

Program 14 – The Honey Badger

Fearless, tough, and relentless, all words to describe the Honey Badger, and words that will be used to describe you as you pound through this program.

This program is being built right after the 2013 Master's Nationals. I am building this to once again challenge my physical limits therefore YOURS, and to also add in some twists to the basic structure of the program.

One of the differences you will see with this program is the inclusion of occlusion/blood flow restriction training. I have heard about this training technique for years, and scientific data continues to mount that it is effective. I by no means have this technique perfected, but I am 100% confident it will result in gains and we are going to use it and perfect it as we go. Here is an interview with Jeremy Loenneke, the foremost expert on this technique, so you can gain a greater understanding of it. This is on my member website.

<http://express.mountaindogdiet.com/interviews/Jeremy-Loenneke.php>

And here is a well done paper on the subject.

<http://www.abcbodybuilding.com/ABCocclusionpaper.pdf>

So it's off and running, on another program and more progress!

We are also experimenting with what wraps seem to do the best job.

Here is what we are using for arm work:

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=2156>

Here is what we are using for leg work:

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=3063>

You do not have to use these, in fact if you have a better idea, let me know!

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.

You will notice band work sprinkled into the program. 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

Week 1 – Moderate Volume

Legs – 16 sets:

Lying leg curls – Do 3 to 4 warm up sets. Pyramid up doing sets of 10 until you can barely get 10. Once you get there, and you barely get 10, I want you to drop the weight and do 8, then drop it again and do another 8. We will count this as three work sets. **3 total work sets.**

For example:

75 x 10 – warm up

95 x 10 - warm up

105 x 10 – warm up

115 x 10 – 3-4 reps left in the tank – working set

125 x 10 – Maybe 1-2 reps left in the tank – working set

135 x 10 – barely get 10, then drop to 105 x 8, then drop to 85 x 8. – working set.

Goal – Activate and pump hams

Barbell squats – Work your way up doing sets of 10 as warm ups. We are going to do explosive sets of 6 until we lose speed one you feel warmed up, and then do a challenge set.

Challenge sets are meant to bring out your absolute best, to push you like you have never been pushed.

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 10

185 x 10

225 x 10

275 x 6

315 x 6

365 x 14 (Challenge set – speed compromised so grinded out 14 reps)

NOTE: To enhance the effect of these you can add chains. This will create even more explosiveness. Put 2-3 chains on the inside of the weight (on both sides).

Goal – Train explosively

Leg press – Do a few feeder sets to get to a solid weight and then knock out 3 sets of 20 with it. When you do your sets of 20 do not lock them out. I want constant tension and an insane pump. Take plenty of rest between sets. I am trying to torch your quads here so use a stance that is not too wide or high up on platform. **3 total work sets.**

For example:

4 plates a side x 6 (feeder set)

5 plates a side x 6 (feeder set)

6 plates a side for 3 x 20 (work sets)

Goal – Supramax pump

Barbell stiff legged deadlift – On these use 25 lb plates to allow for a better stretch. Don't force the stretch. Just go a little lower each set. Keep the bar in nice and tight against you and push your hips back as you descend. Do 3 working sets of 10. **3 total work sets.**

Goal – Work a pumped muscle from a stretched position

Occluded leg extensions - Wrap knee wraps around the top of your thigh, very high up by your groin. Wrap them with a perceived tightness of 7 out of 10. Do not wrap so tight it hurts. You are going to use a very light load and shoot for 4 sets of 15 with 30 second breaks. Keep the knee wraps around your leg until you complete your last set then you can take them off. I will have video up for these soon! **4 total work sets.**

For example, this is what I did on these:
85 lbs x 15

I did not get all reps on the last set, as my quads were in an insane amount of pain from the pump. Normally I might do over 200 lbs on these for sets of 10.

Goal – Occlusion (BFR – blood flow restriction training)

Chest - 12 sets / Shoulders – 9 sets

Flat dumbbell press – Do plenty of warm up sets of 8 on the way up. Keep doing sets of 8 until you can't get 8. We'll count the last 3 sets as working sets. Lower the weight in a controlled manner and actually keep your muscle flexed as you lower the weight to increase tension even more. Get a great stretch and drive it to ¾ lockout, and then come right back down. We will count the last 3 sets as work sets. **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.

Smith incline barbell press – Try to use a slight angle on these if possible. Lower the bar to about 2-3 inches off your chest. Do not lock out. The bar should be lowered in the upper region of chest so that elbows are pointing straight down as you lower weight and not excessively internally or externally rotated.

These are what I call double sets. You will do a certain number of reps, then rack the weight and count to 10, and then do some more. The first part of the double set needs to be explosive. The second half will likely be more grinder like and that's ok. We are going to do 3 total work sets. Look below at the rep scheme with example weight. **3 total work sets**

Rep scheme and example weight:

135 x 1 (warm up set)

185 x 10, rack the weight, count to 10, do 6 more reps. (work set) – **10/6**

225 x 8, rack the weight, count to 10, do 5 more reps. (work set) – **8/5**

255 x 6, rack the weight, count to 10, do 3-4 more reps. (work set) – **6/3-4**

Goal – Train explosively on first half, supramax pump on second half

Flat bench press – I want 3 sets of 8 reps. On every rep pause on your chest for a split second. Drive the weight up to $\frac{3}{4}$ lockout. Don't be surprised if the weight feels extremely heavy after what you just did. It's ok. **3 total work sets**

Goal – Supramax pump

Dumbbell flies – These are just standard dumbbell flies. Do 3 sets of 10. **3 total work sets**

Goal – Work a pumped muscle from the stretched position.

Dumbbell bent over side laterals – Do 3 sets of 25 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. **3 total work sets**

Goal – Supramax delt pump

Seated dumbbell side laterals – Another very basic movement. Do 3 sets of 12 with extremely strict form. **3 total work sets.**

Goal – Supramax delt pump

Over and back press – Check my YouTube if you need a form refresher on these or they are new to you. These will put the final touch on your delts for the day. Over and back is 1 rep. Do 3 sets of 8. These provide an intense burn. **3 total work sets.**

Goal – Supramax delt pump

Back - 16 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

Assisted chins – I have really grown to love these in the last 6 months. I prefer to do these with an assist machine because you can adjust the weight so that your form is impeccable. Honestly all of these herky jerky chin ups I see people doing make me want to snap. Do these ultra strict with a moderate pronated grip. You should try to flex every muscle in your back when contracting, and feel your upper and outer lats stretch when you lower yourself. One more thing, do not go down all the way until your arms are completely straight. Stop just short. Do 4 sets of 8 reps. **4 total work set.**

Goal – Supramax pump

Rack pulls – Pull these from mid shin. I want perfection for form. Flex your entire back as you pull up. Do sets of 3 until you can barely get 3 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 3 (working set – getting heavy)

405 x 3 (working set, could maybe have done 2 more)

435 x 3 (working set – barely got 3)

Goal – Supramax pump in lower lat and spinal erector activation

Cable row with wide grip – On these we will be focusing more on traps and rhomboids. Use a pronated grip and keep your elbows up high. Don't tuck them into your sides. Flex your traps and rhomboids on every rep as you come up. Do 3 sets of 10 like this **3 total work sets.**

Goal – Supramax pump

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

Goal – Supramax pump in your spinal erectors

Biceps - 13 sets / Triceps - 12 sets

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

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

Seated dumbbell curl – Lower the weight with a 3 second descent. Flex hard at the top for a second. Do sets of 6. Keep your palms up the entire time. Do these one arm at a time. Try to use a moderate weight, still something you can control on the descent. Do 3 sets like this. **3 total work sets.**

Reverse curl – Do 3 sets of 12 here and try to get a good full range of motion on these. **3 total work sets.**

EZ bar preacher curl – Do 3 sets of 8 here. Do not straighten arms out all the way. Flex at the top for 1 second on each rep. Keep your arms flexed as you lower the weight too. We want maximum tension. **3 total work sets.**

Occluded ez bar/barbell curls - Place wraps as high as you can on your arm up by your shoulder. You want the wraps to stay on top of your bicep through the entire set. Use a light weight and do 4 sets of 15 with 30 second breaks. You can take the wraps off after the last set. You should be wrapping with a perceived tightness of 7 out of 10. **4 total work sets.**

Goal – Occlusion (BFR – blood flow restriction training)

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 3 sets of 20 here to get blood moved over into tricep from bicep. **3 total work sets.**

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 ¾ lockout and then come right back down. Do 3 sets of 8. **3 total work sets.**

Lying extension – On these just knock out 3 sets of 12 with solid form. Try to get a little bit more of a stretch each set you do, as your elbows will feel better and better. I like to take the bar behind my head on the last sets for a really good stretch. **3 total work sets.**

Occluded rope pushdowns - Ok back to pushdowns but let's wrap the top of your arm again. You have to get the wrap real high up on the elbow to keep your bicep from popping below the wrap on these. This will take some practice so don't get frustrated if it doesn't work right the first time. We'll perfect this over the coming weeks. Do 3 sets of 15 with 30 second breaks. **3 total work sets.**

Week 2

Week 2 – Moderate Volume

Legs – 16 sets:

Barbell stiff legged deadlift – We are going to mix it up a little on hams today and start with the stretch movement first. On these use 25 lb plates to allow for a better stretch. Don't force the stretch. Just go a little lower each set. Keep the bar in nice and tight against you and push your hips back as you descend. Come up to $\frac{3}{4}$ lockout only. Pyramid up until you can barely hold your form for 8. We will count the last 3 sets as working sets. **3 total work sets.**

For example:

95 x 15 (warm up)

155 x 15 (warm up)

185 x 8 (working set – still a few reps left in the tank)

205 x 8 (working set – still a few reps left in the tank)

225 x 8 (working set – barely got 8)

Goal – Work a pumped muscle from a stretched position

Leg press – Simply do sets of 10 all the way until you get to a weight you can barely do for 10. Do not lock these out. Keep constant tension on these. Use a 3 second descent on ALL sets. We will count the last 3 sets as working sets. **3 total work sets.**

Goal – quad activation and supramax pump

Barbell squats – On these you will do a feeder set or two to get to a moderate weight, and then do 3 sets of 15 with it. Go to about parallel on these. **3 total work sets.**

NOTE: If you have a safety squat bar, sub it in for the barbell this week on squats.

Goal – Supramax pump

Walking lunges – On these carry dumbbells and walk. I prefer you do these one leg at a time. This means you lunge down, and bring the trail leg back to where feet are even, and then lunge again with the saem leg going all the way down to your target. Switch legs on the way back and hit the other leg. The target is 12 steps with each leg this week. Do 3 sets. **3 total work sets.**

Goal – Supramax pump

Occluded lying leg curls – Wrap your legs way up high by groin and do 4 sets of 15 here with 30 second breaks. I used about half of what I normally do for 10 on these. When you are done you can take the wraps off. **4 total work sets.**

Goal – Occlusion (BFR – blood flow restriction training)

Chest - 13 sets / Shoulders – 10 sets

Decline dumbbell press – Do plenty of warm up sets of 8 on the way up. Keep doing sets of 8 until you can't get 8. We'll count the last 3 sets as working sets. Lower the weight in a controlled manner 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. We will count the last 3 sets as work sets. **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)

NOTE: Women I want to use a flat bench, and not decline.

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

Incline barbell press – On these this week I want you to do sets of 6 and just keep going until you get to a weight you barely get for 6. Remember to not let the weight touch your chest and don't fully lockout. We want constant tension. We will count the last 3 sets as working sets. Make smart jumps in weight so you get a solid 3 working sets. **3 total work sets**

Rep scheme and example weight:

135 x 6 (feeder set)

185 x 6 (feeder set)

225 x 6 (working set – still a couple of reps left in tank)

245 x 6 (working set – maybe a rep or two left in tank)

255 x 6 (working set – barely got 6th rep)

Goal – Train explosively and supramax pump

Banded flat hammer press – I prefer you use a flat hammer machine. A decline one will work too. If no hammer machine try to rig bands up on any machine. Do 4 sets of 6 with a hard flex at the top of every rep. **4 total work sets**

NOTE: Most will need long red pro mini bands for these.

Goal – Supramax pump

Dumbbell flies – Repeat these as you did last week. These are just standard dumbbell flies. Do 3 sets of 10. **3 total work sets**

Goal – Work a pumped muscle from the stretched position.

Reverse pec deck/machine rear delt laterals – Do 3 sets of 25 reps here flexing each rep for a split second in the contracted position. **3 total work sets**

Goal – Supramax delt pump

Dumbbell side laterals – We are going to hit these hard and heavy this week. Do a warm up set or two. Next grab a good weight and do 8 good solid reps and then use a little momentum and cheat another 3 to 4 reps. Do 3 sets like this. **3 total work sets.**

Goal – Supramax delt pump

Cage press – Check my YouTube if you need a form refresher on these or they are new to you. Do 4 sets of 5 on these. Use a weight you can really explode up with. **4 total work sets.**

Goal – Train explosively

Back - 18 sets

One arm barbell 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. This will be your challenge set for the day. **4 total work sets.**

For example:

1 25lb plate x 8 (warm up set)

2 25lb plates x 8 (warm up set)

3 25lb plates x 8 for 3 sets (work set)

Same weight on 4th set but do 18 reps with each side for challenge set.

Goal – Lat activation and supramax pump

One arm supinated pulldowns – Let's crush your lower lats and get them ready for the rack pulls that are coming. Do 4 sets of 8 here on each side. Remember to tilt back a hair and really focus on driving your elbow down and flexing your lower lat. As you drive elbow down you should be supinating wrist. **4 total work set.**

Goal – Supramax pump

Rack pulls phase 1 – Pull these from low to mid shin. I want perfection for form. Flex your entire back as you pull up. Do sets of 3 until you can barely get 3 with good form. We will count the last 3 sets as working sets.

Sets might look something like this:

225 x 5 (warm up)

275 x 5 (warm up)

315 x 5 (warm up)

365 x 3 (working set – getting heavy)

405 x 3 (working set, could maybe have done 2 more)

435 x 3 (working set – barely got 3)

Rack pulls phase 2 – Now move the pins up so that you are pulling from just below the kneecap. Flex your entire back as you pull up. Do sets of 3 until you can barely get 3 with good form. We will count the last 3 sets as working sets.

Sets might look something like this:

455 x 3 (working set)

475 x 3 (working set)

500 x 3 (working set)

6 total work sets between both phases.

Goal – Spinal erector activation

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

Goal – Supramax pump

Hyperextensions – Do 1 set to complete failure with bodyweight only. Shoot for 50 reps. **1 total work sets.**

Goal – Supramax pump in your spinal erectors

Biceps - 13 sets / Triceps - 13 sets

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

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

Barbell curl – Lower the weight with a 3 second descent. Flex hard at the top for a second. Do sets of 6. Try to use a moderate weight, still something you can control on the descent. Do 3 sets like this. **3 total work sets.**

Hammer curl – Do 3 sets of 10 here with a full range of motion, and tack on 6 partial reps out of the bottom on all 3 sets as well. **3 total work sets.**

Close grip supinated chin up – Use can use an assist/cheater machine on these. I only want you to do half reps out of the bottom. Getting up all the way is pretty difficult at this stage of the workout, but doing partials out of bottom should blow your arms up. Do 8 partials out of the bottom, and 3 sets. **3 total work sets.**

Occluded machine curls - Place wraps as high as you can on your arm up by your shoulder. You want the wraps to stay on top of your bicep through the entire set. Use a light weight and do 4 sets of 15 with 30 second breaks. You can take the wraps off after the last set. You should be wrapping with a perceived tightness of 7 out of 10. **4 total work sets.**

Note: If you don't have any bicep machines use a light weight and do preacher curls like this.

Goal – Occlusion (BFR – blood flow restriction training)

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 3 sets of 20 here to get blood moved over into tricep from bicep asap. **3 total work sets.**

Dip machine – Use a dip machine (or do bench dips) for 3 sets of 15. Lower yourself slowly and feel your triceps getting nailed. Don't lock out. Keep continuous tension on the tris. **3 total work sets.**

Incline lying extension – On these do 3 sets of 12 with solid form. Try to get a little bit more of a stretch each set you do, as your elbows will feel better and better. I like to take the bar behind my head on the last sets for a really good stretch. **3 total work sets.**

Occluded seated overhead rope extensions - These are where you are seated with a back support facing away from the cable rack. See my YouTube for further demonstration. Make sure your arms are wrapped way up at the top by the shoulder. Remember, 7 out of 10 perceived tightness. We don't want to keep blood from getting into muscle too; we just want to keep it from leaving the muscle! Do 4 sets of 15 with 30 second breaks with a light weight. **4 total work sets.**

Week 3

Week 3 – High Volume

Legs – 22 sets:

Lying leg curls – We are going to mix it up a little on hams again today! Typically these are done for straight pump. The goal here is to still to pump your hams up, but we are going to do these a little more explosively! Now I want to be clear that I do not want you using a heavy weight and slinging it up, the goal is a slight pump and activation of fast twitch muscle fiber not a tear. I want you to do a good 3 warm ups and have plenty of blood in there first of all. For your worksets you want a weight that you can handle for the prescribed number of reps, while driving your hips INTO the pad and exploding up on these. I like to actually set the pad up a little higher (on the back of my calve) on these so that when I curl up hard, it sort of rolls up my leg is not just on my ankle (as typical). I think that makes these very safe actually. Do 4 sets. I want 15, 12, 10, and 8. Try to keep a good pace going to, no more than 1 minute between sets. **4 total work sets.**

Goal – Train explosively

Leg press – Do plenty of warm up sets here. We are going to go high and wide with toes pointed out on these for hams and upper thighs. Do sets of 10 here. Lower the weight slowly and drive up hard without locking out. I want constant tension. Next you go to squats. On these move the weight up each set.

Supersetted with

Barbell squats – On these I want you to go nice and deep for sets of 6. The weight does not have to be ball busting heavy. I want your legs to be so full of blood it feels like your skin will tear. On these just keep the same weight.

4 supersets for **8 total worksets.**

Goal – quad activation and supramax pump

Here is an example of what it would like.

Leg press 1 plate on each side x 20 / squat 135 x 8 – Warm up set
Leg press 2 plates on each side x 15 / squat 135 x 8 – Warm up set
Leg press 3 plates on each side x 15 / squat 185 x 8 – Warm up set
Leg press 4 plates on each side x 10 / squat 225 x 6 – Work set
Leg press 5 plates on each side x 10 / squat 225 x 6 – Work set
Leg press 6 plates on each side x 10 / squat 225 x 6 – Work set
Leg press 7 plates on each side x 10 / squat 225 x 6 – Work set

Stationary lunges – If you can stand on a box a few inches tall to get a little extra stretch at the bottom do that. I actually like to hold kettle bells when I do these. You just get in the lunge position and do all your reps on one leg getting a maximum stretch and range of motion then switch legs. Do 12 reps on each side for 3 sets. **3 total work sets.**

Goal – Supramax pump

Tbar stiff legged deads – These are a nice stiff legged deadlift variation if you have a Tbar. If not just use a barbell. Do 3 sets of 10 coming up $\frac{3}{4}$ of the way keeping constant tension on your hams. **3 total work sets.**

Goal – Work muscle from stretched position

Occluded leg extension – Wrap your legs way up high by groin and do 4 sets of 15 here with 30 second breaks. I used about half of what I normally do for 10 on these. When you are done you can take the wraps off. **4 total work sets.**

Goal – Occlusion (BFR – blood flow restriction training)

Chest - 14 sets / Shoulders – 13 sets

Flat dumbbell press – Do plenty of warm up sets of 8 on the way up. Keep doing sets of 8 until you can't get 8. We'll count the last 3 sets as working sets. Lower the weight in a controlled manner 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. We will count the last 3 sets as work sets. **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 – On these this week I want you to do sets of 8 instead of 6 and just keep going until you get to a weight you barely get for 8. Remember to not let the weight touch your chest and don't fully lockout. We want constant tension. We will count the last 3 sets as working sets. Make smart jumps in weight so you get a solid 3 working sets. **3 total work sets**

Rep scheme and example weight:

135 x 6 (feeder set)

185 x 6 (feeder set)

225 x 8 (working set – still a couple of reps left in tank)

245 x 8 (working set – maybe a rep or two left in tank)

255 x 8 (working set – barely got 8th rep)

Goal – Train explosively and supramax pump

Decline smith press – Alright let's blow up your chest now. As usual use a very small decline. I prefer an ab bench lowered all the way, or just putting 25 lb plates under the bench by your feet. Do a feeder set, then get to work. I want you to get 12 reps on your first set. On your next set add a little weight and do 10 reps. On your 3rd set add a little weight and do 8 reps. On your 4th set, add a little weight and do 6 reps, then drop the weight down and do 8 more, and then one final drop to complete failure and someone has to peel the weight off your chest. **4 total work sets**

Rep scheme and example weight:

135 x 6 (feeder set)

185 x 12 (working set – one rep left in the tank)

205 x 10 (working set – one rep left in the tank)

225 x 8 (working set – one rep left in the tank)

245 x 6 (then drop weight to 185 and shoot for 8, then drop weight to 135 and go to failure)

NOTE: Women use a slight incline on these, not decline.

Goal – Supramax pump

Stretch pushups – Do 4 sets to failure. In between each set, do a stretch that stretches your pecs and hold for 30 seconds. **3 total work sets**

Goal – Work a pumped muscle from the stretched position.

Bent over dumbbell side laterals – Ok let's smash rear delts. On these I just want partials, so do the hang and swing version, not the full range of motion version. Hang and swing for 4 sets of 20 with a fairly heavy weight. **4 total work sets**

Goal – Supramax delt pump

Dumbbell side laterals – This week I want you to raise these higher, all the way up to the 10 o'clock and 2 o'clock position. Do 4 sets of 15 this way. **4 total work sets.**

Goal – Supramax delt pump

Cage press – I want you to do these again this week. Do 5 sets of 5 this week, and remember to do these explosively! **5 total work sets.**

Goal – Train explosively

Back - 20 sets

Wide grip cable row – Use a neutral grip if possible, if not use a regular pronated grip. Do sets of 10 going up. Take plenty of warm ups. Once you get to a weight that is a pretty tough 10 (think you still have 2 or 3 reps in the tank), do 3 sets of 10 with it. Keep your elbows up and really flex your upper lats, traps, and rhomboids. **3 total work sets.**

Goal – Upper back activation

This is our last week of rack pulls, then we take a break from them.

Rack pulls phase 1 – Pull these from low to mid shin. I want perfection for form. Flex your entire back as you pull up. Do sets of 3 until you can barely get 3 with good form. We will count the last 3 sets as working sets.

Sets might look something like this:

225 x 5 (warm up)

275 x 5 (warm up)

315 x 5 (warm up)

365 x 3 (working set – getting heavy)

405 x 3 (working set, could maybe have done 2 more)

435 x 3 (working set – barely got 3)

Rack pulls phase 2 – Use the weight that you used on your first working set. So in the above example it is 365. I want you to do a 5 minute set. Do sets of 2, then step back and count to 10 and then get back in and get back to work. If you feel like you are going to lose your form, take your rest break to 20 seconds. If that is not enough take it to 30. I want all the reps to be with solid form. **1 total work set.**

4 total work sets between both phases.

Goal – Train explosively

Wide grip stretch pulldowns – On these you are going to use a heavy weight and let it really stretch you at the top. Only pull these down to the top of your head. These are called scapulae stretch pulldowns on my YouTube. Do 4 sets of 8. **4 total work set.**

Goal – Supramax pump

Low cable rows – Ok back to the cable row but do these with a close neutral grip. Flex hard in the contracted position. Do 4 sets of 8. **4 total work sets.**

Goal – Supramax pump

Banded hyperextensions – Shoot for 15 reps on each set. Use bands that make this a tough 15. **4 total work sets.**

Goal – Supramax pump in your spinal erectors

Biceps - 12 sets / Triceps - 13 sets

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

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

Seated dumbbell curl – These are meant to be done old school where you supinate as you go up. Typically we keep our palms up, but not today on these. Do 4 sets of 8. **4 total work sets.**

Hammer curl – Do 4 sets of 12 here with a full range of motion, and tack on 8 partial reps out of the bottom on all 4 sets as well. **4 total work sets.**

Occluded incline curls - This is just where you lay back on an incline bench with your arms hanging straight down and curl the weight up. It's probably called something else, but I can't think of the name. Use occlusion on these. Keep your palms up the entire time. Do 4 sets of 15 with 30 second breaks. **4 total work sets.**

Rope pushdowns – Lean into these the way the powerlifters do. Tilt down and let the weight come up to your upper chest and your elbows flare out to the side. You can use a lot more weight like this. Put your head on one side of the cable for all reps, and then on the next set put your head on the other side of the cable. Do 4 sets of 12 with heavy weight. You don't have to lock it out, just keep the weight moving. **4 total work sets.**

Seated overhead rope extensions - These are where you are seated with a back support facing away from the cable rack. Work the stretch hard on these and do not lock out. Do 4 sets of 15. **4 total work sets.**

Flat lying extension – On these do 4 sets of 12 with solid form. Try to get a little bit more of a stretch each set you do, as your elbows will feel better and better. I like to take the bar behind my head on the last sets for a really good stretch. **4 total work sets.**

No occlusion work for triceps today.

Week 4

Week 4 – High Volume

Legs –20 sets:

Lying leg curls – One more week of doing these explosively and next week we will go back to drop sets, partials, etc for an insane pump! Again, I want to be clear that I do not want you using a heavy weight and slinging it up, the goal is a slight pump and fast twitch muscle fiber recruitment not a tear. I want you to do a good 3 warm ups and have plenty of blood in there. For your worksets you want a weight that you can handle for the prescribed number of reps, while driving your hips INTO the pad and exploding up on these. I like to actually set the pad up a little higher (on the back of my calves) on these so that when I curl up hard, it sort of rolls up my leg is not just on my ankle (as typical). I think that makes these very safe actually. Do 4 sets the way you did last week. I want 15, 12, 10, and 8. Try to keep a good pace going to, no more than 1 minute between sets. **4 total work sets.**

Goal – Train explosively

Leg press – Ok here comes the quad destroyer. Use a different stance this week. Use a close stance with feet in the middle of the platform to place more emphasis on quads. Do sets of 10 here, pyramiding up.

Supersetted with

Front squats – On these I want you to go nice and deep for sets of 8. The weight does not have to be ball busting heavy. I want your legs to be so full of blood it feels like your skin will tear. On these just keep the same weight. Place a small board or something under your heels to give your quad sweep more focus.

4 supersets for **8 total worksets.**

Goal – quad activation and supramax pump

Here is an example of what it would like.

Leg press 1 plate on each side x 20 / front squat 135 x 8 – Warm up set
Leg press 2 plates on each side x 15 / front squat 135 x 8 – Warm up set
Leg press 3 plates on each side x 15 / front squat 185 x 8 – Warm up set
Leg press 4 plates on each side x 10 / front squat 225 x 8 – Work set
Leg press 5 plates on each side x 10 / front squat 225 x 8 – Work set
Leg press 6 plates on each side x 10 / front squat 225 x 8 – Work set
Leg press 7 plates on each side x 10 / front squat 225 x 8 – Work set

Leg extension – Curl your toes back through the whole rep while doing these to place more emphasis on your rectus femoris/upper middle quad. Do 4 sets of 10. Hold and flex each rep for one second. **4 total work sets.**

Goal – Supramax pump

Barbell stiff legged deads – Use 25 lb plates to get a better stretch. Do sets of 8 and only come up $\frac{3}{4}$ of the way so that you keep constant tension on the hamstring. Do a few feeder sets to get you to a working weight and then stay there for your 4 sets. **4 total work sets.**

Goal – Work muscle from stretched position

No occlusion work today on legs

Chest - 16 sets / Shoulders – 10 sets

Incline dumbbell press – Do plenty of warm up sets of 8 on the way up. Keep doing sets of 8 until you can't get 8. We'll count the last 3 sets as working sets. Lower the weight in a controlled manner 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. We will count the last 3 sets as work sets. **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.

Flat barbell press – These are going to be done explosively today with short rest breaks. I want you to do 6 x 5. Rest only long enough for your partner to go or if alone for 45 seconds. Use a weight that you can drive up hard and you don't have to grind it out inch by inch. **6 total work sets**

Rep scheme and example weight:

135 x 6 (feeder set)

185 x 6 (feeder set)

225 x 5 sets of 5 (reps may get hard on sets 4 and 5, but you should still be able to get them)

Goal – Train explosively and supramax pump

Incline smith press – Today we are going to do a high rep shocker on these. I want your first set to be 30 reps. I want your second set to be 20 reps. I want your 3rd set to be 10 reps. Add weight each set. Don't lower the bar to your chest or lockout. Keep continuous tension on the muscle and PILE DRIVE blood in there! **3 total work sets**

Rep scheme and example weight:

135 x 6 (feeder set)

185 x 30 (working set)

225 x 20 (working set)

275 x 10 (working set)

Goal – Supramax pump

Dumbbell Flyes – Your chest should have a massive pump now, so these should feel really good. Do 4 sets of 8 with a moderate weight. Keep your sternum up high, stretch your chest! **4 total work sets**

Goal – Work a pumped muscle from the stretched position.

Machine rear laterals/reverse pec deck – Do a set of 20 with perfect form. You should fail right at about 20. Rest for 45 seconds and do as many as you can with the same weight again. Repeat this two more times so that you do 4 sets total. I did 20 reps, 16, 14, and 8 to give you an idea of how my reps dropped off, but your rear delts will have an amazing pump if you did this right. **4 total work sets**

Goal – Supramax delt pump

One arm dumbbell side laterals – Hold something for balance with one arm, and do side laterals with the other arm. Really focus on that delt. Lower the weight with the delt, don't just drop the weight. Raise the weight up and actually flex your side delt. Do 3 sets of 10 with each arm. **3 total work sets.**

Goal – Supramax delt pump

Barbell front raises – Raise the barbell up to eye level. Do 3 sets of 12. **3 total work sets.**

Goal – Train explosively

Back - 20 sets

Smith machine rows – Do plenty of warm up sets. Set the stops in the machine so that you can pause the weight on them at about midshin if possible. Every rep is to be paused and then I want you to drive your elbows up hard turning this into an explosive movement. Work up to a weight that is a pretty tough 8 reps and do 4 sets of 8 with it. **4 total work sets.**

Goal – Train explosively

One arm barbell rows – One feeder set then again use a weight that is a tough 8 and do 4 sets of 8 with it! **4 total work sets.**

Stretchers – Please refer to my YouTube if you need a refresher on this one. Remember during the set that when you straighten your arms, duck your head down and really stretch your lats. It's an intense stretch. Do 3 sets of 10. **3 total work sets.**

Goal – Train muscle from the stretched position

Dumbbell Pullovers – Ok let's give your arms a break but keep on working your lats through an intense stretch. Do 3 sets of 12 here. **3 total work sets.**

Goal – Train muscle from the stretched position

Barbell shrugs – Do 3 sets of 12 and pause each and every rep at the top for 3 seconds. **3 total work sets.**

NOTE: Women skip these.

Goal – Supramax pump

Banded hyperextensions – Shoot for 15 reps on each set. Use bands that make this a tough 15. **3 total work sets.**

Goal – Supramax pump in your spinal erectors

Biceps - 14 sets / Triceps - 13 sets

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

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

Hammer curl – Do 4 sets of 10 here with a full range of motion, and tack on 6 partial reps out of the bottom on all 4 sets as well. **4 total work sets.**

Machine curl – You can use any bicep machine really, I just want something that you can really isolate with. I prefer a machine preacher curl personally. Do 4 sets of 10 with 45 second rest breaks. Flex your biceps hard on each rep, and lower the weight with a 3 second descent for more intense tension. **4 total work sets.**

Occluded barbell curls - On these let's tack on a few sets to what we have been doing. Instead of 4 sets of 15, let's do 6 sets of 15. Rest for 30 seconds between sets. Remember the weight should only be 20-30% of your 1 rep max, and also remember to tighten the wraps on your arms with a perceived tightness of 7 out of 10. **6 total work sets.**

Vbar pushdowns – I want you to do these heavy again this week, lean into these the way the powerlifters do just like last week. Tilt down and let the weight come up to your upper chest and your elbows flare out to the side. Put your head on one side of the cable for all reps, and then on the next set put your head on the other side of the cable. Do 4 sets of 12 with heavy weight. You don't have to lock it out, just keep the weight moving. **4 total work sets.**

Dip machine – I want 3 second negatives on these and a nice hard flex at the bottom. Do 4 sets of 12. **4 total work sets.**

Occluded seated overhead rope extensions - These are where you are seated with a back support facing away from the cable rack. Work the stretch hard on these and do not lock out. Do 6 sets of 15 with 45 second breaks. **6 total work sets.**

Week 5

Week 5 – High Volume

Legs –20 sets:

Seated leg curls – Do 3 to 4 good warm up sets. We are going to find a good weight and do sets 4 of 10 with it. At the end of each/every set I want you to tack on 10 more partials out of the stretched position. This should get your hams jammed full of blood. **4 total work sets.**

Goal – Train explosively

Barbell Squats – On these we are going to do a straight pyramid and work up to the heaviest weight you can do for 8 reps. We will count the last 3 sets as work sets. Lower these with a 3 second descent to provide a high level of tension and then drive the weight up explosively. **3 total work sets.**

NOTE: To enhance the effect of these you can add chains. This will create even more explosiveness. Put 2-3 chains on the inside of the weight (on both sides).

Goal – Train explosively

Here is an example of what it would like.

45 x 15 + 2 chains on each side (warm up set)
135 x 15 + 2 chains (warm up set)
185 x 12 + 2 chains (warm up set)
225 x 8 + 2 chains (work set)
275 x 8 + 2 chains (work set) – still have a few reps in the tank
315 x 8 + 2 chains (work set) – barely get 8

Leg press – Do a couple of feeder sets then do sets of 8 with a 3 second descent until you barely get 8. We will count the last 4 sets as work sets. **4 total work sets.**

Here is an example of what it would like.

NOTE: To enhance the effect of these you can add bands! These will make it very tough. Add one thick orange band on each side. See my YouTube “band” playlist to see how to attach bands on these. Women will want to add a green monster mini on each side instead of the orange.

****bands are added before putting any weight on sled**

Leg press 2 plates on each side x 4 – Feeder set
Leg press 3 plates on each side x 4 – Feeder set
Leg press 4 plates on each side x 8 – Work set
Leg press 5 plates on each side x 8 – Work set
Leg press 6 plates on each side x 8 – Work set
Leg press 7 plates on each side x 8 – Work set (barely get 8)

Goal – Supramax pump

Barbell stiff legged deads – Use 25 lb plates to get a better stretch. Do sets of 8 and only come up $\frac{3}{4}$ of the way so that you keep constant tension on the hamstring. Do a few feeder sets to get you to a working weight and then stay there for your 4 sets. **4 total work sets.**

Goal – Work muscle from stretched position

Occluded leg extensions - Wrap knee wraps around the top of your thigh, very high up by your groin. Wrap them with a perceived tightness of 7 out of 10. Do not wrap so tight it hurts. You are going to use a very light load and shoot for 5 sets of 15 with 30 second breaks. Keep the knee wraps around your leg until you complete your last set then you can take them off. Video of this will be on my YouTube soon. **5 total work sets.**

Goal – Occlusion (BFR – blood flow restriction training)

Chest - 13 sets / Shoulders – 14 sets

Flat dumbbell press – Do plenty of warm up sets of 10 on the way up. Keep doing sets of 10 until you can't get 10. 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. We will count the last 3 sets as work sets. Push some steel today! **3 total work sets**

For example:

25's x 10 (warm up)

45's x 10 (warm up)

65's x 10 (work set)

75's x 10 (work set)

85's x 10 (work set – barely got 8)

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

Incline barbell press – These are going to be done explosively today. Do sets of 6 until you get to a weight that your speed slows down and you can barely get 6. It's ok to lose speed on the last set or two. We will count the last three sets. **3 total work sets**

Rep scheme and example weight:

135 x 6 (feeder set)

185 x 6 (feeder set)

225 x 6 (explosive work set)

245 x 6 (explosive work set)

265 x 6 (speed slows down and 6 is tough)

Goal – Train explosively

Incline dumbbell flye with added manual resistance – This is a really cool way to do flyes. You need a partner though (well chains work too). You are going to do normal incline flyes, but about 1/2 way up, your partner is going to add extra resistance by pushing down on the inside of your elbows. Typically when you get past this point on flyes you actually lose tension on your chest, especially at the top. This will keep tension going. This video is now up on my YouTube so you can study the technique. Do 4 sets of 8. **4 total work sets**

Goal – Supramax pump and work muscle from stretch position

Machine press – Do 2 sets of 8 with a hard flex at the top, and then on the 3rd set I want a nasty dropset to finish off your chest. Do 8, then drop the weight some and do 8 again, and then do 15 partials out of the stretched position. **3 total work sets**

Goal – Supramax pump

Machine rear laterals/reverse pec deck – Do sets of 15 here and hold the contracted position for 1 second on each rep flexing hard.

Supersetted with

Band pulls/face pulls – Use the orange micro mini band from EliteFTS and do 20 face pulls now so we really light up your rear delts.

4 supersets for **8 total work sets**.

Goal – Supramax delt pump

Seated dumbbell press – Use a moderate weight and do 3 sets of 12. Do not lock these out, keep constant tension on your delts and burn them up! **3 total work sets**.

Goal – Supramax delt pump

Dumbbell front raises – Raise the dumbbells up to eye level. Start each rep with your hands out to the side of your body to get a little bit extra range of motion. Do 3 sets of 12. **3 total work sets**.

Goal – Supramax delt pump

Lights out delts!

Back - 18 sets

Close grip pulldown – Do plenty of warm up sets. Pyramid up on these. Do sets of 10. Drive those elbows down and flex your lower lats. Let the weight stretch you at the top too, and feel it in your upper lats. Keep doing sets of 10 until you can't get 10 with good form. We will count the last 3 sets as work sets. **3 total work sets.**

Goal – Activate and pump lats

Dumbbell rows – Nothing fancy here. I was just want you to crank hard and do 4 heavy sets of 8. Make sure you are getting a good stretch at the bottom. **4 total work sets.**

Goal – Supramax pump

Assisted chins – Use an assist/cheater machine that you put your legs up on for these (has a counterbalance weight to make you lighter) for these. Use a pronated medium width grip as we already worked your lats with a neutral grip in exercise #1. Use perfect form for 4 sets of 8. If you don't have one of these machines have a spotter help you. Don't let your arms straighten all the way out at the bottom, keep a slight bend in them so your lats don't lose tension throughout the movement. I like to come up so high flexing the machine clanks and bottoms out. It helps me make friends in the gym being so noisy. **4 total work sets.**

Goal – Supramax pump

Dumbbell Pullovers – Ok let's give your arms a break but keep on working your lats through an intense stretch. Do 3 sets of 12 here. **3 total work sets.**

Goal – Train muscle from the stretched position

Banded hyperextensions – Shoot for 15-20 reps on each set. **4 total work sets.**

Goal – Supramax pump in your spinal erectors

Biceps - 12 sets / Triceps - 13 sets

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

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

Dumbbell supination curl – Do 4 sets of 10 here with a full range of motion and keep your palms up through the whole rep. Lower the weight with a 3 second descent and create as much tension as you can. **4 total work sets.**

Reverse curl – You can use an ez curl bar or regular bar. I want you to do 10 full range of motion reps and then 6 half reps out of the bottom on each set. Do 4 sets like this! **4 total work sets.**

Occluded barbell curls - This week I want you to do 30 reps, rest for 30 seconds and then shoot for 20 reps, rest for 30 seconds and then shoot for 10 reps, and then rest for 30 seconds and again shoot for 10 reps. Remember the weight should only be 20-30% of your 1 rep max, and also remember to tighten the wraps on your arms with a perceived tightness of 7 out of 10. Take the occlusion device off after all 4 sets are complete. **4 total work sets.**

Rope pushdowns – On these do 4 sets of pushdowns with a 1 second flex at the bottom of each rep. Shoot for 20 hard reps on the first set. Rest for 45 seconds and then do the next set to failure. Do this two more times for a total of 4 work sets. **4 total work sets.**

Seated overhead rope extensions – Do a standard pyramid here. Add weight as you go. The rep scheme that I want you to target is 20, 16, 12, 8. **4 total work sets.**

Occluded one arm pushdowns - On these you are going to shoot for 15 reps with one arm, and then do the other arm. Next count to 10 and repeat. Do 5 sets for each arm. **5 total work sets.**

Week 6

Week 6 – High Volume

Heavy week this week!

Legs –19 sets:

Seated leg curls – Do 3 to 4 good warm up sets. Find a weight that is a tough 12 reps, and make that your first set. On the second set add some weight and do 10. On the third set add some weight and do 8. On your 4th set stay with the same weight you did 8 with, and do 8 again, but then drop the weight down some and go to failure, and then drop the weight again and go to failure. **4 total work sets.**

Goal – Activate and pump hams

Leg press – Work your way up a plate at a time. Do sets of 10 and just keep going until you can barely get 10. We will count the last 3 sets as work sets. **3 total work sets.**

Here is an example of what it would like.

2 plates on each side x 20 – Warm up set
3 plates on each side x 15 – Warm up set
4 plates on each side x 10 – Warm up set
5 plates on each side x 10 – Warm up set
6 plates on each side x 10 – Warm up set
7 plates on each side x 10 – Warm up set
8 plates on each side x 10 – Work set
9 plates on each side x 10 – Work set
10 plates on each side x 10 – Work set (barely get 10)

Goal – Supramax pump

Barbell Squats – On these we are going to do a straight pyramid and work up to the heaviest weight you can do for 6 reps. We will count the last 3 sets as work sets. Lower these with a 3 second descent to provide a high level of tension and then drive the weight up explosively. **3 total work sets.**

NOTE: To enhance the effect of these you can add chains. This will create even more explosiveness. Put 2-3 chains on the inside of the weight on both sides. Women typically use 1-2 chains on each side.

Goal – Train explosively

Here is an example of what it would like.

45 x 8 + 2 chains on each side (warm up set)
135 x 8 + 2 chains (warm up set)
185 x 8 + 2 chains (warm up set)
225 x 6 + 2 chains (work set)
275 x 6 + 2 chains (work set) – still have a few reps in the tank
315 x 6 + 2 chains (work set) – barely get 6

Dumbbell stiff legged deads – Find a weight that is a tough 8 reps and do 4 sets of 8 with it. **4 total work sets.**

Goal – Work muscle from stretched position

Occluded leg extensions - Wrap knee wraps around the top of your thigh, very high up by your groin. Wrap them with a perceived tightness of 7 out of 10. Do not wrap so tight it hurts. You are going to use a very light load and shoot for 5 sets of 15 with 30 second breaks. Keep the knee wraps around your leg until you complete your last set then you can take them off. Video of this will be on my YouTube soon. **5 total work sets.**

Goal – Occlusion (BFR – blood flow restriction training)

Chest - 14 sets / Shoulders – 14 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. 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. We will count the last 3 sets as work sets. Push some steel today! **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.

Smith incline barbell press – Use a slight angle here too. These are going to be done explosively today just like last week. Do sets of 6 until you get to a weight that your speed slows down and you can barely get 6. It's ok to lose speed on the last set or two. We will count the last three sets. **3 total work sets**

Rep scheme and example weight:

135 x 6 (feeder set)

185 x 6 (feeder set)

225 x 6 (explosive work set)

245 x 6 (explosive work set)

265 x 6 (speed slows down and 6 is tough)

Goal – Train explosively

Flat barbell bench press – Do a feeder set or two and then do 4 sets of 8 here. They don't have to be explosive, but I want you to have a rep or two left in the tank on all sets. **4 total work sets**

Rep scheme and example weight:

135 x 6 (feeder set)

185 x 6 (feeder set)

225 x 8 for 4 sets (work sets)

Goal – Supramax pump

Incline dumbbell flye with added manual resistance – This is a repeat from last week. These are awesome. Let's do them again. Change your incline angle that you used last week a tad (you can make it higher or lower). You are going to do normal incline flyes, but about 1/2 way up, your partner is going to add extra resistance by pushing down on the inside of your elbows. Typically when you get past this point on flyes you actually lose tension on your chest, especially at the top. This will keep tension going. This video is now up on my YouTube so you can study the technique. Do 4 sets of 8. **4 total work sets**

Goal – Supramax pump and work muscle from stretch position

Machine rear laterals/reverse pec deck – Do sets of 15 here and hold the contracted position for 1 second on each rep flexing hard.

Supersetted with

Dumbbell side laterals – Do sets of 8 here. Lower the weight nice and slow.

Shoulder inferno!

5 supersets for **10 total work sets**.

Goal – Supramax delt pump

That's it – short and sweet for shoulders. Remember you did a lot of incline pressing too, so your shoulders should be trashed.

Back - 19 sets

One arm barbell row – Do plenty of warm up sets. Do sets of 8 all the way up to a weight that is a pretty tough 8. Finish your work here with a challenge set. Make sure you are getting an great stretch on all your reps. You don't have to let your arm straighten all the way, but reach so that you feel your scapulae pulling hard. We will call this 4 sets. **4 total work sets.**

For example:

- 1 25 on the bar for 8 reps (warm up)
- 1 25 and a 10 for 8 reps (warm up)
- 2 25's for 8 reps (warm up)
- 2 25's and a 10 for 8 (work set)
- 3 25's for 8 (work set)
- 3 25's and a 10 for 8 (work set)
- 3 25's ad a 10 to failure (challenge set to get as many as you can)

Goal – Activate and pump lats

Away facing pulldowns – If you need a form refresher here check my YouTube. I prefer to use a handle with a neutral grip on these if possible. Do 4 sets of 8. Wrap your low back around the pad and really focus on driving your elbows down and flexing lats hard. **4 total work sets.**

Goal – Supramax pump

Smith machine rows – Do these explosively. Set the stops so that the pull starts at midshin. Rest pause every rep you do of every set. Drive your elbows up hard while flexing your entire back at the same time. Do a low rep feeder set or two to get you to the right weight and then do 4 sets of 8 with it. **4 total work sets.**

Goal – Train explosively

Dumbell Pullovers – Ok let's give your arms a break but keep on working your lats through an intense stretch. Do 3 sets of 12 here. **3 total work sets.**

Goal – Train muscle from the stretched position

Banded hyperextensions – Use enough bands so that 15 reps is really tough. Do 4 sets of around 15 reps. You may not get all the reps on the last couple of sets. **4 total work sets.**

NOTE: If you have a reverse hyper machine do 4 sets of 10 on it today.

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.

Rope pushdowns – Stand up straight and tall and let your elbows flare out to the side. Keep your hands in close and flex hard at the bottom. Do 4 sets of 12 like this. Keep rest breaks to less than a minute. **4 total work sets.**

Single arm cable pushdowns – Grab the cable without an attachment like when you do the cable extensions facing away from the machine. For these face the machine, like you are going to do a regular pushdown, but step back about 5 steps. Put your elbow right against your side and keep it locked there. Now just do a pushdown/lockout with the cable. This will crush the inner/long head of your tricep. Do 4 sets of 8. **4 total work sets.**

Occluded lying extensions - Be careful on these. Your arms might give out and I don't want you to drop the EZ curl bar on your face and smash it. Do 4 sets of about 15 with 30 second breaks. You really have to have the wrap up high on your arm for these to make sure it is effectively occluded. **4 total work sets.**

Barbell curl – Do 3 sets of 6 with a 3 second descent and flexing hard at the top. After this on your 4th set I want you to do 6, and then tack on partials out of the bottom for as many as you can get. Go until you are barely moving the curl bar. **4 total work sets.**

Reverse barbell curl – Do 4 sets of 12 here. Try to keep rest breaks less than 1 minute. **4 total work sets.**

Occluded machine curls - Do 20 reps on the first set, and then just go to failure on all sets after. You are going to take the normal 30 second breaks and do 4 sets total. **4 total work sets.**

Week 7

Week 7 – High Volume

Heavy week this week!

Legs –19 sets:

Standing leg curls – Do 3 to 4 good warm up sets. On these we are going to use 3 second descents on every rep. Do 4 sets of 10 once you find a good weight. **4 total work sets.**

Goal – Activate and pump hams

Leg press – Work your way up a plate at a time just like last week but use 4 second descent on these. Also use a fairly close stance. Do sets of 8 and just keep going until you can barely get 8. We will count the last 3 sets as work sets. **3 total work sets.**

Here is an example of what it would like.

2 plates on each side x 20 – Warm up set
3 plates on each side x 15 – Warm up set
4 plates on each side x 10 – Warm up set
5 plates on each side x 8 – Warm up set
6 plates on each side x 8 – Warm up set
7 plates on each side x 8 – Warm up set
8 plates on each side x 8 – Work set
9 plates on each side x 8 – Work set
10 plates on each side x 8 – Work set (barely get 8)

Goal – Supramax pump

Hack squat 1.5's – On these you are going to use the 1.5 technique. This means you go down deep and only come up half way, and then go back down and come up all the way. That is one rep. I want 3 sets of 10 like this. **3 total work sets.**

NOTE: If you don't have a good hack squat do Smith machine squats with feet out in front for these to simulate the movement.

Goal – Supramax pump

Barbell stiff legged deads – Find a weight that is a tough 10 reps and do 4 sets of 8 with it. Come up $\frac{3}{4}$ of the way to keep tension on the hams. **4 total work sets.**

Goal – Work muscle from stretched position

Occluded leg extensions - Wrap knee wraps around the top of your thigh, very high up by your groin. Wrap them with a perceived tightness of 7 out of 10. Do not wrap so tight it hurts. You are going to use a very light load and shoot for 5 sets of 15 with 30 second breaks. Keep the knee wraps around your leg until you complete your last set then you can take them off. This week on your last, just go insane. Do as many as you can. Just kick and kick and kick until you are barely moving the weight. **5 total work sets.**

Goal – Occlusion (BFR – blood flow restriction training)

Chest - 14 sets / Shoulders – 12 sets

Machine press – Simply do sets of 8 with a nice full range of motion all the way up until you can't do 8. Get a nice stretch, and flex at the top for one second. Make sure three of these sets are pretty tough ok. **3 total work sets**

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

Flat dumbbell flye with added manual resistance – This is a repeat from last week but we are moving it up in the order, and also doing these flat this time. About 1/2 way up, your partner is going to add extra resistance by pushing down on the inside of your elbows. Typically when you get past this point on flyes you actually lose tension on your chest, especially at the top. This will keep tension going. This video is now up on my YouTube so you can study the technique. Do 4 sets of 8. **4 total work sets**

Goal – Supramax pump and work muscle from stretch position

Incline barbell press – Use a slight angle here too. These are going to be done explosively today just like last week except that we are not using the Smith machine this time. Do sets of 6 until you get to a weight that your speed slows down and you can barely get 6. It's ok to lose speed on the last set or two. We will count the last three sets. **3 total work sets**

Rep scheme and example weight:

135 x 5 (feeder set)

185 x 4 (feeder set)

225 x 6 (explosive work set)

245 x 6 (explosive work set)

265 x 6 (speed slows down and 6 is tough)

Goal – Train explosively

Flat barbell bench press – We are going to do higher reps on these this week! It won't take much weight, and it will burn like fire. Do 4 sets of 15. Pause each rep on your chest for 1 second. **4 total work sets**

Rep scheme and example weight:

135 x 6 (feeder set)

185 x 15 for 4 sets (work sets)

Goal – Supramax pump

Machine rear laterals/reverse pec deck – Do 4 sets of 20 here and hold the contracted position for 1 second on each rep flexing hard. **4 total work sets**

Goal – Supramax pump

Seated dumbbell press – Do 4 sets of 8 here. Lower the weight nice and slow. Drive it up to $\frac{3}{4}$ lockout and then come right back down. We want continuous tension here. **4 total work sets**

Goal – Supramax pump

Dumbbell front raise – Do 4 sets of 12 here. These I want to be done as a sort of half side and half front raise. In other words, raise the dumbbell at the 10’oclock and 2’oclock positions, so not out to side, but not directly in front either, in-between is what you want. Try to pause them for a split second at the top and they will light you up. **4 total work sets**

Goal – Supramax pump

Back - 19 sets

Dumbbell rows – Do plenty of warm up sets. Do sets of 10 all the way up to a weight that is a pretty tough 10. On the last set go all out and do as many reps as you can on each side. Shoot for something that sounds impossible ok. This is your challenge set. **4 total work sets.**

Goal – Activate and pump lats

Dumbbell pullovers – If you went all out on your challenge set above, your arms might have taken a lit bit of a beating to. Let’s rest them and isolate your lats more now by doing these. Do 4 sets of 10 with perfect form. **4 total work sets.**

Goal – Work muscle from a stretched position

Supported row – I want you to do these with your elbows up to hit more of your rhomboids, lower traps, and rear delts. You can use a supported t-bar, hammer row, or any row really that you rest your chest against. Also on these make sure you get a nice stretch and really feel your scapulae pulling. Do 4 sets of 8. **4 total work sets.**

Goal – Supramax pump

Chins with neutral grip – Use a cheater machine that helps you on these (the ones that have the counterbalance weight). If you don't have one, just have a spotter hold your feet and help you some. When you lower yourself don't let your arms straighten out all the way, but really try to feel your lats stretching. Do 3 sets of 8. **3 total work sets.**

Goal – Supramax pump

Banded hyperextensions – Use enough bands so that 8 reps is really tough. Do 4 sets of around 8 reps. You may not get all the reps on the last couple of sets. Now here is the kicker. Do an iso hold for 3 seconds on each rep at the top flexing your spinal erectors. **4 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.

Rope pushdowns – Stand up straight and tall and let your elbows flare out to the side like last week. Keep your hands in close and flex hard at the bottom. Do 4 sets of 15 like this. Keep rest breaks to less than a minute. **4 total work sets.**

Bench dips – I want high reps on these! If you can, try to stack 45 lb plates on your lap as you go. You will need help for this. Go to failure on every set. Do 3 sets with weight and then one with bodyweight only. **4 total work sets.**

For example:

1 45 lb plate – 25 reps

2 45 lb plates – 19 reps

3 45 lb plates – 10 reps

Bodyweight only – 30 reps

Note: If you can't stack weight that is ok, just do bodyweight to failure on all sets.

Occluded overhead rope extensions - These are where you sit down with a supported back facing away from the machine and extend the rope upwards. Don't lock these out, pump! Do 4 sets of about 15 with 30 second breaks. You really have to have the wrap up high on your arm for these to make sure it is effectively occluded. **4 total work sets.**

Barbell curl – We are going to crank out some higher reps today. Do 4 sets of 15, with a 1 second flex on each rep. Drive blood in there! **4 total work sets.**

Seated dumbbell curl – Do 4 sets of 12 here. On these you don't have to keep your palms up the whole time. Supinate your wrist as you come up to a peak contraction and then flex hard! Try to keep rest breaks less than 1 minute. **4 total work sets.**

Occluded preacher curls - I used an ez curl bar on these as opposed to a regular barbell. These are tough once you get through the first set. Your rep scheme is 15-10-10-Failure. Rest 30 seconds between sets. **4 total work sets.**

Week 8

Week 8 – High Volume

Heavy week this week!

Legs –19 sets:

Barbell stiff legged deadlifts – We are going to switch things up for you this week. This was a brutal leg workout. Ok on these do sets of 8 taking small weight jumps so that you can 4 good solid sets on the way up to a tough 8. Don't lock these out. I used 25 lb, 10lb, and 5 lb plates to ensure I got a good stretch at the bottom. Not sure I needed to, but just in case you are real flexible it's a good idea. **4 total work sets.**

Here is exactly what I did as a reference:

95 x 8 (warm up)
125 x 8 (warm up)
145 x 8 (warm up)
175 x 8 (warm up)
195 x 8 (warm up)
225 x 8 (work set)
245 x 8 (work set)
275 x 8 (work set)
295 x 8 (work set)

Goal – Activate hams and work from a stretched position

Leg press – Now we go to leg press to let your lower back loosen up a bit and start to hammer quads. On these do 4 second descents like last week. Keep going until you barely get 10, or fall just short. This is 2 more reps than last week with the same weight. We will count the last 4 sets as work sets. This will burn! **4 total work sets.**

Here is exactly what I did as a reference:

2 plates on each side x 25 – Warm up set
3 plates on each side x 20 – Warm up set
4 plates on each side x 15 – Warm up set
5 plates on each side x 10 – Warm up set using 4 second descent
6 plates on each side x 10 – Warm up set using 4 second descent
7 plates on each side x 10 – Work set using 4 second descent
8 plates on each side x 10 – Work set using 4 second descent
9 plates on each side x 10 – Work set using 4 second descent
10 plates on each side x 10 – Work set using 4 second descent (needed to use hands to get last 2 reps)

Goal – Supramax pump

Leg extensions – I want you to do these heavy and hold each rep for 2 seconds flexing hard. Do 4 sets of 8. **4 total work sets.**

Goal – Supramax pump

Front squats – I want 4 deep sets of 8 reps. I use a really small piece of wood under my heels. It's not even as big as a 2x4, but the little bit of elevation works quad sweep very well. **4 total work sets.**

Here is exactly what I did as a reference:

135 x 8 (warm up)
185 x 8 (work set)
225 x 8 (work set)
265 x 8 (work set)
275 x 8 (work set)

Goal – Supramax pump

Leg curls - Do 3 sets of 20 with a medium weight. Your hams will be smashed after doing this. **3 total work sets.**

Goal – Supramax pump

No BFR – blood flow restriction training this week.

Chest - 14 sets / Shoulders – 9 sets

Banded hammer press – Use a flat hammer press if you have it. Do 3 sets of 8 after warming up. Remember to only let your elbows come back to 90 degrees, going deep into the stretch on these is not good for shoulder health. **3 total work sets**

Note: Use the long red pro mini bands. Women also have the option of using the long orange micro mini bands.

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

Incline dumbbell flye with added manual resistance – This week I want you to tweak exercise execution a little more. You are only going to do sets of 6, but if you do this right, it will produce an immense burn and pump. Ok you know how in the execution of these your partner applies resistance at the top of the movement, as you bring the dumbbells together, and then for a second when you start lowering them, well this time tell your partner to push down harder when you start to lower the weight. Make the first part of the eccentric really tough and FIGHT IT! This is only for the first 3rd of the descent, then have your partner let go as usual. I absolutely loved these this week. Do 4 sets of 6. **4 total work sets**

Goal – Supramax pump and work muscle from stretch position

Flat barbell bench press – We are going to do these explosively on your pumped pecs. Do 5 sets of 5. Set the weight on your chest before firing it back up. Try to do about 65-70% of your 1 rep max at THIS POINT in your workout. So for example, I can probably only do 315 for one rep at this point in the workout, so 215 to 220 is going to be about right. **5 total work sets**

Goal – Train explosively

Stretch pushups – Just do 2 sets to failure using a slightly different hand width each time. **2 total work sets**

Goal – Supramax pump and work muscle from stretch position

Dumbbell bent over rear delt swings– You can do these lying on an incline utility bench. Actually I prefer that because the dumbbells will be a little heavier and it will be easier on your lower back. Use fairly heavy weight (and wrist straps to aid in grip), and do 3 sets of 25 using only the swing technique. This just means partials out of the bottom with straight arms. Keep arms straight. Do not engage traps or lats. Hinge off shoulder. **3 total work sets**

Goal – Supramax pump

Seated dumbbell side laterals – Here you are just doing basic side laterals for 3 sets of 10. Bring the bells up to ear level. **3 total work sets**

Goal – Supramax pump

Barbell front raise – Do 3 sets of 12 here. Bring the barbell up a little higher than normal though. Take it up a few inches above eye level. **3 total work sets**

Goal – Supramax pump

Back - 21 sets

Low cable row – Do plenty of warm up sets. These are just low cable rows using two single pulley handles. So for example the handles you would use for cable crossovers, this is two of those attached to the rope here. I do this because it seems like it enhances your ability to squeeze a bit with the extra inch or two you can pull the handles back. Do 6 sets of 10 with a hard squeeze on these! On the first 3 sets I want you to keep your hands in a neutral grip as you pull back (palms facing each other). On the last 3 sets I want you to keep your hands pronated (palms down) for more trap and rhomboid focus. **6 total work sets.**

Goal – Activate and pump

Stretch pulldowns – This is a just a front pulldown where you go a little heavier than normal, and only pull the bar to the top of your forehead. At the top reach up and really let your lats stretch! Do 4 sets of 8. **4 total work sets.**

Goal – Work muscle from a stretched position

Dumbbell pullovers – This is our standard pullover technique for 3 sets of 12. **3 total work sets.**

Goal – Work muscle from a stretched position

Rack pulls – I want these done from midshin. Find a weight that is a pretty tough 3 (you could probably do 4 or 5 with it). Do 5 sets of 3 with it. Pull these from midshin! **5 total work sets.**

Goal – Strength

Banded good mornings – Use a pretty thick band on these. I have video of this on my YouTube if you need a form refresher. You wrap the band around your neck and stand on it, and do good mornings. I use the grey average bands from EliteFTS. You could also use the light bands. Experiment and see what makes for a hard set of 25 and do 3 sets with it! 3 sets of 25. **3 total work sets.**

Goal – Supramax pump in your spinal erectors

Biceps - 11 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.

Rope pushdowns – Pyramid on these. Don't quite lock these out. Keep constant tension on tricep. Do the following rep scheme adding weight each set – 15, 12, 10, 10, 8. **5 total work sets.**

Single arm cable pushdown – This is the first part of what you did last week as part of that superset. Stand back with the cable in one hand and do a pushdown with it. Do 5 sets of 8. **5 total work sets.**

Lying extensions – These are just traditional lying extensions. I prefer to use an ez curl bar on these. Do 4 sets of 10. Your triceps should be toast. **4 total work sets.**

Dumbbell curl – Do this one arm at a time, and take a 4 second descent on each rep. This will be slow and painful. This will create massive tension though. I want you to do 4 sets of 6 with each arm. Keep your palms up the entire time! **4 total work sets.**

Dumbbell preacher curl – On these take a 3 second descent. Keep your palm up and flex your bicep hard at the top. Do 4 sets of 8 with each arm. **4 total work sets.**

Reverse curls - On these just pump out reps at a normal tempo. Do 3 sets of 15 here. Squeeze the bar hard as you do these! **3 total work sets.**

Week 9

Week 9 – High Volume

This week's leg workout was done Mr. Olympia weekend. This is what I did while training with Ben Pakulski and Amit Sapir. It was fun. You'll see.

Legs –15 sets:

Seated leg curls – Do plenty of warm up sets here. Your first working set is going to be 12 reps. Your second set will be a little heavier and then do 10 reps. Your third set will be a little heavier and 8 reps. On your 4th set I want you to do a drop set complete with all the fun high intensity techniques we usually use. Do 8 reps, drop the weight and do 6-8 more, and then if you have a partner have them help you get 6 more forced reps, and then have them let go and do 20 partials out of the stretched position. **4 total work sets.**

Goal – Activate and pump hams

Squats – Take your time working your way up. I want you to do lower rep sets once you are warm (sets of 6), and when you get to about 75% of your max I want you to go all out and do as many reps as you can. Now once this is over, you are going to do one more intense set. You will do a front squat – back squat combo, supersetted with dumbbell squats. On the dumbbell squats elevate your heels a tad bit if you can. If you can't that's ok. We will call all this insanity 4 work sets. **4 total work sets.**

Here is exactly what I did as a reference:

135 x 12 (warm up)
185 x 10 (warm up)
225 x 10 (warm up)
275 x 6 (warm up)
315 x 6 (warm up)
365 x 6 (work set)
405 x 17 (work set)

I rested 3 or 4 minutes and then did this.

225 x 12 on front squat – Then rack the weight, count to 10 and do
225 x 15 on back squat – Then rack the weight count to 15 and do
80's x 8 on dumbbell squat.

That's it. Lights out.

Goal – Supramax pump

Leg press – Just do sets of 20 until you can't hit 20. I want 4 good hard sets. **4 total work sets.**

Here is exactly what I did as a reference:

4 plates on each side x 20 – Work set
6 plates on each side x 20 – Work set
8 plates on each side x 20 – Work set
10 plates on each side x 7 – My legs said ENOUGH!

Goal – Supramax pump

Leg extensions – Sit up straight while doing these. Keep your lower back nice and arched. Do these and while you are executing the rep, keep sitting up perfectly straight. This will engage upper quads and hip flexors very well. Do 3 sets of 10 with a 2 second flex on each rep. **3 total work sets.**

Goal – Supramax pump

Chest - 14 sets / Shoulders – 12 sets

Flat dumbbell press – On these do sets of 8. Take these to about $\frac{3}{4}$ lockout and then come right back down. Do sets of 8 all the way up until you can barely get 8. We'll count the last 3 sets as work sets. Don't make such big jumps that you don't get 3 quality sets in. **3 total work sets**

For example:

25's x 15 (warm up)
45's x 12 (warm up)
65's x 10 (warm up)
85's x 8 (work set – 3 or 4 reps in tank)
95's x 8 (work set – maybe 2 reps left in tank)
100's x 8 (work set – barely got the 8th rep)

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

Incline smith press – Set this on a nice low angle so it's not steep. I want you to do a few feeder sets then find a weight that you can do for a solid 10 reps. Today we will move a little quicker just for some added intensity. Take only 90 seconds between sets. Do 4 sets with it. Get as many reps as you can. **4 total work sets**

For example:

135 x 6 (feeder set)
185 x 4 (feeder set)
225 x 10 (work set) rest 90 seconds and then
225 x 8 (work set) you could only get 8 here, still rest 90 seconds,
225 x 6 (work set) fatigue setting in
225 x 5 (work set) finished!

Goal – Supramax pump

Flat barbell bench press – We are going to do these on your pumped pecs again. Do 4 sets of 8. Set the weight on your chest before firing it back up. Try to do about 65-70% of your 1 rep max at THIS POINT in your workout like last week. The difference is that these aren't as explosive as last week and there will be some grinding involved. So for example, I can probably only do 315 for one rep at this point in the workout, so 215 to 220 is going to be about right. If you can't get all the reps the last couple of sets, that's ok, don't worry. You are working your butt off and that's what counts. **4 total work sets**

Goal – Supramax pump

Incline cable flyes – Do 3 sets of 10 with a really hard flex at the top. You a slight incline angle. **3 total work sets**

Goal – Work muscle from stretch position

Rear delt flyes on pec deck – Pyramid up in weight and lower reps as you do this. Do this rep scheme, 25, 20, 15, 12. Flex each rep for 2 second in the contracted position. Drive blood in there. After one set you should feel an intense pump coming. **4 total work sets**

Goal – Supramax pump

Dumbell side laterals – Here you are just doing basic side laterals for 4 sets of 10. Bring the bells up to ear level. Try to lower these a little slower than normal this week. **4 total work sets**

Goal – Supramax pump

Cage press – Do 4 sets of 6 here. Drive the weight up with as much force as you can muster. The rep speed should be medium to high, and not slow and grinding in nature. **4 total work sets**

Goal – Train explosively

Back - 17 sets

Smith bent over row – Do plenty of warm up sets. Do these the usual way. If oyu can set up a stop at midshin that would be great. I prefer all rest pause reps on these where you really focus on driving up hard with your elbows. Do 4 sets of 8 here. **4 total work sets.**

Goal – Activate and train explosively

Dumbbell rows – These are just basic rows. Go heavy! Do a pyramid doing sets of 10. Just keep going up in weight until you can barely get 10. We will call this 4 sets. **4 total work sets.**

Goal – Supramax pump

Dumbbell pullovers – This is our standard pullover technique for 3 sets of 12. **3 total work sets.**

Goal – Work muscle from a stretched position

Single arm pulldowns – Use a supinated grip on these. Do 8 reps on one side, and then 8 on the other. Do 4 hard sets. **4 total work sets.**

Goal – Strength

Hyperextensions – Do two sets to failure with your bodyweight only. You should get at least 30 reps on the first set.. **2 total work sets.**

Goal – Supramax pump in your spinal erectors

Biceps - 11 sets / Triceps - 12 sets

This arm workout was done Mr. Olympia weekend with Mark Dugdale! It is a scorcher.

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

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

Rope pushdowns – Lock out and flex for 1 second on each rep. Do 3 sets of 10, and then do a drop set. I want two drops. So do 10, then drop the weight and do 10, and then do it one more time! **4 total work sets.**

Single arm cable pushdown – Let's bring these back from two weeks ago! Do 8 reps here. There is video of this combination on my YouTube fyi.

Supersettted with

Single arm extension – Then do 8 reps here.

Do 4 supersets for **8 total worksets.**

Lying extensions – Do these with 4 second descents. Do 10 reps and then extend the set by doing another 6 reps JM press style. That is when it's a close grip that you take toward your chin but do not go all the way down. Do 3 sets like this. **3 total work sets.**

Ez bar curl – Do 2 sets of 8 with a hard flex. Now on your 3rd set you are going to keep the same weight and do 8 reps, and then extend the set by doing 8 more half reps out of the bottom, and then drop the weight and do another 8 full reps and then 8 partials. This should literally have your biceps pumped to the max right out of the gate. **3 total work sets.**

Machine curl – On these do 2 sets of 8 flexing really hard on each rep. On your 3rd set have your partner assist you with another 8 forced reps after you go to failure with the same weight! **3 total work sets.**

Hammer curl – Do 3 sets here. On each set do 8 full reps and then 6 partial reps out of the bottom. **3 total work sets.**

Reverse curls - On these do 2 sets of 15. **2 total work sets.**

Week 10

Week 10 – High Volume

Legs –17 sets:

Lying leg curls – Do plenty of warm up sets here. I want someone to lightly push down on your lower back, and I want you to drive your hips into the pad while you curl. This means you will have to lighten up the weight, but it will result in very good hamstring isolation. Simply do 3 sets of 10 like this. Then on your 4th set do a triple drop. Do 10, drop the weight and do 10, then do it again for 30 total reps. **4 total work sets.**

Goal – Activate and pump hams

Squats – Our squats are going to be essentially the same as they were last week, but I want you to beat your rep count on your last set this week. Take your time working your way up. I want you to do lower rep sets once you are warm (sets of 6), and when you get to about 75% of your max I want you to go all out and do as many reps as you can. We will call all this insanity 4 work sets. **4 total work sets.**

Here is exactly what I did as a reference:

135 x 12 (warm up)
185 x 10 (warm up)
225 x 10 (warm up)
275 x 6 (warm up)
315 x 6 (warm up)
365 x 6 (work set)
405 x 20 (work set) – last week I did 17, so I improved 3 reps

Goal – Supramax pump

Hack squat 1.5s – Do 3 sets here. I want you to do 1.5's, which means go down all the way, and only come up half way, then go back down again, and come up all the way. That is 1 rep. Do 3 sets of 10. This is BRUTAL if you do it right. Your quads will be jacked full of blood. **3 total work sets.**

Here is exactly what I did as a reference:

2 plates on each side for all 3 sets of 10.

Goal – Supramax pump

Leg extensions – Sit up straight while doing these. Do 10 reps where you flex hard on each rep. It should be very difficult to get the 10th rep. After each set do dumbbell squats.

Supersetted with

Dumbbell squats – Simply go down nice and deep and come back up all the way on each rep. I actually did these with kettlebells, but you can do either. I also used a thin board under my heels for quad sweep intensity. You could stand on 5 lb plates and simulate this. I am uploading a YouTube video of this superset this week so you can see it.

Do 3 rounds for 6 total work sets. **6 total work sets.**

Goal – Supramax pump

No stiff legs today, but we are doing them on back day this week!

Chest - 12 sets / Shoulders – 11 sets

Ok here is another workout I did with Ben Pakulski and Amit Sapir on Olympia weekend.

Incline dumbbell press – This is done on a slight incline. Do sets of 8 until you can barely get 8. Then for your last set, do a triple drop set. Do 8, then drop the weight and do 8 more, then do it again. We will call this 4 work sets. **4 total work sets**

Here is what I did as an example:

25's x 15 (warm up)
45's x 15 (warm up)
65's x 8 (warm up)
85's x 8 (warm up)
100's x 8 (work set – had more reps left in tank)
120's x 8 (work set – had more reps left in tank)
130's x 8 (work set – failure at 8)
130 x 8, drop to 100 x 8, drop to 80 x 8 – Done!

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

Incline flye with manual resistance – On these take a weight that you can do perfectly for about 10 and just do 10 normal flyes, and then drop the weight and do 5 reps where your partner pushes you down and you resist AS HARD AS YOU CAN for another 5 reps. It is important that your partner only push down ½ way, do not keep pushing all the way down into the stretched position. Do 3 sets. **3 total work sets**

Here is what I did as an example:

45's x 10 and then 25's x 5 (with the manual resistance on eccentric portion)

Do 3 sets like this with same weight.

Goal – Supramax pump

Flat barbell bench press – Just do 4 sets of 6 with perfect form. Take the bar down and touch chest and then drive to lockout. It won't take much weight, but will be all pec at this point. **4 total work sets**

Here is what I did as an example:

185 x 6 (work set)

225 x 6 (work set)

245 x 6 (work set)

255 x 6 (work set)

Goal – Supramax pump

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

Goal – Work muscle from stretch position

Dumbbell side laterals – You are going to bang out some reps on these today. Do 4 sets of 20 with perfect form! On the 4th set, drop the weight down a bit after doing 20 and do another 15 with a lighter weight. **4 total work sets**

Goal – Supramax pump

Rear delt flyes on pec deck – On these we are using sets of 15 with a 1 second flex in the contracted position. Do 4 sets. Same thing here as in exercise previous. Do your 15 and then drop the weight down and do another 15 reps. Your rear delts will be jacked up! **4 total work sets**

Goal – Supramax pump

Cage press – Finish off your delts by doing 3 sets of 5 here. The weight should move pretty fast the first few reps, and you should end each set with a rep or two still left in the tank. **3 total work sets**

Goal – Train explosively

Back - 18 sets

Away facing pulldowns – Do plenty of warm up sets. If you need a form refresher on these check my YouTube. You simply face away from the stack on a pulldown and really focus on driving your elbows down and flexing lats on each rep. Also try to wrap your lower back around the knee pad so you are arched better. Do 4 sets of 10. **4 total work sets.**

Goal – Activate and pump

Neutral grip low cable rows – These are just cable rows using a handle that allows you to keep palms facing each other. I used one that is medium wide, not real wide. Pyramid on these. Your rep scheme is 12, 10, 8, and 6. Go heavier each set but maintain perfect control until the last set. I am ok if you cheat a little on that one as the weight should be pretty heavy. **4 total work sets.**

Goal – Supramax pump

Dumbbell pullovers – This is our standard pullover technique for 3 sets of 12. **3 total work sets.**

Goal – Work muscle from a stretched position

Single arm pulldowns – Like last week, use a supinated grip on these. Do 8 reps on one side, and then 8 on the other. Here is the added twist this week though. I want you to do 4 partials at the bottom of the movement (in contracted position) after you do each set of 8. So do 8 full reps, and then do 4 partials! This will crush your lower lats. Do 4 hard sets. **4 total work sets.**

Goal – Supramax pump

Stiff legged deads – My goal here is to work your hams and lower back. I want you to do sets of 5, going up until you get to something like 75% of your max. On that set, go all out and see how many you can get. Now if these start to turn more into a Romanian deadlift style wise, that is ok! That is how my last two sets looked. We will count 3 sets as working sets. **3 total work sets.**

Note: Use chains on these if you can. Shoot for 3 on each side.

Here is exactly what I did as a reference, if you want to see how nuts I got on these:

135 x 3 (feeder set)

225 x 3 (feeder set)

275 x 3 (feeder set)

275 x 3 w/ 2 chains per side (feeder set)

275 x 5 w/ 4 chains per side (work set)

275 x 5 w/ 8 chains per side (work set)

275 x 7 w/ 11 chains per side (work set) – this is a huge stack of chains 😊

The last 2 sets were more Romanian style.

Goal – Supramax pump in your spinal erectors and hams

Biceps - 10 sets / Triceps - 15 sets

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

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

Hammer curl – Do 3 sets here to kick things off. On each set do 12 full reps and then 4 partial reps out of the bottom. Squeeze the dumbbells hard as you curl. Lower with good control. **3 total work sets.**

Ez bar curl 1.5s – Do 6 reps very strictly as you normally would, then tack on 6 partial reps out of the bottom. Do this for all three sets. **3 total work sets.**

NOTE: For some variety and different stimulation you can use Grip4orce attachments on these.

Preacher curl – Do 4 sets of 6 here with a 3 to 4 second negative. At the top flex hard. Your arms should be full of blood! **4 total work sets.**

Vbar pushdowns – Pyramid up in weight as you go. I want you to use the following rep scheme. Do 20, 15, 12, 10, and 8 reps, so 5 total sets. Don't flex at the bottom, just keep the weight moving. **5 total work sets.**

Single arm cable pushdown – This is where you stand back and just grab the cable and do one arm pushdowns. We are not going to superset this today. I actually want you to try and use a heavier weight and also hold and flex at the bottom of these. Do 6 reps per set! . **5 total work sets.**

Incline lying extensions – Do these with an ez curl bar lying back on an incline utility bench. Slowly let the bar go behind your head for a nice full stretch. Do 4 sets of 15 here. **5 total work sets.**

Week 11

Week 11 – Medium Volume

Legs –13 sets:

Standing leg curls – Do plenty of warm up sets here. Work up to a weight that is a tough 10 reps. Stay with for 3 sets. On your 4th set I want to do a drop set with partials. Do 10, then drop some and do another 8 to 10, then drop some weight and do another 6-8, and immediately move into partials. Shoot for 15 partials. This will hurt. **4 total work sets.**

Goal – Activate and pump hams

Squats – This week's squats will be a little harder going up, but we won't do the crazy high rep set at the end. What I want is for you to do sets of 10 after warm ups and just keep going until you can barely get 10. We will count the last 3 sets as work sets. Try to drive the weight up hard on these making most of the sets explosive in nature. **3 total work sets.**

Here is exactly what I did as a reference (I used a Safety Squat Bar):

135 x 12 (warm up)
185 x 10 (warm up)
225 x 10 (warm up)
275 x 10 (warm up)
315 x 10 (work set)
365 x 10 (work set)
405 x 10 (work set)

Note: If you have a SSB, use it today. If not, that's ok just use a regular bar.

Goal – Train explosively

Leg press – On these I want non-stop pumping reps. Do 3 sets of 30 reps. After each set stretch your quads out. Also try to go a little more narrow with stance on these. **3 total work sets.**

Here is exactly what I did as a reference:

5 plates on each side for all 3 sets of 30.

Goal – Supramax pump

Barbell stiff legged deadlifts – Lower these with a 3 second descent. Use 25 lb plates for a full stretch. Keep the bar in close against you. Pyramid up doing sets of 10 until you can barely get 10 and we will count the last 3 sets as working sets. Don't lock these out. Keep constant tension on hamstrings. **3 total work sets.**

Goal – Supramax pump

Chest - 11 sets / Shoulders – 9 sets

Flat dumbbell press – Do sets of 8 going up until you can barely get to 8. Once you get to your last set of 8, you will be doing a dropset with it. You will do 8, then drop the weight and do 8 again, and then one more drop and 8 reps. We will count the last 3 sets as work set. **3 total work sets**

Here is an example of what you could do

25's x 15 (warm up)
45's x 15 (warm up)
55's x 8 (warm up)
65's x 8 (warm up)
80's x 8 (work set – had maybe 3-5 reps left in tank)
90's x 8 (work set – had 1-2 reps left in tank)
100 x 8, drop to 80 x 8, drop to 60 x 8 – Done!

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

Incline barbell bench press – Do explosive sets of 6 up to a weight you can barely do for 6. Do not lock these out, and do not touch chest as usual! We will count the last 3 sets as work sets. **3 total work sets**

Here is an example of how to do this:

185 x 5 (feeder set)
225 x 6 (work set)
245 x 6 (work set)
265 x 6 (work set)

Goal – Train explosively

Flat flye with manual resistance – This is just like last week except we are using a flat bench. On these take a weight that you can do perfectly for about 10 and just do 10 normal flyes, and then drop the weight and do 5 reps where your partner pushes you down and you resist AS HARD AS YOU CAN for another 5 reps. It is important that your partner only push down ½ way, do not keep pushing all the way down into the stretched position or you will get injured. Do 3 sets. **3 total work sets**

Here is what I did as an example:

55's x 10 and then 40's x 5 (with the manual resistance on eccentric portion)

Do 3 sets like this with same weight.

Goal – Supramax pump

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

Note: I did these into a cambered bar for more of a stretch on this day.

Goal – Work muscle from stretch position

Dumbbell side laterals – I want a standard pyramid here today. Do something you can manage for 15 reps, then 12, then 10, and then 6. The set with 6 should be very heavy and you may have to cheat a little. **4 total work sets**

Goal – Supramax pump

Rear delt swings lying on utility incline bench – Lay facing down on an incline utility bench and let your arms straighten. Now just swing some heavy dumbbells for 3 sets of 25. Make sure you relax your traps and use all rear delts to initiate the swing and not your traps. **3 total work sets**

Goal – Supramax pump

Cage press – Finish off your delts by doing 3 sets of 5 here. The weight should move pretty fast the first few reps, and you should end each set with a rep or two still left in the tank. **3 total work sets**

Goal – Train explosively

Back - 16 sets

Dumbbell rows – Do plenty of warm up sets. Nothing fancy here just pyramid up doing sets of 10 until you can't do 10 with descent form. We will count the last 3 sets as working sets. **3 total work sets.**

Goal – Activate and pump

Low cable rows – These are just cable rows using a pair of single handles so you can pull back just a little bit further. Squeeze hard for 1 second in the contracted position. Do 4 sets of 8 with a medium heavy weight. **4 total work sets.**

Goal – Supramax pump

Chins — Feel free to use an assist machine on these. Do two sets with a moderate pronated grip, and 2 sets with a neutral palms facing in grip. Shoot for 8 reps on each set. **4 total work sets.**

Goal – Supramax pump

Dumbbell pullovers — Do 3 sets of 12 here. Use perfect form as usual! **3 total work sets.**

Goal – Work muscle from a stretched position

Banded good morning — Shoot for 2 sets of 30 reps here! **2 total work sets.**

Goal – Supramax pump in your spinal erectors and hams

Biceps - 10 sets / Triceps - 13 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.

Vbar pushdowns — Pyramid up in weight as you go. Once you get to a weight that is a tough 12 or so reps, do 5 sets with it, and only rest 30 seconds between sets. You are going to lose a few reps as you go, but that is ok. You do not lock these out, pump and keep constant tension going. **5 total work sets.**

Dips between benches — Nice and slow on these. Feel these working. Descend slowly. Shoot for 4 sets of 15 reps. If 15 is too easy add a plate(s) on your lap. **4 total work sets.**

Incline lying extensions w/ dumbbells — Do these with a dumbbells lying back on an incline utility bench. Slowly let the dumbbells go out to the side of your head and stretch! Do 4 sets of 15 here. **4 total work sets.**

Ez bar curl — Do 3 sets of 8 here. Flex your arms hard as you execute the rep. Lower with control and flex! **3 total work sets.**

Cross body hammer curls – Do 8 reps with one arm and then 8 with the other. Flex your bis and forearms hard as you bring the dumbell up. Do 3 sets here. **3 total work sets.**

Dumbell preacher curl – Do 4 sets of 8 here with a 3 to 4 second negative. At the top flex hard. Your arms should be full of blood! **4 total work sets.**

Week 12

Week 12 – Medium Volume

Legs –15 sets:

Standing leg curls – Do plenty of warm up sets here. Do full range of motion rest pause reps on this today. Straighten your legs out, stop, and then use your hamstring to flex your ham and curl the weight back as far as you can get it. 4 sets of 15 with this technique will get your hams loaded with blood. **4 total work sets.**

Goal – Activate and pump hams

Leg press – Pyramid up a plate at a time. If you have pegs/stops I want you to use them to rest pause these too out of the bottom. Don't set the pegs too low/deep. Make sure your lower back is staying flat on the pad. Do sets of 10 until you get to a weight that you can barely rest pause 10 with. When you get to this last set where you can barely do 10, make this a triple drop set. So lower the weight and shoot for 10 again, and then lower it one more time and shoot for 10 again. This should be absolutely brutal. Don't lock out unless you have to, to get the prescribed number of reps. We will count the last 3 sets as work sets. Use whatever stance you are most powerful in. **3 total work sets.**

Goal – Supramax pump

Smith machine stiff legged deadlifts – On these make sure you keep the bar in close. You are going to come up and almost lock out, but not quite! Get close and then push your hips forward and flex your glutes. Then lower the weight with your hamstrings. Never lose tension on them. This is going to also set your glutes up to get smashed on the next exercise. Do 4 sets of 12. **4 total work sets.**

Goal – Work muscle from a stretched position

Dumbbell lunges – I want these to be fairly heavy. Use straps to help you with your grip. Do these one leg at a time. In other words step with right leg, and bring left leg back to even, and then step with right leg again. Take 12 paces down on right leg, and then turn around and come back hitting left. Do 3 rounds. If your quads are not massively pumped go up in weight and do an extra step. **3 total work sets.**

Goal – Supramax pump

Smith machine squats – Put a light to moderate weight on this and simply do as many as you can do while maintaining good form. I used 190 and did around 20 reps. That's it! **1 total work set.**

Goal – Supramax pump

Chest - 11 sets / Shoulders – 7 sets

Incline dumbbell press – We did this two weeks ago. Let's see if you can top out at a higher weight this time around. Do sets of 8 going up until you can barely get to 8. Once you get to your last set of 8, you will be doing a dropset with it. You will do 8, then drop the weight and do 8 again, and then one more drop and 8 reps. We will count the last 3 sets as work set. **3 total work sets**

Here is an example of what you could do

25's x 15 (warm up)
45's x 15 (warm up)
55's x 8 (warm up)
65's x 8 (warm up)
80's x 8 (work set – had maybe 3-5 reps left in tank)
90's x 8 (work set – had 1-2 reps left in tank)
100 x 8, drop to 80 x 8, drop to 60 x 8 – Done!

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

Incline flye with manual resistance – On these take a weight that you can do perfectly for about 10 and just do 10 normal flyes, and then drop the weight and do 5 reps where your partner pushes you down and you resist AS HARD AS YOU CAN for another 5 reps. It is important that your partner only push down ½ way, do not keep pushing all the way down into the stretched position or you will get injured. Do 3 sets. **3 total work sets.**

Here is what I did as an example – this was better than 2 weeks ago – your strength should be up:
65's x 10 and then 40's x 5 (with the manual resistance on eccentric portion)

Do 3 sets like this with same weight.

Goal – Supramax pump

Flat barbell bench press – Do explosive sets of 5 up to a weight you can barely do for 5. Do not lock these out, and touch your chest but do not bounce the weight! We will count the last 3 sets as work sets. **3 total work sets**

Here is an example of how to do this:

185 x 5 (feeder set)
225 x 5 (work set)
245 x 5 (work set)
265 x 5 (work set)

Goal – Train explosively

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

Goal – Work muscle from stretch position

Dumbbell side laterals – Do these seated. I want you to hold the flexed position at the top for a split second. Do 3 sets of 15. This is going to burn like fire. **3 total work sets**

Goal – Supramax pump

Dumbbell press – Do these seated with a back support. Find a weight that is a tough 10 and do 3 sets of 10 with it. Don't lock these out. Keep the dumbbells moving. **3 total work sets**

Goal – Train explosively

Rear delt destroyer – Let's finish this week in style. Ok lay on an incline utility bench and swing 60 reps. Then drop the weight and do 30 reps, then drop the weight and do 10 more rep. Lights out delts. **1 total work sets**

Goal – Supramax pump

Back - 15 sets

This back workout absolutely drilled me. I was actually really sore from it. Enjoy.

Dumbbell rows – Do plenty of warm up sets. Work your way up doing sets of 8. When you get to your hard set I want you to go nuts. This is a challenge set. You will do a high number of reps, drop the weight and do 8 to 10, then drop the weight and do 8 to 10 again. Now the key here is that when you make the first drop. Make it a pretty substantial drop so that you can do these ULTRA strict and just drive your elbow up. *Do not* pull at all with your arms. Only drive your elbow up. If you do this right, your lats will be on fire. We will count the last 3 sets as working sets. **3 total work sets.**

Here is exactly what I did as a reference:

35's x 12 – warm up

55's x 12 – warm up

85's x 8 – warm up

110 x 8 – working set

120 x 8 – working set

130 x 15, dropped to 90's and did 10, then dropped to 70's and did 10 – challenge set

Give yourself 3 or 4 minutes of rest before you do the other side, because this will gas you.

Goal – Activate and pump

Supported row – Do these with a pronated grip and keep your elbows high. I used a supported t-bar but you can use anything where you rest your chest on it. Do these with a really hard flex at the top. You will feel these in your rear delt, traps, and rhomboids. Do 3 sets of 10. **3 total work sets.**

Goal – Supramax pump

Chins – This is a repeat of last week. Feel free to use an assist machine on these. Do two sets with a moderate pronated grip, and 2 sets with a neutral palms facing in grip. Shoot for 8 reps on each set. I can't emphasize enough how important it is to use strict form on these and drive with your elbows, don't pull yourself up with biceps. This is why I love the assist machines. It enables you to use perfect form. **4 total work sets.**

Goal – Supramax pump

Dumbbell pullovers – Do 3 sets of 12 here. Use perfect form as usual! **3 total work sets.**

Goal – Work muscle from stretched position

Hyperextensions – Do 2 sets to failure with bodyweight only. **2 total work sets.**

Goal – Supramax pump in your spinal erectors

Biceps - 14 sets / Triceps - 12 sets

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

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

Rope pushdowns – Pyramid up in weight as you go. Do sets of 10 until you can't get 10 anymore. Lock these out and flex on each rep. We will count the last 4 sets as working sets. Take small jumps so your elbows get really warmed up well. **4 total work sets.**

Close grip press – Nice and slow on these. Lower the weight to about 3-4 inches above your nose with your elbows flared out, then drive up to $\frac{3}{4}$ lockout. Do 4 sets of 8. **4 total work sets.**

Lying extensions – Lower these slowly as well and try to keep your elbows tucked in instead of flaring them out. Do 4 sets of 15 here and again do not lock out all the way. **4 total work sets.**

Ez bar curl – Do 6 sets of 8 here. Do these fast only taking 30 seconds between sets and flex as hard as you can throughout the reps. Your bis will have a massive pump from this. **6 total work sets.**

EZ bar preacher curl – Simply do 4 sets of 8 here. Do not go to full stretch. **4 total work sets.**

Hammer curl – Do 4 sets of 15 here. Keep the dumbbells moving. It's going to burn. Don't stop, keep them moving. **4 total work sets.**

Calves

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

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

Routine #1

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

Routine #2

<http://www.youtube.com/watch?v=XLnXx6V7Ng>

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

NEW – If your tibialis has gotten strong enough so that the tibialis raises are easy, we have found a way to make these harder using a long red pro mini band or monster mini band.

<http://www.youtube.com/watch?v=IMbhfK-xUzo>

Abdominals – 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

- Incline sit ups
- Rope pulldowns/crunches
- Band crunches

For abs – these will always be simple. You will pick an exercise from the first list and do 4 sets of 15-25 reps depending on how hard they are. Next you will pick an exercise from the upper ab list, and do the same. Each ab workout will be 8 sets.

OPTIONAL DAYS – as recovery allows

Optional Back workout – 16 sets

Here are the guidelines - just do this every week:

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

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

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

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

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

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

1. Dumbbell pullovers
2. Straight arm lat pulldowns.

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

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

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

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

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

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

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

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

On the pulldowns do 4 sets of 10.

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

Mag grip medium grip neutral:

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

Swiss bar:

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

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

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

Do 4 sets of 10.

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

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

Optional Leg workout – 18 sets

You have two choices here!

Option #1

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

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

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

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

135 x 10 - warm up

185 x 10 warm up

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

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

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

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

Option #2

ALTERNATE SECONDARY WORKOUT ADDED THIS PROGRAM:

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

This workout consists of two exercises.

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

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

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

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

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

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

Finish with 4 high rep sets of any leg curl variation. Do 4 sets of 15.

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

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

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

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

Do 4 rounds.

For shoulders, follow this plan.

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

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

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

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

Spidercrawls – Go up and down a wall 3 times for each set. Remember to force your hands as far apart as you can. Don't let your hands come in close, and don't stand too close to the wall or it is too easy. Stand back, force your hands apart, and your delts will be on fire, I promise. **3 total work sets**

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

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