

## ***Program 16 – Thanos***

As we have added various high intensity techniques, one thing that I have observed anecdotally with others and myself, is that the first week is pretty brutal, the second your body adjusts to it a bit, and sometimes the 3<sup>rd</sup> week might be a bit too much to employ the exact same technique again.

I have built this program with that in mind, emphasizing various techniques for small waves. The reason why I put so much thought into these high intensity techniques is that I really believe they are the difference makers that will take you from good to awesome.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on forced reps and partials

Week 3 and 4 – Emphasis on drop sets and iso holds

Week 5 and 6 – Emphasis on occlusion training

Week 7 and 8 – Emphasis on forced reps and partials

Week 9 and 10 – Emphasis on drop sets and iso holds

Week 11 and 12 – Emphasis on occlusion training

Challenge sets are done in weeks 1, 3, 5, 7, 9, and 11

Band work is sprinkled into the program at various points.

Chains are optional and there are opportunities for you to use them as well if you are as big of a chain fan as I am.

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*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>

Also, I want you to do a little light reading on occlusion training to educate yourself.

<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>

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Week 1 – Moderate Volume

Week 1 and 2 – Emphasis on forced reps and partials – challenge sets are done during odd numbered weeks

Legs – 16 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. Now keep the weight the same but pump out 20 partials out of the stretched position. **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, then do 20 partial 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 once 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 – Place your feet in the middle of the platform and only an inch apart. I want you to a few feeder sets to get to the right weight in needed. You are going to do 3 sets of 20. Pump these like a piston. Do not lock out. It should be very difficult to get 20, but you should not fail before 20. Remember you just did a brutal challenge set so we don't want to take these to that extreme. **3 total work sets.**

For example:

3 plates a side x 6 (feeder set)

4 plates a side x 6 (feeder set)

5 plates a side 3 x 20 (work sets)

***Goal – Supramax pump***

Smith lunges – Place your feet out in front like you are going to squat but step back and drop down into a lunge. Now just stay in that position and keep lunging. Do 8 reps on one side and then 8 on the other. Do 3 sets of these. Try to work into a deeper set each set as you go. **3 total work sets.**

***Goal – Supramax pump***

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

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Chest - 11 sets / Shoulders – 11 sets

Incline dumbbell press – Use a slight angle on these. Work up and keep doing sets of 8 until you can barely get 8. We'll count the last 3 sets as working sets. On your very last set, get 8 or close to it, and have your partner give you 2 forced reps. Get a great stretch and drive to  $\frac{3}{4}$  lockout, and then come right back down. **3 total work sets**

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

Incline bench press – On these get 5 good solid sets of 6 in. Don't touch your chest on these, stop about 1-2 inches shy and then drive up hard to  $\frac{3}{4}$  lockout and come right back down. Keep going up until you can barely get 6. **5 total work sets**

Here is 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) – barely got 6 on this one.

***Goal – Train explosively***

Flat 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 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***

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 and finish each set with 6 partials out of the bottom as well. This should set your delts on fire. **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***

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Back - 16 sets

Hammer DY row – Do plenty of warm up sets working your way to a good working weight. Once you find the right weight, do 3 sets of 8. On your last set also tack on 5 forced reps via the aid of a partner. Generally speaking put your butt back a tad and lean forward so you can engage entire lat. Also keep your sternum up through the whole set. Below is a video. If you do not have this exact machine, try to simulate this on another machine. **3 total work sets.**

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

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

Dumbbell rows – Just some good hard grinding here. Do sets of 8 until it starts to get tough. On the last set do a challenge set and go balls out for every rep you can get. I attached an example of what I did below. We will call this 3 work sets. **3 total work sets.**

This is exactly what I did as a reference:

85 x 8 (warm up)

105 x 8 (work set)

120 x 8 (work set – tough reps)

130 x 18 (Challenge set – crushed me)

***Goal – Supramax pump***

Dumbbell pullover – Do 4 sets of 12 here. See the video on the exact form. **4 total work sets.**

<http://www.youtube.com/watch?v=CVz8KjQtXho>

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

Away facing and normal pulldown – These are excellent. You are going to work hard on the contraction on the first half of this and then really work the stretch on the second half. See the video below. I would also prefer a partner push down on the stack in the stretch position. Do 8 reps each way. Do 4 sets. **4 total work sets.**

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

***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***

<https://www.youtube.com/watch?v=UNdS4CEAMsw&list=PL2F8A4BD406176C34&index=11>

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Biceps - 12 sets / Triceps - 12 sets

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

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

Dual Rope pushdowns – Lean forward a bit, and go into full extension at the bottom flexing your triceps hard. See the video below. Do sets of 10.

[http://www.youtube.com/watch?v=LYv\\_Ww0WCOE](http://www.youtube.com/watch?v=LYv_Ww0WCOE)

*Supersetted with*

Ez bar curl – Just a standard curl here for 8 reps, but tack on 6 partials out of the bottom on each set. See the video below as an example (close to it anyway).

<http://www.youtube.com/watch?v=Z9KBAV3Ng2Q>

*Do 4 supersets for 8 total worksets.*

Bench dips - Don't force yourself to go deep into the stretch. Just go down to where you're comfortable on each set. Do 12-15 reps here.

*Supersetted with*

Hammer curl – Do 6 reps here and then do 6 partials out of the bottom on each set.

*Do 4 supersets for 8 total worksets.*

Lying tricep extension – Do 12 reps here.

*Supersetted with*

Barbell reverse curl – Do 15 reps here and try to use a full range of motion for the majority of the reps.

*Do 4 supersets for 8 total worksets.*

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## Calves

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

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.

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## Week 2 – Moderate Volume

Week 1 and 2 – Emphasis on forced reps and partials – challenge sets are done during odd numbered weeks

Legs – 17 sets:

Lying leg curls – Do 3 to 4 warm up sets. On these we are going to pyramid up to a weight that is a tough 10 with perfect form. On your 4<sup>th</sup> and final set, tack on 5 force reps and 20 partials out of the stretch position. **4 total work sets.**

### ***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 8 until we lose speed this week. Once you feel like you are grinding, call it a day.

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 (speed slowed down and had to grind a little)

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 – We are going to go hard and heavy on these too. Do sets of 10 going up until you can barely get 10, then call it a day on these. We will count the last 3 sets of working sets. Don't lock out on these, try to keep continuous tension and pump these. **3 total work sets.**

For example:

5 plates a side x 6 (feeder set)

6 plates a side x 6 (feeder set)

7 plates a side x 10 (work set)

8 plates a side x 10 (work set)

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

***Goal – Supramax pump***

Leg extensions – On these you are going to do 3 sets of 8 with a 2 second flex at the top. Flex hard! Now on your 4<sup>th</sup> and final set you will do 8, but then have your partner help you with another 4, and then just do 15 little partials out of the bottom! Your quads should be blown up! **4 total work sets.**

***Goal – Supramax pump***

Dumbell stiff legged deadlift – Don't force the stretch. Just go a little lower each set. Keep the dumbbells in nice and tight against you and push your hips back as you descend. Come up ¾ of the way and then go right back down. Do 3 working sets of 10. **3 total work sets.**

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

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Chest - 13 sets / Shoulders – 9 sets

Banded hammer press – You can do these on flat or decline angled machine. Do several warm ups and then simply do 3 sets of 8. You will feel an intense contraction. Don't let your elbows drift back past 90 degrees on these. Don't worry about getting a massive stretch. I do not think these machine are means for that. **3 total work sets**

Note: Use 2 long red pro mini bands. Women may find this is all you need! These are tough!

If you don't have bands try to find another machine where you can press and flex.

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

Flat bench press – On these get 6 good solid sets of 6 in. On each rep touch your chest and drive hard to ¾ lockout then come right back down. Keep going up until you start to lose quite a bit of speed. We don't want long and grinding reps here. **6 total work sets**

Here is an example:

135 x 10 (warm up set)  
195 x 6 (work set)  
205 x 6 (work set)  
215 x 6 (work set)

225 x 6 (work set)  
235 x 6 (work set)  
245 x 6 (work set)  
255 x 6 (work set) – barely got 6 on this one.

***Goal – Train explosively***

Incline dumbbell press – Use a slight incline. Simply do 2 sets of 8 here using a very good range of motion. Do nice clean full reps and squeeze at the top. On your 3<sup>rd</sup> set have your partner help you get 3 to 4 forced reps as well. **3 total work sets.**

Here is what I did as an example:

***Goal – Supramax pump***

Machine flye – Go to failure with something that allows for 15 or so reps. Use a full range of motion. Flex each rep for 1 second at the top. After you hit failure do 10 little partials out of the stretched position. **1 total work set.**

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

Machine rear delt laterals/reverse pec deck – Do 3 sets of 25 here with a 1 second flex on each rep. When you can't hold the flex anymore then do partials out of the bottom until you get to 25. **3 total work sets**

***Goal – Supramax delt pump***

Banded Hammer shoulder press – Do 3 sets of 8 here. Hold the flex for 1 second at the top of each rep. Drive the weight up hard! **3 total work sets.**

Note: I will have video on my YouTube for this soon. It will show you how to put the bands on as well.

Women do not use bands unless you have two skinny orange micro mini bands. These are very heavy with bands.

***Goal – Train explosively***

Barbell front raises – Raise a barbell to eye level out in front of you for 3 sets of 12. Use only 45 second rest breaks on these. **3 total work sets.**

***Goal – Supramax delt pump***

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Back - 18 sets

This made my back incredibly sore..really snuck up on me.

Away facing and normal pulldown – This week we are starting with this. You are going to work hard on the contraction on the first half of this and then really work the stretch on the second half. See the video below. I would also prefer a partner push down on the stack in the stretch position. Do 8 reps each way. Do 4 sets. **4 total work sets.**

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

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

Cable rows – I would like for you to do these with a neutral grip handle that is about shoulder width so you can drive your elbows straight back. If this is not an option use a close grip attachment. Do 4 sets of 8. **4 total work sets.**

***Goal – Supramax pump***

Dumbbell pullover – Do 4 sets of 10 here. See the video on the exact form. **4 total work sets.**

<http://www.youtube.com/watch?v=CVz8KjQtXho>

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

Dumbbell rows – Do 4 heavy sets of 8 with perfect form on these. **4 total work sets.**

***Goal – Supramax pump***

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

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

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Biceps - 12 sets / Triceps - 12 sets

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

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

Dual Rope pushdowns – Lean forward a bit, and go into full extension at the bottom flexing your triceps hard. See the video below. Do sets of 10 and on each set also tack on 5 partials out of the stretched position. So when your hands are up by your chest, come down half way (that is the partial).

*Supersetted with*

Ez bar curl – Just a standard curl here for 8 reps, but tack on 6 partials out of the bottom on each set. See the video below as an example (close to it anyway).

*Do 4 supersets for 8 total worksets.*

Dip machine - Do 8 good solid reps here where you flex at the bottom for 1 second on each rep.

*Supersetted with*

Cross body hammer curls – Do 8 reps on each arm.

If you need a form refresher here you go.

<http://www.youtube.com/watch?v=9nY13VqNEkg&list=PL04BB5F1BC0300483&index=5>

*Do 4 supersets for 8 total worksets.*

Seated overhead rope extension – Do 10 reps here and then 5 more partials in the bottom stretched position.

*Supersetted with*

Hammer curl – Do 8 reps here and then 4 more where you only come up half way.

*Do 4 supersets for 8 total worksets.*

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## Calves

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

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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#### 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.

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Week 3 – Moderate Volume

Week 3 and 4 – Emphasis on drop sets and iso holds

Legs – 16 sets:

Lying leg curls – Do 3 to 4 warm up sets. On these we are going to pyramid up to a weight that is a tough 10 with perfect form. On your 4<sup>th</sup> and final set, drop the weight and do 8 reps, and then drop it again for another 8. **4 total work sets.**

***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 8 until we lose speed this week. Once you feel like you are grinding, we are going to do a challenge set that has drops built in.

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 (speed slowed down and had to grind a little so commence drop) dropped to 275 x 8-10, then 185 x F (failure). This should CRUSH you.

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***

Smith machine lunges – On these you will be doing 8 reps on one side and then 8 on the other. Try to work into the stretch deeper and deeper until your back knee gently touches the floor. Do 4 rounds. **4 total work sets.**

***Goal – Supramax pump***

Leg press – Do a few feeder sets here and then you are going to do 2 sets of 20 reps with 2 isoholds on each set lasting for 7 seconds. **2 total work sets.**

For example:

2 plates x 6

4 plates x 6

6 plates x 20 and then 2 isoholds lasting for 7 seconds each.

Repeat and do one more set like this.

Remember on the isoholds to push back while your partner is pulling the weight down.

***Goal – Supramax pump***

Banded good morning— Do 3 sets of 25 here. Link below to exercise. Flex your glutes and hams when you come up. Stand up straight, don't lean back. **3 total work sets.**

<http://www.youtube.com/watch?v=BdO-CM7AW0&list=PL2F8A4BD406176C34&index=4>

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

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Chest - 13 sets / Shoulders – 10 sets

Machine press – Simply start doing sets of 8 and working your way up in weight. Take your time and get plenty warm. Keep going until you can barely get 8. On this set you will also be doing a dropset. So do 8, then drop the weight and do another 8 to 10, then drop the weight again and shoot for another 8 to 10. We will count your last 3 sets as work sets. **3 total work sets**

For example:

70 lbs x 8  
100 lbs x 8  
130 lbs x 8  
160 lbs x 8  
180 lbs x 8 (work set, starting to get heavy)  
200 lbs x 8 (work set)  
220 x 8 (barely got 8, then dropped to 160 x , then dropped to 120 x 8)

**Goal – Pre-pump and activate**

Incline bench press – On these get 4 good solid sets of 8 in. On each rep stop an inch or two short of touching your chest and drive hard to  $\frac{3}{4}$  lockout then come right back down. Keep going up until you start to lose quite a bit of speed. We don't want long and grinding reps here. **4 total work sets**

Here is an example:

135 x 8 (warm up set)  
195 x 8 (work set)  
225 x 8 (work set)  
245 x 8 (work set)  
255 x 8 (work set) – barely got 8 on this one.

***Goal – Train explosively***



Flat dumbbell press – Simply do 3 sets of 10 here with a weight that allows you to use a nice full range of motion. Get a good stretch and flex for a second at the top. **3 total work sets.**

Here is what I did as an example:

***Goal – Supramax pump***

Machine flye – Go to failure with something that allows for 10 reps for 3 sets. Use a full range of motion. Flex each rep hard for 1 second at the top. On your last set, after you hit failure do 2 isohold in about the midrange position for 7 seconds each. **3 total work sets.**

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

Machine rear delt laterals/reverse pec deck – Do 3 sets of 25 here with a 1 second flex on each rep. On your last set add in an isohold for 10 seconds in about the midpoint of the rep after your final rep. This will be brutal. **3 total work sets**

***Goal – Supramax delt pump***

Dumbbell side laterals – Nothing fancy here, just 4 sets of 10 with perfect form. Only rest 45 seconds between sets. You may have to cheat a little on the last set or two though. **4 total work sets.**

***Goal – Supramax delt pump***

Barbell front raises – Raise a barbell to well above the eye level you did last week. GO about 3-4 inches higher this week. Do 3 sets of 12. Use only 60 second rest breaks on these. **3 total work sets.**

***Goal – Supramax delt pump***

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Back - 20 sets

Chest supported row – Use a machine that supports your chest. Use a nice full range of motion and really emphasize the stretch at the end. I would prefer you use a pronated grip and really focus on rhomboids and lower traps with your lats by holding elbows up, but if you have to use a different machine that targets lats more that is ok too. Do 4 sets of 8. On your last set, let the weight pull and stretch you hard for 10 seconds.

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

Single arm pulldowns – These we are doing for your lower lats. Lean back a tad bit and drive your elbows down and flex lower lats. Do 8 reps on each side. I like to do all 8 on one side then go to the other. **4 total work sets.**

<https://www.youtube.com/watch?v=COIP84kYCO4&list=PLA808445EA052D63A&index=14>

***Goal – Supramax pump***

Dumbbell pullover – Do 4 sets of 10 here. See the video on the exact form. **4 total work sets.**

<http://www.youtube.com/watch?v=CVz8KjQtXho>

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

One arm barbell rows – Do 4 heavy sets of 8 with perfect form on these. On the last set I want a drop set. Make it brutal. Do 8 then drop weight and do 8, and repeat again. **4 total work sets.**

***Goal – Supramax pump***

Banded hyperextensions – Do 4 sets of 15 using a band (or two). **4 total work sets.**

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

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Biceps - 12 sets / Triceps - 12 sets

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

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

Dual Rope pushdowns – Lean forward a bit, and go into full extension at the bottom flexing your triceps hard. Do sets of 10 and on each set. On your 4<sup>th</sup> round I want you to do one drop and crank out another 10 reps, and then do an iso hold. Take the weight to about the midpoint in the range of motion and if you have a partner have them apply extra resistance for you to hold against.

*Supersetted with*

Cable extension – Do 10 nice full range of motion reps here.

[http://www.youtube.com/watch?v=cV1S7j32u\\_M&list=PL04BB5F1BC0300483&index=16](http://www.youtube.com/watch?v=cV1S7j32u_M&list=PL04BB5F1BC0300483&index=16)

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

Dip machine - Now do 3 sets of 8 here. On your 4<sup>th</sup> set do a drop set. Drop the weight and do another 8 to 10. Then hold the weight at the midpoint with no additional resistance for 20 seconds. **4 total work sets.**

Seated dumbbell curls – Do 3 sets of 8 reps on each arm. On your last set do this but then stand up and cheat another 5 to 6 reps. Now hold your arm at the midpoint and have someone gently pushdown and do the isohold for 10 seconds. It looks like this technique wise. **4 total work sets.**

[http://www.youtube.com/watch?v=mfpMDfeAaqY&list=PLNAUreWTt\\_SjDEX\\_UxXRUjxWh9CcHiJOI&index=7](http://www.youtube.com/watch?v=mfpMDfeAaqY&list=PLNAUreWTt_SjDEX_UxXRUjxWh9CcHiJOI&index=7)

EZ bar curl – On your first 3 sets do 8 perfect reps. On the last one do a drop set. Do your 8, then drop it and shoot for 8 more, and then do one more drop and go for broke (failure).

*Supersetted with*

Ez bar preacher curls – Just do sets of 8 here all on all 4 sets. Use perfect form and flex hard at the top.

*Do 4 supersets for 8 total worksets.*

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## Calves

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

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.

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Week 4 – High Volume

Week 3 and 4 – Emphasis on drop sets and iso holds

Legs – 19 sets:

Seated leg curls – Do 3 to 4 warm up sets. On these we are going to pyramid up to a weight that is a tough 12 with perfect form. On your 4<sup>th</sup> and final set, drop the weight and do 10 reps, and then drop it again for another 8. **4 total work sets.**

***Goal – Activate and pump hams***

*This week we are resting your lower back up a bit and not doing heavy squats.*

Leg press – Do sets of 10 all the way up to where you can barely get 10. I would like for these to be rest-pause style. So try to set a stop/pins/catches etc in the leg press so you can pause at the bottom, then ram the weight up explosively. We will count the last 4 sets as working sets. **4 total work sets.**

***Goal – Train explosively***

Leg extensions – Do 3 sets of 12 with a 2 second flex at the top on each rep. On your 3<sup>rd</sup> set do one drop in weight and do as many more as you can and then bring the weight up about 6 to 8 inches and hold it isotension style for 10 seconds while someone pushes down on it. Remember to push back against them. Feel the BURN.

**3 total work sets.**

***Goal – Supramax pump***

Smith machine lunges – These are a repeat from last week. On these you will be doing 8 reps on one side and then 8 on the other. Try to work into the stretch deeper and deeper until your back knee gently touches the floor. Do 4 rounds. **4 total work sets.**

***Goal – Supramax pump***

Banded good morning – Do 4 sets of 20 here. Go down real slow this week on these. Feel your hams stretching. Link below to exercise. Flex your glutes and hams when you come up. Stand up straight, don't lean back. **4 total work sets.**

<http://www.youtube.com/watch?v=BdO-CM7AW0&list=PL2F8A4BD406176C34&index=4>

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

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Chest - 13 sets / Shoulders – 11 sets

Slight incline dumbbell press – Simply start doing sets of 8 and working your way up in weight. Take your time and get plenty warm. Keep going until you can barely get 8. On this set you will also be doing a dropset. So do 8, then drop the weight and do another 8 to 10, then drop the weight again and shoot for another 8 to 10. We will count your last 3 sets as work sets. Go to  $\frac{3}{4}$  lockout on these. **3 total work sets**

For example:

25 lbs x 8

45 lbs x 8  
65 lbs x 8  
85 lbs x 8 (work set)  
95 lbs x 8 (work set)  
105 lbs x 8 – drop to 80 x 8 – drop to 55 x 8 (drop set)

Note: If you want to get a little crazy feel free to wrap a band around your back like in the video below.

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

**Goal – Pre-pump and activate**

Incline bench press – On these get 5 good solid sets of 6 in. On each rep stop an inch or two short of touching your chest and drive hard to  $\frac{3}{4}$  lockout then come right back down. Keep going up until you start to lose quite a bit of speed. We don't want long and grinding reps here (only a few on the last set). **5 total work sets**

Here is an example:

135 x 4 (feeder set)  
195 x 6 (work set)  
225 x 6 (work set)  
245 x 6 (work set)  
255 x 6 (work set)  
265 x 6 – barely got 8 on this one.

**Goal – Train explosively**

Machine flye – Do 3 sets of 10 with a nice full range of motion. Flex every rep hard at the top for 1 second. On your 4<sup>th</sup> set I want you to go to failure with good form, and then get help to do 4 more forced reps holding the flex again for 2 seconds on each rep. After this lower the weight and do an isohold where your partner is pushing against the machine just enough against you so that you are fighting to hold the contraction. Do the isohold for 7 seconds. See the video below for an example. **4 total work sets.**

<https://www.youtube.com/watch?v=J52WoyoBsaU>

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

Flat bench press – Put 40% of your 1 rep maximum on the bar and go to failure! **1 total work set.**

Machine rear delt laterals/reverse pec deck – Do 4 sets of 15 here with a 1 second flex on each rep. Use more weight than last week and flex even harder this week! On your last set add in an isohold for 10 seconds in about the midpoint of the rep after your final rep. This will be brutal. **4 total work sets**

**Goal – Supramax delt pump**

Cable side laterals – Stand away from the machine a bit so that you start the rep from more of a stretched position and can get more range of motion. Do a normal side lateral. I want you to use a pretty light weight. It should be something you get 20 with. Do 10 on each side, and then don't stop. Start over and go to failure. Then do it again and again one more time. **4 total work sets.**

Here is exactly what I did:

30 lbs on cable stack

20 on each side, then 15 on each side, then 12 on each side, and then 9. BURN.

***Goal – Supramax delt pump***

Seated Smith machine press – Only work the top half of the press. Do not go below your forehead. Do 3 sets of 8. Lower the bar slow and then drive it up and flex hard on each rep! **3 total work sets.**

***Goal – Supramax delt pump***

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Back - 16 sets

Neutral grip pulldown – Let me explain to you what I did, then we'll figure out how to simulate it. I used a pulldown that was similar to a swiss bar in that it has multiple places to grip varying in width. Once you are thoroughly warmed up, here is how to do set 1.

I used the widest (and weakest) hand position and did 10. Rest and move your hands in closer and do another 10. Rest and then move hands in closest (remember this was with a neutral grip). Rest and then go back out to medium position and then rest again before doing 10 outside. This is a total of 50 reps. It will hurt. You rest 10 seconds between each 10 reps.

You could use a normal bar and change grip widths, or if you have a wide neutral bar you could the normal wide grip but grab inside on the bar for closer grip. I think you get the concept of what I am trying to do here.

On your 2 and 3rd set do the same thing but bring the reps all the way down to 6 on each one instead of 10, and really focus on hard flexes at the bottom. **3 total work sets.**

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

Meadows rows – I want you to tweak your form a bit this week on these. Keep your elbow a bit higher and feel these more on your mid traps and rhomboids as opposed to lats. Use a little lighter weight than usual and these will feel awesome. Do 4 sets of 8. **4 total work sets.**

***Goal – Supramax pump***

Dumbbell pullover – Do 2 sets of 10 here, and then I want a big drop set. It is key to stop before form goes bad ok. Sloppy form can injure you, so do not get sloppy on drop set. On the drop set do 8 to 10, and 2 more drops for 8 to 10 each. **3 total work sets.**

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

Barbell shrugs – Do 3 sets of 8 with perfect form on these. On the last set I want a drop set. Make it brutal. Do 8 then drop weight and do 8, and repeat again. **3 total work sets.**

***Goal – Supramax pump***

Banded hyperextensions – Do 3 sets of 15 using a band (or two or THREE). **3 total work sets.**

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

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Biceps - 18 sets / Triceps - 18 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 – Lean forward a bit, and go into full extension at the bottom flexing your triceps hard. Do sets of 12 here.

*Immediately followed by*

Close grip pushups – Do 10 nice slow full range of motion reps here. Hand should be shoulder width. Elbows should be tucked in a bit. These are hard. As you fatigue you can move more into a regular pushup.

*Immediately followed by*

Bent over rope extensions – You can keep the ropes set up the same. Face away from machine and bend over at waist, and then extend triceps. Go to  $\frac{3}{4}$  lockout and really work the stretch hard on these. Do sets of 8 here.

***Do 6 rounds for 18 total worksets.***



Hammer curls – Do sets of 10 here.

*Immediately followed by*

Ez bar curls – Do sets of 8 here with a 3 second descent.

*Immediately followed by*

Ez bar reverse curl – Only come up half way on these. Do sets of 12.

**Do 6 rounds for 18 total worksets.**

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## Calves

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

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=XLxXx6V7Ng>

**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.

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Week 5 – High Volume

Week 5 and 6 – Emphasis on occlusion work

Legs – 23 sets:

Lying leg curls – Do 3 to 4 warm up sets. On these do not even come close to failure. We are going to come back to these at the end of the workout. Just do 4 sets of 8 with a weight you could probably get for 12 perfect reps. I just want blood in your hams to prep you for squats. **4 total work sets.**

***Goal – Activate and pump hams***

Squat – Take your time and work your weight up slowly. Do a few sets of 15 and then lower the reps to 8. I want you to keep going up in weight until you can barely get 8. Control your descent and drive the weight up hard! You will lose some speed on the last set or two, but that is ok. We will count the last 3 sets as work sets. **3 total work sets.**

***Goal – Train explosively***

Leg press – Do sets of 15 on these and try to get a very good range of motion. Don't let your lower back come off the pad, but try to get some depth on these. Don't lock them out though, think extreme pump not super heavy weight.

***Supersetted with***

Hack squat – Do sets of 8 on these nice and deep. Again, you don't have to use a ton of weight. I would rather see depth and a massive pump from this superset.

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

Occluded leg extensions – Do a set of 25 to start off. Rest 30 seconds and then go to failure on the next set. Repeat 2 more times for 4 total sets. Remember to tighten the knee wraps on the very top of your thighs to about a 7 out 10 (you need blood to be able to get into muscle – so don't overdo it). When you are done with your 4 work sets proceed directly over to lying leg curl before taking wraps off. **4 total work sets**.

***Goal – Blood flow restriction training***

Occluded lying leg curls – Do a set of 15 to start off. Rest 30 seconds and then go to failure on the next set. Repeat 2 more times for 4 total sets. Remember to tighten the knee wraps on the very top of your thighs to about a 7 out 10 (you need blood to be able to get into muscle – so don't overdo it). **4 total work sets**.

***Goal – Blood flow restriction training***

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Chest - 12 sets / Shoulders – 11 sets

Flat dumbbell press – Simply start doing sets of 10 and working your way up in weight. Take your time and get plenty warm. We are going to work in an early challenge set today on these. Once you get to a weight that you think you might be good for about 12-15 reps with, go berserk and see how many reps you can do. **3 total work sets**

For example:

25 lbs x 10

45 lbs x 10

65 lbs x 10

85 lbs x 10 (work set – plenty of reps in tank)

95 lbs x 10 (work set – several reps still in tank)

105 lbs x 17 – (challenge set)

**Goal – Pre-pump and activate**

Incline bench press – On these get 2 solid sets of 6 in and then do another challenge set. It is the same thought process as above. Once you get to where you can do the stated number of reps but think you have 4 or so reps in tank do the challenge set. We count the last 3 sets as work sets here as well. **3 total work sets**

Here is an example:

135 x 4 (feeder set)  
195 x 6 (work set – still plenty of reps in tank)  
225 x 6 (work set – still plenty of reps in tank)  
245 x 12 (challenge set)

***Goal – Supramax pump***

Machine flye – Do sets of 10 here with a 2 second flex on each rep.

***Supersetted with***

Machine or hammer press – Go to failure – should be 10 or so reps.

Note: If you can use bands on this press as seen in the video below I prefer you do that. It won't take much weight! The video is 3 exercises but I want you to do 2, a flye and then a press.

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

<https://www.youtube.com/watch?v=kVDFJitwVH4>

***Goal – Work muscle from a stretched position and Supramax pump***

Ultra wide overhead press – Do 4 sets of 8. If you haven't done these before see the video below. Notice in the video how wide my grip is. Touch your chest too, and only drive up to top of your head. Do not try to use much weight. The most I have ever used on these is probably 75 or so lbs. **4 total work sets**

<https://www.youtube.com/watch?v=n1DFiY506Zs&list=PL1F60A60A3E4E2E83&index=3>

***Goal – Supramax delt pump***

6 ways – Do 3 sets of 10 here. See the video below to see how to execute the sequence. This hurts. **3 total work sets**.

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

***Goal – Supramax delt pump***

Hang and swing destroyer set – If you have never done these you are in for a treat. You are doing one set. Do 60 reps, then cut weight in half and do 30 reps, and then cut weight in half and do 10 reps. That's it, lights out delts. I attached the video so you can see the first set where my swing technique is pretty good (it gets worse as I go). **1 total work set**.

<https://www.youtube.com/watch?v=HxFs72mYYsM&list=PL1F60A60A3E4E2E83>

***Goal – Supramax delt pump***

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Back - 20 sets

One arm barbell row – Do plenty of warm upsets then get to a weight that is a tough 8. Stick with it and grind out 4 sets of 8. Try to use a nice full range of motion here. **4 total work sets.**

***Goal – Pre-pump your lats***

Front pulldowns with forced stretch – I want you to do the second technique in this video. It is a regular pulldown in which your partner pushed down on the weight in the stretched position only. Do 4 sets of 8. **4 total work sets.**

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

***Goal – Supramax pump***

Dumbbell pullover – Just straight sets here this week. Do 3 sets of 12. **3 total work sets.**

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

Tbar row or supported chest row – I am looking for a hard row here in which your hands are pronated and elbows are traveling out from your sides. Do 4 sets of 8 here. Try to really drive your elbows back and squeeze your rhomboids, and lower traps hard. **4 total work sets.**

***Goal – Supramax pump***

Deadlift and shrug combo – I want you to work up to a weight that you can do for a pretty explosive rep, and then do 3 shrugs with it. In the video you will see the tempo. Do 6 total reps each set. Do 3 sets. **3 total work sets.**

<https://www.youtube.com/watch?v=XmcV0TFacgA&index=29&list=PLA808445EA052D63A>

Note: If you want to add chains to this as seen in the video it makes the shrugs really hard as the weight gets heavier as the chains lift.

***Goal – Supramax pump and an element of explosiveness***

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

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

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Biceps - 16 sets / Triceps - 16 sets

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

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

V bar pushdowns – Stand up tall and let your elbows sort of ride out a bit. Flex at the bottom. Let the weight ride up pretty high and stretch your tris good. Do sets of 12 here.

*Immediately followed by*

Bent over rope extensions – Face away from machine and bend over at waist, and then extend triceps. Go to ¾ lockout and really work the stretch hard on these. Do sets of 8 here.

*Immediately followed by*

Pronated dumbbell kickbacks – Do sets of 6 here.

<https://www.youtube.com/watch?v=WQRJacR4tuc&list=PL04BB5F1BC0300483&index=2>

***Do 4 rounds for 12 total worksets.***

*After the trisets are complete move on to occlusion work*

Occluded rope pushdowns – Ok wrap your arms up high by your elbows. Remember to use a 7 out of 10 on a perceived tightness scale. If your whole arm turns purple, it's too tight. Do 4 sets. Do 20 reps on your first set and then go to failure every time thereafter. Rest 30 seconds between sets. Once you do your 4 sets immediately take the wraps off. **4 total work sets.**

*Here is a link on applying wraps.*

[https://www.youtube.com/watch?v=Jw92W6m1dq4&list=PLNAUreWTt\\_ShX51sm1DEoKyt9aVXVHOnJ&index=4](https://www.youtube.com/watch?v=Jw92W6m1dq4&list=PLNAUreWTt_ShX51sm1DEoKyt9aVXVHOnJ&index=4)

Cross body hammer curls – Do sets of 10 here.

<https://www.youtube.com/watch?v=9nY13VqNEkq&list=PL04BB5F1BC0300483&index=6>

*Immediately followed by*

Incline concentration curls – Do sets of 8 here.

<https://www.youtube.com/watch?v=3Y7wWx8xGAw&list=PL04BB5F1BC0300483>

*Immediately followed by*

Ez bar reverse curl – Do sets of 8.

**Do 4 rounds for 12 total worksets.**

*After the trisets are complete move on to occlusion work*

Occluded ez bar curls – Rewrap arms back up. Do 20 reps on your first set and then go to failure every time thereafter. Rest 30 seconds between sets. Remove the wraps right after you complete your last set.  
**4 total work sets.**

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## Calves

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

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=XLxXx6V7Ng>

**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.

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Week 6 – High Volume

Week 5 and 6 – Emphasis on occlusion work

Legs – 23 sets:

This should give you one of the craziest pumps in your legs that you have ever had.

Seated leg curls – Do 3 to 4 warm up sets. On these do not even come close to failure. We are going to come back to these at the end of the workout just like last week. Just do 4 sets of 8 with a weight you could probably get for 12 perfect reps. I just want blood in your hams to prep you for squats. **4 total work sets.**

***Goal – Activate and pump hams***

Squat – Take your time and work your weight up slowly. Do a few sets of 15 and then lower the reps to 10. I want you to keep going up in weight until you can barely get 10. Control your descent and drive the weight up hard! You will lose some speed on the last set or two, but that is ok. We will count the last 3 sets as work sets. **3 total work sets.**



Note: If you have access to a safety squat bar I would like for you to use it this week.

**Goal – Train explosively**

Leg press – Do sets of 25 on these and try to get a very good range of motion. Keep your feet close (right by each other). Don't let your lower back come off the pad, but try to get some depth on these. Don't lock them out, think extreme pump not super heavy weight. This is even higher reps than last week.

**Supersetted with**

Smith lunge – Do sets of 8 on these nice and deep. Again, you don't have to use a ton of weight. I would rather see depth and a massive pump from this superset. Use a step to get extra range of motion like seen in the video if possible.

[https://www.youtube.com/watch?v=fiysDfA\\_sZg](https://www.youtube.com/watch?v=fiysDfA_sZg)

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

*The occluded work is a repeat of last week. Push yourself harder this week on them!*

Occluded leg extensions – Do a set of 25 to start off. Rest 30 seconds and then go to failure on the next set. Repeat 2 more times for 4 total sets. Remember to tighten the knee wraps on the very top of your thighs to about a 7 out 10 (you need blood to be able to get into muscle – so don't overdo it). When you are done with your 4 work sets proceed directly over to lying leg curl before taking wraps off. **4 total work sets**.

**Goal – Blood flow restriction training**

Occluded lying leg curls – Do a set of 15 to start off. Rest 30 seconds and then go to failure on the next set. Repeat 2 more times for 4 total sets. Remember to tighten the knee wraps on the very top of your thighs to about a 7 out 10 (you need blood to be able to get into muscle – so don't overdo it). **4 total work sets**.

**Goal – Blood flow restriction training**

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Chest - 12 sets / Shoulders – 11 sets

Decline dumbbell press – Simply start doing sets of 10 and working your way up in weight. Take your time and get plenty warm. Keep on going up until you can barely get. Your 10 reps. Do not lock these out, but do get a good stretch. **3 total work sets**

Note: Women do incline version on slight incline.

**Goal – Pre-pump and activate**

Incline barbell bench press – Do a feeder set of 4 or 5 reps then start doing sets of 6 until you get to a weight that is a tough 6. Drive the bar up hard! **3 total work sets**

Here is an example:

135 x 4 (feeder set)

195 x 6 (work set – still 3-4 reps in tank)

225 x 6 (work set – still 1-2 reps in tank)

245 x 6 (barely got 6)

***Goal – Train explosively***

Dumbbell press with loaded stretch – Do two sets of 8-10 on regular dumbbell presses. Both should be to failure. On your 3<sup>rd</sup> set do a drop set as seen in the video. Do 8 or so, and drop the weight, and then do it again. After your last rep on the 3<sup>rd</sup> drop have your partner push down on your wrists (see video) gently so you feel a massive stretch. **3 total work sets**

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

***Goal – Supramax pump***

Stretch pushups – Do 3 sets to failure. Have your partner gently push down on you (from rhomboid area) on all reps and hold stretch for 1 second. This should be a gentle stretch. When you come up do not lock out. This may sound easy, but you won't get a lot of reps. Do 3 sets to failure. **3 total work sets**

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

Over and back press – As in the video just barely clear your head and go over and back. Each time you do that is 1 rep. Do 4 sets of 8. **4 total work sets**

<https://www.youtube.com/watch?v=4ZF9tIPv1Sk&index=4&list=PL1F60A60A3E4E2E83>

***Goal – Supramax delt pump***

Barbell front raises – Do 3 sets of 10 here. Take these up high, 6 to 8 inches above your head/eye level. **3 total work sets.**

***Goal – Supramax delt pump***

Machine rear delt raises/reverse pec deck – Do 4 sets of 10. Hold each flex for 2 seconds. Only take 45 second breaks between each set. **4 total work set.**

<https://www.youtube.com/watch?v=HxFs72mYYsM&list=PL1F60A60A3E4E2E83>

***Goal – Supramax delt pump***

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Back - 20 sets

Meadows row – Do plenty of warm upsets then get to a weight that is a tough 8. Stick with it and grind out 4 sets of 8. Here is a video I thought was interesting we took a few weeks ago. Notice how all three of us have slightly different technique. **4 total work sets.**

[https://www.youtube.com/watch?v=QrB4QO1E\\_AU](https://www.youtube.com/watch?v=QrB4QO1E_AU)

***Goal – Pre-pump your lats***

***Get ready for an insane upper and outer lat burn***

Dumbbell pullover – Do 10 very controlled reps. On each set you can increase range of motion and stretch more, but do not force it.

***Supersetted with***

Front pulldowns with forced stretch – Do sets of 8 here.

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

***Goal – Supramax pump / work muscle from stretched position***

Dumbbell row – Back to another grinder. Do 3 heavy sets of 8. **3 total work sets.**

***Goal – Supramax pump***

Dumbbell shrugs - Do 3 sets of 12. Hold each rep for 2 seconds in the flexed position. **3 total work sets.**

Note: Women do not do the shrugs.

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

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

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Biceps - 16 sets / Triceps - 16 sets

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

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

***More trisets this week followed by blood flow restriction work.***

V bar pushdowns – Stand up tall and let your elbows sort of ride out a bit. Flex at the bottom. Let the weight ride up pretty high and stretch your tris good. Do sets of 12 here.

*Immediately followed by*

Dips between benches – Shoot for sets of 15 here. Do these nice and slow. Feel the tension cranking in your triceps.

*Immediately followed by*

Lying ez bar extensions/skullcrushers – Do sets of 8 here but go nice and slow. Each set lower the bar a little more behind your head for a stretch. The more pumped your arms get the better these will feel.

***Do 4 rounds for 12 total worksets.***

*After the trisets are complete move on to occlusion work*

Occluded rope pushdowns – Ok wrap your arms up high by your elbows. Remember to use a 7 out of 10 on a perceived tightness scale. If your whole arm turns purple, it's too tight. Do 4 sets. Do 20 reps on your first set and then go to failure every time thereafter. Rest 30 seconds between sets. Once you do your 4 sets immediately take the wraps off. **4 total work sets.**

*Here is a link on applying wraps.*

[https://www.youtube.com/watch?v=Jw92W6m1dq4&list=PLNAUreWTt\\_ShX51sm1DEoKyt9aVXVHOnJ&index=4](https://www.youtube.com/watch?v=Jw92W6m1dq4&list=PLNAUreWTt_ShX51sm1DEoKyt9aVXVHOnJ&index=4)

Seated dumbbell curls – Keep your palms up the entire time. Lower with a 3 second descent. Do sets of 10 here.

*Immediately followed by*

Hammer curls – Do sets of 8 here.

*Immediately followed by*

Ez bar preacher curl – Do sets of 8 here.

**Do 4 rounds for 12 total worksets.**

*After the trisets are complete move on to occlusion work*

Occluded ez bar curls – Rewrap arms back up. Do 20 reps on your first set and then go to failure every time thereafter. Rest 30 seconds between sets. Remove the wraps right after you complete your last set.  
**4 total work sets.**

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## Calves

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

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.

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Week 7 – High Volume

Week 7 and 8 – Emphasis on forced reps and isoholds

Legs – 19 sets:

Seated leg curls – Do 3 to 4 warm up sets. Alright back in business with some high intensity leg curls. Do 3 sets of 10 where you leave maybe 1-2 reps in the tank. On your 4<sup>th</sup> set do 10-12 (something where you fail with good form), and have your partner force 5 more forced reps. After the 5<sup>th</sup> forced rep straighten your legs, now bend them about 2 inches and hold for 15 seconds. Your partner should apply just enough resistance upward that you try to move the weight, but you can't. You stay in the isohold for 15 seconds. It's good to be back in Pumpville. **4 total work sets.**

***Goal – Activate and pump hams***

Squat – Let's go back to a normal bar this week. Change your stance slightly from how you normally squat. If you squat wider, move it in a few inches and vice versa. Remember to make just a slight change, nothing drastic. Simply do sets of 8 until you get to a weight you can barely do for 8 reps. Drive the weight up hard. The last few sets will be grinders. That's ok. We will count the last 3 sets as working sets. You are going to do a 4<sup>th</sup> set. **This will be a challenge set.** Lighten up the load by about 20% and I want to see how many reps you can gut out with it!. **4 total work sets.**

Note: If you have access chains, put 2-3 sets on the bar for all sets this week.

***Goal – Train explosively***

Frog stance leg press – Ok this week go high and wide with toes out and turn your heels in much more than usual. Do sets of 15 here.

***Supersetted with***

Smith lunge – We are doing these again this week. You are only going to do sets of 4 reps. You read that right. Just do 4 reps on each leg. Sit down in the stretched position for 5 seconds on each rep though. Alternate legs this time, don't do all reps on one side like you did last week. This stretch should hammer you. This is a sort of stretch isohold combo.

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

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

Ok I lied; we are going to do another week of occluded leg curls. Rules are made to be broken,

Occluded lying leg curls – Do a set of 15 to start off. Rest 30 seconds and then go to failure on the next set. Repeat 2 more times for 4 total sets. Remember to tighten the knee wraps on the very top of your thighs to about a 7 out 10 (you need blood to be able to get into muscle – so don't overdo it). **4 total work sets**.

***Goal – Blood flow restriction training***

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Chest - 13 sets / Shoulders – 11 sets

Machine press – Simply start doing sets of 8 and working your way up in weight. Once you find a weight that is a pretty tough 8, stay there for 3 sets. I want you to do a 4<sup>th</sup> set where you go all out to failure and have your partner help you get 4 more forced reps. Do these reps to 3/4 lockout. **4 total work sets**

***Goal – Pre-pump and activate***

Incline barbell bench press – Do a feeder set of 4 or 5 reps then start doing sets of 8 until you get to a weight that is a tough 8. Drive the bar up hard! **3 total work sets**

Here is an example:

135 x 4 (feeder set)

195 x 8 (work set – still 3-4 reps in tank)

225 x 8 (work set – still 1-2 reps in tank)

245 x 8 (barely got 8)

***Goal – Train explosively***

Decline smith press – Use a very slight decline on these. Do sets of 10 taking small jumps until you can barely get 10. Touch your chest on each rep and drive to  $\frac{3}{4}$  lockout. We will count the last 3 sets as work sets. Now the fun part is on the last set. Do your 10 and then you will hit failure as mentioned. Have your partner help you lock out your last rep. Now lower the bar about 4 inches and hold it there while your partner pushes against the bar for a 7 second isohold. These are nasty. That's it, rack the weight you are done. **3 total work sets**

Note: Women use a slight incline.

***Goal – Supramax pump***

Machine flye/reverse pec deck – Do 3 sets to failure I want you to fail at about 8 to 10 reps. On the 3<sup>rd</sup> and final set I want you to get to the midpoint in the range of motion after your last rep, and then just hold it there for as long as you can. Have your partner give you some isotension on this as well. I made 20 seconds on this. **3 total work sets**

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

Smith overhead press – Do these seated with a supported back. I want you to lower the bar to the top of your head only, and pause and hold for 2 seconds, and then drive up and come right back down. Do 4 sets of 8 like this. **4 total work sets**

***Goal – Supramax delt pump***

Dumbell side laterals – Nothing fancy here, just nail 4 sets of 8 with a weight that you can do strictly. **4 total work sets.**

***Goal – Supramax delt pump***

Machine rear delt raises/reverse pec deck – Do 3 sets of 20. On your 3<sup>rd</sup> set go to halfway point in range of motion and then hold while your partner applies isotension. Hold this for 10 seconds. **3 total work set.**

***Goal – Supramax delt pump***



Seated supinated cable rows – On these see if you can actually put something on the bench to sit on that is maybe 6 inches high to change the pulling angle. Also use two D-handles to row with. I want you to supinate as you draw your elbows back. You should feel an unbelievable squeeze. Do 4 sets of 10 with a 1 second pause and flex on each rep. See the attached video below on this to see what I mean more clearly. **4 total work sets.**

[https://www.youtube.com/watch?v=stm\\_abA5Rao](https://www.youtube.com/watch?v=stm_abA5Rao)

***Goal – Pre-pump your lats***

Deadstop dumbbell row – Back to another grinder. Do 2 heavy sets of 8 here. On your last set lighten up by 20 lbs and go crazy and see how many reps you can gut out. **This is your challenge set. 3 total work sets.**

<https://www.youtube.com/watch?v=mwGSMCiMc&index=7&list=PLA808445EA052D63A>

***Goal – Train explosively***

Hammer high pull with stretch overload – You may not have this exact machine, but study the concept of what I am doing here and you will be able to find something to simulate this. I am doing 12 on each arm, and then 4 on each arm, and the resting arm gets a little forced stretch from my partner. Your partner only needs to add a little pressure. Don't get to overzealous on these and hurt yourself. Do 3 sets. **3 total work sets.**

<https://www.youtube.com/watch?v=5ykOeUHp0cM>

***Goal – Stretch overload***

Dumbbell pullovers – Do 3 sets of 12. **3 total work sets.**

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

Barbell shrugs - Do 3 sets of 12. Hold each rep for 2 seconds in the flexed position. **3 total work sets.**

Note: Women do not do the shrugs.

Banded hyperextensions – Do 3 sets to failure with bands. Reps should be 12-20. **3 total work sets.**

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

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Biceps - 9 sets / Triceps - 15 sets

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

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

Dual rope pushdowns – Back to my current favorite tricep exercise. Use two ropes, lean forward, step back, and go to full contraction. Do 4 sets of 12 here. **4 total work sets.**

Dips machine – Shoot for 4 sets of 15 here. Do these nice and slow. Feel the tension cranking in your triceps. Each set you do, try to get a little more range of motion. **4 total work sets.**

Lying ez bar extensions/skullcrushers – Do sets of 10 here. If you have kettlebells try them on these. I throw them in every once in a while and I like them See the video below. Do 4 sets. **4 total work sets.**

[https://www.youtube.com/watch?v=e9MJsKw\\_\\_Eg&list=PL04BB5F1BC0300483&index=15](https://www.youtube.com/watch?v=e9MJsKw__Eg&list=PL04BB5F1BC0300483&index=15)

Seated overhead rope extension – Finish with 3 sets of 8 here. Try to use a good weight but control it and do these slowly. **3 total work sets.**

<https://www.youtube.com/watch?v=GQGndNEkIFE&list=PL04BB5F1BC0300483>

Seated dumbbell curls – Keep your palms up the entire time. Lower with a 3 second descent. Do 4 sets of 10 here. **3 total work sets.**

Grip-o-rama – These are done with a barbell. If you have any grip attachments, what we are trying to do is use them first to make the curls harder, and change the grip as we push forward to allow for more strength and reps, and then taking the grips off to get more reps. So in essence this is like a built on drop set without changing the weights. If you do not have grip attachments, as seen in the video, then just start wide and work your way in. Do 3 positions, and 6 reps per position. Start in your weakest position, and move to your strongest. Each set is therefore 18 reps. Do 3 rounds of these. This should obliterate your biceps and maybe forearms too. **3 total work sets.**

<https://www.youtube.com/watch?v=kPazEgpOjr4&list=PL04BB5F1BC0300483>

Ez bar preacher curls – Do 3 sets of 8 here. Do these nice and controlled and flex hard in the contracted position. **3 total work sets**

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## Calves

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

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.

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Week 8 – High Volume

Week 7 and 8 – Emphasis on forced reps and isoholds

Legs – 21 sets:

Lying leg curls – Do 3 to 4 warm up sets. Like last week, do 3 sets of 10 where you leave maybe 1-2 reps in the tank. On your 4<sup>th</sup> set do 10-12 (something where you fail with good form), and have your partner force 5 more forced reps. After the 5<sup>th</sup> forced rep straighten your legs, now bend them about 2 inches and hold for 15 seconds. Your partner should apply just enough resistance downward that you try to move the weight, but you can't. You stay in the isohold for 15 seconds. **4 total work sets.**

***Goal – Activate and pump hams***

Leg press – Slowly work your way up doing sets of 10. Place your feet where you are your strongest. Do 4 or 5 sets here so you are really warmed up well. Once you are warmed up, find a weight that you can do 10 with (leaving a couple of reps in the tank).

***Supersetted with***

Smith squat – Place your feet out in front of you so you can keep your spine straight up and down and smash your quads. Only do sets of 6 here. Try to get below parallel if you can. Leave a couple of reps in the tank on every set. Don't take any of these to failure.

So on neither one of these should you fail on any set. This is a massive amount of volume and pump. It will break you down. You will see the next day.

Do 6 rounds after completing warm ups for **12 total work sets.**

***Goal – Supramax pump***

Leg extensions – Do 8-10 reps. Go to where you can't do a rep and have your partner assist you with 4 more reps, and then just move your feet about 2-3 inches out of the bottom, and have them push against the pad as seen in the video below for 7 seconds. Do 2 rounds of these. **2 total work sets.**

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

***Goal – Supramax pump***

Barbell stiff legged deadlifts – Slowly lower the bar to where you feel comfortable. Get a little more stretch each set. Keep a tiny bend in your knees, and keep the bar in close against you. Do 3 sets of 10 here. Come up  $\frac{3}{4}$  of the way. Keep constant tension on your hamstrings. **3 total work sets.**

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

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Chest - 13 sets / Shoulders – 11 sets

Decline dumbbell press – Use a slight decline. I do not like steep angles. It only takes a small angle. Simply start doing sets of 8 and working your way up in weight. Once you find a weight that is a pretty tough 8, stay there for 3 sets. I want you to do a 4<sup>th</sup> set where you go all out to failure and have your partner help you get 2 more forced reps. Do these reps to  $\frac{3}{4}$  lockout. **4 total work sets**

Note: Women use a slight incline

***Goal – Pre-pump and activate***

Incline barbell bench press – Do a feeder set of 4 or 5 reps then start doing sets of 12 until you get to a weight that you fail with. This is an abnormally high number of reps on these and crushed me today. Drive the bar up hard! Stop an inch short of touching your chest. Drive to  $\frac{3}{4}$  lockout. **3 total work sets**

Here is an example:

135 x 4 (feeder set)  
195 x 12 (work set – still 3-4 reps in tank)  
225 x 12 (work set – still 1-2 reps in tank)  
245 x 11 (failed at 11)

***Goal – Train explosively***

Incline dumbbell flye – Use a slight incline. Do sets of about 8 to 10 and when you hit failure I want your partner to force 2 more reps per set. Do this on all 3 sets. Don't go too heavy on these. I want perfect fly technique, not a torn pec or bicep. **3 total work sets**

***Goal – Supramax pump***

Machine flye/reverse pec deck – Do 3 sets to failure I want you to fail at about 8 to 10 reps. On the 3<sup>rd</sup> and final set I want you to get to the midpoint in the range of motion after your last rep, and then just hold it there for as long as you can. Have your partner give you some isotension on this as well for 10 seconds. **3 total work sets**

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

Smith overhead press – We are going to do some higher reps on these this week and lower the bar to right in front of your face. I tilt my head back so I am pushing straight up. You want to push up to use the Smith safely. You are going to do 25 reps, then 20, then 15. Rest about 1 minute between each set. I want a good full range of motion. I want you to do then do a 4<sup>th</sup> set where you do around 15 again, and then lower the weight half way, and hold it like an isohold (but no additional pressure) for a 10 count. **4 total work sets**

***Goal – Supramax delt pump***

Cable side laterals – There are no rest breaks here. Start at 15 reps on one arm, then do the other, then go back to the other and start doing them all to failure since you likely won't hit 15 again. Do each arm 4 times. **4 total work sets.**

***Goal – Supramax delt pump***

Machine rear delt raises/reverse pec deck – Do 3 sets of 8. On each rep hold the contracted position for 5 seconds and flex hard. **3 total work set.**

***Goal – Supramax delt pump***

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Back - 19 sets

Seated supinated cable rows – These felt awesome last week. Let's hammer them again. Remember on these see if you can actually put something on the bench to sit on that is maybe 6 inches high to change the pulling angle. Also use two D-handles to row with. I want you to supinate as you draw your elbows back. You should feel an unbelievable squeeze. Do 4 sets of 10 with a 1 second pause and flex on each rep. See the attached video below on this to see what I mean more clearly. **4 total work sets.**

[https://www.youtube.com/watch?v=stm\\_abA5Rao](https://www.youtube.com/watch?v=stm_abA5Rao)

***Goal – Pre-pump your lats***

Smith bent over row – I want you to drive the weight hard and try to hold for a 2 second flex. Pull the bar right into your stomach and hold it there flexing your lats HARD. You will have to likely lighten the weight up, but after doing the previous exercise, this should smoke your lats. They should be loaded with blood. Do 3 sets of 8 with the pause. **3 total work sets.**

***Goal – Train explosively***

Rack pulls – Ok now that your lats are full of blood, we will hit them with some isometric contractions via deadlifts. Flex your lats, then drive the weight up and pull your elbows back squeezing your lats hard. Find a weight that you can do a solid 5 with and not lose form, and do 4 sets of 5 with it. **4 total work sets.**

***Goal – Supramax pump***

Dumbbell pullovers – Do 3 sets of 12. **3 total work sets.**

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

Parallel grip pulldowns – Do 3 sets of 12 here. Work the top half of the range of motion. So use a heavier weight and really stretch everything out at the top. **3 total work sets.**

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Biceps - 12 sets / Triceps - 12 sets

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

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

Vbar pushdowns – Keep your hands in tight to your body and let your elbows flare out to the side. Do 3 sets of 15. Lock these out and flex your tris hard at the bottom. On your 4<sup>th</sup> set keep the same weight but after you hit failure which should be around 15, in the midpoint of the range of motion do an isohold and have your partner push down on the weight. Hold this for a 10 second count. This should be brutal. **4 total work sets.**

Dips machine – Do 3 sets of 15 here too, and do an isohold on your 4<sup>th</sup> set after the last rep (around 15). On this you don't need the extra resistance, just hold the weight in place for a slow 10 count. **4 total work sets.**

Seated overhead rope extension – Do 3 sets of 10 here, and then do a massive isohold on your 4<sup>th</sup> set do an isohold without extra resistance after the last rep (around 10th rep). Hold the rope at the midpoint for as long as you can hold it. It's your last rep, so leave nothing on the table. **4 total work sets.**

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 3<sup>rd</sup> set once you hit failure stand up and do more reps hammer style to failure. Now on your 4<sup>th</sup> 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. Have your partner push down a tad on these as well to increase tension. Now do that with the other arm. This HURTS. See the video below. **4 total work sets.**

[https://www.youtube.com/watch?v=mfpMDfeAaqY&index=7&list=PLNAUreWTt\\_SjDEX\\_UxXRUjxWh9CchjOI](https://www.youtube.com/watch?v=mfpMDfeAaqY&index=7&list=PLNAUreWTt_SjDEX_UxXRUjxWh9CchjOI)

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.**

Ez bar reverse curls – Do 3 sets of 12 here. Do these nice and controlled and flex hard in the contracted position. **3 total work sets**

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## Calves

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

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=XLxXx6V7Ng>

***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.

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Week 9 – High Volume

Week 9 and 10 – Emphasis on drop sets and partials

Ok now every once in a while I just randomly mix things up to have a little fun and to break my own rules.

This is one of those workouts.

Legs – 22 sets:

Leg extensions – Do 3 to 4 warm up sets. Do sets of 10 and on every rep dorsiflex your feet to work your rectus femoris hard. Hold each rep for 1 second and flex that area hard. Feel it with your hands while doing this if you have trouble feeling in this specific area. I want you to do 4 hard working sets of 10 then stop. **4 total work sets.**

***Goal – Activate and pump quads***

Leg press – Ok now I actually did these on the machine in the video below (the video is one legged but I want you to use both legs at once). If you have something similar use it. If not, just use a standard leg press but use a stance where your feet are SLIGHTLY lower and close together. I want you to do a few

feeder sets of 6 to find a good weight. You are going to do 6 sets of 15 with 90 second breaks. Use a weight that you don't really fail with, but you get a massive pump and plenty of pain. Well you might fail on the 5<sup>th</sup> and 6<sup>th</sup> sets actually 😊 **6 total work sets.**

<https://www.youtube.com/watch?v=mz1mRDfHA&index=4&list=PLD5A37C01FC6D4C0D>

**Goal – Supramax pump**

*Ok I realize I am risking my manhood by telling you I did this, but try it first before you laugh!*

Dumbbell lunge – Slowly walk 10 steps with each leg.

**Supersetted with**

Butt blaster / glute machine – Do 10 reps on each leg. Flex glute hard in contracted position. If you don't have anything like this you could sub with a GHR, or even a hyperextension where you use your glutes to pull your body up and not so much lower back.

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

**Goal – Supramax pump**

Smith machine stiff legged deads – Do 4 sets of 8. Use the exact form I am using in the video below. Do not lock these out. Work the stretch. **4 total work sets.**

<https://www.youtube.com/watch?v=GWBq11XYB7U&index=8&list=PLD5A37C01FC6D4C0D>

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

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Chest - 16 sets / Shoulders – 10 sets

Incline dumbbell press – Use a slight incline. I want you to do sets of 8 working up to a weight that you fail at 8 with. Now on this last set where you barely get 8, you then drop the weight and do another set of 5-8. Then you do one final drop in weight and go to failure. We will call this 3 work sets. **3 total work sets**

For example:

25's x 20 – Warm up

45's x 15 – Warm up

65's x 10 – Warm up

85's x 8 – Work set (plenty of reps in tank)  
100's x 8 – Work set ( a few reps in tank)  
110's x 8 – 80's x 8 – 55 x Failure. Drop set complete.

**Goal – Pre-pump and activate**

Flat barbell bench press – Do a feeder set and then do 5 x 5 explosively. Touch the bar to chest and fire it back up hard but not to full lockout, then come right back down. **5 total work sets**

Here is an example:

135 x 4 (feeder set)  
195 x 5 (work set – reps are explosive)  
225 x 5 (4 work sets – reps are explosive but you know if you add weight you will lose speed so stay here)

**Goal – Train explosively**

Machine press – Use a machine of some kind. Use the one where you feel the absolute best chest contraction. Do 3 sets of 8 with a nice full range of motion and hard flex on every rep. On your 4<sup>th</sup> set do a drop set. Do your 8, and then lower the weight, and repeat, and then lower the weight one more time and go to failure! **4 total work sets**

**Note: If you are using a flat or decline Hammer press, adding a pair of red pro mini bands will enhance your contraction greatly. Use less weight obviously.**

**Goal – Supramax pump**

Machine flye/reverse pec deck – Do 3 sets of 10 with a nice full range of motion. On your 4<sup>th</sup> and last set gently do some partials in the stretched position. Don't go crazy jerking or you will hurt yourself. Just keep your body tight and do nice slow partials and focus on overcoming the pain. Shoot for 10 partials. **4 total work sets**

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

Dumbbell side laterals – Do 4 sets of 8. Only rest for 45 seconds between each set. It won't take long for your shoulders to fill with blood. **4 total work sets.**

**Goal – Supramax delt pump**

Machine rear delt raises/reverse pec deck – Do 3 sets of 15. On each rep hold the contracted position for 1 second and flex hard. Also on your 3rd set only, tack on 10 partials out of the stretched position (not contracted). **3 total work set.**

***Goal – Supramax delt pump***

Barbell front raise – Simply do 3 sets of 10 here. Lower the bar slowly with good control and really focus on actually flexing front delt at the top. Bring the barbell to just above eye level. **3 total work sets**

***Goal – Supramax delt pump***

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Back - 17 sets

One arm barbell row – Do 3 to 4 warm up sets, and then grind out 4 sets of 8 here. This should be really tough. See the video below if you need a form refresher. **4 total work sets.**

<https://www.youtube.com/watch?v=ExuDK5iWKM8&index=9&list=PLA808445EA052D63A>

***Goal – Pre-pump your lats***

Smith bent over row – I want you to drive the weight hard and try to hold for a 2 second flex. Pull the bar right into your stomach and hold it there flexing your lats HARD.. This is a repeat from last week, because it felt so great!. They should be loaded with blood. Do 3 sets of 8 with the pause. **3 total work sets.**

***Goal – Train explosively***

Lat pulldowns with a forced stretch – I actually want the combo you will see in the video below. The forced stretch is only on the second part. This is my favorite pulldown technique. Do 8 reps on each side. Do 4 sets. **4 total work sets.**

<https://www.youtube.com/watch?v=Dme2KnhDJNY&index=48&list=PLA808445EA052D63A>

***Goal – Supramax pump***

Dumbbell pullovers – Do 3 sets of 12. **3 total work sets.**

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

Barbell shrugs - Do 3 sets of 10 here. Hold each flex at the top for 2 seconds. **3 total work sets.**

***Goal – Supramax pump***

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Biceps - 12 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 – Ok let's get back to these. Do 4 hard sets of 12 reps with a full range of motion, and then just do some partials out of the stretch at the top for another 8 reps. So each set is 20 reps. **4 total work sets.**

Dips machine – Do 4 sets of 8 here but do these with a very slow negative/eccentric. Go to  $\frac{3}{4}$  lockout on each rep. On your 4<sup>th</sup> set I want you to do 8 and then drop the weight and repeat, and then drop it again and go to failure. **4 total work sets.**

Smith JM Press – In the video I am using bands but those are not required but they do work very well. Look at how my elbows are traveling and the control I have over the weight. That is what I want. Do 4 sets of 8 here. **4 total work sets.**

<https://www.youtube.com/watch?v=rEsQRsOy2A&list=PL2F8A4BD406176C34&index=17>

Ez bar curl – Do 4 working sets of 8 here. On every rep flex hard at the top. Drive blood in there. Make them fill full of blood. On the 4<sup>th</sup> set you are going to do a drop set like we have been doing this week. Do 8, then drop and do another 5-8, then drop and go to failure. **4 total work sets.**

EZ bar preacher curl – Do 8 reps flexing hard at the top, and use a very slow 3 second eccentric. Do 4 sets. **4 total work sets.**

Hammer curls – On all 3 sets I want you to do 6 strict reps, and then drop to lighter dumbbells for another 6 strict reps. So each set is 12 reps. Do 3 sets. **3 total work sets**

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## Calves

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

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=XLxXx6V7Ng>

***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.

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Week 10 – High Volume

Week 9 and 10 – Emphasis on drop sets and partials

Legs – 19 sets:

Leg extensions – Do 3 to 4 warm up sets. On your first set you are going to do 12 reps with your feet dorsiflexed like last week. Flex hard at the top. Place your hands on your rectus femoris and feel the muscle working. On your second set add some weight and do 10 the same way. On your 3<sup>rd</sup> set stay with the same weight. Do your 10 or so reps, and then point toes down (plantar flex foot) and knock out 10 more. These will turn into partials as the fatigue sets in. That's ok! **3 total work sets.**

***Goal – Activate and pump quads***

Leg curls – Do 2 sets of 20 to warm up. We are going to go at a good pace on these and keep jamming blood into your legs. Do 4 sets of 10 but only take 45 second breaks. **4 total work sets.**

***Goal – Activate and pump hams***

Leg press – Do sets of 10 going up in weight. When you get to what is a moderate weight, stay there and do 5 x 20 with it, with only 1 minute rest breaks. I also want you to use a little lower stance on these. Move your feet down a tad, but not something dramatic ok. Your VMO/teardrop is going to get hammered. **5 total work sets.**

Here is exactly what I did:

1 plates per side x 10 (warm up)

2 plates per side x 10 (warm up)

3 plates per side x 10 (warm up)

4 plates per side x 10 (warm up)

5 plates per side x 10 (warm up)

6 plates per side x 10 (warm up)

5 plates per side x 5 x 20. I did the set with 6 just to get a feel on how heavy it was, but thought 5 plates would be best with this pace.

***Goal – Supramax pump***

Front squat – Just do sets of 8 very controlled, nice and deep, until you get to a weight you can barely do for 8. We will call this 3 work sets. **3 total work sets.**

Note: If you do not do well with front squats, you can do regular back squats. The deep front squats feel awesome though.

### ***Goal – Supramax pump***

Barbell stiff legged deads – Do 4 sets of 8 with a moderate weight. Go nice and slow on the eccentric and come up all the way and flex your glutes at the top. **4 total work sets.**

### ***Goal – Work muscle from the stretched position***

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Chest - 13 sets / Shoulders – 8 sets

Flat dumbbell press – Do sets of 8 all the way up to where 8 is really tough. When you get to this set, we are going to make it a drop set. You will do around 8, then drop the weight and shoot for another 6 to 8, and then do one more drop and go to failure. Before you drop the weight once finished, have your partner gently push down on the dumbbells to force a little stretch overload ok. See video below for technique. **3 total work sets**

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

### ***Goal – Pre-pump and activate***

Smith decline bench press – Do all rest pause reps on these. I want you to do sets of 8 until you hit failure or barely get the 8<sup>th</sup> rep. Remember to use a slight decline on these, and not a steep angle.

Look at how slight the angle is in the video. Pause the weight for about half a second on each rep before driving up hard. We will call this 3 work sets. **3 total work sets**

Note: Women use a slight incline

Here is an example:

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

### ***Goal – Train explosively***

Incline barbell press – We are going to go at a pretty good pace here too. I want you to do a moderate weight and go almost failure on each set. Leave one rep in the tank on each set. Keep the same weight. You are only going to take 90 seconds between sets. **3 total work sets**

Here is exactly what I did. Remember I can typically do 275 – 315 for 10 or so reps.



I did 185 for 12, 10, 8, and 7.

***Goal – Supramax pump***

Machine flye/reverse pec deck – This is just like last week except we are adding over and back rope stretches between sets. Do 3 sets of 10 with a nice full range of motion. On your 4<sup>th</sup> and last last set gently do some partials in the stretched position. Don't go crazy jerking or you will hurt yourself. Just keep your body tight and do nice slow partials and focus on overcoming the pain. Shoot for 10 partials. **4 total work sets**

*Superset with over and back stretches each set.*

<https://www.youtube.com/watch?v=vI5Fy-jlVH0&list=PL2F8A4BD406176C34&index=22>

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

Dumbbell side laterals – Do 4 sets of 12. Only rest for 60 seconds between each set. It won't take long for your shoulders to fill with blood. **4 total work sets.**

***Goal – Supramax delt pump***

Machine rear delt raises/reverse pec deck – You are going to do one set on these today. It's a drop set. Pick a weight that you normally do 15 or so reps with. Use perfect form and squeeze rear delts hard in contracted position for a half second each rep. When you can't use perfect form drop the weight 20-30 lbs and keep going. When you then can't do perfect reps drop the weight again and go to failure. Make this set HURT! **1 total work set.**

***Goal – Supramax delt pump***

Dumbbell front raise – Do 3 sets of 12 here. Raise the dumbbells to 4 to 6 inches above your head. Squeeze hard at the top! This won't take much weight. **3 total work sets**

***Goal – Supramax delt pump***

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Back - 17 sets

Meadows row – Do 3 to 4 warm up sets, and then grind out 4 sets of 8 here. Make sure you get a nice stretch as you lower the weight ok. See the video below for a form refresher. **4 total work sets.**

<https://www.youtube.com/watch?v=AY4YjAHcWrw&list=PLA808445EA052D63A&index=16>

***Goal – Pre-pump your lats***

Deadstop dumbbell row – Get to a weight that is a tough 8, and do 3 sets of 8 with it. Drive your elbow up hard! See video below for form refresher. Oh I almost forgot. The last set is a dropset. Do 8 then drop the weight and shoot for another 8, and then do it one more time! You will need to rest a while between arms because this is very draining. **4 total work sets.**

[https://www.youtube.com/watch?v=\\_mwGSMCiMc&index=7&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=_mwGSMCiMc&index=7&list=PLA808445EA052D63A)

***Goal – Train explosively***

Dumbbell pullovers – Ok, let's give our arms a break. Do 3 sets of 12. **3 total work sets.**

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

Single arms supinated pulldowns – I love these. In the video my form is a little off. Tilt back a little more and when you drive your elbow down, hold the flex for half a second. Really flex your lower lat hard. It should almost feel like cramp. Do 3 sets of 10 with each arm. **3 total work sets.**

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

***Goal – Supramax pump***

Banded Hyperextensions - Use bands so that you have enough tension to limit you to about 10 good reps. If you do not have bands, put your hands out in front of you as you do these (like Superman flying) and hold and flex spinal erectors in the contracted position for a second. Do 3 sets. **3 total work sets.**

***Goal – Supramax pump***

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Biceps - 11 sets / Triceps - 11 sets

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

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

Dual rope pushdowns – Do 4 drop sets here. On the first half of the set do about 10 good reps where you hit failure, and then drop the weight and do another 8 to 10 reps. Do 4 sets like this. Use a full range of motion on the first half, but I don't mind if the last half of the set is not full range of motion as locking out will get very hard due to fatigue. **4 total work sets.**

Dips between benches– Do 2 sets adding weight to your lap. For example you could add 1 45 lb plate on the first set, and then maybe 2 plates on the second. Go to failure on each set. I am targeting 12-20 reps here initially. On your 3<sup>rd</sup> and 4<sup>th</sup> sets, use bodyweight only but try to crank out an insane amount of reps. Go up to about ¾ lockout on all reps. As you do each set, ease into more and more of a stretch. **4 total work sets.**

Lying extensions – Ok your elbows should be warm, and your triceps jacked by this point, so finish with 3 good sets of 10 here. **3 total work sets.**

Ez bar curl – Do 4 working sets here. Do 6 reps with a real hard flex with ultra strict form, and then do another 6 where you just curl up about half way out of the bottom, working the lower part of the curl more. Do 4 sets like this. **4 total work sets.**

EZ bar reverse curl – Do the same thing here but use a different rep scheme. Do 10 reps with a real hard flex with ultra strict form, and then do another 6 where you just curl up about half way out of the bottom. Do 4 sets like this. **4 total work sets.**

Machine curl – I prefer this to be on a machine that simulates a preacher type curl, if not any machine will do. We are going to do 2 sets to failure using a full range of motion shooting for around 15 reps. On your last set go to failure and then drop the weight and do 15-20 short range of motion partials where you are strongest at. For me it's the midpoint in the range of motion on most machines. **3 total work sets**

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## Calves

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

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.

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Week 11 – Medium Volume

Week 11 and 12 – Emphasis on occlusion training

Legs – 17 sets:

Occluded leg extensions – Do 3 to 4 warm up sets. We are going to do these first today to get a massive pump right out of the gates. Do 4 sets with 30 second breaks. On your first set you want to fail around 20 reps. Just go to failure on every set after that. **4 total work sets.**

***Goal – Blood flow restriction / pump***

Leg press – I want you to do these with your feet just a little lower on the footplate. This shouldn't be drastically different, just a little lower to work VMO/teardrop hard. Do sets of 20 nonstop reps (no lockout), and just keep going up until you can't get 20. We will call this 3 sets. Rest for 90 seconds between sets. **3 total work sets.**

Here is exactly what I did:

1 plates per side x 20 (warm up)  
2 plates per side x 20 (warm up)  
3 plates per side x 20 (warm up)  
4 plates per side x 20 (warm up)  
5 plates per side x 20 (work set)  
6 plates per side x 20 (work set)  
7 plates per side x 20 (work set)

***Goal – Supramax pump***

Barbell squat – Just pyramid up doing sets of 8 (very controlled to parallel), until you get to a weight you can barely do for 8. We will call this 3 work sets. **3 total work sets.**

***Goal – Supramax pump***

Barbell stiff legged deads – Do 3 sets of 12 with a moderate weight. Go nice and slow on the eccentric and come up all the way and flex your glutes at the top. **3 total work sets.**

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

Occluded leg curls – Do 1 to 2 warm up sets. Do 4 sets with 30 second breaks. On your first set you want to fail around 15 reps. Just go to failure on every set after that. **4 total work sets.**

***Goal – Blood flow restriction / pump***

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Chest - 12 sets / Shoulders – 11 sets

Incline dumbbell press – Do sets of 8 all the way up to where 8 is a challenge. Stay there and do 3 total sets with it. Your reps should be 7 or 8 on all three of these. **3 total work sets**

***Goal – Pre-pump and activate***

Incline barbell press – We are going to do these with a pause about 2 inches above your chest. Do 3 sets of 6. On every rep pause the weight for 1 second and then drive it up. **3 total work sets**

***Goal – Train explosively***

Flat bench press – We are going to do these explosively again too. Do 3 sets of 5 rest/pausing each rep on your chest. You should have a rep or two left in the tank on all of these sets. **3 total work sets**

***Goal – Train explosively***

Stretch pushups – Pump the crap out of your chest. Go to failure on 3 sets here. Keep your chin up while you do these, and keep your back flat. **3 total work sets**

*NOTE: Superset with over and back stretches between each set. I want an insane pump.*

<https://www.youtube.com/watch?v=vI5Fy-jlVH0&list=PL2F8A4BD406176C34&index=22>

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

Dumbbell side laterals – Do sets of 10 here. Take your elbows up to eye level.

***Supersetted with***

Arnold press with dumbbells – Yes, this is the first time I have done these in years! They did feel good directly after the side laterals! Do sets of 8 here. Flex at the top hard.

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

***Goal – Supramax delt pump***

Machine rear delt raises/reverse pec deck – Simply do 3 sets of 25 here with a lighter weight. Flex hard in the contracted position. This will put the finishing touch on delts today. **3 total work sets**

***Goal – Supramax delt pump***

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Back - 17 sets

One arm barbell row – Do 3 to 4 warm up sets, and then grind out 3 sets of 8 here. Make sure you get a nice stretch as you lower the weight ok. Remember all the little form tips. Keep your hip higher on the side you are rowing with. Let the weight stretch you at the bottom. Use 25lb plates for a better stretch. **3 total work sets.**

***Goal – Pre-pump your lats***

Chest supported row – Use machine preferably (well something that your chest is against). If you do not have one, do a standard t-bar row. I want you to go a tad lighter on this than usually, but really get your elbows back far. Also use a medium grip. Do not go real wide. You will be surprised how well you feel this in your rhomboids. Drive back and flex hard. Do 3 sets of 10. **3 total work sets.**

***Goal – Supramax pump***

Chins – I do these on an assist machine so I can maintain perfect form. You can do these the standard way, as long as you can get more than 6 reps with solid form. The alternative is medium grip pulldowns if you can do neither. Shoot for 3 sets of 8. **3 total work sets.**

***Goal – Supramax pump***

Rack deadlifts – I want you to pull from midshin. First do a few warm up sets. For your working sets you will do 2 sets of 5, 2 sets of 3, and 2 sets of 2. Flex your lats the entire movement so you get a mean isometric contraction on them Do these strict. **6 total work sets.**

***Goal – Supramax pump and strength***

Banded Hyperextensions - Use bands so that you have enough tension to limit you to about 10 good reps. If you do not have bands, put your hands out in front of you as you do these (like Superman flying) and hold and flex spinal erectors in the contracted position for a second. Do 2 sets. **2 total work sets.**

**Goal – Supramax pump**

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Biceps - 13 sets / Triceps - 13 sets

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

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

V bar pushdowns – Stand up tall and let your elbows sort of ride out a bit. Flex at the bottom. Let the weight ride up pretty high and stretch your tris good. Do sets of 12 here.

*Immediately followed by*

Dips between benches – Shoot for sets of 15 here. Do these nice and slow. Feel the tension cranking in your triceps.

*Immediately followed by*

Incline ez bar extensions/skullcrushers – Do sets of 8 here but go nice and slow. Each set lower the bar a little more behind your head for a stretch. The more pumped your arms get the better these will feel.

**Do 3 rounds for 9 total worksets.**

*After the trisets are complete move on to occlusion work*

Occluded rope pushdowns – Ok wrap your arms up high by your elbows. Remember to use a 7 out of 10 on a perceived tightness scale. If your whole arm turns purple, it's too tight. Do 4 sets. Do 20 reps on your first set and then go to failure every time thereafter. Rest 30 seconds between sets. Once you do your 4 sets immediately take the wraps off. **4 total work sets.**

Incline dumbbell curls – Lean back slightly on an incline utility bench. Supinate as you curl the weight up. Lower with a 3 second descent. Do sets of 10 here.

*Immediately followed by*

Hammer curls – Do sets of 8 here.

*Immediately followed by*

Ez bar preacher curl – Do sets of 8 here.



**Do 3 rounds for 9 total worksets.**

*After the trisets are complete move on to occlusion work*

Occluded ez bar curls – Rewrap arms back up. Do 20 reps on your first set and then go to failure every time thereafter. Rest 30 seconds between sets. Remove the wraps right after you complete your last set.  
**4 total work sets.**

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## Calves

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

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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**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.

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Week 12 – Low Volume

Week 11 and 12 – Emphasis on occlusion training

Legs – 15 sets:

Lying leg curls – Do 3 to 4 warm up sets. Do 2 sets of 8 with extra resistance applied during the eccentric phase per the video below. On your 3<sup>rd</sup> set, do the same thing, and then stop adding extra resistance and get as many good reps as you can. If you do not have a partner just slow down the eccentric for 4 to 5 seconds. **3 total work sets.**

<https://www.youtube.com/watch?v=wVnqtdzMUGo&noredirect=1>

***Goal – Activate and pump***

Leg press – Use your normal stance on these. Do plenty of warm ups working your way up. Do sets of 8. Keep going until you can barely get 8. We will count the last 3 sets as work sets. **3 total work sets.**

***Goal – Supramax pump***

Occluded leg extensions – Do 4 sets with 30 second breaks. On your first set you want to fail around 20 reps. Just go to failure on every set after that. Take wraps off after finishing. **4 total work sets.**

***Goal – Blood flow restriction / pump***

Barbell squat – Use a moderate weight and do 2 sets of 20 after a feeder set or two. **2 total work sets.**

Here is exactly what I did:

135 x 8  
225 x 6  
275 x 20 for two sets

***Goal – Supramax pump***

Barbell stiff legged deads – Do 3 sets of 12 with a moderate weight. Go nice and slow on the eccentric and come up all the way and flex your glutes at the top just like last week. **3 total work sets.**

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

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Chest - 11 sets / Shoulders – 9 sets

Decline dumbbell press – Do sets of 8 all the way up to where 8 is a challenge. On every rep flex at the top as I want you lower pecs to contract really hard. We will call this 3 work sets. **3 total work sets**

**Note: Women do on a flat bench.**

**Goal – Pre-pump and activate**

Flat barbell bench press – Do a feeder set or two of 5 reps, and then use a weight that is a hard 10 reps for your work sets. It doesn't have to be exactly 10, but right in that ballpark. I want you to do 3 sets with it, and on every rep pause it on your chest and drive hard to  $\frac{3}{4}$  lockout. **3 total work sets**

***Goal – Train explosively***

Smith incline press – On these I want you to take the weight to about 2-3 inches above your chest, in the upper pec area, and just pump these. No lockouts, or pauses on these. Unrack the weight and don't stop until you are almost at failure. Leave a rep or two in the tank. Do 3 sets of about 8-10 reps. **3 total work sets**

***Goal – Supramax pump***

Dumbbell flies – Use a light to moderate weight on these. I want you to only work the bottom half of the range of motion, the stretch portion. Lower the dumbbells slowly and get a good stretch and then only come up to where your arms at 10, and 2 o'clock. Pump out 2 sets of 15 reps. **2 total work sets**

*NOTE: Superset with over and back stretches between each set. I want an insane pump.*

<https://www.youtube.com/watch?v=vl5Fy-jlVH0&list=PL2F8A4BD406176C34&index=22>

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

Dumbbell side laterals – Do 3 sets of 10 here. Take your elbows up to eye level. **3 total work sets**

***Goal – Supramax delt pump***

Seated machine press – Do 3 sets of 15 here. On every rep stop at the top and flex for a second. These should burn like fire. **3 total work sets**

***Goal – Supramax delt pump***

Machine rear delt raises/reverse pec deck – Do 3 sets of 30 here with a lighter weight. Flex hard in the contracted position. **3 total work sets**

***Goal – Supramax delt pump***

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Back - 15 sets

Meadows row – Do 3 to 4 warm up sets, and then grind out 3 sets of 8 here. Make sure you get a nice stretch as you lower the weight ok. Remember all the little form tips. Keep your hip higher on the side you are rowing with. Let the weight stretch you at the bottom. Use 25lb plates for a better stretch. **3 total work sets.**

***Goal – Pre-pump your lats***

High pulls – Do 3 sets of 12 here. I have added a video to show you the angle I am pulling from. This should hit your lower traps, rhomboids, and rear delts hard. **3 total work sets.**

[https://www.youtube.com/watch?v=Q6shuaJl\\_A](https://www.youtube.com/watch?v=Q6shuaJl_A)

***Goal – Supramax pump***

Front pulldowns – These are going to be done scapulae stretch style if you haven't done these before. This means we work the top half of the movement, and we go pretty heavy. Let the weight stretch you, and only pull down to the top of your head. Do 3 sets of 8 like this. **3 total work sets.**

***Goal – Supramax pump***

Rack deadlifts – I want you flex your lats throughout the whole movement. We are working your lats with isometric contraction here. Start from the bottom and flex them. Now stand up with the weight keeping them tight, and keep them tight on the way down. It almost feels like your lower lats are going to cramp on these if you do it right. Think lat tension. Do a few sets to warm up then do 3 sets of 6. I used 315 on my work sets to give you an idea weight wise. You use less weight than normal if you keep the form. **3 total work sets.**

***Goal – Supramax pump***

Banded Hyperextensions – Use bodyweight only and do 3 sets to failure. **3 total work sets.**

***Goal – Supramax pump***

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Biceps - 12 sets / Triceps - 12 sets

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

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

Dual rope pushdowns – Remember to step back, tilt down a bit, and get into full contraction on these. Do sets of 12.

*Immediately followed by*

Dips between benches – Shoot for sets of 15 here. Do these nice and slow. Feel the tension cranking in your triceps.

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

Decline ez bar extensions/skullcrushers – Do sets of 12 here and focus on getting a nice stretch in that pumped up tricep. Take your time in between sets. Do 4 sets of 12. **4 total work sets.**

Occluded ez bar curls – Wrap your arms. Do 15 reps on your first set and then go to failure every time thereafter. Rest 30 seconds between sets. Remove the wraps right after you complete your last set. **4 total work sets.**

Now we do this superset normally.

Standing dumbbell curls – Supinate as you curl the weight up. Do sets of 10 here.

*Immediately followed by*

Hammer curls – Do sets of 8 here.

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

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## Calves

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

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.

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