

## **Program 12 – The Particle Smasher**

*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. This is what I am personally using at this point in my training (2013). 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.*

*You will notice band work sprinkled into the program too. Make sure you review the “band” playlist on my YouTube channel to learn how to use them properly. This link will take you to a package that has all the bands you need.*

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

### Legs – 15 sets:

Standing leg curls – Do plenty of warm up sets. Once you are warmed up I want 3 sets of 8. Use perfect form. Keep your hips pushed forward and straighten your leg when fully stretched so your hams are working hard at the bottom along the insertion. After 3 sets of 8, do a 4<sup>th</sup> set, but do a drop set. Do 8, then drop the weight and do 8, then drop the weight and do partials from the bottom (out of the stretched position) to failure. **4 total work sets.**

**Note:** I know we don't do too many of these standing, but we will be doing more this program. If you don't have one, that is ok, you can still use the reps, techniques, and schemes with the seated or lying leg curl.

#### ***Goal – Activate and pump hams***

Leg press – Take plenty of warm up sets here. We are going to work our way up doing work sets of 10. Just keep grinding doing sets of 10 until you hit a weight that you barely get 10 with. We will count the last 3 sets as work sets. Place your feet where you feel strongest on the foot plate. **3 total work sets.**

For example:

2 plates a side x 10 (warm up)  
3 plates a side x 10 (warm up)  
4 plates a side x 10 (work set)  
5 plates a side x 10 (work set)  
6 plates a side x 10 (work set – barely got 10)

#### ***Goal – Activate and pump quads***

Chain squats – Put 3 chains on the inside of the weight before starting. We are going to do explosive sets of 6 until we lose speed, and then do a challenge set. So keep going up until you feel like you are grinding and losing explosiveness. When this happens, go all out and do as many reps as you can. We will count your last 3 sets as work sets. **3 total work sets.**

For example:

135 x 6  
185 x 6  
225 x 6  
275 x 6  
315 x 6  
365 x 14 (Challenge set – speed compromised so grinded out 14 reps)

NOTE: If you do not have chains, just execute the exercise and scheme without them using the same thought process.

#### ***Goal – Train explosively***

Leg extension – These are going to be done for your rectus femoris, the area in the middle of your upper quad. I want you to curl your toes back toward you the entire set. You will feel this muscle contracting hard, almost like a cramp, if you do it right. Do 10 full reps, and then do 10 half reps out of the *bottom*. On

the half reps, still keep your toes pointed back ok, it will be tempting to get sloppy and lose focus of that. Do 2 sets like this. **2 total work sets.**

***Goal – Supramax pump***

Stiff legged deadlifts w/ barbell - Use 25 lb plates to get a good stretch. Do these nice and slow on the eccentric phase. Do 3 sets of 8. Do not lock out with the weight, go to  $\frac{3}{4}$  lockout and come right back down. Pyramid up taking small jumps. You might need 1-2 feed sets of 5. **3 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

***Goal – Work a pumped muscle from stretch position.***

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Chest - 11 sets / Shoulders – 7 sets

Flat dumbbell press – Do plenty of warm up sets of 8 on the way up. Keep doing sets of 8 until you can't get 8. We'll count the last 3 sets as working sets. Lower the weight in a controlled manner, get a great stretch, drive it to  $\frac{3}{4}$  lockout, and then come right back down. **3 total work sets**

***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 8. You might need 1-2 feeder sets of 4. 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. We will count the last 3 sets as work sets. **3 total work sets**

For example:

135 x 4 (feeder set)  
185 x 4 (feeder set)  
225 x 8  
245 x 8  
265 x 8 (barely got 8)

***Goal – Train explosively***

Machine press – I want you to find a good chest machine and do nice full range of motion reps. Get a good stretch at the bottom and hold each flex for a 1 second at the top. Use a weight that you can get for 8 to 10. Do 3 sets with this and just try your best to get 10, but form is most important on this. Remember, stretch and flex. Jam your pecs full of blood. **3 total work sets**

***Goal – Supramax pump***

Stretch pushups – Elevate your feet and knock out as many of these as you can. I also want you to go down with a 2 second descent on these. Go down slow, stretch, and fire back up to  $\frac{3}{4}$  lockout. Go to failure for 2 sets. **2 total work set**

***Goal – Work a pumped muscle from the stretched position.***

Dumbbell bent over side laterals – Let's hammer your rear delts first. Do 3 sets of 15 and make sure you use a weight you can use a good full range of motion with (these are not the partials that I love). **3 total work sets.**

***Goal – Activate and pump rear delt***

Ultra wide grip press – if you need a refresher on these they are on my YouTube channel. Take your grip all the way out to the end of a barbell and do sets where you actually touch your chest, and only go up to forehead level on the press. It will NOT take much weight. I use a max of 75-80 lbs on these. Shoot for 3 sets of 10 reps. **3 total work sets.**

***Goal – Supramax delt pump***

Dumbbell side laterals – We are going to do one drop set here. Let's finish your delts off in style. Pick a weight that is tough to hit any more than 8 reps with. Shoot for 8, then drop the weight 25% ish and shoot for another 8. Then drop the weight another 25% and shoot for another 8. Lastly go down another 25% and just go to failure. Rest 10 seconds between each drop. **1 total work set.**

For example:

40's x 8 – rest 10 seconds

30's x 8 – rest 10 seconds

20x 8 – rest 10 seconds

10 x Failure

***Goal – Supramax delt pump***

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Back - 16 sets

One arm barbell row – Do sets of 8 going up, and then when you think you have only 3 or 4 reps in the tank, add on 2 chains. If you don't have chains, just add some more weight. We will count the last 3 sets of 8 you do with the chains. Use 25 lb plates to get more range of motion. **3 total work sets.**

For example:

1 25lb plate x 8 (warm up set)  
2 25lb plates x 8 (warm up set)  
3 25lb plates x 8 (warm up – but only 3 or 4 reps in the tank)  
3 25lb plates plus 2 chains x 8 (working set) – do 3 sets (If no chains go to 4 25 lb plates)

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

Stretchers – Now that we have some blood in your lats, we are going to stretch them hard with this movement. Check my YouTube if you need a refresher. Remember to duck your head and let your arms straighten to really feel the stretch. Do 3 sets of 10. **3 total work sets.**

***Goal – Supramax pump in lats and working a muscle from a stretched position***

Smith rows – These are just basic Smith machine rows. I want you to do them explosively. I also want all the reps to be rest paused. You will have to use the stop to do this. It would be great if you can start each row from about midshin (like a rack pull). I don't want you bending over real far and putting undue stress on lower back. So lower the weight onto the "stop". Then ram your elbows up and quickly flex your back at the top. Do 4 sets of 6 here. **4 total work set.**

***Goal – Train explosively***

Dumbbell pullovers – Find a medium heavy weight and lay on a bench not across it, and do 3 sets of 10 reps. Remember to lower the weight slowly and only come back up to the top of your forehead before going right back down. **3 total work sets.**

Banded hyperextensions – Do 3 sets of 20 (or as many as you can get) using a band. **3 total work sets.**

Note: If you have a reverse hyper machine I prefer you do 3 sets of 15 on it.

***Goal – Supramax pump in your spinal erectors***

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Biceps - 11 sets / Triceps - 11 sets

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

Do plenty of curls and pushdowns to get your elbows greased up and ready to go.

### ***Superset #1***

Machine curl – Yea, we are starting with a silly bicep machine. Don't laugh...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 with a 4 count and then flex it back up hard. Try to envision the harder you squeeze, the more blood that you feel rushing in. Do 6 reps on one side, then 6 on the other, and then go back the first arm and do 4 more reps, and finish the set with 4 on the other side. So the total reps for each arm are 10 reps on these per set. 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.

### ***Supersetted with***

Rope pushdowns – Use 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. You should feel your inner/long head of your triceps contract very hard at the bottom of these. Do 10 strict reps.

**Rest for 2 minutes and then repeat. Do 5 rounds total.**

### ***Superset #2***

Hammer curls – This is where you start to curse my name. You are going to feel a sick burn. On these also go very strict and one arm at a time. I want 10 full reps and then do 4 half reps. After that switch arms and repeat on the other side.

### ***Supersetted with***

Seated overhead rope extensions – On these try to keep your elbows in, and go nice and slow on the way down feeling a good stretch. Go to  $\frac{3}{4}$  lockout, and then come right back down so we keep continuous tension on your triceps. Do 12 reps here.

**Rest for 2 minutes and then repeat. Do 5 rounds total.**

### ***Superset #3***

Barbell curl 40's – 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.

If you have Grip4orce, use them this week on these. Lights out arms.

### ***Supersetted with***

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. On these we are doing a big dropset. I want you to find a weight that is a tough 10, and then drop it and go to near failure (should be another 8 to 12 reps), and then drop the weight again and just blast to failure or until your tris just go completely numb.

If you have done this correctly, your arms will be as pumped as you ever had them.

This last superset is meant to be done only one time!

Use the Grip4orce on these as well.

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## Calves

For calves you are going to alternate the August 2012 workout of the month article titled “monster calves” with the “Superpump” routine I have linked to below.

Shoot for 2 days of each weekly if you really want you calves to come up.

### Routine #1

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

### Routine #2

<http://www.youtube.com/watch?v=XLxnXx6V7Ng>

***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.

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## ***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.

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.

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### **Optional Leg workout – 18 sets**

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

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### **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.***

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**

## Week 2

**Legs – 15 sets:**

Standing leg curls – Do plenty of warm up sets. This week we are going to go a little higher on reps. Do 3 perfect sets of 12 first. On the 4<sup>th</sup> and last set we are doing a dropset. Do your 12, and then drop some weight and just go balls out to failure on each leg. **4 total work sets.**

**Note:** I know we don't do too many of these standing, but we will be doing more this program. If you don't have one, that is ok, you can still use the reps, techniques, and schemes with the seated or lying leg curl.

***Goal – Activate and pump hams***

Leg press – Take plenty of warm up sets here. We are going to use a 3 second descent on all sets, and do sets of 8. When you barely get 10, then it's time to do the last set. You stop with the 3 second descent, and just pump out as many reps as you can possibly get. We will count this as 3 sets. **3 total work sets.**

For example, this is exactly what I did.

2 plates a side x 8 (warm up)

3 plates a side x 8 (warm up)

4 plates a side x 8 (warm up)

6 plates a side x 8 (warm up)

8 plates a side x 8 (work set)

10 plates a side x 8 (work set – barely got 8)

10 plates a side x 22 (no 3 second descent on this set)

***Goal – Activate and pump quads***

Leg extension– These are going to be done for your rectus femoris just like last week, the area in the middle of your upper quad. I want you to curl your toes back toward you the entire set. You will feel this muscle contracting hard, almost like a cramp, if you do it right. Do 20 full reps, and then do 10 half reps out of the *bottom*. On the half reps, still keep your toes pointed back ok, it will be tempting to get sloppy and lose focus of that. Do 2 sets like this. **2 total work sets.**

***Goal – Supramax pump***

Safety bar squats – These will feel awesome with a massive pump in your legs. You are going to do sets of 8 with explosiveness, and then when you lose rep speed, you are going to do a challenge set. We'll call this 3 total sets. **3 total work sets.**

For example, this is exactly what I did.

135 x 8

185 x 8

225 x 8

275 x 8 (work sets start)

315 x 8 (started to get heavy and lost speed toward end)

315 x 19 (Challenge set – speed compromised so grinded out 19 reps)

NOTE: If you do not have a safety squat bar you can use a regular barbell.

***Goal – Train explosively***

Stiff legged deadlifts w/ barbell - Your form on these this week will be the exact opposite of last week. You are going to work the top half of the movement. Go down to about midshin, and then push your hips forward and flex your glutes hard at the top. Do 3 sets of 10 reps. **3 total work sets.**

For example, this is exactly what I did.

135 x 6 (feeder set)

225 x 8 (work sets start)

275 x 8

295 x 8

***Goal – Work a pumped muscle from stretch position.***

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Chest - 12 sets / Shoulders – 10 sets

Decline dumbbell press – Do plenty of warm up sets of 8 on the way up. Keep doing sets of 8 until you can't get 8. We'll count the last 3 sets as working sets. Lower the weight in a controlled manner, get a great stretch, drive it to full lockout, and flex for a split second. **3 total work sets**

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

Reverse band incline barbell press – Try to use a slight angle on these if possible. I want you to do explosive sets of 5. Keep going up in weight until you lose speed and can barely get your reps. **3 total work sets**

For example, this is exactly what I did.

225 x 5 (feeder set)

275 x 5 (feeder set)

315 x 5 (work sets start)

365 x 5 (work sets start)

405 x 5 (barely got 5)

***Goal – Train explosively***

Bench press – Use perfect form on these. Lower slowly to chest, pause for a second, and then drive the weight up hard to about  $\frac{3}{4}$  lockout then come right back down. Do 4 sets of 6 like this. **4 total work sets**

***Goal – Train explosively***

Incline cable flyes – Set an incline utility bench on a low angle in a crossover rack. Set the pulleys up so that you are pulling from the bottom. Lower the weight with control and then bring the handles together at the top and flex as hard as you can for 2 seconds. Do 2 sets of 8 like this. **2 total work set**

***Goal – Work a pumped muscle from the stretched position.***

Cable flyes for rear delts – Move the handles up to the top setting in the crossover rack now as you are going to do rear delt flyes. Do 3 sets of 20 to get some blood pumping in your rear delts. **3 total work sets.**

***Goal – Activate and pump rear delt***

Dumbbell side laterals – Do these ultra strict. Do 4 sets of 10. Rest about 45 seconds between each set to push more blood in there even faster. **4 total work sets.**

***Goal – Supramax delt pump***

Barbell front raise – Just raise a barbell straight out in front of you to about eye level. Do 3 sets of 10 here with 45 second rest breaks. **3 total work sets.**

***Goal – Supramax delt pump***

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Back - 16 sets

Meadows row – Do plenty of warm ups and find a weight that is a tough 8 reps. Do 3 sets of 8 with it. **3 total work sets.**

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

Smith machine rows – Now that we have some blood in your lats, we are going to do some explosive rowing. Set the stops to about midshin. Ram your elbows up and flex your lats for a second at the top. Do 4 explosive sets of 6 reps. **4 total work sets.**

***Goal – Train explosively***

Straight arm pulldowns – Use whatever attachment you feel these best. Do 3 sets of 10. **3 total work sets.**

***Goal – Supramax pump***

Wide grip lat pulldowns to top of head – Use a fairly heavy weight, but only pull down to the top of your head and then let it stretch you out at the top! These should feel awesome with all the blood that should be in your lats. Do 3 sets of 8. **3 total work sets.**

***Goal – Supramax pump***

Hyperextensions – Do 3 sets of 15. On each rep as you come up straighten your arms out in front of you (like you are flying). Hold and flex your lower back for 1 second one each rep. Do 3 sets of 15 like this. **3 total work sets.**

***Goal – Supramax pump in your spinal erectors***

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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.***

Do plenty of curls and pushdowns to get your elbows greased up and ready to go.

***Superset #1***

Dumbbell curls – Do these standing, and supinate your grip as you come up. Basically these are the old school standing dumbbell curls. Do each arm on its own. Do sets of 8.

### ***Supersetted with***

Vbar pushdowns – Do these nice and strict as always, but you do not have to lock out. Keep constant tension on these. Do sets of 10

**Rest for 2 minutes and then repeat. Do 4 rounds total.**

### ***Superset #2***

Incline concentration curls – We haven't done this one in a while, so check the YouTube channel if you need a refresher. You lay face down on an incline utility bench and smash the dumbbells together the whole time like you see in the video. Do sets of 8.

### ***Supersetted with***

Incline skull crushers – Now just sit down on the same bench and do these lying extensions on the incline. Do lighter weight and higher reps on these. Do sets of 15.

**Rest for 2 minutes and then repeat. Do 4 rounds total.**

Barbell curls – Get a moderate weight and do sets of 6. I want 36 reps total all done with perfect form. Rest 20 seconds between all sets. So do 6 reps, then rest for 20 seconds, and then 6 more (or whatever you can get). Repeat until you get to 36 reps. We'll call this 4 sets. **4 total work sets.**

Here is exactly what I did as a reference:

75 x 6 – rest for 20 seconds

75 x 6 – rest for 20 seconds

75 x 5 – rest for 20 seconds

75 x 5 – rest for 20 seconds

75 x 5 – rest for 20 seconds

75 x 4 – rest for 20 seconds

75 x 4 – rest for 20 seconds (at 35 reps here)

75 x 1 – to complete 36 and I lowered it as slow as I possibly could.

Dip machine negatives – I want 4 sets of 4 on these. Use a heavy weight and get some help on the positive/concentric part of the movement and then lower as slowly as you can. There is video of this on my YouTube. **4 total work sets.**

Note: You can do this with regular dips too if you do not have a machine. Just jump up to starting position and lower self slowly as you can.

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Calves

For calves you are going to alternate the August 2012 workout of the month article titled “monster calves” with the “Superpump” routine I have linked to below.

Shoot for 2 days of each weekly if you really want you calves to come up.

#### Routine #1

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

#### Routine #2

<http://www.youtube.com/watch?v=XLxnXx6V7Ng>

***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.

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### ***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.

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

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!

---

### **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.***

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**

### Week 3

**Legs – 18 sets:**

Seated leg curls – Do plenty of warm up sets. On these you are going to do sets of 8 with perfect form. I want you to do 3 sets like this. On your 4<sup>th</sup> set, I want you to do all the strict reps you can, and then do partials until complete failure. **4 total work sets.**

For example, this is exactly what I did.

90x 8 (warm up)

110 x 8 (warm up)

150 x 8 (warm up)

170 x 8 (warm up)

190 x 8 (3 working sets with this)

190 x 8, then 23 partial, and then just held the weight and isometrically contracted against the weight and held for 10 seconds. This HURT.

***Goal – Activate and pump hams***

Leg press – Take a few warm ups here, but you won't need much. You are going to do 3 sets of 30 to start. I want 15 reps with your feet a little wider on the leg press than usual, and your legs in more of a frog stance with heels pointed in and toes out. Do 15 like that, and then move your feet right next to each other and just a bit high on the platform and pump out 15 more for a total of 30. On your 4<sup>th</sup> set, I want you to go back down a plate and do it like this, start inside for 15, then go outside for 15, then back inside for 15 more for a total of 45 reps. **4 total work sets.**

**The pump on this is excruciating.**

NOTE: When I did these I was using a platform with a huge footplate, so what I actually did was start wide and do 10, move in some and do 10, then move feet right beside each other and up a little for 10 again. Then on my last set. I started inside for 10, moved out some for 10, out wide for 10, back in for 10, then back right next to each other for 10 (total of 50 reps). If you have a big footplate on your leg press, do them this way.

Here is exactly what I did for your reference:

2 plates a side x 15 (warm up)

3 plates a side x 15 (warm up)

4 plates a side x 10 outside, 10 in some, and 10 in close (working set)

5 plates a side x 10 outside, 10 in some, and 10 in close (working set)

6 plates a side x 10 outside, 10 in some, and 10 in close (working set)

5 plates a side x 10 inside, 10 out some, 10 out wide, 10 in some, and 10 close (working set)

### ***Goal – Activate and pump quads***

Leg extension– Use a moderate weight and just do partials out of the bottom for your teardrop with your toes pointed down. Do 3 sets of 20. **3 total work sets.**

### ***Goal – Supramax pump***

Barbell squats – Once again this will feel awesome with a massive pump in your legs. You are going to do sets of 6 with a 3 second descent and then explode up to  $\frac{3}{4}$  lockout. Just keep going up until 6 is barely possible. We will count the last 4 sets as working. **4 total work sets.**

For example, this is exactly what I did (I used a giant cambered bar)

135 x 4 (feeder set)

225 x 4 (feeder set)

275 x 6 (work set)

315 x 6 (work set)

365 x 6 (work set)

405 x 6 (work set)

### ***Goal – Train explosively***

Stiff legged deadlifts w/ barbell - I want these to be higher rep and full range of motion. That doesn't mean to force the stretch at the bottom, just don't cut the rep short. Flex your glutes at the top for a second also. Do 3 sets of 15. **3 total work sets.**

For example, this is exactly what I did.

135 x 6 (feeder set)

185 x 15 (work sets start)

225 x 15

235 x 15

### ***Goal – Work a pumped muscle from stretch position.***

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Chest - 13 sets / Shoulders – 11 sets

Incline dumbbell press – Do plenty of warm up sets of 8 on the way up. Keep doing sets of 8 until you can't get 8. We'll count the last 3 sets as working sets. Lower the weight in a controlled manner, get a great stretch, drive to 3/4 lockout. **3 total work sets**

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

Barbell flat bench press – These felt insanely good this week. The goal is to use a weight you can do full reps with and get all 10 of your reps. I actually pause mine for a split second at the bottom too. You are going to do 5 sets of 10. **5 total work sets**

For example, this is exactly what I did.

135 x 6 (feeder set)

205 x 10 (work set)

215 x 10 (work set)

225 x 10 (work set)

235 x 10 (form got a bit ugly so went back down on last set)

215 x 10 (work set)

**Goal – Supramax pump**

Machine flyes – On these stick with higher reps and a fuller range of motion. Flex each rep at the top for 1 second as hard as you can. Do 5 sets of 10. **5 total work sets**

**Goal – Supramax pump**

**No explosive work this week on chest.**

Incline cable flyes – Set an incline utility bench on a low angle in a crossover rack. Set the pulleys up so that you are pulling from the bottom. Lower the weight with control and then bring the handles together at the top and flex as hard as you can for 2 seconds. Do 2 sets of 8 like this. **2 total work set**

**Goal – Work a pumped muscle from the stretched position.**

Dumbbell raises – These are not side or front laterals. Picture your hands coming up at 10 and 2 o'clock. So it's in between side and front. Do 3 sets of 10, and on each rep, hold at the top for 1 second. These had my shoulder scorching. I used 25's FYI. **3 total work sets.**

**Goal – Activate and pump front and side delt**

Seated smith press – Lower these to right at forehead and drive to  $\frac{3}{4}$  lockout. Sit on something with a back support also. Do 3 sets of 10 like this. Try to drive the weight up hard, but don't get sloppy. Stay in a groove. **3 total work sets.**

***Goal – Explosive work***

Machine rear delt flies – With a great pump, now we are going to go a little lower in reps than usual on these, but flex hard on each rep for 1 second. Do 5 sets of 10 like this. **5 total work sets.**

***Goal – Supramax rear delt pump***

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Back - 18 sets

Neutral grip pulldowns – After a few warm up sets, I really want you to emphasize a long range of motion on these. Get the absolute best stretch you can, and bring your elbows back/down as far as they possibly can go back. Do 4 sets of 12 like this. **4 total work sets.**

NOTE: I actually used a hammer high row machine for these. I hadn't used it in a while and it felt good.

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

Conventional deadlifts – On these, do sets of 5 until you hit a weight that is a pretty tough 5. Then add some weight and start doing sets of 3. Once you hit a weight that is brutally hard, stop and make that the last set. **5 total work sets.**

For example, this is exactly what I did so you can see the pattern:

135 x 5 (feeder set)

225 x 5 (work set)

315 x 5 (work set)

365 x 5 (work set)

405 x 3 (work set)

425 x 3 (work set)

455 x 3 (work set) – this was really hard for me.

***Goal – Train explosively***

Dumbbell pullovers – Do these the way we normally do on the bench not across it, and do 3 sets of 12. **3 total work sets.**

***Goal – Supramax pump***

Dumbbell rows – I want these to be pretty heavy ok. Just do the regular form, and remember to keep the hip raised on the side you are rowing with so that you get a better range of motion and more lower lat. Do 4 sets of 8. **4 total work sets.**

***Goal – Supramax pump***

Hyperextensions – Do 3 sets of 15. On each rep as you come up straighten your arms out in front of you (like you are flying). Hold and flex your lower back for 1 second one each rep. Do 2 sets of 15 like this. **2 total work sets.**

***Goal – Supramax pump in your spinal erectors***

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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.***

Do plenty of curls and pushdowns to get your elbows greased up and ready to go.

***Superset #1***

Dumbbell curls – Do these standing and one arm at a time. Lower the dumbbell with a 3 second count. Keep your palms up the entire time. Do sets of 8.

***Supersettted with***

Hammer curls – Pull the dumbbell up about half way, until your arm hits about 90 degrees. Pump out 10 of these. Don't worry about doing a slow eccentric.

**Rest for 2 minutes and then repeat. Do 4 rounds total.**

Barbell curls – Let's pyramid up on these. Use perfect technique for most sets, but you can use a tad bit of momentum on the last set. Do 4 sets of 6. Rest about 1 minute between sets. **4 total work sets.**

For example, this is exactly what I did.

45 x 5 (feeder set)

65 x 6 (work set)

75 x 6 (work set)

85 x 6 (work set)

95 x 6 (work set – this is really heavy for me and I cheated a bit on the last 2 reps)



Vbar pushdowns – Do plenty of warm ups then work your way up doing sets of 10 until you can't get 10. We'll count the last 4 sets as working. Take small jumps in weight so you get plenty of working sets in. Use constant tension on these so do not lock out. **4 total work sets.**

Close grip bench press – On these lower the bar more toward your chin instead of a true press off your chest. Stop a few inches above your chin and pause for 1 second, then drive the weight to lockout. Really try and flex your tris as you do these. If you do it will make a huge difference. Find a good weight and do 4 sets of 8 with it. **4 total work sets.**

Seated rope extensions – This is just where you sit facing away from a cable pulley and use a rope to do overhead extensions. Pump these, do sets of 15. 4 sets should finish off your tris. **4 total work sets.**

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## Calves

For calves you are going to alternate the August 2012 workout of the month article titled "monster calves" with the "Superpump" routine I have linked to below.

Shoot for 2 days of each weekly if you really want you calves to come up.

### Routine #1

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

### Routine #2

<http://www.youtube.com/watch?v=XLxnXx6V7Ng>

***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.

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## **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.

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:

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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.

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### Optional Leg workout – 18 sets

The way I want you to start these workouts is with a leg curl variation. You can do seated or lying. I want you to simply do 6 sets of 10 with a full range of motion after 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.**

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!

---

### 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.*

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**

## Week 4

### Legs – 17 sets:

Standing leg curls – Do plenty of warm up sets. This week was very interesting. We attached a band to the standing machine. If you can't do that, no worries, it's ok. After warming up do straight sets of 8 with a good weight. On your 4<sup>th</sup> lighten up the weight a little bit and do these more dynamically (with speed). Do these about 80% as dynamic as you can, the goal isn't to pull a ham by ramming the weight up like on a dynamic bench press. Do 8 dynamic reps,, and then slow the reps down and do 20 partials out of the bottom. This will light up your hams. **4 total work sets.**

#### ***Goal – Activate and pump hams***

Safety bar squats – Warm up thoroughly and work your way up doing sets of 8 with a 3 second descent. Once you hit your max weight for 8 reps, you are going to reduce your weight and do a challenge set in which we employ drops. We'll call this 4 working sets. **4 total work sets.**

Here is exactly what I did for your reference:

135 x 8 (warm up set)  
185 x 8 (warm up set)  
225 x 8 (warm up set)  
275 x 8 (warm up set)  
315 x 8 (warm up set)  
365 x 8 (work set)  
415 x 8 (work set)  
465 x 8 (work set)  
315 x 21 then dropped to 225 and did 9 more (challenge set)

NOTE: If you do not have a safety squat bar use a regular barbell.

#### ***Goal – Activate and pump quads***

Leg extension– On these do 10 reps with your toes pointed back, and then pump out 15 partials out of the bottom with your toes pointed down. Do 3 sets like this. Your quads will be screaming. **3 total work sets.**

#### ***Goal – Supramax pump***

Step ups – Step up onto a low to medium box. You can use dumbbells or a barbell on your back. Do these very slowly and feel your glutes working. Your quads will be trashed, so you will still feel them of course. Don't set a box up so high that you come crashing down between reps and blow out your Achilles tendon. I see this way to often. Do 3 sets of 8 on each leg. **3 total work sets.**

#### ***Goal – Supramax pump and glute activation***

Stiff legged deadlifts w/ dumbbells - Do 3 sets of 12 and work the stretch good at the bottom on these! **3 total work sets.**

***Goal – Work a pumped muscle from stretch position.***

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Chest - 13 sets / Shoulders – 8 sets

Machine press – Do plenty of warm up sets and then 4 sets of 10 with a nice full range of motion. Get a good 1 second flex in the contracted part of each rep too. Use a pronated grip this time. **4 total work sets**

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

Incline bench press – Ok back to these after a week off. Do sets of 6 up to a tough weight you can barely get 6 with. We'll count the last 3 sets as working sets. Do not lock out, and keep the bar from touching your chest, we want constant tension and I want you to ram the weight up explosively. **3 total work sets**

**Goal – Train explosively**

Reverse band flat bench press – Do sets of 6 here too all the way until you can barely get 6. We'll count the last 3 sets as working sets. **3 total work sets**

**Goal – Train explosively**

Incline cable flies – let's do these again this week, they felt awesome last week. Set an incline utility bench on a low angle in a crossover rack. Set the pulleys up so that you are pulling from the bottom. Lower the weight with control and then bring the handles together at the top and flex as hard as you can for 2 seconds. Do 3 sets of 8 like this. **3 total work set**

**Goal – Work a pumped muscle from the stretched position.**

Dumbbell front raises – Bring the dumbbells up to eye level in front of you. Do 3 sets of 15. **3 total work sets.**

**Goal – Supramax pump for front delt**

Seated dumbbell side laterals – Bring these up to eye level out to the sides. I want 4 strict sets of 10 here. Take only 1 minute between sets. **4 total work sets.**

**Goal – Explosive work**

Destroyer set – Lay on an incline utility bench and do 60 swings only moving the dumbbells about 6 inches. Go a little heavy. Use your straps so your grip doesn't give out. Then cut the weight in half and do another 30. Finally cut the weight in half and do another 10 getting as much range of motion as your rear delts will allow. **1 work set.**

***Goal – Supramax rear delt pump***

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Back - 15 sets

One arm barbell rows – After 2 to 3 warm up sets, do sets of 10 on these this week. Do 2 hard sets. Now on your third set, I want you to dig down deep and pull something crazy out ok. Go balls out. You'll see what I did below to get a good idea of what I mean. **3 total work sets.**

Here is exactly what I did for your reference:

1 25 lb plate x 10 (warm up set)

1 25lb plate x 10 (warm up set)

2 25's x 10 (warm up set)

3 25's x 10 (work set – you will have some reps left in the tank)

4 25's x 10 (work set – only a few reps in tank)

4 25's x 18 (work set – I got 18 on one side and 17 on the other) This crushed me

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

Close grip away facing pulldowns – Do these facing away from the machine. I have a video on YouTube for these if you haven't done these yet. Wrap your lower back around the pad and drive your elbows straight down. Then flex your lats as hard as you can for a second at the bottom. Do 3 sets of 10. **3 total work sets.**

***Goal – Supramax pump***

Chest supported rows – Do these with your elbows up and your grip pronated to hit traps and rhomboids. Get a really good stretch and drive your elbows up as far as you can. I want max range of motion on these. Do 4 sets of 8. **4 total work sets.**

Note: If you don't have a chest supported row you can do standard T-bar rows with a pronated grip with elbows up.

***Goal – Supramax pump***

Rack deadlifts – Pull from just below midshin. On these, do sets of 3 until you hit a weight that is a brutal 3 and you can feel your lower back starting to fatigue. Lower the bar slowly and keep it against your body. Flex your lower lats when you stand up straight with the weight. **3 total work sets.**

For example, this is exactly what I did so you can see the pattern:

225 x 3 (feeder set)

315 x 3 (work set)



365 x 5 (work set)

405 x 3 (work set) - I could feel my lower back starting to wear down a bit on these so I knew the next set would be it.

455 x 3 (work set)

***Goal – Train explosively***

Banded hyperextensions – Do 2 sets to failure with bands. **2 total work sets.**

***Goal – Supramax pump in your spinal erectors***

Weighted hang – Hang a small amount of weight of you in a chinning station. Just straighten your arms and relax and feel your scapulae stretch. I did 1 45 lb plate and made it 42 seconds as a reference. Do one set.

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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.***

Do plenty of curls and pushdowns to get your elbows greased up and ready to go.

***Superset #1***

Rope pushdowns – After plenty of warm ups do sets of 10 here. Let the rope ride up close you as the weight comes up, then drive it down and flex. We are working the inner/long head of tricep here.

***Supersettted with***

Hammer curls – Use a normal full range of motion on these for sets of 10. Lower the weight slowly, and flex your arms the whole time you are curling.

**Rest for 2 minutes and then repeat. Do 4 rounds total.**

***Superset #2***

Dip machine – On your first 3 sets I want a normal full range of motion sets of 12. Flex for a second at the bottom of each rep. On your 4<sup>th</sup> set, we are going to work in some isometric contractions and stretches. Hold the weight in the flexed position for a 20 second count and squeeze, now let it come up and hold it in the stretched position for a 20 second count. Then pump off 10 little partials using the middle range of motion of the movement. I have had people like these so much they through in a few extra sets, so I think you will enjoy.

***Supersettted with***

Barbell curl 1.5's – Do 8 reps. One rep equals doing a full range of motion rep and then doing a half rep out of the bottom.

**Rest for 2 minutes and then repeat. Do 4 rounds total.**

### ***Superset #3***

Seated overhead rope extensions – This is where you sit down with a supported back facing away from a cable pulley machine and do overhead rope extensions. Do sets of 20 here!

### ***Supersetted with***

Reverse curls – Do full range of motion reps here for sets of 20 also!

**Rest for 2 minutes and then repeat. Do 4 rounds total.**

Your arms should be so full of blood you can hardly straighten them!

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## **Calves**

For calves you are going to alternate the August 2012 workout of the month article titled “monster calves” with the “Superpump” routine I have linked to below.

Shoot for 2 days of each weekly if you really want you calves to come up.

### **Routine #1**

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

### **Routine #2**

<http://www.youtube.com/watch?v=XLxnXx6V7Ng>

***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.

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## ***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.

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.

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**Optional Leg workout – 18 sets**

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

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### **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.***

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**

## Week 5

### Legs – 16 sets:

Lying leg curls – Do plenty of warm up sets. I want you to do sets of 8 working your way up to a weight that is perfect for hard sets of 8. Do 3 sets of 8 with it. On your 4<sup>th</sup> set we are going to do the standard hamstring buster drop set. Do 8 reps and then drop the weight and do 8 more. Then pump out 25 partials out of the bottom. **4 total work sets.**

### *Goal – Activate and pump hams*

Barbell squats – Warm up thoroughly and work your way up to working sets of 15 this week. On your early warm up sets you don't necessarily have to do 15. I have noted what I did below so you can see the pattern. We will count the last 3 sets as working sets. Don't go below parallel. **3 total work sets.**

Here is exactly what I did for your reference:

135 x 15 (warm up set)

185 x 10 (warm up set)

225 x 8 (warm up set)

275 x 6 (warm up set)

315 x 15 (work set)

365 x 15 (work set)

405 x 15 (work set)

### *Goal – Activate and pump quads*

Leg press – On these you will be plenty warm for your reps. Use a medium stance and medium height foot placement. I want a set of 40, 30, 20, and 10. **4 total work sets.**

Here is exactly what I did for your reference:

5 plates a side x 40 (work set)

6 plates a side x 30 (work set)

7 plates a side x 20 (work set)

8 plates a side x 10 (work set)

**After each set I want you to stretch your quads good with a 30 second hold.**

### *Goal – Supramax pump*

Dumbbell lunges – You are only going to do 2 sets of these today. Hold fairly heavy dumbbells with straps and go nice and slow. Take your time. I would like to see you take 8 steps with each leg minimum. Just walk and alternate legs each step. **2 total work sets.**

***Goal – Supramax pump and glute activation***

Stiff legged deadlifts w/ dumbbells - Same as last week. Do 3 sets of 12 and work the stretch good at the bottom on these! **3 total work sets.**

***Goal – Work a pumped muscle from stretch position.***

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Chest - 12 sets / Shoulders – 9 sets

Decline dumbbell press – Do plenty of warm up sets and then find a weight that is a good tough set of 8. Get a good stretch at the bottom, and then drive it up and flex for a split second. Do 3 sets of 8. **3 total work sets**

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

Incline bench press – Last week we did sets of 6. Try your best to use the same weight progression you used last week, but for sets of 8 this week. This will be extremely hard because the dumbbell presses are more fatiguing then the machine presses you did last week, but I want you to fight! We will count the last 3 sets of 8. **3 total work sets**

***Goal – Train explosively (you will lose explosiveness at the end though)***

Incline cable flies – Let's do these again this week but move them up in the rotation. Set an incline utility bench on a low angle in a crossover rack. Set the pulleys up so that you are pulling from the bottom. Lower the weight with control and then bring the handles together at the top and flex as hard as you can for 2 seconds. Do 3 sets of 8 like this. **3 total work sets**

***Goal – Work a pumped muscle from the stretched position.***

Stretch pushups – Do 3 sets to failure with feet elevated. **3 total work sets**

***Goal – Work a pumped muscle from the stretched position.***

Dumbbell side laterals – Bring the dumbbells up to ear level beside you. Do 3 sets of 15. Only take a 1 minute break in between sets. You will be on fire. **3 total work sets.**

***Goal – Supramax pump for side delt***

Seated dumbbell front raises – Bring these up to eye level, and hold for a 2 second count. Lower them slowly. 3 sets of 10 here will keep the fire burning in your delts. **3 total work sets.**



***Goal – Explosive work***

Spidercrawls – I want 3 sets here. Each set is 1 minute straight of going up and down the wall. **3 work sets.**

***Goal – Supramax rear delt pump***

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Back - 18 sets

One arm barbell rows – After 2 to 3 warm up sets, do sets of 12 on these this week. Do 2 hard sets. Now on your third set, I want you to dig down deep and pull something crazy out ok. Go balls out. Do something even crazier than you did last week on these. **3 total work sets.**

Here is exactly what I did for your reference:

1 25 lb plate x 12 (warm up set)

1 25lb plate x 12 (warm up set)

2 25's x 12 (warm up set)

3 25's x 10 (work set – you will have some reps left in the tank)

4 25's x 10 (work set – only a few reps in tank)

4 25's x Crazy (work set – I got 23 on one side and 22 on the other) Brutal

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

Smith machine rows – Do sets of 8 here rest/pause style. So set the weight down on safety catches set at midshin, and then ram the weight up explosively. Do 4 sets of 8 like this. **4 total work sets.**

***Goal – Train explosively***

Forced stretch pulldowns – This is where you have your partner give a slight push on the weight when your arms are locked out so that you feel more of a stretch at the top. Do 4 sets of 8 here. Use a regular long pulldown bar. **4 total work sets.**

***Goal – Supramax pump***

Straight arm pulldowns – Now it's time to back off the rowing and pulling to rest your arms a bit and to further isolate your lats. I used a grenade on these. Do 4 sets of 10 with perfect form. **4 total work sets.**

***Goal – Supramax pump***

Prone shrugs – You can use a tbar on these, or a bench set up like I have on my YouTube channel for these. Keep your arms straight, and focus on pulling up with your lower traps and rhomboids only. Keep your upper traps out of it the best you can. See how much blood you can get right in the center of your back. Do 3 sets of 10. Hold each rep in the flexed position for 1 second too for all sets. **3 total work sets.**

***Goal – Supramax pump***

Weighted hang – Hang a small amount of weight of you in a chinning station. Just straighten your arms and relax and feel your scapulae stretch. I did 1 45 lb plate and made it 49 seconds this week. Do one set.

---

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.***

Do plenty of curls and pushdowns to get your elbows greased up and ready to go.

***Superset #1***

Incline concentration curls – This is where you lay face down on a bench and smash two dumbbells together and curl them up. It is an awesome contraction. Please refer to my YouTube if you are not clear on these. I want you to do sets of 8. After the 8<sup>th</sup> rep I want you to do an isometric contraction where you just curl the weight up to maybe half way and hold it there for 6 seconds. You will have to flex hard to do this.

***Supersetted with***

Rope pushdowns – Keep the rope in close and flex hard at the bottom on these. Do 10 reps

**Rest for 2 minutes and then repeat. Do 4 rounds total.**

***Superset #2***

Barbell curl 1.5s – This is where you curl the weight up and then come back down, and then only come up half way and then go back down. That is one rep. Do sets of 6. On the 6<sup>th</sup> rep, when you come up for the last half rep, we are going to do another isometric contraction. Hold the barbell there for a 6 second count before racking the weight.

***Supersetted with***

Bench dips – I want high reps on these. Each set you do, try to get a little more range of motion. Don't force it though. Don't add weight on your lap unless you do more than 25 reps. Keep constant tension on these, no locking out.

**Rest for 2 minutes and then repeat. Do 4 rounds total.**

***Superset #3***

Hammer curls – I want you to do sets of 20 but only do half reps. Do not come all the way to the top. No isometrics on this exercise.

***Supersetted with***

Decline lying extensions/skullcrushers – Do full range of motion reps here nice and slow for 10 reps.

**Rest for 2 minutes and then repeat. Do 4 rounds total.**

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**Calves**

For calves you are going to alternate the August 2012 workout of the month article titled “monster calves” with the “Superpump” routine I have linked to below.

Shoot for 2 days of each weekly if you really want you calves to come up.

**Routine #1**

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

**Routine #2**

<http://www.youtube.com/watch?v=XLxnXx6V7Ng>

***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.

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

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.**

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!

---

### 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.*

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**

## Week 6

### Legs – 12 sets:

Standing leg curls – Do plenty of warm up sets. This week I want higher reps on these. Do 3 good solid sets of 15 reps on each leg. On your 4<sup>th</sup> set I want you to do 15 again, but then do a half rep and hold it isometrically for a 5 count, lower it and do it again. Do 5 of these 5 second isometric contractions. Your hams should be jacked up after this. **4 total work sets.**

#### ***Goal – Activate and pump hams***

Leg press – On these you will just work your way up with plenty of warm ups doing sets of 10. Do these until you can barely get 10. We will count the last 3 sets as work sets. **3 total work sets.**

Here is exactly what I did for your reference:

2 plates a side x 10 (warm up)  
3 plates a side x 10 (warm up)  
4 plates a side x 10 (warm up)  
5 plates a side x 10 (warm up)  
6 plates a side x 10 (warm up)  
7 plates a side x 10 (warm up)  
8 plates a side x 10 (work set)  
9 plates a side x 10 (work set)  
10 plates a side x 10 (work set)

#### ***Goal – Activate and pump quads***

Barbell squats – On these you are going to work your way up doing sets of 6 and then go balls out on a challenge set. Do all your sets of 6 explosively. The last set I just want a gut busting set of grinding. We will call this 3 work sets. **3 total work sets.**

Here is exactly what I did for your reference:

135 x 6 (feeder set)  
225 x 6 (feeder set)  
275 x 6 (feeder set)  
315 x 6 (feeder set)  
365 x 6 (feeder set)  
405 x 6 (work set)  
455 x 6 (work set)  
495 x 16 (challenge set)

#### ***Goal – Train explosively and challenge set***

Leg press – Yes back to the leg press for one set. This is an ascending set. This is where you add weight after you do 6 reps (without racking the weight). If you do not have a training partner, you will have to rack it to load the sled. **1 total work set.**

Here is exactly what I did for your reference:

6 plates a side x 6 (immediately add a plate on each side after each 6 reps)



7 plates a side x 6  
8 plates a side x 6  
9 plates a side x 6  
10 plates a side x 6

***Goal – Supramax pump***

Hack squat – We aren't done yet. We will do a couple of feeder sets and then do a set where you and your partner (or take 30 second breaks) alternate reps. The rep scheme can change a lot on these depending on how gassed you are, so I am going to tell you what I did with my partner on this day (IFBB Pro Santana Anderson). Just do something similar rep wise. **1 total work set.**

Here is exactly what I did for your reference:

3 plates a side x 4 (feeder set)  
5 plates a side x 4 (feeder set)  
7 plates a side x 6-6-5-5-4-3-3 reps

***Goal – Supramax pump***

**No stiff legs this week!**

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Chest - 12 sets / Shoulders – 10 sets

Incline dumbbell press – Do plenty of warm up sets and then find a weight that is a good tough set of 8. Get a good stretch at the bottom, and then drive it up to  $\frac{3}{4}$  lockout. Do 3 sets of 8. **3 total work sets**

For example:

25's x 25 (warm up)  
45's x 8 (warm up)  
65's x 8 (warm up)  
75's for 3 x 8 (work sets)

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

Reverse banded flat bench press – Work your way up doing sets of 5. Drive the bar up hard on each rep! Keep going until you find a weight you can barely get 5 with. We'll call this 3 sets. **3 total work sets**

For example:

225 x 5 (warm up)  
275 x 5 (warm up)  
315 x 5 (work set)  
335 x 5 (work set)  
355 x 5 (work set)

***Goal – Train explosively (you will lose some rep speed on the last set)***

Hammer or machine press – I prefer you do these on a flat hammer press or another machine where you are flat. I want full range of motion reps with a 1 second squeeze at the top. Find a weight that is a tough 8 reps done like this, and do 3 sets. You will probably only need one set to find the perfect weight. **3 total work sets**

***Goal – Supramax pump***

Stretch pushups – Do 3 sets to failure with feet elevated. **3 total work sets**

***Goal – Work a pumped muscle from the stretched position.***

Reverse peck deck (machine rear delts) – On these I want you to hold the flex on each rep for 2 seconds. Only bring your arms straight out to the side, don't bring them back further and engage your traps and other upper back musculature. Do 15 reps like this. Do 3 sets, but try to add a little weight each set. On your 4<sup>th</sup> set, I want you to tack on 10 partials on top of the 15 at the end of the set. **4 total work sets.**

***Goal – Supramax pump for rear delt***

Side lateral swings/partial raises – Grab a pretty heavy weight, tilt your head back, relax your traps, keep your arms straight and just do little swings. Do 3 sets of 25. I do these with 45' roughly, and can do full reps with 40's for only about 8 reps, to give you an idea weight wise. **3 total work sets.**

***Goal – Supramax pump for side delt***

Barbell front raises – Do 3 sets of 10. Bring the bar up to eye level and hold for 1 second. This should finish off your delts! **3 work sets.**

***Goal – Supramax rear delt pump***

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Back - 16 sets

Low cable rows – On these I want you to do sets of 10. Just keep working your way up until you can't get 10 with good form anymore. Use a close grip handle. Give these a good flex for a split second in the contracted position. We will count the last 3 sets as working sets. **3 total work sets.**

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

Dead stop dumbbell rows – Do 4 sets of 8 here with a tough weight! **4 total work sets.**

***Goal – Train explosively***

Dumbbell pullovers – Let's get back to pullovers this week. Lay on the bench not across it. Do 3 sets of 12 reps. **3 total work sets.**

***Goal – Supramax pump***

Barbell shrugs – On each rep you do, hold for 3 seconds flexing your traps. Do 3 sets of 10 like this. **3 total work sets.**

***Goal – Supramax pump***

Banded hyperextensions – Do 3 sets to failure! If you want to make these really hurt, stop at the top and hold, and flex your lower back for a second on each rep. **3 total work sets.**

***Goal – Supramax pump***

Weighted hang – Hang a small amount of weight of you in a chinning station. Just straighten your arms and relax and feel your scapulae stretch. I did 1 45 lb plate and made it 60 seconds this week. Do one set.

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Biceps - 15 sets / Triceps - 15 sets

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

Do plenty of curls and pushdowns to get your elbows greased up and ready to go.

***Triset #1***

Barbell curl – Do 8 reps here. Do perfect reps with no cheating. Flex hard at the top.

***Supersetted with***

Hammer curls – Do 8 full reps here too with a flex at the top.

***Supersetted with***

Barbell reverse curl – Do 15 half reps here.

Take about 10 seconds in between each exercise you do.

**Rest for 2 minutes and then repeat. Do 5 rounds total.**

## **Triset #2**

Vbar pushdowns – Do 15 reps here using constant tension. Don't lockout!

### ***Supersetted with***

Pronated kickbacks – Yes we are bringing these back from the old days. Remember to keep your hands pronated through the whole rep so the medial head of your tri gets dusted. I do not like "regular" kickbacks, but with this style, they serve a good purpose. These are on my YouTube if you need a refresher. Do 8 reps.

### ***Supersetted with***

Incline lying extensions/skullcrushers – Do these lighter, at least initially, as it will take a few sets for your elbows to be completely warmed up ok. So do sets of 20 at first, but you can go heavier the last few rounds and go down to 10 reps.

Take about 10 seconds in between each exercise you do.

**Rest for 2 minutes and then repeat. Do 5 rounds total.**

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## **Calves**

For calves you are going to alternate the August 2012 workout of the month article titled "monster calves" with the "Superpump" routine I have linked to below.

Shoot for 2 days of each weekly if you really want you calves to come up.

### **Routine #1**

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

### **Routine #2**

<http://www.youtube.com/watch?v=XLxXx6V7Ng>

***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.

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## ***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.

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.

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**Optional Leg workout – 18 sets**

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

---

### **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.***

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**

## Week 7

### Legs – 15 sets:

Seated leg curls – Do plenty of warm up sets. This week we are going to work up to 3 sets of 10 with perfect form. On your 4<sup>th</sup> set, add about 20% more weight but just do partials until you can barely move the weight. Don't jerk on these. Just do nice and slow little partials out of the stretched position. I did 36 of them if you want a number. If you were wondering what I did, now you have to beat that. **4 total work sets.**

### ***Goal – Activate and pump hams***

Leg press – This is just like last week. On these you will just work your way up with plenty of warm ups doing sets of 10. Do these until you can barely get 10. We will count the last 3 sets as work sets. **3 total work sets.**

Here is exactly what I did for your reference:

2 plates a side x 10 (warm up)  
3 plates a side x 10 (warm up)  
4 plates a side x 10 (warm up)  
5 plates a side x 10 (warm up)  
6 plates a side x 10 (warm up)  
7 plates a side x 10 (warm up)  
8 plates a side x 10 (work set)  
9 plates a side x 10 (work set)  
10 plates a side x 10 (work set)

### ***Goal – Activate and pump quads***

Barbell squats – On these you are going to hammer out some reps this week. I want so much blood in your legs you can barely walk. We are going to do 3 sets of 25. **3 total work sets.**

Here is an example for your reference:

135 x 6 (feeder set)  
225 x 25 (work set)  
235 x 25 (work set)  
245 x 25 (work set)

### ***Goal – Supramax pump***

Leg extension – Ok let's get off your feet and back and do some leg extensions with your toes pointed back to emphasize rectus femoris. I want you to do 3 sets of 10 with 2 second holds at the top of each rep. **2 total work sets.**

### ***Goal – Supramax pump***

Barbell stiff legged deads – On these just find a weight that is a good tough 10 reps, and do 3 sets with it. Remember to push your hips back and keep your chest up as you descend to work hams harder. Also keep the bar in close. Don't just drop down and pump up your lower back, we want hams. Each set you should loosen up a bit too. **3 total work sets.**

***Goal – Work muscle from a stretched position***

**No explosive work this week.**

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Chest - 15 sets / Shoulders – 13 sets

Decline dumbbell press – Do plenty of warm up sets and then find a weight that is a good tough set of 10. Get a good stretch at the bottom, and then drive it up to  $\frac{3}{4}$  lockout. Keep continuous tension. Try to flex your pecs as you lower the weight too to create even more compression in the muscle and pump it up even more. Do 3 sets of 10. **3 total work sets**

For example:

25's x 25 (warm up)

45's x 8 (warm up)

65's x 8 (warm up)

75's for 3 x 10 (work sets) –if you miss a rep or two on the last set – it's ok!

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

Incline barbell press – This was the first time I had done these for multiple sets above 10 reps in a long time. This was tough! Do sets of 10 all the way up until you barely get 10. Be careful with taking big jumps as we need to get 3 good sets in. **3 total work sets**

Here is exactly what I did as a reference:

135 x 5 (warm up)

185 x 5 (warm up)

225 x 10 (work set)

255 x 10 (work set)

275 x 10 (work set)

Usually I can get 10 reps with 315, but the fatigue will set in on these bad boys, just to give you an idea of where you should be.

***Goal – Supramax pump***

Bench press – I had such a good pump, I started to do sets of 10 on these too, but after I thought about it, I decided to do the old Westside Barbell routine on these. Man am I glad I did, they felt awesome. On these you do a lighter weight for explosive sets of 3 with only enough time for your partner to go, so probably about a 30 second break. Don't worry about your grip, just find your best grip and go to town. **8 total work sets**

**I did 225 for all 8 of my sets to give you an idea of where you should be.**

***Goal – Train explosively***

Stretch pushups – Do 1 set to failure with feet elevated. **1 total work set**

***Goal – Work a pumped muscle from the stretched position.***

Dumbbell side laterals – Just basic side laterals. Hit 4 sets of 10 with 1 minute breaks. **4 total work sets.**

***Goal – Supramax pump***

Dumbbell bent over side laterals – Just basic bent over laterals for rear delts now. Hit 4 sets of 10 with 1 minute breaks. **4 total work sets.**

***Goal – Supramax pump***

Cage presses – Finish off the workout by blasting out some explosive cage presses. I want 5 sets of 5. Take your time in between sets. **5 work sets.**

***Goal – Supramax rear delt pump***

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Back - 19 sets

Chin up death – Do a few sets of pulldowns to warm up your lats, and then do some partial chins out of the bottom for more warm up, like maybe 10 partials. Your first 2 sets are with a wide grip and hands are pronated. Do 8 to 10 reps. Keep your sternum up throughout the rep. If you find your back starts rounding, only come up to the point where your form starts to break. Next do 2 sets with moderate hand spacing and also hands are pronated. Your last 2 sets are close grip with hands facing each other. **6 total work sets.**

**Note: If you can't get 6 reps per set, feel free to use a cheater machine that helps you.**

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

Smith bent over rows – Do 4 sets of 8 here. Rest pause every rep you do. Set the stops in the Smith machine so that you start the pull from midshin. I don't want you bending over to far and stressing lower back. **4 total work sets.**

***Goal – Train explosively***

Dumbbell rows – Do 2 sets of 8 here, with a weight you probably have a few more reps in the tank with. On your 3<sup>rd</sup> set, I want you to go balls out and see how many reps you can get with the same weight. Hit a huge number here. **3 total work sets.**

***Goal – Supramax pump***

Dumbbell shrugs – On each rep you do, hold for 3 seconds flexing your traps. Do 3 sets of 12 like this. **3 total work sets.**

***Goal – Supramax pump***

Banded hyperextensions – Do 3 sets to failure! **3 total work sets.**

***Goal – Supramax pump***

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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.***

Do plenty of curls and pushdowns to get your elbows greased up and ready to go.

Rope pushdowns – Do plenty of warm ups then work up the stack doing sets of 10 with a hard flex at the bottom until you can barely get 10. Keep your elbows in tight! We'll count the last 3 sets as work sets. **3 total work sets.**

Seated rope extensions – This is just where you sit down with your back facing the cable crossover, and do rope extensions. Find a weight that is a tough 15. Do 3 sets of 15 with it. **3 total work sets.**

Dips between benches – Ok let's crank on some old school dips between benches. If you can get at least 15 reps on your first set, add weight onto your lap. Anytime you get 15, you add weight. I want 3 really good sets. You may be doing extra if you are really strong and you keep adding weight. That is ok with me! **3 total work sets.**

Close grip pushups – Do these with your hands about shoulder width apart. Tuck your elbows in so you hammer your tris. Do 2 sets to failure! **2 total work sets.**

Dumbbell curl – Do these one arm at a time and with palms up the whole time. Lower with a 3 second count. Do 3 sets of 8. **3 total work sets.**

Hammer curls – Do sets of 10 here using a nice full range of motion. Control the weight on the way down. Keep your elbows tucked against your sides this time. Do 3 sets of 10. **3 total work sets.**

Barbell partial curls – Do sets of 10 here. Only bring the bar up half way. Use a light to moderate weight because I want you to straighten your arm out completely at the bottom. Do 3 sets. **3 total work sets.**

Machine curl – Use a machine and find a moderate weight and go to failure. Do as many full reps as you can, as many half reps, and even just to where you are only moving the weight an inch or two. **1 total work set.**

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## Calves

For calves you are going to alternate the August 2012 workout of the month article titled “monster calves” with the “Superpump” routine I have linked to below.

Shoot for 2 days of each weekly if you really want you calves to come up.

### Routine #1

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

### Routine #2

<http://www.youtube.com/watch?v=XLxXx6V7Ng>

***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.

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## ***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.

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

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!

---

### **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.***

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**

## Week 8

### Legs – 22 sets:

Standing leg curls – Do plenty of warm up sets. This week I want you to do a standard pyramid of 15, 12, 9, and then on your last set, do 6 and tack on 20 partials out of the bottom. **4 total work sets.**

#### ***Goal – Activate and pump hams***

Barbell squats – On these we are going to pound some volume. This will be absolutely brutal. I need you to concentrate on your form, and keep it perfect on every set. When you start to get fatigued and feel any break in your form, rack the weight. We are doing sets of 12, but toward the end exhaustion will begin to set in. We are doing 10 sets. Look at what I did below so you can see the pattern to follow. **10 total work sets.**

Here is exactly what I did for your reference:

135 x 10 (warm up set)

185 x 10 (warm up set)

225 x 12 (work set) – should have plenty of reps in the tank

315 x 12 (work set) – should still have reps in the tank

365 x 12 (work set) – this is tough around here.

405 x 12 (work set) – this is where your weight should peak around the 4<sup>th</sup> or 5<sup>th</sup> set

405 x 9 (work set) – form started to break so cut reps short and go back down

315 x 12 (work set)

275 x 12 (work set)

275 x 12 (work set)

225 x 12 (work set)

225 x 12 (work set)

NOTE: I prefer you use the safety squat bar if you have one this week. I did.

#### ***Goal – Activation and supramax pump***

Machine leg press – You won't need any warm up. Do 3 sets of 10. Vary your stance on each set. **3 total work sets.**

If you don't have a machine leg press, use a regular leg press. Do a couple of feeder sets of 6 to get you to a good weight and do 3 sets of 10.

#### ***Goal – Supramax pump***

Dumbbell leg curl isotension – I have been doing these for a while now but not putting them in the program until I felt like they were doing something positive. They are making a difference in my hams, I love them. I have two ways (isotension techniques) to do this. Next week you will see the other way, and I will do a video of both techniques for my YouTube.

For this, lay face down on a decline bench with your face down (on the end where you hook your legs under). Now have someone put a light dumbbell in your feet as if you are going to do dumbbell leg curls, but

hold the weight at the midpoint until you hit failure. That's it. Just one rep of isotension per set. Do 3 sets like this. **3 total work sets.**

***Goal – Supramax pump***

Chain lunges – Toss some chains over your back and lunge 10 paces down, and 10 back. Go nice and slow and feel the reps. Do 2 sets. **2 total work sets.**

***Goal – Supramax pump***

**No explosive work this week.**

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Chest - 17 sets / Shoulders – 13 sets

Incline dumbbell press – Do plenty of warm up sets and then find a weight that is a good tough set of 8. Use a small angle on incline, not a 45 degree one. Get a good stretch at the bottom, and then drive it up to  $\frac{3}{4}$  lockout. Keep continuous tension. Do 3 sets of 8. **3 total work sets**

For example:

25's x 25 (warm up)

45's x 8 (warm up)

65's x 8 (warm up)

75's for 3 x 8 (work sets) –if you miss a rep or two on the last set – it's ok!

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

Bench press – I couldn't resist doing these again as last week they felt awesome. On these you do a lighter weight for explosive sets of 3 with only enough time for your partner to go, so probably about a 30 second break. Don't worry about your grip, just find your best grip and go to town. I tacked on a few sets of 3 with heavier weight after the 8 on this. Use a weight you can control perfectly. **10 total work sets**

I did 225 for all 8 of my sets to give you an idea of where you should be.

Then this week I did 275 x3, and then 315 x 3, and they all felt solid with reps to spare. I want you to do this also.

***Goal – Train explosively***

Machine press – On these I want you to use a full range of motion. Get a good stretch and lock out and flex for a quick second. Do 4 sets of 8 with perfect form. **4 total work sets**

***Goal – Supramax pump***

Cage presses – Let's do these first this week for shoulders, since we didn't do incline work for chest. Do 5 explosive sets of 5. **5 work sets.**

***Goal – Train explosively***

Cable side laterals – Stand away from the machine so that your arm crosses over your body. This will give you more of a range of motion. I want you to do 10 on each side. Only rest for 45 seconds on these sets. Do 4 sets. These should be excruciatingly painful. **4 total work sets.**

***Goal – Supramax pump***

Machine rear laterals – Do 4 sets of 15. Hold the flex for 2 seconds on each rep! **4 total work sets.**

***Goal – Supramax rear delt pump***

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Back - 19 sets

One arm barbell rows – Do a few sets to warm up and then once you find a solid weight, hammer out 4 sets of 8 with it. **4 total work sets.**

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

Cable rows – These are just basic cable rows. Use a close grip handle. Flex real hard in the contracted position for 1 quick second. Do 4 sets of 8. **4 total work sets.**

For example:

120 x 8 (work set)

130 x 8 (work set)

140 x 8 (work set)

150 x 8 (work set – barely get 8)

***Goal – Supramax pump***

Stretchers – Ok now let's stretch out those lats and drive even more blood in them. Do 3 sets of 10. Remember to duck your head down when in the stretch position and let your arms straighten. **3 total work sets.**

***Goal – Supramax pump***

Dumbbell pullovers – Let's give your bis a break and work your serratus as well as more upper lat. Do 3 sets of 10 here. **3 total work sets.**

**Goal – Supramax pump**

Barbell shrugs – Do 3 sets of 8 with a 3 second hold on each rep. **3 total work sets.**

**Goal – Supramax pump**

Banded hyperextensions – Do 2 sets to failure! **2 total work sets.**

**Goal – Supramax pump**

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Biceps - 13 sets / Triceps - 14 sets

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

Do plenty of curls and pushdowns to get your elbows greased up and ready to go.

Cable curl – On these I want you to hold the peak contraction for 2 seconds and flex hard on every rep. Once you find a good weight, do 4 sets of 8 with it. Only rest about 45 seconds between sets. **4 total work sets.**

Preacher curls – Do these with an EZ bar or a barbell. Don't go down all the way, but do try and come up all the way as best you can. Just pump out 4 sets of 8 with 45 second rest breaks on these. you might lose a rep or two the last couple of sets, that's ok. **4 total work sets.**

Reverse curls – Your entire bi should be jammed full of blood now. Now we can hit some reverse. On these just pump out 4 sets of 15 with 45 second rest breaks **4 total work sets.**

Machine curl – Same as last week. Use a machine and find a moderate weight and go to failure. Do as many full reps as you can, as many half reps, and even just to where you are only moving the weight an inch or two. **1 total work set.**

Vbar pushdowns – Do plenty of warm ups then work up the stack doing sets of 10 with a hard flex at the bottom until you can barely get 10. Stay with this weight for the supersets, and stick with 10 reps.

**Supersetted with**

Bench dips – Just set two benches beside the pushdown station and after you complete 10 pushdowns do as many bench dips as you can. Go to failure.

Do 5 rounds for **10 total work sets**.

Incline lying extensions/skullcrushers – Now your elbows should be fully warmed up, so 4 sets of 15 here. Try to get a little bit more of a stretch each set you do. Don't lock these out though; keep constant tension on the tri. **4 total work sets**.

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### Calves

For calves you are going to alternate the August 2012 workout of the month article titled “monster calves” with the “Superpump” routine I have linked to below.

Shoot for 2 days of each weekly if you really want you calves to come up.

#### Routine #1

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

#### Routine #2

<http://www.youtube.com/watch?v=XLxnXx6V7Ng>

***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.

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.

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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.

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**

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.**

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!

---

### **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.***

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**

## Week 9

Legs – 18 sets:

Squatless Workout

Seated leg curls – Do plenty of warm up sets. This week you are going to find a good weight and simply do 4 sets of 15 reps. Use a good full range of motion, and do a quick flex at the end of every rep. **4 total work sets.**

***Goal – Activate and pump hams***

Leg press – Once again, nothing fancy on these. Simply do sets of 10 all the way up until you can barely get 10. We'll count the last 3 sets as work sets. Use whatever foot stance you are strongest. **3 total work sets.**

Here is exactly what I did for your reference:

1 plate per side x 10 (warm up set)  
2 plates per side x 10 (warm up set)  
3 plates per side x 10 (warm up set)  
4 plates per side x 10 (warm up set)  
5 plates per side x 10 (warm up set)  
6 plates per side x 10 (warm up set)  
7 plates per side x 10 (warm up set)  
8 plates per side x 10 (work set)  
9 plates per side x 10 (work set)  
10 plates per side x 10 (work set)

***Goal – Activation and pump quads***

Smith lunge – For these, do all your reps on one side, then switch legs and do all your reps on the other side. Go down very slow and controlled. Feel your glute working along with your quads. Pyramid up. It doesn't take much weight on these when done in the smith machine. Count the last 4 sets as work sets. **4 total work sets.**

Here is exactly what I did for your reference:

10 lbs per side x 12 (warm up set)  
20 lbs per side x 12 (work set)  
30 lbs per side x 12 (work set)  
40 lbs per side x 12 (work set)  
50 lbs per side x 9 (work set – could only get 9)

***Goal – Supramax pump***

Partial leg extensions – I want you to do one insane quad finisher set. Point your toes down to focus more on teardrop. Do 8 partials out of the bottom. Now count to 10 and add a little weight (20-40 lbs) and do 8 more. Keep doing this (8 reps and then add weight) until you can't BUDGE the weight. If you can move it an inch, keep going. **1 total work set.**

Dumbbell leg curl isotension – Lay face down on a decline bench with your face down (on the end where you hook your legs under). Now have someone put a light dumbbell in your feet as if you are going to do dumbbell leg curls, but hold the weight at the midpoint until you hit failure. That's it. Just one rep of isotension per set. Do 3 sets like this. **3 total work sets.**

**Goal – Supramax pump**

Barbell stiff legged deads – Your hams should be extremely pumped and tight. Now do 3 nice and controlled sets of 10 on these. On each set get a little more stretch. Don't force it. Control the weight. **3 total work sets.**

**Goal – Work muscle from a stretched position**

**No explosive work this week.**

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Chest - 13 sets / Shoulders – 14 sets

Decline dumbbell press – Use a very slight decline angle on these. Do plenty of warm up sets and then find a weight that is a good tough set of 8. Get a good stretch at the bottom, and then drive it up to full lockout and flex for 1 second on each rep. Do 3 sets of 8. **3 total work sets**

For example:

25's x 25 (warm up)

45's x 8 (warm up)

65's x 8 (warm up)

75's for 3 x 8 (work sets) –if you miss a rep or two on the last set – it's ok!

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

Reverse band incline bench press – Use a slight angle on these too. Do sets of 6. I want these to be explosive. Keep going up until you lose explosiveness, and then call it a day. I want 4 good explosive sets. **4 total work sets**

For example, here is what I did:

225 x 6 (warm up)

275 x 6 (warm up)

315 x 6 (work set)

345 x 6 (work set)

375 x 6 (work set)

405 x 6 (work set – reps lost explosiveness)

**Goal – Train explosively**

Neutral grip dumbbell bench press (flat) – Keep your palms facing each other. Lower dumbbell to stretch and pause. Now drive up to lockout and flex for a second. You cannot do these real heavy. I use anywhere from 60-70's on these when my form is perfect. Shoot for sets of 10. If you don't get 10 on all sets, that's ok. Do 4 sets. **4 total work sets**

***Goal – Supramax pump***

Stretch pushups – Do 2 sets to failure. I would like for you to do these with feet on floor, but with a chain or two on your back, or even someone holding a dumbbell. If you are by yourself and can't do this, then just elevate your feet. **2 total work sets**

***Goal – Work muscle from a stretched position***

Cable rear laterals – Last week you did these for side delts. This week just bend over and do these for rear delts. Do one arm at a time in a cable crossover rack. Stand away from the machine so your arm crosses your body and you get more range of motion. Do sets of 10. On every rep, hold the flexed position for 1 second. This will burn like fire. Do one side, rest for 20 seconds, then do the other, rest for 20 seconds etc. Just go back and forth with 20 second breaks. Do 5 sets. **5 total work sets.**

***Goal – Supramax pump***

Dumbbell partial side laterals – Do 4 sets of 20 with a heavy weight. Keep your arms straight, tilt your head back, and just swing the weight about 6 inches all the way to 20 reps. Take your time between sets here, because your delts are going to be smashed. **4 total work sets.**

***Goal – Supramax pump***

Cage presses – Do 5 explosive sets of 5 to finish the day! **5 work sets.**

***Goal – Train explosively***

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Back - 23 sets

A game of angles.....

Cable rows – After you are warmed up, I want you to do 6 sets here. I want you to do 2 sets with an attachment, and then switch to a new one, and then switch to another new. You are going to do 6 sets of 12. **6 total work sets.**

For example, here is what I did:

2 sets with the MAG grip close supinate handle.

2 sets with a normal close grip handle that is most common.

2 sets with single cable pulley handles (like you would use for cable crossovers).

You can use ANY attachments though. I thought it would be good to just hammer as many angles as possible this week.

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

Pulldowns – I want you to do 6 sets here too! I want you to do 2 sets with an attachment, and then switch to a new one, and then switch to another new one again! You are going to do 6 sets of 8. **6 total work sets.**

For example, here is what I did:

2 sets with a neutral grip (palms facing each other) attachment.

2 sets with a normal bar and went very wide with grip.

2 sets with a close grip handle.

You can use ANY attachments on these too!

***Goal – Supramax pump***

Dumbbell rows – Ok time to grind. Do 3 sets of 8 pyramiding up, then on your last set, go up and cheat a little and grind to failure. **4 total work sets.**

For example, here is what a girl I trained with this week did on these:

45's x 8

55's x 8

65's x 8 (this was a hard set)

75 x 20 (she had to dig down deep, real deep, and get after it on these)

***Goal – Supramax pump***

Shrugs – On these I did prone shrugs for lower traps and rhomboids. There is video of this on my YouTube on the back playlist. I want you to do these if you can, and have the equipment; if not just do regular barbell shrugs. Do 3 sets of 15. Now that I think about it, what would have been even better is 2 sets done with each style. **3 total work sets.**

***Goal – Supramax pump***

Dumbbell pullovers – 2 sets of 15 here. **2 total work sets.**

***Goal – Supramax pump***

Banded hyperextensions – Do 2 sets to failure! **2 total work sets.**

Note: I would rather you do 2 sets of 15 on the reverse hyper if you have one this week.

***Goal – Supramax pump***

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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.***

Do plenty of curls and pushdowns to get your elbows greased up and ready to go.

Dumbbell curl – Keep your palms up the entire rep. Do 3 second descents on each arm. You can alternate arms or do all your reps on one side before switching (this is what I do most of the time). Do 4 work sets of 8 reps. **4 total work sets.**

Barbell curl 1.5's – Do these with an EZ bar or a barbell. Do a full rep, and then only come up half way and come back down. That is one rep. I want 4 sets of 8 like this. Don't go heavy because I want you to actually straighten your arms at the bottom on these. These will load your lower biceps full of blood. **4 total work sets.**

Hammer curls – On these I want you to do 3 sets of 10, then let's do a massive drop set. On the 4<sup>th</sup> set do 10 reps, drop the weight and do 10 more, and then do this one more time for a total of 30 reps. **3 total work sets.**

Machine curl – Same as last week. Use a machine and find a moderate weight and go to failure. Do as many full reps as you can, as many half reps, and even just to where you are only moving the weight an inch or two. **1 total work set.**

Rope pushdowns – Do sets of 10 here. Keep your wrists right against your body nice and tight and flare your elbows out a bit as you do these. These are excellent for the inner head of your tricep. You will feel it contracting hard as you hold the flex for 1 second at the bottom. Do 4 sets of 10. **4 total work sets.**

Seated overhead rope extensions – And here is the other exercise that is probably the best for the long head of your tricep. Sit down facing away from crossover rack and do overhead extensions with a rope. Do 3 sets of 12, then on your 4<sup>th</sup> set I want a massive drop set. Do 12 reps, then drop the weight and try to get another 8 to 10, then drop the weight again and try to get another 8 to 10. **4 total work sets.**

Bench dips – You can also use a machine on these if your like. I want you to work the middle range of motion. No big stretch and no hard contraction. Just use a weight you can control through this range of motion and keep constant tension. Do 3 sets of 10, and then once again do a massive drop set. Do 10 reps, drop the weight and do 8 to 10 more, and then again. **4 total work sets.**

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## Calves

For calves you are going to alternate the August 2012 workout of the month article titled “monster calves” with the “Superpump” routine I have linked to below.

Shoot for 2 days of each weekly if you really want you calves to come up.

### Routine #1

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

### Routine #2

<http://www.youtube.com/watch?v=XLxnXx6V7Ng>

***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.

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## **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.

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.

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### **Optional Leg workout – 18 sets**

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

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### **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.***

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**

## **Week 10**

Legs – 18 sets:

Lying leg curl – Do plenty of warm up sets. This week we are bumping the reps to try and get an even more insane pump in hams prior to squatting. Start off with a work set of 25 reps. Your next set do 20 reps, and then do 15 reps. You may not even have to make it heavier as you go, depending on how hard the first set is. No matter what, get your number. Every rep should be with perfect form. One more thing, after you complete 15 reps on the last set, tack on 15 more partials out of the stretched position. **3 total work sets.**

***Goal – Activate and pump hams***

Barbell Squat – We took a break off from squats and explosive work last week, so you should be nice and fresh for these this week. You are going to do explosive sets of 8 all the way until you lose explosiveness. I prefer that you use 3 chains per side on these if you have access to them. We'll count the last 3 sets as work sets. **3 total work sets**

For example, here is what I did as a reference. Notice how I took my time and did a fair amount of sets to warm up, and to also get plenty of work sets in without going to top end weight too quick.

I put the chains (3 on each side) on the inside of the bar and did a warm up with them first.

140 x 8 + chains (warm up)  
190 x 8 + chains (warm up)  
225 x 8 + chains (warm up)  
275 x 8 + chains (warm up)  
315 x 8 + chains (work set)  
365 x 8 + chains (work set)  
405 x 8 + chains (work set – lost rep speed)

***Goal – Train explosively***

Leg press – Time to crank some reps again. I want a set of 30, 20, and 15. Change your foot position this week on each set. Start with feet high and wide. On the next set move them in a few inches but keep them high, then on the last set move them in close and just a TAD lower on the platform. **3 total work sets.**

Here is exactly what I did for your reference:

4 plates per side x 6 (feeder set)  
5 plates per side x 6 (feeder set)  
6 plates per side x 30 (work set)  
7 plates per side x 20 (work set)  
8 plates per side x 15 (work set)

***Goal – Supramax pump***

Dumbbell lunge – I want these to be heavy (use straps to hold weight). I want you to go down on one leg, then come back on the other. So in other words do not alternate legs as you go. Lunge on one leg, and then start over on same leg. Shoot for 10 steps with each leg. Do 3 sets. **3 total work sets.**

***Goal – Supramax pump***

Dumbbell leg curl isotension – Lay face down on a decline bench with your face down (on the end where you hook your legs under). Now have someone put a light dumbbell in your feet as if you are going to do dumbbell leg curls, but hold the weight at the midpoint until you hit failure. That's it. Just one rep of isotension per set. Do 3 sets like this. **3 total work sets.**

***Goal – Supramax pump***

Barbell stiff legged deads – This is just like last week. Now do 3 nice and controlled sets of 10 on these. On each set get a little more stretch. Don't force it. Control the weight. **3 total work sets.**

***Goal – Work muscle from a stretched position***

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Chest - 10 sets / Shoulders – 13 sets

Flat dumbbell press – Do plenty of warm ups. This week use a good full range of motion. Get a good stretch, and then get a good 1 second flex at the top on your reps. Work up to a weight you can do for 8 good reps, and shoot for 3 sets with it. If you miss a rep or two at the end, that's ok. Just use perfect form as described. **3 total work sets**

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

Smith decline bench press – Use a small decline angle. Once again I want perfect form on these. Lower the bar nice and slow, pause on your chest and try to explode up to  $\frac{3}{4}$  lockout. Then come back down. Pyramid up doing sets of 8. When you can't get 8, stop. We will count the last 4 sets. **4 total work sets**

For example, here is what I did:

140 x 8 (warm up)  
190 x 8 (warm up)  
225 x 8 (work set)  
275 x 8 (work set)  
295 x 8 (work set)  
315 x 6 (work set – could only get 6)

***Goal – Train explosively***

Incline smith bench press – Ok on these, do 2 feeder sets to get you to a good weight, and then we are going to do a big continuous tension drop set. Do sets of 4 on your feeder sets. On the drop set, do not touch chest and do not lockout. We are going to work the middle range of motion. Do 8 reps, and then drop the weight and do 8 more reps. Then drop the weight and widen your grip an inch and just go to failure. **1 total work set**

For example, here is what I did:

190 x 4 (feeder set up)  
225 x 4 (feeder set)  
275 x 8 – dropped to 190 for 8, then dropped to 140 for 17 (work set)

***Goal – Supramax pump***

Stretch pushups – Do 2 sets to failure. I would like for you to do these with feet on floor, but with a chain or two on your back, or even someone holding a dumbbell. If you are by yourself and can't do this, then just elevate your feet. **2 total work sets**

***Goal – Work muscle from a stretched position***

Cable rear laterals – This is the same as last week. These feel awesome. Just bend over and do these for rear delts. Do one arm at a time in a cable crossover rack. Stand away from the machine so your arm crosses your body and you get more range of motion. Do sets of 10. On every rep, hold the flexed position for 1 second. This will burn like fire. Do one side, rest for 20 seconds, then do the other, rest for 20 seconds etc. Just go back and forth with 20 second breaks. Do 5 sets. **5 total work sets.**

***Goal – Supramax pump***

Dumbbell press – Do these seated. Drive the weight to  $\frac{3}{4}$  lockout, then come right back down. Do 4 sets of 10 like this. **4 total work sets.**

***Goal – Supramax pump***

Dumbbell side laterals – Do 4 sets of 10 here to finish the day. **4 work sets.**

***Goal – Train explosively***

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Back - 20 sets

One arm barbell rows – Do plenty of warm up sets. Do 4 sets of 8 here. Remember to get a good full range of motion ok. Let the weight pull your scapulae out at the bottom. **4 total work sets.**

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

Pulldowns with a forced stretch – Regular pulldowns to the front but have your partner apply some resistance when you are in the stretched position only. Do 4 sets of 10. **4 total work sets.**

***Goal – Supramax pump***

Deadstop Dumbbell rows – Time to grind again. Do these explosively. On your first 3 sets do 8 good reps. On your 4<sup>th</sup> set go all out, leave nothing in the tank, and get as many reps as you can. **4 total work sets.**

***Goal – Train explosively and supramax pump***

Dumbbell pullovers – Do these as we normally do for 3 sets of 10 reps. **3 total work sets.**

***Goal – Supramax pump***

Barbell shrugs – Do 3 sets of 10, and do a 2 second hold at the top of each rep. **3 total work sets.**

***Goal – Supramax pump***

Banded hyperextensions – Do 2 sets to failure! **2 total work sets.**

Note: I would rather you do 2 sets of 15 on the reverse hyper if you have one this week.

***Goal – Supramax pump***

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Biceps - 18 sets / Triceps - 12 sets

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

Do plenty of curls and pushdowns to get your elbows greased up and ready to go.

Cable curl – Flex hard for 1 second at the top of every rep on these. I want 10 reps. On these I want a fairly quick pace too. I only want you to take 45 second breaks, and do 6 sets. **6 total work sets.**

EZ bar preacher curls – Lower the bar very slow and controlled and flex the weight up. On these also only rest 45 seconds between sets. Do 6 sets of 8. **6 total work sets.**

Hammer curls – And once again, only rest for 45 seconds on these. Do 6 sets of 10. **6 total work sets.**

***Your bis should be SMASHED.***

Rope pushdowns – Do sets of 10 here. Keep your wrists right against your body nice and tight and flare your elbows out a bit as you do these. These are excellent for the inner head of your tricep. You will feel it contracting hard as you hold the flex for 1 second at the bottom. Do 6 sets of 10. **6 total work sets.**

***In between each set of pushdowns I want you to do some tricep isotension. I want you to get into a close grip pushup position, and go down about half way, and just try to hold right there for 20 seconds. Do one of these in between each set to maximize blood flow and pump into the triceps. This will get harder and harder. Just do the best you can.***

Seated overhead rope extensions – And once again we are going to do these. Do 6 sets of 10. **6 total work sets.**



***In between each set of these rope extensions I want you to continue with the tricep isotension. I want you to get into a close grip pushup position, and go down about half way, and just try to hold right there for 20 seconds. Do one of these in between each set to maximize blood flow and pump into the triceps.***

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## Calves

For calves you are going to alternate the August 2012 workout of the month article titled “monster calves” with the “Superpump” routine I have linked to below.

Shoot for 2 days of each weekly if you really want you calves to come up.

### Routine #1

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

### Routine #2

<http://www.youtube.com/watch?v=XLxnXx6V7Ng>

***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.

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

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!

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### 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.**

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**

## **Week 11**

Legs – 19 sets:

Lying leg curl – Do plenty of warm up sets. Today we are going to pyramid up and then do a big drop set. Once warmed up hit a weight that is a pretty tough 15 reps. Next go up a bit in weight and do 12 reps, then go up again and do 8 reps. On your last set start with the 8 reps, then drop the weight and do 8 more, then drop the weight and try to get 15 more reps hammered out. **4 total work sets.**

***Goal – Activate and pump hams***

Barbell Squat – Work your way up nice and slow. You are going to do explosive sets of 6 all the way until you lose explosiveness. Then you are going to do a challenge set. I prefer that you use 3 chains per side this week too on these if you have access to them. We'll count the last 3 sets as work sets. **3 total work sets**

Here is what I did as a reference:

I put the chains (3 on each side) on the inside of the bar and did a warm up with them first.

140 x 10 + chains (warm up)

190 x 10 + chains (warm up)

225 x 6 + chains (warm up)

275 x 6 + chains (warm up)

315 x 6 + chains (work set)

365 x 6 + chains (work set)

405 x 15 + chains (challenge set – lost rep speed- then grinded out reps to the end)

***Goal – Train explosively***

One Leg press – On these you are going to do 10 reps on one side, then 10 on the other. Take a break and count to 30 and repeat. Keep doing until you have completed 6 sets on each leg. **6 total work sets.**

Here is exactly what I did for your reference:

2 plates per side x 8 (feeder set)

3 plates per side x 10 (work sets)

***Goal – Supramax pump***

Hack squat 1.5's – These are where you lower the weight, only come up half way, go back down, and then come up all the way. That is one rep. This should slaughter what's left in your thighs. Do 3 sets of 8. **3 total work sets.**

***Goal – Supramax pump***

Barbell stiff legged deads – Work the top half of these this week. Don't worry too much about getting a massive stretch. Do 3 sets of 8 flexing your glutes at the top for one second on each rep. **3 total work sets.**

***Goal – Work muscle from a stretched position***

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Chest - 14 sets / Shoulders – 8 sets

Decline dumbbell press – Do plenty of warm ups. Try to flex your pecs while you lower the weight to create a massive amount of tension and bloodflow. Don't lock these out, just try to keep that tension on your pecs through the whole set each time. Do 4 sets of 8. **4 total work sets**

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

Reverse band flat barbell press – Ok, I don't think we have done these in this order in the rotation for a while. You should be good and strong on these. We are going to do our normal explosive sets of 5. Use the Elite Orange light bands. Do 4 work sets of 5. **4 total work sets**

For example, here is what I did:

225 x 8 (warm up)  
275 x 6 (warm up)  
315 x 5 (work set)  
365 x 5 (work set)  
385 x 5 (work set)  
385 x 5 (work set)

**Goal – Train explosively**

Banded hammer machine press – More band work for more intense contractions here. Use the long red pro mini bands from Elite. Do 3 sets of 8 with a hard flex at the top. **3 total work set**

**Goal – Supramax pump**

Incline cable flyes – Use a slight incline on these. Just do normal flyes with a huge 1 second flex at the top of each rep. Do 3 sets of 10. **3 total work sets**

**Goal – Work muscle from a stretched position**

Dumbbell side laterals – Just pyramid up on these. Do a warm up set then do use the following rep scheme – 20, 16, 12, and 8. Go up in weight a little each set. **4 total work sets.**

**Goal – Supramax pump**

Overhead machine press – On these use a 3 second descent on each rep you do. Lower the weight slow, the fire it up as hard as you can, and then come right back down slow. Do 3 sets of 8 like this. **3 total work sets.**

**Goal – Train explosively**

Rear delt destroyer set – Do these laying face down on an incline utility bench. Do 60 reps, cut the weight in half and do 30 reps, then cut the weight in half and do 10 reps. Remember these are just partial/swing reps. **1 work set.**

***Goal – Supramax pump***

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Back - 20 sets

Smith rows – Do plenty of warm up sets. Let's pyramid up using the following rep scheme, 15 – 12 – 10 – 8. On these I do want dead stop reps. Set the pins/catches to about midshin. Let's not fry our lower backs. **4 total work sets.**

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

Low cable rows – Use a close grip attachment. Flex hard in the contracted position for a second on each rep. Lean forward just a hair during the stretch, but no need to lay out into a full stretch. Do 4 sets of 8. **4 total work sets.**

***Goal – Supramax pump***

Chain deadlifts – Ah, the return of the chain deadlift. Do a few reps to get warmed up. I want you to do sets of 5 using 3 chains on each end. Use about 60% of your max. You are going to do 4 explosive sets of 5, then do a challenge set where you get all the reps you can. **4 total work sets.**

Here is an example of how it would look for a 500 lb deadlifter.

60% x 500 = 300.

135 x 3 (feeder set)

225 x 3 (feeder set)

300 x 3 (feeder set)

300 x 5 with 3 chains on each side for 4 sets (work sets)

300 x 12 with the chains (challenge set)

***Goal – Train explosively and supramax pump***

Dumbbell pullovers – Do these as we normally do for 3 sets of 10 reps. **3 total work sets.**

***Goal – Supramax pump***



Neutral grip chins – I actually use one of those cheater machines on these where you put your knees up on a pad to help. Do 3 sets of 8. Your palms should be facing in and you should have a moderate (not wide) grip. At the bottom, let your body straighten out and feel your lats stretch. This is where the cheater machine really comes in handy. **3 total work sets.**

***Goal – Supramax pump***

Banded hyperextensions – Do 2 sets to failure! **2 total work sets.**

Note: I would rather you do 2 sets of 15 on the reverse hyper if you have one this week.

***Goal – Supramax pump***

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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.***

Do plenty of curls and pushdowns to get your elbows greased up and ready to go.

Seated dumbbell curls – Do these with your palms facing up the whole time. Do sets of 8 and flex hard throughout the reps. Pump blood in there!

*Supersetted with*

Rope pushdowns – These are to be done with the rope in tight close to your body. Flex your tris hard at the bottom, and really try to feel the long head of your tricep flex. Do sets of 10.

Rest 60 seconds and then start over.

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

EZ bar curls – Lower these with a 3 second count. Flex hard at the top. Do sets of 8.

*Supersetted with*

Close grip pushups – Do these with a slow negative also. Space your hands about shoulder width apart. Keep your elbows tucked in to place more stress on triceps. Shoot for sets of 12.

Rest 60 seconds and then start over.

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

EZ bar reverse curls – Let's crank out some reps on these. Maximum bloodflow ok! Do sets of 20.

*Supersetted with*

Decline lying extensions/shulldcrushers – Do these for higher reps as well. Try to gently get a real good stretch on these too. You won't be able to use a ton of weight, but let the bar come behind your head and pump. Don't lockout on these. Do sets of 15.

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

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## Calves

For calves you are going to alternate the August 2012 workout of the month article titled "monster calves" with the "Superpump" routine I have linked to below.

Shoot for 2 days of each weekly if you really want you calves to come up.

Routine #1

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

Routine #2

<http://www.youtube.com/watch?v=XLxXx6V7Ng>

***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.

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## **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.

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.

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### Optional Leg workout – 18 sets

The way I want you to start these workouts is with a leg curl variation. You can do seated or lying. I want you to simply do 6 sets of 10 with a full range of motion after 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.**

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!

---

### 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.*

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**

## Week 12

Legs – 17 sets:

Seated leg curl – Do plenty of warm up sets. This is going to be a little different, as its faster paced heavy work load. Find a weight that you can do a solid 8 with, all should have perfect form. Do 8 with it, and then 30 seconds later try to do 8 again. Only go until you lose form. Stop when you start cheating and swinging the weight. Just keep going until your reps get down to 4 good ones. We'll call this 5 sets. **5 total work sets.**

Here is how mine looked so you can see what I did:

90 x 15 – warm up  
120 x 12 – warm up  
150 x 8 – warm up  
180 x 8 – rest 30 seconds  
180 x 7 – rest 30 seconds  
180 x 6 – rest 30 seconds  
180 x 6 – rest 30 seconds  
180 x 5 – rest 30 seconds  
180 x 4 – rest 30 seconds

***Goal – Activate and pump hams***

Leg press – Pyramid up doing sets of 10 until you hit a brutal 10. Then we are going to do a dropset. On the dropset, each drop do 10 reps, and do 3 drops. Place your feet where you are your absolute strongest. We'll call this 5 sets. **5 total work sets.**

Here is an example of how it would look:

2 plates per side x 10 (warm up set)  
3 plates per side x 10 (warm up set)  
4 plates per side x 10 (warm up set)  
5 plates per side x 10 (work set)  
6 plates per side x 10 (work set)  
7 plates per side x 10 (work set)  
8 plates per side x 10 (work set)  
9 plates per side x 10 (work set) – drop to 8 and do 10, drop to 7 and do 10, drop to 6 and do 10.

***Goal – Supramax pump***

Barbell Squat – Your quads should be pretty blown up. Let's just grind out sets of 6 here. Do these with continuous tension, no locking out. **3 total work sets**

I prefer you use a safety squat bar this week if you have one.

Here is an example of how it would look:

140 x 6 (feeder set)  
190 x 6 (feeder set)  
225 x 6 (work set)  
275 x 6 (work set)  
315 x 6 (work set)

***Goal – Train explosively and then grind as the weight gets heavier.***

Dumbbell lunges – Walk until you drop. Do 3 sets. I want you to get at least 8 steps with each leg. Use straps to help you hold the dumbbells. Take your time and on these and go down slow, really feeling the stretch. **3 total work sets**

Banded good mornings – Grab the grey “average” band from Elite and place under your feet and around your neck. Just get me 100 reps. Take breaks as you need. This will smoke your hams and lower back. I have video of this on my YouTube under the band playlist. **1 total work set.**

***Goal – Work muscle from a stretched position***

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Chest - 16 sets / Shoulders – 8 sets

Machine press – Do plenty of warm ups. On these we are going to go a bit lighter but at a quicker pace and use a nice full range of motion. I want a superpump as we head into exercise number 2. So get a good stretch, and lockout and flex for a second on all reps. I want you to do 5 sets of 10. Only rest 60 seconds between sets. **5 total work sets**

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

Decline smith machine – These are going to be done a bit lighter too, but also with perfect form and execution. As you lower the weight, flex your pecs to create a massive amount of tension, then touch your chest and drive the weight up, and FLEX hard as you do it! Just find a weight that is a good solid 8 and do 4 sets with it like this. Your pecs should be completely full of blood after these. **4 total work sets**

***Goal – Supramax pump***

Incline barbell press – Do a feeder set, and then do 3 sets of 8. Do these explosively as best you can. Do not lock these out. **3 total work set**

Here is what I did as a reference:

135 x 6 (feeder set)  
225 x 8 (work set)



245 x 8 (work set)

255 x 8 (work set)

***Goal – Supramax pump and training explosively***

Stretch pushups – Use aerobic step benches to place your hands, and elevate your feet. Sink into the stretch and do as many reps as you can.

***Supersetted with***

Rear dumbbell laterals – Use a fairly light weight and do 20 reps with a nice full range of motion here.

*This combo should have your pecs and rear delts jacked up making you look much thicker.*

*Do 4 rounds for 8 total sets.*

Heavy side laterals – These are to be done a little heavy. You can cheat a little bit. Do 3 sets of 8. **3 total work sets.**

***Goal – Supramax pump***

Rear delt destroyer set – Another one this week! Do these laying face down on an incline utility bench. Do 60 reps, cut the weight in half and do 30 reps, then cut the weight in half and do 10 reps. Remember these are just partial/swing reps. **1 work set.**

***Goal – Supramax pump***

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Back - 20 sets

Dumbbell rows – Do plenty of warm up sets. On these do sets of 10, and once you get to a really hard 10, make the next set a challenge set, and just go crazy. We'll call this 4 sets. **4 total work sets.**

Here is what I did as a reference:

35's x 10 (warm up set)

55's x 10 (warm up set)

75's x 10 (warm up set)

100's x 10 (work set)

110's x 10 (work set)

120's x 10 (work set)

130's x 20 (challenge set)

***Goal – Get a lot of blood flowing and pre-pump your lats***

Stretch front pulldowns – This is where your partner pushes down on the weight once your arms are straight to give your lats an intense stretch. It's not a negative. The extra pressure shouldn't be applied until the end. Do 4 sets of 8 like this. **4 total work sets.**

***Goal – Supramax pump***

Dumbell pullovers – Do 3 sets of 10 here. **3 total work sets.**

***Goal – Supramax pump***

Low cable rows – These should feel excellent as your lats should be really stretched out and gliding well from the all stretching we have done. Do 3 sets of 12 with hard 1 second flexes on each rep. **3 total work sets.**

***Goal – Supramax pump***

Dumbell shrugs – Do 3 sets of 10 with 3 second flexes at the top of every rep. **3 total work sets.**

***Goal – Supramax pump***

Banded hyperextensions – Do 2 sets to failure! **2 total work sets.**

***Goal – Supramax pump***

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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.***

Do plenty of curls and pushdowns to get your elbows greased up and ready to go.

Hammer curls – Use a nice full range of motion on these and give them a squeeze at the top. Lower these slowly and with control. Do sets of 10.

*Supersetted with*

Vbar pushdowns – I don't want you to keep the bar so close to your body this week on these. Pin your elbows against your sides. Tilt down a bit and kick your tris out. Flex at the bottom. Do sets of 10.

Rest 60 seconds and then start over.

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

Barbell curls – Lower these with a 3 second count. Flex hard at the top. Do sets of 8.

*Supersetted with*

Bent over rope extensions – This is where you face away from the pushdown, bend over at waist, and allow your tris to stretch behind your head before locking out and flexing for one second. Do sets of 12.

Rest 60 seconds and then start over.

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

Cross body hammer curls – Do 8 reps on each side. I like to do all 8 on one side and then switch, but you can alternate too if you like.

*Supersetted with*

Incline lying extensions/skullcrushers – Do these for higher reps as well. Try to gently get a real good stretch on these too. You won't be able to use a ton of weight, but let the bar come behind your head and pump. Don't lockout on these. Do sets of 15.

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

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## Calves

For calves you are going to alternate the August 2012 workout of the month article titled "monster calves" with the "Superpump" routine I have linked to below.

Shoot for 2 days of each weekly if you really want you calves to come up.

Routine #1

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

## Routine #2

<http://www.youtube.com/watch?v=XLxnXx6V7Ng>

**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.

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.

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### **Optional Leg workout – 18 sets**

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

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### **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.***

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**