

Program 15 – The Executioner

I named this program the executioner, as you will either get better, or it'll kill you and you'll want to find a new hobby.

A few weeks ago I began my off-season training at the Mr. Olympia weekend in Las Vegas. It was the start of something special for me. My intense desire to push my body returned tenfold since my last competition. To make matters better (or worse – lol) I have recently had the immense pleasure of working closely with Tom Platz, who I idolized as a young bodybuilder. Tom has shared some techniques with me that I am going to be using in this program. It's very intense, absolutely brutal, so we don't do these techniques all the time, but they will take your training to a new level, and I am confident you are going to be amazed with YOURSELF and what you can do! These techniques start at week 2 and I call them out so you know where these techniques came from!

If you did my last program (14), you were able to toy around with occlusion training. Results from this training have been really interesting to me. Here is what my clients are reporting. This is by no means scientific or proof of anything, but it is interesting to see what folks are experiencing. This will continue to be sprinkled in as well.

1. Pumps are more intense, and most people report the part they trained is still “pumped” to a degree the next day.
2. There seems to be some increases in vascularity. This is the last thing I need, but I have noticed more small little veins and or capillaries popping up as well. I have no idea why this is, maybe the occlusion is forcing the body to develop capillaries as a protective response? Not sure.
3. People are using this on a weak/underdeveloped limb in some cases and reporting excellent results. In other words someone may have an arm one inch smaller than the other so they only occlude the lagging side, and it seems to be catching up.

Again, this is hardly proof of anything, but I do take into account what my clients are experiencing, as in the trenches results are what matter at the end of the day.

In case, you missed the last program, here is some more information on occlusion training from my go to guy in this area.

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

And here is a well done paper on the subject.

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

For wraps, see links below on what we are using.

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>

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. Most folks then do some pretty light training for 1-2 weeks before going to the next program.

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 – Moderate Volume

Legs – 17 sets:

Seated leg curls – Do 3 to 4 warm up sets. On these we are going to pyramid up with the following rep scheme. Do 15, 12, 10, and 8 reps. The first 3 sets should be pretty closed to failure with great form. Don't do any reps where form is compromised. On your last set where you do 8, I want you to do 8, and then have your partner help you force out another 6 reps. Then drop the weight down again and do 8 followed by your partner assisting you with another 6 reps. This will hurt, be prepared. If you do not have a partner instead of doing the 6 reps forced reps twice, do 10 partials out of the stretched position both times. 4 total work sets.

For example:

75 x 15 – warm up

95 x 15 - warm up

105 x 15 – warm up

115 x 15 – working set

125 x 12 – working set

135 x 10 – working set

145 x 8, then 6 forced reps, drop to 115 and do 8, then do 6 more forced reps

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 8 increasing the weight as you go. I want you to use a 3 second decent on these. Lower the weight counting to three then drive it up. Do not lockout. I want constant tension and an insane pump. Take plenty of rest between sets. Use a stance you are strong in. 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 x 8 (work set)
7 plates a side x 8 (work set)
8 plates a side x 8 (work set)

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. Come all the way up and flex your glutes. 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 light/medium 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. Sit up straight through the whole rep and point your toes back (dorsiflex) toward you as you flex. 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 - 11 sets / Shoulders – 11 sets

Incline dumbbell press – Use a slight angle on these. Check the YouTube link below so you can see the angle I am using. Keep doing sets of 8 until you can barely 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 during all your warm up sets to get warm fast and drive blood in muscle. Get a great stretch and drive to $\frac{3}{4}$ lockout, and then come right back down. Your last set is a drop set. See what I did below so you can see how to do this properly. 3 total work sets

For example, here is what I did:
25's x 8 (warm up)
45's x 8 (warm up)
65's x 8 (warm up)
90's x 8 (work set)
110's x 8 (work set)
130's x 8, drop to 95 x 8, drop to 75 x 8 (work set)

<http://www.youtube.com/watch?v=AYFGq1amMuQ>

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

Incline fly with manual resistance – Use the same bench that you used for the presses. On these take a weight that you can do perfectly for about 10 and just do 10 normal flyes. Straighten your arms out at the top and you will feel an unbelievable flex and pump (from the last exercise) in your chest. Then drop the weight and do 5-6 reps where your partner pushes you down and you resist hard for another 5-6 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. Check out my YouTube video below on this too, so you can see where to stop applying pressure and how to do it. Do 3 sets. 3 total work sets.

Here is what I did as an example:

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. If you lose a few reps that is ok! These are brutal!

<http://www.youtube.com/watch?v=AjJ8U7wObTw>

Goal – Supramax pump

Flat bench press – On these get 5 good solid sets of 6 in. On each rep touch your chest and drive hard to ¾ lockout then come right back down. You will not be strong after the other two exercises, but you can further blast your pecs now because they will be exhausted and your triceps and shoulders will be fresh to push your pecs to an even deeper level of stimulation. 5 total work sets

Here is what I did as an example:

185 x 6 (warm up set)
205 x 6 (work set)
225 x 6 (work set)
235 x 6 (work set)
245 x 6 (work set)
255 x 6 (work set)

Goal – Train explosively

Machine rear delt laterals/reverse pec deck – Do 5 sets of 15 here. Take 45 seconds between sets. Flex each rep for a split second in the contracted position. Your shoulder will be pumped fast from this. 5 total work sets

Goal – Supramax delt pump

Dumbbell front/side laterals – This is just laterals where you take the dumbbells up to the 10 and 2 o'clock position. So it's not a strict side lateral or front raise. It is in between and hits both heads of delt. Do 3 sets of 10. 3 total work sets.

Goal – Supramax delt pump

Machine overhead press – You can do these with a neutral or pronated grip. I like to use a neutral grip on these with palms facing in. Drive up to lockout and flex your delt hard for one second and then lower slowly with good control. Do 3 sets of 8 like this. 3 total work sets.

Goal – Supramax delt pump

Back - 14 sets

Dumbbell row – Do sets of 8 going up. Take plenty of warm ups. Once you get to a weight that is a pretty tough 8 you do your challenge set. Go ALL out and do what you can, then drop the weight a significant amount and shoot for all the reps you can get with good form, and then drop the weight again and ONLY focus on driving elbows up. You shouldn't feel much in your arms at all if you do this right. I have included a recent set I did that will give you an idea of what I mean. I did an extra drop in the video for good measure, but don't do that unless you really want to work hard. 3 total work sets.

For example, this is what I did:

45's x 15 – Warm up

65's x 12 – Warm up

85's x 10 – Warm up

105's x 8 – Work set

115's x 8 – Work set

130's x 8, drop to 95 x 8, drop to 75 x 10. Work set

<http://www.youtube.com/watch?v=mrlijSPI7ks>

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

Supported chest row – This will give your lower back a break as challenge sets of dumbbell rows can fatigue it. Keep your elbows high and your grip pronated. I am not worried about you getting a massive stretch on these. I want you to really focus on squeezing your rhomboids, rear delts, lower traps. Do 3 sets of 8 after a set or two to find the right weight. These should feel awesome. 3 total work set.

Goal – Supramax pump

Away facing pulldowns – I am not worried about a big stretch on these either! Drive your elbows down hard and flex your lower lats. If you are unfamiliar with this exercise check the link below for a form refresher. Try to set the pad up so you can wrap your lower back around it, You'll see what I mean in the video. Do 3 sets of 10. 3 total work sets.

<http://www.youtube.com/watch?v=fAxC5YuZrrg&list=PLA808445EA052D63A&index=34>

Goal – Supramax pump

Dumbbell shrug – Do 3 sets of 10 holding the dumbbell in the contracted position for 3 seconds per rep! 3 total work sets.

Note: Women do 3 x 10 of dumbbell pullovers lying on a bench not across it, as seen on my YouTube channel.

<http://www.youtube.com/watch?v=LfC0SwxAkho&index=4&list=PLA808445EA052D63A>

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 - 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.

This routine is called Crazy 8's arm destruction. I resurrected it from a several programs ago for your enjoyment. Here is a video so you can see what is going on here.

http://www.youtube.com/watch?v=ajZ3u_P2LFA&list=PL04BB5F1BC0300483&index=11

Rope pushdowns – Use form where your wrists stay in tight to your body and your elbows flare out as you let them rise up. Squeeze hard at the bottom for 1 second. Do 8 reps here. My form in the video isn't exactly like this fyi, but I think you get the jist of what I am saying here.

Supersetted with

Prontated tricep kickbacks – Look at how my palm is facing up in the contracted position. That is key for demolishing the inner/long head of the tri and also the medial head down by your elbow on the inside. Do 8 reps here.

Supersetted with

Bench dips - Don't force yourself to go deep into the stretch. Just go down to where your comfortable on each set. Do 8 reps here.

Supersetted with

Ez bar curl – Just a standard curl here, nothing special, for 8 reps.

Supersetted with

Hammer curl – Do 8 reps here.

Supersetted with

Hammer rope curl – Squeeze the rope hard here. Flex your bis as hard as you can on each contraction. Do 8 reps here.

Do 4 rounds of this!! This will be 24 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.

On your standing raises, I want you to move your feet out wider when you do these, so that more pressure is on the ball of your foot. This will help build up the inside of your calves/gastrocs faster.

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

Routine #1

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

Routine #2

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

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

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.

Week 2 – Moderate Volume

This is the week where we start adding some techniques that Tom Platz taught me!

Legs – 12 sets:

Lying leg curls – Do 5 to 6 warm up sets of 15 reps. We are going to just get a pump in hams, but not destroy them (we will do that later). Do the warm ups only. 0 total work sets.

Goal – Activate and pump hams

Barbell squats – Do a few sets of 10 as warm ups. We are going to do explosive sets of 8 until we lose speed and then do a few grinders too.

We will count the last 3 sets as work sets. 3 total work sets.

For example:

135 x 10

185 x 10

225 x 10

275 x 8

315 x 8

365 x 8 (weight starts to feel heavy and you lose some speed)

405 x 8 (you get 8, but know you can prolly get 8 with a little more weight)
425 x 8 (this takes all your energy to get 8)

Goal – Train explosively

Hack squat – This is a Tom Platz technique he put me through. Your turn! Ok hopefully you have a good hack squat but if not we can accommodate (more on that later). You are going to place your feet moderate to low on the platform. So your knees will travel a little forward with this style (another reason to keep the weight lighter). You are going to use light weight. Put your heels together and turn your toes out. When you get down into the stretched position on these, you will actually go up on the balls of your feet some. Play around with this until it feels natural. For your first set, use just the machine. Do 20 really slow and controlled deep reps without locking out. Add a little weight, maybe a 10 on each side and repeat for 20. Your quads should be burning pretty good now.

Now it's time for the fun stuff. Go up a little bit more, and do 30 reps. Now you should be on fire at 20. Stop there and take a few breaths. Hammer out the rest of your 10. Once you get to 30, I want you to lower the weight slightly like I do in the video link, and I want your partner to push down on the weight like Tom is doing in the video applying even more resistance to the isotension hold. Fight against him/her for 5 seconds and then lock back out and do it one more time for another 5 seconds. That is one set. Rest for 3 to 5 minutes and then do one more set like this. Now remember that you do not have to go heavy on these, in fact DO NOT! 3 total work sets.

Notes:

- If you do not have a partner still do the 5 second isohold.
- Women (or men) if the machine is too heavy for you with this technique then just use a standard foot placement and still do everything else the same.
- If you do not have a good hack squat, you can use any type of squat machine really. Just have someone apply the isotension and execute the reps the same.
- This is an advanced technique, not meant for beginners or even intermediates really.

Here is the video so you can see exactly what I mean.

http://www.youtube.com/watch?v=QpwRbI3E_LE

Goal – Supramax pump

Leg extensions - On these you are going to do one set of 20 with perfect form. Lock out and flex for 1 second on each rep. Now we are going to do some more isoholds. This time we add in some forced reps. So on set 2 I want you to do 20 reps and then have your partner give your 5 more forced reps. Then I want you to lift the weight up just a little, maybe 1/3 of the way and hold it for 10 seconds. The reps and time don't have to be perfect, but I think you know what I am looking for, so do the best you can. Now repeat one more time after a rest break! 3 total work sets.

Goal – Supramax pump

Leg curls - Now back to the leg curl machine. On these you are going to do one set of 15 with perfect form. We are going to do some more isoholds here as well as forced reps. So on set 2 I want you to do 15 reps and then have your partner give your 5 more forced reps. Then I want you to lift the weight up just a little, maybe 1/3 of the way and hold it for 10 seconds. If it is easy have your partner gently push down on the weight for added tension. Now repeat and do another set just like this. 3 total work sets.

Goal – Supramax pump

Chest - 9 sets / Shoulders – 9 sets

Incline dumbbell press – Keep doing sets of 8 working your way up until you can barely 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 during all your warm up sets to get warm fast and drive blood in muscle. Get a great stretch and drive to $\frac{3}{4}$ lockout, and then come right back down. Your last set is a drop set. Do 2 drops and try to get 8 on the drops too. 3 total work sets

For example:

25's x 8 (warm up)

45's x 8 (warm up)

65's x 8 (warm up)

90's x 8 (work set)

100's x 8 (work set)

110's x 8, drop to 80 x 8, drop to 60 x 8 (work set)

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

Incline smith – Tom Platz killed me on this one too. Use a slight angle on these. I want you to put your grip in just a bit closer than normal and tuck your elbows in to relieve shoulder stress. Lower the bar to your chest just below the nipple. I thought a false grip actually felt better on these, as much as I normally hate to use it. Ok for your first set do 20 reps. On these lower it to your chest and touch. I know we usually cut these short but with the different technique it will be safe and allow you to go down. Take these to $\frac{3}{4}$ lockout. On your second set go to failure (should be around 15), and have your partner force 2-3 more reps. On your third set hit failure around 10 reps and then lower the weight just a few inches and hold for 5 seconds. If it's easy have your partner apply extra resistance to the isohold. On your fourth set do something where you fail at about 5 reps and then you do another 5 second isohold. 4 total work sets

Goal – Supramax pump

Incline fly with manual resistance – On these take a weight that you can do perfectly for about 10 and just do 10 normal flyes. Straighten your arms out at the top and you will feel an unbelievable flex and pump (from the last two exercises) in your chest. Then drop the weight and do 5-6 reps where your partner pushes you down and you resist hard for another 5-6 reps. It is important that your partner only push down $\frac{1}{2}$ way, do not keep pushing all the way down into the stretched position or you will get injured. Do 2 sets. 2 total work sets.

For example:

50's x 10 and then 35's x 5 (with the manual resistance on eccentric portion)

Do 2 sets like this with same weight. If you lose a few reps that is ok!

Goal – Supramax pump

Dumbbell side laterals – Do one lighter set of 20 to start. On your next set do something that is a tough 10, and then drop the weight and do another 10. On your third set repeat the 10 and then drop the weight and do 10 again just like the second set. 3 total work sets.

Goal – Supramax delt pump

Rear delts on machine/reverse peck deck – Do one set of 15 with a flex in the contracted position on each rep. Next set do this but when you hit failure bring the weight back just a little and hold it there for 15 seconds. If it is too easy have your partner apply extra resistance to the isohold. On your third set just repeat this. 3 total work sets

Goal – Supramax delt pump

Cage press – Do 3 sets of 5 of these explosively. 3 total work sets.

Goal – Supramax delt pump

Back - 13 sets

Lat pulldowns – You want to use a parallel grip bar where palms face each other. Do 2-3 good warm up sets then do 3 sets of 10. Drive your elbows down hard and flex your lats. Lean back just a hair while doing these and maintain that position. This will create a better angle to drive your elbows straight down. Do a 4th set where you tack on 5 more partner assisted forced reps too ok. 4 total work sets.

Goal – Activate and pump lats

TBar row – This movement and sets represent the first ever sets I did with Tom Platz. You want to get into a rhythm doing these. You are going to be doing a lot of sets and reps. This was kind of difficult for me the first set or two because I am so programmed to pull back hard and squeeze, but you really just need to let the bar come up and down in a good tempo. The pain and pump will come. Just look at the rep scheme below ok, and it will explain it all. Notice the weight! These aren't heavy either! Use 25 lb plates for better range of motion. 4 total work sets.

This is exactly what I did:

- 1 25 lb plate x 20 reps – Warm up
- 1 25 lb plate x 30 reps – Warm up
- 2 25 lb plate x 40 reps – Set
- 3 25 lb plate x 40 reps plus 5 partner assisted forced reps – Set
- 3 25 lb plate x 40 reps plus 5 forced reps – Sets
- 4 25 lb plate x Failure – Set

Notes: I used straps on the last couple of sets. If this is too much on your lower back and it starts burning, just stop ok. People have varying levels of endurance in their lower back. Your rhomboids and upper lats are going to be so sore you won't believe it.

Goal – Supramax pump

Dumbbell pullover – Do 3 x 10 of dumbbell pullovers lying on a bench not across it, as seen on my YouTube channel. 3 total work sets.

Banded hyperextensions – Do 2 sets of 15 (or as many as you can get) using a band. Stop at the top and flex your spinal erectors for a second. 2 total work sets.

Goal – Supramax pump in your spinal erectors

Biceps - 9 sets / Triceps - 8 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 incline dumbbell curl – You are going to alternate arms on these. Do a supinated curl on one side, and then switch. Alternate to failure. Make this somewhere around 12-15 reps. Do 2 sets to failure. On your 3rd set once you hit failure stand up and do more reps hammer style to failure! Now on your 4th set, go to failure but do not stand up. Just curl one arm up about 1/3 of the way and hold the weight as long as you can. Tom was actually pushing down a tad on these as well to increase tension. Now do that with the other arm. This HURTS. 4 total work sets.

EZ bar preacher curl – You are going to get into a rhythm here too. Don't go heavy. Use a lighter weight and just pump. Do sets of 20. Take plenty of time in between sets because I want 5 sets. 5 total work sets.

Pushdowns – Use a straight bar if you can on these. After a few warm ups I want you to do 2 sets of 30 reps. Now on the 3rd set do 30 reps and then have your partner help you do 5 more, and then almost lock the weight out and hold it. This is the isohold. If it's too easy have your partner push down on the stack. You want to hold this for 10 seconds. Tom actually pushed down on the stack while I was doing this. On your 4th set do the same thing but shoot for 10 forced reps instead of 5. 4 total work sets.

Lying extension – Do 4 sets of 8 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. Slow these down a little, rest 30 seconds between sets. 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.

On your standing raises, I want you to move your feet out wider when you do these, so that more pressure is on the ball of your foot. This will help build up the inside of your calves/gastrocs faster.

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

Routine #1

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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.

Week 3 – High Volume

Legs – 19 sets:

Lying leg curls – Ok back to destroying hams first this week! Do 3 or 4 warm up sets, then pyramid up with weight doing this rep scheme -> 15, 12, 10, and 8. Now on the last set you do with 8, do two drops. So do 8, then drop the weight and do 8 more, then drop the weight and do 8 more. 4 total work sets.

Goal – Activate and pump hams

Leg press – We are going to take a break from squats this week and really go hard and heavy on leg presses. Use the foot position where you feel the strongest. Simply do sets of 10 until you can just barely get 10. We will count the last 3 sets as work sets. 3 total work sets.

Goal – Activate and pump quads

Smith machine lunge – This is where you do all your reps on one leg, and then do the other. It doesn't take much weight on these. Do these nice and slow and generate tension. Feel every rep. No bouncing or inertia is allowed. I like to keep only one hand on the bar, and actually touch my glute ham tie in with the other hand to connect even more with the muscle. Do 4 sets of 10 with each leg. 4 total work sets.

Note:

- If you do not have a Smith just do these standing stationary with dumbbells.

Goal – Supramax pump

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 light/medium load and shoot for 4 sets of 15 with 30 second breaks. Try to use a little more weight than when you did these last time. I am thinking of a 10-20 lb bump. Keep the knee wraps around your leg until you complete your last set then you can take them off. Sit up straight through the whole rep and point your toes back (dorsiflex) toward you as you flex. 4 total work sets.

Goal – Occlusion (BFR – blood flow restriction training)

Stiff legged deadlifts - Use a barbell and use 25 lb plates for better range of motion. Keep the bar in nice and tight right against you and push your hips back slowly so you feel your hams working. Build the weight up as you go doing sets of 10, until 10 is brutal. We will count this as 4 working sets. 4 total work sets.

Here is what I did as an example:

100 x 10 – Warm up

150 x 10 – Warm up

200 x 10 – Working set (tough but a few left in tank)

220 x 10 – Working set (tough but still had a few left in tank)

240 x 10 – Working set – knew I was approaching last set

260 x 9 – Working set – Didn't quite get 10. Did 9 extremely hard reps.

Goal – Work muscle from a stretched position

Chest - 12 sets / Shoulders – 9 sets

Machine press – Use any machine where your back is supported. Do sets of 8 working up with a nice full range of motion this time. Simply keep going up until you can barely get 10. We will count the last 3 sets as working sets. 3 total work sets

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

Incline barbell press – We are going back to the barbell on these this week. If you can use a slight angle I prefer that over a steep angle. Do explosive sets of 6 where you stop an inch or two from touching your chest then drive up the weight hard and with acceleration. Do not lock these out, come right back down. Fire like a piston on these. Keep going up until you barely get 6. At this point you will have lost your speed, but that's just fine. We will count the last 3 sets as work sets. 3 total work sets

Here is an example of how this should look:

135 x 6 – Warm up

185 x 6 – Warm up

225 x 6 – Work set (good speed)

255 x 6 – Work set (speed slows down a little the last couple of reps)

275 x 6 – Work set (last two reps are slower, last rep is very close to complete failure)

Goal – Train explosively

Flat barbell press – Do explosive rest/pause sets of 5 where you touch your chest then drive up the weight hard and with acceleration after a 1 second pause. Do not lock these out, come right back down. Keep going up until you barely get 5. At this point you will have lost your speed, but that's just fine. We will count the last 4 sets as work sets. 4 total work sets

Here is an example of how this should look:

135 x 5 – Warm up

185 x 5 – Work set (speed is excellent off chest)

225 x 5 – Work set (good speed coming off chest)

255 x 5 – Work set (speed slows down a little the last couple of reps)

275 x 5 – Work set (last two reps are slower, last rep is very close to complete failure)

Goal – Train explosively

Slight incline fly with manual resistance – On these take a weight that you can do perfectly for about 10 and just do 10 normal flyes. Straighten your arms out at the top and you will feel an unbelievable flex and pump (from the last two exercises) in your chest. Then drop the weight and do 5-6 reps where your partner pushes you down and you resist hard for another 5-6 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 2 sets. 2 total work sets.

For example:

50's x 10 and then 35's x 5 (with the manual resistance on eccentric portion)

Do 2 sets like this with same weight. If you lose a few reps that is ok!

Goal – Supramax pump

Bent over laterals for rear delts – Use a full range of motion here, and when you can't get any more do 10 additional reps where you lock your arms out and just do swings only coming up about 6 inches. The full reps should be around 15-20 reps. This is going to burn like fire. Do 3 sets like this. 3 total work sets.

Goal – Supramax delt pump

Heavy standing partial raises – Grab a fairly heavy weight, with straps, and just swing them out to the side about 6 inches. Do not come up all the way like you would with a standing side lateral. If you could actually do that, the weight would be too light anyway. Do 3 sets of 20 like this. Tilt your head back while you do these to lessen trap involvement. Relax traps and shoulders and just swing ok. 3 total work sets

Goal – Supramax delt pump

Dumbbell seated press – Do 3 sets of 8 of these locking out and flexing at the top. 3 total work sets.

Goal – Supramax delt pump

Back - 16 sets

Low rows with a neutral grip – Let me clarify this a bit for you. This is the parallel grip bar that is wider than a normal close grip attachment. What I am trying to do here is sit you in a position where you can just drive your elbows straight back. You can lean forward a little in the beginning of each rep, but not much. You are going to do 2 warm up sets, then 3 sets of 20 reps. Each set you do will feel better and better. Really focus on that mind to muscle connection. 3 total work sets.

Goal – Activate and pump lats

Smith machine row – I want these done explosively. Set the stops so that you are pulling from about midshin. Drive your elbows up hard and flex your lats! Do these with an overhand grip. I never do any rowing supinated only pulldowns. Do 4 sets of 8 explosively. 4 total work sets.

Goal – Train explosively

Dumbbell pullover – Do 3 x 10 of dumbbell pullovers lying on a bench not across it, as seen on my YouTube channel. 3 total work sets.

We didn't squat this week so we are going to go to town on some rack deadlifts!

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, pump, and pure strength

Biceps - 9 sets / Triceps - 8 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 incline dumbbell curl – I know you loved these so much last week we are going to start with them again! You are going to alternate arms on these. Do a supinated curl on one side, and then switch. Alternate to failure. Make this somewhere around 12-15 reps. Do 2 sets to failure. On your 3rd set once you hit failure stand up and do more reps hammer style to failure! Now on your 4th set, go to failure but do not stand up. Just curl one arm up about 1/3 of the way and hold the weight as long as you can. If you have a partner, have them actually pushing down a tad on these as well to increase tension. If not, just do a slow negative on this last rep. Now do that with the other arm. This HURTS. 4 total work sets.

EZ bar curl – You are going to get into a rhythm here like the preacher curls last week. Don't go heavy. Use a lighter weight and just pump. Do sets of 12. Take plenty of time in between sets because I want 5 sets. 5 total work sets.

Pushdowns – And these, yes again! Use a straight bar if you can on these. After a few warm ups I want you to do 2 sets of 30 reps. Now on the 3rd set do 30 reps and then have your partner help you do 5 more, and then almost lock the weight out and hold it. This is the isohold. If it's too easy have your partner push down on the stack. You want to hold this for 10 seconds. Have your partner actually push down on the stack while doing these. On your 4th set do the same thing but shoot for 10 forced reps instead of 5. 4 total work sets.

Seated rope extensions – 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. 4 total work sets.

Just in case you are unsure what exercise this is, see link below.

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

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.

On your standing raises, I want you to move your feet out wider when you do these, so that more pressure is on the ball of your foot. This will help build up the inside of your calves/gastrocs faster.

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

Routine #1

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

Routine #2

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

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

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.

Week 4 – High Volume

This week training was what I did with Ben Pakulsky as he was in town for 4 days. This was one of the hardest weeks I have ever had; training was off the chart intense, so now it's YOUR turn!

Legs – 17 sets:

Seated leg curls – Do plenty of warm ups. Here you are going to do 4 hard sets of 12 reps. The reps should be perfect. Keep a good pace going. This isn't the last leg curl you will see FYI. 4 total work sets.

Goal – Activate and pump hams

Squat – Work your way up doing sets of 10. Once you get to a really tough 10 you are going to do a drop set. I want you to make 3 drops. After the first drop shoot for 5 reps. After the second drop shoot for 10 reps. After the final drop shoot for 15 reps. We will call this 4 total work sets. 4 total work sets.

Here is exactly what I did as an example:

190 x 10 – Warm up

190 x 10 – Warm up

280 x 10 – Working set (tough but several reps in the tank)

330 x 10 (with 3 chains on each side) – Working set (tough but still had a few left in tank)

330 x 10 (with 6 chains on each side) – Working set – knew I was approaching last set

The 4th set was what you see in the video below.

Note: I used the spider bar which is a combo of a cambered bar and safety squat bar. Here is a video of the set. I also used chains and that was one of the drops. Feel free to use a different bar and chains as well!

<https://www.youtube.com/watch?v=TYZYilwDchM>

Goal – Activate and pump quads

Leg extension – On these you are going to do 2 sets of 12 with a hard flex at the top for 1 second on each rep. Sit up straight in the seat, and pull your toes back (dorsiflex) as you do the rep. On your 3rd set you are going to do 10-12, hit failure, and then have your partner force 5 more reps (or do drop set if training on your own). After the forced reps do an iso hold like you see in the video for 10 seconds. Your partner should push against the pad and you should fight him (no partner means just hold the weight in place for 15 seconds). 3 total work sets.

<https://www.youtube.com/watch?v=oUeY17CyybU>

Goal – Supramax pump

Hack squats - Do 2 sets of 20 here getting nice and deep on all reps. On the 3rd set do 20 reps and then do 4 isoholds. Lower the weight a little and then have your partner pull down against you adding resistance for 8 seconds. Lock it out and repeat 3 more times for 4 total isoholds. Lights out quads. 3 total work sets.

Note: If you don't have a hack squat just use the leg press and duplicate the rep range and techniques.

Goal – Supramax pump

Lying leg curls - Yep more leg curls, this time from a lying position. Do 2 sets of 12 reps perfect. Drive your hips into the pad. On your 3rd set do 15 reps, and then 5 more forced reps, and then have your partner give you some added resistance doing an isohold from about 1/3 of the way up. 3 total work sets.

Goal – Supramax pump

Note: We didn't do a stiff legged dead variation as we were actually going to be deadlifting 2 days later. You'll see.

Chest - 13 sets / Shoulders – 6 sets

Dumbbell press – Work your way up doing sets of 8 to 12 to get the blood flowing. Once the weight is kind of heavy do sets of 8. Do these until your last set you can barely do 8. Then drop the weight and crank out another 8, and then hold some lighter dumbbells at the midpoint in ROM and have someone push down to give you isotension. 3 total work sets. Here is exactly what I did as a reference so you can see the pattern.

25's x 10 – Warm up

45's x 10 – Warm up

65's x 10 – Warm up

90's x 8 – Warm up

110 x 8 – Work set (still reps left in tank)

120 x 8 – Work set (still reps in tank)

130 x 8 , and then the drops and isotension. See the video below of my set.

<https://www.youtube.com/watch?v=Aj2ofw160-Q>

Note: You can use a band the way we are in the video to make the lockout and flex even harder if you want!

Goal – Activation and supramax pump

Incline barbell press – Similar to last week do sets of 8 on the way up. Just keep going up until you can't get 8. We will count your last 3 sets as work sets. 3 total work sets

Here is an example of how this should look:

135 x 6 – Warm up

185 x 6 – Warm up

225 x 8 – Work set (good speed)

255 x 8 – Work set (speed slows down a little the last couple of reps)

275 x 8 – Work set (last two reps are slower, last rep is very close to complete failure)

Goal – Train explosively

Flat barbell press – Do explosive rest/pause sets of 5 where you touch your chest then drive up the weight hard and with acceleration after a 1 second pause. Do not lock these out, come right back down. Keep going up until you barely get 5. At this point you will have lost your speed, but that's just fine. We will count the last 4 sets as work sets. 4 total work sets

Here is an example of how this should look:

135 x 5 – Warm up

185 x 5 – Work set (speed is excellent off chest)

225 x 5 – Work set (good speed coming off chest)

255 x 5 – Work set (speed slows down a little the last couple of reps)

275 x 5 – Work set (last two reps are slower, last rep is very close to complete failure)

Note: We actually did these with a reverse band. Feel free to do so!

Goal – Train explosively

Machine fly with isotension – Do 2 sets of 12 where you hit failure and you flex hard on every rep. On the last set go to failure and then at the midway point have your partner apply extra resistance for a 10 second count. 3 total work sets.

Goal – Supramax pump and work muscle form a stretched position

Machine laterals/reverse peck deck – Do 2 sets of 25 reps. On your last set do 25 reps and then have your partner apply isotension at about the midpoint in the range of motion for 10 seconds. 3 total work sets.

Goal – Supramax delt pump

Standing side lateral raises – Simply do 3 sets of 10 here with perfect form, nothing fancy. 3 total work sets

Goal – Supramax delt pump

No presses today.

Back - 15 sets

Pulldowns with a neutral grip – On these I want you to push your scapulae down and initiate the movement with your lats before you even bend your arms. This will take some practice. I will do a video soon on this. Lean back just a tad and really drive down with elbows while you flex your lats. Do 3 sets of 10. On your 4th set do 10 and then have your partner push down on the stack in the stretch position (the same way we used to do our forced stretch pulldowns), and feel the stretch for 15 seconds. 4 total work sets.

Goal – Activate and pump lats

One arm barbell row – Do 3 sets of 8 here, and then on your 4th set do a drop set. You will be using 25's to get a fuller range of motion so just take a 25 off each drop (do 2 drops). Try to get 8 reps on each drop. 4 total work sets.

Goal – Supramax pump

Chest supported T-bar row – Do 2 sets of 10 here for starters. Try to really drive your elbows back on these. On your 3rd set, you are going to do 10 reps, and then let the weight hang and stretch for 15 seconds. Then drop the weight, and repeat for another 10 reps and 15 second stretch. 3 total work sets.

Rack deads – Pull from mid shin. Do sets of 3 working your way up to about 70% of your max. Once you get here go ALL OUT for your challenge set and see how many reps you can do. 1 total work set

Sets might look something like this for someone who can single 405.

135 x 5

185 x 5

225 x 3

225 x 3

255 x 3

280 x Failure

Goal – Spinal erector activation, pump, and pure strength

Dumbbell shrugs – Simply do 3 sets of 10 with a 3 second flex at the top of each rep. 3 total work sets.

Note: Women do dumbbell pullovers for 3 x 10 instead of shrugs.

Goal – Supramax pump

Biceps - 11 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.

Straight bar pushdowns – I want you to keep your elbows tucked in at your sides and crank out sets of 20 reps with 45 second breaks. Do 5 sets. 5 total work sets.

Seated rope extensions – Just like last week, but a little heavier for less reps. Do 4 sets of 8 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. 4 total work sets.

Dips between benches (or in a machine) – Do 3 sets to failure with no additional weight! Work a little bit more stretch into each set, but don't force it. 3 total work sets.

Hammer curl – Sit on a bench leaning back slightly (against a support). This is the same technique as the last two weeks, but we are using a hammer grip. You are going to alternate arms on these. Do a hammer curl on one side, and then switch. Alternate to failure. Make this somewhere around 12-15 reps. Do 2 sets to failure. On your 3rd set once you hit failure stand up and do more reps hammer style to failure! Now on your 4th set, go to failure but do not stand up. Just curl one arm up about 1/3 of the way and hold the weight as long as you can. If you have a partner, have them actually pushing down a tad on these as well to increase tension. If not, just do a slow negative on this last rep. Now do that with the other arm. This HURTS. 4 total work sets.

EZ bar preacher curl – You are going to get into a rhythm here. Don't go heavy. Use a lighter weight and just pump. Do sets of 8. Take 45 seconds in between sets because I want 4 sets. 4 total work sets.

EZ bar curl – Do 3 sets of 8 on these and do a 3 second negative. Also on your last rep of each set, try to hold the rep (isotension) at midrange for 5 seconds. 3 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.

On your standing raises, I want you to move your feet out wider when you do these, so that more pressure is on the ball of your foot. This will help build up the inside of your calves/gastrocs faster.

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

Routine #1

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

Routine #2

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

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

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.

Week 5 – High Volume

Legs – 20 sets:

Standing leg curls – Do plenty of warm ups. Here you are simply going to do 4 perfect sets of 10 reps. 4 total work sets.

Goal – Activate and pump hams

Stiff legged deadlift – On these use 25 lb plates. Each set get a little bit lower, but don't force it. Pyramid up doing sets of 10 until you can barely get 10. I do want you to lock these out and flex your glutes on each rep. We will count the last 3 sets as working sets. 3 total work sets.

Here is an example of how this would look:

45 (just bar) x 10 – Warm up

95 x 10 – Warm up

145 x 10 – Warm up

195 x 10 – Start to get hard – Working set

245 x 10 – Working set (still have a few reps left in the tank)

265 x 10 – Working set (barely get 10)

Goal – Work muscle from the stretched position

Leg press – Work your way up doing sets of 20. On these I have a little different style for you this week. I want you to put your feet around the middle of the platform (keep a few inches in between your feet) with your toes turned out some. Now when you lock out actually dorsiflex your foot (pull toes off of foot plate) so that the weight is all on your heel. This will keep more tension in your quad sweep (vastus lateralis). Do these nice and controlled. It won't take nearly as much weight and it will burn like fire. Once you get to where you barely get 20, do that and then do one more set where you add a 10 second isohold. Just lower the weight about ¼ of the way down. Don't take it too low on the isohold because I want your partner to add tension. We'll call this 4 work sets. 4 total work sets. Here is exactly what I did as an example:

1 plate on each side x 20 (warm up)

2 plates on each side x 20 (warm up)

3 plates on each side x 20 (warm up)

4 plates on each side x 20 (work set – burned)

5 plates on each side x 20 (work set – intense burning)

6 plates on each side x 20 (work set – on fire)

6 plates on each side x 20 plus a 10 second isohold where your partner applies extra resistance (Pain)

Goal – Activate and pump quads

Hack squats - Use a standard foot placement where you are strong. You are going to do 6 sets of 10. If you have a partner alternate back and forth until all sets are complete. If not only take 30 second rest breaks. These are brutal and I only used 2 plates on each side. On the 6th set do a 10 second isohold. 6 total work sets.

Note: If you do not have a hack squat use any machine where your back is supported.

Goal – Supramax pump

Leg extension – Do 1 set of 12. Then on your next two sets do 15 full reps with your toes pointed back (foot dorsiflexed) followed by 5 forced reps and a 10 second isohold with some added partner resistance. 3 total work sets.

Goal – Supramax pump

Chest - 11 sets / Shoulders – 8 sets

Incline smith press – Do a few sets of high reps (15-25) to warm up. I want these to be done on a slight incline with a closer than usual grip. Keep your elbows tucked in more to allow the bar to actually come down and touch your chest. This positioning will protect your shoulders and pec insertions. The bar should hit about nipple level. Do a set of 20 with a full range of motion including lockouts. Next add some weight and do around 15. On your third set add some weight and do around 10 or so and then have your partner help you with 5 forced reps. On your 4th and last set I want you to add a little weight and do about 7 or 8, then do 5 forced reps, and then lower the bar just a little and do a 8 second isohold. On all of these sets, that first rep goal should be failure, so if you tried another rep, you shouldn't be able to get it on your own. 4 total work sets

Goal – Activation and supramax pump

Hex press – I want you to do 2 sets of 10 with a weight that you can execute with perfect form . Lock out at the top and flex hard on each rep. On your third set I want you to do a drop set. Do around 10, then go down a little (I dropped 10 lbs), and then go to failure and drop one more time and go to failure. If you don't have the dumbbells to do these, just do neutral grip dumbbell presses. I am adding a video below so you can see what I mean in terms of technique and the type of dumbbells I use on these. 3 total work sets

<https://www.youtube.com/watch?v=oL7Tb4ofKUI&list=PL2955620A11D03694&index=24>

Goal – Supramax pump

Decline dumbbell press – Do 2 solid sets of 8 here to get started. On your third set, you are going to do a drop set. On this one only do one drop set. So do 8 reps, then drop weight and go crazy until you hit failure. 3 total work sets

Note: Women use a slight incline as opposed to decline.

Goal – Supramax pump

Machine fly with isotension – Do 1 set where you hit failure and you flex hard on every rep and then lower to the midpoint of the range of motion and have your partner apply extra resistance for a 10 second count. 1 total work set.

Goal – Supramax pump and work muscle form a stretched position

Machine laterals/reverse peck deck – Do 2 sets of 15 reps this week with a little more weight than you used last week. On your last set do 15 reps and then have your partner apply isotension at about the midpoint in the range of motion for 10 seconds. 3 total work sets.

Goal – Supramax delt pump

Front barbell raises – Simply do 3 sets of 12 here. Bring the barbell up to a few inches above eye level and flex hard for a split second at the top of each rep. 3 total work sets

Goal – Supramax delt pump

6 ways – Do 2 sets of 12 here. I am adding video just in case you haven't done these before. 2 total work sets

<https://www.youtube.com/watch?v=E-cCXkSi7IQ&list=PL1F60A60A3E4E2E83&index=9>

Back - 18 sets

Hammer low row – I did these with a Hammer low row machine, but let me tell you the concept here so that if you don't have one you can mimic it via another movement. The flexed part of a row is where you are weakest. You are however strong at the beginning point of a row. As a result of this many people often use a weight that is heavier than what allows for a fully flexed contraction. On this movement I am looking for you to get your elbows back as far as you can and really feel an awesome contraction. I am not concerned about the stretch and a full range of motion in this case. In fact, don't even let the weight come down all the way. Just lower it about 2/3 of the way and then drive your elbows back hard. Probably my other favorite way to do these is with a simple dumbbell row just working the top half of the movement. Do 4 sets of 10 like this once you are warmed up. 4 total work sets.

Goal – Activate and pump lats

Partial/scapulae stretch pulldowns – Now think in the exact opposite terms. You are strong from a stretched position so do your pulldowns heavy but only pull them down to the top of your forehead. I have attached a video below so you can see what I mean. Do 4 sets of 8. 4 total work sets.

<https://www.youtube.com/watch?v=cvhlITSWimE&list=PLA808445EA052D63A&index=2>

Goal – Work muscle from a stretched position

Low cable row – Ok now that your lats have a massive pump let's resume rowing with a nice full range of motion. Simple do 3 sets of 10 of low rows with a close neutral grip. Hold the contracted position for 1 second and feel your lats stretch by leaning forward just a bit before you row the weight back up. 3 total work sets.

Rack deads – Since we are not squatting this week, let's go ahead and crush some rack pulls again. Change the pin height though this week. Last week was from midshin. This week lower it a very small amount. Do sets of 5 working your way up to about 70% of your max. Once you get here go ALL OUT for your challenge set and see how many reps you can do. The sets leading up to your challenge set will be a bit tougher this week, as you are doing sets of 5 instead of 3. 1 total work set

Sets might look something like this for someone who can single 405.

135 x 5

185 x 5

225 x 5

225 x 5

255 x 5

280 x Failure

Goal – Spinal erector activation, pump, and pure strength

Single arm pulldowns – Do these with a supinated grip. I have added a video of this so you can see what I mean. Now in the video my hands are not as supinated as I would like yours, so keep that in mind. I am also using it as more of a constant tension movement in the video but I actually DO want you to stretch at the top of these. Do 3 sets of 10. 3 total work sets.

<https://www.youtube.com/watch?v=COIP84kYCO4&list=PLA808445EA052D63A>

Goal – Supramax pump

Banded hyperextensions – Use a band and simply do 3 sets to failure. 3 total work sets.

Goal – Supramax pump

Biceps - 14 sets / Triceps - 10 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.

Ok let's get back to isotension this week.

Seated incline dumbbell curl – Do a supinated curl on one side, and then switch. Alternate to failure. Make this somewhere around 12-15 reps. Do 2 sets to failure. On your 3rd set once you hit failure stand up and

do more reps hammer style to failure! Now on your 4th set, go to failure but do not stand up. Just curl one arm up about 1/3 of the way and hold the weight as long as you can. If you have a partner, have them actually pushing down a tad on these as well to increase tension. If not, just do a slow negative on this last rep. Now do that with the other arm. 4 total work sets.

Machine curl – I want you to crank out 5 sets of 15 reps with 45 second breaks. If you don't have a machine you can use to curl in, do preacher curls. 5 total work sets.

Reverse curl – I want you to crank out 5 sets of 15 reps with 45 second breaks on these too. 5 total work sets.

Pushdowns – Use a straight bar if you can on these. I want you to do 2 sets of 30 reps. Now on the 3rd set do 30 reps and then have your partner help you do 5 more, and then almost lock the weight out and hold it. This is the isohold. If it's too easy have your partner push down on the stack. You want to hold this for 10 seconds. Have your partner actually push down on the stack while doing these. On your 4th set do the same thing but shoot for 10 forced reps instead of 5. 4 total work sets.

Bench dips – Do very slow reps. I want a massive amount of tension to develop. Do 3 sets to failure. 3 total work sets.

Lying extension – Do 3 sets of 12 taking only 45 seconds between sets. 3 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.

On your standing raises, I want you to move your feet out wider when you do these, so that more pressure is on the ball of your foot. This will help build up the inside of your calves/gastrocs faster.

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

Routine #1

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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.

Week 6 – High Volume

Legs – 19 sets:

Seated leg curls – Do plenty of warm ups. Here you are simply going to do 6 sets of 10. Let's get some blood cranking in your hams. I want you to be able to get all of your reps with perfect form. These shouldn't kill you, but they should give you a great pump. 6 total work sets.

Goal – Activate and pump hams

Stiff legged deadlift – On these use 25 lb plates. Just like last week, but let's try push the weight a little more and of course maintain good form and execution. Do sets of 8 until you get to where 8 is really tough. We will count the last three sets. 3 total work sets.

Here is an example of how this would look:

45 (just bar) x 10 – Warm up

95 x 8 – Warm up

145 x 8 – Warm up

195 x 8 – Start to get hard – Working set

245 x 8 – Working set (still have a few reps left in the tank)

265 x 8 – Working set (barely get 8)

Goal – Work muscle from the stretched position

Leg press – I want you to do this the same as last week two, but if you have bands, I want you to band these to make them even harder. I used a thick orange band for these.

Work your way up doing sets of 20. Put your feet around the middle of the platform (keep a few inches in between your feet) with your toes turned out some. Now when you lock out actually dorsiflex your foot (pull toes off of foot plate) so that the weight is all on your heel. This will keep more tension in your quad sweep (vastus lateralis). Do these nice and controlled. It won't take nearly as much weight (even less than last week with the bands) and it will burn like fire. Once you get to where you barely get 20, do that and then do one more set where you add a 10 second isohold. Just lower the weight about ¼ of the way down. Don't take it too low on the isohold because I want your partner to add tension. We'll call this 4 work sets. 4 total work sets.

Here is an example of what it could look like (if bands are used put them on after you do 2 warm ups first):

1 plate on each side x 20 (warm up)

2 plates on each side x 20 (warm up)

3 plates on each side x 20 (warm up)

4 plates on each side x 20 (work set – burned)

5 plates on each side x 20 (work set – intense burning)

6 plates on each side x 20 (work set – on fire)

6 plates on each side x 20 plus a 10 second isohold where your partner applies extra resistance (Pain)

Goal – Activate and pump quads

Barbell squats - Find a weight you can do for a nice solid 15 reps and do 4 sets of 15 with it. 4 total work sets.

Goal – Supramax pump

Lying leg curls – Do 1 set of 12. Then on your next set do 12 reps, and have your partner help you force 5 more reps, and then do 10 partials out of the stretch position, and then do an isohold for 10 seconds where your partner is pushing against the pad a bit. 2 total work sets.

Goal – Supramax pump

Chest - 9 sets / Shoulders – 8 sets

Flat dumbbell press – Work your way up doing sets of 8. Once you get to where 8 is really tough do a drop set with it. Do 8 then drop the weight and do another 6 to 8, then drop the weight and do another 6 to 8.

On these I actually wrapped a long red band around my back and did these all banded this week. You don't have to do it this way, but if you can, it's a nice way to really push the contraction hard. We will count the last 3 sets as work sets. On the drop set go ALL OUT. Crush your pecs. 3 total work sets

Goal – Activation and supramax pump

Incline barbell press – Do sets of 6 all the way up until you can barely get 6. Try to do these explosively and drive up hard. As usual stop about an inch or two above chest and go to $\frac{3}{4}$ lockout. We will count the last 3 sets as work sets. 3 total work sets

Goal – Train explosively

Stretch pushups – I want three sets done like this. Go to failure with good form. Then get about $\frac{2}{3}$ of the way down and do an iso hold. This means your partner will be pushing down on your back. Have them push hard for 8 seconds. All three sets are like this! I really want you to work the stretch on these. Keep your chin up and stretch at the bottom. 3 total work sets

Note: I actually did these on a cambered bar sitting in a squat rack.

Goal – Work muscle form a stretched position

Machine fly with isotension – Do 1 set where you hit failure and you flex hard on every rep and then lower to the midpoint of the range of motion and have your partner apply extra resistance for a 10 second count. 1 total work set.

Goal – Supramax pump and work muscle form a stretched position

Seated one arm side laterals – On these sit down on a bench. Now grab a pair of dumbbells and do 5 reps on one side and then switch sides. Repeat 3 more times until you have done 20 reps on each side. Next set go up in weight and do this the same way, but go to a total of 15 reps on each side. On the next set go up in weight and do a total of 10 reps on each side. Your delts should be on fire from this. 3 total work sets.

Goal – Supramax delt pump

Rear delt flye/reverse pec deck – Do 3 sets of 15 reps. On all sets do a 10 second isohold at about the midway point in the last rep to finish the set. Your rear delts should be insanely pumped after this. 3 total work sets

Goal – Supramax delt pump

Machine overhead press – Just do a nice full range of motion set of 15, and then one of 10. Each set should be too failure. 2 total work sets

Back - 18 sets

Dumbbell row deadstops – Work your way up doing sets of 10 here on each side. Just keep going up until you start to lose good form because the weight is so heavy. We will count the last 3 sets. I am including a link to these in case these are new to you. 3 total work sets.

https://www.youtube.com/watch?v=__mwGSMCiMc&list=PLA808445EA052D63A&index=6

Goal – Activate and pump lats

Partial/scapulae stretch pulldowns – Do these heavy again this week. Do 5 sets of 8 here! Pull down to the top of your head only just like last week. 5 total work sets.

Goal – Work muscle from a stretched position

Dumbbell pullover – Do 3 sets of 12 here. Do these nice and slow and feel your lats stretch! 3 total work sets.

Goal – Work muscle from a stretched position

Rack deads – These are different this week. This is one of the rare times I will have do these and not reset and pull the weight up hard. I am actually using this as more of a pump exercise. Lower the bar to just above your kneecap. That is not very low and pull it right back up and retract your scapulae and flex your spinal erectors. Keep your glutes loose, put all the tension in your back. Keep your back flat and tight. Here is another rare element. Don't wear a belt on these. In terms of weight, I only use about 225 -275 max on these. These feel great after all the lat work you have already done. Do 4 sets of 10. 4 total work sets

Goal – Supramax pump

Dumbbell shrugs – Do 3 sets of 12 with 3 second holds at the top. 3 total work sets.

Note: Women do not do these.

Goal – Supramax pump

Biceps - 12 sets / Triceps - 10 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 incline dumbbell curl – Let's start off the same way we did last week but just a bit more weight. Do a supinated curl on one side, and then switch. Alternate to failure. Make this somewhere around 10-12 reps. Do 2 sets to failure. On your 3rd set once you hit failure stand up and do more reps hammer style to failure! Now on your 4th set, go to failure but do not stand up. Just curl one arm up about 1/3 of the way

and hold the weight as long as you can. If you have a partner, have them actually pushing down a tad on these as well to increase tension. If not, just do a slow negative on this last rep. Now do that with the other arm. Make sure you aren't just holding the weight back actually pushing against your partner's resistance. Make the isohold 7 seconds. 4 total work sets.

Machine curl – I want you to do 3 sets of 15 with short rest breaks. On your 4th set, I want you to go to failure and then have your partner force 5 extra reps. After the forced reps hold the weight at midpoint and do a 10 second isohold. 4 total work sets.

Barbell curl – Do 3 sets of 6 with perfect form squeezing as hard as you can. On your 4th set do 6 then drop the weight 20 lbs or so and try to get 6 more. Then hold the weight at midpoint and once again have your partner apply isotension for a 7 second hold. 4 total work sets.

Pushdowns – We are going to start off the same way as last week on these too. Use a straight bar if you can on these. I want you to do 2 sets of 30 reps. Now on the 3rd set do 30 reps and then have your partner help you do 5 more, and then almost lock the weight out and hold it while your partner pushed down for a 10 count. Have your partner actually push down on the stack while doing these. On your 4th set do the same thing but shoot for 10 forced reps instead of 5. 4 total work sets.

Close grip pushups – On each set use a hand spacing of about shoulder width. Keep your elbows tucked in so you are hitting triceps. Go to near failure (maybe have -12 more reps in the tank), then go down just a little and hold while your partner pushed down on your back. Make this isohold last for 10 seconds. Do 3 sets like this! 3 total work sets.

Seated rope extensions – This is where you sit down on a bench with a back support, facing away from the machine, and do overhead rope extensions. This stretch should feel phenomenal at this point. Just do 3 sets to failure followed by 5 partials out of the bottom on each set. The initial reps before you hit failure should be in the ballpark of 12. 3 total work sets.

Calves

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On your standing raises, I want you to move your feet out wider when you do these, so that more pressure is on the ball of your foot. This will help build up the inside of your calves/gastrocs faster.

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

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<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.

Week 7 – Moderate volume

lower intensity – No ultra high intensity techniques

Legs – 16 sets:

Lying leg curls – Do plenty of warm ups. Here you are simply going to do 4 sets of 12. Use perfect form on all sets. 4 total work sets.

Goal – Activate and pump hams

Barbell squats – Work your way up doing sets of 8, and stop once you hit a set that is a hard 8 reps. We'll count the last 3 sets as work sets. Don't lock out the weight on these, just fire away like a piston. 3 total work sets.

Goal – Activate quads

Leg press – Very simple this week on these as well. Do a couple of sets of 20 to get to a working weight. Once there do 3 sets of 30 reps with it. Use the stance that you feel strongest and most natural in. 3 total work sets.

Goal – Supramax pump

Lunges – On these, what I did was put one foot on a slightly raised platform. I am guessing it was about 2-3 inches off the ground. I stayed in this position and did all my reps on one leg, and then switched to the other leg. The small platform will allow you to get a nice deep stretch that you normally can't on your lead leg. Do 3 sets of 10 on each side. 3 total work sets.

Goal – Supramax pump

Dumbbell stiff legged deadlift – Do 3 sets of 12 here. Come up all the way and flex your glutes. Work the stretch a little bit deeper each set. Let it happen naturally, don't force the stretch. 3 total work sets.

Goal – Work muscle from the stretched position

Chest - 12 sets / Shoulders – 9 sets

Machine press – Work your way up doing sets of 8. Keep going until you barely get 8 reps. Lock the weight out and squeeze hard on each rep. We'll count the last 3 sets as work sets. 3 total work sets

Goal – Activate pecs

Incline barbell press – Do sets of 6 all the way up until you can barely get 6. Try to do these explosively and drive up hard. As usual stop about an inch or two above chest and go to $\frac{3}{4}$ lockout. We will count the last 3 sets as work sets. 3 total work sets

Goal – Train explosively

Flat barbell bench press – Do the same thing that you did on incline. Do sets of 6 up until you struggle getting 6. Make that the last set. We will count the last 3 sets here as work sets. On these touch your chest with the weight and even pause for a split second before driving the weight back up hard. 3 total work sets

Goal – Train explosively

Machine fly – Do 3 sets of 12 here. Try to get a really nice full range of motion stretch on these. It will feel good after all the pressing. 3 total work sets.

Goal – Supramax pump and work muscle from a stretched position

Dumbbell side laterals – Simply stand up and do 3 sets of 12 on these. Do a few light sets first to get some blood cranking in your delts. 3 total work sets.

Goal – Supramax delt pump

Machine press – Do a machine press with a supported back. If you don't have one you can do dumbbell presses with a supported back. Do 3 sets of 10, and lower the weight with a 5 second count on all reps. This will burn. You can use either a pronated or neutral grip, either is ok. Flex your delts as you execute the movement. 3 total work sets

Goal – Supramax delt pump

Rear delt flyes/reverse pec deck – Do 3 sets of 20 here. 3 total work sets

Goal – Supramax delt pump

Back - 19 sets

Pulldowns with neutral grip – Use a moderate width palms facing in toward each other. Sit with your spine straight up and down. Lift your sternum up before pulling down. Set up like this and then drive your elbows down and flex your lats hard. Do several warm ups, then 4 good solid sets of 10. 4 total work sets.

Goal – Activate and pump lats

Low row w/ supination – On these I prefer that you use two single pulley handles like you would use on a cable crossover for example. I want you to be able to supinate as you pull your elbows back. Don't fully supinate, go about 2/3 of the way to full supination. Flex your lower lats hard. On these try to sit up straight also and keep your sternum arched. Do 4 sets of 10 here too. 4 total work sets.

Goal – Supramax pump

Dumbbell rows – Do these heavy and really work the stretch. Do 3 sets of 8 with a big weight! 3 total work sets.

Goal – Work muscle from a stretched position

Rack deads – On these you are just going to work up to a weight that is probably about 80% of your one rep max, and I want you to do 5 sets of 3 with it using perfect form. 5 total work sets

Goal – Strength

Hyperextensions – Do 3 to failure with bodyweight only. 3 total work sets.

Goal – Supramax pump

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 – Pyramid up here. Do sets of 10 and when the weight gets tough, make that your first set.

Supersetted with

Standing dumbbell curl – Grip the dumbbells on the inside so that it is actually more “weighted” on the outside. Get your elbows in nice and tight and keep your palms up while curling. Do sets of 15 with a full range of motion. Go all the way up, and all the way down.

Do 4 supersets for 8 total work sets.

Barbell curl – Do sets of 8 here. Flex your bicep as hard as you can throughout the whole set.

Supersetted with

Lying tricep extensions – Do nice and slow sets of 15 here. Lower the weight behind your head so you can get some extra range of motion.

Do 4 supersets for 8 total work sets.

Dumbbell preacher curl – Supinate as you curl up. Do sets of 8 here. Flex your bis hard through the whole set.

Supersetted with

EZ bar close grip bench press – Lower the bar to about 2 inches over your nose. Let your elbows flare out to the side. Feel the stretch. Drive the weight up to about $\frac{3}{4}$ lockout. Do sets of 8 here too.

Do 4 supersets for 8 total work sets.

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- 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.

Week 8 – Moderate volume

Intensity raising back up

Legs – 16 sets:

Seated leg curls – Do several warm up sets and then I want you to use a full range of motion completely extending your leg and then flexing them. Do 4 sets of 12 with a weight that makes this tough. On the 4th set, then tack on 25 partials out of the stretched position. 4 total work sets.

Goal – Activate and pump hams

Leg press – This week I want you to do sets of 10. Do sets of 10 all the way up until you can barely get 10. On the last set, after you rack it, count to 30 and then un-rack it and shoot for another 4-6 reps. We will call this 3 work sets. 3 total work sets.

Goal – Supramax pump

Pause squats – Take these down to just above parallel and hold for a 3 second count and then drive back up explosively. Find a weight that you can do 8 reps with, and shoot for 3 sets like this. This will not take much weight. 3 total work sets.

Goal – Train explosively

Lunges – This week we are just going to do standard walking dumbbell lunges. I want you to take a total of 10 steps with each leg on each set. If you get that easy, use heavier dumbbells. Do 3 sets like this. Do these nice and slow and make these burn as excruciating as you can. 3 total work sets.

Goal – Supramax pump

Barbell stiff legged deadlift – Do 3 sets of 8 here. Come up all the way and flex your glutes. Work the stretch a little bit deeper each set. Let it happen naturally, don't force the stretch. 3 total work sets.

Goal – Work muscle from the stretched position

Chest - 10 sets / Shoulders – 9 sets

Machine press – Work your way up doing sets of 8. Keep going until you barely get 8 reps as you did last week. We are going to finish with a drop set on this last one. I want 8 reps, then drop the weight a bit and get another 8, and then do it one more time. Use STRICT form. Work through a complete range of motion on these and really focus on flexing hard and not getting sloppy as you get tired. If you do this correctly, your chest will be on fire during the last set. Make every rep count, no sloppy b.s. We will call this 3 work sets. 3 total work sets

Goal – Activate pecs

Incline barbell press – Do sets of 6 again this week but use a 3 second descent. We are looking for more control and tension this week on these. Just keep going up taking smallish jumps until you barely get 6. Do not lock these out, and as always stop an inch or two off your chest. We will also call this 3 sets. 3 total work sets

Goal – Train explosively

Flat dumbbell press – Pick a weight that you can do 8 reps with using a nice full range of motion, and also flexing for 1 second at the top with. To give you an idea of what I used, I used 80 lb dumbbells on these and normally when I start with these I will go up to 120-130s generally. Now after your 3rd set, your 4th set is going to be a drop set with a loaded stretch. So do 8, drop the weight and do 8 again, and then go to failure after a 3rd and final drop (4 to 8 more) and lower the dumbbells (keep your sternum raised) and have your partner apply some pressure on your hands pushing down GENTLY and feel your pecs stretching. Do not push back! These are not iso tension reps. These are meant to stretch you. Hold the stretch for 10 seconds! See the video below for how my set looked this week. 4 total work sets

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

Goal – Supramax pump and loaded stretch

Rear delt flyes/reverse pec deck – Do 3 sets of 15 here. Hold each rep for a 2 second flex in the contracted position. 3 total work sets

Goal – Supramax delt pump

Machine press – Do a machine press with a supported back with a neutral grip (palms facing each other). Do 3 sets of 8, and then on your 4th and final set we are going to do a drop set. Do 8 reps, drop the weight and do 6-8 more, then drop the weight and do only partials out of the top to complete failure. On the partials switch to a pronated grip and FLEX your shoulders hard at the top! 4 total work sets

Note: If you don't have a machine you can do dumbbell presses with a supported back.

Goal – Supramax delt pump

Dumbbell side lateral swings/partial – For your delt finisher I want you to do 2 sets of 25 with a heavy weight on these. Remember to straighten your arms and just do little swings here. Tilt your head back to minimize trap involvement. 2 total work sets.

Goal – Supramax delt pump

Back - 17 sets

Machine rows – This can be done on a Hammer low row, a nautilus type row, a supported row, etc. I am simply trying to simulate a row where your chest is supported and you can very strictly work the last $\frac{3}{4}$ of the rep (except for the loaded stretch). As you are rowing I also want you to remember to keep your sternum up. If you find it lowering, raise it right back up immediately. You will be able to drive with your lats harder if you do. Drive your elbows back hard and keep your lats flexed throughout the movement. You don't have to get a good stretch on these. I am looking to generate and keep tension in lats. I want the fastest and best pump possible here headed into your loaded stretch. Work up to a weight that is a tough 10, and do 4 sets of 10 with it. On your last set, I want you to let the weight stretch you for 30 seconds after you do your 10 reps. 4 total work sets.

Goal – Activate lats and loaded stretch

Rack deads – This week I want you to change the pin height of where you pulled from last week. It will only need to change a little bit. So either pull from a slightly lower or higher position. I am just looking for a new angle; that is all. Do sets of 3 up until you can barely get 3 with good form. On these try to flex your lats through all the reps though, don't just move the weight from point A to point B. I want tension in lats as well as spinal erectors. We will call this 3 working sets. I also want you to keep a little faster pace on these this week. Don't rest as long as I want this to actually enhance your pump. We will call this 3 work sets. 3 total work sets

Goal – Pure strength and pump

Pulldowns (scapulae stretch style) – These are to be done heavy and only pulling down to the top of your forehead. Work up to a weight that is very heavy that you may even have to cheat a little to get your 8 reps. You will be doing sets of 8 here. Just make sure you get in 4 solid sets. 4 total work sets.

Goal – Work muscle from a stretched position.

Dumbbell pullovers – Use our standard form here of laying on the bench not across it. Do 3 sets of 12. 3 total work sets.

Goal – Work muscle from a stretched position

Banded hyperextensions – Do 3 to failure with bands that allow you to get about 12 to 15 reps. 3 total work sets.

Goal – Supramax pump

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 – Pyramid up here. Do sets of 10 and when the weight gets tough, make that your first set. Keep your elbows in tight and really flex hard at the bottom.

Supersetted with

Barbell curl – Lower the barbell with a 3 second count and then smoothly curl back up (keep your elbows pinned against your sides), and flex hard at the top for 2 seconds. Do 10 reps like this. Choose your weight wisely, it's going to burn.

Do 4 supersets for 8 total work sets.

Hammer curl – Do sets of 12 here. On these you can cheat a little and use your front delt to get the dumbbells up higher so you can squeeze hard in the contracted position.

Supersetted with

Dip machine or bench dips – Do nice and slow 3 second descents here too. Just go to failure if doing bench dips, and if on a machine shoot for 10 reps. Each set you should be able to get a little bit more range of motion, but don't force it, as it can be difficult on shoulder health.

Do 4 supersets for 8 total work sets.

Machine curl – On each set here do about 8 to 10 reps and then have your partner help your force out another 6 reps.

Supersetted with

Lying tricep extensions – Do nice and slow sets of 15 here. Lower the weight behind your head so you can get some extra range of motion.

Do 4 supersets for 8 total work sets.

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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.

Week 9 – High volume

Legs – 19 sets:

Lying leg curls – Do several warm up sets and then let's pyramid up in weight and decrease reps as you go. Your rep scheme is 15, 12, 10, and 8. You should use perfect form and maybe need to loosen up form on last rep only. On the last set do a drop set. Do your 8 and then drop the weight and shoot for 8 more, and then repeat one more time. 4 total work sets.

Goal – Activate and pump hams

Pause squats – We are going to do these again this week, and you will feel stronger this time. We are also going to do sets of 5 this time. The pause is to add more tension throughout the set, and to also kill momentum and force you to fire/contract hard to lift the weight engaging more muscle fibers. Take these down to just above parallel and hold for a 3 second count and then drive back up explosively. Find a weight that you can do 5 reps with, and shoot for 3 sets like this adding a little weight each set. This will not take much weight. Take as many sets as you need to be properly warmed up. On your last set you are going to do a challenge set and just get as many reps as possible. 4 total work sets.

Here is exactly how my sets looked as an example:

100 x 10 (warm up)
140 x 10 (warm up)
140 x 5 pause reps (warm up)
190 x 10 (warm up)
190 x 5 pause reps (warm up)
230 x 5 pause reps (work set #1)
260 x 5 pause reps (work set #2)
280 x 5 pause reps (work set #3)
280 x 30 straight reps (work set #4) Challenge Set

Goal – Train explosively

One Leg press – On these you are going to alternate doing sets with each leg and not stop until you hit 6 rounds on each side. The way I want you to do these is by using a weight you can probably do 15 or so reps with the first set. So you will do 15 for example on each leg, and then you start over after a quick 10 second rest. Now on the second set you may only be able to do 11, and so on. Look below to see what I did as an example of rep scheme. 6 total work sets.

Note: I actually prefer you do these like on a machine in the video, but if you do not have one that is fine, just use a standard leg press.

Here is what I did:

I used 180 lbs on a machine.
15 with the left leg, then 15 with right.
Rest for 10 seconds
12 with each leg
Rest for 10 seconds
10 with each leg
Rest for 10 seconds
8 with each leg
Rest for 10 seconds
6 with each leg
Rest for 10 seconds
6 with each leg

http://www.youtube.com/watch?v=_mzl1mRDfHA&list=PLD5A37C01FC6D4C0D&index=3

Goal – Supramax pump

Ham killers – We haven't done these in a while! Do 3 sets to failure. I typically get about 8 reps in a set. The video is linked below as a form refresher. Remember the key, keep your pelvic girdle pushed forward. 3 total work sets.

<http://www.youtube.com/watch?v=K0o-3li3Blc&list=PLD5A37C01FC6D4C0D>

Goal – Supramax pump

Barbell stiff legged deadlift – Do 2 sets of 15 here. Come up all the way and flex your glutes. Work the stretch a little bit deeper each set. Let it happen naturally, don't force the stretch. 2 total work sets.

Goal – Work muscle from the stretched position

Chest - 13 sets / Shoulders – 10 sets

Decline smith press – This should be done on a very slight decline. We are going to hammer out some reps here and get you as pumped as we can, as fast as we can. Once you are warmed up hit a set of 20-25. You should fail in that rep range somewhere. Add some more weight and do until you can barely get the last rep. Do this two more times for 4 total sets. I did 23, 18, 14, and 8 reps on mine just as an FYI adding 40-50 lbs per set. Touch your chest, and drive to 3/4 lockout. Do these strictly and flex your pecs while you lift the weight. 4 total work sets

Note: Women use a slight incline on these not decline.

Goal – Activate pecs

Flat barbell bench press – Do 5 sets of 5 touching the bar on your chest for 1 second and then exploding to ¾ lockout, and then going right back down. 5 total work sets

Goal – Train explosively

Incline dumbbell press – This is just like last week but I want you to bump the angle of the bench up to a slight incline this week. Pick a weight that you can do 8 reps with using a nice full range of motion, and also flexing for 1 second at the top with. To give you an idea of what I used, I used 80 lb dumbbells on these and normally when I start with these I will go up to 120-130s generally. Now after your 3rd set, your 4th set is going to be a drop set with a loaded stretch. So do 8, drop the weight and do 8 again, and then go to failure after a 3rd and final drop (4 to 8 more) and lower the dumbbells (keep your sternum raised) and have your partner apply some pressure on your hands pushing down GENTLY and feel your pecs stretching. Do not push back! These are not iso tension reps. These are meant to stretch you. Hold the stretch for 10 seconds! 4 total work set

Goal – Supramax pump and loaded stretch

Rear delt flyes/reverse pec deck – Do 3 sets of 30 here. Just get into a rhythm here and pump these until you hit your number. 3 total work sets

Goal – Supramax delt pump

Machine press – This week on these we are going to only work the top half of the range of motion with a hard flex at the top. Do 3 sets of 10 like this. 3 total work sets

Note: If you don't have a machine you can do dumbbell presses with a supported back.

Goal – Supramax delt pump

Dumbbell side lateral – Nothing complicated here, just execute 4 sets of 10 with perfect form, and your last set, I want you to continue the set by doing little swings. You should be able to get 10 of these at least! 4 total work sets.

Goal – Supramax delt pump

Back - 19 sets

Dumbbell rows – Work your way up doing sets of 8 with each arm. This is all going to lead to a triple drop set. Once you get to a tough 8, then do that and drop the weight and do 8 more, and repeat two more times. See below for how this would look. We will call this 3 work sets. 3 total work sets.

For example:

40 x 8 (warm up)

60 x 8 (warm up)

80 x 8 (warm up)

100 x 8 (work set)

110 x 8 (work set – still have a few reps in the tank though)

120 x 8 – 90 x 8 – 70 x 8 – 50 x 8 (drop set)

Goal – Activate lats and pump lats

Pulldowns (scapulae stretch style) – These are to be done heavy and only pulling down to the top of your forehead. I would prefer you use a neutral grip attachment to with a shoulder width hand spacing if possible. If not just do standard front pulldowns. Work up to a weight that is very heavy that you may even have to cheat a little to get your 8 reps. You will be doing sets of 8 here. On your 4th set, after your last rep, have your partner gently push down on the stack to stretch your lats for 20 seconds. 4 total work sets.

Goal – Work muscle from a stretched position and stretch overload

Supported rows – Use any machine where your chest is supported so that we can keep stress off lower back for now. I prefer you use a Tbar type machine if possible with a pronated grip to get a little extra rhomboid engagement. Do 3 strict sets of 10 here using a full range of motion. 3 total work sets

Goal – Supramax pump

Barbell shrugs – Do 3 sets of 12 here and hold the contracted position for 2 seconds and flex on each rep! 3 total work sets.

Goal – Supramax pump

Dumbbell pullovers – Use our standard form here of laying on the bench not across it. Do 3 sets of 12. 3 total work sets.

Goal – Work muscle from a stretched position

Banded hyperextensions – Do 3 to failure with bands that allow you to get about 8 to 12 reps. This is lower reps than last week so use more band tension (progress the resistance). 3 total work sets.

Goal – Supramax pump

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 – Pyramid up here. Do sets of 10 and when the weight gets tough, make that your first set. Keep your elbows in tight and really flex hard at the bottom.

Supersetted with

Dumbbell curl – Do these one arm at a time, and do 6 reps on each arm with a 3 second descent, and then do a 10 second iso-hold for each arm as well with your partner slightly pushing down on your wrist (remember to push back against him, and not just hold the weight). This is for all sets.

Do 4 supersets for 8 total work sets.

Barbell reverse curl – Do sets of 12 here. Try to bring these up nice and high to get a good full range of motion.

Supersetted with

Seated rope extensions – This is where you sit on a back supported bench and face away from the pulley. The rope will be extending from behind your head to $\frac{3}{4}$ lockout as you do reps. After your last rep I want you to lower the rope and let it stretch your tricep for 20 seconds. Do sets of 10. This goes for all 4 sets.

Do 4 supersets for 8 total work sets.

EZ bar curl – Pump out 8 reps here and then go right to lying extensions.

Supersetted with

Lying tricep extensions – Do nice and slow sets of 8 here.

Do 4 supersets for 8 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.

On your standing raises, I want you to move your feet out wider when you do these, so that more pressure is on the ball of your foot. This will help build up the inside of your calves/gastrocs faster.

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

Routine #1

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<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.

Week 10 – High volume

Legs – 23 sets:

Seated leg curls – Do several warm up sets and keep doing sets of 10 until you get a weight you can barely do for 10. Once you get to this set, turn it into a brutal set. Have your partner help you get 5 more forced reps and then do 2 10 second isoholds. We'll call this 4 sets total. 4 total work sets.

For example:

65 x 15 – Warm up

85 x 10 – Warm up

105 x 10 – Warm up

125 x 10 – Work set – probably 4 reps left in tank

135 x 10 – Work set – probably 2 reps left in tank

145 x 10 – Work set – almost failure

155 x 10 – Work set – then 5 forced reps, and then isoholds.

Goal – Activate and pump hams

Leg press – This is just some good old heavy leg pressing today. Don't lock out reps, pump them. Simply do sets of 10 until you can barely get 10 reps. That's it. We'll call this 3 work sets although this will likely be a lot of sets as you allow for warm ups. 3 total work sets.

Goal – Supramax pump

Hack squats – This will be the first movement in a superset. If you do not have a hack squat try to find a machine where you can simulate a squat with feet out in front and your back supported ok.

Do sets of 8 on these.

Superset this with

Barbell squats – This is basic barbell squats. Do sets of 6 here. Try to do these somewhat explosively. Don't rush to do the squats after the first movement. Take your time and just stroll over.

You are going to keep going up in weight until you can barely get the reps prescribed and then call it a day in this.

Here is exactly what I did on these so you can see the pattern:

Hack – 1 plate a side for 8 followed by barbell squat with 135 x 6

Hack – 2 plates a side for 8 followed by barbell squat with 185 x 6

Hack – 3 plates a side for 8 followed by barbell squat with 225 x 6

Hack – 3 plates and a quarter a side for 8 followed by barbell squat with 275 x 6

Hack – 4 plate a side for 8 followed by barbell squat with 315 x 6

Hack – 4 plates and a quarter a side for 8 followed by barbell squat with 355 x 6

We will call this 8 working sets. 8 total work sets.

Goal – Supramax pump

Occluded leg extensions – As normal, apply wraps to upper thigh by groin to a perceived level of 7 on tightness, and do your first set at 30 reps. Rest 30 seconds and just go to failure on ever set for 3 more sets. I think I did 30, 23, 20, and then 18. 4 total work sets.

Goal – Blood flow restriction training

Occluded leg curls – Keep your wraps on (readjust if necessary) and head over to the lying leg curl. Do your first set at 20 reps, and then after resting 30 seconds repeat for 4 total sets. I think I got 20, 20, 16, and 12 on these. 4 total work sets.

I really enjoyed the massive pump from this.

Goal – Blood flow restriction training

Chest - 12 sets / Shoulders – 11 sets

Banded decline Hammer press – You probably haven't done these in a while. They still feel awesome. Use two long red pro mini bands from EliteFTS on these. Do several sets with no weight just flexing a little harder each rep to get the blood flowing. I also like the flat Hammer here fyi. Once you get nice and warmed up just do 4 really good sets of 8. Remember to not let your elbows go past 90 degrees on these, it is not shoulder friendly. These are meant to give you the best contraction possible. I am attaching two videos as well for your viewing so you can see how to add bands and how to execute the set. 4 total work sets

<http://www.youtube.com/watch?v=2qe6zhjNVK4&list=PL2F8A4BD406176C34&index=18>

<http://www.youtube.com/watch?v=dzcGljdRm3I&list=PL2F8A4BD406176C34>

And by the way, I am using too much weight in this video and should be doing these more strictly!

Note: Women use a flat machine and not decline.

Goal – Activate pecs

Incline barbell bench press – Do a feed set or two to get you up to a descent weight and do explosive sets of 6. Do not lockout or touch chest. Keep constant tension on chest. Take small weight jumps. Just keep going until you barely get your 6. We will call this 4 work sets. Again, small jumps so you can get plenty of sets. 4 total work sets

Goal – Train explosively

Incline dumbbell press w/ stretch overload – Simply do 3 sets of 10 with a nice full range of motion. On your 4th set do around 10, and then have your partner push down on your hands gently while you have the dumbbells lowered and are stretching. Don't push back, let the stretch happen! Hold it for 20 seconds. 4 total work set

Goal – Supramax pump and loaded stretch

Banded dumbbell press – I need to do a video for this so look for it. I am doing a seated dumbbell press with a supported back, and using long red pro mini bands. I am actually looping them under my feet and into my hands and then just grabbing the dumbbells and pressing overhead. The bands make the contraction much stronger. Do 4 sets of 12 here. 4 total work sets

Note: If you don't have bands you can just do normal dumbbell presses here.

Goal – Supramax delt pump

Machine rear delts/reverse pec deck – Do 4 sets of 20 here with a hard flex in the contracted position. 4 total work sets

Goal – Supramax delt pump

Barbell front raises – Do 3 sets of 12 here. Raise these to about eye level. 3 total work sets.

Goal – Supramax delt pump

Back - 18 sets

Pulldowns – I want you to vary your grips here. So get warmed up, and if you can, use a parallel grip attachment. Do 3 sets that way and then use a pronated medium grip for 3 sets. All sets after warm ups are 10 reps. If you don't have a neutral grip attachment use a pronated medium grip, and then use a close grip attachment. I am not trying to be overly fancy here, just use two different grips that's all. After your last set of 10, just let the weight stretch you and have your partner push down a tad bit on the stack for 20 seconds. 6 total work sets.

Goal – Activate lats and pump lats and stretch overload

Dumbbell dead stop rows – Climb up in weight as you go doing sets of 8. Keep going until you get to a really tough 8. We will call this 3 work sets. Remember on these to drive your elbow up hard and explosively! 3 total work sets.

http://www.youtube.com/watch?v=__mwGSMCiMc&list=PLA808445EA052D63A&index=6

Here is an example:

55 x 8 – Warm up

75 x 8 – Warm up

95 x 8 – Warm up

105 x 8 – Work set (fairly heavy)

115 x 8 – Work set (maybe 2-3 reps left in the tank)

125 x 8 – Work set (brutally tough 8)

Goal – Train explosively

Meadows row – Knock out 3 hard sets of 8 here. 3 total work sets

Goal – Supramax pump

Dumbbell pullovers – Use our standard form here of laying on the bench not across it. Do 3 sets of 12. 3 total work sets.

Goal – Work muscle from a stretched position

Banded good mornings – Do 3 sets of 25 here. Check out the link if you haven't done these before! 3 total work sets.

http://www.youtube.com/watch?v=BdO-_CM7AW0&list=PL2F8A4BD406176C34&index=4

Goal – Supramax pump

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.

Vbar pushdowns – Pyramid up here. Do sets of 15 and when the weight gets tough, make that your first set. Keep your elbows in tight and really flex hard at the bottom.

Supersetted with

Barbell curls – Do 15 reps here. We haven't done too many high reps on these this program so these 15 will probably feel like 100 reps. Welcome to burn city.

Do 4 supersets for 8 total work sets.

Barbell reverse curl – Do sets of 12 here. Try to bring these up nice and high to get a good full range of motion. This is the same as last week.

Supersetted with

1 arm rope pushdowns – Use a rope. Now pull the rope over and down one side so that the rope is completely on side. This will allow you to get your arm back further and get a more intense contraction. Lean forward and down a tad and pin your elbow against your side. Now do the pushdown and crank that arm back and flex. Do 10 reps per side.

Do 4 supersets for 8 total work sets.

EZ bar preacher curl – Use a very slow eccentric here taking 4 seconds to lower the weight, then as you curl up flex hard. Do 8 reps here.

Supersetted with

Lying tricep extensions – Do nice and slow sets of 15 here. Really emphasize the stretch on every rep.

Do 4 supersets for 8 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.

On your standing raises, I want you to move your feet out wider when you do these, so that more pressure is on the ball of your foot. This will help build up the inside of your calves/gastrocs faster.

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Abdominals – 8 sets

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- 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.

Week 11 – Moderate volume

Legs – 21 sets:

Seated leg curl – Work your way up to a good working weight that you can do for 12 good reps. One thing I like to do that I don't think I have ever explained is to use a technique where I sit up closer to the weight and lean more forward then back. It makes the weight heavier this way. So I push the seat up pretty close and bring the pad on the back of my leg up pretty high. It easier to keep your lower back out of it this way and you can really get an awesome contraction. Do 3 sets of 12 like this and I think you'll see what I mean. 3 total work sets.

Goal – Activate and pump hams

Stiff legged barbell deadlifts – Now that you have a massive pump in your hams, let's do some super strict stiff legged deads. Use 25 lb plates to get more range of motion. I want you to lower the weight with a nice 3 second count and then drive the weight up and flex your glutes hard at the top. Keep the bar in tight, and keep your back flat. Do a few sets to get a working weight that feels great for 10 reps. Shoot for 4 sets of 8. By the time you get to the last set with the weight you may or may not be able to get all 8. 4 total work sets.

Here is exactly what I did on these so you can see the pattern:

- 1 25 pound plate a side for 6 – feeder set
- 2 25 pound plates a side for 6 – feeder set
- 3 25 pound plates a side for 6 – feeder set
- 4 25 pound plates a side for 10, then 10, then 9, then 8 – Work sets

Goal – Work muscle from a stretched position

Leg press – Your lower back is probably a bit tight so now we start on quads but we use the leg press. Place your feet a little lower than usual on the platform. Maybe two inches lower. You are going to do 20 reps like a piston with no lockout. Each set go up in weight but move feet up a tad to put yourself in a stronger position. Go up until you can barely get the 20. We will count the last 3 sets as work sets. 3 total work sets.

Here is exactly what I did on these so you can see the pattern:

- 2 plates a side for 20 reps – feet low
- 3 plates a side for 20 reps – feet raised about an inch
- 4 plates a side for 20 reps – feet raised another inch
- 5 plates a side for 20 reps – this was now my normal stance
- 6 plates a side for 20 reps with feet a little above normal
- 7 plates a side for 20 reps with feet a tad higher. This was brutal. End of exercise.

Goal – Supramax pump

Barbell squats – Ok now that you have plenty of blood in your legs, we are going to do 3 simple sets of pause squats. Do a few feeder sets, and then do 3 sets of 6. Hold the pause at the bottom for a 5 count and then explode up. This will generate a massive amount of tension. 3 total work sets

Goal – Train explosively

This is the same as last week!

Occluded leg extensions – As normal, apply wraps to upper thigh by groin to a perceived level of 7 on tightness, and do your first set at 30 reps. Rest 30 seconds and just go to failure on ever set for 3 more sets. I think I did 30, 23, 20, and then 18. 4 total work sets.

Goal – Blood flow restriction training

Occluded leg curls – Keep your wraps on (readjust if necessary) and head over to the lying leg curl. Do your first set at 20 reps, and then after resting 30 seconds repeat for 4 total sets. I think I got 20, 20, 16, and 12 on these. 4 total work sets.

Goal – Blood flow restriction training

Chest - 9 sets / Shoulders – 10 sets

Machine press – Simply do sets of 8 working up to a weight you can barely do for 8. Do not lock these out, keep constant tension on the chest. We will count the last 3 sets as work sets. 3 total work sets

Goal – Activate pecs

Incline barbell bench press – Ok back to my favorite chest exercise here. Do sets of 8 this week, going up until you can barely get 8. Do not lock these out and don't touch your chest, stay about 1-2 inches above it. Drive the weight up explosively. We will count the last 3 sets as work sets. 3 total work sets

Goal – Train explosively

Flat fly with manual resistance – Ok this is the brutal combination where you pick a weight and do 8 to 10 reps with it, and then drop the weight and do the manual resistance flyes to failure (usually 6 to 8 more reps). Make sure your partner does not push your elbows all the way down deep into the stretch as that will make this a dangerous exercise. I am adding video below for you to review. Do 3 sets like this. 3 total work sets.

<https://www.youtube.com/watch?v=AjJ8U7wObTw>

Goal – Supramax pump

Machine rear delts/reverse pec deck – Do 4 sets of 15 here with a hard flex in the contracted position. 4 total work sets

Goal – Supramax delt pump

Banded Hammer shoulder press – Video on this coming soon! This is simply looping the long red pro mini bands from EliteFTS around the bottom part of the machine and back up to handles. Video will explain this well. These are awesome for feeling a hard front delt contraction at the top. Do 1-2 sets light and then do 3 sets of 8. I only used 70 lbs on each side for these and they felt great. 3 total work sets.

Note: If you don't have bands you can use any shoulder press and still do the same rep scheme.

Goal – Supramax delt pump

Dumbbell side laterals – Do 3 sets of 12 here. Raise these to about eye level. 3 total work sets.

Goal – Supramax delt pump

Back - 17 sets

Smith machine bent over rows – Do sets of 10 here working your way up to a weight that is a tough 10. We will count the last 3 sets as working sets. Typically we do these 2nd or 3rd and do these explosively and in a rest pause style. Do these today with being extremely mindful of your mind to muscle connection. Really try and flex your entire back on every rep and keep continuous tension through the movement. 3 total work sets.

Note: If you do not have a Smith machine you can do regular barbell rows in a rack, but set up the stops so that you aren't going all the way down and stressing your lower back and then bouncing the weight up.

Goal – Activate and pump lats

Dumbbell pullovers – This is an awesome superset. Your upper and outer lats will be blowtorched. Do 12 reps here nice and slow and controlled with our normal style.

Supersetted with

Chins on assist machine (or with a spotter) – Set the weight so that you can get around 7 to 8 reps. Do these ultra strict arching your chest and really driving your elbows down hard and flexing lats to lift.

Do 4 supersets here for 8 total worksets.

Goal – Supramax pump

Rack pulls – Find a weight that is a tough triple. I want you to do 10 singles with it. Take 10 second breaks in between each rep. We will call this three work sets. This will be tough. 3 total work sets

Goal – Supramax pump and strength

Barbell shrugs – Do 3 sets of 10 with a weight you can hold and flex with at the contracted position for 2 seconds per rep. 3 total work sets.

Goal – Supramax pump

Biceps - 11 sets / Triceps - 11 sets

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

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

Dual rope pushdowns – This is a really good movement I have been playing around with for triceps. You take two ropes and connect them to one hook to do pushdowns. Last week I had you do it with one rope. I think it's even better with two ropes. Now you pull one side of the rope so it's now divided in the middle. Do this on both sides. Now you step back and lean your body forward/down a tad. You are going to then do the pushdown down and back, you will be able to get your arms further into extension thereby getting a better contraction/shortening of the muscle. Do 10 reps per set. Do 4 sets once warmed up. 4 total work sets.

http://www.youtube.com/watch?v=LYv_Ww0WC0E

Lying tricep extensions – Do nice and slow sets of 10 here. Really emphasize the stretch on every rep. 4 total work sets.

Close grip bench presses – Your strength will not be the best at this point, but I want you to finish off your tris with these. I prefer you use an ez curl bar or a Smith machine and control the weight down and stop several inches from neck and then drive the weight up. Flare your elbows out some to put a nice stretch on your already pumped up triceps. Do 3 sets of 8. 3 total work sets.

Barbell curls – This week we bumped the rep range up even more on barbell curls. I actually use an EZ bar fyi. This week do 3 sets of 20. It's amazing how excruciating these are. I used a 65 lb bar and it nearly killed me. Don't get sloppy, flex and lower with control. 3 total work sets.

Incline dumbbell curls – This is where you lean back slightly on an incline utility bench (with a back support) and let your arms hang down all the way into a full stretch. I want you to do these very slow and deliberate with hard flexes at the top. Pin your elbows against your sides. Do 4 sets of 8. 4 total work sets.

EZ bar preacher curl – Use a very slow eccentric here taking 4 seconds to lower the weight just as you did last week, then as you curl up flex hard. Do 4 sets of 8 reps here. 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.

On your standing raises, I want you to move your feet out wider when you do these, so that more pressure is on the ball of your foot. This will help build up the inside of your calves/gastrocs faster.

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

Routine #1

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

Routine #2

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

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

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.

Week 12 – Moderate volume

Legs – 14 sets:

Seated leg curl – Work your way up to a good working weight that you can do for 10 good reps. You should do 3-4 warm up sets. Use the same technique that we used last week, leaning forward a bit. We will just go slightly heavier this week. Do 3 sets of 10 with no added intensity techniques. 3 total work sets.

Goal – Activate and pump hams

Barbell squats – The pause squats are finished for now. I am hoping that that technique added a little bit off explosiveness to your squat. We are going to squat explosively this week and see. Lower the weight nice and slow, a 2 second eccentric then drive it up hard. Do sets of 8 all the way until you can barely get 8. It's ok if you have lost speed to the higher weight. You should have got plenty of explosive sets in by that point. We'll count the last 3 sets as work sets. 3 total work sets

Goal – Train explosively

Hack squat – Now we pick up the pace a bit and pump the daylights out of your legs. If you don't have a good hack, use any machine where you can squat with feet out in front (for quad emphasis), and preferably with a back support. I want you to work up to a weight and do 10 solid reps. The next set I want you to do 10, and then stop and breathe for a few seconds and do 5 more for a total of 15. On your next set, I want you to do 10, take a break and do 5, and then repeat so you do 20 reps total. Keep doing this until you can't make the reps. We will call this 4 sets. 4 total work sets.

Here is exactly what I did on these so you can see the pattern:

2 plates a side x 6 for warm up

3 plates a side x 6 for warm up

4 plates a side x 10 for work set

4 plates a side x 10 – 5 second break then 5 more for 15 total

4 plates a side x 10 – 5 second break then 5 more for, 5 second break did 5 more for 20 total.

4 plates a side x 10 – 5 second break then 5 more for, 5 second break did 5 more, 5 second break and did 5 more for 25 total.

4 plates a side x 10 – 5 second break then 5 more for, 5 second break did 5 more, 5 second break and did 5 more, 5 second break and did 5 more for 30 reps total.

Good night quads.

Goal – Supramax pump

Stiff legged barbell deadlifts – Use 25 lb plates to get more range of motion. I want you to lower the weight with a nice 3 second count and then drive the weight up and flex your glutes hard at the top. Keep the bar in tight, and keep your back flat. Do a few sets to get a working weight that feels great for 8 reps. Shoot for 4 sets of 8. By the time you get to the last set with the weight you may or may not be able to get all 8. 4 total work sets.

Here is exactly what I did on these so you can see the pattern:

- 1 25 pound plate a side for 4 – feeder set
- 2 25 pound plates a side for 4 – feeder set
- 3 25 pound plates a side for 4 – feeder set
- 5 25 pound plates a side for 8, then 8, then 8, then 7 – Work sets

Goal – Work muscle from a stretched position

I am going to give you an option here. If you are feeling up to it, go ahead and do the BFR work as noted below like you did last week. I did NOT do this, but I am going to let you decide if you want the extra sets since there is little CNS stress involved here.

Occluded leg extensions – As normal, apply wraps to upper thigh by groin to a perceived level of 7 on tightness, and do your first set at 30 reps. Rest 30 seconds and just go to failure on ever set for 3 more sets. I think I did 30, 23, 20, and then 18. 4 total work sets.

Goal – Blood flow restriction training

Occluded leg curls – Keep your wraps on (readjust if necessary) and head over to the lying leg curl. Do your first set at 20 reps, and then after resting 30 seconds repeat for 4 total sets. I think I got 20, 20, 16, and 12 on these. 4 total work sets.

Goal – Blood flow restriction training

Chest - 11 sets / Shoulders – 10 sets

Banded Hammer press – You can use a decline or flat Hammer machine for this. Do 2 sets of 20 flexing your pecs hard on every rep to warm up. Have the bands on for this with no weight. You will feel an incredible contraction and burn in your pecs. Go up a little bit at a time in weight once you have a nice pump. I want you to do 3 sets of 8 where you drive the weight very hard and flex at lockout. 3 total work sets

Notes: Women use a flat hammer press and either the long orange skinny micro mini bands or the long red pro mini bands.

Also if you do not have a hammer press you a regular machine press of some sort.

If you do not have bands that is ok too, just focus on driving the weight hard and flexing at the top.

Goal – Activate pecs and train explosively

Flat barbell bench press – Do sets of 8 this week, going up until you can barely get 8. Do not lock these out and make sure that you do touch your chest. Get into a rhythm with these. We will count the last 3 sets as work sets. These will give you a deep burn in your pecs if you do them controlled. 3 total work sets

Goal – Supramax pump

Incline dumbbell press – Just a simple 3 sets of 8 here. Work up to a tough 8, then stick with that weight for 3 total sets. Get a nice full range of motion here, good stretch and a good solid lockout and flex your chest for a second. 3 total work sets.

Goal – Supramax pump

Fly machine or pec deck – I prefer you have your arms 95% out straight (not entirely locked). As you use the flye machine just focus on flexing your pecs as hard as you can. Squeeze them so bad that you feel a searing burn going down your sternum where the sternal fibers attach. Do 2 sets of 12 reps. 2 total work sets.

Goal – Work muscle from a stretched position

Machine rear delts/reverse pec deck – Do 4 sets of 15 here with a hard flex in the contracted position. 4 total work sets

Goal – Supramax delt pump

Banded Hammer shoulder press – Ok one more week of these! Just a simple 3 sets of 8, but lower the weight with a 3 second descent. 3 total work sets.

Note: If you don't have bands you can use any shoulder press and still do the same rep scheme.

Goal – Supramax delt pump

Cable side laterals – Do 3 sets of 20 here. Raise these to about eye level. This should be very painful. Try to stand away from the machine a little to so that you get more range of motion. 3 total work sets.

Goal – Supramax delt pump

Back - 17 sets

Meadows rows – Do sets of 8 working your way up to a weight that is a tough weight. Stay there and get me 3 sets of 8 with it. 3 total work sets.

Goal – Activate and pump lats

Dumbbell pullovers – This is an awesome superset. Your upper and outer lats will be blowtorched. Do 12 reps here nice and slow and controlled with our normal style.

<http://www.youtube.com/watch?v=LfC0SwxAkho&list=PLA808445EA052D63A>

Supersetted with

Stretchers - If you need a form refresher on these see my link below. This is going to fire your upper and out lats up! Do sets of 8 here. Remember to duck your head and straighten your arms and stretch!

http://www.youtube.com/watch?v=-hWBCW8V_U0&list=PLA808445EA052D63A&index=3

Do 4 supersets here for 8 total worksets.

Goal – Supramax pump

Barbell shrugs – Do 3 sets of 10 with a weight you can hold and flex with at the contracted position for 2 seconds per rep. 3 total work sets.

Goal – Supramax pump

Banded hyperextensions – Do 3 sets of 15 here. Hold at the top and flex for 2 seconds on each rep. 3 total work sets

Goal – Supramax pump

Biceps - 11 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.

Dual rope pushdowns – We are doing this again. This will probably be our main staple version of pushdowns for a while. These are excellent. You take two ropes and connect them to one hook to do pushdowns. Now you pull one side of the rope so it's not divided in the middle. Do this on both sides. Now you step back and lean your body forward/down a tad. You are going to then do the pushdown down and back, you will be able to get your arms further into extension thereby getting a better contraction/shortening of the muscle. Do 10 reps per set. Do 4 sets once warmed up. 4 total work sets.

http://www.youtube.com/watch?v=LYv_Ww0WC0E

Dip machine/bench dips – Do these nice and slow. If using a machine flex for 2 seconds on each rep, if doing bench dips keep constant tension and don't go quite to lockout. Do sets of 10. If doing bench dips you may need to stack some plates up on your lap to keep the reps at 10-12. Do 4 sets. 4 total work sets.

Seated overhead rope extensions – Ok let's stretch everything out and hit that long/inner head of your tricep hard now. Sit on a back supported seat facing away from the pulley and do overhead rope extensions. Do 4 sets of 15 here. Really try to maximize the stretch ok. 4 total work sets.

Barbell curls – Ok no more of this high rep barbell curl stuff, let's back the reps down. I want you to do 6 full reps (or around that rep range) and then do 6 half reps out of the bottom. Do 4 sets like this. 4 total work sets.

Hammer curls – try to use a nice full range of motion and squeeze the dumbell as you curl. Flex hard at the top as usual, and lower with a 2 second descent. Do 4 sets of 8. 4 total work sets.

EZ bar preacher curl – Do 6 to 8 reps, then have your partner help you get 4 more forced reps. Do 3 sets like this. 3 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.

On your standing raises, I want you to move your feet out wider when you do these, so that more pressure is on the ball of your foot. This will help build up the inside of your calves/gastrocs faster.

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

Routine #1

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

Routine #2

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

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

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.

Mountain Dog training

OPTIONAL/PUMP DAYS – as recovery allows

BACK TRAINING

Here are the guidelines - just do this every week if using Program 17 or less. If you using program 18, scroll down.

Programs 1-17 and 20, 21 – use this template for back training.

Optional Back workout – 16 sets

- 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. Seated cable rows

I really like attachments that are medium wide, so that you can drive your elbows straight back. The extra inch added to range of motion does make a difference.

Do 4 sets 10 after a few good warm up sets. You should get 10 with good form. No reps should be sloppy.

- Your second exercise should be one of these:

1. Dumbbell pullovers

Use this form - <http://www.youtube.com/watch?v=CVz8KjQtXho>

2. Straight arm lat pulldowns.

On the pulldowns, try using two ropes the way I have them set up for my triceps pushdowns.

http://www.youtube.com/watch?v=LYv_Ww0WC0E

You will get more range of motion.

This will help you train your serratus too; which will help you spread your lats spread better. No sloppy reps. 4 sets of 10.

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

1. Regular pulldowns – Try to use a forced stretch if you have a partner. Use this form (2nd exercise) -

<http://www.youtube.com/watch?v=Dme2KnhDJNY>

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

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.

This is an attachment I really like, that I believe is worth the investment.

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 pump/ optional 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.

Program 18 or 19 – use this template.

You will pick 7 exercises. Every exercise should be with a slightly different grip hitting a different angle. If possible it should be different than your 7 exercises you did on your other back day. Do 3 sets of each exercise so 21 total sets. Reps are 8-12. Start at 12, add weight and do 10, then add weight and do 8. Use textbook form on everything. I want these to be ultra strict form with hard flexes and good stretches.

Structure

Rowing – Do 2 exercises that are rowing. Use 2 different grips on the exercises. This could be any free weight row or machine type row.

I like these (but you can use many other variations):

- 1) Hammer DY rows
- 2) Supported chest t-bar rows with pronated and neutral grips
- 3) Hammer low row machine (it's a pronated/neutral hybrid grip)
- 4) Dumbbell rows (neutral grip)
- 5) Meadows rows (pronated grip)
- 6) One arm barbell rows (neutral grip)

Pulldown or chin – Do 2 exercises using 2 different grips.

I like these (but you can use many other variations):

- 1) Medium width pulldowns (neutral grip)
- 2) Chins on assist machine (pronated grip)
- 3) Single arm pulldowns (supinated grip)
- 4) Away facing pulldowns (neutral grip)

Do one exercise for lower traps/rhomboids

- 1) Supported t-bar or hammer row to do supine shrugs (for lower traps)
- 2) A rope face pull (I pull to chest and not face as seen in video below). This is my favorite low trap exercise.

https://www.youtube.com/watch?v=Q6shuaJI__A&list=UUmSEdfW3LpEKyLiCDWBDdVQ

Do one exercise for serratus and upper outer lats

- 1) Dumbbell Pullover
- 2) Rope straight arm pushdown (also engages lower lats)

Do one exercise for spinal erectors

- 1) Hyperextensions – rep scheme is to go to failure on these sets.
- 2) Banded good mornings (use “light” band) – rep scheme is to do 3 x 20 on these.

https://www.youtube.com/watch?v=BdO-_CM7AW0&list=PL2F8A4BD406176C34&index=4

If you are using Program 18 or 19, you will do the above for back and also add in two bicep exercises.

Do 4 sets of each (so 8 total sets) – keep rest periods under a minute:

- 1) any stretching movement (since biceps are plenty warmed up) for 8 reps
 - a. Incline dumbbell curls (full range of motion)
 - b. Any type of preacher curl (machine, dumbbell, EZ curl, or barbell)
- 2) Brachialis movement for 10 reps
 - a. Hammer curl
 - b. Reverse curl

You have another choice here for back training!

Option #3 – Giant Set and Tri set combo – 28 sets

Giant Set

- 1) Smith machine bent over row
- 2) Dumbbell Pullover
- 3) Kettlebell (or dumbbell) row
- 4) Banded Chest/face pull

Do sets of 8 on all these. Do 4 rounds. See the video below for demonstration.

<https://www.youtube.com/watch?v=NWdfsg8XN5s&list=PLA808445EA052D63A&index=54>

Now onto the TRI-SET!

- 1) One-arm supinated pulldown
- 2) Front or rear pulldown
- 3) Try to simulate this exercise with cables – see video (3rd exercise)

Do sets of 8 on these. Do 4 rounds here too.

<https://www.youtube.com/watch?v=iu-UIvqg7-M>

This is a lot of sets so no biceps are to be done if you use this routine!

Optional Leg workout – 18 sets

You have many choices here!

Option #1 – Giant Sets / quad dominant

*****I realize you can't always have all the equipment you need at the time you need it, but you can see what I am trying to simulate here movement-wise, so just do the best you can to come close.

On these you will be doing these exercises back to back.

- 1) Front squats x 8 reps
- 2) Leg press x 10 reps
- 3) Hack squats x 6 reps with a slow descent
- 4) Leg extension x 8 reps with a 2 second flex at the top on each rep.

Take your time and do plenty of warm up sets. I might do 3 to 4 rounds just to get warm and get weight up to working sets on machines. None of these sets should be to absolute failure. The goal is to drive a massive amount of blood into your legs. Pump them like never before.

Once you are warmed up and ready to crank, do 4 rounds total. If you feel absolutely awesome do 6 rounds.

Finish this workout with 6 sets of 10 on the leg curl, just by itself.

Option #2 – Giant Sets / Ham dominant

*****I realize you can't always have all the equipment you need at the time you need it, but you can see what I am trying to simulate here movement-wise, so just do the best you can to come close.

On these you will be doing these exercises back to back.

- 1) Leg curls x 10
- 2) Stiff legged deadlift x 8 reps (only coming up $\frac{3}{4}$ of the way so you keep tension on hams)
- 3) Smith machine lunge x 8 reps on each leg
- 4) Smith machine squat with feet out wide and toes out for adductor stress x 6 (slow descent)

Take your time and do plenty of warm up sets. I might do 3 to 4 rounds just to get warm and get weight up. None of these sets should be to absolute failure. The goal is to drive a massive amount of blood into your legs. Pump them like never before.

Once you are warmed up and ready to crank, do 4 rounds total. If you feel absolutely awesome do 6 rounds.

Finish this workout with another 6 sets of 10 on the leg curl, just by itself. Try to use a different machine this time. So if you did seated first do lying here, or vice versa.

Option #3 – Overall leg focus

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 #4 – Quad and hip flexor focused

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

This workout consists of 4 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.

Next up is something that will really help your Sartorius and hip flexors. I actually enjoy these. Do 3 set of 10 with each leg. Below is video so you can see execution (2 options). Also you can simply hook an ankle strap to your ankle and do these facing away from the weight stack on a cable crossover type set up.

<https://www.youtube.com/watch?v=0MB3upvEBNM>

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

Option #5 – Overall leg focus

This workout consists of 3 exercises.

Start this workout with a leg curl variation. You can do seated or lying. I want you to simply do 3 sets of 15 with a full range of motion after warms up. No need to do partials and the other high intensity techniques I use on this day. It would be too much. 3 total work sets.

Superset time!

Next superset leg extensions with dumbbell squats. Once you are warmed up, you will be doing 6 sets of 10 on both the leg extension and squat.. 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). Sit up straight on these! Do not lay back or forward and finish the extension lock out all the way at the top so that this hits hip flexors too.

This is to be Supersettted with

Dumbbell squats – Place your heels under something small and do sets of 10 here. Go deep and keep back tight. I have video of this combination on my YouTube under the leg playlist so you can see what I am after.

12 total sets from doing 6 supersets.

That's it!

Optional Chest & Shoulder workout – Do approximately 12-14 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!

Chest

Option #1 – Straight sets

Here are the 5 chest exercises. Pick 3 or 4 if you are feeling great.

NOTE: Women do not use the chest portion of this. I do not believe it is necessary to train your chest twice a week. Instead focus on shoulders!

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
<http://www.youtube.com/watch?v=oL7Tb4ofKUI&list=PL2955620A11D03694&index=24>

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. This is a tough movement to master but works well when you have done it.

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

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

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

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

<http://www.youtube.com/watch?v=vI5Fy-jIVH0&list=PLCB563F603BA85BBF&index=7>

Do 4 rounds.

Option #2 - Trisets

*****I realize you can't always have all the equipment you need at the time you need it, but you can see what I am trying to simulate here movement-wise, so just do the best you can to come close.

On these you will be doing these exercises back to back.

- 1) Hammer press (I prefer with bands to emphasize a hard contraction) x 8 reps
- 2) Hex press x 6-8 reps
- 3) Stretch pushups x Failure with a deep stretch

Take your time and do plenty of warm up sets. I might do 2 to 4 rounds just to get warm and get weight up to working sets on machines. All of the work sets should be to failure within the specified rep range. The goal is to drive a massive amount of blood into your pecs. Pump them like never before. Once warmed up do 4 rounds.

Option #3 - Trisets

On this option you will be doing these exercises back to back.

- 1) Twist press x 8-10 reps
- 2) Flat fly's with manual resistance on negative x 6-8 reps and then another 4 with added manual resistance
- 3) Hammer press (I prefer with bands to emphasize a hard contraction) x 8 reps

Once warmed up do 4 rounds.

Shoulders

For shoulders, follow this plan.

Option #1 – Straight sets

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 machine

<https://www.youtube.com/watch?v=EqqwOYn-nMI>

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

Use this form but push your hands apart further than I am in the video. <http://www.youtube.com/watch?v=leKQCX-qvp8&list=PL2F8A4BD406176C34>

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

<http://www.youtube.com/watch?v=E-cCXkSi7IQ&list=PL1F60A60A3E4E2E83&index=9>

Option #2 – Giant Sets

On these you will be doing these exercises back to back.

- 1) Machine rear delt with 2 second flex on every rep x 12 reps
- 2) Seated dumbbell side lateral x 6-8 reps
- 3) Band pullapart/facepull x 10 reps
- 4) Dumbbell press x 8 reps

Go right into your work sets. All of the work sets should be failure within the specified rep range but have PERFECT form. No sloppy form is tolerated on these. The goal is to drive a massive amount of blood into your shoulders. Pump them like never before. Do 4 rounds

If you are using Program 18 or 19, you will do the above but also add in two triceps exercises.

Do 4 sets of each (so 8 total sets) – keep rest periods under a minute:

- 3) any pushdown variation for 12 reps
- 4) any stretching movement for 10 reps
 - a. Lying or incline extension/skullcrushers
 - b. Seated overhead rope extensions