then on the last set do a massive drop set. You should get about 8-10 reps a drop, and do 4 drops.

Supersetted with

Cable curls – Do 8 full range of motion reps with a nice hard 2 second flex at the top of every rep. Also do a massive drop set on these too for your 4th set. Again, 8 to 10 reps a drop, and do 4 drops on the last set.

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! On the last set, we do another drop set. Do 2 drops. So for example, do 30's for 10, 20's for 10, and 10's for 10, something like that.

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. Finish with a drop set that has 3 drops in it. Shoot for about 10 reps before doing each drop.

8 total work sets via 4 supersets

Decline lying extension/skullcrusher – Do sets of 8 here, with extremely strict form, and then on the last set, guess what – yes, drop set. Do 2 drops. So something like 8, drop and do 8, drop and do 8 again.

Supersetted with

Machine curl – Use any good bicep machine you want. Do sets of 8 squeezing every rep with all you can, and then finish with another triple drop set. Do 8, then 8, then 8 again.

8 total work sets via 4 supersets

NOTE : You can stop for a bit on the 4th round after each drop set you do, to catch your breath for the drop set on the opposing muscle group.

Standing calve raises – Do plenty of warm up sets here. Do 4 sets of 20, with only 45 second rest breaks. Once you can't execute a full range of motion, do partials in order to get to 20 reps. **4 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 2012– you are free to try it – it works!

ADDITIONAL OPTIONAL DAYS – as long as your recovery is good.

Back – 16 sets

Here are the guidelines - just do this every week:

- Your first exercise should be either a Meadows row or one arm barbell row - do 4 sets 10.
- Your second exercise should be pullovers. I want you to do these to train your serratus too; as it will help you spread your lats better. 4 sets of 10
- Your 3rd exercise will be any pulldown or chin you want. 4 sets of 10.
- Your 4th exercise will be a Kayak row for lower lat tie-in or a one arm supinated grip pulldown. 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 second 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.

Legs – 18 sets

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 up. No need to do partials and the other high intensity techniques I use on this day. It would be too much.

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. 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.

Lastly finish with your choice of hack squats, leg extension, or a 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.

That's it.

One other thing, if you have an adductor machine, do these after leg curls and before squats at 4 sets 10. I ALWAYS do these after leg curls on this day.

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. **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**

Program 10 – The Devourer

This is a 5 day a week program, but if you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice some optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. This is what I am personally using at this point in my training (2012). Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly. The lighter days will not change fyi. You will get new routines for all the heavy days each week as usual.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (light/explosive)

Wednesday – Chest/Shoulders (light)

Thursday – Arms

Friday – Back (light)

Week 2

Legs – 17 sets:

Lying leg curls – Do 2 - 4 warm up sets to get you started. Today you will be doing straight sets only. Do sets of 8 all the way up until you can barely get 8. Don't compromise form. Have someone gently push down on your lower back to keep your hips glued to the pad. We'll count the last 4 sets as working. Take small jumps in weight, not big jumps. Get a pump in there, that is the goal! **4 total work sets.**

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

Barbell squats – Do a few warm up sets that are higher in reps, then when you feel warm, start ramping up the weight doing sets of 6. As you drive out of the hole, push your knees out so the weight accelerates better. You'll see what I mean when you hit this technique correctly. Keep going until the 6 gets heavy. We'll count the last 4 sets as working sets. Again, don't take huge jumps in weight. **4 total work sets.**

Goal – Train explosively

Hack squat – Do one light set of 15, then add some weight. We are going to do higher nonstop continuous tension reps here. So don't lock out each rep, come up about $\frac{3}{4}$ of the way, and then go right back down. Go down deep, but not so deep your lower back comes off the pad. Do 2 sets of 15. Next up is a 3rd set with the same weight. I want you to find a way to get 25 reps. Stop as you need at the top. Get the number though. Push yourself. Train like a champion ok. Use whatever stance is most comfortable for

you. I like a little wider than shoulder width, and a little high on the platform personally. **3 total work sets.**

Note: If you don't have a good hack squat, simulate this rep count on a leg press.

Goal – Get a massive pump in your quads

Chain lunges – Throw 2 chains across your back and lunge until you have to drop them, then lunge to failure with only your bodyweight, so it's like a drop set in a way. Do 3 sets like this. You should get somewhere around 8-12 reps on each leg with the chains, and then another 6-10 without them. This will hurt. Take your pain tolerance to a new level. Do 3 rounds. **3 total work sets**

Note: If you don't have chains, use dumbbells.

Goal – To complete the massive pump in your legs.

Barbell stiff-legged deads – Just like last week, 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 - 15 sets / Shoulders – 11 sets

Incline dumbbell press – Do these in a slight incline (20-30 degrees) Do a few higher rep warm up sets, and then do sets of 8 all the way up until you hit a weight you can barely get 8 with. I want you to come to $\frac{3}{4}$ lockout on these. Lower and get a good stretch in a controlled manner. As soon as you hit $\frac{3}{4}$ lockout, come right back down as I want continuous tension on these We'll count the last 3 sets as working sets. Don't make huge jumps in weight. **3 total work sets**

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

Incline barbell press – Take 2 to 3 sets to get to a weight that is perfect for an explosive 5 reps. Let's stick with the weight and do 5 sets of 5. Again the goal here is explosiveness, so if the weight starts getting real heavy, and your bar speed slows down, lower the weight. On the other hand if it feels like it's going to fly out of your hands at the top, it's probably too light. Do these to $\frac{3}{4}$ lockout. **5 total work sets**

Goal – Train explosively

Machine press – This might seem odd putting these in this position of the workout! The thing you will like, is how hard you can squeeze your pecs after doing the other stuff. Do 4 sets of 8. Use a full range of motion, and flex hard on each rep for 2 full seconds at the top before lowering the weight. **4 total work sets**

NOTE: If you can do these banded, I prefer you do that for an even better contraction at the top. Use long red mini bands from EliteFTS.

Goal – To drive more blood into muscle – extreme pump

Stretch pushups – Now let's stretch everything out with some higher reps after all the pump work. As usual, set up 2 aerobic benches so you can sink down a little deeper while doing these. Keep your chin up, and try to touch your sternum on the floor. Do 3 sets to failure! **3 total work sets.**

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

Dumbbell side laterals – Repeat these from last week. Use a full range of motion on these. Do 3 sets of 12. Bring the dumbbells a few inches above 90 degrees. Think 10 and 2 o'clock. **3 total work sets.**

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

Cage presses – Do 5 sets of 5 explosively! **5 total work sets.**

Goal – Train delts explosively

Dumbbell bent over side laterals – Do 3 sets of 15 reps using the hang and swing partial technique with a slightly heavy weight. Only rest 45 seconds between these sets. **3 total work sets.**

Goal – Supra max pump

Back - 16 sets

One arm barbell row – Do a few warm ups to get the blood flowing. This week will be gut busting. I want sets of 12 on this. So as you work up in weight, once a set gets pretty tough, start counting sets. I want 4 hard sets. **4 total work sets.**

NOTE: If you have the Meadows Row handle use it, and use 10 lbs plates for better range of motion on the exercise.

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

Straight arm pulldown – These are when you stand away from a cable pulley and with straight arms (using a curl bar attachment) drive the bar down flexing your lats the whole time. Tilt your body forward a bit, really flex your lower lats in the contracted position. Most people use a rope when doing these, which also works. Let's use a curl or straight bar attachment this week on these though. Do 4 sets of 10. **4 total work sets.**

Goal – Additional blood flow in lower lats

Supported row – These can be done on a machine, something like a Tbar, or even a Smith machine. What I am after is for you to keep your elbows up as you row to engage rhomboids, rear delts, and traps. Don't tuck your elbows in like you are trying to target your lats. I prefer you do it on a supported type pad, but again, the execution of training other muscles is what I am after. Do 4 sets of 10. **4 total work sets.**

Goal – Drive more blood into other areas of the back and enhance pump.

Barbell shrugs – If you have a trap bar that works even better (or even better yet, a custom Trap bar from TNation). Do 3 sets of 20. Do 10 of the reps with a 2 second hold, then pump 10 more. Your traps should be on fire. **3 total work sets.**

Goal – Trap pump

Banded hyperextensions – Just use your bodyweight and do one all out set. I want you to do at least 50 reps. My record is 100 reps. See what you can do! **1 total work sets**

Goal – Max Spinal erector pump

Biceps - 12 sets / Triceps - 16 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.

This was an interesting and fun arm routine. We were in a corner at a cable crossover station and never really left it the whole workout except to get dumbbells to bring over.

Rope pushdowns – Just our normal rope pushdowns for sets of 12 after plenty of warm ups. This week take these down all the way and flex your tris.

Supersetted with

Cable curls – Same exercise as last week but hold the top and flex your bis for 2 seconds on each rep. Do 8 reps.

8 total work sets via 4 supersets

Dumbbell curls – Keep your palms up/supinated the whole time. Lower these with a 3 second count. Do sets of 8.

Supersettted with

Bent over rope extensions – Just take the rope and turn away from the machine, bend over to 90 degrees, and do rope extensions. Do a nice full range of motion again on these for sets of 12.

8 total work sets via 4 supersets

Single arm reverse grip pushdown – Now attach a single handle where the rope was, and do reverse rushdowns. Do 8 reps, and then use your other hand to force 4 extra reps by grabbing the cable and assisting the other arm. Next switch sides.

Supersettted with

Barbell curl – You should have a phenomenal pump at this point. I want you to work the bottom half of these with a moderate to light weight. Only come up half way. Do these nice and slow and controlled. Do 8 reps each set.

8 total work sets via 4 supersets

Single arm pushdown – Finally, continue to do these single arm pushdowns but now keep your palm down. Let your elbow kind of ride up high so you can really stretch the part of your tricep near the elbow. Developing this (medial head) gives your tricep a nice thick and dense look. Do 4 sets of 8.

Supersettted with

No more bicep work.

Standing calve raises – Do plenty of warm up sets here. Work your way up doing heavy weight and sets of 8, until you can't get 8 anymore. Once you get to that point, I want you to do 2 sets of 20 just doing the bottom half of the movement. We'll call this 4 total sets. **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.

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

ADDITIONAL OPTIONAL DAYS – as long as your recovery is good.

Back – 16 sets

Here are the guidelines - just do this every week:

- Your first exercise should be either a Meadows row or one arm barbell row - do 4 sets 10.
- Your second exercise should be pullovers. I want you to do these to train your serratus too; as it will help you spread your lats better. 4 sets of 10
- Your 3rd exercise will be any pulldown or chin you want. 4 sets of 10.
- Your 4th exercise will be a Kayak row for lower lat tie-in or a one arm supinated grip pulldown. 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

second 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.

Legs – 18 sets

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.

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. 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.

Lastly finish with your choice of hack squats, leg extension, or a 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.

That's it.

One other thing, if you have an adductor machine, do these after leg curls and before squats at 4 sets 10. I ALWAYS do these after leg curls on this day.

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. **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**

Program 10 – The Devourer

This is a 5 day a week program, but if you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice some optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. This is what I am personally using at this point in my training (2012). Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly. The lighter days will not change fyi. You will get new routines for all the heavy days each week as usual.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (light/explosive)

Wednesday – Chest/Shoulders (light)

Thursday – Arms

Friday – Back (light)

Week 3

Legs – 19 sets:

Lying leg curls – Do 2 - 4 warm up sets to get you started. Once warmed up, I want a set of 12, and 10, and 8 with a slight bump in weight each set. Each set should be done with perfect form, and a partner gently pushing down on your lower back to ensure maximal hamstring isolation. On your 4th set, use the same weight you did for 8, and do 8, then drop the weight. Try to get 10 with this. Now drop the weight again, and you have to do 20. The way you get 20 is by having a training partner help you with forced reps. **4 total work sets.**

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

Barbell squats – Do a few warm up sets that are higher in reps, and then when you feel warm, start ramping up the weight doing sets of 8 this week. Keep going up until you can barely get 8. Try to do these sets explosively, but I do not care if your last set or two are grinder sets with less acceleration. That's ok this week. Once you get to what you know will be your last set of 8, I want a drop set. Do your 8, and then take a pretty big drop and try to hit 10, then take one more drop and go to near failure pushing with all your heart. We'll call this 4 sets total. **4 total work sets.**

Note: Use a safety squat bar if you have one.

Goal – Train explosively and do a set that shocks your body

Leg press – You might seem a little wiped out from your last set of squats, but this is where champions are made. Now get into the leg press with a moderate weight, and simply give me 3 sets of 30 reps. Try to do these nonstop like a piston pumping with continuous tension, but if you need to take a rest in between reps here and there, that's ok, just get the number. **3 total work sets.**

Goal – Get a massive pump in your quads

NOTE: I suspect this might be a good time to throw in several quad stretches before continuing.

Leg extension – Just in case there is any muscle that is unworked in your quads, let's fix that. I want 4 hard sets of 8 reps with a 2 second flex on each rep. **4 total work sets**

Goal – To complete the massive pump in your legs.

Dumbbell stiff-legged deads – Go down very slowly with a little bend in your knees. Do 4 sets of 8 here. Don't come up all the way, keep constant tension on the hams. **4 total work sets.**

Goal – Train on a fully pumped stretched muscle.

Chest - 15 sets / Shoulders – 11 sets

Decline dumbbell press – Use a slight decline on these. Do plenty of warm ups then do sets of 8 all the way up until you can't get 8 anymore. Don't lockout, keep continuous tension on the pecs. We'll call this 3 work sets. **3 total work sets**

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

Decline smith press – This is usually something we use for higher reps, but you can use these for explosive training just as well. Lower the bar your chest, let it sit on your chest for a split second then ram the weight up hard, going to $\frac{3}{4}$ lockout, and then come right back down. Do sets of 6 like this taking small jumps so that you get a nice solid 5 sets. If the weight is coming up slowly, you have gone too heavy. **5 total work sets**

Goal – Train explosively

Incline barbell press – Who says you can't do 2 explosive movements in a row! Do sets of 5 on this the same you normally do by lowering to a few inches above your chest then ramming the weight up to $\frac{3}{4}$ lockout before coming right back down. Do 5 sets of 5 here. **5 total work sets**

Goal – Train explosively

Stretch pushups – As usual, set up 2 aerobic benches so you can sink down a little deeper while doing these. Keep your chin up, and try to touch your sternum on the floor. Do 2 sets to failure! **2 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch and add in some pump as well.

Dumbbell side laterals – Do 10 reps with standard form. Raise the dumbbells straight out to the side.

Supersetted with

Band side laterals – I want you to stand on one band, and do little partials out of the bottom like you often do with heavy dumbbells. On each partial stop and hold for 1 second though. See how much pain you can tolerate, and see how many reps you can get. Your shoulders should be in excruciating pain after this combination. I usually get about 12-15 of these FYI.

8 total sets via 4 supersets.

Note: The long orange micromini band might be perfect for you, or even the long red pro mini band. See which is right.

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

Band pullparts – Do 3 sets of 15 with a 1 second flex at the end of each rep in the contracted position. **3 total work sets.**

Goal – Maximum pump in rear delt.

Back - 16 sets

Dumbbell row – Do a few warm ups to get the blood flowing. These are just regular dumbbell rows, can you believe it? Do sets of 10 all the way up until you get to a weight you THINK you can barely do for 10. Now I want you to find another gear. I want find a way to pull 20 reps out of your ass with this. Pause, do whatever, but get 20 on each side. We'll call this 3 work sets. **3 total work sets.**

For example

Warm ups then

110 x 10 (kind heavy)

120 x 10 (pretty heavy)

130 x 20 (apeshit time)

Goal – Get some, no I mean A LOT of blood flowing and pre-pump your lats.

Pulldowns to the front (close grip) – These are standard pulldowns to the front with a close grip bar. Let the weight pull and stretch you at the top, and keep your elbows in and drive them down flexing your lats. Do 4 sets of 8. Flex your lats hard on these. **4 total work sets.**

NOTE: A cool variation that I sometimes do is facing away from the machine on these. I kind of wrap my lower back around the pad where you put your thighs under. It provides a little better angle to drive your elbows straight down.

Goal – Additional blood flow in lats

Dumbbell pullovers – Ok, let's give your arms a break and keep the pump going in your lats. Do 4 sets of 10 here lying on a bench not across it. **4 total work sets.**

Goal – Drive more blood into other areas of the back and enhance pump.

Rack pulls – Do singles up to a weight that is about your 4 to 5 rep max. You are going to do 10 singles with it. Explode up, come back down and stop. Count to 10, then do it again. So 10 explosive singles with 10 second breaks in between each rep. **1 total work set.**

NOTE: No chains on this.

Goal – Explosive work

Banded hyperextensions – 3 sets to failure. On the last set drop the bands and then keep going with your bodyweight only to failure. **3 total work sets**

Goal – Max Spinal erector pump

Biceps - 12 sets / Triceps - 13 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.

Vbar pushdowns – Do plenty of warm ups then do sets of 15 with continuous tension. No holding and flexing just pump.

Supersetted with

Barbell curls – Do 8 reps here with a nice 1 second flex at the top.

8 total work sets via 4 supersets

Hammer curls – Do sets of 8 here too, and hold for 1 second at the top flexing again. After you do 8 on each set, pump out 4 partials out of the bottom only coming up half way. Your bis should be on fire after this.

Supersetted with

Dips between benches/machine dips – Do a 3 second negative, and then ram the weight down and flex for a split second. Do sets of 8 here too.

8 total work sets via 4 supersets

Decline lying extensions – Do these very controlled and do not lock out completely. Keep constant tension on tricep. Do sets of 12.

Supersetted with

EZ bar reverse curl – let's hammer your brachialis and brachioradialis as well as continue with some lower bi torture. Do 10 reps with a full range of motion, and then do 6 partials out of the bottom only coming up half way!

8 total work sets via 4 supersets

Close grip pushups – Do one set to complete failure. Use a shoulder width hand placement. **1 work set.**

No more bicep work.

Standing calve raises – Do plenty of warm up sets here. For our working set, do 10 reps, then hold and flex at the top for 10 seconds and repeat two more time for 30 total reps and 3 10 second pauses all contained within one set. After this do the dorsiflexion set, and repeat two more times for 3 rounds total.

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.

6 total work sets via 3 supersets

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!

ADDITIONAL OPTIONAL DAYS – as long as your recovery is good.

Back – 16 sets

Here are the guidelines - just do this every week:

- Your first exercise should be either a Meadows row or one arm barbell row - do 4 sets 10.
- Your second exercise should be pullovers. I want you to do these to train your serratus too; as it will help you spread your lats better. 4 sets of 10
- Your 3rd exercise will be any pulldown or chin you want. 4 sets of 10.

- Your 4th exercise will be a Kayak row for lower lat tie-in or a one arm supinated grip pulldown.
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 second 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.

Legs – 18 sets

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.

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. 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.

Lastly finish with your choice of hack squats, leg extension, or a 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.

That's it.

One other thing, if you have an adductor machine, do these after leg curls and before squats at 4 sets 10. I ALWAYS do these after leg curls on this day.

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. **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**

Program 10 – The Devourer

This is a 5 day a week program, but if you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice some optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. This is what I am personally using at this point in my training (2012). Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly. The lighter days will not change fyi. You will get new routines for all the heavy days each week as usual.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (light/explosive)

Wednesday – Chest/Shoulders (light)

Thursday – Arms

Friday – Back (light)

Week 4

Legs – 16 sets:

Lying leg curls – Do 2 - 4 warm up sets to get you started. This week you are going to do some higher reps. This in itself will give you a really quick and effective pump. The rep scheme is the following – 25, 20, 15, and 10. Go up just a bit on each set. Use a weight that allows for perfect form, don't get sloppy toward the end of the set. **4 total work sets.**

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

Barbell squats – After doing some warm up sets, I want you to do these with a 3 second descent. Go down in a controlled 3 second descent, and then FIRE the weight back up. Find a weight you can do a good solid 8 with using this technique, and stick with it for 4 total sets of 8. Don't go so heavy that you can't explode with the weight on the way up! **4 total work sets.**

Goal – Train explosively

Leg press – This week we will be doing an ascension set. In other words we do some reps and add weight, and keep going up until we can no longer hit the prescribed number of reps. The target will be 5 reps on each set. Do 5 reps and add weight. Keep going and adding weight until you can just barely eek out out your 5 reps. **1 total work set.**

Goal – Get a massive pump in your quads

Heavy dumbbell lunges – I want you to use heavy dumbbells and wrist straps, and lunge all your reps one leg at a time. In other words, step forward, bring your trail leg back to even, and step forward with the same leg. Go 8 paces with one leg, turn around and come back 8 paces on the other leg. Do 4 sets of these. **4 total work sets**

Goal – To complete the massive pump in your legs.

Barbell stiff-legged deads – Go down very slowly with a little bend in your knees. Use 25 lb plates on the bar. Do 3 sets of 10. Don't come up all the way, keep constant tension on the hams. **3 total work sets.**

Goal – Train on a fully pumped stretched muscle.

Chest - 15 sets / Shoulders – 11 sets

Incline dumbbell press – Use a slight incline on these. Do plenty of warm ups then do sets of 8 all the way up until you can't get 8 anymore. Don't lockout, keep continuous tension on the pecs. We'll call this 3 work sets. **3 total work sets**

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

Banded hammer press – Attach bands to a hammer (prefer flat hammer, not incline or decline) or similar machine, and do 4 sets of 6 very explosively. Only let your elbows come back to 90 degrees. Don't let your elbows come way back. This isn't the time to go for a massive stretch. Go down to 90 degrees, and then RAM the weight up and squeeze for 1 second. **4 total work sets**

Goal – Train explosively

Reverse band incline barbell press – Once again we are doing two explosive movements in a row. Use a slight incline on these. Use the same rep scheme that we usually use with the reverse band flat bench. Do 5 sets of 5. I think you will love these. **5 total work sets**

Goal – Train explosively

Stretch pushups – 3 sets to all out failure. I want a ton of reps and bloodflow to your pecs.! **3 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch and add in some pump as well.

Bent over side laterals – After 1 warm up, do 3 sets of 15 reps on these with a 1 minute break in between sets. **3 total work sets.**

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

Cage press – I want 5 sets of 5 on these as usual, done explosively. **5 total work sets.**

Goal – Train explosively

Dumbbell front raises – Do standard dumbbell front raises for your front delts. Bring the dumbbells up a little above eye level so you can get a bit harder of a front delt contraction. Do 3 sets of 12. **3 total work sets.**

Goal – Maximum pump in front delt.

Back - 18 sets

Meadows row – Do a few warm ups, and then start grinding doing sets of 8. Keep going up taking small jumps until you can barely get 8 (with perfect form – don't turn this into a bicep exercise). We will count the last 4 sets as working sets. **4 total work sets.**

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

Single arm supinated pulldowns – Lean back a bit, stay there, and drive your elbow straight down flexing your lat at the bottom hard. Do 4 sets of 8. **4 total work sets.**

Goal – Additional blood flow in lats - with some emphasis on lower lats

Straight arm pushdowns – This is just where you take a rope, lock your arms, and bring your arms straight down to your side flexing your lats the whole time. Play around with your body position and tilt and find the right angle for you. I like to lean forward a bit, but some like to stand straight up. Do 4 sets of 8. **4 total work sets.**

Goal – Drive more blood into your lats

Barbell shrugs – Do 3 sets of 12 with a 2 second pause at the top of each rep. Flex hard. **3 total work set.**

Goal – Drive more blood into your traps

Banded hyperextensions – 3 sets to failure. On the last set drop the bands and then keep going with your bodyweight only to failure. **3 total work sets**

Goal – Max Spinal erector pump

Biceps - 16 sets / Triceps - 16 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 plenty of warm ups then do sets of 12 with continuous tension. No holding and flexing just pump.

Supersetted with

Cable extensions – These are where you turn and face away from the machine, grabbing the cable with one hand, and extend arm. Do sets of 10 with each arm. Start with a different arm each set.

8 total work sets via 4 supersets

Dips between benches/machine dips – Do 3 second negatives on each rep, and do sets of 8. You don't have to lock out, keep tension on triceps.

Supersetted with

Incline lying extension/skullcrusher – Get a real nice stretch on these. Lower the bar slowly, and behind your head. Do sets of 8. Do not lock out on these either!

8 total work sets via 4 supersets

Barbell curls – Do a set or two to warm up and then strict sets of 8 reps.

Supersetted with

Hammer curl – Do 10 full reps. Completely straighten arms out and bring them up and flex hard.

8 total work sets via 4 supersets

EZ bar preacher curls – Do sets of 8 here. Your bis will be on fire. You won't believe how pumped they are at this point.

Supersetted with

Standing reverse curl – Just pump out 10 reps only coming up half way.

8 total work sets via 4 supersets

Seated calve raises – Do 10 full reps, then 10 partials out of the bottom

Dorsiflexion - After each set of seated calves, I want you to stand up on an aerobic platform. Hold onto something for balance. Let your toes dangle off it so you get more range of motion on the dorsiflexion. Shoot for 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

6 total work sets via 3 supersets

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!

ADDITIONAL OPTIONAL DAYS – as long as your recovery is good.

Back – 16 sets

Here are the guidelines - just do this every week:

- Your first exercise should be either a Meadows row or one arm barbell row - do 4 sets 10.
- Your second exercise should be pullovers. I want you to do these to train your serratus too; as it will help you spread your lats better. 4 sets of 10
- Your 3rd exercise will be any pulldown or chin you want. 4 sets of 10.
- Your 4th exercise will be a Kayak row for lower lat tie-in or a one arm supinated grip pulldown. 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 second 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.

Legs – 18 sets

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 up. No need to do partials and the other high intensity techniques I use on this day. It would be too much.

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. 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.

Lastly finish with your choice of hack squats, leg extension, or a 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.

That's it.

One other thing, if you have an adductor machine, do these after leg curls and before squats at 4 sets 10. I ALWAYS do these after leg curls on this day.

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. **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**

Program 10 – The Devourer

This is a 5 day a week program, but if you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice some optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. This is what I am personally using at this point in my training (2012). Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly. The lighter days will not change fyi. You will get new routines for all the heavy days each week as usual.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (light/explosive)

Wednesday – Chest/Shoulders (light)

Thursday – Arms

Friday – Back (light)

Week 5

Legs – 23 sets:

Lying leg curl – After plenty of warm ups, I want you to do a lower rep day as opposed to last week's higher rep counts. Work up to a tough 10, then add a little weight for next set and do 8, then add a little again and do 6. For your 4th set, stay with the weight you did for 6 and do 6 but tack on 25 partials at the end. **4 total work sets.**

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

Squat – Do plenty of warm ups here. We are going to work up to a bodybuilding version of Westside barbells 8 x 2. We are going to use a low box, but NOT sit on it. Just use it as a guide to get to about parallel. Lightly touch it and fire back up. We are going to do 10 x 5. All of these should explosive, none of them grinding in nature. Only rest 45 seconds between sets on ALL sets. **10 total work sets.**

Goal – Train explosively

NOTE: My partner and I actually did 15 sets of these.

Leg press – It's only going to take you a set or two to find a tough weight here. I want you to do 10 reps, and rest for 45 seconds before going again. Do this for 5 total sets. Use a stance where you are strong, and don't lock these out. Pump them. Fight the pain, work through it. **5 total work sets.**

Goal – Get a massive pump in your quads

Leg extensions – I want one all out drop set. Do 10 reps with a pumping tempo, not locking out, then drop the weight and do 10, then drop the weight one more time and do 10. **1 total work set.**

Goal – To complete the massive pump in your legs.

Barbell stiff-legged deads – This is the same as last week. Go down very slowly with a little bend in your knees. Use 25 lb plates on the bar. Do 3 sets of 10. Don't come up all the way; keep constant tension on the hams. **3 total work sets.**

Goal – Train on a fully pumped stretched muscle.

Chest - 14 sets / Shoulders – 11 sets

Decline dumbbell press – Use a slight decline on these. Do plenty of warm ups then do sets of 8 all the way up until you can't get 8 anymore. Don't lockout, keep continuous tension on the pecs. We'll call this 3 work sets. **3 total work sets**

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

Reverse band incline barbell press – We are moving this up in the order this week, and you should feel really strong. Use a slight incline on these. Use the same rep scheme that we usually use with the reverse band flat bench. Do 5 sets of 5. **5 total work sets**

Goal – Train explosively

Flat machine press – On these, do 4 sets of 8, and use a full range of motion. On every set lock out and flex your chest as hard as you possibly can for 1 second. **4 total work sets**

Goal – Get a massive pump in your pecs.

Stretch pushups – 2 sets to all out failure. I want a ton of reps and bloodflow to your pecs.! **2 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch and add in some pump as well.

Note: Drape 2 chains across you and do a drop set with them both times if you have chains. Go until you have maybe 2 reps left in the tank, drop a chain, and then do the same, and then just do bodyweight to complete and total failure.

Dumbbell side laterals – After 1 warm up, do normal standing side laterals. Bring the dumbbells up to 90 degrees. Lower them with control. Do 4 sets of 10. **4 total work sets.**

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

Ultra wide grip overhead press – Take your grip all the way out to the end of the collar. I only use an empty barbell when I do these FYI. Lower it until it actually touches your upper chest, and then drive up to the top of your forehead. Do 4 sets of 10. This will burn like fire. **4 total work sets.**

Goal – More blood flow and pump in delts.

Barbell front raises – Do 3 sets of 12 here. Bring the barbell a few inches above eye level to get a little extra contraction in your front delt. **3 total work sets.**

Goal – Maximum pump in front delt.

Back - 16 sets

Smith machine rows – Do a few warm ups, and then start pyramiding up doing sets of 10. Just keep going until you can barely get 10 with good form. We will count the last 3 sets as working sets. Don't take huge jumps in weight, or you won't get enough sets in. **3 total work sets.**

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

Single arm supinated pulldowns – Let's do these again this week. These feel absolutely awesome after a row. Lean back a bit, stay there, and drive your elbow straight down flexing your lat at the bottom hard. Do 4 sets of 8. **4 total work sets.**

Goal – Additional blood flow in lats - with some emphasis on lower lats

Narrow grip chins – On these use a neutral grip, palms facing each other. Don't go down all the way, go down about $\frac{3}{4}$ of the way, and then come back up. Keep your chest arched. If your chest starts to round, and you are pulling with your arms before you can get 6 good reps, do a pulldown like this to use a cheater machine that helps you do the chin. Do 3 sets to failure. **3 total work sets.**

Goal – Drive more blood into your lats

Dumbbell shrugs – Do 3 sets of 12 with a 2 second pause at the top of each rep. Flex hard. **3 total work set.**

Goal – Drive more blood into your traps

Banded hyperextensions – 3 sets to failure. On the last set drop the bands and then keep going with your bodyweight only to failure. **3 total work sets**

Goal – Max Spinal erector pump

Biceps - 16 sets / Triceps - 16 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.

Dumbbell curls – Do these with your palms up the entire time. Do plenty of warm up then I want you to do sets of 8. On the eccentric portion of the exercise, lower the weight with a 2 second count.

Supersetted with

Hammer curls – Only bring these up half way. Keep your elbows pinned against your sides. Do 10 reps!

8 total work sets via 4 supersets

EZ bar preacher curls – Control the weight, don't let it go down all the way, and do sets of 8.

Supersetted with

Barbell curls – Only come up half way on these also. Do 10 half reps. Your lower bicep should be so swollen it feels like it will tear.

8 total work sets via 4 supersets

Rope pushdown – After a few warm ups for your elbows, do sets of 15 here. Pump the movement. Do not lock out, and keep constant tension on tricep.

Supersetted with

Close grip pushup – By close grip I mean about shoulder width. You will still use your chest a little. This will push your triceps to a deep fatigue. Shoot for sets of 20.

8 total work sets via 4 supersets

Smith machine JM press – This is the movement made famous by JM Blakely. It's kind of like a skull crushed, but lower the weight to your chin, and let your elbows flare out. Don't try and go super heavy on these. Use a medium weight that you can lower very slowly, pause and hold for a second above your chin, then lock it out. Shoot for sets of 8.

Supersetted with

Close grip pushups (Round 2) – Keep doing these and going for sets of 20. This workout is a lot of reps for your tris!

8 total work sets via 4 supersets

Standing calf raises – Work up the stack going heavier each time. Do sets of 10 until you can't get 10 anymore. Once you get to that weight, stick with it for 3 sets, and just get as many reps as you can with it on each set. Feel free to use partials to get your number or beat it.

Supersetted with

Dorsiflexion - After each set of standing calves, I want you to stand up on an aerobic platform. Hold onto something for balance. Let your toes dangle off it so you get more range of motion on the dorsiflexion. Shoot for 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

6 total work sets via 3 supersets

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!

ADDITIONAL OPTIONAL DAYS – as long as your recovery is good.

Back – 16 sets

Here are the guidelines - just do this every week:

- Your first exercise should be either a Meadows row or one arm barbell row - do 4 sets 10.
- Your second exercise should be pullovers. I want you to do these to train your serratus too; as it will help you spread your lats better. 4 sets of 10
- Your 3rd exercise will be any pulldown or chin you want. 4 sets of 10.
- Your 4th exercise will be a Kayak row for lower lat tie-in or a one arm supinated grip pulldown. 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 second 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.

Legs – 18 sets

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 up. No need to do partials and the other high intensity techniques I use on this day. It would be too much.

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. 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.

Lastly finish with your choice of hack squats, leg extension, or a 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.

That's it.

One other thing, if you have an adductor machine, do these after leg curls and before squats at 4 sets 10. I ALWAYS do these after leg curls on this day.

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. **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**

Program 10 – The Devourer

This is a 5 day a week program, but if you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice some optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. This is what I am personally using at this point in my training (2012). Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly. The lighter days will not change fyi. You will get new routines for all the heavy days each week as usual.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (light/explosive)

Wednesday – Chest/Shoulders (light)

Thursday – Arms

Friday – Back (light)

Week 6

Legs – 16 sets:

Stiff legged deads – Ok, I am throwing a curve ball at your body this week. Let's start with stiff legs. Keep some bend in your knees, and use 25 lb plates for a better stretch. Remember to push your hips back, and keep your chest arched, as you lower the weight slowly. Don't just bend over at the waist. Work up to a solid weight and do 4 sets of 10 with it. Go ahead and come up all the way, and flex your hams and glutes for a split second on each rep. **4 total work sets.**

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

Leg press – Do plenty of warm ups here. If you have pins/stops on the leg press, I want you to use them. What I want you doing more specifically, is rest-pause reps where you explode out of the bottom position. If you don't have a way to do this, just try to ensure that you have killed all momentum at the bottom, before ramming the weight back up. Once you find a good weight, I want you to do 5 sets of 8 with it. **5 total work sets.**

Goal – Train explosively

NOTE: You can also use a leg press machine (selectorized stack) if it allows you to pause at the bottom.

Bulgarian split squat – Do 3 sets of 12 on each leg. I hold something for balance. If you are good at keeping your balance, then I want you to hold onto some light dumbbells while doing these. Really work

the stretch at the bottom. Pump these. Don't worry about standing all the way up and locking out. **3 total work sets.**

Goal – Get a massive pump in your quads

NOTE: If you have chains, drape 2 over your back when doing these for extra resistance.

Smith machine squats – take a few sets to get to a weight that will be a tough 10. I want one all out drop set. Do 10 reps with a pumping tempo, not locking out, then drop the weight and do 10, then drop the weight one more time and do 10. Keep your feet out in front of you to keep your knees safe and healthy. Your legs will have an extreme pump after this. **1 total work set.**

Goal – To complete the massive pump in your legs.

Leg curl variation – Use any leg curl machine you want. This is the opposite of what we normally do (placing these last). Do 3 sets of 15 on these with a full range of motion. **3 total work sets.**

Goal – Enhanced pump in hams.

After this session I would make it a point to hit a foam roller (rumble roller is best), as the exercise order change, will beat your legs up pretty good.

Chest - 15 sets / Shoulders – 12 sets

Incline dumbbell press – Use a slight incline on these. Do plenty of warm ups then do sets of 8 all the way up until you can't get 8 anymore. Don't lockout, keep continuous tension on the pecs. We'll call this 3 work sets. **3 total work sets**

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

Reverse band flat barbell press – Now we are making another subtle angle change going back to flat bench on these. Do 5 sets of 5 in the usual explosive manner, but change your grip spacing each set. Go inside an inch or two, then outside an inch or two. Mix it up. **5 total work sets**

Goal – Train explosively

Smith machine incline press – On these quickly find a good weight that you can do for 12. Get into a groove and pump these. Don't touch your chest, and don't lockout. Think up and down like a piston with constant tension. Do 4 sets of 12. **4 total work sets**

Goal – Get a massive pump in your pecs.

Flat dumbbell press – These will feel awesome done last. We want a full range of motion here, especially the stretch at the bottom ok. Stretch, and then drive up and flex for a second. You won't be able to use nearly the weight you normally do. Do 3 sets of 8. This should complete the chest pump. **3 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch and add in some pump as well.

Dumbbell bent over side laterals – After 1 warm up, do 4 sets of 15 of these for rear delts. Rest 90 seconds between sets. I want your rear delts on fire. **4 total work sets.**

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

Cage press – Set the pins at nose level and proceed to do these explosively as usual. Do 5 sets of 5. Remember to keep a staggered stance, and wear a belt for balance and safety. **5 total work sets.**

Goal – Train explosively

Leaning dumbbell side laterals – These are where you hang on to some kind of pole or something, lean away from it, and do a side lateral with the other arm. Bring them up to eye level. Do 3 sets of 15 on each side. **3 total work sets.**

Goal – Maximum pump in medial delt.

Back - 16 sets

One arm barbell rows – Do a few warm ups, and then start pyramiding up doing sets of 8. Just keep going until you can barely get 8 with good form. We will count the last 3 sets as working sets. Don't take huge jumps in weight, or you won't get enough sets in. **3 total work sets.**

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

Single arm supinated pulldowns – Let's do these again! Lean back a bit, stay there, and drive your elbow straight down flexing your lat at the bottom hard. Do 4 sets of 8. **4 total work sets.**

Goal – Additional blood flow in lats - with some emphasis on lower lats

Stretchers – These are where you put a foot onto the pad where you sit on a lat pulldown, use a close grip attachment, and stretch and pull! Keep your down as you stretch. For a form refresher, see this on my YouTube. Do 3 sets of 10. **3 total work sets.**

Goal – Drive more blood into your lats

Barbell shrugs – Do 3 sets of 10 with a 2 second pause at the top of each rep. Flex hard. **3 total work set.**

Goal – Drive more blood into your traps

Banded hyperextensions – 3 sets to failure. On the last set drop the bands and then keep going with your bodyweight only to failure. **3 total work sets**

Goal – Max Spinal erector pump

NOTE: If you have a reverse hyper machine, I want you to use those and do 3 sets of 15.

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.

Barbell curls – We are going to maximum pump right out the gate. Here is the rep scheme for this. Keep the same weight. Do 25, 20, 15, and 10 reps.

Supersetted with

Rope pushdowns – Same thing as above, do 25, 20, 15, and 10 reps.

After you do the rope pushdowns, rest for 60 seconds and then back it. 4 rounds won't take long, but your arms should be blown up fast.

8 total work sets via 4 supersets

Hammer curls – On these I just want sets of 8. Squeeze the dumbbells hard!

Supersetted with

Dips between benches – Just work the sweet spot on these, don't come all the way up, and don't go down all the way. Work the middle range of motion. Do the eccentric/negative nice and slow. Do sets of 10.

Take your time in between supersets on these. No rush. Your arms should be jacked.

8 total work sets via 4 supersets

Decline lying extensions – Do these on a slight decline, and control the weight. Bring it down nice and slow. Don't lockout. Keep constant tension on the tri. Do sets of 12.

Supersetted with

EZ bar preacher curl – Same thing on these, bring the weight down nice and slow. Don't let your arms fully straighten, and do try and bring the weight all the way up and flex hard! Do sets of 8.

8 total work sets via 4 supersets

Standing calve raises – Same as last week. Work up the stack going heavier each time. Do sets of 10 until you can't get 10 anymore. Once you get to that weight, stick with it for 3 sets, and just get as many reps as you can with it on each set. Feel free to use partials to get your number or beat it.

Supersetted with

Dorsiflexion - After each set of standing calves, I want you to stand up on an aerobic platform. Hold onto something for balance. Let your toes dangle off it so you get more range of motion on the dorsiflexion. Shoot for 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

6 total work sets via 3 supersets

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!

ADDITIONAL OPTIONAL DAYS – as long as your recovery is good.

Back – 16 sets

Here are the guidelines - just do this every week:

- Your first exercise should be either a Meadows row or one arm barbell row - do 4 sets 10.
- Your second exercise should be pullovers. I want you to do these to train your serratus too; as it will help you spread your lats better. 4 sets of 10
- Your 3rd exercise will be any pulldown or chin you want. 4 sets of 10.
- Your 4th exercise will be a Kayak row for lower lat tie-in or a one arm supinated grip pulldown. 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 second 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.

Legs – 18 sets

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.

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. 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.

Lastly finish with your choice of hack squats, leg extension, or a 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.

That's it.

One other thing, if you have an adductor machine, do these after leg curls and before squats at 4 sets 10. I ALWAYS do these after leg curls on this day.

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. **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**

Program 10 – The Devourer

This is a 5 day a week program, but if you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice some optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. This is what I am personally using at this point in my training (2012). Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly. The lighter days will not change fyi. You will get new routines for all the heavy days each week as usual.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (light/explosive)

Wednesday – Chest/Shoulders (light)

Thursday – Arms

Friday – Back (light)

Week 7

Legs – 21 sets:

Lying leg curls – Do several warm up, then I want 3 sets of 10 with perfect form. On your 4th set, I want a triple drop set with 10 partials. So do 10 reps, drop some weight and do 10 more, then drop some weight and do 10 more, then just pump 10 partials out of the bottom. **4 total work sets.**

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

Squats – Work your way up nice and slow doing sets of 8. Make sure you are good and warmed up, and then I want you to drop your reps to 3 and start really focusing on exploding. Don't go down below parallel. You should about 4 good explosive sets, and then I want you to do an ascending set on these. Yes, instead of a drop set, this means you add weight DURING the set. The same we do on the leg press occasionally. You will do 2 adds. So 3 reps, then add weight for another 3, then again add weight for another 3.

It would look like this for example.

135 x 8

185 x 8

225 x 8

275 x 8 blood is flowing and you feel warmed up after

315 x 3 very explosive

335 x 3 very explosive

355 x 3 very explosive (you might lose some speed, but not much)

375 x 3, rest 10 seconds then 395 x 3, rest 10 seconds then 405 x 3. The last 6 reps will definitely be grinding, but your legs will be on fire.

NOTES: For those of you with the ability to do these banded (not reverse banded), I want you to use the thick black bands from Elitefts for all your sets for eccentric overload!!!

What did I do personally? Feel free to do this if you can. I used bands (not reverse banding) for all sets, and on the ascending set at the end, we actually added a chain each set, and did 3 increases, so essentially 12 total reps, that were so tension filled, it felt like I had done 50 reps when I finished.

4 total work sets.

Goal – Train explosively

Leg press – Do 1 warm up set to get you to a good weight you can do for 15. Each set you will do 15 pumping type reps with no lockout, and then walk over to the leg extension for another 15. After you do the first set of 15, I do want you to try and add some weight each set on the leg press for the remaining 4 rounds.

Supersetted with

Leg extensions – Just kick as hard as you can for 15 reps. Keep the weight the same for all 5 rounds of these.

10 total work sets via 5 supersets.

Goal – Get a massive pump in your quad

Dumbbell stiff legged dead – Just do 3 sets of 15 without locking out. Keep constant tension on your hams, and also make sure you have a slight bend in your knees at the bottom. **3 total work sets.**

Goal – Train a pumped muscle from a stretched position

Chest - 13 sets / Shoulders – 13 sets

Flat dumbbell press – Get plenty of warm ups in, working your way up doing sets of 8. Once you find a tough 8 9 may still have 2 reps in the tank, stay there and do 3 sets of 8 with it. Do not lock the weight out, go to ¾ lockout. Get a good stretch at the bottom though. **3 total work sets**

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

Smith machine incline press – You can train explosively on a Smith machine press too. Your form is the same. Do not let bar touch chest, and do not lockout, working the middle range of motion. The difference is just bar speed, I want you to drive it up fast and hard. I want you to do 6 reps explosively, rack the weight and count to 15, then do 4 more explosively. Do 4 sets like this once you find a good weight. The 4 extra reps on each set, may not be as fast as the first 6, but you should still be able to get these without failing. **4 total work sets**

Goal – Train explosively

Banded hammer flat press – On these quickly find a perfect weight and do 3 sets of 8. Only bring the bar back until your elbows are 90 degrees, don't overstretch your shoulders. Next fire the weight up to lockout and squeeze for 2 seconds on each rep. **3 total work sets**

Goal – Get a massive pump in your pecs.

Note: If you don't have a Hammer Press or bands, use a machine press and simulate the speed.

Flat dumbbell press – Stretch pushups. Simply do 3 sets to failure. Keep your chin up the entire time. Keep your back straight too, don't let it sway. **3 total work sets.**

Note: If you have chains, drape 1 across your back when doing these on all sets.

Goal – Work a pumped muscle with a movement that emphasizes stretch and add in some pump as well.

Dumbbell side laterals – After 1 warm up, do 4 sets of 15 of these seated. These should be ultra strict. Relax your traps, and just use your shoulders to bring weight out to side to 90 degrees (eye level). **4 total work sets.**

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

Cage press – Same as last week. Set the pins at nose level and proceed to do these explosively as usual. Do 5 sets of 5. Remember to keep a staggered stance, and wear a belt for balance and safety. **5 total work sets.**

Goal – Train explosively

Cable rear laterals – You can do these from a high or low pulley, whichever you prefer. Do 4 sets of 20 reps, and on every rep hold the contracted position for a second and flex your rear delts hard. **4 total work sets.**

Goal – Maximum pump in rear delt.

Back - 20 sets

Chin up death – This is 2 sets done with a pronated wide grip, then 2 sets done with the same grip but hands are brought in to shoulder width for extra range of motion, then 2 sets done with a close grip attachment (hands facing each other). All 6 sets are to be taken to failure. Don't go down all the way on these, stop a few inches short, and then go right back up. **6 total work sets.**

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

NOTE: If you can't do chins, do the same scheme on a lat pulldown machine.

Dumbbell pullovers – Ok, let's rest your arms a bit now and do some strict pullovers done on the bench not across it. Do 4 sets of 10. **4 total work sets.**

Goal – Additional blood flow in lats - with some emphasis on upper lats and serratus

Deadstop dumbbell rows – Do 4 sets of 8 here. Let the dumbbell rest on the ground, then ram it up by driving your elbow up. Think about that, not pulling with your arms. **4 total work sets.**

Goal – Train explosively

Barbell shrugs – Do 3 sets of 20 with no stopping. Just go up and down, but don't bounce. **3 total work set.**

Goal – Drive more blood into your traps

Banded hyperextensions – 3 sets to failure. On the last set drop the bands and then keep going with your bodyweight only to failure. **3 total work sets**

Goal – Max Spinal erector pump

NOTE: If you have a reverse hyper machine, I want you to use those and do 3 sets of 15.

Biceps - 16 sets / Triceps - 16 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.

Dumbbell curls – Keep your palms up and do these with a 3 second descent. Do sets of 8.

Supersetted with

Reverse grip barbell curls – Bring the bar up past 90 degrees. Do sets of 10. Straighten your arms out at the bottom, to really fire up your lower bis too.

8 total work sets via 4 supersets

Barbell curls – Do sets of 8 here, flexing hard at the top for 2 seconds on each rep.

Supersetted with

Reverse grip barbell curls – Bring the bar only to 90 degrees now. Do sets of 10. Straighten your arms out at the bottom, to really fire up your lower bis too.

8 total work sets via 4 supersets

Rope pushdowns – On these do sets of 10 with a hard 1 second flex at the bottom of each rep.

Supersetted with

Decline lying extensions – Don't overdue the weight on these, we need your elbows to get warmed up, so use a weight you can do for 15 reps.

8 total work sets via 4 supersets

Close grip pushups – Space your hands out to shoulder width, keep your elbows tucked in, and really try to isolate tris. Shoot for at least 12 reps a set.

Supersetted with

Decline lying extensions – Now you can use a little more weight and do sets of 8.

8 total work sets via 4 supersets

Standing calve raises – After a few warm ups, let's go to 30 rep sets with 30 seconds of holds. This is where we do 10 standing raises, followed by a 10 second hold at the top. Do this 2 more times for 1 set. Do 3 sets total.

Supersetted with

Dorsiflexion - After each set of standing calves, I want you to stand up on an aerobic platform. Hold onto something for balance. Let your toes dangle off it so you get more range of motion on the dorsiflexion. Shoot for 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

6 total work sets via 3 supersets

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!

ADDITIONAL OPTIONAL DAYS – as long as your recovery is good.

Back – 16 sets

Here are the guidelines - just do this every week:

- Your first exercise should be either a Meadows row or one arm barbell row - do 4 sets 10.
- Your second exercise should be pullovers. I want you to do these to train your serratus too; as it will help you spread your lats better. 4 sets of 10
- Your 3rd exercise will be any pulldown or chin you want. 4 sets of 10.
- Your 4th exercise will be a Kayak row for lower lat tie-in or a one arm supinated grip pulldown.

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 second 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.

Legs – 18 sets

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 up. No need to do partials and the other high intensity techniques I use on this day. It would be too much.

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. 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.

Lastly finish with your choice of hack squats, leg extension, or a 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.

That's it.

One other thing, if you have an adductor machine, do these after leg curls and before squats at 4 sets 10. I ALWAYS do these after leg curls on this day.

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. **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**

Program 10 – The Devourer

This is a 5 day a week program, but if you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice some optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. This is what I am personally using at this point in my training (2012). Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly. The lighter days will not change fyi. You will get new routines for all the heavy days each week as usual.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (light/explosive)

Wednesday – Chest/Shoulders (light)

Thursday – Arms

Friday – Back (light)

Week 8

Legs – 16 sets:

Stiff legged deads – Do several warm up sets to find a good weight you can do for 6 solid reps. I want them to be nice and smooth, hard, but not killers ok. You should have 2 reps left in the tank on each set. You are going to do 6 sets of 6 using continuous tension. Don't lockout. **6 total work sets.**

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

Leg press – Work your way up to a weight that you can rest/pause for 8 nice and smooth reps. All of your working sets will be rest/pause sets. Pause the weight for a split second then drive the weight up explosively. This shouldn't be so heavy your speed is slow. It's just like the squats we always do, be explosive! Do 4 sets of 8 like this. **4 total work sets.**

NOTE: If you don't have stops, or something that allows you to use rest/pause technique, find a selectorized machine that you can bottom out and do this. If you don't have that either, use a regular leg press, and just try and control the descent and pause and explode up.

Goal – Train explosively

Squat – Do a few sets of 3 to get you to a weight that can do for a solid 20 reps. I want these to be continuous tension pumping reps. Go down to an inch or two above parallel and come right back up to ¾

lockout, then right back down. Pump out all 20 reps like a piston. Do 3 sets of 20 like this. **3 total work sets.**

Goal – Get a massive pump in your quad

Hyperextension – Do 3 sets of 15-20 holding a medium weight dumbbell. **3 total work sets.**

NOTE: If you have a glute ham raise, I want you to use that. Do 3 sets of 12-15.

Goal – Train a pumped muscle from a stretched position

Chest - 13 sets / Shoulders – 15 sets

Machine press – After several warm up sets, I want you to do a hard set of 12, then 10, then 8 for your 3 sets. Each set add a bit of weight. I want you to go to $\frac{3}{4}$ lockout on these. Save your triceps as you will need them for the next exercise! **3 total work sets**

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

Reverse band incline press – Let's work up to a weight that you can do for an explosive 5. Do 3 sets of 5 with it. Now go up to a weight that is a little tougher, maybe a bit of a grinder, and do 2 sets of 4 with it. Lastly, go up and do 2 sets of 3 with a weight that you definitely have to grind to get the reps.

3 x 5

2 x 4

2 x 3

7 total work sets

Goal – Train explosively and maximal strength

Flat dumbbell press – Simply do 3 sets of 10 with a weight that allows you to use a full range of motion, and to flex for 1 second on each rep. **3 total work sets**

Goal – Get a massive pump in your pecs.

Flyes – I did these on a cable machine and turned my pinkies in together and flexed lower chest for 1 second on each rep. If you have a machine you can do this with, do it. If you don't use standard dumbbell flyes. Do 2 sets of 15. **2 total work sets.**

Goal – Work a pumped muscle with a movement that emphasizes stretch and add in some pump as well.

Dumbbell side laterals – After a few warm ups, I want you to do these fairly heavy for 4 sets of 8. If you need to use a bit of momentum, that is ok this week. Just lower the dumbbells slowly. **4 total work sets.**

Goal – Maximum pump in your side/medial delt immediately.

Machine rear laterals – Do 15 reps on this using continuous tension.

Supersetted with

Face pulls/rear delt band pullaparts – Do sets of 10 on these with a 1 second flex on each rep.

8 total sets via 4 supersets.

Goal – Maximum pump in rear delt.

Dumbbell front raises – Do 3 sets of 12 here. Bring the dumbbells up to eye level. Try to flex your front delt as you are doing these. **3 total work sets.**

Goal – Maximum pump in front delt

Back - 16 sets

Neutral grip pulldowns – These are to be done with palms facing each other. I prefer you use an attachment that allows your hands to be out past your shoulders, but if you don't have one, you can use a close grip handle. Do a few warm ups then do 4 sets of 8. Tilt back a hair and really focus on driving your elbows down hard. At the bottom flex your lats hard. **4 total work sets.**

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

Low cable row – I want you to use a long straight bar on these, and a normal pronated grip. Pull these into your upper abs so you can really flex your traps and rhomboids. Flex hard on every rep. Do 4 sets of 8 reps. **4 total work sets.**

Goal – Additional blood flow with emphasis on traps and rhomboids

Smith machine rows – Do 4 sets of 6 here. Rest/pause each rep. Ram your elbows up, don't pull with your arms. The bar should start at about midshin, so try to set up the Smith to make that happen. **4 total work sets.**

Goal – Train explosively

Rack pulls – I want you to NOT do heavy weight on these. I want these to almost be like a weighted hyperextension in terms of feel (the burning sensation). Set the pins up to knee level. Usually we do mid shin. On each rep, straighten your back and hold it and stand straight up with weight and try to flex lats. It is a pretty short range of motion, but your spinal erectors should be burning and pumped. I want you to do 4 sets of 10. Do each rep nice and slow. **4 total work set.**

Goal – Drive more blood into your spinal erectors

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.

Barbell curls – Do sets of 8 here, flexing hard at the top for 2 seconds on each rep.

Supersetted with

Rope pushdowns – On these do sets of 12 with a hard 1 second flex at the bottom of each rep.

8 total work sets via 4 supersets

EZ bar preacher curls – I want you to work the top of the motion really hard here. So only let the bar come down to about the halfway point. Flex really hard as you curl the weight up. Lower the bar slowly and really focus on pumping blood in your bis. Do sets of 10.

Supersetted with

Bench dips/dip machine – I also want you to really focus on the top half on these. So straighten your arms and flex your tris, then only come down half way on each rep. When you are coming down, lower slowly to keep all the tension in the triceps.

8 total work sets via 4 supersets

Hammer curls – On these I want you to work the bottom half of the range of motion. So only bring your forearms up to 90 degrees. These should burn like fire. Do sets of 15.

Supersetted with

Decline lying extensions – Also work the bottom half or stretched position on these. Get a nice stretch and kick the weight up, but only come up 2/3 of the way. Keep tension on your tri and stretch it. Do sets of 15.

8 total work sets via 4 supersets

Seated calve raises – We are going to use the same rep scheme we used on standing raises last time, on seated raises. After a few warm ups, let's go to 30 rep sets with 30 seconds of holds. This is where we do 10 seated raises, followed by a 10 second hold at the top. Do this 2 more times for 1 set.

Supersetted with

Dorsiflexion - After each set of standing calves, I want you to stand up on an aerobic platform. Hold onto something for balance. Let your toes dangle off it so you get more range of motion on the dorsiflexion. Shoot for 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

6 total work sets via 3 supersets

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!

ADDITIONAL OPTIONAL DAYS – as long as your recovery is good.

Back – 16 sets

Here are the guidelines - just do this every week:

- Your first exercise should be either a Meadows row or one arm barbell row - do 4 sets 10.
- Your second exercise should be pullovers. I want you to do these to train your serratus too; as it will help you spread your lats better. 4 sets of 10
- Your 3rd exercise will be any pulldown or chin you want. 4 sets of 10.
- Your 4th exercise will be a Kayak row for lower lat tie-in or a one arm supinated grip pulldown. 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 second 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.

Legs – 18 sets

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 up. No need to do partials and the other high intensity techniques I use on this day. It would be too much.

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. 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.

Lastly finish with your choice of hack squats, leg extension, or a 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.

That's it.

One other thing, if you have an adductor machine, do these after leg curls and before squats at 4 sets 10. I ALWAYS do these after leg curls on this day.

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. **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**

Program 10 – The Devourer

This is a 5 day a week program, but if you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice some optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. This is what I am personally using at this point in my training (2012). Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly. The lighter days will not change fyi. You will get new routines for all the heavy days each week as usual.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (light/explosive)

Wednesday – Chest/Shoulders (light)

Thursday – Arms

Friday – Back (light)

Week 9

Legs – 15 sets:

Lying leg curls - Do 2-3 warm up sets then 1 set of 12, go heavier, 1 set of 10, heavier, and finally 1 set of 8. Rest about 90 seconds between these sets. Then do a drop set like this for your 4th set, go back to weight you did for 12, do it 10 x, drop a plate and do 10 more reps, drop a plate and do 10 reps, then do 25 partials out of the bottom. **4 total work sets.**

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

Leg press – Work your way up to a weight that you can do for 10 grinder reps. This last set will be tough. I want you to just barely to be able to get 10. We'll count your last 3 sets as working sets. Don't lock out your legs. Just pump them in our normal fashion. Use a slightly wider than shoulder width foot placement. **3 total work sets.**

Goal – Activate quads and continue to pump your entire leg.

Smith machine squat 1.5's – Your legs will be pumped so this will likely only take a few sets of 3-4 reps to get to your working weight. On these go down to a bit below parallel, and only come up half way, then back down deep then all the way up - that is one rep. They will be full of blood and on fire. Do 4 sets of 8 reps like this. **4 total work sets**

Goal – Get a massive pump in your quads

Barbell stiff legged dead – Do 4 sets of 10 going up $\frac{3}{4}$ of the way then right back down. Keep constant tension on all reps. **4 total work sets.**

Goal – Train a pumped muscle from a stretched position

Note: We are taking a break from the explosive portion of the workout today.

Chest - 15 sets / Shoulders – 15 sets

Decline dumbbell press – After several warm up sets, I want you to do a hard set of 15, then 12, then 8 for your 3 sets. Each set add a bit of weight. I want you to go to $\frac{3}{4}$ lockout on these. Save your triceps as you will need them for the next exercise! **3 total work sets**

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

Reverse band incline press – Let's work up to a weight that you can do for an explosive 5 like we did last week. Do 3 sets of 5 with it. Next decrease the weight and move your grip in an inch. With this grip do 2 sets of 8. Lastly, move your grip in another inch and lessen the weight more. Keep our elbows tucked in on these so your tris take some punishment as well. On these actually take the weight all the way down to your chest, let it rest, then fire it off for 10 reps. Do 2 sets of 10 on these.

3 x 5

2 x 8 (with grip in an inch)

2 x 10 (with grip in 2 inches and elbows tucked in against sides)

7 total work sets

Goal – Train explosively and maximal strength

Flat dumbbell twist press – Do 4 sets of 8 here. Lower with a neutral grip and really stretch at the bottom, then drive the weight up and “twist (make pinkies turn in)” and flex hard for 1 second. **4 total work sets**

Goal – Get a massive pump in your pecs.

Dumbbell flyes – Do 15-20 perfect reps. Don't let your arms come down past 90 degrees, no need to overstretch. **1 total work set.**

Goal – Work a pumped muscle with a movement that emphasizes stretch and add in some pump as well.

Dumbbell bent over rear laterals – Do 1 warm up set then 4 sets of 15 on these. Use a full range of motion today. **4 total work sets.**

Goal – Maximum pump in your rear delt immediately.

Seated dumbbell press – On these use a bench with a back support. Lower the weight so that your arm is at 90 degrees and then drive up and flex your front delt. Do 8 reps like this.

Supersetted with

Dumbbell front raises – Do both arms at once. Raise the weight to eye level and lower slowly. Your front delts are going to be screaming. Do sets of 10 here.

8 total sets via 4 supersets.

Goal – Maximum pump in front delt.

Heavy side lateral partials – Do 3 sets of 25 here with a heavy weight. **3 total work sets.**

Goal – Maximum pump in side delt

Back - 18 sets

Smith machine bent over row – Typically we do these in an explosive way. This week I want you to do these a little different. Don't let the bar come all the way down. Try to just keep a really hard constant tension throughout the movement. Flex your entire back when you do these, rhomboids, traps, lats...everything. I want your whole back to pump up. Do 15 reps, then 12, then 10, then 8. Take your time in between these 4 sets. **4 total work sets.**

Goal – Get some blood flowing and pre-pump your entire back

Single arm pulldown – As usual, tilt your body back a hair, keep it in that position, and drive your elbow straight down and flex your lat hard for 1 second. Do 8 reps on one side, then 8 reps on the other. Also remember to supinate your grip at the bottom. Do 4 sets. **4 total work sets.**

Goal – Additional blood flow with emphasis on lower lats

Deadstop dumbbell rows – Do 4 sets of 8 here. Rest/pause each rep on the floor. Ram your elbow up, don't pull with your arms. **4 total work sets.**

Goal – Train explosively

Pullover – Do 3 sets of 12 lying on a bench, not across it as usual. **3 total work set.**

Goal – Drive more blood into your upper lats and serratus

Banded hyperextensions – Do 3 sets to failure (should be 15-25 reps per set). **3 total work sets.**

Goal – Drive blood into your spinal erectors

Biceps - 16 sets / Triceps - 16 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.

Rope pushdowns – After a few warm-ups, do sets of 12 using continuous tensions with no lockout.

Supersetted with

Close grip pushups – On these use a slightly wider than shoulder width hand placement. Tuck your elbows in to work your tris harder and use a nice slow 3 second descent. Go to failure.

8 total work sets via 4 supersets

Bench dips – Also use a nice slow 3 second descent on these. Shoot for sets of 12-15.

Supersetted with

Decline lying extensions – Really work the stretch on these, as your tris will be pumped. Shoot for sets of 12 here.

8 total work sets via 4 supersets

Supinated dumbbell curls – Keep your palms up through the entire rep and use a nice slow 3 second descent on these as well. Do 8 reps.

Supersetted with

Barbell curls – Do 6 perfect reps squeezing the grip4orce attachments hard!

Note: Use Grip4orce attachments for the dumbbell curls and barbell curls.

8 total work sets via 4 supersets

Reverse curls with barbell – Do sets of 15 and bring your forearm up to 90 degrees.

Supersetted with

Cross body hammer curls – Do 8 hard reps per side curling the dumbbell hammer style across your body not beside it.

_8 total work sets via 4 supersets

Standing calve raises – Do sets of 10 all the way to a weight you can't get 10 with. On this last set, once you can't get full range of motion, crank out another 20 partials out of the bottom. Fight for that calve growth! We'll count the last 3 sets as working sets.

Supersetted with

Dorsiflexion - After each set of standing calves, I want you to stand up on an aerobic platform. Hold onto something for balance. Let your toes dangle off it so you get more range of motion on the dorsiflexion. Shoot for 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

6 total work sets via 3 supersets

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!

ADDITIONAL OPTIONAL DAYS – as long as your recovery is good.

Back – 16 sets

Here are the guidelines - just do this every week:

- Your first exercise should be either a Meadows row or one arm barbell row - do 4 sets 10.
- Your second exercise should be pullovers. I want you to do these to train your serratus too; as it will help you spread your lats better. 4 sets of 10
- Your 3rd exercise will be any pulldown or chin you want. 4 sets of 10.
- Your 4th exercise will be a Kayak row for lower lat tie-in or a one arm supinated grip pulldown. 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 second 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.

Legs – 18 sets

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 up. No need to do partials and the other high intensity techniques I use on this day. It would be too much.

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. 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.

Lastly finish with your choice of hack squats, leg extension, or a 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.

That's it.

One other thing, if you have an adductor machine, do these after leg curls and before squats at 4 sets 10. I ALWAYS do these after leg curls on this day.

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. **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**

Program 10 – The Devourer

This is a 5 day a week program, but if you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice some optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. This is what I am personally using at this point in my training (2012). Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly. The lighter days will not change fyi. You will get new routines for all the heavy days each week as usual.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (light/explosive)

Wednesday – Chest/Shoulders (light)

Thursday – Arms

Friday – Back (light)

Week 10

Legs – 18 sets:

Seated leg curls - Do 2-3 warm up sets to start. Next you are going to do a basic pyramid with the following rep scheme, 15, 12, and 9. On your 4th set, add a little weight and do 6 reps, and then gut out 30 partials out of the stretched position. This set should be brutal. **4 total work sets.**

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

Squat – Work your way up nice and slow and when you get to a weight that is a tough 8 reps, let's stay there and do 3 sets of 8 with it. On each set you do, try to slow down the descent a little more and accelerate more when you drive the weight up. Be in complete control and own the weight. For depth, go to just above parallel. **3 total work sets.**

Goal – Activate quads and continue to pump your entire leg. There is some element of explosiveness in here as well.

NOTE: If you have a safety squat bar, use that this week.

Leg press – Nothing fancy here. I want a set of 40 reps, 30 reps, 20 reps, and 10 reps. Use a weight that allows you to get these reps. Don't rack the weight until you get the prescribed number. Pump these, do not lockout unless you have to in order to hit your number. Obviously go up in weight each set. Use the foot position that you feel the absolute best. Take your time in between sets. There is no need to rush. **4 total work sets**

Goal – Get a massive pump in your quads

Leg extension – On these I want you to do 10 hard reps where you flex at the top each rep, then finish each set with 8 partials out of the bottom. Just do little partials, keep the weight moving, and completely load your quads with blood. **3 total work sets**

Goal – Get a massive pump in your quads

Barbell stiff legged dead – I want the same as last week! Do 4 sets of 10 going up $\frac{3}{4}$ of the way then right back down. Keep constant tension on all reps. **4 total work sets.**

Goal – Train a pumped muscle from a stretched position

Chest - 20 sets / Shoulders – 15 sets

Machine press – After several warm up sets, I want you to do a hard set of 12, then 10, then 8 for your 3 sets. Each set add a bit of weight. I want you to go to $\frac{3}{4}$ lockout on these. Use a normal pronated grip on these. Really try and feel your upper pecs contracting. Many times we use the neutral grip, but not this time. **3 total work sets**

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

Reverse band incline press – Ok, here is our money exercise for the session. This is where we build THICK delts and upper pecs. Let's work up to a weight that you can do for an explosive 5 like we typically do with flat bench reverse band presses. Do 3 sets of 5 with it. Now go up to a weight that is a little tougher, maybe a bit of a grinder, and do 2 sets of 4 with it. Lastly, go up and do 2 sets of 3 with a weight that you definitely have to grind to get the reps.

7 total work sets

Goal – Train explosively and maximal strength

Decline smith machine – Here is something that I absolutely loved. Use the slight decline that we always do. Get a weight that is tough to do for 3 reps, but you could probably do 6 if your life depended on it. So moderate hard. Do 10 sets of 3 with it. Do 3 reps and then rack the weight. Count to 20 and then do it again. Continue this for 10 sets. Control the weight as you lower it, feel your pecs, and drive up. By the last set, your pecs should be blown up and you should feel every single fiber firing as you lower the weight. **10 total work sets**

Goal – Get a massive pump in your pecs.

Dumbbell front raises – Do 3 sets of 12 here. Bring the dumbbells up to eye level. Try to flex your front delt as you are doing these. Lower the weight with a 3 second count. **3 total work sets.**

Goal – Maximum pump in front delt

Dumbbell press – After a few warm ups, I want you to do these fairly heavy for 4 sets of 8. Do these seated on a bench with a back support and wear a belt to keep you tight. Drive the dumbbells up to 3/4 lockout, stop just short to give us continuous tension. **4 total work sets.**

Goal – Maximum pump in your front delt.

And of course we can't forget rear delts, so here is the finisher.

Machine rear laterals – Do 15 reps on this using continuous tension.

Supersetted with

Face pulls/rear delt band pullaparts – Do sets of 10 on these with a 1 second flex on each rep.
8 total sets via 4 supersets.

Goal – Maximum pump in rear delt.

Back - 18 sets

One arm barbell row – After a few warm up sets work up to a tough 8 and do 3 sets of 8 with it. On the 4th set do a drop set. I only want one drop though. I don't like too many drops on most back exercises because your arms fatigue more than back. So do 8 reps, and make a significant drop and do 8 more on the last set. **4 total work sets.**

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

Note – If you have a Meadows Row attachment, use it on these.

Parallel grip pulldown – I prefer you use an attachment that keeps your hands a little wider than shoulder width on these. If you don't have one you can do these with a close grip attachment. When you get to about ¾ lockout (stretch from the top), stop, and flex your back for 1 second then drive back down and with no hold and flex come back up and hit that top hold again. Do 4 sets of 8 like this. The key is to not fully straighten your arms, and to hold the position and flex. **4 total work sets.**

Goal – Additional blood flow in lats

Deadstop dumbbell rows – I want to repeat what we did last time for your explosive work here with one form tweak. Use a pronated grip (overhand grip that you would use on a barbell row). This will be a little less lower lat (we nailed that with first exercise) and get some rhomboid stimulation thrown in. Do 4 sets of 8 here. Rest/pause each rep on the floor. Ram your elbow up, don't pull with your arms. **4 total work sets.**

Goal – Train explosively

Pullover – Do 3 sets of 12 lying on a bench, not across it as usual. **3 total work set.**

Goal – Drive more blood into your upper lats and serratus

Banded hyperextensions – Do 3 sets to failure (should be 15-25 reps per set). **3 total work sets.**

Goal – Drive blood into your spinal erectors

NOTE: If you have a long grey band from EliteFTS, I want you to do standing banded good mornings for high reps. Shoot for 3 sets of 35. This is where you stand on the band and wrap it around your neck.

Biceps - 15 sets / Triceps - 15 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.

Vbar extensions – After a few warm-ups, do sets of 20 using continuous tensions with no lockout. Do 5 sets of 20 here. **5 total work sets**

Pronated kick backs – On these remember to use a fully pronated hand position. Your palms should be facing the ceiling when you kick the weight up. Flex as hard as you can on each rep. Do 5 sets of 6. **5 total work sets**

Incline Smith JM press – Your elbows and tris should be really warm now. Lower the weight slowly to an inch or two above your forehead, and then drive to 3/4 lockout. Come right back down. Keep tension on your tris. This will thicken up your tri near your elbow (medial head). Do 5 sets of 10.

Cable curls – Do a few warm up sets then do 5 sets of 8. I want perfect form on these. Hold the flex at the top for 2 seconds on each rep. Flex as hard as you can. Drive blood in there. **5 total work sets**

Dumbbell curls – Keep your palms up and do 5 sets of 8 here. Squeeze the grips and continue to pump blood on bis. Do all 8 on one side, then 8 on the other. **5 total work sets**

Note: Use Grip4orce attachments for these.

Reverse curls with barbell – Do 5 sets of 15 and bring your forearm up all the way this week. **5 total work sets**

8 total work sets via 4 supersets

Standing calve raises – The fun workout. Do 10 reps then hold at the top for 10 seconds and repeat two more time for one set. So each set is 30 reps and 3 ten second holds. Do 3 full sets like this.

Supersettted with

Dorsiflexion - After each set of standing calves, I want you to stand up on an aerobic platform. Hold onto something for balance. Let your toes dangle off it so you get more range of motion on the dorsiflexion. Shoot for 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

6 total work sets via 3 supersets

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!

ADDITIONAL OPTIONAL DAYS – as long as your recovery is good.

Back – 16 sets

Here are the guidelines - just do this every week:

- Your first exercise should be either a Meadows row or one arm barbell row - do 4 sets 10.
- Your second exercise should be pullovers. I want you to do these to train your serratus too; as it will help you spread your lats better. 4 sets of 10
- Your 3rd exercise will be any pulldown or chin you want. 4 sets of 10.
- Your 4th exercise will be a Kayak row for lower lat tie-in or a one arm supinated grip pulldown. 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 second 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.

Legs – 18 sets

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 up. No need to do partials and the other high intensity techniques I use on this day. It would be too much.

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. 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.

Lastly finish with your choice of hack squats, leg extension, or a 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.

That's it.

One other thing, if you have an adductor machine, do these after leg curls and before squats at 4 sets 10. I ALWAYS do these after leg curls on this day.

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. **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**

Program 10 – The Devourer

This is a 5 day a week program, but if you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice some optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. This is what I am personally using at this point in my training (2012). Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly. The lighter days will not change fyi. You will get new routines for all the heavy days each week as usual.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (light/explosive)

Wednesday – Chest/Shoulders (light)

Thursday – Arms

Friday – Back (light)

Week 11

Legs – 19 sets:

Stiff legged deadlifts w/ barbell - Switching up on you again this week to stiff legs first. Do 2-3 warm up sets to start. Once your hams feel good, I want you to pyramid up using the following rep scheme – 15, 12, 9, and 6. On all reps lock out this week too and flex glutes. **4 total work sets.**

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

Lying leg curls – I want good full range of motion reps here. Do 4 sets of 10. On the last set, throw in 20 partials as well. Your hams should be completely jacked. **4 total work sets.**

Goal – Continue to pump hams to max.

Leg press – Now it's time to attack quads. Work your way up doing sets of 10, until you get to a weight that you barely get 10 with. We will call this 3 working sets as the last 3 should be pretty tough. Don't lock these out. Place your feet where you are strongest. **3 total work sets**

Goal – Activate and start to pump quads.

Squat – Let's get some speed work in on this day as well. I want 8 sets of 5 done with a weight you can accelerate with similar to how your light leg workouts are structured (assuming you are doing the second day of course). So no grinder sets except maybe the last 2. By then you will be breathing hard and your legs should be pumped. Rest 1 minute between sets. Squat down to about parallel and explode up. I don't mind if you like out on these, but I would try not to. **8 total work sets.**

Goal – Train legs explosively and create metabolic stress from working fast

Chest - 12 sets / Shoulders – 13 sets

Banded flat hammer press – Do several warm ups, then I want 3 sets of 8. Lower the weight slowly then ram the weight up and flex hard for 1 second. Don't let your elbows go past 90 degrees, as this will be too hard on your rotators if you do. **3 total work sets**

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

Note: Use long red pro mini bands form EliteFTS on these.

If you don't have a hammer press, and can't band your machine, just do machine presses with continuous tension for sets of 8.

Reverse band incline press – Ok, one more week of these before we switch them out. I want 5 sets of 6 reps here. You should really be in a groove on these now. Use a slight incline. Don't let the bar touch your chest, and fire it up! **5 total work sets**

Goal – Train explosively

Decline dumbbell press – I want 4 sets of 8 on these. Lower the weight slowly getting a good stretch and then drive it up to ¾ lockout. Keep heavy constant tension on the muscle. Use a slight decline. **4 total work sets**

Goal – Get a massive pump in your pecs.

Dumbbell side laterals – Do 1 warm up set, then do the following rep scheme – 15, 13, 11, and 9 reps. Go up 5 lbs each set. Raise the dumbbells just above 90 degrees and sneak in a little flex at the top. **4 total work sets.**

Goal – Maximum pump in side delt

Cage presses – 5 sets of 5 here. These are to be done explosively. Set the pins at about nose level. Fire off of them hard! **5 total work sets.**

Goal – Train explosively

Machine rear laterals – Do 4 sets of 20 on these using continuous tension. **4 total work sets.**

Goal – Maximum pump in rear delt.

Back - 19 sets

Smith machine row – After a few warm up sets work up to a weight that is a pretty tough 8. I want you to use perfect form. Don't deadstop on the pins/stops this time. Just lower to where your arms are almost straight but not quite, then drive up and flex your entire back when you contract. Think about your elbows, drive your elbows up. Yours arms are nothing but attachments. Do 4 sets of 8. **4 total work sets.**

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

Note – If you have a cambered bar – I want you to do these (cambered barbell rows) with it. Drive your elbows up hard and get that little extra range of motion you get with the camber.

Dumbbell rows – I want these to be heavy. Do a few feeder sets of 5 to get a good weight and then knock out 4 sets of 8 with it. **4 total work sets.**

Goal – Additional blood flow in lats

Partial heavy pulldown/ scapulae stretches – Ok now that we have a ton of blood in your lats, let's do some heavy pulldowns. I only want you to bring the bar down to the top of your head, and when you let the weight come up, stretch big time! Let your upper lats stretch as much as they can. Do 4 sets of 8. Use a wide grip on these. **4 total work sets.**

Goal – Load and stretch a pumped muscle (lats).

Incline dumbbell shrugs – This is a new exercise. Usually we work the top of our traps, but let's hit them from a different angle for a while Lay face down on an incline bench and shrug the dumbbells up. Now you are still going to feel upper traps, but the angle will force your mid traps to do some work too! Do 4 sets of 10. **4 total work set.**

Goal – Drive blood into mid and upper traps.

***** NEW EXERCISE**

Banded hyperextensions – Do 3 sets to failure (should be 15-25 reps per set). **3 total work sets.**

Goal – Drive blood into your spinal erectors

Biceps - 13 sets / Triceps - 16 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.

Triset

Rope pushdowns – Do plenty of warm ups then do working sets of 15 reps where you pump the muscle, don't lockout.

Supersetted with

Dips between benches with a 45 or 25 pound (depending on how strong you are) plates on lap for 10 rep minimum.

Supersetted with

Dumbbell pronated kickbacks heavy - for 6 reps -Kick up hard and contract for a split second.

12 total work sets via 4 rounds

Next superset these two last for 2 sets:

Skullcrushers/lying extensions w/ EZ curl bar - 10 reps - keep elbows in, and stretch at bottom

Supersetted with

Seated overhead dumbbell extensions using one dumbbell - sets of 8.

4 total work sets via 2 rounds

EZ bar curl - 3 sets of 15 light to warm up - grab a moderate weight. Do 10 perfect reps and set weight down. Count to 10, and repeat. Do 5 sets total - so 5 sets of 10 with 10 second breaks. The last 2 sets should have your arms screaming. **5 total work sets.**

Hammer curls – Take your time on these. Do 5 sets of 10. Take the dumbbells through a full range of motion up to your ears, and lower slowly. **5 total work sets.**

EZ Bar Preacher curls - Do 3 sets of 10. Go real slow on the eccentric phase, and flex hard at the top. **3 total work sets.**

.8 total work sets via 4 supersets

Standing calf raises – Do a few warm ups then do sets of 10 taking small jumps in weight until you can't get 10 reps. We'll count the last 4 sets as work sets.

Supersetted with

Dorsiflexion - After each set of standing calves, I want you to stand up on an aerobic platform. Hold onto something for balance. Let your toes dangle off it so you get more range of motion on the dorsiflexion. Shoot for 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

8 total work sets via 4 supersets

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!

ADDITIONAL OPTIONAL DAYS – as long as your recovery is good.

Back – 16 sets

Here are the guidelines - just do this every week:

- Your first exercise should be either a Meadows row or one arm barbell row - do 4 sets 10.
- Your second exercise should be pullovers. I want you to do these to train your serratus too; as it will help you spread your lats better. 4 sets of 10
- Your 3rd exercise will be any pulldown or chin you want. 4 sets of 10.
- Your 4th exercise will be a Kayak row for lower lat tie-in or a one arm supinated grip pulldown. 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 second 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.

Legs – 18 sets

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 up. No need to do partials and the other high intensity techniques I use on this day. It would be too much.

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. 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.

Lastly finish with your choice of hack squats, leg extension, or a 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.

That's it.

One other thing, if you have an adductor machine, do these after leg curls and before squats at 4 sets 10. I ALWAYS do these after leg curls on this day.

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. **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**

Program 10 – The Devourer

This is a 5 day a week program, but if you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice some optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. This is what I am personally using at this point in my training (2012). Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly. The lighter days will not change fyi. You will get new routines for all the heavy days each week as usual.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (light/explosive)

Wednesday – Chest/Shoulders (light)

Thursday – Arms

Friday – Back (light)

Week 12

Legs – 18 sets:

Lying leg curls – Do 2-3 warm up sets of 12 then I want 4 really strong sets of 8. You don't have to do any partials or drop sets this week, just make sure every rep is perfect. Try to use a weight that at 8 reps it's hard to maintain good form, and then you stop, so 6-7 with perfect form, then 1-2 where it's tough to execute perfectly strict form. **4 total work sets.**

Goal – Activate and pump hams

Squat – Take plenty of warm up sets here. We are going to work up to a heavy weight this week. Do sets of 5 explosively on the way up, and simply keep going up until you can barely get 5. I don't want your form to break on any rep though. We'll count the last 4 sets as working sets. Don't take huge jumps. **4 total work sets.**

For example:

135 x 12

185 x 12

225 x 5

275 x 5

315 x 5

365 x 5 (starts to feel heavy)

385 x 5

405 x 5

415 x 5

Goal – Train explosively and then additional maximal strength (not true max strength where you do 1-3 reps). This is a safer version for hypertrophy.

Leg extension – 2 sets of 20 reps. Flex each rep for a 2 second count. **2 total work sets.**

Goal – Start to get an insane pump in quads – supramax pump

Leg press – Place your feet in the middle of the platform about shoulder width. I want you to do 4 sets of 10 with a moderately heavy weight taking 2 minute breaks. Feel free to do a couple feeder sets of 4 to get to your working weight. **4 total work sets.**

Goal – Supramax pump

Stiff legged deadlifts w/ barbell - Use 25 lb plates to get a good stretch. Do these nice and slow on the eccentric phase. Do 4 sets of 8. Pyramid up taking small jumps. **4 total work sets.**

Goal – Work a pumped muscle from stretch position.

Chest - 14 sets / Shoulders – 10 sets

Flat dumbbell press – Do plenty of warm up sets of 8 on the way up. Keep doing sets of 8 until you can't get 8. We'll count the last 3 sets as working sets. Lower the weight deep and get a good stretch, but only come up to ¾ lockout. **3 total work sets**

For example:

25 x 8

45 x 8

65 x 8

85 x 8 (somewhat challenging)

95 x 8 (hard)

100 x 7 (can't quite get 8)

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

Banded hammer press – I prefer these to be done on a flat hammer press or if not available the decline version. Do not let your elbows go back past 90 degrees or this is too hard on your rotator cuff. Lower the weight slowly then ram the weight to lockout as hard you can. I want 5 sets of 6 reps like this. **5 total work sets**

Note: If you do not have a hammer press, try to band any machine you can. If not just use a machine and do these explosively.

Use the long red pro mini bands from EliteFTS on these.

Goal – Train explosively

Incline barbell press – Try to use a slight angle on these if possible. I want you to do a few feeder sets of 3 to get you to a weight that is a tough 8. Stick with that weight and do 3 sets with it. Do not lockout, only go to $\frac{3}{4}$, and also do not touch chest, stay about 1-2 inches off it. We want constant tension. **3 total work sets**

For example:

135 x 3

185 x 3

225 x 8

225 x 8

225 x 6 (failed at 6)

Goal – A mix of pump work and explosive work.

Stretch pushups – I want 3 sets to failure here. **3 total work sets**

Note: If you have chains, throw 1-2 on your back and do these.

Goal – Work a pumped muscle from the stretched position.

Bent over side laterals – Do 1 warm up set, then do 4 sets of 15. Use a full range of motion. Keep rest breaks to under 2 minutes, as I want your rear delts on fire! **4 total work sets.**

Goal – Activate and pump rear delt

Over and back press – Remember on these to just go from nose level in front to just behind the top of your head in back, and then back to the front. It's a short range of motion. Over and back is 1 rep. Do 3 sets of 12. This will burn if done properly. **3 total work sets.**

Goal – Maximum pump in entire delt

Leaning dumbbell side laterals – This is just where you hold onto a pole or anything really and lean away from it and do side laterals with the arm you are not holding on with (obviously). Bring the dumbbells up past 90 degrees to about a 10 o'clock position. Do 3 sets of 12 with each arm. **3 total work sets.**

Goal – Maximum pump

Back - 16 sets

One arm barbell row – After a few warm up sets work up to a weight that is a pretty tough 8. I want you to use perfect form all four work sets. Don't forget to get an awesome stretch on each rep. **4 total work sets.**

Note – If you have a Meadows row attachment use it

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

Stretchers – Do 4 sets of 10 here. Remember to duck your head, straighten your arms, and stretch! Pull it into your chest and arch your back and squeeze! **4 total work sets.**

Goal – Additional blood flow in lats and working an extreme stretch

Rack dead shrug combo – I want 3 sets of 6 here, well sort of. You do a rack dead from midshin, and then do 3 shrugs with the weight then set it down, reset and do it again 5 more times for one set. Work your way up aggressively. We'll count the last 3 sets as work sets. The last set should be a brutally tough set. **3 total work sets.**

Goal – Pump spinal erectors and traps

Incline dumbbell shrugs – Same as last week on this recent addition to our training. Lay face down on an incline bench and shrug the dumbbells up. Now you are still going to feel upper traps, but the angle will force your mid traps to do some work too! Do 4 sets of 10. **4 total work set.**

Goal – Drive blood into mid and upper traps.

Banded hyperextensions – Do 1 insane set to failure. Try to get 20-25 reps with the band, and then try to get another 15-20 without it! **1 total work set.**

Goal – Supramax pump in your spinal erectors

Biceps - 11 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.

Standing dumbbell curls - 2 warm sets of 15 (you can do seated if you prefer) - then 3 sets of 6. Do these with a 3 second count lowering it. Keep your palms up when coming down until you get to very bottom then twist/pronate your wrists and come back to palms up/supinated grip and do next rep. This lengthens your lower bicep, and you will feel it good there as the sets go on. **3 total work sets.**

Preacher curls - 3 sets of 12 with EZ bar. Do not go all the way down. Flex at the top of the contraction, then back down 3/4 of the way. Use the wide grip to really hit outer bicep hard in addition to lower bicep. **3 total work sets.**

Ez bar reverse curls – Do 3 sets of 20. Do the first 10 reps coming all the way up on the contraction, then finish each set with another 10 reps where you only come up halfway (elbow will be at 90 degrees). **3 total work sets.**

Barbell curls – This is going to finish your bis in a big way. Do 10 reps, set the weight down for 20 seconds, then pick it back up and do 8 more. Next set it down for 20 more seconds, and then pick it back up and do 6 more. That is one set. Do 2 sets like this. **2 total work sets.**

Rope pushdowns - Do 2 warm up sets of 15 – then do 4 sets of 20. Flex 15 reps hard at the bottom, then just pump out another 5 without flexing. They will fill full of blood quickly. **4 total work sets.**

Dips between benches - Use additional weight on lap if you are able to. Do 4 sets to failure (10-15 reps would be perfect), don't come up all the way, but try to get down low on these. This will thicken up your tri near the elbow. **4 total work sets.**

EZ bar close grip bench press - Do 4 sets of 8. On these, lower with a 2 second count, and pause, let the tricep stretch at bottom, then drive up and flex. I have a hard time getting the bar all the way down, so I just lower until I get 4-5 inches off of chest. **4 total work sets.**

Standing calve raises – You are doing a higher rep version of what you did last week. Do a few warm ups then do sets of 20 taking small jumps in weight until you can't get 20 reps. We'll count the last 4 sets as work sets.

Supersetted with

Dorsiflexion - After each set of standing calves, I want you to stand up on an aerobic platform. Hold onto something for balance. Let your toes dangle off it so you get more range of motion on the dorsiflexion. Shoot for 30-50 reps the first few sets, and then will go down quite a bit as your calves fill with blood.

8 total work sets via 4 supersets

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!

ADDITIONAL OPTIONAL DAYS – as long as your recovery is good.

Back – 16 sets

Here are the guidelines - just do this every week:

- Your first exercise should be either a Meadows row or one arm barbell row - do 4 sets 10.
- Your second exercise should be pullovers. I want you to do these to train your serratus too; as it will help you spread your lats better. 4 sets of 10
- Your 3rd exercise will be any pulldown or chin you want. 4 sets of 10.
- Your 4th exercise will be a Kayak row for lower lat tie-in or a one arm supinated grip pulldown. 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 second 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.

Legs – 18 sets

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.

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. 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.

Lastly finish with your choice of hack squats, leg extension, or a 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.

That's it.

One other thing, if you have an adductor machine, do these after leg curls and before squats at 4 sets 10. I ALWAYS do these after leg curls on this day.

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. **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**