

Program 11 – The Incinerator

This is a 4-7 day week program. If you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice the optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. 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.

If you are limited to a 5 day split, select the bodypart that is weakest to do twice.

If you are limited to 6 days, select the top 2 weaknesses you have.

If your arms are your weak point you can repeat the workout twice. Arm workouts are done to be more pump inducing in nature, and not so heavy. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week at the end of the 12 weeks.*

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

WEEK 1 – LOW VOLUME

Legs – 15 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 our way up doing work sets of 6. We are doing these explosively ok, so don't use a weight that is so heavy you can't get good acceleration out of the bottom. If you have chains, or bands, see my note below. 4 total work sets.

For example:

135 x 15 (warm up)

185 x 10 (warm up)

225 x 6

275 x 6

315 x 6

365 x 6 (weight starting to feel heavy and speed is compromised)

NOTE: If you have chains, I would like for you to add 3 on each side (1 for women) for all work sets. It would look like this for the person who did the above reps roughly.

135 x 15 (warm up) + 1 chain on each side 185 x 10 (warm up) + 2 chains on each

side 225 x 6 + 3 chains on each side

245 x 6 + 3 chains on each side

265 x 6 + 3 chains on each side

275 x 6 + 3 chains on each side (weight starting to feel heavy and speed is compromised)

If you do not have chains, but have bands, use Reverse banding technique. Reps might look like this for the above person.

135 x 15 (warm up) - set up long orange EliteFTS Bands (light) prior to first set

185 x 10 (warm up)

225 x 6

315 x 6

365 x 6

405 x 6 (weight starting to feel heavy and speed is compromised)

Goal – Train explosively

Leg press – Do 2-3 feeder sets to get to tough weight. Once there do 2 work sets of 15. Use constant tension, do not lockout. Place your feet where you are the strongest. 2 total work sets.

For example:

4 plates a side x 5 (feeder set)

5 plates a side x 5 (feeder set)

6 plates a side x 15

6 plates a side x 15

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

Lunge – Use straps to hold onto a moderately heavy weight and walk until you drop alternating legs.

Try to get at least 15 steps with each leg. 1 total work set.

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. You might need 1-2 feed sets of 5. 4 total work sets.

1 25lb plate a side x 5 (feeder set)

2 25lb plates a side x 5 (feeder set)

3 25lb plates a side x 8

3 25lb plates a side x 8

3 25lb plates a side x 8

3 25lb plates a side x 8

Goal – Work a pumped muscle from stretch position.

Chest - 9 sets Shoulders – 13 sets

Machine 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 in a controlled manner, drive it to lockout, and then flex for 1 second on each rep. **3 total work sets**

For example: 65 x 8

95 x 8

125 x 8

155 x 8 (somewhat challenging)

175 x 8 (hard)

185 x 7 (can't quite get 8)

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

Incline barbell press – Try to use a slight angle on these if possible. I want you to do explosive sets of 6. You might need 1-2 feeder sets of 5. Work up in weight until you can't quite get 6 explosively or you barely get 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 5 (feeder set)

185 x 5 (feeder set)

225 x 6

255 x 6

275 x 6 (failed at 6)

Goal – Train explosively

Decline dumbbell press – I want 3 sets of 10 here. You will probably need to do 1 set to find the perfect weight. It should be a hard 10. You might lose a few reps toward the end. Make sure you lower the weight as far as you can and get a really nice stretch. Only drive to $\frac{3}{4}$ lockout. **3 total work sets**

Note: Women use a slight incline on these. For example:

80's x 6 (feeder set) 90's x 10

90's x 9

90's x 8

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 less than 2 minutes, as I want your rear delts on fire! **4 total work sets.**

Goal – Activate and pump rear delt

Cage press – Set pins up in the power rack to do standing presses. Set the pins at eye level. You want to do these explosively, so use a weight you can drive up hard. On each set, stop at the bottom. So in a sense, these are like rest pause reps. Do 5 sets of 5. **5 total work sets.**

For example:

100lbs x 5 (feeder set) 135 x 5

155 x 5

175 x 5

175 x 5

175 x 5

Goal – Train explosively

Dumbbell side laterals – Just basic side laterals here. Pick dumbbells you can get 10 hard pres with and do 4 sets of 10. **4 total work sets.**

Goal – Maximum pump

Back - 15 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. Use 25 lb plates (or 10's for women) on these for more range of motion. **4 total work sets.**

For example:

1 25lb plates x 12 (warm up set) 2 25lb plates x 10 (warm up set)

3 25lb plates x 8 (warm up)

4 25lb plates x 8

4 25lb plates x 8

4 25lb plates x 8

4 25lb plates x 8

Note – If you have a Meadows row attachment use it. With this I use 10lb plates, for more range of motion, until I get the weights piled up so that I can put a 25 on these and not impede range of motion.

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

Smith machine bent over rows – Do a feeder set or two and then work up with little weight jumps doing sets of 6. Ram your elbows up, don't pull with your arms. We want your lats to work as hard as possible. **3 total work sets.**

For example:

135lbs x 6 (feeder set) 185 x 6

195 x 6

205 x 6 (any more weight and you would lose explosiveness and form)

Goal – Train explosively

Incline dumbbell shrugs – 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 3 sets of 10. You should be able to figure out a good weight for this with just one feeder set. **3 total work sets.**

Goal – Drive blood into mid and upper traps.

Lat Pulldown– Use medium underhand or neutral grip and do 3 sets of 10, drive elbows down hard and hold contraction for 1 second followed by a 2-3 second eccentric. **3 total work sets**

Goal – Supramax Lat Pump

Banded hyperextensions – Do 2 sets of 20 (or as many as you can get) using a band. **2 total work sets.**

Goal – Supramax pump in your spinal erectors

Biceps - 10 sets Triceps - 11 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 the entire time. **3 total work sets.**

Barbell curls - Do 3 sets of 8 with perfect controlled form. On your 4th set, do 8 again, but extend the set. Here is how you do the fourth set. Do 8 and then set the weight down, count to 20, and do 4 more. Set the weight down and count to 10, and then do 3-4 more. **4 total work sets.**

Note: If you have Grip4orce use them on these. If not that is ok.

Hammer curls - Do 3 sets like this. I want you to do 8 full range of motion reps, then grind out another 8 partials out of the bottom. These 3 sets should light your arms up pretty good. **3 total work sets.**

Rope pushdowns - After a couple of warm up sets do sets of 10. Flex each rep at the bottom for 1 second. **supersetted with:**

Pronated dumbbell kickbacks - Do sets of 6 - try this for your inner long head - turn your hands so that your palms are facing up toward ceiling when you get to the contracted part of the movement. Your tricep will feel like it's cramping it contracts so hard. Normally kickbacks are useless, but I find this variation to be really good at hitting the medial head of your tricep.

Do 4 rounds of this so 8 total work sets.

Decline EZ bar lying Extension - Let's finish with 3 straight sets of 15 here. **3 total work sets.**

Calves

For calves, people are having tremendous success with the August 2012 workout of the month article titled "monster calves". I want you to do this through the program. Let's see if we can add an inch or more to your calves in 12 weeks. I bet we can.

<http://express.mountaindogdiet.com/workouts/MonsterCalves.php>

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.**

OPTIONAL DAYS – as recovery allows

Optional Back workout – 16 sets

Here are the guidelines - just do this every week:

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

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

On the cable rows, I have found a really good attachment that work extremely well if you want to try it.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5522>

Do 4 sets 10 after a few good warm up sets.

- Your second exercise should be one of these:

1. Dumbbell pullovers
2. Straight arm lat pulldowns.

Here is the link to an attachment that is called a 4 inch grenade if you want to try it out. I did these and loved them.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5069>

This will help you train your serratus too; which will help you spread your lats better. 4 sets of 10.

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

1. Regular pulldowns
2. Neutral grip (palms facing each other but shoulder width) pulldowns (can use Mag grip neutral if you like)
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin
5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

Here are two different attachments I love on the pulldowns if you want to try them out.

Mag grip medium grip neutral:

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5523>

Swiss bar:

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

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

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

Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a 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.

Optional Leg workout – 18 sets

You have two choices here!

Option #1

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. 6 total work sets.

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

Next I want you to move onto squats. I DO NOT want these to be heavy. I want these to be explosive to train your nervous system. If you take someone who is seriously overtrained, and give them short bouts of explosive exercise you can recover their CNS very quickly by the way. Anything that helps your CNS is valuable because the better it is, the better your chances of getting more fibers to actually fire! Warm up well and do sets of 6 going up. When you get to a weight that is starting to grind you, meaning you can't explode, stop and you are done. Take small jumps so you can get quite a few sets in. I don't really have a set number for sets, but this is an example of how this would look when done correctly.

135 x 10 - warm up

185 x 10 warm up

225 x 6

245 x 6

275 x 6

295 x 6

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

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

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

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

Option #2

ALTERNATE SECONDARY WORKOUT ADDED THIS PROGRAM:

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

This workout consists of two exercises.

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

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

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

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

Sets 4-6 – Just pump all these. Add a little more weight to what you did in set 3 and stay there.

Do 3 sets of 20 with it (this will be sets 4-6).

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

That's it!

Optional Chest and Shoulder workout – Approximately 20 sets

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

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

Here are the 5 chest exercises. Pick 3.

WOMEN – I do NOT want you to do the extra chest work as working your chest two times is not necessary. I do want you to blast the heck out of your delts though. Add one working set to each exercise I have specified for delts.

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

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

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.

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

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

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

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

Do 4 rounds.

For shoulders, follow this plan.

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

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

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

** You can also do these with a cable machine

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

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

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

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Here is one way to set it up:

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WEEK 2 – LOW VOLUME

Legs – 16 sets:

Seated Leg Curls – 2-3 warm up sets of 15. Then find a weight that is hard for 14 reps. Get a full range of motion, all the way up and back. Do 14 reps. Rest 1 minute. Go up a little and do 12 reps. Rest a minute and go up a little again and do 10 reps. For set 4, go back to a weight that is 1 or 2 plates lighter than what you started with and do 35 reps. The first 10 reps will be easy...you will

then be on fire, it will be hard to get 35, but do it. Your hams will be very pumped. Even if your last 10 are partials, get through the set. **4 total sets.**

Goal – Activate and pump hams

Leg extension – Do a few sets of 15 as a warm up. All I am doing here is greasing up your knees some in preparation for leg presses and getting a slight pump. After 2 warm ups, do 2 sets of 15 reps. Flex each rep for 1 second at the top. **2 total sets.**

Goal – Activate and pump quads

Leg Press in a machine - Do warm up sets with feet shoulder width, toes pointed just slightly out, and medium height on the platform. Let's focus as much as we can on teardrop. Work the lower part of the movement the hardest. This means try to get pretty deep, but don't let your lower back come off the pad. Don't lock out either. Come up ¾ of the way then go right back down. Keep adding weight and doing 10 reps, until you get to something you could normally do for about 10-12 reps max. Stick with that weight for your work sets. Now we are going to do something brutal. I want 3 sets of 15, you may have to use your hands to assist. You are going to have push really hard on these. Train like a champion, get all your reps. **3 total work sets.**

Note: If you don't have a good machine to do leg presses in, use any type of squat machine variation.

Goal – Supramax pump

Squat – Ok, how's this for insane. We are doing our explosive work now with a 100% full pump. Don't worry; you have more strength than what you think! Do some feeder sets of 6 reps to get to a good working weight. We are doing these explosively ok, so don't use a weight that is so heavy you can't get good acceleration out of the bottom. If you have chains, see my note below. **4 total work sets.**

For example:

135 x 6 (warm up) – Add all 3 sets of chains on here (1 set for women) and keep them on for all sets.

185 x 6 (warm up)

225 x 6 for 4 sets (if you go any heavier speed will slow down)

Goal – Train explosively

Dumbbell Stiff leg deadlifts – Pick a good weight to do 3 x 10. Don't come up all the way, and bend your knees slightly at the bottom. Focus on getting a good stretch. On each set, try to get deeper. Focus on pushing your hips back as you go down, and keeping the dumbbell right against you. 3 total work sets.

Goal – Work a pumped muscle from stretch position.

Chest - 12 sets / Shoulders – 11 sets

Flat dumbbell presses - 3 sets of light warm up then find a weight you can do a good solid 15 reps with. On these do them with a normal traditional grip (like you use when you bench press). Do these with 1 second pause at the bottom, then a 1 second squeeze at the top. Do 3 sets with this weight. You may lose some reps toward the end. That's ok. **4 total work sets.**

For example:

35 x 12 (warm up)

55 x 10 (warm up)

75 x 8 (warm up)

95 x 15 (somewhat challenging)

95 x 14 (hard)

95 x 12 (can't get 15)

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

Incline barbell press – Same as last week. Try to use a slight angle on these if possible. I want you to do explosive sets of 6. You might need 1-2 feeder sets of 5. Work up in weight until you can't quite get 6 explosively or you barely get 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 5 (feeder set)

185 x 5 (feeder set)

225 x 6

225 x 6

225 x 6 (failed at 6)

Goal – Train explosively

Decline smith press – I want 3 sets of 10 here. Then a drop set. You will probably need to do 1 set to find the perfect weight. It should be a hard 10. You might lose a few reps toward the end. Make sure you lower the weight to your chest. Only drive to $\frac{3}{4}$ lockout. Pump these, I want your chest pumped beyond belief. For your drop set, do 8-10, then cut the weight and try to get another 8 to 10, then drop some more weight and go to failure. **4 total work sets**

NOTE: Women do these on a slight incline.

For example:

135 x 6 (feeder set)

225 x 10

225 x 10

225 x 8

225 x 8, 135 x 8, 100 x 12

Goal – Supramax pump

Cable crossovers - Do 1 set of 15 reps. Stretch hard, and flex each rep for 1 second. Really work the flex. After you hit 15 reps, immediately do 10 partials to finish your pecs off. **1 total work set.**

Goal – Work a pumped muscle from stretch position.

Heavy side laterals – Do 3 sets of 8 - bring the dumbbell up to ear level, but only rest 30 seconds between sets. I like heavy laterals for low reps with low rest breaks on occasion...sounds weird, but gives you a dull numb pain. **3 total work sets.**

Goal – Activate and pump side delt

Cage press – I want these done the same as last week. Set pins up in the power rack to do standing presses. Set the pins at eye level. You want to do these explosively, so use a weight you can drive up hard. On each set, stop at the bottom. So in a sense, these are like rest/pause reps. Do 5 sets of 5. **5 total work sets.**

For example:

100lbs x 5 (feeder/light set) 135 x 5

155 x 5

175 x 5

175 x 5

175 x 5

Goal – Train explosively

Bent over rear laterals (cable) - Do 3 sets of 25 bent over in a cable crossover machine. The more numb and pumped they get, the thicker they will look! Burn the hell out of them! **3 total work sets.**

Note: If you don't have a cable crossover do these with dumbbells.

Goal – Maximum pump

Back - 14 sets

Cable rows – This is your standard cable row. Use single handles that you would use when doing something like a cable crossover for chest. Attach two of these on the low row. This will enable you to pull your elbows back a bit more and get a little more of a contraction. Plus you'll see that these just feel really good. Hold the flexed position for a quick 1 second pause. When you lower it lean forward a little stretch out lower lats. After you do 2-3 warm up do 3 x 10. 3 total work sets.

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

Dumbbell Row Deadstops - This is a normal dumbbell row, but you let the dumbbell rest on the ground, and then drive your elbow up as hard as you possibly can. Do 1 feeder set to get you in the groove then do 3 x 8, but go 10lbs heavier every set, push yourself. Even though you are driving elbow up hard, don't get sloppy. Stay controlled, especially on way down. **3 total work sets.**

For example:

100lbs x 8 (feeder/light set) 120 x 8

130 x 8

140 x 8

Goal – Train explosively

Dumbbell pullover – Do these with our normal body on the bench. Not across it style. Do 3 sets of 12. **3 total work sets.**

Goal – Drive more blood into upper lats and work serratus

Barbell shrugs – Do a few feeder sets to get you to your working weight. Once you get there do 3 sets of 10. Hold the flexed position for 2 seconds on each rep. **3 total work sets.**

NOTE: Women do wide grip pulldowns to the front instead of shrugs. Do 3 sets of 10.

Goal – Drive blood into your traps

Banded hyperextensions – Do 2 sets of 20 (or as many as you can get) using a band. **2 total work sets.**

Goal – Supramax pump in your spinal erectors

Biceps - 9 sets / Triceps - 12 sets

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

3 rounds of this tri-set - 2 warm up rounds with light weight preceding

Rope pushdowns – Do sets of 15. Flex at bottom for 1 second.

supersettted with

Pronated dumbbell kickbacks – Do sets of 6 for your inner/ long head . Remember to turn your hands so that your palms are facing up toward ceiling when you get to the contracted part of the movement.

supersettted with

Dips between benches – Go to failure! **9 total work sets via 3 trisets** Once you

have completed 3 rounds rest a few minutes and then proceed to this

exercise.

Incline triceps extensions with dumbbells – Do 3 sets of 10. This doesn't take much weight. You have to sort of let the weight go out to the side a little when lowering it so it doesn't hit the bench. You will get the hang of this after a set. There is an angle and direction that makes sense. Get a really good stretch at the bottom, that is the key. **3 total work sets.**

EZ bar curls – Do 2 warm up sets of 20 reps..Next do a set of 10 strict reps with a good weight. Rest 1 minute and then 2nd set is also 10 reps. For 3rd set you are going to do an " 842". The 842 on this is really hard, it is tempting to swing and cheat at end. Really focus on the negative once you get to the 4 reps and 2 reps and your arms will pump up like balloons. Take 2 seconds on the way down. **3 total work sets.**

Note: 842 means you do 8 reps, then set the weight down and count to 20 then do 4 reps, then set the weight down and count to 10 and do 2 more reps.

EZ bar preacher curls – Rep scheme is the same as above. Do 2 sets of 10 with one minute breaks, then do a 842 set. **3 total work sets.**

Hammer curls – On these do 10 reps, then 6 partials only working the bottom the range of motion. Do 3 sets like this. **3 total work sets**

Calves

Standing calve raises – Do plenty of warm up sets here. I want you to use perfect form and do sets of 10 with heavier and heavier weight, until you can't get 10. On the last set, add on an extra 20 reps of partials out of the bottom to really drive blood in your calves. I think of this as about 4 sets, as the last 4 sets are pretty hard. **4 total work sets.**

Supersetted with

Dorsiflexion – After each set of standing raises 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.

Try to do the above workout 3 x a week.

Also, once every other week I want you to do this for your calve routine to shock them!

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

Supersetted with

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

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.

OPTIONAL DAYS – as recovery allows

Optional Back workout – 16 sets

Here are the guidelines - just do this every week:

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

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

On the cable rows, I have found a really good attachment that work extremely well if you want to try it.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5522>

Do 4 sets 10 after a few good warm up sets.

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

1. Dumbbell pullovers
2. Straight arm lat pulldowns.

Here is the link to an attachment that is called a 4 inch grenade if you want to try it out. I did these and loved them.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5069>

This will help you train your serratus too; which will help you spread your lats better. 4 sets of 10.

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

1. Regular pulldowns
2. Neutral grip (palms facing each other but shoulder width) pulldowns (can use Mag grip neutral if you like)
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin
5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

Here are two different attachments I love on the pulldowns if you want to try them out.

Mag grip medium grip neutral:

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5523>

Swiss bar:

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

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

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

Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a 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.

Optional Leg workout – 18 sets

You have two choices here!

Option #1

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. **6 total work sets.**

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

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

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

135 x 10 - warm up

185 x 10 warm up

225 x 6

245 x 6

275 x 6

295 x 6

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

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

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

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

Option #2

ALTERNATE SECONDARY WORKOUT ADDED THIS PROGRAM:

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

This workout consists of two exercises.

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

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

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

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

Sets 4-6 – Just pump all these. Add a little more weight to what you did in set 3 and stay there.

Do 3 sets of 20 with it (this will be sets 4-6).

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

That's it!

Optional Chest and Shoulder workout – Approximately 20 sets

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

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

Here are the 5 chest exercises. Pick 3.

WOMEN – I do NOT want you to do the extra chest work as working your chest two times is not necessary. I do want you to blast the heck out of your delts though. Add one working set to each exercise I have specified for delts.

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

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

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.

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

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

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

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

Do 4 rounds.

For shoulders, follow this plan.

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

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

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

** You can also do these with a cable machine

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**

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

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

Program 11 – The Incinerator

This is a 4-7 day week program. If you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice the optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. 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.

If you are limited to a 5 day split, select the bodypart that is weakest to do twice.

If you are limited to 6 days, select the top 2 weaknesses you have.

If your arms are your weak point you can repeat the workout twice. Arm workouts are done to be more pump inducing in nature, and not so heavy. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week at the end of the 12 weeks.*

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

Week 3 – High volume

Legs – 22 sets:

Lying Leg Curls – 2-3 warm up sets of 15. This week is all rest pause reps. This means straighten your legs and let the weight rest, and then curl the weight back up. Do a set of 12, 10, and 8 without rushing. On your last set, do the same weight you did 8 with, for 8 again, but extend the set by doing

two drops. So do 8 reps, drop the weight and do 8, then drop the weight one more time for 8 reps (24 reps total on set 4). The drop set reps are also to be rest paused. **4 total sets.**

Goal – Activate and pump hams

Leg extension – Do 2 warm up sets of 20. Then do one set of 20 with a 2 second hold and flex at the top. Rest for 90 seconds. Do the 2nd set for 12 reps with a 3 second hold and flex, and the 3rd and last set is 6 reps with a 5 second hold and squeeze. Go up each set in weight a good deal. Your legs should have a nasty pump. **3 total work sets.**

Goal – Activate and pump quads

Squat – This week I want you to do sets of 6 very explosively. If you have chains, you will use them per the notes below. Do some feeder sets of 6 reps to get to a good working weight. We are doing these explosively, and we are going to do a lot of sets with low rest breaks. This might start off easy, but it will get difficult toward the end. We are doing 8 x 6. Again, use a weight you can use with speed and acceleration. Your rest break between sets is 60 seconds. **8 total work sets.**

For example:

135 x 6 (warm up) – If you have chains, add 3 sets of chains (1 for women) on here and keep them on for all sets.

225 x 6 (warm up)

315 x 6 (warm up)

365 x 6 for 8 sets (60 second rest breaks) Goal – Train explosively

Banded leg press – You may need one or two warm ups to get to your working weight, but that should be about it. Once there do 5 sets of 8 using a 3 second descent. On this we are using constant tension (no lockout), time under tension, and eccentric overload (if using bands). Get an insane pump on these! **5 total work sets.**

Note: If you have bands, attach a pair of monster minis and pro minis to each side. So you will have a long red and a long black on each side.

Goal – Supramax pump

Barbell stiff leg deadlifts – Pick a good weight to do 2 x 15. Don't come up all the way, and bend your knees slightly at the bottom. Focus on getting a good stretch. On each set, try to get deeper. Focus on pushing your hips back as you go down, and keeping the barbell right against you. 2 total work sets.

Goal – Work a pumped muscle from stretch position.

Chest - 10 sets Shoulders – 11 sets

Decline dumbbell presses - 3 sets of light warm up then find a weight you can do a good solid 8 reps with. On these do them with a normal traditional grip (like you use when you bench press). Do these with 1 second pause at the bottom, but do not lock out at the top. Do 3 sets with this weight. You may lose some reps toward the end. That's ok. **3 total work sets.**

NOTE: Women do these on an incline.

For example:

35 x 12 (warm up)

55 x 12 (warm up)

75 x 8 (warm up)

95 x 8 (somewhat challenging)

105 x 8 (hard)

115 x 7 (can't quite get 8)

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

Incline barbell press – Same as last week. Try to use a slight angle on these if possible. I want you to do explosive sets of 8 this week though. Try to use the same weight you used last week, but this time doing sets of 8! You might need 1-2 feeder sets of 5. Work up in weight until you can't quite get 8 explosively or you barely get 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 along with the explosiveness. **3 total work sets**

For example:

135 x 5 (feeder set)

185 x 5 (feeder set)

225 x 8

225 x 8

225 x 7 (failed at 7)

Goal – Train explosively

Banded hammer press – I want 3 sets of 8 here. On these use a slow descent and only go back to 90 degrees, do not let your elbows go past this! Ram the weight up and flex each rep hard for 1 second! **3 total work sets**

Goal – Supramax pump

Stretch pushups - Do 1 set to COMPLETE failure. After you hit failure, immediately do 10 partials to finish your pecs off. **1 total work set.**

Goal – Work a pumped muscle from stretch position.

Dumbbell side laterals – Do sets of 15 here for side delts. **Supersettted with**

Over and back press – Do sets of 8 here. Remember to only take the bar back and forth between your forehead and the back of your head. Please watch this on my YouTube if you need a refresher. The form is critical. Your shoulders should be on FIRE!

4 supersets for 8 total work sets.

Bent over rear dumbbell laterals Swings – On these you are doing 3 sets of 30. Use the swing technique. This means keep your arms straight, and just swing the dumbbells out about 6 inches. It also means to use a bit of a heavier weight. **3 total work sets.**

Goal – Supramax pump

Back - 16 sets

Chest Supported Dumbbell Row– Do a few warm up sets until you find a weight that is a tough 10. Do 3 sets of 10 with it. On these don't actually go for a real big stretch, keep tension on your lat. Lower 3/4 of the way, and drive elbows back up flexing lats. **3 total work sets.**

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

One arm barbell row - Do 4 sets of 8 here once you do a few feeder sets to see what weight is a tough 8. Remember to use 25 lb plates for additional range of motion. **4 total work sets.**

For example:

50 lbs x 8 (feeder set)

75 x 8 (feeder/light set)

100 x 4 8 (work sets)

NOTE: I actually am using chains on these now. You can make this movement a very effective explosive movement doing this as it will get heavier as the weight comes up. I attach two chains to the end of the bar once I reach the working weight. This feels AWESOME. I am also adding a video of this to my YouTube channel.

Goal – Train explosively

Dumbbell pullover – Do these lying down on the bench, not across it. Only bring the dumbbell up to the top of your forehead and work the stretch. Do 3 sets of 12. **3 total work sets.**

Goal – Drive more blood into upper lats and work serratus

Dumbbell shrugs – Do 3 sets of 10. Hold the flexed position for 2 seconds on each rep. **3 total work sets.**

NOTE: Women do medium grip pulldowns here for 3 sets of 10.

Goal – Drive blood into your traps

Banded hyperextensions – Do 3 sets of 15 (or as many as you can get) using a band. **3 total work sets.**

NOTE: Added banded resistance this week. **Add one extra band so use two.**

Goal – Supramax pump in your spinal erectors

Biceps - 10 sets / Triceps - 12 sets

V bar pushdowns – Do 2-3 warm up sets to get your elbows greased up. Do sets of 10 all the way up until you can't hit 10. We'll call this 4 work sets. Don't take huge jumps in weight. Keep rest breaks down to 1 minute. Don't lock out and flex this week, keep constant tension. **4 total work sets.**

Close grip bench press – Do 1 warm up set to find the "groove". I want you to do a 3 second negative on these. Find a weight you can do 8 solid reps with and do 4 sets. Control the weight. I use an EZ bar because it feels better on my wrists, and I can concentrate on tri's more. Use whichever you feel more comfortable with. I actually like to do a version where I lower the bar to right above (2 to 3 inches) my chin. It's not too far off from being a JM press. You can't use as much weight, but you stretch the tri harder, and isolate it more, instead of just working your chest. These should feel awesome since you are starting them with a nice pump. **4 total work sets.**

L-Extensions - Sit down on an incline utility bench (like you would use to do dumbbell incline presses). Only use one dumbbell. Put it in your left hand like you are getting ready to do a dumbbell press for chest, but instead lower to your right across your face. Keep your upper arm/humerus pointing straight up the whole time. These are hard if you do them strict. Do all your reps on one side, then do the other when finished. Check on my YouTube channel for a form refresher on these, since we haven't done them in a while. **Do 4 sets of 10. 4 total work sets.**

EZ bar curls – Do 2 warm up sets. Use a good ole' fashion pyramid on these. Start with a weight you can do for 12 then go up. Try to hit 10, then go and try to hit 8. Use a 2 second count on the way down. Rest about 1 minute between sets. Squeeze these hard on every single rep. **3 total work sets.**

NOTE: I want you to use a barbell and the Grip4orce grips if you have those on these this week.

Dumbbell curls w/ additional hammer work – Start these with your palms up the whole time. Do 8 reps with this style, then flip your wrists over and do 6 more with a hammer style. On the palms up ones, lower it over 3 seconds. You will love these guaranteed, and these will burn. Do 3 sets of these. **3 total work sets.**

Preacher curls – Do 4 sets of heavy partials. Work the medium and top range of these with a decent weight. 4 sets of 6, but each rep should have a hard flex at the top. **4 total work sets.**

Calves

Standing calve raises – Do plenty of warm up sets here. I want you to use perfect form and do sets of 10 with heavier and heavier weight, until you can't get 10. On the last set, add on an extra 20 reps of partials out of the bottom to really drive blood in your calves. I think of this as about 4 sets, as the last 4 sets are pretty hard. **4 total work sets.**

Supersetted with

Dorsiflexion – After each set of standing raises 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.

Try to do the above workout 3 x a week.

Also, once every other week I want you to do this for your calve routine to shock them!

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

Supersetted with

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

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.

OPTIONAL DAYS – as recovery allows

Optional Back workout – 16 sets

Here are the guidelines - just do this every week:

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

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

On the cable rows, I have found a really good attachment that work extremely well if you want to try it.

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Do 4 sets 10 after a few good warm up sets.

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

1. Dumbbell pullovers
2. Straight arm lat pulldowns.

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This will help you train your serratus too; which will help you spread your lats better. 4 sets of 10.

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1. Regular pulldowns
2. Neutral grip (palms facing each other but shoulder width) pulldowns (can use Mag grip neutral if you like)
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin
5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

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Swiss bar:

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

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

Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a 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.

Optional Leg workout – 18 sets

You have two choices here!

Option #1

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 warmups. No need to do partials and the other high intensity techniques I use on this day. It would be too much. **6 total work sets.**

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

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135 x 10 - warm up
185 x 10 warm up
225 x 6
245 x 6
275 x 6
295 x 6
315 x 6, and it start to get heavy so you stop.

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

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

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

Option #2

ALTERNATE SECONDARY WORKOUT ADDED THIS PROGRAM:

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

This workout consists of two exercises.

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

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

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

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

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

Next is front squats – I have never been a big front squatter because I can't hold the weight on my damn shoulders. Doing them now, you will need MUCH less weight as your quads will be very fatigued. On these put something under your heels (just a small raise) so you hit more quad. Use

a good full range of motion going deep and simply pyramid up doing sets of 12 until you barely get 12.

That's it!

Optional Chest and Shoulder workout – Approximately 20 sets

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

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

Here are the 5 chest exercises. Pick 3.

WOMEN – I do NOT want you to do the extra chest work as working your chest two times is not necessary. I do want you to blast the heck out of your delts though. Add one working set to each exercise I have specified for delts.

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

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

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.

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

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

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

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

Do 4 rounds.

For shoulders, follow this plan.

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

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

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

** You can also do these with a cable machine

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**

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

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

Program 11 – The Incinerator

This is a 4-7 day week program. If you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice the optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. 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.

If you are limited to a 5 day split, select the bodypart that is weakest to do twice.

If you are limited to 6 days, select the top 2 weaknesses you have.

If you arms are you weak point you can repeat the workout twice. Arm workouts are done to be more pump inducing in nature, and not so heavy. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week at the end of the 12 weeks.*

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

WEEK 4 - HIGH VOLUME

Legs – 17 sets:

Seated leg curls - Do the usual 2-3 warm up sets of 15. Then find a weight that would make for a hard 10 reps. Do 3 sets of 10. Do a rest pause again this week. Let your legs fully extend, and pause for a second before curling weight and squeezing as hard as humanly possible. Keep your hips flat against the pad. Take about 90 seconds between these sets.

For the 4th set, do this drop set. Add a little bit of weight that you were doing for the sets of 10 (like maybe 10 pounds), and do 6 reps with a 3 second negative, pause at the bottom, then curl hard/squeeze, then drop about 20 or so lbs and do another 6 reps this way, then drop another 20 or so lbs and do another 6 reps this way. Your hams should feel like they are going to explode. **4 total work sets.**

Goal – Activate and pump hams

Squat – This week we are going to grind with some continuous tension. Do sets of 10 all the way up until you can barely get 10. Do not lockout. Try to move like a piston firing up and down. We are after constant tension. We will count the last 3 sets as work sets. **3 total work sets.**

For example:

135 x 10 (warm up)

225 x10 (warm up)

275 x 10 (warm up)

315 x 10 (warm up – but you know next set is working set) 345 x 10

365 x 10

385 x 10 (can barely get 10th rep, or might even stop at 8 or 9.

NOTE: If you have a safety squat bar I want you to use that this week.

Goal – Activate and pump quads

Leg press – We want more tension here, and an insane pump! Do 4 sets of 25. Do not lockout on these the first few sets, but the last few sets you may have to, to get 25 reps. **4 total work sets.**

For example:

4 plates a side x 25

5 plates a side x25

6plates a side x 25 (have to stop at 15 and rest for a few, then keep going to 25)

7 plates a side x 25 (have to stop at 10, and then 15, and then 20 to rest for a few, and then keep going to 25) The last set is brutal.

Goal – Supramax pump

Smith machine 1.5s – We are going to do one brutal set here as well. You will do 1.5 reps. So go down all the way and only come up half way, then go back down before coming back up all the way to lockout. That is 1 rep. We are going to do 1 set of 15 reps. Choose your weight carefully. **1 total work set.**

Note: If you don't have a smith machine use a hack squat or a machine that simulates a hack squat.

Goal – Supramax pump

Barbell stiff leg deadlifts – Pick a good weight to do 3 x 8. Don't come up all the way, and bend your knees slightly at the bottom. Focus on getting a good stretch. On each set, try to get deeper. Focus

on pushing your hips back as you go down, and keeping the barbell right against you. **3 total work sets.**

Goal – Work a pumped muscle from stretch position.

Chest - 10 sets / Shoulders – 12 sets

Incline dumbbell presses - 3 sets of light warm up then find a weight you can do a good solid 8 reps with. On these do them with a normal traditional grip (like you use when you bench press). Do these with 1 second pause at the bottom, but do not lock out at the top. Do 3 sets with this weight. You may lose some reps toward the end. That's ok. **3 total work sets.**

For example:

35 x 12 (warm up)

55 x 12 (warm up)

75 x 8 (warm up)

95 x 8 (somewhat challenging)

105 x 8 (hard)

115 x 7 (can't quite get 8)

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

Reverse band incline barbell press – Do a few feeder sets to get you up to a weight that you can do explosively. Keep adding weight in small increments and do 5 sets of 5 reps. Use normal incline form of not touching chest with bar and only driving to $\frac{3}{4}$ lockout. **5 total work sets**

For example:

225 x 5 (feeder set)

275 x 5 (feeder set)

315 x 5

365 x 5

385 x 5 (starting to feel a bit heavy)

405 x 5 (speed slows down on this one as it is getting very heavy)

405 x 5 (do the best you can to get 5 again. You should get it)

NOTE: If you do not have bands or a training partner to set this up, just do lighter more explosive regular barbell incline presses following the same rep scheme.

Goal – Train explosively

Machine fly – You are going to do one drop set here. Get a good stretch, and hold the flex for 1 second on every rep. Maintain perfect form. Do 10 reps, then drop the weight and go until form breaks down, then drop the weight again and go until form breaks down. Remember; flex every single rep for 1 second. We are after a nasty pump here. **1 total work set**

Goal – Supramax pump

Stretch pushups - Do 1 set to COMPLETE failure. After you hit failure, immediately do 10 partials to finish your pecs off. **1 total work set.**

Goal – Work a pumped muscle from stretch position.

Dumbbell side laterals – Do 4 sets of 10 here for side delts. Do one warm up set then find a good weight for your sets of 10. **4 total work sets**

Goal – Supramax pump

Bent over rear dumbbell laterals - On these you are doing 4 sets of 15. Use a full range of motion. **4 total work sets.**

Goal – Supramax pump

Barbell front raise – Do 4 sets of 10 here bringing the bar up a little past eye level. **4 total work sets**

Goal – Supramax pump

Back - 17 sets

Meadows rows – Do 2-3 warm up sets on these before doing 4 hard work sets of 8 reps. **4 total work sets.**

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

One arm barbell row - Let's do these again this week. These are awesome. Do 4 sets of 8 here once you do a few feeder sets to see what weight is a tough 8. Remember to use 25 lb plates for additional range of motion. **4 total work sets.**

For example:

50 lbs x 8 (feeder/light set)

75 x 8 (feeder/light set)

100 x 4 8 (work sets)

NOTE: I actually am using chains on these now. You can make this movement a very effective explosive movement doing this as it will get heavier as the weight comes up. I attach two chains to the end of the bar once I reach the working weight.

Goal – Train explosively

Wide grip scapulae stretch pulldowns – These are simply heavy pulldowns where you only bring the bar to the top of your head and then let the bar really stretch you at the top! Do 4 sets Of 8. **4 total work sets.**

Goal – Extreme stretch on lats

Reeves deadlifts – Use a short bar or ez curl bar on these. The goal is to use a wide grip and to explode up more like an Olympic movement. Don't use weight so heavy you can't get any bar speed. Do 5 sets of 5. I try to explode so hard I actually come up on my toes and also move into a shrug at top. This should all be one smooth motion. Refer to my YouTube channel for a form refresher (even though I was going a bit too heavy that day!) **5 total work sets.**

Goal – Train explosively

Biceps - 12 sets / Triceps - 12 sets

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

Rope pushdowns – Do 2-3 warm up sets to get your elbows warmed up. Lean down (bend over at waist) while doing these., Keep your hands together, the bottom of the rope should touch the whole time. Now just pump these without locking out for 4 sets of 15 reps. Make these burn! **4 total work sets.**

Seated overhead extension w/ rope – On these, get a seat that you usually use for shoulder presses. It will need to be one that has a back support. Sit it down beside the cable machine so that you are facing away from it. Hook a rope up to the bottom pulley. Your training partner will need to hand you the rope behind your head. Now do extensions with it straightening your arms out overhead. Do 3 sets of 10 with nice, slow, deliberate form, and then do a lighter extreme pump set of 25 reps. I will be adding a video of this to my YouTube FYI. **4 total work sets.**

Dip machine - Do 4 sets of 8 here with a slow 3 second negative on each rep. You can also do bench dips if you don't have the right machine for these. **4 total work sets.**

EZ bar curls – Do 2 warm up sets. Your bis should pump up extremely fast on these. Do 4 sets of 10 with a hard flex on each rep. Take 60 second breaks between sets. **4 total work sets.**

Preacher curls – Do 4 sets of heavy partials. Work the medium and top range of these with a decent weight. 4 sets of 6, but each rep should have a hard flex at the top. **4 total work sets.**

Preacher reverse curls – Do 4 sets of 10 on these. This will blast your forearm and lower bicep. I use an EZ bar, but use whatever bar feels best on these ok. Use a full range of motion, and it won't take much weight fyi. **4 total work sets.**

Calves

Standing calf raises – Do plenty of warm up sets here. I want you to use perfect form and do sets of 10 with heavier and heavier weight, until you can't get 10. On the last set, add on an extra 20 reps of partials out of the bottom to really drive blood in your calves. I think of this as about 4 sets, as the last 4 sets are pretty hard. **4 total work sets.**

Supersetted with

Dorsiflexion – After each set of standing raises 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.

Try to do the above workout 3 x a week.

Also, once every other week I want you to do this for your calf routine to shock them!

Standing calf raises – Do 10 reps, hold a flex at top for 10 seconds and repeat 2 more times for 1 set. This means you will do a total of 30 reps and have 30 seconds of static holds at top. Do this 3 times. **3 total work sets.**

Supersetted with

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

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.

OPTIONAL DAYS – as recovery allows

Optional Back workout – 16 sets

Here are the guidelines - just do this every week:

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

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

On the cable rows, I have found a really good attachment that work extremely well if you want to try it.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5522>

Do 4 sets 10 after a few good warm up sets.

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

1. Dumbbell pullovers
2. Straight arm lat pulldowns.

Here is the link to an attachment that is called a 4 inch grenade if you want to try it out. I did these and loved them.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5069>

This will help you train your serratus too; which will help you spread your lats better. 4 sets of 10.

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

1. Regular pulldowns
2. Neutral grip (palms facing each other but shoulder width) pulldowns (can use Mag grip neutral if you like)

3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin
5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

Here are two different attachments I love on the pulldowns if you want to try them out.

Mag grip medium grip neutral:

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5523>

Swiss bar:

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

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

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

Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a 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.

Optional Leg workout – 18 sets

You have two choices here!

Option #1

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. **6 total work sets.**

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

Next I want you to move onto squats. I DO NOT want these to be heavy. I want these to be explosive to train your nervous system. If you take someone who is seriously overtrained, and give them short bouts of explosive exercise you can recover their CNS very quickly by the way. Anything that helps your CNS is valuable because the better it is, the better your chances of getting more fibers to actually fire! Warm up well and do sets of 6 going up. When you get to a weight that is starting to grind you, meaning you can't explode, stop and you are done. Take small jumps so you can get quite a few sets in. I don't really have a set number for sets, but this is an example of how this would look when done correctly.

135 x 10 - warm up

185 x 10 warm up

225 x 6

245 x 6

275 x 6

295 x 6

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

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

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

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

Option #2

ALTERNATE SECONDARY WORKOUT ADDED THIS PROGRAM:

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

This workout consists of two exercises.

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

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

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

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

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

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

That's it!

Optional Chest and Shoulder workout – Approximately 20 sets

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

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

Here are the 5 chest exercises. Pick 3.

WOMEN – I do NOT want you to do the extra chest work as working your chest two times is not necessary. I do want you to blast the heck out of your delts though. Add one working set to each exercise I have specified for delts.

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

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

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.

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

Press fly dumbbell combination – On these, they are neither a true flye or press. You start the movement like a traditional dumbbell fly, as you lower the weight though, you bend your elbows so that your arms are in a L position when viewed from straight on. Normally on a fly you would get a slight bend in your elbows

and then just lock into that position. Once you get into the L position at the bottom of the movement, you drive back up in the same arc you came down in. Use a 3 second eccentric on these. **Do 4 sets of 8.**

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

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

Do 4 rounds.

For shoulders, follow this plan.

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

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

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

*** You can also do these with a cable machine*

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**

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

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

Program 11 – The Incinerator

This is a 4-7 day week program. If you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice the optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. 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.

If you are limited to a 5 day split, select the bodypart that is weakest to do twice.

If you are limited to 6 days, select the top 2 weaknesses you have.

If your arms are your weak point you can repeat the workout twice. Arm workouts are done to be more pump inducing in nature, and not so heavy. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years.

Here is one way to set it up:

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Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week at the end of the 12 weeks.*

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

WEEK 5- HIGH VOLUME

Legs – 17 sets:

Seated leg curls- 2 warm up sets of 15. Then I want you to do 3 hard sets of 12 reps, each rep is continuous tension with a squeeze. For the 4th and final set use the same weight but do 10 reps, and use the 3 second down rule for each rep (on the negative only). Drop the weight and do 8 more reps the same way, then drop the weight one more time for another 8 reps. This should be a brutal set. Your hams will be pumped. **4 total work sets.**

Goal – Activate and pump hams

Leg press – We want a lot of time under tension here and to just keep going up and grinding until you barely get 10. Don't lockout on any reps and use a 3 second descent on all sets. We'll count the last 4 sets as work sets. **4 total work sets.**

For example:

1 plates a side x 10
plates a side x 10
plates a side x 10
plates a side x 10
plates a side x 10 (work set)
7 plates a side x 10 (work set)
8 plates a side x 10 (work set)
9 plates a side x 10 (work set – barely get 10)

Note: One common question I get is what if say in this scenario I get to 9 plates and I know I could have got 10 plates for 10. Easy, then do it, and the set with 6 plates would just be another warm-up. If you just keep going until you can barely get 10, you are doing this right.

Goal – Activate and pump quads

Smith machine 1.5s – Yes, two weeks in a row! Do sets of 6 here going up. You will do 1.5 reps. So go down all the way and only come up half way, then go back down before coming back up all the way to lockout. That is 1 rep. You shouldn't need any more than 1 feeder set to get you going, as your legs should be pumped. Do 3 work sets of 6. On your 4th set, I want you to do a drop set. Use the same weight to start, but do 2 drops, so 18 reps total. **4 total work set.**

Note: If you don't have a smith machine use a hack squat or a machine that simulates a hack squat.

For example – here is exactly what I did. I worked up to 11 plates a side on the leg press previous to this FYI.

1 plates a side x 3 (feeder set)
1 plate plus a 25/quarter a side x 3 (feeder set)
2 plates a side x 6 (work set)
2 plates plus a 25/quarter a side x 6 (work set)
3 plates plus a side x 6 (work set)
3 plates plus a 25/quarter a side x 6, dropped a 45 off each side (I moved the 25 to the inside of the last plate before starting set) x6, then dropped the 25 for another 6 reps.

Goal – Supramax pump

Dumbbell lunges – Do 2 sets of walking lunges with a moderately heavy pair of dumbbells. Walk until you drop. I want a minimum of 10 steps per side. **2 total work set.**

Note: If you don't have a smith machine use a hack squat or a machine that simulates a hack squat.

Goal – Supramax pump

Dumbbell stiff leg deadlifts – Pick a good weight to do 3 x 12. Don't come up all the way, and bend your knees slightly at the bottom. Focus on getting a good stretch. On each set, try to get deeper. Focus on pushing your hips back as you go down, and keeping the barbell right against you. **3 total work sets.**

Goal – Work a pumped muscle from stretch position. Explosive training returns next week!

Chest - 12 sets / Shoulders – 12 sets

Banded hammer press – Do a few sets of 8 to get warmed up. Find something that is a challenging 8 and stay there for 3 sets of 8. Each rep should be a nice slow negative, and then you ram the weight up and flex your chest hard. The added band tension will give you an insane contraction. Do not let your elbows go past 45 degrees on these, or you will turn an awesome exercise into a dangerous one for your rotator cuff. I prefer you use a flat hammer, then decline, then incline in that order if you don't have them all. **3 total work sets.**

Note: If you don't have hammer equipment use a similar type machine where you can use the technique I described above.

Use the long red pro mini bands

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

Incline barbell press – Do a few feeder sets to get you up to a weight that you can do fairly explosively. We are not using reverse bands this week, so you should notice a little extra explosiveness than what you normally have on regular inclines! Keep adding weight in small increments and do sets of 8 reps until you can't get 8. Use normal incline form of not touching chest with bar and only driving to $\frac{3}{4}$ lockout. We'll count the last 4 sets. **4 total work sets**

For example:

135 x 5 (feeder set)

185x 5 (feeder set)

225 x 8

245 x 8

265 x 8 (starting to feel a bit heavy – losing explosiveness)

275 x 7 (you don't quite get 8 despite best effort)

Goal – Train explosively

Decline smith press – Do very strict sets of 8 going up to a weight you can barely do for 8. On the last set, you are going to do a vicious dropset with 2 drop. You'll do 8, do a drop and go to failure, then do another drop and go to failure. **4 total work set**

For example:

135 x 5 (feeder set)

225x 8 work sets start

245 x 8

265 x 8

275 x 8 – Do 8 reps, then drop 90 lbs, and do 6-10 more, then drop 50 lbs and do 20 reps with a wide grip.

NOTE: Women do these on a slight incline.

Goal – Supramax pump

Stretch pushups - Do 1 set to COMPLETE failure. After you hit failure, immediately do 10 partials to finish your pecs off. **1 total work set.**

Goal – Work a pumped muscle from stretch position.

Bent over rear dumbbell laterals - On these you are doing 3 sets of 25. Use your swing technique where you keep your arms straight and just swing the weight. **3 total work sets.**

Goal – Supramax pump

Dumbbell side laterals – Do 3 sets of 8, and then do a drop set with 2 drops. **4 total work sets**

For example:

25's x 8 (feeder set) 35's x 8 work sets start 40's x 8

45's x 8

50's x 8 (barely get 8, form a little loose) – Do 10 reps, then drop to 30's and go to failure, then drop to 15 lbs and go to complete failure. Even when you fail, throw in 5 or 6 more partials.

Goal – Supramax pump

Spidercrawls - Do 2 sets of 1 minute. This means go up and down a wall for 60 seconds straight for a set. Remember to push your hands as far apart as you can get them so this is hard and works the way it is supposed to. **2 total work sets.**

Goal – Supramax pump

Back - 17 sets

Dumbbell rows – These are just standard gut busting heavy dumbbell rows. Do sets of 10 up to a weight you can barely get 10 with, and see how many reps you can get doing 4 sets with it. **4 total work sets.**

For example:

35 lb dumbbells x 10 (warm up set)

60 lb dumbbells x 10 (warm up set)

85 lb dumbbells x 10 (warm up set)

100 lb dumbbells 4 x 10 (work sets)

If 100 would have been too easy, then you simply go higher and count it as a warm up.

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

Smith machine row - Do 4 sets of 8 here once you do a few feeder sets to see what weight is a tough 8. Set the stops in the Smith machine so that you are starting from about midshin. **4 total work sets.**

For example:

135 lbs x 5 (feeder/light set)

185 x 5 (feeder/light set)

225 x 4 sets of 8 (work sets)

NOTE: I am playing around with chains on these now too. I attach one chain to the ends of the bar once I reach the working weight.

Goal – Train explosively

Close grip pulldowns facing away – These are the pulldowns where you face away from the machine and sort of wrap your lower back around the pad where you normally put your feet under. This lines you up perfect mechanically to drive your elbows straight down and generate a ton of lat tension without using your arms. Flex your lats hard in the contracted position for 1 second on each rep. Do 4 sets of 10. **4 total work sets.**

NOTE: Today we experimented with chains on these too, and it was absolutely awesome. I will upload a video of it on YouTube soon.

Goal – Supramax pump on lats

Barbell shrugs – Do 3 sets of 10 here. **3 total work sets.** NOTE: Women skip these.

Goal – Supramax pump in traps

Banded hypers – Do 3 to failure using bands. **3 total work sets.**

NOTE: Use a reverse hyper if you have one, and do 3 sets of 15 reps.

Goal – Supramax pump in spinal erectors

Biceps - 12 sets / Triceps - 15 sets

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

This week we do a tri exercise, then a bi, etc. Your entire arm should be blown up by the end.

Vbar pushdowns – Do as many warm up as you need. Now on these, for this week, tilt down (still facing the machine – not away from it), and do normal pushdowns but let the vbar come almost behind your head. Drive the weight straight down without locking it out. Keep constant tension. Do 6 sets of 15 with 45 second rest breaks. **6 total work sets.**

Barbell curl 1.5s – Do 2 warm up sets. You are going to do 1.5s. This means doing a full rep, and then lowering it but only coming up half way (partial rep), and then back down is 1 rep. Do 4 sets of 8. **4 total work sets.**

Seated overhead extension w/ rope – Let's do these again this week. Do a nice slow 3 second negative with a good stretch on each set. Do 4 sets of 8 then lighten up and do a 5th set of 20-25 reps trying to get as much pump and blood in your arms as possible. **5 total work sets.**

Dumbbell curls – Do 4 sets of 8 here with a slow 3 second negative on each rep. As always, keep your palms up the entire rep. **4 total work sets.**

NOTE: If you have Grip4orce or Fat Gripz, use them on these.

Close grip pushups – Use about a shoulder width hand placement. Keep your elbows tucked in so this crushes your triceps. This may look easy, but it won't be if you do it right. Do 4 sets to failure. Ideally

you should get anywhere from 8-15 reps. If you do more than 20 on the first set, throw a chain across your back, or have someone hold a dumbbell on your back. **4 total work sets.**

Preacher reverse curls – Do 4 sets of 10 on these again this week. This will blast your forearm and lower bicep. I use an EZ bar, but use whatever bar feels best on these ok. Use a full range of motion, and it won't take much weight fyi. **4 total work sets.**

Calves

Standing calf raises – Do plenty of warm up sets here. I want you to use perfect form and do sets of 10 with heavier and heavier weight, until you can't get 10. On the last set, add on an extra 20 reps of partials out of the bottom to really drive blood in your calves. I think of this as about 4 sets, as the last 4 sets are pretty hard. **4 total work sets.**

Supersetted with

Dorsiflexion – After each set of standing raises 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.

Try to do the above workout 3 x a week.

Also, once every other week I want you to do this for your calve routine to shock them!

Standing calf raises – Do 10 reps, hold a flex at top for 10 seconds and repeat 2 more times for 1 set. This means you will do a total of 30 reps and have 30 seconds of static holds at top. Do this 3 times. **3 total work sets.**

Supersetted with

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

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.

OPTIONAL DAYS – as recovery allows

Optional Back workout – 16 sets

Here are the guidelines - just do this every week:

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

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

On the cable rows, I have found a really good attachment that work extremely well if you want to try it.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5522>

Do 4 sets 10 after a few good warm up sets.

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

1. Dumbbell pullovers
2. Straight arm lat pulldowns.

Here is the link to an attachment that is called a 4 inch grenade if you want to try it out. I did these and loved them.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5069>

This will help you train your serratus too; which will help you spread your lats better. 4 sets of 10.

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

1. Regular pulldowns
2. Neutral grip (palms facing each other but shoulder width) pulldowns (can use Mag grip neutral if you like)
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin
5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

Here are two different attachments I love on the pulldowns if you want to try them out.

Mag grip medium grip neutral:

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5523>

Swiss bar:

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

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

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

Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a 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.

Optional Leg workout – 18 sets

You have two choices here!

Option #1

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

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

Next I want you to move onto squats. I DO NOT want these to be heavy. I want these to be explosive to train your nervous system. If you take someone who is seriously overtrained, and give them short bouts of explosive exercise you can recover their CNS very quickly by the way. Anything that helps your CNS is valuable because the better it is, the better your chances of getting more fibers to actually fire! Warm up well and do sets of 6 going up. When you get to a weight that is starting to grind you, meaning you can't explode, stop and you are done. Take small jumps so you can get quite a few sets in. I don't really have a set number for sets, but this is an example of how this would look when done correctly.

135 x 10 - warm up

185 x 10 warm up

225 x 6

245 x 6

275 x 6

295 x 6

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

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

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

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

Option #2

ALTERNATE SECONDARY WORKOUT ADDED THIS PROGRAM:

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

This workout consists of two exercises.

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

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

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

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

Sets 4-6 – Just pump all these. Add a little more weight to what you did in set 3 and stay there.

Do 3 sets of 20 with it (this will be sets 4-6).

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

That's it!

Optional Chest and Shoulder workout – Approximately 20 sets

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

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

Here are the 5 chest exercises. Pick 3.

WOMEN – I do NOT want you to do the extra chest work as working your chest two times is not necessary. I do want you to blast the heck out of your delts though. Add one working set to each exercise I have specified for delts.

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

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

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.

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

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

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

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

Do 4 rounds.

For shoulders, follow this plan.

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

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

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

*** You can also do these with a cable machine*

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**

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

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

Program 11 – The Incinerator

This is a 4-7 day week program. If you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice the optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. 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.

If you are limited to a 5 day split, select the bodypart that is weakest to do twice.

If you are limited to 6 days, select the top 2 weaknesses you have.

If your arms are your weak point you can repeat the workout twice. Arm workouts are done to be more pump inducing in nature, and not so heavy. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week at the end of the 12 weeks.*

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

WEEK 6 - HIGH VOLUME

Legs – 15 sets:

Lying leg curls- Do 3-4 warm up sets of 12 to kick things off. I want you to work up to a weight that is a pretty tough 8. Now once you do 8 (the 8th rep should be very hard) I want your partner to give you 4 forced reps. Do 4 sets like this. **4 total work sets.**

Goal – Activate and pump hams

Squat – We are going to do low rep explosive sets here. Just keep going up doing sets of 6 until your rep speed really slows down and that's it. Don't lock out on these, stay tight and fire like a piston. Also take smaller weight jumps so you don't get to your last set too quick. We'll call this 3 sets. **3 total work sets.**

For example: 135 x 6

185 x 6

225 x 6

275 x 6

315 x 6 (work set)

365 x 6 (work set)

405 x 6 (last work set as rep speed slows down)

Goal – Explosive work

Banded leg press – Do 4 sets of 8 with 3 second descents. Do a few feeder sets until the weight start feeling heavy then start counting sets. **4 total work sets.**

For example:

4 plates a side x 6

5 plates a side x 6

6 plates a side x 8 (feel a bit heavy – so first work set)

7 plates a side x 8 (work set)

8 plates a side x 8 (work set)

9 plates a side x 8 (work set)

NOTE: Use 2 long red pro mini bands, or a pair of long red ones, and long black ones. If you don't have bands, just do this without them.

Bulgarian split squat – Do 3 sets of 15 on each leg. If you can balance yourself well, use light dumbbells. Do these really slow. Work on time under tension and make them burn. **3 total work sets.**

Goal – Supramax pump

Smith machine squat – Again??? Yep. Do 2 feeder sets then do one big drop set. The drop set is 6 reps, then 6-8, then just bust ass to near failure. Do not do 1.5's today though; just do regular reps. **1 total work set.**

Note: Feel free to use a hack squat on these too. I would rather have done this, but they took ours out of the gym.

For example:

1 plate a side x 4 (feeder set)

2 plates a side x 4 (feeder set)

3 plates a side x 6, dropped a 45 off each side and do 8 more, then drop another 45 on each side and do 12-15 more. This should crush you. It's your last set of the day, so don't hold back.

Goal – Supramax pump

No stiff legged work today.

Chest - 14 sets / Shoulders – 11 sets

Machine press – Today just do sets of 8 working all the way up until you can't get 8 anymore. Also, lower your reps with a 3 second eccentric, really feel your pecs lowering the weight, controlling it. Then, drive it up hard, but not to lockout. We'll count your last 3 sets as work sets. Don't make huge jumps in weight so you can get plenty of quality sets in. **3 total work sets.**

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

Reverse band incline barbell press – Do a few feeder sets to get you up to a weight that you can do fairly explosively. This week we are going back to the bands and hitting sets of 8. I am not as concerned with explosiveness this week, but I don't want you to use a weight that you really struggle with. The best way to describe it is doing a weight where when you rack it, you could have done one more rep with it. So leave a rep in the tank. Find your working weight and do 4 sets of 8 with it. **4 total work sets**

NOTE: If you don't have bands or a partner to help you set this up do normal incline barbell presses.

For example:

225 x 5 (feeder set)

315 x 5 (feeder set)

365 x 8 (for 4 sets)

Goal – Train explosively

Decline smith press – I want to do these again this week. I want you to find a weight you can do for around 12 reps, and do 4 sets with it. Take each set to one rep short of failure. On your 4th and last set, go ahead and go balls out to failure. Let the weight touch your chest, and fire it up, but only come up $\frac{3}{4}$ of the way. **4 total work set**

NOTE: Women use a slight incline angle on these.

Goal – Supramax pump

Cable fly – Do 3 sets of 10 with a HARD contraction on each rep. hold the flex for 2 seconds. I want your chest to feel like it is going to cramp. **3 total work sets**

Note: If you don't have machine to do cable flyes, you can do dumbbell flyes.

Goal – Work a pumped muscle from stretch position.

Bent over rear dumbbell laterals - On these you are doing 4 sets of 15. Use a full range of motion, and only take 90 seconds between sets. Your rear delts should be on fire. **4 total work sets.**

Goal – Supramax pump

Seated dumbbell side laterals – Do 4 ultra strict sets of 12 while seated on a bench. Bring the dumbbells up to just above head level. **4 total work sets**

Goal – Supramax pump

Dumbbell press - Yes, dumbbell presses are making a rare appearance this week. Do 3 sets of 8 seated on a bench with a back support. Lock out your arms and flex your delts as hard as you can for 1 second on each rep. **3 total work sets.**

Goal – Supramax pump

Back - 21 sets

One arm barbell rows – Back to my favorite. Use 25's as usual for more range of motion. Do sets of 8 all the way until you fail with it at 8. We'll count the last 3 sets as work sets. **3 total work sets.**

For example:

25 lb x 8 (warm up set)

50 lb x 8 (warm up set)

75 lb x 8 (warm up set)

85 x 8 (work set)

95 x 8 (work set)

100 x 7 – Failed at 7 (work set)

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

Smith machine row - I want you to do these again this week. Do 4 sets of 8 here once you do a few feeder sets to see what weight is a tough 8. Set the stops in the Smith machine so that you are starting from about midshin. **4 total work sets.**

For example:

135 lbs x 5 (feeder/light set)

185 x 5 (feeder/light set)

225 x 4 sets of 8 (work sets)

NOTE: I am playing around with chains on these now too. I attach one chain to the ends of the bar once I reach the working weight.

Goal – Train explosively

Dumbbell pullovers – These are the standard lay on a bench, not across it pullovers. Do 4 sets of 10. **4 total work sets.**

Goal – Supramax pump on lats

Narrow grip chins – Do the best you can over 3 sets. If you can't get a minimum of 6 solid reps, you can do close grip pulldowns. Do 3 sets to failure, or sets of 8 if using the lat pulldown. Really focus on driving your elbows down and not pulling with your arms ok. **3 total work sets.**

NOTE: You can also use a cheater machine that helps you do the rep.

Goal – Supramax pump on lats

Dumbbell shrugs – Tuck your chin into your chest and do 4 sets of 6, with 6 second holds. Yes, that's a LONG time to hold and flex traps. Think time under tension here. **4 total work sets.**

NOTE: Women skip these.

Goal – Supramax pump in traps

Banded hypers – Do 3 to failure using bands. **3 total work sets.**

NOTE: Use a reverse hyper if you have one, and do 3 sets of 15 reps.

Goal – Supramax pump in spinal erectors

Biceps - 13 sets / Triceps - 12 sets

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

Vabr pushdowns – Do as many warm ups as you need to get your elbows warmed up. Once you get to a weight that is a tough 10 reps, stay there and do 4 sets of 10 with it. Do not flex at the bottom this week. Keep constant tension, move up and down. **4 total work sets.**

Pronated kickbacks – You are going to do these heavy with a hard flex! Remember, I don't like standard kickbacks one ounce, but these, with the pronated grip, are extremely good for developing thickness in the medial and long head of your tri. I want you to do 4 sets of 6. Flex hard on each rep. **4 total work sets.**

Incline lying extensions - Lower these very slowly to your forehead and drive to $\frac{3}{4}$ lockout. Keep constant tension on your tris. I want high reps here. Do 3 sets of 20 reps with this form. **3 total work sets.**

Close grip pushups - Use a shoulder width grip, and tuck your elbows in your sides and crank one set to failure here. Don't leave anything in the tank. **1 total work set.**

Barbell curl 1.5's – Do 2 warm up sets. These are 1.5's. So curl the weight up all the way, lower it but only come half way up, lower it, and then come back to the top. That is one rep. Do 4 sets of 8 like this. Your bis should have an insane burn and pump from these. **4 total work sets.**

Dumbell curls – Do 5 sets of 6 reps with a slow 3 second descent. Keep your palms up the entire time! **5 total work sets.**

NOTE: If you have Grip4orce or Fat Gripz use them on these today.

EZ bar reverse curls – Crank out 4 sets of 15 here. For each set, you do 10 full reps curling the weight all the way up, then only bring it up to 90 degrees for your last 5 reps. **4 total work sets.**

Calves

Standing calve raises – Do plenty of warm up sets here. I want you to use perfect form and do sets of 10 with heavier and heavier weight, until you can't get 10. On the last set, add on an extra 20 reps of partials out of the bottom to really drive blood in your calves. I think of this as about 4 sets, as the last 4 sets are pretty hard. **4 total work sets.**

Supersetted with

Dorsiflexion – After each set of standing raises 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.

Try to do the above workout 3 x a week.

Also, once every other week I want you to do this for your calve routine to shock them!

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

Supersettted with

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

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.

OPTIONAL DAYS – as recovery allows

Optional Back workout – 16 sets

Here are the guidelines - just do this every week:

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

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

On the cable rows, I have found a really good attachment that work extremely well if you want to try it.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5522>

Do 4 sets 10 after a few good warm up sets.

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

1. Dumbbell pullovers
2. Straight arm lat pulldowns.

Here is the link to an attachment that is called a 4 inch grenade if you want to try it out. I did these and loved them.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5069>

This will help you train your serratus too; which will help you spread your lats better. 4 sets of 10.

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

1. Regular pulldowns
2. Neutral grip (palms facing each other but shoulder width) pulldowns (can use Mag grip neutral if you like)
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin
5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

Here are two different attachments I love on the pulldowns if you want to try them out.

Mag grip medium grip neutral:

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5523>

Swiss bar:

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

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

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

Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a 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.

Optional Leg workout – 18 sets

You have two choices here!

Option #1

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. **6 total work sets.**

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

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

Warm up well and do sets of 6 going up. When you get to a weight that is starting to grind you, meaning you can't explode, stop and you are done. Take small jumps so you can get quite a few sets in. I don't

really have a set number for sets, but this is an example of how this would look when done correctly.

135 x 10 - warm up

185 x 10 warm up

225 x 6

245 x 6

275 x 6

295 x 6

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

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

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

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

Option #2

ALTERNATE SECONDARY WORKOUT ADDED THIS PROGRAM:

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

This workout consists of two exercises.

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

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

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

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

Sets 4-6 – Just pump all these. Add a little more weight to what you did in set 3 and stay there.

Do 3 sets of 20 with it (this will be sets 4-6).

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

That's it!

Optional Chest and Shoulder workout – Approximately 20 sets

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

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

Here are the 5 chest exercises. Pick 3.

WOMEN – I do NOT want you to do the extra chest work as working your chest two times is not necessary. I do want you to blast the heck out of your delts though. Add one working set to each exercise I have specified for delts.

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

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

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.

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

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

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

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

Do 4 rounds.

For shoulders, follow this plan.

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

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

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

** You can also do these with a cable machine

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**

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

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

Program 11 – The Incinerator

This is a 4-7 day week program. If you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice the optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. 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.

If you are limited to a 5 day split, select the bodypart that is weakest to do twice.

If you are limited to 6 days, select the top 2 weaknesses you have.

If your arms are your weak point you can repeat the workout twice. Arm workouts are done to be more pump inducing in nature, and not so heavy. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week at the end of the 12 weeks.*

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

Week 7- High volume

Legs – 15 sets:

Lying single leg curls - Do 2-3 warm up sets first. You are going to do 10 reps on one leg, and then do 10 on the other. Only rest for 30 seconds after the last leg is done and start again. I want 6 sets of these. Try to push your hip into the pad so you can really flex your ham hard in the contracted position. **6 total work sets.**

Goal – Activate and pump hams

Squat – We are doing the same thing we did last week on these (except I want you to change bars if you can). We are going to do low rep explosive sets here. Just keep going up doing sets of 6 until your rep speed really slows down and that's it. Don't lock out on these, stay tight and fire like a piston up to $\frac{3}{4}$ lockout. Also take smaller weight jumps so you don't get to your last set too quick. We'll call this 3 sets. **3 total work sets.**

NOTE: If you have a Safety squat bar I want you to use it this week.

For example:

135 x 6
185 x 6
225 x 6
275 x 6
315 x 6 (work set)
365 x 6 (work set)
405 x 6 (last work set as rep speed slows down)

Goal – Explosive work

Single leg press on machine – Do 4 sets of 12 with each leg. I am doing these on a machine (check out my YouTube video), not a traditional leg press. If that is all you have though, go ahead and use it. **4 total work sets.**

Goal – Supramax pump

Leg press on machine – Now that your legs have a ridiculous pump, you are going to do 3 more sets of 20 on the same machine, but now using both legs. I want the 20 reps to be really hard. It doesn't have to be to complete failure, but I do want you to only have maybe a rep or two in the tank when you finish the set. **3 total work sets.**

Goal – Supramax pump

Barbell stiff legged deads – Your legs will be extremely pumped. Be careful and go down with a slow descent. Make sure you have some bend in your knees. Use 25 lb plates to get more range of motion. Try to get a little lower each set, let it occur naturally though, don't force it. Do 4 sets of 8. You will probably only need to do one feeder set to figure out the right weight. **4 total work sets.**

Goal – Work pumped muscle from a stretched position

Chest - 12 sets / Shoulders – 16 sets

Flat dumbbell press – Work your way up doing sets of 10. Just keep going until you can't get 10. Lower these with a 2 second count, and actually lower them with your pecs as opposed to just dropping them. It's kind of like you are flexing your chest while lowering the weight. That is how I would describe it. This adds a lot of tension to the movement. Then ram the weight up to $\frac{3}{4}$ lockout and come back down. **3 total work sets.**

For example:

25's x 10 (warm up set)

45's x 10 (warm up set)

65's x 10 (warm up set)

75's x 10 (work set)

85's x 10 (work set)

95's x 10 (work set – barely get 10 or maybe even 8 or 9 reps)

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

Incline barbell press – Do a few feeder sets to get you up to a weight that you can do fairly explosively. This week we are doing sets of 6 all the way to a weight we barely get 6 with. Most of the sets will be explosive. Probably only the last 1 will slow down. We will count the last 3 sets as work sets. **3 total work sets**

For example:

135 x 6 (feeder set)

185 x 6 (feeder set)

225 x 6 (explosive work set)

250 x 6 (explosive work set)

275 x 6 (speed slows down and you barely get 6)

Goal – Train explosively

Flat barbell bench – I want to do a second explosive movement today. Do 5 sets of 5 the way we often do with reverse band work. Set the weight down on your chest for a second, then ramp it up to $\frac{3}{4}$ lockout. Fire the way up as hard as you can! Make every muscle fiber work! **5 total work set**

For example:

135 x 5 (feeder set)

225 for all 5 sets of 5 (work sets)

Goal – Train explosively

Cable fly – Do 1 set of 10 with a HARD contraction on each rep. hold the flex for 2 seconds. I want your chest to feel like it is going to cramp. Then do as many partials as you can out of the stretched position to completely engorge your pecs with blood. **1 total work set**

Note: If you don't have machine to do cable flyes, you can do dumbbell flyes.

Goal – Work a pumped muscle from stretch position.

This was an awesome shoulder workout. My delts were pumped all day!

Standing dumbbell side laterals partials/swings – Tilt your head and back and just swing the weight up about 6 inches for 20 reps. Use a fairly heavy weight.

Supersetted with

Cage press - As usual do sets of 5 on here explosively.

Do 4 rounds for **8 total work sets**.

Goal – Supramax pump & explosive work

Bent over rear dumbbell laterals - On these you are doing sets of 20 using the partial swing technique as well.

Supersetted with

Smith machine rows with elbows up – You have to keep your elbows up on these and use a fairly wide grip. Do not turn this into a lat exercise. You should feel it in your rear delt, across your traps, and all the way to the other rear delt. Do 10 reps here squeezing each contraction hard for 1 second

Do 4 rounds for **8 total work sets**.

Goal – Supramax pump

Back - 18 sets

Cable rows – Do a few warm up sets of 10. On these you will be pyramiding up doing sets of 8. On each set I want you to squeeze as hard as you can at the contraction point. Use a narrow grip handle. On the 4th

set, after you do 8, drop the weight by 25% and do some quarter reps from the flexed position (not from the stretched position). Try to get another 6 to 8 squeezes. **4 total work sets.**

For example:

100 lb x 8 (warm up set)

120 lb x 8 (warm up set)

140 lb x 8 (still have 3 or 4 reps in the tank)

160 x 8 (still have 2-3 reps in the tank)

180 x 8 (maybe 1 rep in the tank)

180x 8 – then drop to 130 for partial squeezes (final work set)

NOTE: I used the MAG grip (close grip supinate) on these. This handle is really good. It's the first handle I have ever used where I didn't need straps the angle is so good.

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

Medium grip pulldown - I want you to do one feeder set to figure out what will be a tough 10 reps. After that I want 4 sets of 10 with that weight. You should have maybe one rep left in the tank after each set. Remember to focus on driving your elbows down, and not pulling with your arms. **4 total work sets.**

NOTE: I used a wider MAG grip (Medium grip neutral) on these, and they were awesome as well. I put video up of this on my YouTube channel.

Goal – Supramax pump in lats

Straight arm pulldowns – 4 sets of 10 on these using a close grip attachment (not a rope). Try to flex your lats as hard as you can throughout the entire range of motion! **4 total work sets.**

NOTE: I used a 4 inch wide Grenade on these, and they felt the best they have EVER felt in my life. I put of a video of this up on my YouTube as well.

Goal – Supramax pump in lats

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

Women do these today!

Goal – Supramax pump in traps

Conventional deadlifts – These should be explosive. I want you to do sets of 6 going up until the 6 gets pretty tough, and then call it a day. We'll call this 3 work sets, as your last 3 sets should be pretty tough. Again, these are meant to be explosive. **3 total work sets.**

For example:

135 lb x 6 (warm up set)

225 lb x 6 (warm up set)

315 lb x 6 (still have 3 or 4 reps in the tank – first work set)

355 x 6 (still have 2-3 reps in the tank – second work set)

375 x 6 (maybe 1 rep in the tank – last work set)

Goal – Train explosive

Biceps - 12 sets / Triceps - 12 sets

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

Rope pushdowns – Do as many warm ups as you need to get your elbows warmed up. Once you get to a weight that is a tough 10 reps, stay there and do 4 sets of 10 with it. Flex at the bottom this week. The flex in addition to the squeezing you have to do with the Grip4forces, will produce a lot of tension and subsequent pump. **4 total work sets.**

Note: If you have Grip4orce grips I want you to use them on these.

Dip machine – Do 4 sets of 8 with 3 second negatives. If you do not have a machine like this, you can do bench dips with additional 45's stacked on your lap. **4 total work sets.**

Barbell lying extensions - Lower these very slowly to your forehead and drive to $\frac{3}{4}$ lockout. Keep constant tension on your tris. I want high reps here. Do 4 sets of 15 reps with this form. **4 total work sets.**

Note: If you have Grip4orce grips I want you to use them on these.

Barbell curls – Do 2 warm up sets. You should get a pump very quickly. Do 4 sets of 8 here and flex really hard in the contracted position. Drive blood in there! **4 total work sets.**

Note: If you have Grip4orce grips I want you to use them on these.

Hammer curls – Do 4 sets of 12 here. Bring the dumbbells up high (past 90 degrees) and flex hard for 1 second. **4 total work sets.**

Preacher curls – Do 4 sets of 8 here. Do not let the bar come all the way down. Go down to about $\frac{3}{4}$ of full extension. Work the top of the movement by flexing hard at the top on every rep. **4 total work sets.**

Calves

For calves, people are having tremendous success with the August 2012 workout of the month article titled “monster calves”. I want you to do this through the program. Let’s see if we can add an inch or more to your calves in 12 weeks. I bet we can.

<http://express.mountaindogdiet.com/workouts/MonsterCalves.php>

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.

OPTIONAL DAYS – as recovery allows

Optional Back workout – 16 sets

Here are the guidelines - just do this every week:

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

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

On the cable rows, I have found a really good attachment that work extremely well if you want to try it.

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Do 4 sets 10 after a few good warm up sets.

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

1. Dumbbell pullovers
2. Straight arm lat pulldowns.

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This will help you train your serratus too; which will help you spread your lats better. 4 sets of 10.

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

1. Regular pulldowns
2. Neutral grip (palms facing each other but shoulder width) pulldowns (can use Mag grip neutral if you like)
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin
5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

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

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

Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a 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.

Optional Leg workout – 18 sets

You have two choices here!

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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 warmups. No need to do partials and the other high intensity techniques I use on this day. It would be too much. **6 total work sets.**

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explosive exercise you can recover their CNS very quickly by the way. Anything that helps your CNS is valuable because the better it is, the better your chances of getting more fibers to actually fire! Warm up well and do sets of 6 going up. When you get to a weight that is starting to grind you, meaning you can't explode, stop and you are done. Take small jumps so you can get quite a few sets in. I don't really have a set number for sets, but this is an example of how this would look when done correctly.

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

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

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

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

Do 4 rounds.

For shoulders, follow this plan.

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

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

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

** You can also do these with a cable machine

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**

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

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

Program 11 – The Incinerator

This is a 4-7 day week program. If you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice the optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. 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.

If you are limited to a 5 day split, select the bodypart that is weakest to do twice.

If you are limited to 6 days, select the top 2 weaknesses you have.

If your arms are your weak point you can repeat the workout twice. Arm workouts are done to be more pump inducing in nature, and not so heavy. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week at the end of the 12 weeks.*

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

Week 8

Legs – 18 sets:

Lying leg curls - Do 3-4 warm up sets first. Find a weight that is a tough 10 reps, and stick with it for 3 sets of 10. Do a 4th set where you add 20 partial reps after the 10 full reps to make sure your hams are loaded with blood. **4 total work sets.**

Goal – Activate and pump hams

Leg press – Do as many warm up as you need working up the weight. Keep going until you can't get 10 reps. We will count the last 3 sets as work sets. **3 total work sets.**

For example:

1 plate a side x 10
2 plates a side x 10
3 plates a side x 10
4 plate a side x 10
5 plate a side x 10
6 plate a side x 10 (barely get 10)

Goal – Activate and pump quads

Hack squat – Do a couple of feeder sets to get you to a working weight, and then use the following rep sequence – 12, 10, 8, and 6. **4 total work sets.**

For example:

1 plate a side x 6 (feeder set)
2 plates a side x 6 (feeder set)
3 plates a side x 12
4 plate a side x 10
5 plate a side x 8
6 plate a side x 6

Note: if you do not have a hack squat, try to use a machine in which you squat and have a back support. If you have no such machine, do Smith squats with feet out in front. Also, I used chains on these this week and they were great. I have a new YouTube video that shows this fyi.

Goal – Supramax pump

Squat – Simply do 3 tough sets of 10 reps. Take each rep to parallel. **3 total work sets.**

NOTE: If you have a Safety squat bar I want you to use it again this week.

For example:

135 x 6 (feeder set)
185 x 10
225 x 10
275 x 10

Goal – Supramax pump

Barbell stiff legged deads – Same as last week! Your legs will be extremely pumped. Be careful and go down with a slow descent. Make sure you have some bend in your knees. Use 25 lb plates to get more range of motion. Try to get a little lower each set, let it occur naturally though, don't force it. Do 4 sets of 8. You will probably only need to do one feeder set to figure out the right weight. **4 total work sets.**

Goal – Work pumped muscle from a stretched position

Chest - 12 sets / Shoulders – 12 sets

Decline dumbbell press – Work your way up doing sets of 8. Just keep going until you can't get 8. Lower these with a 2 second count, and actually lower them with your pecs as opposed to just dropping them. It's kind of like you are flexing your chest while lowering the weight. That is how I would describe it. This adds a lot of tension to the movement. Then ram the weight up to $\frac{3}{4}$ lockout and come back down. **3 total work sets.**

For example:

25's x 8 (warm up set)

45's x 8 (warm up set)

65's x 8 (warm up set)

75's x 8 (work set)

85's x 8 (work set)

95's x 8 (work set – barely get 8 or maybe even 6 or 7 reps)

NOTE: Women use an incline on these.

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

Reverse band incline barbell press – Do a few feeder sets to get you up to a weight that you can do fairly explosively. This week we are doing sets of 6 all the way to a weight we barely get 6 with. Most of the sets will be explosive. Probably only the last 1 will slow down. We will count the last 3 sets as work sets. **3 total work sets**

For example:

225 x 6 (feeder set)

315 x 6 (feeder set)

365 x 6 (explosive work set)

385 x 6 (explosive work set)

395x 6 (speed slows down and you barely get 6)

Note: If you do not have bands or a partner to help you set it up you can just do regular incline barbell presses.

Goal – Train explosively

Machine press – Use perfect form on these. Lower these with control, and lock out and flex your pecs for 1 second on each rep. Drive as much blood in there as you can! Do 4 sets of 8. **4 total work sets**

Goal – Supramax pump

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

Note: if you have chains, drape 1 or 2 chains across your back.

Goal – Work a pumped muscle from stretch position.

Seated side lateral – Pyramid up in weight as you go. Go up to a weight that is a tough 12. Then take 5 lb jumps and go to failure (can't do any more with good form) for 3 more sets. These are to be done strict, and seated on a bench. **4 total work sets**

For example:

15's x 12 (warm up set)

20's x 12 (warm up set)

25's x 12 (work set)

30's x 11 (work set) – going for 12, but failed at 11

35's x 8 (work set) – failed at 8

40's x 6 (last work set) - failed at 6

Bent over rear dumbbell laterals - Do 25 swings per set..

Supersetted with

Spidercrawls – Go up and down the wall 3 times on each set.

Do 4 rounds for **8 total work sets.**

Goal – Supramax pump

Back - 18 sets

One arm cable rows – Do 2-3 warm up sets and then get into your work sets. Your lats will be fresh, and you will be able to squeeze them unbelievably hard. What I want you to do is to do 8 reps on one side, and then 8 on the other, and then do 8 with BOTH hands at once. Now in order to do this you will need to clip on two single pulley handles for the last 8. Do 4 sets like this. Remember, for these you need to really drive your elbows back far. Also try not to twist your body as you drive the elbow back, try to sit with shoulders square. **4 total work sets.**

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

Smith machine rows - Do a few feeder sets, then hammer out 4 sets of 6 using a rest/pause technique. Set the stops in the Smith machine so that you can pause it at midshin on each rep ok. I don't want you bending all the way over and driving hard off the ground, as your lower back is too exposed for my liking. **4 total work sets.**

Goal – Train explosively

Dumbbell pullovers – 4 sets of 10 on these lying on a bench, not across it. **4 total work sets.**

Goal – Supramax pump in lats

Horizontal shrugs – These are for mid and lower traps as well as rhomboids. I just put a video up on my YouTube channel showing how to do these on a supported row. You can also do these on seated low cable row with ropes and shrug back. You can also lay face down on an incline utility bench and do these. These take some practice, but once you get the feel of them, they will pump your back in new places! Do 4 sets of 10. **4 total work sets.**

Goal – Supramax pump in rhomboids and mid/lower traps

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

Goal – Supramax pump in spinal erectors

Biceps - 9 sets / Triceps - 11 sets

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

Vbar pushdowns – Do as many warm ups as you need to get your elbows warmed up. This week pyramid up doing sets of 10. Use continuous tension as I want your tris to handle a fair amount of weight. Keep doing sets of 10 until you can't get 10 anymore and then stop. We'll count the last 3 sets as working sets. **3 total work sets.**

Seated overhead rope extensions – On these I want you to go higher reps. Subtly try to keep your elbows in tight to work the long head of your tri harder, but don't force it too hard. Do one feeder set to find the right weight and then do 4 sets of 15 reps with it. **4 total work sets.**

Barbell lying extensions - Lower these very slowly to your forehead and drive to $\frac{3}{4}$ lockout. Keep constant tension on your tris. I want high reps here also. Do 4 sets of 15 reps with this form. **4 total work sets.**

Dumbbell curls – Do 2 warm up sets. Today we are going to provide some shock to your bis. These sets are going to be done with a 3 second descent, and it's going to be a lot of reps. I want you to have an insane pump after 3 sets here. Do 3 sets of 20 reps. Choose weight carefully. **3 total work sets.**

Barbell curls – With the pump you already have, these will feel unreal. Just do 4 sets of 6 with a moderate weight, but squeeze every rep as hard as you can at the top for 1 second. I also want you to only rest 45 second between these sets. **4 total work sets.**

Machine curls – I do these on a machine that simulates preacher curls, but any machine where a spotter can help will work. I want you to go to failure (should be about 8 reps), and then I want your partner to force 6 more reps. That is a lot of forced reps, but you can do it. So the spotter will give you enough to get you back to the top each rep, then lower slowly ok. Do 2 sets like this and your bis should be smoked. **2 total work sets.**

Note: If you are training alone, do partials out of the bottom instead of the forced reps.

Calves

For calves, people are having tremendous success with the August 2012 workout of the month article titled "monster calves". I want you to do this through the program. Let's see if we can add an inch or more to your calves in 12 weeks. I bet we can.

<http://express.mountaindogdiet.com/workouts/MonsterCalves.php>

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.

OPTIONAL DAYS – as recovery allows

Optional Back workout – 16 sets

Here are the guidelines - just do this every week:

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

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

On the cable rows, I have found a really good attachment that work extremely well if you want to try it.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5522>

Do 4 sets 10 after a few good warm up sets.

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

1. Dumbbell pullovers
2. Straight arm lat pulldowns.

Here is the link to an attachment that is called a 4 inch grenade if you want to try it out. I did these and loved them.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5069>

This will help you train your serratus too; which will help you spread your lats better. 4 sets of 10.

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

1. Regular pulldowns
2. Neutral grip (palms facing each other but shoulder width) pulldowns (can use Mag grip neutral if you like)
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin
5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

Here are two different attachments I love on the pulldowns if you want to try them out.

Mag grip medium grip neutral:

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5523>

Swiss bar:

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

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

1. One arm supinated pulldowns

2. Low cable rows (if you did not do them as the first exercise)

Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a 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.

Optional Leg workout – 18 sets

You have two choices here!

Option #1

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

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

Next I want you to move onto squats. I DO NOT want these to be heavy. I want these to be explosive to train your nervous system. If you take someone who is seriously overtrained, and give them short bouts of explosive exercise you can recover their CNS very quickly by the way. Anything that helps your CNS is valuable because the better it is, the better your chances of getting more fibers to actually fire! Warm up well and do sets of 6 going up. When you get to a weight that is starting to grind you, meaning you can't explode, stop and you are done. Take small jumps so you can get quite a few sets in. I don't really have a set number for sets, but this is an example of how this would look when done correctly.

135 x 10 - warm up

185 x 10 warm up

225 x 6

245 x 6

275 x 6

295 x 6

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

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

Lastly finish with your choice of hack squats, leg extension, or a leg press machine (not free weight leg

press). Do 4 sets of 20 with a lighter weight and full range of motion. Just burn the muscle at this point and pump it until it is numb. Work a little quicker with shorter rest breaks to create metabolic stress. This creates new muscle growth as well. **4 total work sets.**

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

Option #2

ALTERNATE SECONDARY WORKOUT ADDED THIS PROGRAM:

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

This workout consists of two exercises.

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

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

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

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

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

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

That's it!

Optional Chest and Shoulder workout – Approximately 20 sets

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

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

Here are the 5 chest exercises. Pick 3.

WOMEN – I do NOT want you to do the extra chest work as working your chest two times is not necessary. I do want you to blast the heck out of your delts though. Add one working set to each exercise I have specified for delts.

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

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

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.

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

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

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

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

Do 4 rounds.

For shoulders, follow this plan.

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

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

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

**** You can also do these with a cable machine**

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**

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

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

Program 11 – The Incinerator

This is a 4-7 day week program. If you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice the optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. 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.

If you are limited to a 5 day split, select the bodypart that is weakest to do twice.

If you are limited to 6 days, select the top 2 weaknesses you have.

If your arms are your weak point you can repeat the workout twice. Arm workouts are done to be more pump inducing in nature, and not so heavy. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week at the end of the 12 weeks.*

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

Week 9- High volume

Legs – 15 sets:

Seated leg curls - Do 3-4 warm up sets first. Today you will be doing all rest/pause sets. So straighten your legs, pause, and then curl the weight and flex. Do a pyramid working up to a heavy weight ok. Do 12, 10, 8, and 6 reps. **4 total work sets.**

Goal – Activate and pump hams

Squat – You are going to pyramid up this week to a moderate weight and then do a balls out challenge set with it. Go to about parallel on your depth. This is one work set. **1 total work set.**

Here is exactly what I did for your reference:

Empty bar x 15 (warm up)
135 x 10 (warm up)
185 x 6 (warm up)
225 x 6 (warm up)
275 x 4 (feeder set) – I call these feeder sets because I am warm, but need to make smart weight jumps
315x 4 (feeder set)
365 x 3 (feeder set)
405 x 23 (work set)

Goal – Activate and pump quads

Banded leg press – We are going to go balls out heavy on these this week as well. Do sets of 8 until you barely get 8. These are to be lowered with a 3 second descent, and then fire up hard! We'll call this 3 work sets. **3 total work sets.**

Note: Use the long red pro mini and long black monster mini on each side.

Here is exactly what I did.

5 plates a side x 8
6 plates a side x 8
7 plates a side x 8
8 plates a side x 8
9 plates a side x 8
10 plates a side x 8 (barely got 8)

Goal – Train explosively

Stationary dumbbell lunge – All I mean by the term stationary is don't walk. Just stay in one place and drop down into a lunge. Do 10 reps on one side, then switch and do 10 reps on the other. Do 3 sets of 10. **3 total work sets.**

Goal – Supramax pump

Dumbbell stiff legged deads – Make sure you have some bend in your knees. Try to get a little lower each set, let it occur naturally though, don't force it. Do 4 sets of 8. On these actually come up all the way and flex your glutes on each rep. **4 total work sets.**

Goal – Work pumped muscle from a stretched position

Chest - 12 sets / Shoulders – 13 sets

Incline dumbbell press – Do these on a very slight incline. Work your way up doing sets of 8. Just keep going until you can't get 8. Lower these with good control into a full stretch, and then ram the weight up to $\frac{3}{4}$ lockout and come back down. **3 total work sets.**

For example:

25's x 8 (warm up set)

45's x 8 (warm up set)

65's x 8 (warm up set)

75's x 8 (work set)

85's x 8 (work set)

95's x 8 (work set – barely get 8 or maybe even 6 or 7 reps)

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

Incline barbell press – You are going to do sets of 5 up to a weight that you think you can get around 10 with, and just go all out with it. After this set, you are going to come back down by 30% so in weight and go to failure again. Do not let the bar touch your chest as usual, and do not lock out. Go to $\frac{3}{4}$ lockout. **3 total work sets**

Here is exactly what I did for your reference:

135 x 10 (warm up set)

185 x 5 (feeder set)

225 x 5 (feeder set)

275 x 5 (work set)

315x 11 (went all out and barely got 11th rep)

225 x 21 (went all out again and just made 21)

Goal – Supramax pump

Bench press – I haven't done these in a long time in the old standard way. With all the blood you have in your chest, these will feel great though. Lower the bar slowly and let it sit on your chest for a split second and then ram it up to $\frac{3}{4}$ lockout. Each set you do you'll notice your shoulders will get looser and you will feel more explosive. Start with a moderate weight and just keeping adding about 20lbs a set until you lose rep speed. At that point stop. Shoot for at least 5 good strong explosive sets. **5 total work sets**

Here is exactly what I did for your reference:

185 x 5 (work set)
205 x 5 (work set)
225 x 5 (work set)
245x 5 (work set)
265 x 5 (work set)
285 x 5 (work set – speed slowed down noticeably)

Goal – train explosively

Cable flies – Do 1 set to complete failure. Shoot for about 15-20 reps. **1 total work set**

Goal – Work a pumped muscle from stretch position.

Heavy dumbbell side lateral swings – Do a few warm up and then do sets of 20 reps on these using the swing technique.

Supersetted with

Cage press - Do sets of 5 on these with a weight you can drive up explosively, do not go heavy. I want speed on a pumped muscle.

Do 4 rounds for **8 total work sets.**

Machine rear delt flies (reverse pec deck)– Do the following rep sequence going up in weight each set – 25, 20, 15, 12, 10. **5 total work sets.**

Goal – Supramax pump

Back - 18 sets

Dumbbell rows – Do sets of 8 working your way up until you get to a weight that you can barely get 8 with, using good form. These are just standard heavy rows, nothing unusual about form. We'll count the last 3 sets. **3 total work sets.**

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

Smith machine rows - Last week we did these explosively, but this week I want you to focus more on repping and squeezing these as hard as you can. Drive your elbows up and really try to squeeze your shoulder blades and mid-back together. Do 4 sets of 12. **4 total work sets.**

Goal – Supramax pump in entire back

Pulldowns to the front – Do the “forced stretch” version where your partner pushes the weight down a little when you are in the stretched position to make the stretch even more intense. I have video of this technique on my YouTube. I like using the Mag grip for these as noted a few weeks back. This week use a closer grip. Do 4 sets of 8. **4 total work sets.**

Goal – Supramax pump in lats

Horizontal shrugs – Let’s do these again this week. These are for mid and lower traps as well as rhomboids. I just put a video up on my YouTube channel showing how to do these on a supported row. You can also do these on seated low cable row with ropes and shrug back. You can also lay face down on an incline utility bench and do these. These take some practice, but once you get the feel of them, they will pump your back in new places! Do 4 sets of 10. **4 total work sets.**

Goal – Supramax pump in rhomboids and mid/lower traps

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

NOTE: If you have a reverse hyper machine, do 3 sets of 15 on it instead.

Goal – Supramax pump in spinal erectors

Biceps - 13 sets / Triceps - 13 sets

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

Doing bis first this week should provide a nice change up!

Machine curls – On these, I was using a machine where you sit straight up and curl. It’s a pretty fancy bicep machine! Here is all I want though. A machine where you can use ultra strict form to flex every rep for one second and lower the weight with a 3 second decent. I am not really concerned about what type of machine. Do a few warm ups then do 4 sets of 10 like this. The stricter on these, the better! **4 total work sets.**

Preacher curls – Now with some good blood in your bis, let’s move to lower bis. Use a weight that is a tough 8, but you can do strictly. Remember to not lower all the way down. Do 3 sets of 8 here. **3 total work sets.**

Reverse grip EZ bar curls – Bring the bar all the way up on these and flex. 3 sets of 15 should have your arms on fire. **3 total work sets.**

Hammer curls – For even more brachialis and brachioradialis work, now do 3 sets of 10 here with a full range of motion top to bottom, and flexing at the top of every rep! **3 total work sets.**

Vbar pushdowns – Do as many warm ups as you need to get your elbows warmed up. This week keep your elbows in a little tighter and closer to your body. Also let the weight come up really close to your body. You can flare your elbows out some. Drive straight down and flex. You should feel this hammer your inner/long head of tricep. Do sets of 10 and just keep going up taking small jumps until you can't get 10. We'll count this as 4 sets. **4 total work sets.**

Dumbbell overhead extensions – This is where you sit with your back braced against a bench and lower one dumbbell behind your head with both triceps. Get a nice stretch and go to $\frac{3}{4}$ lockout. Keep tension on tris. Do 4 sets of 12 here. **4 total work sets.**

Incline lying extensions - Another exercise here where we can get a massive stretch. Let the barbell/EZ bar go behind your head. Don't try to break any records with weight here, be safe. Do 4 sets of 15 reps. **4 total work sets.**

Dips between benches – I want one all out set to failure! **1 total work set.**

Calves

For calves, people are having tremendous success with the August 2012 workout of the month article titled "monster calves". I want you to do this through the program. Let's see if we can add an inch or more to your calves in 12 weeks. I bet we can.

<http://express.mountaindogdiet.com/workouts/MonsterCalves.php>

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.

OPTIONAL DAYS – as recovery allows

Optional Back workout – 16 sets

Here are the guidelines - just do this every week:

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

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

On the cable rows, I have found a really good attachment that work extremely well if you want to try it.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5522>

Do 4 sets 10 after a few good warm up sets.

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

1. Dumbbell pullovers
2. Straight arm lat pulldowns.

Here is the link to an attachment that is called a 4 inch grenade if you want to try it out. I did these and loved them.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5069>

This will help you train your serratus too; which will help you spread your lats better. 4 sets of 10.

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

1. Regular pulldowns
2. Neutral grip (palms facing each other but shoulder width) pulldowns (can use Mag grip neutral if you like)
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin
5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

Here are two different attachments I love on the pulldowns if you want to try them out.

Mag grip medium grip neutral:

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5523>

Swiss bar:

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

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

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

Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a 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.

Optional Leg workout – 18 sets

You have two choices here!

Option #1

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. **6 total work sets.**

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

Next I want you to move onto squats. I DO NOT want these to be heavy. I want these to be explosive to train your nervous system. If you take someone who is seriously overtrained, and give them short bouts of explosive exercise you can recover their CNS very quickly by the way. Anything that helps your CNS is valuable because the better it is, the better your chances of getting more fibers to actually fire! Warm up well and do sets of 6 going up. When you get to a weight that is starting to grind you, meaning you can't explode, stop and you are done. Take small jumps so you can get quite a few sets in. I don't really have a set number for sets, but this is an example of how this would look when done correctly.

135 x 10 - warm up

185 x 10 warm up

225 x 6

245 x 6

275 x 6

295 x 6

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

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

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

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

Option #2

ALTERNATE SECONDARY WORKOUT ADDED THIS PROGRAM:

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

This workout consists of two exercises.

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

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

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

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

Sets 4-6 – Just pump all these. Add a little more weight to what you did in set 3 and stay there.

Do 3 sets of 20 with it (this will be sets 4-6).

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

That's it!

Optional Chest and Shoulder workout – Approximately 20 sets

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

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

Here are the 5 chest exercises. Pick 3.

WOMEN – I do NOT want you to do the extra chest work as working your chest two times is not necessary. I do want you to blast the heck out of your delts though. Add one working set to each exercise I have specified for delts.

Machine press – Do as many warm ups as you need working your way using a nice full range of motion with a short flex at the top. Do sets of 10, and when you can't get 10 anymore, that will be enough. Don't

take big increases in poundages, or you won't get enough sets in. I want the last 3 sets to be pretty tough. You can do these with a neutral or pronated grip. **3 total work sets**

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

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.

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

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

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

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

Do 4 rounds.

For shoulders, follow this plan.

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

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

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

*** You can also do these with a cable machine*

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**

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

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

Program 11 – The Incinerator

This is a 4-7 day week program. If you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice the optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. 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.

If you are limited to a 5 day split, select the bodypart that is weakest to do twice.

If you are limited to 6 days, select the top 2 weaknesses you have.

If your arms are your weak point you can repeat the workout twice. Arm workouts are done to be more pump inducing in nature, and not so heavy. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week at the end of the 12 weeks.*

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

Week 10- High volume

Legs – 15 sets:

Lying leg curls - Do 3-4 warm up sets first. This week you are going to do 1.5's. So do a full rep and then a partial out of the bottom. That equals one rep. I want 4 sets of 15 like this. **4 total work sets.**

Goal – Activate and pump hams

Squat – Last week you pyramided up and did a brutal challenge set. This week I want you to do the same but do it with extra weight this week. I prefer that you use 3 chains (1 for women) on each side, but if you don't have chains additional weight is fine. **1 total work set.**

Here is what I did two weeks ago as a reference:

Empty bar x 15 (warm up)
135 x 10 (warm up)
185 x 6 (warm up)
225 x 6 (warm up)
275 x 4 (feeder set)
315x 4 (feeder set)
365 x 3 (feeder set)
405 x 23 (work set)

And now here is what I did this week – I would have used chains but trained at a different gym this week:

Empty bar x 15 (warm up)
135 x 10 (warm up)
185 x 6 (warm up)
225 x 6 (warm up)
275 x 4 (feeder set)
315x 4 (feeder set)
365 x 3 (feeder set)
405 x 3 (feeder set)
455 x 16 (work set)

If I had chains, I would have put 3-4 on each side and did all out set with 405 again.

Goal – Activate and supramax pump quads

Machine lunge – We have two pieces of equipment at my gym that are what you would call machine squat variations. They both work well for stationary lunges too. You just drop one leg back and pump/lunge on the lead leg. You could also call it a one-legged squat really. If you have a machine, try these. You can also use a Smith machine. If you have none of these pieces of equipment, than do standard walking lunges with dumbbells. Do 3 sets of 12 on each side. Do all reps on side, then do the other. **3 total work sets.**

Goal – Supramax pump

Leg press – Time to destroy your quads. I want you to start with a weight that is good for 20 reps in your strongest position. On your next set, drop the weight some, and drop your feet a few inches on the platform for a little more VMO/teardrop. On your third set, drop the weight again, and also drop your feet another inch or two. I want you to rep these to failure, and then use your hands to push out another 10 reps. **3 total work sets.**

Here is exactly what I did for your reference:

5 plates a side x 8 (feeder set)

7 plates a side x 20

6 plates a side x 20 with feet two inches lower

5 plates a side x 20 with feet another 2 inches lower and then used hands for 10 more assisted reps. Pain.

After this set stretch each quad hard for 30 seconds.

Goal – Supramax pump

Barbell stiff legged deads – Sit back with your hips and get a nice slow stretch on these. Keep your chest up and lower back tight. Use 25 pound plates for increased range of motion. Use a moderate weight and do 4 sets of 8 perfect reps. Only come up $\frac{3}{4}$ of the way, keeping constant tension on quads. **4 total work sets.**

Goal – Work pumped muscle from a stretched position

Chest - 12 sets / Shoulders – 13 sets

Flat dumbbell twist press – I want you to lower the dumbbells with your palms facing in/neutral grip and as you drive the weight back up, turn your pinkies in and squeeze your lower pecs as hard as you can. It doesn't take a ton of weight. I usually only go up to about 60-70's on these max. Do 3 sets of 10. **3 total work sets.**

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

Incline barbell press – We are going back to sets of 6 today. Keep going up until you can barely get 6. Do not lock these out, keep constant tension, and stop short of touching chest at bottom. Fire the weight up explosively. We'll count this as 3 work sets. **3 total work sets**

Here is an example:

135 x 6 (warm up set)

185 x 6 (feeder set)

225 x 6 (feeder set)

275 x 6 (work set)

315 x 6 (work set)

335 x 6 (work set – barely get 6)

Goal – Train explosively (last set you will lose speed, but that's ok)

Bench press – Ok, you won't believe this, two weeks in a row of these! Do the same thing as last week, 5 sets of 5 with a 1 second pause on chest. See if you are a little stronger though and can add a little weight.
5 total work sets

Goal – train explosively

Stretch pushups – Do 1 set to complete failure.. **1 total work set**

NOTE: If you have chains, add a chain or two on your back, and then drop them as you go for a drop set.

Goal – Work a pumped muscle from stretch position.

Seated dumbbell side laterals – Do these as strict as you possibly can. Do sets of 10 until you can't get 10. I want 4 work sets. **4 total work sets**

Here is exactly what I did as a reference:

20's x 10 (warm up set)

25's x 10 (work set)

30's x 10 (work set)

35's x 10 (work set) – was a little sloppy, so went back down to 30's for last set

30's x 10 (work set)

Dumbell bent over laterals - Do sets of 15 on these.

Supersetted with

Spidercrawls - 3 times up and down with the short red pro mini band. Remember to forcefully push your hands apart as far as you can the whole set.

Do 4 rounds for **8 total work sets**.

Goal – Supramax pump

Back - 19 sets

Low rows - Start off with low rows. Pull these into your upper abs and squeeze your mid and upper back more than your lats. In the video below I am using an attachment I love called a "supinated MAG" grip. It is my favorite low row attachment. Do a few warm up sets and then do 3 sets of 10. Do a 4th set where you do 8 reps, and then drop the weight and do another 8 reps. **4 total work sets**.

<http://www.youtube.com/watch?v=aam9fasBGpC>

Here is the attachment I was referring too.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=5522>

Goal – Activate and pre-pump your lower traps and rhomboids

Forced stretch pulldowns – These are for upper and out lats primarily. I am using a different MAG (neutral) grip attachment on these. On these have your partner apply extra pressure to the weight as you approach the stretched position. Do this carefully; we aren't after a torn lat. Do 4 sets of 8 like this. **4 total work sets.**

<http://www.youtube.com/watch?v=mh-ZlyGORD8>

Here is the attachment I was referring too in this one.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=5523>

Goal – Supramax pump

Horizontal shrugs – These are a great exercise for really targeting the mid back. Play around with your grips. In the video I am using a pronated grip. Since I made this video I have used a parallel/neutral grip which allowed me to keep my arms straighter through the pull. Play with your grips and find the right one for you. Do 4 sets of 8 to 10. **4 total work sets.**

<http://www.youtube.com/watch?v=N3cupvX9mv4>

Goal – Lower trap and rhomboid activation

Smith machine high rows – Typically we do these explosively for lats. Today however, you will go much lighter. You will be pulling the bar up to upper ab/lower pec region and flex your midback as hard as you can. Keep your elbows up high, and don't tuck them as your lats will take over if you do. Do 4 sets of 12. **4 total work sets.**

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

NOTE: If you have a reverse hyper machine, do 3 sets of 15 on it instead.

Goal – Supramax pump in spinal erectors

Biceps - 14 sets / Triceps - 12 sets

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

Doing bis first again this week.

Cable curls – Do a few warm up sets and then do 4 sets of 10 here. I want these to be ultra strict. Straighten your arms out at the bottom, and then curl up and hold the contracted position for 1 second and squeeze as hard as you can. I want so much blood ot be in there, you feel a heart beat in your bicep when you are flexing! **4 total work sets.**

EZ curls – On these I want you to flex again in the contracted position for 1 second. On each set use a little more range of motion too. So the first set are more of short squeezes, then on the next set let the bar come down further, and on the last one even further (just short of straight – straight is to far and can injure you). Do 3 sets of 10. If oyu have to lower the weight a bit to get all your reps as you go, that's ok. **3 total work sets.**

Seated incline dumbbell curls – This is where you lean back on an incline utility bench and let your arms almost straighten at the bottom. Keep your hands supinated the whole time. Curl the weight up slowly flexing the whole way. Do 5 sets of 8 here. **5 total work sets.**

Cross body hammer curls – Finish with 2 sets of 10 here. Flex at the top. Do all your reps on one side, and then go to the other. **2 total work sets.**

Rope pushdowns – Do as many warm ups as you need to get your elbows warmed up. Like last week with the Vbar, keep your elbows in a little tighter and closer to your body. Also let the weight come up really close to your body. You can flare your elbows out some. Drive straight down and flex. You should feel this hammer your inner/long head of tricep. Do sets of 10 and just keep going up taking small jumps until you can't get 10. We'll count this as 4 sets. **4 total work sets.**

Close grip pushups – Use a shoulder width hand placement. Tuck your elbows in as you lower yourself to use more triceps. Go to failure. If you do these strict and controlled, they won't be easy. I was getting about 15 reps on these max. Do 4 sets. **4 total work sets.**

Decline lying extensions - Work the stretch here and get 4 sets of 15. Keep continuous tension by not locking out on these. **4 total work sets.**

Calves

For calves, people are having tremendous success with the August 2012 workout of the month article titled “monster calves”. I want you to do this through the program. Let’s see if we can add an inch or more to your calves in 12 weeks. I bet we can.

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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.

OPTIONAL DAYS – as recovery allows

Optional Back workout – 16 sets

Here are the guidelines - just do this every week:

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

1. Meadows row
2. One arm barbell row
3. Dumbell rows
4. Cable rows

On the cable rows, I have found a really good attachment that work extremely well if you want to try it.

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Do 4 sets 10 after a few good warm up sets.

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

1. Dumbell pullovers
2. Straight arm lat pulldowns.

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This will help you train your serratus too; which will help you spread your lats better. 4 sets of 10.

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1. Regular pulldowns
2. Neutral grip (palms facing each other but shoulder width) pulldowns (can use Mag grip neutral if you like)
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
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5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

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

1. One arm supinated pulldowns
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Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a 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.

Optional Leg workout – 18 sets

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Option #1

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

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

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135 x 10 - warm up
185 x 10 warm up
225 x 6
245 x 6
275 x 6
295 x 6
315 x 6, and it start to get heavy so you stop.

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

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

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

Option #2

ALTERNATE SECONDARY WORKOUT ADDED THIS PROGRAM:

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

This workout consists of two exercises.

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

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

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

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

Sets 4-6 – Just pump all these. Add a little more weight to what you did in set 3 and stay there.

Do 3 sets of 20 with it (this will be sets 4-6).

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

That's it!

Optional Chest and Shoulder workout – Approximately 20 sets

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

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

Here are the 5 chest exercises. Pick 3.

WOMEN – I do NOT want you to do the extra chest work as working your chest two times is not necessary. I do want you to blast the heck out of your delts though. Add one working set to each exercise I have specified for delts.

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

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

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.

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

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

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

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

Do 4 rounds.

For shoulders, follow this plan.

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

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

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

** You can also do these with a cable machine

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**

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

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

Program 11 – The Incinerator

This is a 4-7 day week program. If you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice the optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. 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.

If you are limited to a 5 day split, select the bodypart that is weakest to do twice.

If you are limited to 6 days, select the top 2 weaknesses you have.

If your arms are your weak point you can repeat the workout twice. Arm workouts are done to be more pump inducing in nature, and not so heavy. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week at the end of the 12 weeks.*

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

Week 11- High volume

Legs – 18 sets:

Stiff legged deads– Ok, let’s mix it up this week and start with the stretch exercise, as we occasionally do. Take your time warming up. Use 25 pound plates for a better stretch if flexibility allows. Remember to keep the bar in close and push your hips back as you start the descent. Do sets of 8 working your way up. Come all the way up and flex your glutes. Keep going until you get to a weight you barely do for 8. We’ll count the last 3 sets as work sets. **3 total work sets.**

Here is what I did as a reference:

Empty bar x 15 (warm up)
95 x 8 (warm up)
145 x 8 (warm up)
295 x 8 (warm up)
245 x 8 (work set – felt pretty heavy – had a few reps in the tank)
265x 8 (work set)
285 x 8 (work set- barely got 8)

Goal – Activate hams

Leg press – Work your way up doing sets of 10. On the lighter sets do a few more reps to get your knees nice and warm too. Just keep going until you barely get 10. After that, you will do a massive drop set. You will do 10, drop some weight and do 10, and repeat two more time for a total of 40 reps. We'll call this 4 sets. **4 total work sets.**

Here is what I did as a reference:

1 plate a side x 15 (warm up set)
2 plates a side x 15 (warm up set)
4 plates a side x15 (warm up set)
6 plates a side x 10 (work set – felt some burn)
7 plates a side x 10 (work set)
8 plates a side x 10 (work set)
9plates a side x 10 – drop to 8 for 10 – drop to 7 for 10 – drop to 6 for 10 (work set)

After the drop set stretch each quad hard for 30 seconds.

Goal – Quad activation and supramax pump

Squat – I really enjoyed squatting this week after the leg press. I want you to do sets of 5 working your way up. Just keep going until you feel like you can't keep PERFECT form for your 5. You might be surprised at how strong you are. We'll count the last 4 sets as work sets. **4 total work set.**

Here is what I did as a reference:

Empty bar x 10 (warm up)
135 x 5 (feeder set)
225 x 5 (feeder set)
315 x 5 (feeder set)
365x 5 (work set)
405x 5 (work set)
455 x 5 (work set)
495 x 5 (work set)

NOTE: If you have chains I want you to put two on each side at the beginning and just leave them on there for all sets.

Goal – Supramax pump

Leg extension partials – On these I want you to only work the bottom half of the rep. It will shock you how bad it burns. Do 4 sets of 20 with a good weight. **3 total work sets.**

Goal – Supramax pump

Lying leg curls – Simply do 4 sets of 10 with perfect form. Your hams should be completely pumped. **4 total work sets.**

Goal – Supramax pump

Chest - 13 sets / Shoulders – 11 sets

Flat dumbbell twist/combo press – This isn't as complicated as it sounds. It's just two normal half reps out of the bottom, and then a twist press. That's one rep. Do sets of 5. So really it would be 10 half reps and 5 twist presses, but we only count the twists as reps. These burn like you won't believe. On the twist, squeeze your pecs as hard as you can. You won't be able to use a ton of weight, probably about 50-60% or so of what you would do for a normal press. Do 4 sets of 5. **4 total work sets.**

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

Incline barbell press – The style we do these this week is going to be different. Instead of lowering and exploding, I want you to flex your pecs and then lower the weight keeping them flexed, and then drive the weight up by flexing your pecs. In other words, a massive amount of time under tension is being used here. This is actually very fatiguing. Keep going up until you feel like you can't keep your pecs flexed while lowering the bar. Do sets of 8. We'll count the last 3 sets you do. **3 total work sets**

Here is what I did as a reference:

135 x 5 (feeder set)
185 x 5 (feeder set)
225 x 8 (work set)
245x 8 (work set)
265x 8 (work set)
285 x 8 (work set)

Normally I work up to 315 for more reps, but this is really tough.

Goal – Supramax pump

Decline dumbbell press – Nothing fancy on these, just hammer out 4 sets of 8. Get a good stretch and drive up to ¾ lockout and then go back down. **4 total work sets**

NOTE: Women use an incline bench for this

Goal – train explosively

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

NOTE: If you have a cambered bar, I would actually prefer ladder pushups this week on these. If you also have chains, throw some on your back when you do your first set in the series.

Goal – Work a pumped muscle from stretch position.

Dumbbell bent over laterals - Do 4 sets of 20 here using the hang and swing technique with heavier weight. You can lay face down on a utility bench or just stand up, either is fine. **4 total work sets**

Goal – Supramax pump

Dumbbell side laterals – Do these standing, and use moderately heavy weight. It's ok to have a little bit of swing on these. Do 4 sets of 8. **4 total work sets**

Goal – Supramax pump

Barbell front raises - Do 3 sets of 15 here. Bring the barbell up to about eye level and control the speed of the movement on these, no cheating. **3 total work sets**

Goal – Supramax pump

Back - 17 sets

One arm barbell rows - Do plenty of warm ups then bang out 4 sets of 8 with a tough weight. **4 total work sets.**

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

Forced stretch pulldowns – I want you to do these again this week. Again do 4 sets of 8. **4 total work sets.**

Goal – Supramax pump in upper lats and extreme stretch

Dumbbell pullovers – Do 3 sets of 12 laying on a bench not across it, as we always do. **3 total work sets.**

Goal – Supramax pump in upper lats and serratus and stretch

Dumbbell shrugs – On these, we are going back to sets of 10 with 3 second holds in the flexed position. Next week we will go back to the horizontal motion for lower traps. **3 total work sets.**

NOTE: Women do dumbbell rows here for 3 sets of 10.

Goal – Supramax pump in traps

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

NOTE: If you have a reverse hyper machine, do 3 sets of 15 on it instead.

Goal – Supramax pump in spinal erectors

Biceps - 16 sets / Triceps - 14 sets

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

Today's bicep work is done at a fast pace. Do not worry about 3 second eccentrics or holding a flex for longer than one second. Just keep the bar moving and keep your biceps flexing through the whole rep.

Standing dumbbell curls – Do these with your palms up one arm at a time as usual. Do 3 to 4 warm up sets then do 4 sets of 8. Rest only long enough for your partner to go. I want a pretty quick pace. If no partner, rest about 45 seconds. **4 total work sets.**

EZ bar curls – Another 4 sets of 8 here with rest break only long enough for partner to go! **4 total work sets.**

Hammer curls – 4 sets of 10 here with the short rest breaks. **4 total work sets.**

Straight bar reverse grip curls – Finish with 4 sets of 8 here. Your bis should be full of blood. **4 total work sets.**

The 16 sets of biceps should not take long at all.

We are going to go at the same pace here as we did for bis. Just rest while your partner (or 45 seconds) goes.

Rope pushdowns – 2 warm up sets then 4 sets of 12. **4 total work sets.**

Bent over rope extensions – Stay at the tricep pushdown station. Just move back to stack and bend at waist to 90 degrees and do extensions with the rope. Very basic exercise. Do 4 sets of 12. **4 total work sets.**

Narrow grip pushups with feet elevated on a box - Do 6 sets to failure! Use a box to make this even tougher on your tris. If you can't do these with a shoulder width hand spacing, you can move your grip out, but still try to keep elbows tucked in at your side. **6 total work sets.**

Calves

For calves, people are having tremendous success with the August 2012 workout of the month article titled "monster calves". I want you to do this through the program. Let's see if we can add an inch or more to your calves in 12 weeks. I bet we can.

<http://express.mountaindogdiet.com/workouts/MonsterCalves.php>

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.

OPTIONAL DAYS – as recovery allows

Optional Back workout – 16 sets

Here are the guidelines - just do this every week:

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

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

On the cable rows, I have found a really good attachment that work extremely well if you want to try it.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5522>

Do 4 sets 10 after a few good warm up sets.

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

1. Dumbbell pullovers
2. Straight arm lat pulldowns.

Here is the link to an attachment that is called a 4 inch grenade if you want to try it out. I did these and loved them.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5069>

This will help you train your serratus too; which will help you spread your lats better. 4 sets of 10.

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

1. Regular pulldowns
2. Neutral grip (palms facing each other but shoulder width) pulldowns (can use Mag grip neutral if you like)
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin
5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

Here are two different attachments I love on the pulldowns if you want to try them out.

Mag grip medium grip neutral:

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5523>

Swiss bar:

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

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

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

Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a 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.

Optional Leg workout – 18 sets

You have two choices here!

Option #1

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

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

Next I want you to move onto squats. I DO NOT want these to be heavy. I want these to be explosive to train your nervous system. If you take someone who is seriously overtrained, and give them short bouts of explosive exercise you can recover their CNS very quickly by the way. Anything that helps your CNS is valuable because the better it is, the better your chances of getting more fibers to actually fire! Warm up well and do sets of 6 going up. When you get to a weight that is starting to grind you, meaning you can't explode, stop and you are done. Take small jumps so you can get quite a few sets in. I don't really have a set number for sets, but this is an example of how this would look when done correctly.

135 x 10 - warm up

185 x 10 warm up

225 x 6

245 x 6

275 x 6

295 x 6

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

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

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

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

Option #2

ALTERNATE SECONDARY WORKOUT ADDED THIS PROGRAM:

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

This workout consists of two exercises.

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

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

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

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

Sets 4-6 – Just pump all these. Add a little more weight to what you did in set 3 and stay there.

Do 3 sets of 20 with it (this will be sets 4-6).

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

That's it!

Optional Chest and Shoulder workout – Approximately 20 sets

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

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

Here are the 5 chest exercises. Pick 3.

WOMEN – I do NOT want you to do the extra chest work as working your chest two times is not necessary. I do want you to blast the heck out of your delts though. Add one working set to each exercise I have specified for delts.

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

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

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.

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

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

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

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

Do 4 rounds.

For shoulders, follow this plan.

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

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

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

**** You can also do these with a cable machine**

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**

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

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

Program 11 – The Incinerator

This is a 4-7 day week program. If you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice the optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. 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.

If you are limited to a 5 day split, select the bodypart that is weakest to do twice.

If you are limited to 6 days, select the top 2 weaknesses you have.

If your arms are your weak point you can repeat the workout twice. Arm workouts are done to be more pump inducing in nature, and not so heavy. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years.

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week at the end of the 12 weeks.*

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

Week 12 – Low volume

Legs – 10 sets:

Lying leg curls – Do the normal 2 or 3 sets of warm ups here and then do 4 sets of 10 with a weight you can do perfect. No high intensity techniques on this exercise this week. **4 total work sets.**

Goal – Activate hams

Leg press – This week on the leg press you will just do sets of 10 like last week until you get to a weight that you barely get for 10. We'll count this as 3 work sets. I want you to place your feet higher and wider than usual on the platform to get a little extra hamstring. **3 total work sets.**

Here is an example of how this would look:

1 plate a side x 15 (warm up set)
2 plates a side x 15 (warm up set)
4 plates a side x 15 (warm up set)
6 plates a side x 10 (work set – felt some burn)
7 plates a side x 10 (work set)
8 plates a side x 10 (work set)

Goal – Quad activation and supramax pump

Squat – Do 2 feeder sets and then go balls out to see how many reps you can get. **1 total work set.**

Here is an example of how this would look:

Empty bar x 10 (warm up)
135 x 5 (feeder set)
225 x 5 (feeder set)
315 x 27 (work set)

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

Goal – Supramax pump

Walking lunges – Use some light dumbbells and walk until you basically drop! Challenge yourself, push hard. **1 total work set.**

Goal – Supramax pump

Ham killers – If you don't remember this one, check out the video on my YouTube. Do one set to failure. For me this is about 8 reps, as they are tough. **1 total work set.**

Goal – Supramax pump

Chest - 12 sets / Shoulders – 10 sets

Flat dumbbell press – Work your way up doing sets of 8. Get a good stretch at the bottom and drive the weight up to ¾ lockout. Just keep going until you get a weight that you can barely get 8 with, or just miss. We will count the last 3 sets as work sets. **3 total work sets.**

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

Incline barbell press – On these you are going to stop/pause at the lowest point of the lift (should be where you normally stop at 1-2 inches above chest). Do 5 sets of 6, with every rep having this 1 second pause. **5 total work sets**

Here is what I did as a reference (normally I could do 315 for 8 to 12:

135 x 6 (feeder set)
225 x 6 (feeder set)
275 x 5 for all 6 sets (work sets)

Goal – train explosively

Decline smith press – On these use a 3 second descent on every rep and fire the weight up to 3/4 lockout. Find a weight that is a tough 6, and do 3 sets of 6 with it. **3 total work sets**

NOTE: Women use a slight incline on these.

Goal – train explosively

Dumbbell flye – Do 1 set of 15 reps. **1 total work set**

Goal – Work a pumped muscle from stretch position.

Dumbbell side laterals – Do these standing, and do 3 sets of 12. Bring your arms up to about 10 and 2 o'clock position. **3 total work sets**

NOTE: I actually used a seated machine this week on these, and at the highest point, held my arms and flexed shoulders for 1 second on every rep. If you have machine, do it, it hurts.

Goal – Supramax pump

Dumbbell press - Don't get too worried about going heavy on these. I want you to control the weight and flex your delts at the top of every rep for 1 second. I want your shoulders to feel like a blowtorch is hitting them. Do 4 sets of 8. **4 total work sets**

Goal – Supramax pump

Rear delt band pulls/face pulls - Do 3 sets of 20 holding the contracted position and flexing for 1 second each rep. **3 total work sets**

Note: Use the long orange micromini. If you do not have bands, then do bent over lateral raises for rear delts.

Goal – Supramax pump

Back - 14 sets

Meadows rows - Do plenty of warm ups then bang out 4 sets of 8 with a tough weight. **4 total work sets.**

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

Single arm supinated pulldowns – If this one is new to you, check out the video on YouTube It is important to lean back a hair, stay in that position, and really focus on driving your elbow down hard and flexing your lower lats. Do 3 sets of 10. **3 total work sets.**

Goal – Supramax pump in lats

Horizontal shrugs – Do 3 sets of 8 on the piece of equipment you prefer on these. **3 total work sets.**

NOTE: If you want to see another cool variation of these, check out my YouTube and look at the version where I am laying on a bench and holding the bar against the rack shrugging up and back.

Goal – Supramax pump in lower traps and rhomboids

Neutral grip chins – Do 2 sets to failure. At the end of each set, see how long you can hang. Just relax your scapulae and feel them stretch. **2 total work sets.**

Goal – Extreme stretch

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

NOTE: If you have a reverse hyper machine, do 2 sets of 15 on it instead.

Goal – Supramax pump in spinal erectors

Biceps - 9 sets / Triceps - 12 sets

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

Doing bis first again this week.

Machine curl – Find any bicep machine you can really, and do your curls on this one arm at a time this week. Lower the weight very slowly and then flex it back up hard. Try to envision the harder you squeeze, the more blood that you feel rushing in. Do sets of 8 with each arm. Do 4 sets. I used a preacher type machine, but really the key is that I just want extreme isolation where you can totally focus on flexing each bicep and lowering the weight slowly to create time under tension. **4 total work sets.**

Hammer curls – On these also go very strict and one arm at a time. Do 4 sets of 10 with each arm. Lower the weight slowly. **4 total work sets.**

Ez bar curl 40 – Pick a weight that you can do for about 8 to 10 good clean solid reps. I want you to do a set of 6 with it using perfect form, squeezing every rep. Set the weight down and count to 10 and restart. Stop the set when you know your form will go bad. Just keep resting for 10 seconds and doing this until you get to 40 reps total. **1 total work set.**

Rope pushdowns – Do as many warm ups as you need to get your elbows warmed up. I am really digging the technique where you keep your wrists right along your body as you let the rope raise, letting elbows flare out to the side, and then driving back down and flexing hard for 1 second. Do 4 sets of 12 here. **4 total work sets.**

Bent over rope extensions – Face away from the machine and bend over at 45 degrees and do rope extensions. Try to keep your elbows in tight this week for a little more stretch on the long/inner head of your tri. Do 4 sets of 12. Go to $\frac{3}{4}$ lockout. **4 total work sets.**

Incline lying extensions - Work the stretch here and get 4 sets of 15. Keep continuous tension by not locking out on these. **4 total work sets.**

Calves

For calves, people are having tremendous success with the August 2012 workout of the month article titled “monster calves”. I want you to do this through the program. Let’s see if we can add an inch or more to your calves in 12 weeks. I bet we can.

<http://express.mountaindogdiet.com/workouts/MonsterCalves.php>

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.

OPTIONAL DAYS – as recovery allows

Optional Back workout – 16 sets

Here are the guidelines - just do this every week:

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

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

On the cable rows, I have found a really good attachment that work extremely well if you want to try it.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5522>

Do 4 sets 10 after a few good warm up sets.

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

1. Dumbbell pullovers
2. Straight arm lat pulldowns.

Here is the link to an attachment that is called a 4 inch grenade if you want to try it out. I did these and loved them.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5069>

This will help you train your serratus too; which will help you spread your lats better. 4 sets of 10.

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

1. Regular pulldowns
2. Neutral grip (palms facing each other but shoulder width) pulldowns (can use Mag grip neutral if you like)
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin
5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

Here are two different attachments I love on the pulldowns if you want to try them out.

Mag grip medium grip neutral:

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=155&pid=5523>

Swiss bar:

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

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

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

Do 4 sets of 10.

Notice I didn't have you do any partials, drop sets, rest pauses, etc. This would be too much on a 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.

Optional Leg workout – 18 sets

You have two choices here!

Option #1

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

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

Next I want you to move onto squats. I DO NOT want these to be heavy. I want these to be explosive to train your nervous system. If you take someone who is seriously overtrained, and give them short bouts of explosive exercise you can recover their CNS very quickly by the way. Anything that helps your CNS is valuable because the better it is, the better your chances of getting more fibers to actually fire! Warm up well and do sets of 6 going up. When you get to a weight that is starting to grind you, meaning you can't explode, stop and you are done. Take small jumps so you can get quite a few sets in. I don't really have a set number for sets, but this is an example of how this would look when done correctly.

135 x 10 - warm up

185 x 10 warm up

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

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

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

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

Option #2

ALTERNATE SECONDARY WORKOUT ADDED THIS PROGRAM:

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

This workout consists of two exercises.

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

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

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

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

Sets 4-6 – Just pump all these. Add a little more weight to what you did in set 3 and stay there.

Do 3 sets of 20 with it (this will be sets 4-6).

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

That's it!

Optional Chest and Shoulder workout – Approximately 20 sets

Goal – The strategy for this workout is very simple. I want you to experience the most massive pump you can get without joint stress. This adds training frequency, but in an intelligent and safe manner, as

well as enhanced recovery and local growth factors to the targeted muscle. We do not use barbells, and only rarely dumbbells on this day.

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

Here are the 5 chest exercises. Pick 3.

WOMEN – I do NOT want you to do the extra chest work as working your chest two times is not necessary. I do want you to blast the heck out of your delts though. Add one working set to each exercise I have specified for delts.

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

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

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.

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

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

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

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

Do 4 rounds.

For shoulders, follow this plan.

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

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

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

** You can also do these with a cable machine

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**

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

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