



Program 13 – Doomsday

I am currently 13 weeks out from the 2013 Master's Nationals, and this program is what is going to get me there in the final months. Like my other programs, this is designed to get you so big people puke when they see you wearing a tank top.

Notice the evolution of Doomsday in the comics. He was defeated and killed many times, but came back stronger and more adapted each time.

You are going to have days where you feel demolished, but you will adapt, get bigger, and stronger, and tougher.

This is a 4-7 day week program. If you have mastered the art of peri-workout nutrition it can be up to 7 sessions due to your recovery. You will notice the optional sessions on here. The extra volume is done in a way to not hurt you or tear up your joints. Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly. The lighter days will not change fyi. You will get new routines for all the heavy days each week as usual.

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

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

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

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

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

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability. **Calves, Ab's, and Optional days are located at the end of this document.**

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>

Week 1

Legs – 16 sets:

Standing leg curls

Do 3 to 4 warm up sets. Pyramid up on these. Use the following rep scheme – 15, 12, 10, and 8. On all reps lower with a 3 second descent to jam your hams full of blood. This will make these extremely difficult. 4 total work sets.

Goal – Activate and pump hams

Leg press

Take plenty of warm up sets here. We are going to do higher reps, so that you have a very good pump headed into squats. Do sets of 20 until you can't hit 20. We'll count this as 3 working sets. 3 total work sets.

For example:

2 plates a side x 25 (warm up)

3 plates a side x 25 (warm up)

4 plates a side x 20 (work set)

5 plates a side x 20 (work set)

6 plates a side x 20 (work set – barely got 20)

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 ground 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

Smith lunge

I like to do these one leg at a time. Do 10 reps on one side and then switch and do 10 on the other. Do 3 total sets. 3 total work sets.

Goal – Supramax pump

Banded good mornings

If you haven't done these they are on my YouTube under the band playlist. I use a grey average band from EliteFTS for these. Do 3 sets to failure. 3 total work sets.

Goal – Work a pumped muscle from stretch position.

Chest - 14 sets / Shoulders – 10 sets

Flat dumbbell press

Do plenty of warm up sets of 12 on the way up. Keep doing sets of 12 until you can't get 12. We'll count the last 3 sets as working sets. Lower the weight in a controlled manner and actually keep your muscle flexed as you lower the weight to increase tension even more. Get a great stretch and drive it to $\frac{3}{4}$ lockout, and then come right back down. This should produce an intense burn because your pecs are used to doing 8 to 10 on these. As simple as it sounds the 2 extra reps with really burn. 3 total work sets

For example:

25's x 12 (warm up)

45's x 12 (warm up)

65's x 12 (work set)

75's x 12 (work set)

85's x 12 (work set – barely got 12)

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

Incline barbell press

Try to use a slight angle on these if possible. I want you to do explosive sets of 6. Lower the weight with flexed pecs as you did on the dumbbell presses though. Again, let's use the maximal amount of muscle tension possible. Don't let the bar touch your chest as usual. Keep doing sets of 6 until you start to lose the ability to flex and you lose speed. Then just do regular reps and shoot for 6. We will count the last 3 sets. 3 total work sets

For example:

135 x 4 (feeder set)

185 x 6 (work set)

225 x 6 (work set)

245 x 6 (work set – losing speed and control and barely got 6)

Goal – Train explosively

Flat bench press

I want 5 sets of 5 reps done with rest/pause technique. Sit the weight on your chest for a split second then ram the weight up to $\frac{3}{4}$ lockout. 5 total work sets

Goal – Supramax pump

Superset

Stretch pushups

Elevate your feet and knock out as many of these as you can.

Goal – Work a pumped muscle from the stretched position.

Dumbbell bent over laterals

Do sets of 20 reps here using a full range of motion. Once fatigue sets in you can swing these reps, but don't start shrugging the weight and using your back.

Goal – Activate and pump rear delt

3 supersets for 6 total work sets

Dumbbell side laterals

Use a fairly heavy weight and use a little momentum here, but really try to lower the weight slowly. You are going to do 4 sets of 6. 4 total work sets.

6 Ways

I want 3 sets of 10 here. Your delts should be on fire! 3 total work sets.

Goal – Supramax delt pump

Back - 18 sets

Meadows row

Do sets of 8 going up. Take plenty of warm ups. Once you get to a weight that is a pretty tough 8 (think you still have 2 or 3 reps in the tank), do 3 sets of 8 with it. Then do a 4th set where you go apeshit and do as many as you can. 4 total work sets.

For example, this is what I did:

1 25lb plate x 8 (warm up set)

2 25lb plates x 8 (warm up set)

3 25lb plates x 8 (warm up set)

4 25lb plates x 8 (warm up set)

2 45's and a 25lb plate x 8 (3 sets of 8)

2 45's and a 25lb plate x failure (I got 21 on one side and 20 on the other) – this hurt. Massive pump ensued.

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

One arm supinated pulldown

We are doing the supinated pulldown rack pull sequence again this week as it is working awesome.

Remember to depress your scapulae right before you start the pulldown to fully engage lower lat. In other words, push your shoulder down (NOT your whole body twisting to the side). Do 4 sets of 10. 4 total work set.

Goal – Supramax pump in lower lat

Rack pulls

Pull these from mid shin the same as last week. I want perfection for form. Flex your entire back as you pull up. Do sets of 5 until you can barely get 5 with good form. We will count the last 3 sets as working sets. 3 total work sets.

Sets might look something like this:

225 x 5 (warm up)

275 x 5 (warm up)

315 x 5 (warm up)

365 x 5 (working set – getting heavy)

405 x 5 (working set, could maybe have done 2 more)

435 x 5 (working set – barely got 5)

Goal – Supramax pump in lower lat and spinal erector activation

Smith machine row w/ shrugs

On these keep your elbows up ok. I want more rhomboid and lower trap engagement. Do 8 perfect reps, then stand up and do 10 shrugs with the weight. Do 3 sets like this. 3 total work sets.

Goal – Supramax pump

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

Biceps - 14 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.

Superset #1

Ez bar curl

Once warmed up I want you to do these with a 3 second descent. Curl the weight up and flex as hard as you can at the top for one second. Force blood in there. Do sets of 8.

Hammer curl

Now grab a pair of dumbbells and curl them to 90 degrees (half way up). Knock out 12 reps. This should absolutely burn to the point it feels like your bis are going to rip off.

Rest for 1 minute and then repeat. Do 4 rounds total.

Superset #2

Dumbbell supinated curl

This is just curling one arm at a time while keeping your palms up throughout the entire range of motion. Do sets of 8 here too on each arm.

EZ bar reverse curl

Bring these up all the way using a full range of motion and do 8 here as well.

Rest for 1 minute and then repeat. Do 3 rounds total.

Superset #3

Rope pushdowns

Use form where your wrists stay in tight to your body as you let them rise up. Squeeze hard at the bottom for 1 second. Do 10 reps.

Dips between benches (or machine dips)

On these I want sets of 12. Don't lock these out. I want constant tension. Use a 3 second descent if you are using a dip machine.

Rest for 1 minute and then repeat. Do 4 rounds total.

Close grip bench press

An EZ curl bar or regular barbell is fine here. Don't lower these to your chest. Lower them slowly down to a few inches above your nose (don't drop it). Let your elbows flare out to get a good stretch. Use perfect controlled form on these. Take them up to $\frac{3}{4}$ lockout and then come right back down. Do sets of 8. Do 6 sets of 8. 6 total work sets.

Week 2

Legs – 19 sets:

Lying leg curls

Do 3 to 4 warm up sets. Find a weight that is a tough 8, but you can get all 8 reps with perfect form. Do 5 sets of 8. 5 total work sets.

Goal – Activate and pump hams

Leg curl isotension

Do 2 sets where you hold a dumbbell for 60 seconds. If you are not sure what this is, it is on my YouTube channel under the leg playlist. This will force even more blood in your hams. 2 total work sets.

Goal – Supramax pump

Squats

This is just a straight pyramid doing sets of 10 until you can barely get 10. We will count the last 3 sets as work sets. Go to about parallel on depth. 3 total work sets.

For example:

135 x 10 (warm up set)

185 x 10 (warm up set)

225 x 10 (warm up set)

275 x 10 (work set)

315 x 10 (work set)

355 x 10 (work set)

Goal – activate and pump quads

Leg press

Do the same thing here. Hit sets of 10 until you can barely get 10. You don't have to start at one plate as you will be pretty warmed up. We'll count the last 3 sets. 3 total work sets.

For example:

4 plates a side x 10 (warm up)

5 plates a side x 10 (work set)

6 plates a side x 10 (work set)

7 plates a side x 10 (work set- barely got 10)

Goal – Activate and pump quads

Hack squat 1.5's

These are where you go down deep, come up half way, go back down deep, then come up all the way. That is one rep. Do 3 sets of 8 like this. This will light your quads up. 3 total work sets.

Note: If you don't have a hack squat use a machine where your back is supported to simulate a squatting type movement.

Goal – Supramax pump

Barbell stiff legged deads

Do 3 sets of 10. Use 25's so you can get a better stretch. Don't force the stretch. You will feel looser each set you do. Come all the way up and flex glutes. 3 total work sets.

Goal – Work a pumped muscle from stretch position.

Chest - 14 sets / Shoulders – 12 sets

Incline dumbbell press

Use a slight incline. 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 and get a nice deep stretch, and then drive to $\frac{3}{4}$ lockout and come right back down. We are using continuous tension here. 3 total work sets

For example:

25's x 8 (warm up)

45's x 8 (warm up)

65's x 8 (work set)

75's x 8 (work set)

85's x 8 (work set – barely got 8)

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

Incline barbell press

We are going to bump our reps a bit on these today. You are so used to doing 6 to 8, this will be tougher than it seems. Do sets of 10. Keep going until you can't get 10. We'll count the last 3 sets. 3 total work sets

For example:

135 x 4 (feeder set)

185 x 10 (work set)

225 x 10 (work set)

245 x 10 (work set – barely got 10)

Goal – Supramax pump

Banded hammer press

Use the long red pro mini bands from EliteFTS and do 5 sets of 5 here. Only let your elbows come back to 90 degrees, then FIRE back up and flex. Do not try to get deep on these; it's too hard on your rotator cuff. 5 total work sets

Note: If you don't have a Hammer press, try this on any machine!

Goal – Train explosively

Incline flies

I prefer to do these with cables. Use a slight incline. Do 3 sets of 10. Get a great stretch and get a perfect contraction at the top. Throw in 6 partials at the end of each set for an extra intense burn. 3 total work sets

Goal – Work a pumped muscle from the stretched position.

Machine rear laterals

Use the following rep scheme. Do a set of 25, then 20, then 15, then 12. On each set add weight and rest about 90 seconds. 4 total work sets.

Goal – Supramax pump

Dumbbell slightly bent over side laterals

This may sound odd. Think of it as not bent over doing rears, but not standing straight up doing sides. You should be in between. For some reason, this position allows you to really flex your delts hard at the top. Do 4 sets of 10. 4 total work sets.

Goal – Supramax pump

Dumbbell front raises

Now we are going to hit front delts. Bring the dumbbells up past head level. So get them up an extra bit, and flex them. Do 4 sets of 10. 4 total work sets.

Goal – Supramax pump

Back - 17 sets

Dumbbell row

Do sets of 10 going up. Keep going until you can't get 10. These are just traditional dumbbell rows, nothing fancy. Just grind! We will count the last 3 sets as work sets. 3 total work sets.

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

Away facing pulldown

These are where you sit in a pulldown using a close grip but face away from the machine. Wrap your lower back around the pad where your knees go and drive your elbows straight down and flex lats. If you haven't seen these there is video on my YouTube channel for these. Do 4 sets of 8. 4 total work sets.

Goal – Supramax pump

Dumbbell pullovers

These are where you lay on the bench not across it as usual. Do 3 sets of 12. 3 total work sets.

Goal – Supramax pump

One arm barbell row

This should be interesting for you. We typically do these early in the routine. These are very difficult doing them this late in the workout. Do 4 hard sets of 8. 4 total work sets.

Goal – Supramax pump

Banded hyperextensions

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

Goal – Supramax pump in your spinal erectors

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. I really felt good doing this routine this week. This felt awesome. In between all sets rest 1 minute.

Barbell reverse curl

Do 5 sets of 12 reps using a full range of motion. 5 total work sets.

Hammer curl

Do 3 sets of 10 here and lower the weight with a 3 second descent. 3 total work sets.

EZ bar preacher curl

Also lower these with a 3 second descent. Do not go to full extension. Work the middle range of motion. Do 4 sets of 8. 4 total work sets.

Dips between benches (or machine dips)

Keep adding weight on these as you go. I hadn't done these with a lot of weight in years, so 3 plates felt awesome. Do sets of 10 and just keep adding until you can't get 10. Use controlled form ok. Don't tear up your shoulders. We will count the last 4 sets as working sets. 4 total work sets.

Incline lying extension/skullcrushers

On these use a 5 second descent. It looks like slow motion, but the tension and burning is awesome. Do 4 sets of 10. 4 total work sets.

Rope pushdowns

Change of order here. Instead of first, we are doing these last. Do 4 sets of 10 and use very controlled strict form flexing on each rep for 1 second! 4 total work sets.

Week 3

Legs – 17 sets:

Leg extensions

This week will be something totally different. Do plenty of warm up sets. You are only doing the top half of the contracted movement. I want you to flex for 1 second hard on each peak contraction. Remember to not let the weight come down. You can either curl your toes up toward you or point them out, either way is fine. The rep scheme is not fun, you will not like me, but you will get a pump in your quads. Start off with 30 reps. Remember, each and every rep get a 1 second flex. Keep the weight the same and do 2 more sets of 30. Now if you cannot get to 30, that's ok, stop take a breath and pump out some more. Keep doing this until you reach 30. I want you to do a 4th set too of isotension. Use some heavier weight and hold it with quads flexed for 60 seconds, then pump out 10 partial reps out of the bottom of the movement. 4 total work sets.

Goal – Activate and pump quads

Leg press

Do a few warm up sets to grease your hips up and then I want you to do 10 reps wide, then move your feet in close for 10 reps. Do 4 sets of this with the same weight. 4 total work sets.

Goal – Supramax pump

Smith lunges

Do sets of 10 on each leg. I prefer to do all 10 on one leg, and then do 10 on the other. Do 3 sets. Go nice and slow and try to get a good range of motion on these. 3 total work sets.

Goal – Supramax pump

Barbell stiff legged deadlifts

Use 25 lb plates on these and get a nice full range of motion. Stand all the way up and flex your glutes on each set. Do 6 sets of 8. 6 total work sets.

Goal – Work a pumped muscle from stretch position.

Chest - 12 sets / Shoulders – 11 sets

Machine press

Work your way up doing sets of 10. Keep going until you can't get 10. Use a full range of motion with a good flex on each rep. We will count the last 3 sets as working sets. 3 total work sets

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

Incline smith press

Set the bench so that it is only on a slight incline. Lower these to about 2 inches above your chest. Do not lock these out. Keep constant tension. I want you to do sets of 8 going up until you can barely get 8. When you hit this last set, make it a drop set for added intensity. Do 2 drops on this last set. So do 8ish, and then drop some weight and go to failure, then drop some more and go to failure. We will call this 3 work sets total. 3 total work sets

Goal – Supramax pump

Bench press

Do these very strict with a pause at the bottom on your chest on every rep. Do sets of 6 until you know adding any more weight will make 6 impossible or your form will suffer. Even on the last set, I want to be clear here, I want you to have 2 or 3 reps left in the tank. These should be perfectly lowered, paused and drove up. We will also call this 4 sets. 4 total work sets

Goal – Supramax pump

Stretch pushups

Do 2 sets to failure! 2 total work sets

Goal – Work a pumped muscle from the stretched position.

Superset

Dumbbell side laterals

After a warm up set or two, do sets of 10 with perfect form.

Seated dumbbell press

Also do these with perfect form, as I don't want any sloppy pressing. Flex at the top for a sec and then lower. Do sets of 8 here.

Do 4 rounds for 8 total work sets.

Goal – Supramax pump

Face pull/rear delt band pull

Do 3 sets of 50 here and on the first 20 reps on each set, hold the flex for 1 second. Once you hit 20, just crank your way to 50. You will probably have to do some partials or widen grip on band to make it easier as you go. That's ok, but fry your rear delts! Max pump here! 3 total work sets.

Goal – Supramax pump

Back - 20 sets

Meadows row

Do sets of 8 going up. Keep going until 8 is pretty tough, but doable. Stick with this weight for 4 grinder sets. 4 total work sets.

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

Stretchers

On these do 4 sets of 8. Remember, duck your head, straighten your arms, and let your lats stretch! If you need a form refresher, please see my YouTube. 4 total work sets.

Goal – Supramax pump and working muscle from extremely stretched position

Dumbbell pullovers

These are where you lay on the bench not across it as usual. Do 3 sets of 10. 3 total work sets.

Goal – Supramax pump from stretch position

Smith machine row

Keep your elbows up on these this week. I want you to turn this into a trap, rear delt, rhomboid building exercise. Try to get a good hard flex at the top too. Squeeze! Do 3 sets of 8. 3 total work sets.

Goal – Supramax pump

Prone shrugs

You can do these on a supported row, seated on a low cable row, or laying on a bench the way I demonstrate these on the YouTube video. Keep your arms straight! Flex your lower traps hard! Do 3 sets of 10. 3 total work sets.

Goal – Supramax pump in lower traps

Banded hyperextensions

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

Goal – Supramax pump in your spinal erectors

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. I really felt good doing this routine this week. This felt awesome. In between all sets rest 1 minute.

Barbell reverse curl

Start with these again this week. Do 5 sets of 15 reps using a full range of motion. 5 total work sets.

Seated barbell curl

These are just like they sound. Grab a straight bar (or curl bar if you prefer), and sit down on a bench. Lower the weight to your lap and then curl it up and flex hard for one second. Do 4 sets of 8 like this. 4 total work sets.

Hammer curl

Only curl these up half way ok. Do sets of 20! Your arms will feel a searing burn. Do 3 sets like this. 3 total work sets.

Superset

Rope pushdowns

Drive the weight down and flex for one second this week. Get your triceps full of blood quickly. Do 4 sets of 15. 4 total work sets.

Close grip pushups

Put your hands shoulder width apart and do as many as you can!

Do 4 supersets for 8 total work sets.

Incline lying extension/skullcrushers

Do these again this week! Remember to use the same 5 second descent that we used last week for a tricep fire you will never forget. Do 4 sets of 8 like this. 4 total work sets.

Week 4

Legs – 19 sets:

Leg extensions

Ok one more week of this re-arrangement of our first exercise! I want you to do leg extensions again. Again, just work the top half. Do 3 or 4 warm sets. For your working sets I want you to do 20, 25, 30, and 35 reps. Take about 2-3 minutes between sets. On each set try to NOT go down in weight. Make yourself work harder to get your reps. You do not have to hold them and flex, just flex. 4 total work sets.

Goal – Activate and pump quads

Squats

Use a normal bar on these. Do sets of 6 with a nice slow 3 second descent with a powerful drive out of the bottom, all the way up to a weight where you lose all your speed. I want these to be more explosive in nature, but the long eccentric will trigger some intense burning. We will count the last 4 sets as work sets. 4 total work sets.

For example:

135 x 6 (warm up)

185 x 6 (warm up)

225 x 6 (work set)

275 x 6 (work set)

315 x 6 (work set)

365 x 6 (speed slows down so this is last set)

Goal – Train explosively and supramax pump

Leg press

Let's push for an insane pump here ok. I want to keep rest breaks at 90 seconds. Simply work up to a weight that you can do for 10, and still have a few reps left in the tank. Now I want you to do 4 sets of 10 with it. The last 2 sets will require you to dig down deep to get your 10. 4 total work sets.

Goal – Supramax pump

Barbell stiff legged deadlifts

Use 25 lb plates on these and get a nice full range of motion. Stand all the way up and flex your glutes on each set. Do 3 sets of 12. 3 total work sets.

Goal – Work a pumped muscle from stretch position.

Standing leg curls

OMG we are doing this backward too! Leg curls last? Yes. Do 4 sets of 15 with perfect form as your hamstring finisher today. 4 total work sets.

Goal – Supramax pump

Chest - 14 sets / Shoulders – 11 sets

Decline dumbbell press

Work your way up doing sets of 10. Keep going until you can't get 10. Use a full range of motion with a good flex on each rep. We will count the last 3 sets as working sets. 3 total work sets

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

Incline smith press

Just like last week on these. Set the bench so that it is only on a slight incline. Lower these to about 2 inches above your chest. Do not lock these out. Keep constant tension. I want you to do sets of 8 going up until you can barely get 8. When you hit this last set, make it a drop set for added intensity. Do 2 drops on this last set. So do 8ish, and then drop some weight and go to failure, then drop some more and go to failure. We will call this 3 work sets total. 3 total work sets

Goal – Supramax pump

Reverse band bench press

Do 5 sets of 5 on these. Find a weight that you probably have 2 to 3 reps in the tank with and do your 5 sets with it. Train these explosively. Pause the weight for split second on chest and then fire it up. 5 total work sets

Goal – Train explosively

Pec deck/Machine fly

Do 3 sets to failure(should be around 10 reps) and then add on 5 partials out of the bottom on each set. 3 total work sets

Goal – Work a pumped muscle from the stretched position.

Rear delt machine/reverse pec deck

Do one warm up set and then your rep scheme is going to be 35, 30, 25, and 20. On each rep flex hard for a split second. You don't need to add weight as you go. Your delts should be in excruciating pain from the burn. 4 total work sets.

Goal – Supramax pump

Seated dumbbell press

Do 4 sets of 8 here with perfect form. Lock these out and flex delts. 4 total work sets.

In between each set use a rope to do 10 over and backs!

Goal – Supramax pump

Standing side laterals

Do these slightly bending over so you get a blend of side and rear delts. You will notice you can actually flex your delts harder with this technique. Do 3 sets of 10. 3 total work sets.

Goal – Supramax pump

Back - 17 sets

Heavy dumbbell rows

Let's go heavy on these days. Work your way up doing sets of 8. Once you get to a tough set of 8 go ALL OUT and do as many as you can. We will count this as three work sets. 3 total work sets.

Here is what I did for example:

35 x 8 (warm up)

55 x 8 (warm up)

85 x 8 (warm up)

105 x 8 (work set)

120 x 8 (work set)

130 x 22 (challenge set)

Goal – Get blood flowing and pump your lats

Dumbbell pullovers

Ok, let's give your arms a break. These are where you lay on the bench not across it as usual. Do 3 sets of 10. 3 total work sets.

Goal – Supramax pump from stretch position

Chest supported row

On these I want you to focus more on rhomboids and lower traps, so use a machine in which you lean your chest against a pad. When you row keep your elbows up, don't tuck them into your sides as you would when trying to isolate lats. Do 4 sets of 8. 4 total work sets.

Goal – Supramax pump

Barbell shrugs

Just basic shrugs here. Hold at the top for 2 seconds per rep. Do 3 sets of 10. 3 total work sets.

Goal – Supramax pump

Rack deads

Do triples all the way up to where you barely get three. Start the pull from midshin. We'll call this 3 sets. 3 total work sets.

Goal – Supramax pump

Banded hyperextensions

Do 1 set to failure using a band. When failure hits with band, drop the band and keep going with bodyweight. 1 total work set.

Goal – Supramax pump in your spinal erectors

Biceps - 9 sets / Triceps - 12 sets

Goal – The strategy for arm training is for maximum pump. Take as many sets as you need to warm up. Do plenty of curls and pushdowns to get your elbows greased up and ready to go. I really felt good doing this routine this week. This felt awesome. In between all sets rest 1 minute.

Barbell curl

Do 3 sets of 15 on these. Keep perfect control through the whole rep. 3 total work sets.

Seated dumbbell curl

On these do these where your hand is neutral at the bottom, and then you supinate as you curl. Do 3 reps on one side, then go to 3 reps on the other side, and JUST KEEP DOING THIS, until you fail. Do 1 set like this. I got 21 total on each side when I did this. Your forearms and bis will be jacked. 1 total work set.

Preacher curl

Nice and slow curls here flexing hard at the top. Lower the weight slowly but not all the way down/ keep tension on meat of the bicep, not the insertion. Do 5 sets of 6. 5 total work sets.

Dips between benches

Old school dips again. Lower yourself slowly and feel these digging into your tris. Do 3 sets of 15. If you can get more than 15 add weight on your lap. 3 total work sets.

Vbar pushdowns

Drive the weight down but do not lockout, come right back up. Get a rhythm going. I want a massive pump. Do 3 sets of 15. You can keep the bar in close or not so much, it's up to you this week. 3 total work sets.

Decline lying extension/skullcrushers

Do these nice and slow and try to get more and more stretch each set you do at the bottom. Do 4 sets of 10. 4 total work sets.

Week 5

Legs – 18 sets:

Lying leg curl

Do 3 to 4 light warm up sets then do 4 sets of 12 reps. Keep rest breaks down to about 1 minute. Use perfect form. Let's get the blood flowing! 4 total work sets.

Goal – Activate and pump hams

Squats

Work your way up doing sets of 10. Keep going until you barely make 10. These will be grinders! On your last set, when you barely get something around 10, I want you to cut your weight by about 50% and do as many reps as you can. 4 total work sets.

For example:

135 x 10 (warm up)

185 x 10 (warm up)

225 x 10 (work set)

275 x 10 (work set)

315 x 10 (work set)

365 x 10 (barely get 10 so drop down to 185 and go to near failure).

NOTE: If you have chains, I prefer these be done with chains this week. You would do all sets with 3 chains per side.

Goal – Activate and pump quads

Leg press

You are going to do 3 sets here. Each set you do 10 reps with a high and wide foot stance with toes pointed out somewhat, and then move feet in together into the middle of the platform to pump out another 10 reps. 3 total work sets.

Here is what I did as an example:

3 plates per side 6 wide and 6 narrow (feeder set)

4 plates per side 8 and 8 (feeder set)

5 plates per side 10 and 10 (work set)

6 plates per side 10 and 10 (work set)

7 plates per side 10 and 10 (brutal work set)

Goal – Supramax pump

Walking lunges

I actually used kettlebells on these. Dumbbells are just fine though. Do these with the traditional alternating style of doing one leg and then the other. Take a total of 10 steps with each leg (so go 20 paces total). Do 4 sets! 4 total work sets.

Goal – Supramax pump

Barbell stiff legged deadlifts

Just like last week. Use 25 lb plates on these and get a nice full range of motion. Stand all the way up and flex your glutes on each set. Do 3 sets of 12. 3 total work sets.

Goal – Work a pumped muscle from stretch position.

Chest - 13 sets / Shoulders – 14 sets

Flat dumbbell press

Work your way up doing sets of 8. Keep going until you can't get 8. Don't lock these out, go to $\frac{3}{4}$ lockout. I want you to work up to some heavy weight this week on these! We will count the last 3 sets as working sets. 3 total work sets

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

Incline barbell press

Do sets of 6 all the way until you can barely do 6! We will count this as 3 sets. Don't make jumps so big you can't do 3 good hard sets. As always do not take these all the way down and touch chest, and do not lock these out. Go to $\frac{3}{4}$ lockout to keep constant tension. 3 total work sets

Here is an example:

135 x 6 (warm up)
185 x 6 (warm up)
225 x 6 (work set – feels pretty heavy)
245 x 6 (work set)
255 x 6 (work set – barely get 6)

Goal – Blend of explosiveness and activation

Barbell bench press

Do 4 sets of 6 here. Pause all reps on your chest for one second, and don't go to full lockout. Go to $\frac{3}{4}$ lockout. You are doing these 3rd obviously so don't expect to be pushing max poundages on these. 4 total work sets

This is what I did for your reference (I can incline 315 for about 12 reps to put this in perspective)

135 x 6 (feeder set)
185 x 6 (feeder set)
225 x 6 (work set)
245 x 6 (work set)
265 x 6 (work set)
275 x 6 (work set)

Goal – Supramax pump

Stretch pushups

Do 3 sets to failure! 3 total work sets

Goal – Work a pumped muscle from the stretched position.

Rear delt machine/reverse pec deck

Do a couple of light warm up sets and then do 8 sets of 10. You are only going to take 20 second breaks! Try to hold the flex for the first few sets. Toward the end you won't be able to, so it's ok to do partials. Your rear delts should have max pump after these! 8 total work sets.

Goal – Supramax pump

Seated side lateral

Do 3 sets of 12 here with perfect form. Raise the dumbbells straight out to the side to about eye level. 3 total work sets. In between each set use a rope to do 10 over and backs!

Goal – Supramax pump

Spidercrawls

Do 3 sets here. On each set go up and down the wall 3 times to make a full set. 3 total work sets.

Goal – Supramax pump

Back - 16 sets

One arm barbell rows

Do a few warm up sets and do sets of 8 up to a tough weight. Once you get there, do a challenge set. Go berserk and see how many reps you can get. 3 total work sets.

Here is what I did for example:

1 25 for 10 reps (warm up)

2 25s for 10 reps (warm up) - did 2 sets of this

3 25's for 8 reps (work set)

3 25's and a 10 for 8 reps (work set)

4 25's for 17 reps (challenge set) – This one about knocked me out.

Goal – Get blood flowing and pump your lats

Stretchers

Do 4 sets of 8 here. Remember to duck your head when your arms are straightened and stretch your upper lats out big time! 4 total work sets.

Goal – Supramax pump from stretch position

Dumbbell pullovers

Just our standard pullovers on, not across the bench. Do 3 sets of 12. 3 total work sets.

Goal – Supramax pump from stretch position

Dumbbell rows

With completely pumped lats, now lets hammer out some more rows. On these I want you to use a pronated grip though. You already used the neutral grip on the one arm barbell rows. The pronated grip here will hit traps, rhomboids, rear delts and upper lats. Use ultra strict form and flex every muscle in your back hard! Do 3 sets of 10 reps. 3 total work sets.

Goal – Supramax pump from stretch position

Banded hyperextensions

Do 3 sets to failure using a band. When failure hits with band, drop the band and keep going with bodyweight. 3 total work set.

Goal – Supramax pump in your spinal erectors

NOTE: If you have a grey average band from EliteFTS, I want you to do 100 total reps of BANDED GOOD MORNINGS any way you can instead of the hyperextensions. These aren't done with a barbell, and can be found on my YouTube channel under the band playlist.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=495&pid=248>

Biceps - 16 sets / Triceps - 16 sets

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

Superset

Hammer curl

Do plenty of good warm up sets before starting. On each work set do 12 perfect full range of motion reps.

Barbell curl

If you have Grip4orce grips use them on these! Do sets of 8.

4 supersets for 8 total work sets!

Preacher curl

8 sets of 6. Keep short rest breaks, and every rep flex your biceps hard! You may have to lighten the weight up as you go as your bis will be trashed. That's ok! I was down to 55 lbs on these by the end but I couldn't straighten my arms! 8 total work sets.

Dips between benches

Do 8 sets here, but only take 30 seconds between sets. Let's get a massive rush of blood in your tris quick! 8 total work sets.

Band pushdowns

On these you may have to experiment with what to throw them over to pushdowns. I use a squat rack, and hang it over the cross bars that catch the weight on one side. I use the long red pro mini band. Adjust your position so that you get an awesome flex at the bottom. Do 4 sets of 8. 4 total work sets.

Incline lying extension/skullcrushers

Do these nice and slow and try to get more and more stretch each set you do at the bottom. Do 4 sets of 10. 4 total work sets.

Week 6

Legs – 16 sets:

Seated leg curl 1.5's

Do plenty of warm up sets then proceed to pyramid up in weight using the following rep scheme – 15, 12, 10, and 8. On all four sets I want you to tack on 10 partials out of the extended position ok. Your hams should be loaded with blood from this. 4 total work sets.

Goal – Activate and pump hams

Leg extensions

Do plenty of warm up sets here again. This is going to sting a bit. I want you to do 3 sets of 30. You are only doing the top half of the movement and you are flexing real hard on each rep. Turn your toes in toward each other some and really feel your vastus lateralis contract. Picture striations running along the muscle. No matter how bad these burn, get your reps. 4 total work sets.

Goal – Supramax pump

Front squat and back squat combo

Work your way up doing sets of 8 here. You do 8 reps on front squats, then 8 on back squats immediately after. That is one set. I want you to do these explosively ok, and on your last set, do a challenge set. Go until you almost hit failure, and THEN rack the bar, and get back in there and crank out some more reps done with a normal back squat style. We will count this as 3 work sets. I put a video of these on YouTube channel today. 3 total work sets.

For example here is what I did:

95 x 8 front squats / 8 back squats (warm up)
135 x 8 front squats / 8 back squats (warm up)
185 x 8 front squats / 8 back squats (work set)
225 x 8 front squats / 8 back squats (work set)
245 x 12 front squats / 9 back squats (work set – challenge set)

Goal – Activate and pump quads

Leg press I

1 “upset” doing sets of 6 reps. So do 6 reps, then have partners (or you) immediately add a plate on each side and do 6 more, etc, until you can barely get your 6. One set like this will be enough! 1 total work set.

Here is what I did as an example:

4 plates per side for 6 reps
5 plates per side for 6 reps
6 plates per side for 6 reps
7 plates per side for 6 reps
8 plates per side for 6 reps

Goal – Supramax pump

Leg press II

Ok so you weren't quite done yet. Now start at where you left off, and do a drop set with the same reps. Here is what I did so you are clear. 1 total work set.

Here is what I did as an example:

8 plates per side for 6 reps

7 plates per side for 6 reps

5 plates per side for 6 reps

4 plates per side for 6 reps (it gets light here, and you don't need a bunch of reps at this point)

Goal – Supramax pump

Barbell stiff legged deadlifts

Just like last week. Use 25 lb plates on these and get a nice full range of motion. Stand all the way up and flex your glutes on each set. Do 3 sets of 8. 3 total work sets.

Goal – Work a pumped muscle from stretch position.

Chest - 15 sets / Shoulders – 11 sets

Banded hammer press

Get plenty of warm ups in, and then do 4 sets of 6 reps. Flex hard on the contraction. Remember, be kind to your rotator cuff and don't let your elbows travel back past 90 degrees. 4 total work sets. Use the long red pro mini bands.

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

Decline smith press

On these use a very slight decline. Do not lock these out. We are using constant tension today. Do sets of 8 and just keep going up until you can barely get your number. Touch the bar to your chest and then explode up to, then lower under good slow control. We will count this as three work sets. 3 total work sets

Goal – Blend of explosiveness and activation

Reverse band bench press

Do 5 sets of 5 here. Get to a weight you can drive up hard, and control. It's ok on your last set if you start to lose explosiveness, you may have to grind a little. 5 total work sets

Here is an example of how to do this:

225 x 5 (feeder set)

275 x 5 (feeder set)

315 x 5 (work set)

335 x 5 (work set)

355 x 5 (work set)

375 x 5 (work set)

395 x 5 (work set – grinder)

Goal – Train explosively

Stretch pushups

Do 3 sets to failure! 3 total work sets. If you have chains toss a chain or two across your back on these.

Goal – Work a pumped muscle from the stretched position.

Rear delt machine/reverse pec deck

Do a couple of light warm up sets and then do 3 sets of 15. Go a little heavier than usual but still hold the flex for one second and squeeze! 3 total work sets. In between each set use a rope to do 10 over and backs!

Goal – Supramax pump

Cage press

Do 5 sets of 5 explosively here. You have done a lot of pressing today, so again do these a little lighter but explode through the reps. 5 total work sets.

Goal – Train explosively

Dumbbell partial laterals/swings

Do 3 sets of 20 here. Just tilt your head back and swing. 3 total work sets.

Goal – Supramax pump

Back - 16 sets

Chest supported rows

Do several warm up sets then use a nice full range of motion on these. I'm really trying to hit midback more than anything on these, so the stretch is really important. Do 4 sets of 8. Pyramid up to 8, and then stay there for these 4 sets. On the machine I use you can use a pronated or a half pronated/half neutral grip. I use the second of the two. 4 total work sets. If you don't have a machine that simulates this, use a standard low cable row instead.

Goal – Get blood flowing and pump your lats

Dumbbell rows

On these do 3 sets of 10 after you do a few feeder sets to get up to your working weight. Again, get a really good stretch on these. Your lats should be very pumped. 3 total work sets.

Goal – Supramax pump

Dumbbell pullovers

Just our standard pullovers on, not across the bench. Do 3 sets of 12. 3 total work sets.

Goal – Supramax pump from stretch position

Barbell shrugs

On these do sets of 8 with a 2 second pause going up until you can't get your reps with this form. We will call this 3 sets. 3 total work sets.

Goal – Supramax pump from stretch position

Banded hyperextensions

Do 3 sets to failure using a band. When failure hits with band, drop the band and keep going with bodyweight. 3 total work set.

Goal – Supramax pump in your spinal erectors

NOTE: If you have a grey average band from EliteFTS, I want you to do 120 total reps of BANDED GOOD MORNINGS any way you can instead of the hyperextensions. These aren't done with a barbell, and can be found on my YouTube channel under the band playlist.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=495&pid=248>

Biceps - 11 sets / Triceps - 16 sets

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

Rope pushdowns

Keep your hands right against your body and stand up straight. Flex your tri hard at the bottom. Really focus on inner/long head of tricep. Move quickly. Get blood in their fast. Do 6 sets of 12. 6 total work sets.

Dip machine

Keep a good pace on these too. Do 6 sets of 8, and use a 3 second descent. Flex triceps hard at the bottom. 6 total work sets.

Smith machine close grip press

These are more of a combo lying extension and close grip press. So let your elbows flare out some and lower to above your nose. Then drive the weight back up to $\frac{3}{4}$ lockout and come back down slowly. I want a lot of tension on these. Do 4 sets of 10. 4 total work sets.

Reverse curl

Do sets of 10 going up in weight until you get to a weight you can barely do for 10 with perfect form. On the last set then do a drop set. Lower the weight three times shooting for 10 each time. We will call this 3 sets. 3 total work sets.

Here is exactly what I did as a reference:

40 x 10

50 x 10

60 x 10

70 x 10 (form got a little sloppy – so went back down to 60)

60 x 10, then dropped to 50 and got 10, then dropped to 40 and got 10 (this was excruciating)

Dumbbell curl

If you have Grip4orce grips use them on these this week. Keep your palms up the whole time. Lower each rep slowly. Do 4 sets of 6. 4 total work sets.

Cross body hammer curl

Alternate arms. Do one rep with left, then right, etc. Do 10 reps on each arm. Do 4 sets of 10 and keep rest breaks short. Flex your arms hard on every rep! 4 total work sets.

Week 7

Legs – 16 sets:

Lying leg curls

Do plenty of warm up sets then work your way up doing sets of 10. Just keep going until you get to a weight you know you will barely be able to do 10 with. Make this a drop set. Do the 10 (or close to it), then drop enough weight to do 10 more, then drop some weight and see how many partials you can do. Do them until your legs will not move. First go like 6 inches, then 4, then 2. In other words just use a smaller ROM on the partial until you can't even move the weight. We'll call this 3 total work sets. 3 total work sets.

Goal – Activate and pump hams

Squats

Do plenty of warm up sets here again. This is just going to be standard pyramid work. Do sets of 8 until you can barely get 8, then stop. Hit about parallel on your reps. If you use a SSB go a bit above parallel. We'll call this 3 work sets. 3 total work sets.

Note: If you have a safety squat bar use it this week on these.

Goal – Supramax pump

Tri-set

Leg extensions

Do a few warm ups. Only do the top half of the movement and just squeeze hard on each contraction. Do 10 reps then stroll over to the hack squat (or alternate machine)

Hack squats

Do 10 full range of motion rock bottom reps here. Then stroll over to the leg press.

Leg press

On these use a duck type stance. You won't believe how good this feels in your sweep. Turn your toes out, let your knees travel outside your body, and put your feet at about medium height on the platform. Do 10 reps here too.

Do 4 rounds for 12 total work sets.

Also, stretch your quads out in between each round. They should be FULL of blood.

Goal – Supramax pump

Chest - 12 sets / Shoulders – 9 sets

Machine press

Get plenty of warm ups in, and then do sets of 8 with a hard flex on each rep working your way up until you can barely do 8 reps. We'll call this 3 working sets. 3 total work sets.

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

Incline smith press

Don't come all the way down on these, and do not lock these out. Keep constant tension. Do sets of 8 until you know you will barely get 8, and then do a crazy drop set. Do your 8, drop the weight and do 6-10 more, then drop it again and go for broke. We will call this 3 sets. 3 total work sets

Here is what I did as a reference:

135 x 8 (warm up set)
185 x 8 (warm up set)
225 x 8 (work set)
275 x 8 (work set)
295 x 8 then 205 x 9 then 165 x 8 (drop set)

Goal – Supramax Pump

Barbell bench press

Just regular sets of 6 here. Stop with 1 or 2 reps in the tank on each set. You will not be strong on these at this point (well I wasn't at least). Do sets of 6 up to where you know you only have 1-2 reps in tank. We will call this 3 total work sets. Pause these on chest for just a split second before driving up. I also keep my elbows in a bit (almost like a close grip press to a degree) so I can give my pecs a nice full range of motion, plus there is less stress on your pec tendons with this form. 3 total work sets

Here is what I did as a reference:

135 x 6 (feeder set)
185 x 6 (work set)
225 x 6 (work set)
255 x 6 (work set – any more weight and I wouldn't have got 6)

Goal – Supramax Pump

Dumbbell flyes

Put 25's under the bench so you are doing these in a very slight incline. Do 3 sets of 8. 3 total work sets.

Goal – Work a pumped muscle from the stretched position.

Bent over dumbbell rear laterals

Do 3 sets of 25. Try to use a full range of motion, but your rear delts will be burning so bad if you have to do partials/swings to finish set, that is ok too. 3 total work sets.

Goal – Supramax pump

Barbell front raises

Just use a barbell and raise it straight out in front of you to eye level for front delts. Do 3 sets of 10. 3 total work sets.

Goal – Supramax pump

Dumbbell press

These won't take much weight either! Make sure you use a bench with a back support. Simply do 3 sets of 8 and at the top flex hard so your delts burn so bad they feel like they are melting. 3 total work sets.

Goal – Supramax pump

Back - 16 sets

Dumbbell rows

I want good old heavy dumbbell rows here. Remember to keep the hip on the side you are rowing with slightly higher than the other hip (like we do on a Meadows or 1 arm barbell row) to get a good lat prestretch. Do sets of 8 until you can barely get 8 with good form. We will count this as 3 total work sets. 3 total work sets.

Goal – Get blood flowing and pump your lats

Straight arm pulldowns

You can use whatever attachment you like best on these. I like the 4 inch grenade from EliteFTS, but the rope or even curl bar attachments work well also. Do 3 sets of 10 perfect reps squeezing your lats through the whole range of motion. This will also be a nice low lat pre-exhaust for your next exercise. 3 total work sets.

Goal – Supramax pump

Rack pulls

Pull from midshin. Do sets of 3 until you can barely get 3! Stand up straight with the weight and try to flex your whole back, and then lower to pins and set the weight down. Each rep is a dead-stop rep, no bouncing off the pins. We will call this 3 work sets too. 3 total work sets.

Goal – Train explosively

Smith row

Keep your elbows up on these so we get more focus in rhomboids and midback. Do 4 perfect sets of 8 reps. Squeeze hard at the top. 4 total work sets.

Goal – Supramax pump from stretch position

Banded hyperextensions

Do 3 sets to failure using a band. When failure hits with band, drop the band and keep going with bodyweight. 3 total work set.

Goal – Supramax pump in your spinal erectors

NOTE: If you have a grey average band from EliteFTS, I want you to do 120 total reps of BANDED GOOD MORNINGS any way you can instead of the hyperextensions. These aren't done with a barbell, and can be found on my YouTube channel under the band playlist.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=495&pid=248>

Biceps - 14 sets / Triceps - 12 sets

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

Rope pushdowns

Keep your hands right against your body and stand up straight. On these you are going to do 10 flexes, basically let the weight come up about halfway then drive it right back down, and then let the weight come up all the way so your tricep is stretched good, and just work the top half for 10 reps. So each set will be a total of 20 reps. Do 4 sets like this. 4 total work sets.

Dips between benches

I prefer you use weight on your lap on these, and add each set. Go down nice and controlled and build up weight each set. Shoot for 10 reps a set and do 4 sets. 4 total work sets.

Here is what I did as reference:

- 1 45 lb plate on my lap x 10
- 2 45 lb plates on my lap x 10
- 3 45 lb plates on my lap x 8
- 2 45 lb plates on my lap x 10

Lying extension

Lower these with a 3 second descent nice and slow. On each set try to get more of a stretch. Do 4 sets of 15 and your triceps should be toast. 4 total work sets.

Barbell curl

Do 5 sets of 10 with 20 second rest breaks between each set. The last 2 sets will be excruciating. 5 total work sets.

EZ bar preacher curl

Take your time in between sets on these. Simply do 5 sets of 6 but do these with a 3 second descent too and flex at the top of every rep! 5 total work sets.

Machine curl

Do 3 sets of 8 nice and slow and flexing, and then do a drop set with 2 drops, and then partials to complete failure. So for example on the drop set, maybe you drop it 10-20 lbs each time and do another 6 to 8 reps. After two drop just try and hit like 10-15 extra partials. 4 total work sets.

Week 8

Legs – 17 sets:

Seated leg curls

Do plenty of warm up sets then we are going to use some higher reps today to pump hams. Your first set will be 20 reps. On the second set add a little weight and do 15. On your 3rd and 4th sets I want you to do 10 reps. Nothing fancy just perfect reps. 4 total work sets.

Goal – Activate and pump hams

Leg press

Remember those duck stance type leg presses you did last week? We are going to do those again this week. You will really feel these in your ham glute tie ins also. Work your way up doing sets of 10 and just keep going until you can't get 10. Remember that your knees should be traveling outside your torso and aligned perfectly with your feet. If your legs are coming straight down into your chest you aren't doing these right. You won't be able to use as much weight with the duck stance. We will do this 3 work sets. 3 total work sets.

Goal – Activate and pump quads

Leg extensions

Do sets of 8 here pyramiding up until you can't do 8. Now only work the top half of these and hold the flexed position for 2 seconds on every rep. Also point your toes backward toward you so that you engage rectus femoris/upper quads hard. We will call this 3 sets too. You should be pretty strong on these. 3 total work sets.

Goal – Supramax pump

Squats

Your legs are going to be pretty blown up at this point so we are going to do 3 sets of 15 here. The main thing I am looking for here is constant tension. Don't lock out, just go up and down, bang these out like a piston. Use a slightly wider than shoulder width stance with toes slightly turned out. 3 total work sets.

Goal – Supramax pump

Barbell stiff legged deadlifts

Lower these nice and slow. Keep the bar in tight against you and push your hips back. Don't overstretch. Each set you will get a little more flexible. Do 4 sets of 8. Come all the way up and flex your glutes. 4 total work sets.

Goal – Work a pumped muscle from the stretched position.

Chest - 12 sets / Shoulders – 10 sets

Machine press

Get plenty of warm ups in, and then do sets of 8 with a hard flex on each rep working your way up until you can barely do 8 reps. We'll call this 3 working sets. Try to change your grip this week. For instance last week if you did these with a neutral grip, use a machine where your grip is pronated this time or vice versa. 3 total work sets.

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

Incline barbell press

Working our way up doing sets of 6 on these. Keep going until you can barely get 6. Do not let the bar come all the way down, and don't lockout. Heavy weight and high tension! The first few sets should be explosive. We will call this 3 working sets. 3 total work sets

Goal – Train explosively

Flat dumbbell press

You are going to crank on these too. Don't lock these out either. Do 3 sets of 8 with constant tension. 3 total work sets

Goal – Supramax Pump

One arm peck dec flies

As the name implies, do pec deck one side at a time. Do 10 reps on one side, and then 10 on the other. I will be doing a video of this soon for my YouTube. Do 3 sets of 10. 3 total work sets.

Goal – Work a pumped muscle from the stretched position.

Dumbbell side laterals

Do these with that slight little tilt forward I talk about so that it is a rear and side delt combo exercise. Don't bend over, just tilt down a little bit. You will feel a really hard contraction in delt doing these like this. Do 4 sets of 10. 4 total work sets.

Goal – Supramax pump

Rear delt cable pulls

On these I am setting the pulley up to pull from a high position. You will do all reps on one side, and then switch arms. You grab the pulley and stand away from the machine a little. This will give your rear delt more range of motion than usual. I will film these for my YouTube soon as well so you can see. Do 4 sets of 10. 4 total work sets.

Goal – Supramax pump

Barbell front raises

Just use a barbell and raise it straight out in front of you to eye level for front delts. Do 2 sets of 10. 2 total work sets.

Goal – Supramax pump

Back - 17 sets

Smith bent over rows

Set the stops in the Smith machine up so that the bar only goes to midshin. Pull these into your belly button and hold for 1 second squeezing your entire back! Do sets of 8 and just keep going up until you can barely get 8. These felt unbelievable this week. It is a short range of motion, but the tension is awesome. We will call this 3 working sets. 3 total work sets.

Goal – Get blood flowing and pump your lats

Stretchers

Do 4 sets of 8 here. If you need a form refresher please view on my YouTube. Remember to duck your head as you straighten your arms and stretch your lats. 4 total work sets.

Goal – Supramax pump

Dumbbell pullovers

Do 4 sets of 10. 4 total work sets.

Goal – Work muscle from a stretched position

Dead-stop dumbbell rows

Your lats should be full of blood. Make sure you are stretching good on these too. Use perfect form. Set the weight down, and drive your elbow up. Do 4 sets of 8 like this. 4 total work sets.

Goal – Train explosively

Hyperextensions

Just use your bodyweight and see how many reps you can get on both sets! 2 total work sets.

Goal – Supramax pump in spinal erectors

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.

Vbar pushdowns

Tilt your body forward a little (bend down) and drive the bar straight down out in front of you (not right by your body – sort of away from it). Do 4 sets of 15 once warmed up good. 4 total work sets.

Pronated kickbacks

We haven't done these in a while. See my youtube if these are new to you. It is critical that palms be facing up toward ceiling when your arm is locked out, this is not a typical kickback. Do 4 sets of 8 with a hard flex in the contracted position. 4 total work sets.

Incline lying extension

Lower these with a 3 second descent nice and slow like last week, but allow the bar to come behind your head for an awesome stretch a little more each set you do. Do 4 sets of 10 and your triceps should be toast. 4 total work sets.

Hammer curl

Start off biceps with 4 sets of 10 here and flex your arms hard through the entire rep! 4 total work sets.

Barbell curl

Do these with a nice long 3 second descent too. After you do 8 reps, do 4 partials out of the bottom. Do this on all sets! 4 total work sets.

EZ bar preacher curl

Normally we never really use a full range of motion on these. Use a very light weight today and actually let your get about 95% straight. The weight should not put pressure your elbow or bicep insertions at all. Do 4 sets of 20 reps like this with 60 second breaks! 4 total work sets.

Week 9

Legs – 17 sets:

This week was a very basic grinding and heavy kind of week on legs.

Lying leg curls

Do plenty of warm up sets then do sets of 8 until you hit a weight you can't quite get 8 with. On that last set then tack on 20 partials. We will call this 3 total work sets. 4 total work sets.

Note: I actually put a couple of chains on the leg curl to make the contraction harder on these – feel free to do so if you can.

Goal – Activate and pump hams

Leg press

Just work your way up doing sets of 10 until you can't hit 10. Nothing fancy, just keep knocking them out. Use whatever foot placement that makes you the strongest. We will call this 3 sets. 3 total work sets.

Goal – Activate and pump quads

Smith lunges

On these, do all your reps on one leg, and then do the other leg. Keep tension on glute ham tie in and you will feel in quads to just do to previous exercises. The goal is to really hammer that lower glute upper ham. Do 4 sets of 10 on each side. 4 total work sets.

Goal – Supramax pump

Squats

Do sets of 6 on these. Take your time going down and use a 3 second descent. Just find a good weight that feels solid, and do 4 sets of 6 with it. At no point should you fail or come close to failing on these. These need to be solid with perfect form. 4 total work sets.

Goal – Supramax pump

Barbell stiff legged deadlifts

Use constant tension on these. Do not lock them out at top. Keep the tension on your hams. Take your time lowering the weight, and keep the bar in tight against you. Do 2 sets of 15. 2 total work sets.

Goal – Work a pumped muscle from the stretched position.

Chest - 13 sets / Shoulders – 12 sets

Decline dumbbell press

On these just use a slight decline. Lower the weight with controlled form and drive to $\frac{3}{4}$ lockout, then come right back down. Keep tension on the lower pecs. Work your way up doing sets of 8 until you can't do 8 anymore. We will call this 3 working sets. 3 total work sets

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

Incline barbell press

These are going to be done rest/pause style with a twist. Do not rest on chest. As usual only go down to an inch or two above chest, but then pause for a quick send and drive up. Don't try to break any world records with this pause technique. Use a weight you can handle. Take your time working up doing sets of 6. Do plenty of sets. Once you get to where the 6 is extremely difficult, that will be your last set. We will call this 3 working sets. 3 total work sets

Goal – Train explosively

Barbell bench press

Just do solid sets of 6 up to a weight where the 6 is all you can do. Remember, you won't be able to set any PR's at this point, as your chest will have already been worked really hard. Do one light set to groove the groove, and then do 4 work sets with a small weight increase each time. 4 total work sets

For example, here is what I did:

135 x 6 (feeder set)

185 x 6 (work set)

210 x 6 (work set)

225 x 6 (work set)

245 x 6 (work set)

That was all I could handle at this point!

Goal – Supramax Pump

One arm peck dec flies

Do these again this week! I have video up on YouTube of this now! Do 10 reps on one side, and then 10 on the other. Do 3 sets of 10. 3 total work sets.

Goal – Work a pumped muscle from the stretched position.

Rear delt cable pulls

Do these first this week. I also now have this one up on YouTube so you can see form better. On these I am setting the pulley up to pull from a high position. You will do all reps on one side, and then switch arms. You grab the pulley and stand away from the machine a little. This will give your rear delt more range of motion than usual. Do 4 sets of 10. 4 total work sets.

Goal – Supramax pump

Barbell front raises

Just use a barbell and raise it straight out in front of you to eye level for front delts. Do 4 sets of 10. 4 total work sets.

Goal – Supramax pump

Cage presses

Finish your delts of with 4 explosive sets of 6 on these. Drive the weight up hard, lock it out, and flex! 4 total work sets.

Goal – Train explosively

Back - 17 sets

One arm barbell rows

Do a few warm up sets then crank out hard sets of 8. Work up to the weight, then stay there and do 3 sets with it. 3 total work sets.

Goal – Get blood flowing and pump your lats

Chins (with assist machine if needed)

Do strict reps on these. I would like to see 6 to 8 reps minimum. I actually use the assist machine when I do these and I make these ultra strict. Typically I would use a neutral grip with palms facing each other, but use a pronated grip this time! Do 4 sets. 4 total work sets.

Goal – Supramax pump

Rack pulls

Do these from mid-shin. I want you to really focus on staying tight and flexing your lats as you do these. Don't just move the weight from point A to point B. When I do these I only max out at about 315 to 365 for 6. Pyramid up doing sets of 6 until you can't go heavier or your form will be compromised. Take smaller weight increases so you get plenty of work sets in. We will call this 3 working sets. 3 total work sets.

Goal – Supramax pump

Low cable rows

Your lats should be full of blood, pull the weight back and squeeze as hard as you can for a second! Do 3 sets of 8 like this. 3 total work sets.

Goal – Supramax pump

Barbell shrugs

Use a moderate weight and do 2 sets of 25!! 2 total work sets.

Goal – Supramax pump

Banded hyperextensions

Do 2 sets to failure. Your spinal erectors already had some work on rack pulls, so we stick with two sets. 2 total work sets.

Goal – Supramax pump in spinal erectors

Biceps - 20 sets / Triceps - 16 sets

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

Rope pushdowns

We are going to move fast on this exercise today. Only take 30 second breaks. I want you to do 6 reps with a flex at the bottom on each rep. Do 8 sets like this. 8 total work sets.

Bench dips

Ok you should have a nice pump in your tris now so we are going to do some bench dips. On these try to add 45 lb plates on your lap each set. I want you to come close to failing at about 10 reps. Lower yourself slowly on these. Make your triceps scream. 4 total work sets.

JM press

These are the presses where you sort of combine a lying extension with a close grip bench. I have some video on my channel of these (with bands in the Smith machine). Just do these on a flat bench, and keep the weight moderate so you don't wreck your elbows. The stretch will feel awesome. Lower the bar to around your nose with elbows flared. Do 4 sets of 10 4 total work sets.

Barbell curl

Ok just like this triceps we are going to start off with moving fast. Do 8 sets of 6 here to squeezing hard throughout the rep and only taking 30 second rest breaks. 8 total work sets.

EZ bar preacher curl

Just crank out 4 sets of 8 on these with perfect form. Flex hard at the top for a peak contraction. 4 total work sets.

EZ bar reverse curl

On these you are going to do what you did on regular curls scheme wise but bump the reps to 8. So 8 sets of 8 with 30 second breaks. This will complete the destruction of your arms for the day. 8 total work sets.

Week 10

Legs – 15 sets:

This week was a very basic grinding and heavy kind of week on legs much like last week.

Lying leg curls

Do plenty of warm up sets then do 3 good solid sets of 8. On your 4th set, do 6 reps, drop some weight and do 6 more, drop the weight and go balls out to failure with partials. 4 total work sets.

Note: I put a couple of chains on the leg curl to make the contraction harder on these again this week – feel free to do so if you can.

Goal – Activate and pump hams

Leg press

Just work your way up doing sets of 10 until you can't hit 10 like last week. The difference is in foot position. Place feet somewhere in middle of platform and turn toes out. Now as you lower weight your knees should go outside your body, not straight down into your rib cage. This will dig into ham and glutes more. Control the weight on the way down with a 3 second negative. Make sure your knees and feet line up as you lower the weight. We will call this 3 work sets. 3 total work sets.

Goal – Activate and pump quads

Smith squats

We are going to do a lot of volume on these this week. Do a few feeder sets to get you to a weight that is a pretty tough 8. Stay there and do 5 sets of 8 with it. Make sure your feet are out in front of you. This will hit your quads similar to a hack squat. Go down to parallel too. 5 total work sets.

Goal – Supramax pump

Leg extensions

Do a few feeder sets to get to a heavy weight and then do 3 sets of 6 with the heavy weight. Work the top half of the movement and hold each rep for 3 seconds and squeeze as hard you can. Stretch your quads between sets on these. Do 30 second quad stretches. 3 total work sets.

Goal – Supramax pump

Chest - 15 sets / Shoulders – 9 sets

Machine press

On these I want you to work your way down the stack doing sets of 10. The only rep you lockout and hold/flex is the last rep on each set. Keep going until you can't get 10 reps. Don't take huge jumps in weight. I want 3 of the sets to be pretty intense. Only the last one should be true failure. 3 total work sets

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

Incline smith press

Set the incline to a pretty low angle. On these you are going to do continuous tension, so no locking out, and as always don't touch your chest on inclines. Do sets of 8 until you get to a top end weight you can barely do 8 with. On that set, I want you to do 2 drops. Shoot for 8, drop the weight and do 8, and then one more drop to failure. We will count the last 3 sets as working sets. 3 total work sets

Here is what I did as an example:

135 x 8 (warm up)

185 x 8 (warm up)

225 x 8 (work set)

275 x 8 (work set)

315 x 8 – 225 x 8 – 135 x 12 (work set)

Goal – Train explosively

Flat dumbbell press

On these we are going to continue with continuous tension. Do not lock these out. Shoot for 15 reps though. Really drive blood in there. So pick a weight and do 3 sets of 15 with it. 3 total work sets

Goal – Supramax Pump

Superset

One arm peck dec flies

Do 4 reps on one side, then 4 on the other, repeat both sides, and then repeat both sides and do 2 on each side. It sounds complicated but it's just 10 reps per side total, think 4 with your left, 4 with your right, 4 with your left, 4 with your right, 2 with your left, 2 with your right. I have video so you can see what I mean.

Stretch pushups

Go to failure! Go ALL OUT. (<http://www.youtube.com/watch?v=YSvSAkCvanc>)

Do 3 supersets for 6 total work sets.

Goal – Work a pumped muscle from the stretched position.

Dumbbell side laterals

Just basic side laterals taken up to eye level. Work pretty quickly on these though. Let your partner do their set, then bam right back at it. Do 4 sets of 10. 4 total work sets.

Goal – Supramax pump

Reverse peck dec/machine rear delts

Let's crush rear delts. Do 4 sets of 30. Your rear delts will be completely numb...on fire.. 4 total work sets.

Goal – Supramax pump

Spidercrawls

I want you to summon every ounce of strength left in your delts and go up and down wall for 75 seconds ok. 75 seconds is the goal. Do it. 1 total work set.

Goal – Supramax pump

Back - 21 sets

Prone shrugs

I did these lying on an incline bench like in the YouTube video, but you can use other variations such as on a Hammer low row, or Supported chest Tbar row. Doing these first really allows you to focus on mid and lower traps. Do 3 sets of 10. Do a 4th set where you do one drop. So do 10 reps, drop the weight and do 10 more. 4 total work sets.

Goal – Get blood flowing and pump your lower traps

Cable rows

Do these with single pulley handles (individual handles like you would use with cable crossover). Keep your elbows in tight and squeeze your lower lats as hard as you can on every rep. Do 3 sets of 8, and then do a 4th set where you do one drop. On that set do 8, drop the weight and do 8 more. 4 total work sets.

Goal – Supramax pump

Away facing pulldowns

This is where you sit in the lat pulldown facing away and drive your elbows straight down flexing your lats. Use a closer grip type handle, nothing wide. There is video of this on my YouTube if need a form refresher. Do 3 sets of 10. 3 total work sets.

Goal – Supramax pump

Dumbbell pullovers

Do our standard pullovers for 3 sets of 12. 3 total work sets.

Goal – Supramax pump

Dumbbell rows

This is brutal doing these this late in routine. Use perfect form and make sure you get an awesome stretch on each rep. Do 3 sets of 8. 3 total work sets.

Goal – Supramax pump

Barbell stiff legged deads

Work up to 4 hard sets of 8 reps. Come up all the way and flex glutes. Use 25 lbs plates to get a better stretch. 4 total work sets.

Goal – Supramax pump in spinal erectors and hamstrings and glutes

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.

Vbar pushdowns

You can slow it down from last week! Just a normal 4 sets of 15 here today. No locking out, keep constant tension on the muscle. 4 total work sets.

Seated rope extensions

Facing away from the machine, do 4 sets of 10 on these. On the last set, put out 10 little partials out of the stretched position too. 4 total work sets.

Incline lying extension

Use a little bit of a lighter weight and let the weight get behind your head for a nasty stretch. Do 4 sets of 12 here. 4 total work sets.

Barbell curl

Do 4 sets of 6 using a 3 second descent. On the last set tack on 8 partials out of the bottom too. 4 total work sets.

EZ Incline dumbbell curls

Lay back on an incline bench with arms hanging down by your side and do 4 sets of 10. Use a nice slow 3 second descent on these too. Try to keep your elbows pinned against you, and don't turn this into a swinging front delt exercise. 4 total work sets.

Cross body hammer curls

4 sets of 10 with each arm. Squeeze every rep hard for 1 second at the top! Your biceps should be screaming while you do these! 4 total work sets.

Week 11

Legs – 18 sets:

Lying leg curls

After 3 or 4 sets of warm up, do 3 good solid sets of 8, and then on your 4th set, do a drop set. Do 8, drop the weight and do 8, then drop the weight again and go to complete failure. 4 total work sets.

Goal – Activate and pump hams

Leg press

Do sets of 10 on the way up, and just keep going until you barely get your 10. Then I want you to do one more set. I want you to cut the weight in half for your last set. So if you worked up to say 8 plates on each side, then do this set with 4. I want you to use a very close stance in the middle of the platform for your teardrop/VMO and pump out 40 straight reps. Do what you have to do to get the reps. Don't stop. You should have an unbelievable pump after this set. We will say this is 3 work sets total. 3 total work sets.

Goal – Supramax pump

Hack squat or Smith squat 1.5's

I prefer you use a hack squat but if you don't have one use a Smith machine with your feet out in front of you. We are doing 1.5's. This means you lower the weight nice and deep, only come half way and then go back down, and then come up all the way. This is 1 rep. Do 4 sets of 8 like this. 4 total work sets.

Goal – Supramax pump

Barbell squats

On these I want you to take a sort of wide stance with toes turned out. Sit back and really try to feel these in your vastus lateralis/sweep, and glutes. Lower these slow. Get your mind into the muscle. It won't take much weight after the other stuff you have already done. I only used 225 on these when I did them today. Do 4 sets of 8. 4 total work sets.

Goal – Supramax pump

Barbell stiff legged deads

Do 3 sets of 8 here. Do these like last week. Do not come up all the way. Keep constant tension on hams. Push hips back and maintain arch in your chest. 3 total work sets.

Goal – Work a muscle from stretched position

Chest - 12 sets / Shoulders – 11 sets

Incline dumbbell press

Do this on a very slight incline. On these we are going to continue with continuous tension. Do not lock these out. Shoot for 8 reps. Keep going until you can barely get 8. We will count the last 3 sets as work sets. 3 total work sets

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

Decline smith press

Use a very slight angle here. On these you are going to do continuous tension, so no locking out. Touch your chest on every rep, and fire the weight up to $\frac{3}{4}$ lockout. Do sets of 8 until you get to a top end weight you can barely do 8 with. On that set, I want you to do 2 drops. Shoot for 8, drop the weight and do 8, and then one more drop to failure. We will count the last 3 sets as working sets. 3 total work sets

Goal – Train explosively

Banded hammer press

On these I want you to really focus on the flex. The hard contraction with an already blood filled chest should be intense. Do 4 sets of 6. 4 total work sets

Note: Use the long red mini bands, and flat Hammer is preferable.

Goal – Supramax Pump

Stretch pushups

Do 2 sets to failure! 2 total work sets

Goal – Work muscle from a stretched position.

Dumbbell side lateral swings

Use a heavy weight on these. Tilt your head back and just swing the weight out to the side about 6 inches. Don't try to "lift" it, just swing it. Keep your arms pretty straight. Do 4 sets of 25. 4 total work sets.

Goal – Supramax pump

Reverse peck dec/machine rear delts

Do 4 sets of 15 here. On each rep hold it in the contracted position and flex rear delts for 1 second. 4 total work sets.

Goal – Supramax pump

Over and back press

We haven't done these in a while so if you are unsure of technique please see my YouTube channel! Just barely clear your head and go over and back. Do 3 sets of 10. Over and back equals 1 rep by the way. 3 total work set.

Goal – Supramax pump

Back - 19 sets

One arm barbell row

Work up to 3 good solid sets of 8, and then do a balls out challenge set. I got 23 on my challenge set on this one. Dig down deep. 4 total work sets.

Goal – Get blood flowing in lats

Dumbbell pullovers

Nothing special here, just give me 4 solid sets of 10 reps with our normal style. 4 total work sets.

Goal – Supramax pump

Front pulldowns with close grip

Drive your elbows down and squeeze your lats as hard as you can for 1 second. Let the weight stretch you at the top too. Let's get a nice full range of motion on these. Do 4 sets of 8. 4 total work sets.

Goal – Supramax pump

Barbell shrugs

Hold each rep at the top and flex for two seconds. Do 3 sets of 12. 3 total work sets.

Goal – Supramax pump

Machine or Tbar rows

I want this row to be done with a pronated grip and elbows up so it's more trap and rhomboid. Hold at the top for a split second and flex. Do 4 sets of 8. 4 total work sets.

Goal – Supramax pump

Banded hyperextensions

Do 2 sets to failure. 2 total work sets.

Goal – Supramax pump in spinal erectors

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.

Seated dumbbell curl

Keep your palms up and flex hard at the top for 1 second on each rep. I prefer to do all the reps on one arm, and then move to the other arm. Do 4 sets of 8. 4 total work sets.

EZ bar preacher curls

On these I want an isotension hold for 5 seconds on each rep in the middle of the movement. You are doing sets of 4. Don't get silly and try to use a ton of weight. So lower the bar to the halfway point and hold for 5 seconds then go down a little and come back up all the way. That's one rep. Do 4 sets of 4 like this. 4 total work sets.

Barbell reverse curls

Do 4 sets of 12 here using a nice full range of motion. 4 total work sets.

Rope pushdowns

Nothing fancy here, do but I want higher reps to prep you for next exercise. Do 4 sets of 20. Use constant tension, no locking out and flexing at bottom. 4 total work sets.

Lying extension

I want these to be isotension style like the EZ bar preacher curls you did. Lay on a flat bench. Lower the weight half way and hold for 5 seconds. Then go down a little and back up to the top for 1 rep. Each set should be 6 reps. Do 4 sets of 6. 4 total work sets.

Close grip pushups

Use a shoulder width hand spacing and keep your elbows in nice and tight against your body. Do 4 sets to failure. 4 total work sets.

Week 12

Legs – 16 sets:

Standing leg curls

After you warm ups, today we will only be doing straight sets on these. Do 4 sets of 10 with perfect form. Have someone gently hold your back against the pad so you don't raise your hips. 4 total work sets.

Goal – Activate and pump hams

Squat

Today we are just working up to a heavy set of 6. Do these explosively. Keep going up until your 6 is a grinding set, and then call it a day on these. We will count the last 3 sets as work sets. 3 total work sets.

Goal – Train explosively

Leg press

Put your feet close together in the middle of the platform and let's crush your teardrop/VMO. Pump out 3 sets of 30. Try to not stop during the set, and do not lockout! 3 total work sets.

Goal – Supramax pump

Smith lunges

In the Smith machine do one leg at a time for all reps, then switch legs. Do 3 sets of 10 on each side. Go down nice and deep on these, you should feel a really good stretch in hips and quads. 3 total work sets.

Goal – Supramax pump

Dumbbell stiff legged deads

Do 3 sets of 12 here. Come up all the way and flex your glutes. Push hips back and maintain arch in your chest. 3 total work sets.

Goal – Work a muscle from stretched position

Chest - 12 sets / Shoulders – 10 sets

Banded hammer press

After a few warm ups I want 3 very explosive sets of 8 here, where you lock out and flex your pecs as hard as you can too. Remember to not let your elbows go back past 90 degrees. Ram the weight up and flex! 3 total work sets

Note: Use the long red mini bands, and flat Hammer is preferable.

Goal – Get blood flowing in pecs, and train explosively

Incline smith press

Use a very slight angle here. On these you are going to do continuous tension, so no locking out. Stop and inch or two short of touching your chest on every rep, and fire the weight up to $\frac{3}{4}$ lockout. Do sets of 8 until you get to a top end weight you can barely do 8 with. On that set, I want you to do 2 drops. Shoot for 8, drop the weight and do 8, and then one more drop to failure. We will count the last 3 sets as working sets. 3 total work sets

Goal – Train explosively

Dumbbell flat press

It won't take much weight on these. Do 4 sets of 8. Lower the weight slow and stretch, then fire the weight up and flex for 1 second. 4 total work sets

Goal – Supramax Pump

Stretch pushups

Do 2 sets to failure! 2 total work sets

Goal – Work muscle from a stretched position.

Dumbbell side laterals

No swings this week. Just regular side lats but bring the dumbbell up a little higher to above head (out to the side). Do 4 sets of 10. 4 total work sets.

Goal – Supramax pump

Reverse peck dec/machine rear delts

Do 3 sets of 30 here. The weight should be so that you can get about 18-22 good reps, and then I want you to push yourself and get to 30 by extending the set with partials. 3 total work sets.

Goal – Supramax pump

Cage press

Do 3 sets of 6 here. Remember these should be explosive and not grinders! 3 total work set.

Goal – Train explosively

Back - 17 sets

Low cable row

Keep your elbows in nice and tight and really try to flex your lower lats. You don't have to hold and flex these, but do try and really keep them tight through the whole rep. Do 4 sets of 10. 4 total work sets.

Goal – Get blood flowing in lats

Single arm pulldowns

This is the supinated version where you do all reps on one side and then do the other. Make sure you lean back and then remain stationary, and just drive your elbow down and flex your lower lats at the bottom as hard as you can. At the top you can turn your hand back over to a pronated position and really reach and stretch your upper lats too. Do 4 sets of 8. 4 total work sets.

Goal – Supramax pump

Rack pulls

Now we just hammered away at your lower lats and these will continue that. These are not mean to be heavy grinders. Keep your arms straight and stand up with the weight and flex your back hard. Think about actually pushing your elbows backwards as you flex. Also lower the weight slowly and carefully while remaining extremely tight. Do 4 sets of 6 like this. Start the pull from midshin, and dead stop each rep, no bouncing. 4 total work sets.

Goal – Supramax pump

Chins

I use a cheater/assist machine on these with a counterbalance. Do these real slow with a wide grip stretching your lats and actually flexing them to pull you up (not pulling up with arms). I use about 90 lbs of counterbalance weight on these fyi, and do about 8 reps per set. Shoot for 3 sets of 8. 3 total work sets.

Goal – Supramax pump

Banded hyperextensions

Do 2 sets to failure. 2 total work sets.

Goal – Supramax pump in spinal erectors

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.

Superset #1

Rope pushdowns

12 reps with a hard flex at the bottom.

Seated dumbbell curl

Keep your palms up and flex hard at the top for 1 second on each rep. I prefer to do all the reps on one arm, and then move to the other arm. Do 8 reps on each arm.

Note: Use the Grip4orce on these if you have them.

4 supersets for 8 total work sets.

Superset #2

Barbell curls

Do sets of 8 with a hard flex and hold at the top for one second of each rep. 4 total work sets.

Rope extensions

These are where you bend over to 90 degrees facing away from the machine and do extensions with the rope. Do sets of 12 here.

4 supersets for 8 total work sets.

Superset #3

Incline lying extensions

Do sets of 12 here.

Hammer curls

Finish strong with 15 reps on each set of these. Your arms should be on fire!

4 supersets for 8 total work sets.

Calves

For calves you are going to alternate the routines listed below. Shoot for 2 days of each weekly if you really want your calves to come up.

Routine #1 — Monster Calves

Superset

Standing calf raises

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

Dorsiflexion

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

NOTE: You can occasionally alternate seated calves in place of the standing calves raises for the same rep scheme. Also, once every other week I want you to do this for your calf routine to shock them!

Superset

Standing calf raises

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

Dorsiflexion

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

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

Do this every week, try to pick exercises that you didn't do earlier in the week.

1st exercise - choose one of the following:

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

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

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>

2nd exercise - choose one of the following:

1. Dumbbell pullovers
2. Straight arm lat pulldowns.

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

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>

3rd exercise - choose one of the following:

1. Regular pulldowns
2. Neutral grip pulldowns (palms facing each other but shoulder width)
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>

4th exercise - choose one of the following:

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

Do 4 sets of 10.

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

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

Optional Leg workout – 18 sets

You now have two choices here!

Option #1

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

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

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

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

135 x 10 - warm up

185 x 10 warm up

225 x 6

245 x 6

275 x 6

295 x 6

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

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

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

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

Option #2

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

This workout consists of two exercises.

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

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

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

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

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

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

That's it!

Optional Chest and Shoulder workout – Approximately 20 sets

Goal – The strategy for this workout is very simple. I want you to experience the most massive pump you can get without joint stress. This adds training frequency, but in an intelligent and safe manner, as well as enhanced recovery and local growth factors to the targeted muscle. We do not use barbells, and only rarely dumbbells on this day. I have found that you can mix the order up of these exercises in any way you like, so don't be afraid to experiment!

Here are the 5 chest exercises. **Pick 3.**

Machine press

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

Dumbbell hex press

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

Pec minor dips

Do all your sets to failure here. See how hard you can flex your pecs as you lift yourself up. Remember to drive blood in there.

Machine flies

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

Press fly dumbbell combination

On these, they are neither a true fly 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

————— END —————

