

Program 17 – Carnage

1. car·nage

the killing of a large number of muscle fibers

This program is being written as I prepare for the 2014 contest season in pre-contest mode. I have promised myself I will work harder but smarter than ever before.

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 3rd 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.

I don't stick to this 100% all the time, but it is the general framework for this program.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on forced reps (both concentric and eccentric) and partials

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

Week 5 and 6 – Rest/Pause sets

Week 7 and 8 – Emphasis on forced reps (both concentric and eccentric) and partials

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

Week 11 and 12 – Rest/Pause sets

Challenge sets are sprinkled in to add even more intensity on occasion.

Band work is sprinkled into the program at various points as well.

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.

You will also notice a lot of forced stretches this program. If you are a Mountain Dog vet, we have done some of it here and there, but it is a very important part of this program.

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

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week or two 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.

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And here is a well done paper on the subject.

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

Here is what we are using for arm work:

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Here is what we are using for leg work:

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

Week 1 – Moderate Volume

Week 1 and 2 – Emphasis on forced reps and partials

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 3rd set, do the same thing, and then stop adding extra resistance at 8, have your partner give you another 5 forced reps, and finally do another 10 partials out of the stretch position. 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

Note: If you do not have a partner shoot for a 5 second eccentric.

Barbell squats – This is simple hard and heavy straight sets in which you drive the bar up as hard as you can. Work your way up doing sets of 8 as warm ups. You are going to do explosive sets of 8 and just keep going up until you can barely get your 8. We will count the last 3 sets as work sets. **3 total work sets.**

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

Goal – Train explosively

Bulgarian split squats – I am attaching a video on these, but you will probably have to use a smith machine. You lower the bar and place a really thick pad around it to protect your ankle. You can see what I am trying to do in the video. I am bracing for balance number one, so I don't have to worry about falling over. Number two I am going all out. I want you to work your way up doing sets of 10. Do 3 sets of 10 increasing the dumbbell each time. On your 4th set, you do a *CHALLENGE SET*. You will start with a dumbbell a little heavier, and do 10 reps, and then do an isohold for 10 seconds. This is followed by 3 drops and isoholds. That is your target for this challenge set. Give it everything you have to hit these targets! **4 total work sets.**

Here is what I did as a reference.

1 set with 25's x 10

1 set with 45's x 10

1 set with 65's x 10

1 challenge set – 80 x 10 + 10 second isohold, 65 x 10 with isohold, 45 x 10 with isohold, and 25 at 10 with isohold.

I feel a little short in the video of doing this perfectly, but I gave it my all, I expect you to do the same.

<https://www.youtube.com/watch?v=l1Ee3M6SDgQ>

Hack squat – Do 1-2 feeder sets to get used to movement of 5 reps. Next do 3 sets of 8 here. Go deep on these. You won't have to use a ton of weight because your legs will be hammered from the last exercise. **3 total work sets.**

Note: If you do not have a hack squat you can do leg presses with a narrow stance here.

Intra-set stretching - After each of the three working sets, I want you to do a 30 second hard quad stretch.

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. Go down nice and slow. Come all the way up and flex your glutes. Do 2 working sets of 10. **2 total work sets.**

Goal – Work a pumped muscle from a stretched position

Chest - 9 sets / Shoulders – 9 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 3 good solid heavy 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. **3 total work sets**

Here is an example:

135 x 6 (warm up set)
225 x 6 (warm up 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 dumbbell press – On these you are going to go right to a weight that is a tough 10. Do 2 sets of 10 with it. You should be failing around 10. On your third set you are going to do a drop set with a loaded stretch as seen in the video below. Do the same weight for 8, then drop it and shoot for 8, then drop it and shoot for 8 again, and when done, have your partner gently push down on your hands in the stretch position. I want you to do this for 30 seconds. In the video we don't quite do it that long. **3 total work sets.**

Intra-set stretching - After the first two working sets, I want you to do a 30 second hard pec stretch.

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

Goal – Supramax pump

Machine rear delt laterals/reverse pec deck – Do 3 sets of 20 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. **3 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 a bit. 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. Try to actually go heavy on these. Your delts will be fatigued so you won't be able to use as much weight as normal, but that's ok, that makes these safer. Do 3 sets of 8. **3 total work sets.**

Goal – Supramax delt pump

Back - 15 sets

Meadows 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. Just grind away on these. Get a good stretch on every rep. As always keep your hip up a little higher on the side you are working so that your lower lat is stretched harder as well. **3 total work sets.**

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

Chest supported row – I want you to really focus hard on getting your elbows back as far as you can. Concentrate on your lower traps and rhomboids. Use a medium pronated grip on this, don't go wide. The video below is just to show you what machine I like to do these on, you don't have to use bands (although you are welcome too on these). Do sets of 12. **3 total work sets.**

<https://www.youtube.com/watch?v=AblaK5znA2c&index=18&list=PL2F8A4BD406176C34>

Goal – Supramax pump

Dumbbell pullover – Do 3 sets of 12 here. See the video on the exact form. **3 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 3 sets. **3 total work sets.**

Intra-set stretching - After each of the three working sets, I want you to do a 30 second hard lat stretch.

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

Goal – Supramax pump

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

Goal – Supramax pump in your spinal erectors

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

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_Ww0WC0E

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.

Supersettted 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.

Intra-set stretching - After each of the last rounds in the third superset, I want you to do a 30 second hard bi and tri stretch.

Calves

For calves you are going to alternate between these 3 routines. Just start with #1 and then do 2 then 3, and keep going through rotation as many times as calves will allow.

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.

Routine #1

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

Routine #2

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

Routine #3 (NEW)

<https://www.youtube.com/watch?v=u4tDVhk5t8s>

On routine #3

Superset - Do a seated raise for 10 reps with a 10 second hold at top, followed by the tibia work as show in video for 15 reps. Use whatever method you need to, to do tibia.

Do 3 rounds and then on your last superset do a forced 10 second stretch (gentle push) on the seated calve and watch carefully how we do a mechanical dropset by changing body position on the tibia work. Do a few drops and then isoholds to finish off your tibia. This is nasty.

NOTE: Here is another option to train tibia.

<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

Legs – 15 sets:

Seated leg curls – Do 3 to 4 warm up sets. On your work sets you are going to go up to a weight that is a tough 10 with perfect form. On your 3rd and final set, I want you to tack on 20 partials out of the stretched position to really drive as much blood in hams as possible. So this is 2 x 10 and a third set with the added partials. **3 total work sets.**

Goal – Activate and pump

Barbell squats – Work your way up doing sets of 8 after higher rep warm ups. I want you to do these explosively, but once you lose that explosiveness, and are grinding, go ALL OUT and do as many reps as you can. We will count the last sets as work sets. The last set is a *Challenge set* and I expect you to leave it all on the floor. **3 total work sets.**

This is an example of how this might look:

135 x 15

185 x 10

225 x 8 (good speed)

275 x 8 (still good speed)

315 x 17 (losing speed so grind out as many as you can) – Challenge set

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). This is optional.

ALSO – If you have a **safety squat bar**, I want you to use it this week instead!

Goal – Train explosively

Bulgarian split squats – We are going to do these beauties again this week. Do sets of 20. I want 10 nice full range of motion reps, and then 10 partials in the stretched position out of the bottom where you only come up halfway. Do 3 sets with each leg. **3 total work sets.**

Reminder on what this exercise is, is below

<https://www.youtube.com/watch?v=l1Ee3M6SDgQ>

Leg extension – Do 3 sets of 8 here. Flex your quads hard for 2 seconds at the top of each rep. Point your toes down (plantarflexion of foot) so you really nail your teardrop on these this week. **3 total work sets.**

Intra-set stretching - After each of the three working sets, I want you to do a 30 second hard quad stretch.

Goal – Supramax pump

Dumbbell stiff legged deadlift – Get a slight bend in knees and only come up $\frac{3}{4}$ of the way on these. Do 3 sets of 10 nice and slow. **3 total work sets.**

Goal – Work a pumped muscle from a stretched position

Chest - 11 sets / Shoulders – 9 sets

Decline dumbbell press – Use a slight angle on these. I do not like steep angles on this due to rotator cuff stress. 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 full lockout and flex each rep for 1 second hard. **3 total work sets**

Note: Women use a slight incline.

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

Flat bench press – On these get 3 good solid heavy sets of 8 in after a few warm up sets. Touch your chest on these, pause for a second, and then drive up hard. Now here is just a little form consideration for you. When I do these I use a moderate grip and I sort of drop my elbows down (not tucked in all the way) as opposed to allowing my elbows to flare out putting undue stress on pec insertions. I love bench presses, but I respect the amount of damage they can do if you are careless with form. You should not feel this one bit in your joints unless you are old like me. **3 total work sets**

I generally only use about 225 – 275 on these fyi.

Goal – Train explosively

Incline Smith press – Set up a slight angle incline in the Smith machine. You are going to use a weight you can do for about 15 reps. I want you to go to near failure (1 rep left in tank) on 2 sets. The reps should be around 15. On your 3rd and final set go to complete failure. For reference, I did 16 reps, 13, and then only 10 on my 3 sets. Take the bar to about 1-2 inches above chest and then drive reps to ¾ lockout. You can see how slight the angle is in the video below. **3 total work sets.**

<https://www.youtube.com/watch?v=5R3XMYrSN1I&index=13&list=PL2955620A11D03694>

Intra-set stretching - After the first two working sets, I want you to do a 30 second hard pec stretch.

Goal – Supramax pump

Machine flye – On these I want you to go to failure, shooting for about 10 reps with a hard flex in the contracted position, and then do 8 more partials out of the bottom in the stretch position. Do 2 sets like this. You can see the machine I like below just fyi. My form is a little sloppy. **2 total work sets.**

<https://www.youtube.com/watch?v=478Xh3gUQOU&list=PL2955620A11D03694>

Goal – Work muscle from stretched position

Rear delt destroyer set – If you are new to the program this is where you do rear delt swings for high reps, most people lay face down on an incline utility bench to keep lower back from tiring out. You are going to do 1 set. You do 60 swings, and then cut the weight in half and do 30, and then cut the weight in half and do 10. The video below shows you what a swing looks like. Relax your arms, and just swing as the name implies, don't worry about flexing, the pain will get you. **1 total work set**

<https://www.youtube.com/watch?v=HxFs72mYYsM&list=PL1F60A60A3E4E2E83&index=5>

Goal – Supramax delt pump

Barbell front raise – This is a normal front raise except I want you to pull it all the way up over your head for a very extended range of motion. This will also engage some traps and other muscles in back. Do 3 sets of 10. **3 total work sets.**

Goal – Supramax delt pump

Machine overhead press – Use any kind of machine you want. I want you to do 30 reps with a weight, and then count to 15 and go to failure, and then count to 15 and go to failure, etc. Just keep going until you can barely get 2-3 reps. We will call this 3 sets for the heck of it. Do not lock these reps out. **3 total work sets.**

Goal – Supramax delt pump

Back - 18 sets

One arm barbell 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 just like we did last week on the Meadows rows. Get a good stretch on every rep. As always keep your hip up a little higher on the side you are working so that your lower lat is stretched harder as well. **3 total work sets.**

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

Smith machine bent over row – I want you to set the stops/catches up so that the weight stops about midshin. Some Smith machines won't let you go this low and you'll have to stand on something. We are going to do explosive rest pause reps. Work up to a weight that you can explode with while keeping form perfect and do 3 sets of 8 with it. Remember to drive up elbows hard, don't think about pulling with your arms. You should feel this in your entire back! **3 total work sets.**

Goal – Train explosively

Dumbbell shrugs – Do 3 sets of 12 here with a 3 second pause and flex at the top of each rep. **3 total work sets.**

Goal – Work muscle from a stretched position

Single arm supinated pulldown – These are excellent for lower lats. Tilt back a little and drive your elbow straight down and hold for a 1 second flex and then come back up. You should feel almost a cramping type sensation the contraction is so good. Again, drive your elbow down, don't pull with you biceps. Do 3 sets of 10 here. Do 3 sets. **3 total work sets.**

Intra-set stretching - After each of the three working sets, I want you to do a 30 second hard lat stretch.

Goal – Supramax pump

Dumbbell pullover – Ok lets stretch everything out now especially upper lats. Do 3 sets of 12 here. **3 total work sets.**

Goal – Work muscle from a stretched position

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

Goal – Supramax pump in your spinal erectors

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

Biceps - 12 sets / Triceps - 12 sets

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

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

Rope pushdowns – These are just normal pushdowns. Shoot for a tough 12 reps. You don't have to lock out. Keep constant tension going here.

http://www.youtube.com/watch?v=LYv_Ww0WCOE

Supersetted with

Rope hammer curl – Now just drop the ropes to the bottom of the pulley station and do hammer curls for sets of 12.

Do 4 supersets for 8 total worksets.

Incline concentration curls - See the video link below for form. The main thing is that you smash the dumbbells together while curling and really flex hard. It wont take much weight. Do 12 reps.

<https://www.youtube.com/watch?v=3Y7wWx8xGAw&list=PL04BB5F1BC0300483&index=9>

Supersetted with

Incline dumbbell lying extensions/skullcrushers – Now just lay down on incline utility bench and slowly do 10 reps (do both arms at once).

Do 4 supersets for 8 total worksets.

Seated overhead rope extension – Do 12 reps here. See the video below. I love these for the stretch! After your last rep on each set, let the weight stretch you at the bottom for a 10 second loaded stretch.

<https://www.youtube.com/watch?v=GQGndNEklFE&index=17&list=PL04BB5F1BC0300483>

Supersetted with

Barbell curl – Do 8 ultra strict reps here flexing as hard as you can.

Do 4 supersets for 8 total worksets.

Intra-set stretching - After each of the last rounds in the third superset, I want you to do a 30 second hard bicep stretch.

Calves

For calves you are going to alternate between these 3 routines. Just start with #1 and then do 2 then 3, and keep going through rotation as many times as calves will allow.

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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Routine #3 (NEW)

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On routine #3

Superset - Do a seated raise for 10 reps with a 10 second hold at top, followed by the tibia work as show in video for 15 reps. Use whatever method you need to, to do tibia.

Do 3 rounds and then on your last superset do a forced 10 second stretch (gentle push) on the seated calve and watch carefully how we do a mechanical dropset by changing body position on the tibia work. Do a few drops and then isoholds to finish off your tibia. This is nasty.

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- Leg raises with your elbows supported on pad
- Leg raises on a decline board/bench
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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.

Program 17 – Carnage

1. car·nage

the killing of a large number of muscle fibers

This program is being written as I prepare for the 2014 contest season in pre-contest mode. I have promised myself I will work harder but smarter than ever before.

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 3rd week might be a bit too much to employ the exact same technique again.

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

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

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

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

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

Week 3 – Moderate Volume

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

Legs – 14 sets:

Lying leg curls – Do 4 to 5 warm up sets then do 3 x 20. What I did on these was move the pad up higher on my calves toward my knee. This will allow you to contract harder at the top, so you are putting more effort in that portion of the range of motion. **3 total work sets.**

Goal – Activate and pump hams

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

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

For example:

135 x 10

185 x 10

225 x 10

275 x 8

315 x 8

365 x 8 (weight starts to feel heavy and you lose some speed)
405 x 8 (you get 8, but know you can prolly get 8 with a little more weight)
425 x 8 (this takes all your energy to get 8)

Goal – Train explosively

Leg extensions - On these you are going to do one set of 10 with perfect form. Lock out and flex for 1 second on each rep. On set 2 I want you to do 10 reps and then have your partner give you 5 more forced reps. On set three do 10 with 5 forced reps and now add an isohold. On the isohold, bring the weight up about a quarter of the way, and hold it there while your partner applies resistance for 8 seconds. Try to push back against partner! If you are alone just hold the weight in that position. Now repeat one more time after a rest break! **3 total work sets.**

Goal – Supramax pump

Leg press – Do a few feeder sets of 6 to 8 to get to a weight that will be a tough 10. Once you get to a set where 10 is tough, you are going to do a drop set. Do 2 drops and shoot for 10 reps per drop. **2 total work sets.**

For example:

3 plates per side x 6 (feeder set)

5 plates per side x 6 (feeder set)

6 plates per side x 10 (still could do more for 10)

7 plates per side x 10, the drop to 6 and do 10, then drop to 5 and do 10.

We count the last two sets as work sets.

Intra-set stretching – After your last set (the drop set) get a hard 30 second stretch on each quad

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

Chest - 11 sets / Shoulders – 9 sets

Flat dumbbell press – Keep doing sets of 8 working your way up until you can barely get 8. We'll count the last 3 sets as working sets. Lower the weight in a controlled manner and actually keep your muscle flexed as you lower the weight to increase tension even more during all your warm up sets to get warm fast and drive blood in muscle. Get a great stretch and drive to $\frac{3}{4}$ lockout, and then come right back down. Your last set is a drop set. Do 2 drops and try to get 8 on the drops too. **3 total work sets**

For example:

25's x 8 (warm up)

45's x 8 (warm up)

65's x 8 (warm up)

90's x 8 (work set)

100's x 8 (work set)

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

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

Incline smith – Use a slight angle on these. I want you to put your grip in just a bit closer than normal and tuck your elbows in to relieve shoulder stress. Lower the bar to your chest just below the nipple. A false grip actually feels good on these, as much as I normally hate to use it. Ok for your first set do 20 reps. On these lower it to your chest and touch. I know we usually cut these short but with the different technique it will be safe and allow you to go down. Take these to $\frac{3}{4}$ lockout. On your second set go to failure (should be around 15), and have your partner give you 2 more forced reps. On your third set hit failure around 10 reps and then lower the weight just a few inches and hold for 5 seconds. If it's easy have your partner apply extra resistance to the isohold. On your fourth set do something where you fail at about 5 reps and then you do another 5 second isohold. Don't be surprised if your pecs feel totally gassed after this. **4 total work sets**

Intra-set stretching – After the 3rd and 4th set, get a good hard 30 second stretch on pecs.

Goal – Supramax pump

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

<https://www.youtube.com/watch?v=AjJ8U7wObTw&list=PL2955620A11D03694&index=36>

For example:

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

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

Goal – Supramax pump

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

Goal – Supramax delt pump

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

Goal – Supramax delt pump

Cage press – Do 3 sets of 5 of these explosively. See the video below for the correct form. **3 total work sets.**

<https://www.youtube.com/watch?v=iCYS8Y44n8w&list=PL1F60A60A3E4E2E83&index=2>

Goal – Supramax delt pump

Back - 16 sets

One arm barbell row – After a few warm up sets work up to a weight that is a pretty tough 8. I want you to use perfect form all four work sets. Don't forget to get an awesome stretch on each rep. Use 25 lb plates (or 10's for women) on these for more range of motion. **4 total work sets.**

For example:

- 1 25lb plates x 12 (warm up set)
- 2 25lb plates x 10 (warm up set)
- 3 25lb plates x 8 (warm up)
- 4 25lb plates x 8
- 4 25lb plates x 8
- 4 25lb plates x 8
- 4 25lb plates x 8

Note – If you have a Meadows row attachment use it. With this I use 10lb plates, for more range of motion, until I get the weights piled up so that I can put a 25 on these and not impede range of motion.

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

Smith machine bent over rows – Do a feeder set or two and then work up with little weight jumps doing sets of 6. Ram your elbows up, don't pull with your arms. We want your lats, traps, and rhomboids to work as hard as possible. **3 total work sets.**

For example:

135lbs x 6 (feeder/light set)

185 x 6

195 x 6

205 x 6 (any more weight and you would lose explosiveness and form)

Goal – Train explosively

Wide grip scapulae stretch pulldowns – These are simply heavy pulldowns where you only bring the bar to the top of your head and then let the bar really stretch you at the top! Do 4 sets Of 8. **4 total work sets.**

Goal – Work muscle from a stretched position

Rack deadlifts – Do sets of 3 all the way up until you can barely get 3. **3 total work sets.**

For example:

135 x 3

225 x 3

315 x 3

405 x 3 (somewhat challenging)

465 x 3 (hard)

495 x 3 (takes everything to get 3 reps)

Goal – Pure strength

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

Goal – Supramax pump

Biceps - 12 sets / Triceps - 12 sets

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

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

Rope pushdowns – Lean down (bend over at waist) while doing these., Keep your hands together, the bottom of the rope should touch the whole time. Now just pump these without locking out for 4 sets of 15 reps. Make these burn! **4 total work sets.**

Seated overhead extension w/ rope – On these, get a seat that you usually use for shoulder presses. It will need to be one that has a back support. Sit it down beside the cable machine so that you are facing away from it. Hook a rope up to the bottom pulley. Your training partner will need to hand you the rope behind your head. Now do extensions with it straightening your arms out overhead. Do 3 sets of 10 with nice, slow, deliberate form, and then do a lighter extreme pump set of 25 reps. **4 total work sets.**

Dip machine - Do 4 sets of 8 here with a slow 3 second negative on each rep. You can also do bench dips if you don't have the right machine for these. **4 total work sets.**

EZ bar curls – Your bis should pump up extremely fast on these. Do 4 sets of 10 with a hard flex on each rep. Take 60 second breaks between sets. **4 total work sets.**

Preacher curls – Do 4 sets of heavy partials. Work the medium and top range of these with a decent weight. 4 sets of 6, but each rep should have a hard flex at the top. **4 total work sets.**

Preacher reverse curls – Do 4 sets of 10 on these. This will blast your forearm and lower bicep. I use an EZ bar, but use whatever bar feels best on these ok. Use a full range of motion, and it won't take much weight fyi. **4 total work sets.**

Intra-set stretching - After each set of dip machine and preacher reverse curls, get a good 15 second stretch on the pumped muscle.

Calves

For calves you are going to alternate between these 3 routines. Just start with #1 and then do 2 then 3, and keep going through rotation as many times as calves will allow.

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.

Routine #1

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

Routine #2

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

Routine #3 (NEW)

<https://www.youtube.com/watch?v=u4tDVhk5t8s>

On routine #3

Superset - Do a seated raise for 10 reps with a 10 second hold at top, followed by the tibia work as show in video for 15 reps. Use whatever method you need to, to do tibia.

Do 3 rounds and then on your last superset do a forced 10 second stretch (gentle push) on the seated calve and watch carefully how we do a mechanical dropset by changing body position on the tibia work. Do a few drops and then isoholds to finish off your tibia. This is nasty.

NOTE: Here is another option to train tibia.

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

Abdominals – 8 sets

Do 2 times this week on whatever days you want.

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Week 4 – High Volume

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

Legs – 20 sets:

This is a workout I did with Evan Centopani.

Lying leg curls – Do 4 to 5 warm up sets then do 2 hard sets of 10. On your 3rd set you are going to do 10, drop the weight and shoot for 10 more, and then drop the weight and go to failure. After hitting failure, raise the weight 2-3 inches and do an isotension rep. Hold while partner pushed down for 10 seconds. This should be excruciating if you do it right. **3 total work sets.**

Goal – Activate and pump hams

Bulgarian split squats – We are going to do these beauties again this week. Do 3 sets of 10 using heavier dumbbells each time. On your 4th set the goal is to do 10, then lower yourself a bit and do a 10 second isohold, then drop and repeat all the way until down to the lightest dumbbell. This is probably the most painful set you can even conceive of doing. After doing the last set of these, Evan puked due to the extreme intensity. Let's see what you can do. Can you get all 4 sets of 10 with a 20 second isohold one each? **4 total work sets.**

<https://www.youtube.com/watch?v=IIEe3M6SDgQ>

Goal – Supramax pump

Barbell squats – Do a few sets of 10 as warm ups. We are going to do sets of 8 until you simply can't do 8 with good form. These are grinders, and not explosive.

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

Note: We actually used a spider bar for these which is a combination safety squat and cambered bar. Feel free to use a different bar than normal.

Goal – Supramax pump

Hack squats - On these you are also going to do sets of 8 until you just can't do 8 with good form. We will count the last 3 sets as work sets. **3 total work sets.**

Goal – Supramax pump

Leg extensions - Do 2 sets of 15 with your toes pointed back (dorsiflex) for upper quads. **2 total work sets.**

Intra-set stretching – After each set get a hard 30 second stretch on each quad

Goal – Supramax pump

Barbell stiff legged deadlift – Only do one slow set of these today. 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 1 working set of 15. **1 total work ses.**

Goal – Work a pumped muscle from a stretched position

Chest - 12 sets / Shoulders – 9 sets

Decline dumbbell press – We are just changing the angle on these this week. Keep doing sets of 8 working your way up until you can barely get 8. We'll count the last 3 sets as working sets. Lower the weight in a controlled manner and actually keep your muscle flexed as you lower the weight to increase tension even more during all your warm up sets to get warm fast and drive blood in muscle. Get a great stretch and

drive to $\frac{3}{4}$ lockout, and then come right back down. Your last set is a drop set. Do 2 drops and try to get 8 on the drops too. **3 total work sets**

For example:

25's x 8 (warm up)

45's x 8 (warm up)

65's x 8 (warm up)

90's x 8 (work set)

100's x 8 (work set)

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

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

Incline barbell – I want you to do sets of 6, and just keep going up until you can barely get 6. As always do not touch your chest and drive these to $\frac{3}{4}$ lockout. We will count your last 3 sets as working sets. Try to accelerate the weight up as you drive it out of the bottom. **3 total work sets**

Intra-set stretching – After the 3rd and 4th set, get a good hard 30 second stretch on pecs.

Goal – Train explosively

Flat bench press – On these do sets of 6 until you get to a weight that you can get a hard 6 with. Now it is very important that these aren't grinder reps with the bar barely coming up. The reps need to be smooth and solid. Stop when you have 1-2 reps left in the tank. Your last set will be a drop set. You will do 6, then drop the weight and stop when you are again 1-2 reps shy of failure, and then drop again and rep out. We will count this as 3 work sets. **3 total work sets.**

For example:

135 x 6 (warm up)

185 x 6 (warm up)

225 x 6 (work set)

245 x 6 (work set)

265 x 6 – then 185 x 6-8, then 135 to Failure (work set)

Goal – Supramax pump

Machine flyes – Inhale deep, lift your chest and get a nice big stretch on all your reps. Hold each rep for a 1 second flex. Do 3 sets of 8. 8 should be about failure on each set. **3 total work sets**

Loaded stretch – Instead of doing intraset stretching, on these you will do loaded stretching. This means that after your last rep on each set. Hold the cables in the stretch position for 10 seconds.

Goal – Train muscle from a stretched position

Bent over dumbbell rear laterals – Just hammer out 3 perfect sets of 25 here. Your rear delts will be screaming. **3 total work sets.**

Goal – Supramax delt pump

Dumbbell side laterals – Nothing fancy here. Just do 4 sets of 12 with a moderately heavy weight. I don't a little swing and momentum. Take these a bit higher though. Take the dumbbells to the 10 o'clock and 2 o'clock position. **4 total work sets**

Goal – Supramax delt pump

Over and back press – We are going to put the final touches on your shoulders this week with these. Watch the video to see how to execute the movement. Basically just barely clear your head and let the bar go behind your head and then bring it back to the front barely clearing your head again. This generates massive tension and will be excruciating. Do 3 sets of 10. Over and back is 1 rep. **3 total work sets.**

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

Goal – Supramax delt pump

Back - 17 sets

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

For example:

1 25lb plate x 8 (warm up set)

2 25lb plates x 8 (warm up set)

3 25lb plates x 8 (warm up – but only 3 or 4 reps in the tank)

3 25lb plates plus 2 chains x 8 (working set) – do 3 sets (If no chains go to 4 25 lb plates)

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

Stretchers – Now that we have some blood in your lats, we are going to stretch them hard with this movement. Check the link below for a form refresher. Remember to duck your head and let your arms straighten to really feel the stretch. Do 4 sets of 10. **4 total work sets.**

https://www.youtube.com/watch?v=-hWBCW8V_U0&list=PLA808445EA052D63A&index=4

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

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

Goal – Train explosively

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

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

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

Goal – Supramax pump in your spinal erectors

Biceps - 12 sets / Triceps - 12 sets

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

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

Superset #1

Machine curl – Find any bicep machine you can, and do your curls on this one arm at a time this week. Lower the weight very slowly with a 4 count and then flex it back up hard. Try to envision the harder you squeeze, the more blood that you feel rushing in. Do 6 reps on one side, then 6 on the other, and then go back the first arm and do 4 more reps, and finish the set with 4 on the other side. So the total reps for each arm are 10 reps on these per set. I used a preacher type machine, but really the key is that I just want extreme isolation where you can totally focus on flexing each bicep and lowering the weight slowly to create time under tension.

Supersettted with

Rope pushdowns – Use the technique where you keep your wrists right along your body as you let the rope raise, letting elbows flare out to the side, and then driving back down and flexing hard for 1 second. You should feel your inner/long head of your triceps contract very hard at the bottom of these. Do 10 strict reps.

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

Superset #2

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

Supersetted with

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

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

Superset #3

Barbell curl 40's – Pick a weight that you can do for about 8 to 10 good clean solid reps. I want you to do a set of 6 with it using perfect form, squeezing every rep. Set the weight down and count to 10 and restart. Stop the set when you know your form will go bad. Just keep resting for 10 seconds and doing this until you get to 40 reps total.

If you have Grip4orce attachments, use them this week on these. Lights out arms. If not, it's lights out anyway.

Supersetted with

Bent over rope extensions – Face away from the machine and bend over at 45 degrees and do rope extensions. Try to keep your elbows in tight this week for a little more stretch on the long/inner head of your tri. On these we are doing a big dropset. I want you to find a weight that is a tough 10, and then drop it and go to near failure (should be another 8 to 12 reps), and then drop the weight again and just blast to failure or until your tris just go completely numb.

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

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

Intra-set stretching – Do a 15 second stretch for bi and tri after you do both exercises in the 2nd round of supersets. So after each superset in #2 above do a stretch.

Calves

For calves you are going to alternate between these 3 routines. Just start with #1 and then do 2 then 3, and keep going through rotation as many times as calves will allow.

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.

Routine #1

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Routine #3 (NEW)

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On routine #3

Superset - Do a seated raise for 10 reps with a 10 second hold at top, followed by the tibia work as show in video for 15 reps. Use whatever method you need to, to do tibia.

Do 3 rounds and then on your last superset do a forced 10 second stretch (gentle push) on the seated calve and watch carefully how we do a mechanical dropset by changing body position on the tibia work. Do a few drops and then isoholds to finish off your tibia. This is nasty.

NOTE: Here is another option to train tibia.

<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.

Program 17 – Carnage

1. car·nage

the killing of a large number of muscle fibers

This program is being written as I prepare for the 2014 contest season in pre-contest mode. I have promised myself I will work harder but smarter than ever before.

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 3rd 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.

I don't stick to this 100% all the time, but it is the general framework for this program.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on forced reps (both concentric and eccentric) and partials

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Week 5 and 6 – Rest/Pause sets

Week 7 and 8 – Emphasis on forced reps (both concentric and eccentric) and partials

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

Week 11 and 12 – Rest/Pause sets

Challenge sets are sprinkled in to add even more intensity on occasion.

Band work is sprinkled into the program at various points as well.

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.

You will also notice a lot of forced stretches this program. If you are a Mountain Dog vet, we have done some of it here and there, but it is a very important part of this program.

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

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week or two 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.

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Also, I want you to do a little light reading on occlusion training to educate yourself, as we do this on occasion as well.

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And here is a well done paper on the subject.

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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>

Week 5 – High Volume

Week 5 and 6 – Rest/Pause sets

Legs – 17 sets:

This is a workout I did with Ken Jackson when he was in town to train.

Since Ken was here we kind of threw out the rules to a degree and went crazy – enjoy!

Lying leg curls – Do 4 to 5 warm up sets then you are going to do each set this way. Do 8 good solid perfect reps, maybe leave 2 reps in the tank, and then really lay as flat as you can on the bench to fully stretch hams, and just so 8 small partials out of the bottom. It is very important to not jerk the weight out of the bottom on the partials, bring it up slow to prevent injury. After 4 sets of this your hams will be on fire. **4 total work sets.**

<https://www.youtube.com/watch?v=vFujdpmp1vk>

Goal – Activate and pump hams

Glute machine – On these we used the Butt Blaster as seen in the video, but there are many machine variations of this. You can also do glute bridges with a barbell if you do not have access to a machine Do 4 sets of 10 with a hard flex at the top of every rep. **4 total work sets.**

<https://www.youtube.com/watch?v=WuknU-10NIU>

Goal – Supramax pump

Barbell squats – Your hams and glutes will be pretty jacked up so these squats should feel great coming out of the hole. Do sets of 8 and just keep going up until you can barely get 8. Try to be explosive but near the end you will lose speed and have to grind.

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

Goal – Supramax pump

Leg press - On these you shouldn't need to do too many sets to get to your top weight. Your legs are plenty warmed up. Just do a few feeder sets, to get to a weight that will be a tough 10. Once there do 2 sets of 10. Now on your third set you are going to do a drop set. I want three drops. Each time try to get 10 again. When you get to your last 10 reps, do rest-pauses on these. Hold the weight at the bottom for a second, and then drive it up. **3 total work sets.**

Intra-set stretching – After your drop set, get a hard 30 second stretch on each quad.

Goal – Supramax pump

Hack squats - Do 2 sets of 10, and then on a third set, again do a drop set like you did on the leg press. Do sets of 8 here. Do three drops, and rest-pause the last 8. Also, and this is quite challenging, try to keep your knees bent isotension style as your partners are dropping the weight. This will absolutely destroy you. Game over. **3 total work sets.**

<https://www.youtube.com/watch?v=rDfjBj2E0rc>

Intra-set stretching – After your drop set, get a hard 30 second stretch on each quad.

Goal – Supramax pump

Chest - 12 sets / Shoulders – 9 sets

This is another workout Ken Jackson and I did.

Machine press – On these do sets of 8. Just keep going up until you can barely get 8. Take the reps to $\frac{3}{4}$ lockout to keep tension on pecs and not wear out your triceps, you will need them after these. Force your

pecs to contract and burn. Focus, perfect form and a lot of tension here. We will count your last 3 sets as working sets. **3 total work sets**

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

Incline barbell – I want you to do sets of 8 here, and pause at the bottom of each rep for 1 second. On the bottom here means about 2 inches above your chest. Don't let the weight sit on your chest. Drive to $\frac{3}{4}$ lockout and then right back down. Just keep going up until you can barely get 8 and make that your last set. We will count the last 3 sets. **3 total work sets**

Intra-set stretching – After the 3rd and 4th set, get a good hard 30 second stretch on pecs.

Goal – Train explosively

Flat bench press – You are also going to rest-pause these, but this time take it to your chest, and let it sit there for a second and then drive it up hard. Again, keep going up until you can barely get 8 with this form and call it a day here. We will count the last 3 sets as working sets. **3 total work sets.**

Goal – Train explosively

Machine flyes – Inhale deep, lift your chest and get a nice big stretch on all your reps. Hold each rep for a 1 second flex. Do 3 sets of 12. 12 should be about failure on each set. **3 total work sets**

Loaded stretch – Instead of doing intraset stretching, on these you will do loaded stretching. This means that after your last rep on each set. Hold the cables in the stretch position for 10 seconds.

Goal – Train muscle from a stretched position

Machine rear laterals – Just hammer out 3 perfect sets of 25 here. **3 total work sets.**

Goal – Supramax delt pump

Dumbbell side laterals – On these do sets of 10 using a full range of motion and then do 6 partials to finish the set. Do 4 sets. **4 total work sets**

Goal – Supramax delt pump

Seated smith press – Let the bar come down to the top of your head and hold, then drive it up. Do 3 sets of 8 like this. Flex your delts hard at the top, locking the weight out. Do the hold for 1 second. **3 total work sets.**

Goal – Supramax delt pump

Back - 21 sets

Cable row – I want you to do these with individual D handles. If you can do these elevated like in the video below, that would be ideal. Do warm up sets going up in weight until you hit a challenging weight for 10 reps. Do 3 set with it, so 3 sets of 10. **3 total work sets.**

https://www.youtube.com/watch?v=stm_abA5Rao&index=53&list=PLA808445EA052D63A

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

Prone shrugs – Now let's move onto some lower traps and rhomboids. Do 3 sets of 10 here. The form is tricky. See the video below. Keep your arms straight and scapulae pushed down ok. **3 total work sets.**

<https://www.youtube.com/watch?v=N3cupvX9mv4&index=38&list=PLA808445EA052D63A>

Goal – Activate area

Face pulls – These aren't done the typical way face pulls is done, to your face. Watch in the video the angle I am pulling at and how my shoulders are staying in position. This will CRUSH your lower traps and rhomboids, especially after the prone shrugs. Do 3 sets of 12. Flex hard in the contracted position. Arch your chest and squeeze. FYI, I am not a fan of typical face pulls where your shoulders go into external rotation. **3 total work set.**

https://www.youtube.com/watch?v=Q6shuaJl_A&index=54&list=PLA808445EA052D63A

Goal – Supramax pump

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

Goal – Work muscle from a stretched position

Deadstop dumbbell rows – This is a rest-pause version of dumbbells rows. Do 3 sets of 10. Watch the vid for correct technique. **3 total work sets.**

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

Goal – Supramax pump

Dumbbell shrugs – Do 3 sets of 12 here. Hold the weight for a 3 second count at the top and flex your traps. **3 total work sets.**

<https://www.youtube.com/watch?v=jqQk69L0lpQ&list=PLA808445EA052D63A&index=18>

Goal – Supramax pump

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

Goal – Supramax pump in your spinal erectors

Biceps - 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.

EZ bar curl - 3 sets of 15 light to warm up - grab a moderate weight. Do 10 perfect reps and set weight down. Count to 10, and repeat. Do 5 sets total - so 5 sets of 10 with 10 second breaks. The last 2 sets should have your arms screaming. This is sort of like a rest-pause set! **5 total work sets.**

Hammer curls - same thing - 5 sets of 10 with 10 second breaks. Take the dumbbells to your ears and flex as hard as you can. **5 total work sets.**

EZ Bar Preacher curls – Do 3 sets of 10. Do these real slow on the eccentric phase. I don't like dropping these at bottom for fear of bicep injury...so don't be afraid to use moderate weight. Let your arms straighten very gently, and curl up with deliberate form and flex hard. **3 total work sets.**

Intra-set stretching – Do a 15 second stretch for bis after each set of preacher curls.

Do then this tri-set 3 times:

Rope pushdowns for 15 ---> Dips between benches (I know, old school) with 45 or 25 pound (depending on how strong you are) plates on lap for 10--> dumbbell pronated kickbacks heavy - for 6 reps - kick up hard and contract. Look at video below for form on pronated kickbacks. I do not like regular kickbacks, but these crush your medial and long head on your tricep.

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

9 total work sets via 3 rounds

Then superset these two last for 2 sets:

Skullcrushers/lying extensions - 10 reps - keep elbows in, and stretch at bottom real good

And

seated overhead dumbbell extensions using one dumbell - sets of 8. **4 total work sets via 2 rounds**

As you can see for triceps I like to do contraction type exercises first, and then when fully pumped do the skullcrusher and stretching exercises. This sequence keeps elbows healthy!!

Intra-set stretching – Do a 15 second stretch for tris after you do both exercises in the 2nd round of supersets.

Calves

For calves you are going to alternate between these 3 routines. Just start with #1 and then do 2 then 3, and keep going through rotation as many times as calves will allow.

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Superset - Do a seated raise for 10 reps with a 10 second hold at top, followed by the tibia work as show in video for 15 reps. Use whatever method you need to, to do tibia.

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Week 6 – High Volume

Week 5 and 6 – Rest/Pause sets

Legs – 20 sets:

Seated leg curls – Do 4 to 5 warm up sets then you are going to do each set this way. Do 10 good solid perfect reps, maybe leave 1-2 reps in the tank. Every rep you do is a rest-pause. So straighten legs out, stop and then curl. Don't jerk out of the stretch position. Go nice and smooth here. Do 3 sets. **3 total work sets.**

Goal – Activate and pump hams

Glute machine – This is a repeat from last week. On these we used the Butt Blaster but there are many machine variations of this. You can also do glute bridges with a barbell if you do not have access to a machine Do 4 sets of 10 with a hard flex at the top of every rep. **4 total work sets.**

Goal – Supramax pump

Ok time to have some fun. We are going to superset leg press with Bulgarian split squats.

Leg press – On these you will work up slowly and methodically doing sets of 8 only! Each set add a plate (or a 25 depending on your strength). You don't want to go too heavy on these, you'll see why. These are acting more as a quad warm up then anything.

Superset with

Bulgarian split squats – Work your way up to the big drop set like we did before. See below for how this might look.

Here is exactly what I did as a reference point.

Leg press – 1 plate per side x 8 – BSS – Bodyweight only for 10 reps.
Leg press – 2 plates per side x 8 – BSS – Bodyweight only for 10 reps.
Leg press – 3 plates per side x 8 – BSS – Hold 20 lb dumbell for 8 reps.
Leg press – 4 plates per side x 8 – BSS – Hold 40 lb dumbell for 8 reps.
Leg press – 5 plates per side x 8 – BSS – Hold 60 lb dumbell for 8 reps.
Leg press – 6 plates per side x 8 – BSS – Hold 80 lb dumbell for 8 reps.
Leg press – 6 plates per side x 8 – BSS – Drop set – 80 x 8, 60 x 8, 40 x 8, 20 x 8. Each drop finishes with an 8 second hold. Only do one side on this set. Rest for a while, before you do the other.

This is counted as **8 work sets**.

Goal – Supramax pump

Leg press - Now you have already worked up to a solid weight, so we stop the BSS and just bump our weight here and only do 6 slow reps. Take a 3 second descent on these. **3 total work sets**.

Here is exactly what I did as a reference point here. Notice how it picks up where I left off above.

Leg press – 7 plates per side x 6
Leg press – 8 plates per side x 6
Leg press – 9 plates per side x 6

Intra-set stretching – After each set of 6, do a hard 30 second quad stretch.

Goal – Supramax pump

Barbell stiff legged deadlift - Finish off legs by doing 2 sets of 12 here, nice and strict. Don't come up all the way. Just come up $\frac{3}{4}$ of the way and go right back down. **2 total work sets**.

Goal – Work muscle from a stretched position

Chest - 12 sets / Shoulders – 9 sets

Banded machine press – I would prefer you use bands on these and use a flat Hammer press. You could also use a decline Hammer press, or any other machine that allows you to rig up bands for added tension throughout range of motion. Do 3 sets of 8 with a hard flex on each rep. If you use a Hammer machine, don't let your elbows go past 90 degrees, as it is very hard on rotator cuff. See video below for set up. **3 total work sets**

<https://www.youtube.com/watch?v=2qe6zhjNVK4&list=PL2F8A4BD406176C34&index=17>

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

Incline barbell – This week don't pause these, just do the usual stop 1-2 inches above your chest and drive to $\frac{3}{4}$ lockout. Just keep going up until you can barely get 8. We will count the last 3 sets as work sets. **3 total work sets**

Goal – Train explosively

Flat dumbbell press – On these pick a good weight and simply do 3 sets of 8. Lock all of these out and flex hard. Your pecs should be massively pumped at this point. **3 total work sets.**

Goal – Supramax pump

Machine flyes – Same as last 2 weeks! Inhale deep, lift your chest and get a nice big stretch on all your reps. Hold each rep for a 1 second flex. Do 3 sets of 12. 12 should be about failure on each set. **3 total work sets**

Loaded stretch – Instead of doing intraset stretching, on these you will do loaded stretching. This means that after your last rep on each set. Hold the cables in the stretch position for 10 seconds.

Goal – Train muscle from a stretched position

Machine rear laterals – Do sets of 15 with a full range of motion, and then add on 5 partials out of the stretch position. Do 3 sets like this. **3 total work sets.**

Goal – Supramax delt pump

Barbell front raises – Raise the barbell up 3-4 inches higher than eye level. This will give you a little extra contraction in the anterior delt. Do 3 sets of 15 here. **3 total work sets**

Goal – Supramax delt pump

Seated partial dumbbell side laterals– On these I want you to do only do partials out of the bottom, but I want you to use heavier weight ok. Do 3 sets of 15 like this. I also call these swings, since you are really just swinging the weight out a bit to the side. This will light up your delt. **3 total work sets.**

Goal – Supramax delt pump

Back - 21 sets

Single arm supinated pulldown – Ok let's get started with these today. You should feel an insane contraction on lower lats as you as fresh. Do 3 sets of 10 on each side once you do a couple of warm up sets. Remember to tilt back a bit, and drive your elbow straight down flexing your lower lat. **3 total work sets.**

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

Supported row– Moving onto this, do 3 sets of 10 here as well. Use a moderate grip, don't go real wide, and try to use an extreme range of motion at the top. Really get those elbows back as far you can, so you can feel lower traps and rhomboids working hard. Use a machine that allows you to support your chest. **3 total work sets.**

Goal – Supramax pump

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

Goal – Work muscle from a stretched position

Face pulls – This is a repeat from last week, but see if you can go heavier this week on these while still maintaining perfect form. These aren't done the typical way face pulls is done, to your face. Watch in the video the angle I am pulling at and how my shoulders are staying in position. Do 3 sets of 12. Flex hard in the contracted position. Arch your chest and squeeze. FYI, I am not a fan of typical face pulls where your shoulders go into external rotation. **3 total work set.**

https://www.youtube.com/watch?v=Q6shuaJl_A&index=54&list=PLA808445EA052D63A

Goal – Supramax pump

Chins – Use a cheater/assist machine to help you on these because I want perfect form. I absolutely love the assist machines because you can execute these perfectly. I usually have the machine counterbalance 90lbs of weight off me to do these. Shoot for 3 sets of 8. Drive your elbows down and flex your lats. If you don't have a machine like this you can do standard pulldowns or better yet just have someone help you do the chins. They will have to help a lot though FYI. **3 total work sets.**

Goal – Supramax pump

Barbell shrugs – Do 3 sets of 8 here. Hold the weight for a 3 second count at the top and flex your traps. **3 total work sets.**

Goal – Supramax pump

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

Goal – Supramax pump in your spinal erectors

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.

V bar pushdowns – After warming up do a nice and heavy pyramid here. Rep scheme is 15, 12, 10, 8, and 6. **5 total work sets.**

Seated dip machine – I want continuous tension reps here. Do 3 sets of 15 reps. No locking out. Just feel the tension in the inner head of your triceps. **3 total work sets.**

Decline lying extension – This is just a slight decline. I use a sit up bench and lower it all the way down. Lower the bar to your forehead, and then drive it up and sort of back a bit, not directly over you. Do 3 sets of 15. **3 total work sets.**

Intra-set stretching – Do a 15 second stretch for tris after you do each set on the seated dip machine

Standing dumbbell curls – After a few warm up sets, do 4 sets of 8 with a 3 second negative on each rep. Keep your palms up the entire time. **4 total work sets.**

EZ bar preacher curls – Do 4 sets of 8 here. Only rest about 45 seconds between sets. Do not lower all the way down. **4 total work sets.**

EZ bar reverse curls – I want high reps on these. 3 sets of 25. Just bring the bar up to 45 degrees. **3 total work sets.**

Intra-set stretching – Do a 15 second stretch for bis after each set of preacher curls.

Calves

For calves you are going to alternate between these 3 routines. Just start with #1 and then do 2 then 3, and keep going through rotation as many times as calves will allow.

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.

Routine #1

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

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Routine #3 (NEW)

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On routine #3

Superset - Do a seated raise for 10 reps with a 10 second hold at top, followed by the tibia work as show in video for 15 reps. Use whatever method you need to, to do tibia.

Do 3 rounds and then on your last superset do a forced 10 second stretch (gentle push) on the seated calve and watch carefully how we do a mechanical dropset by changing body position on the tibia work. Do a few drops and then isoholds to finish off your tibia. This is nasty.

NOTE: Here is another option to train tibia.

<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.

Program 17 – Carnage

1. car·nage

the killing of a large number of muscle fibers

This program is being written as I prepare for the 2014 contest season in pre-contest mode. I have promised myself I will work harder but smarter than ever before.

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 3rd 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.

I don't stick to this 100% all the time, but it is the general framework for this program.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on forced reps (both concentric and eccentric) and partials

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

Week 5 and 6 – Rest/Pause sets

Week 7 and 8 – Emphasis on forced reps (both concentric and eccentric) and partials

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

Week 11 and 12 – Rest/Pause sets

Challenge sets are sprinkled in to add even more intensity on occasion.

Band work is sprinkled into the program at various points as well.

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.

You will also notice a lot of forced stretches this program. If you are a Mountain Dog vet, we have done some of it here and there, but it is a very important part of this program.

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

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week or two 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.

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Also, I want you to do a little light reading on occlusion training to educate yourself, as we do this on occasion as well.

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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>

Week 7 – High Volume

Week 7 and 8 – Emphasis on forced reps (both concentric and eccentric) and partials

Legs – 18 sets:

Lying leg curls – Do 4 to 5 warm up sets then you are going to do each set this way. We did these a few weeks ago. You do 8 full reps, and then straighten legs out completely and SLOWLY do 8 partials. Put the pad a little higher on the back of your leg so that the full range of motion reps really target the contraction, and then sort of wiggle up on the bench so your legs straighten out as much as possible before doing the partials. This makes for an unreal pump. Do 3 sets of these. **3 total work sets.**

Goal – Activate and pump hams

Adductor machine – I want you to get a good pump in your adductors too. Use a machine and do 3 sets of 15 here, or you could hook a strap to your leg and use a pulley to simulate the movement. There all kinds of permutations if you don't have a machine. **3 total work sets.**

Goal – Supramax pump

Guess who's back. Now this week I want you to get EVERY rep and do every isohold to full time. This week I actually did it all for the first time. It took everything I had to make it through the pain. Ok so we snuck a drop set in this week.

Bulgarian split squats – Work your way up to the big drop set like we did before. See below for how this might look. **4 total work sets.**

Here is exactly what I did as a reference point.

BSS – Bodyweight only for 10 reps.

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BSS – Hold 20 lb dumbbell for 8 reps.

BSS – Hold 40 lb dumbbell for 8 reps.

BSS – Hold 60 lb dumbbell for 8 reps.

BSS – Hold 80 lb dumbbell for 8 reps.

BSS – Drop set – 80 x 8, 60 x 8, 40 x 8, 20 x 8. Each drop finishes with an 8 second hold. Only do one side on this set. Rest for a while, before you do the other.

This is counted as **4 work sets.**

Goal – Supramax pump

Hack squat 1.5s - I want you to use out normal 1.5 style. Go down deep and come up half and then immediately go back down and then come up all the way. This is 1 rep. Do 3 sets of 8 here after 1 light set. If you do not have a hack squat do squats wit feet out in front on the Smith machine. **3 total work sets.**

Intra-set stretching – After each set do a hard 30 second quad stretch.

Goal – Supramax pump

Front squats - Do a few low rep feeder sets to get into the groove and then do 3 sets of 8. I raise my heels a TINY bit on these and go down deep as I can. Use nice and slow deliberate form here. **3 total work sets.**

Goal – Supramax pump

Dumbbell stiff legged deadlift - Finish off legs by doing 2 sets of 12 here, nice and strict. Don't come up all the way. Just come up $\frac{3}{4}$ of the way and go right back down. **2 total work sets.**

Goal – Work muscle from a stretched position

Chest - 12 sets / Shoulders – 9 sets

Incline dumbbell press – Work your way up doing sets of 8 and just keep going until you get to a weight you can barely do 8 with. We will call this 3 total work sets. Do not lock out on these, just take to $\frac{3}{4}$ lockout and also get a nice stretch at the bottom. **3 total work sets**

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

Incline barbell – This is the same as last week but let's go to 12 reps. This week don't pause these, just do the usual stop 1-2 inches above your chest and drive to $\frac{3}{4}$ lockout. Just keep going up until you can barely get 12. Don't go up so fast that you don't get work sets in. 12 reps here will be very fatiguing so take small jumps. We will count the last 3 sets as work sets. **3 total work sets**

Goal – Supramax pump

Medium grip bench press – Place your hands just a bit wider than shoulder width. Lower the weight until it touches your chest, and then drive it up hard to $\frac{3}{4}$ lockout. Do 4 sets of 6 here. **4 total work sets.**

Goal – Train explosively

Stretch pushups – Finish off your chest by doing 2 sets of stretch pushups! **2 total work sets**

Intra-set stretching – After each set do a hard 30 second pec stretch.

Goal – Train muscle from a stretched position

Heavy side laterals (partial reps) - Grab a pair of very heavy dumbbells, and let your arms hang out to the sides straight. Just do little swings. Do 4 sets of 35 reps. Tilt your head back when you do these, and again, keep your arms straight. Make your medial head of your delts start the weight up. If you do correctly, they will be on fire. **4 total work sets.**

Goal – Supramax pump

Machine rear delts (reverse peck deck) - 3 sets of 15. get the weight back as far as you can...kind of an exaggerated ROM. It will light up your rear delts. **3 total work sets.**

Goal – Supramax pump

6 ways – Just in case there is anything left in your delts, do 3 sets of 10 on these. If you forget how to do them, check out my YouTube channel or website for the video. **3 total work sets.**

Goal – Supramax pump

Back - 21 sets

Face pulls – This is the first time I have ever started a back session with these. The goal is to get into those lower traps and rhomboids and get them activated before the supported row. This was an awesome sequence. Take your time going up, and when you find a weight that is a good solid 10 reps, do 3 sets with it. **3 total work set.**

https://www.youtube.com/watch?v=Q6shuaJl_A&index=54&list=PLA808445EA052D63A

Goal – Supramax pump

Supported row – Same as last week here. Use a moderate grip, don't go real wide, and try to use an extreme range of motion at the top. Really get those elbows back as far you can, so you can feel lower traps and rhomboids working hard. Use a machine that allows you to support your chest. Do sets of 8. **3 total work sets.**

Goal – Supramax pump

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

Goal – Work muscle from a stretched position

Single arm supinated pulldown – Now that we have drilled your lower traps and rhomboids, and to a degree your upper lats, let's crush your lower lats. Remember to flex hard at the bottom on these. Make your lower lats flex so hard it feels like a cramp! Do 3 sets of 10. **3 total work sets.**

Goal – Supramax pump

Rack pulls – Now let's dig a little deeper into those lower lats. Start at midshin on these. Pull the weight up flexing your lats. Don't just jerk it up. When you lower it, lower it slowly while keeping your lower lats FLEXED HARD the whole time. This won't take much weight. 275 or so is plenty for me. Do 3 sets of 6 with

a weight that allows for perfect form and execution, and is heavy enough to create a lot of tension. **3 total work sets.**

Goal – Work muscle from a stretched position

Barbell shrugs – Do 3 sets of 12 here. Hold the weight for a 1 second count at the top and flex your traps. **3 total work sets.**

Goal – Supramax pump

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

Goal – Supramax pump in your spinal erectors

Biceps - 12 sets / Triceps - 12 sets

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

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

Hammer curls superset with rope pushdowns

Superset 1

4 rounds of this combo On the hammer curls, try to go a little heavy today, squeeze the dumbbells too as you are curling. Do sets of 8 on this. Then on the pushdowns, pyramid up. Start with 15 reps, then keep adding weight and going to failure (with good form). Reps should be something like 15, 12, and then 9. **8 total work sets via 4 supersets.**

Superset 2

Barbell curls superset with Machine dips- On the curls lower the bar with a 3 second decent. Do sets of 8 reps. On the machine dips, pyramid up with a 15, 12, 9, and 6 rep scheme. So 4 rounds total. **8 total worksets via 4 supersets.**

Superset 3

Ez Bar preacher curls superset with dumbbell lying extensions- On the preacher curls do sets of 6, and hold and flex every rep at the top for 2 seconds. On the extensions, lay on the bench so that your head is hanging off. You will be able to lower the dumbbells lower, and get a better stretch. Hit sets of 10 on these. 4 rounds off this to finish off arms. **8 total worksets via 4 supersets.**

Intra-set stretching – Do a 15 second stretch for your bis and then for your tris after each superset on superset sequence #3.

Calves

For calves you are going to alternate between these 3 routines. Just start with #1 and then do 2 then 3, and keep going through rotation as many times as calves will allow.

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

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Abdominals – 8 sets

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Program 17 – Carnage

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the killing of a large number of muscle fibers

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Week 8 – High Volume

Week 7 and 8 – Emphasis on forced reps (both concentric and eccentric) and partials

Legs – 19 sets:

Adductor machine – I want you to get a good pump in your adductors to get started. Use a machine and do 3 sets of 15 here, or you could hook a strap to your leg and use a pulley to simulate the movement. There are all kinds of permutations if you don't have a machine. **3 total work sets.**

Goal – Activate and pump adductors

Standing leg curls – I did something a little different on these you might want to try. We don't have a standing machine at the gym I was at so I faced into a leg extension (standing) and stood on a 25 lb plate and hooked my ankle under the pad and turned it into a leg curl. Play around with this. It felt great, like a normal standing machine. Do 3 sets of 12. On your 4th set I want you to do this. Do 10 full reps, then in the midpoint part of range of motion do 10 little partials, now lower the weight a little more and do 10 partials, and then finally lower it all the way and do 10 partials out of the bottom. **4 total work sets.**

Goal – Supramax pump

Barbell squats – We are going to do these explosively this week. With an adductor and leg curls pump you should feel excellent driving out of the bottom. Do sets of 8 all the way up until you can barely get 8. You'll lose some speed at that point, but you will have done plenty of explosive sets on the way up. We will count the last 3 sets as work sets. **3 total work sets.**

Goal – Train explosively

Front squats - Now let's follow up this week with front squats. Do a few low rep feeder sets to get into the groove and then do 3 sets of 12. I raise my heels a TINY bit on these and go down deep as I can. Use nice and slow deliberate form here. **3 total work sets.**

Goal – Supramax pump

Leg extensions - On these I want you to do 3 sets of 10. On each set tack on 8 partials out of the bottom to smoke your quads. **3 total work sets.**

Goal – Supramax pump

Barbell stiff legged deadlift - Finish off legs by doing 3 sets of 8 here, nice and strict. Come up all the way and flex your glutes. **3 total work sets.**

Goal – Work muscle from a stretched position

Chest - 12 sets / Shoulders – 12 sets

Decline dumbbell press – Work your way up doing sets of 8 and just keep going until you get to a weight you can barely do 8 with. We will call this 3 total work sets. Do not lock out on these, just take to $\frac{3}{4}$ lockout and also get a nice stretch at the bottom. **3 total work sets**

Note: Women use incline on these.

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

Medium grip bench press – Place your hands just a bit wider than shoulder width. Lower the weight until it touches your chest, and then drive it up hard to ¾ lockout. Do 3 sets of 12 here. This is a lot of reps and should burn like fire. Do a few low rep feeder sets to get you to your working weight. **3 total work sets.**

Goal – Supramax pump

Incline barbell – Do 1-2 low rep feeder sets and then do 3 sets of 6 here. This time actually lock these out and flex your pecs. You should fail at 6 here. Your form should be very controlled. Again, do not touch chest on these. **3 total work sets**

Goal – Supramax pump

Incline dumbbell flyes – Do 3 sets of 10 reps here. At the end of your 3rd set do some partials out of the stretched position. Do them nice and slow. Don't get sloppy and tear your pec. These will fill your pecs completely full of blood if they already aren't. **3 total work sets**

Loaded stretch – None this week

Goal – Train muscle from a stretched position

Heavy bent over side laterals (partial reps) - Grab a pair of very heavy dumbbells, and lay face down on an incline utility bench. Let your arms hang out to the sides straight. Just do little swings. Do 4 sets of 25 reps. Keep your arms straight. Make your posterior head of your delts start the weight up. If you do correctly, they will be on fire. **4 total work sets.**

Goal – Supramax pump

Cage presses – Here is some more barbell work for today. Do 5 sets of 5 with a weight you can explode up with as usual on these. **5 total work sets.**

Goal – Train explosively

Barbell front raises – Do 3 sets of 12 here. Raise the barbell to about eye level. Make a conscious effort to flex your front delt on these in the contracted position. **3 total work sets.**

Goal – Supramax pump

Back - 21 sets

Lat pulldowns – On these I used a Swiss bar. This is a bar that puts you into a neutral grip and has 3 options for width. I started with the wide grip and did a set, then went to medium, then close. I know you likely don't have this but I want you to vary your grips like I did. Start out wide and move in each set. Do 2-3 warm up sets before starting. Do 3 sets of 10. **3 total work set.**

Goal – Supramax pump

Cable row – We did this version several weeks ago. This is where I would like for you to sit on something to elevate you to change the angle a bit. Do 3 sets of 12 here. **3 total work sets.**

Goal – Supramax pump

Face pulls – Again not really a face pull, but a pull into your chest with no external rotation of shoulders at all. Flex your lower traps and rhomboids hard every rep. Do 3 sets of 10 here. **3 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 3 sets of 10. **3 total work sets.**

Goal – Work muscle from a stretched position

Rack pulls – Do triples all the way up until you barely hit your 3. We will call this 3 working sets. Pull from midshin. **3 total work sets.**

Goal – Work muscle from a stretched position

Dumbbell shrugs – Do 3 sets of 12 here. Hold the weight for a 1 second count at the top and flex your traps. **3 total work sets.**

Goal – Supramax pump

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

Goal – Supramax pump in your spinal erectors

Biceps - 12 sets / Triceps - 12 sets

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

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

Do 5 rounds of this.

V bar pushdowns – Pyramid up. Rep scheme is 15, 12, 10, 8, 6.

Supersetted with

EZ bar curls – Do sets of 8 reps with a 3 second descent.

Do 4 rounds of this.

Pronated kickbacks – Go heavy and flex for a second. 4 sets of 8. **4 total work sets.**

Supersetted with

Hammer curls – 4 sets of 10. **4 total work sets.**

Do 4 rounds of this.

Close grip bench on smith machine – Put the bench on a slight incline. Lower the bar slowly to around your chin like a JM Press. It's more of that than a true close grip bench press. Do slow and controlled sets of 8. **4 total work sets.**

Supersetted with

Seated dumbbell curls - 4 sets of 10. Keep your palms up the whole time. **4 total work sets.**

Intra-set stretching – None this week.

Calves

For calves you are going to alternate between these 3 routines. Just start with #1 and then do 2 then 3, and keep going through rotation as many times as calves will allow.

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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On routine #3

Superset - Do a seated raise for 10 reps with a 10 second hold at top, followed by the tibia work as show in video for 15 reps. Use whatever method you need to, to do tibia.

Do 3 rounds and then on your last superset do a forced 10 second stretch (gentle push) on the seated calve and watch carefully how we do a mechanical dropset by changing body position on the tibia work. Do a few drops and then isoholds to finish off your tibia. This is nasty.

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- Band crunches

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

Program 17 – Carnage

1. car·nage

the killing of a large number of muscle fibers

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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 3rd week might be a bit too much to employ the exact same technique again.

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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.

You will also notice a lot of forced stretches this program. If you are a Mountain Dog vet, we have done some of it here and there, but it is a very important part of this program.

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.

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

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Week 9 – High Volume

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

Legs – 24 sets:

Glute machine – This week we start with these. On these we used a machine similar to the butt blaster where you kick your leg back, but there are many machine variations of this. You can also do glute bridges with a barbell if you do not have access to a machine Do 4 sets of 10 with a hard flex at the top of every rep. **4 total work sets.**

Goal – Glute activation

Adductor machine – Use a machine and do 3 sets of 15 here, or you could hook a strap to your leg and use a pulley to simulate the movement. There all kinds of permutations if you don't have a machine. Try to beat what you did last weight for weight. **3 total work sets.**

Goal – Activate and pump adductors

Leg press – You are going to do sets of 10 working your way up slowly. I want you to go up to maybe 80% of the weight you normally use. So if you typically go up to 10 plates, then go up to 8. We will count the last 3 here. **3 total work sets.**

There will be more here. You may want to leave the machine loaded.

Goal – Supramax pump

Backward prowler push – Get ready for an INSANE pump. See the video below on how to do these. If you do not have a prowler you can't really simulate this, but you could do lunges where you step back and not forward (4 sets of 10). If you can rig up the prowler the way I have it, drag it for 20 yards. Rest 90 seconds, then repeat. Do 4 total sets. **4 total work sets.**

<https://www.youtube.com/watch?v=Ur-Otrz1IRg>

Goal – Supramax pump

Leg press – Now we go back to the leg press and pick up where we left off. Do sets of 8 now. Your legs should be pumped beyond belief. Keep going up until you do what you normally do. I personally do a set where I left off, and then two more with weight adds for 3 total sets. **3 total work sets.**

Goal – Supramax pump

Leg curls – Do 4 sets of 10 here. On the last set do 2 drops. So, do 10, drop the weight and repeat, and then one more time for 30 total reps. **4 total work sets.**

Goal – Supramax pump

Leg extensions - Do 3 sets of 10 here. On the last do 2 drops. So, do 10, drop the weight and repeat, and then one more time for 30 total reps. **3 total work sets.**

Goal – Supramax pump

Lights out legs.

Chest - 12 sets / Shoulders – 10 sets

Neutral grip dumbbell press – This is just a different grip variation of a normal dumbbell press. Keep your palms facing each other throughout the whole rep. Don't turn these into flyes, it's still a press. Drive these up to $\frac{3}{4}$ lockout. Keep going up until you can barely get 8. With this style, you have to use ultra strict form. We will count the last 3 sets as work sets. **3 total work sets**

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

Decline smith press – Use a slight decline. Pause these on your chest and drive to $\frac{3}{4}$ lockout. Drive these up explosively but try to flex your pecs during the press as well. Keep increasing the weight until you can barely do 6. Keep the form the same, don't bounce the weight or get sloppy. On the set you can barely get 6, we will do a drop set. Do the 6th rep, cut the weight and shoot for another 6-8, and then do one more drop to failure! Again, we will count this as three sets. **3 total work sets.**

Goal – Train explosively

Incline barbell – Use our typical form of not touching your chest. You are going to do some higher reps and this will be tough after the drop set on the previous exercise. Do 3 sets of 15. **3 total work sets**

Goal – Supramax pump

Machine flyes – Do 3 sets of 10 reps here. At the end of your 3rd set do 2 isotension reps. Hold the weight in the midpoint of the range of motion for 8 seconds on each one. **3 total work sets**

Loaded stretch – None this week

Goal – Train muscle from a stretched position

Machine rear delt raises (reverse pec deck) - Pyramid up a little weight each set. On your first set I want you to do get 25 reps or so when you hit failure. Now on each set, add some weight and go to failure and every one. On the last set, when you hit failure, do a 10 second isohold in the mid range position of the rep. I want you to do 4 sets total. **4 total work sets.**

Goal – Supramax pump

Over and back presses – Do 3 sets of 10 here. You will be starting the weight out in front of you, and then just barely clear your head and lower behind head. Over and back is 1 rep. Each set will be 10 of these. **3 total work sets.**

Goal – Train explosively

Dumbbell front raises – Do 3 sets of 10 here. Raise the dumbbells to about 3-4 inches above eye level. **3 total work sets.**

Goal – Supramax pump

Back - 18 sets

One arm barbell rows – Do several warm up sets to get you to a good solid working weight for 8 reps. Do 3 sets of 8 with that weight. **3 total work set.**

Goal – Activate and pump lats

Cable row – Do these with single handle (D handles) and try to semi supinate these to give lower lats a bit more targeting. Sit up perfectly straight through the whole movement and concentrate on driving elbows back and squeezing low lats. Do 3 sets of 10 here. **3 total work sets.**

Goal – Supramax pump

Face pulls – I want you to do these again this week, but make a form adjustment. Instead of sitting up straight I want you to actually lean back a bit. Stay there and squeeze hard each rep. You will feel this a little differently, as your lower traps will contract even harder. Do 3 sets of 10 here. **3 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 3 sets of 10. **3 total work sets.**

Goal – Work muscle from a stretched position

Chins – Use the assist machine if you have one. I want 3 sets of 8 with textbook form. If you do not have one of these machines perhaps you can have a spotter help you enough that you can maintain good form. **3 total work sets.**

Goal – Work muscle from a stretched position

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

Goal – Supramax pump in your spinal erectors

Biceps - 14 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.

QUAD SET – 4 rounds for 16 total sets

V-bar pushdowns – Set of 12.

Dips between benches – Sets of 10. Work the top part of the motion. Do not go real low. We will get more stretch on the 4th exercise.

Pronated dumbbell kick backs – It is important to use the pronated grip throughout the whole movement to hammer the long/inner head of the tricep. Do sets of 6 reps on these.

Dip machine – On these, Let the weight ride up and stretch your tri near your elbow. Do not lock out. Work the top part of the motion (just the opposite of the bench dips). Do sets of 6 reps.

Your tris will be JACKED with blood.

Straight sets for bis.

Standing dumbbell curls – Just your typical standing alternate dumbbell curls. Supinate as you come up and flex. I want 4 sets of 10 reps with the same weight.

4 total work sets.

EZ bar preacher curls - 4 sets of 6. Do not lower until arm is straight. Stop just short. **4 total work sets.**

EZ bar curls – Use a 3 second negative. Do 4 sets of 6 reps. **4 total work sets.**

Reverse EZ bar curls – 2 sets of 15 reps. Standard form, nothing special. Give them a flex at the top for 1 second. **2 total work sets.**

Intra-set stretching – On biceps do a 10 second stretch after each set of EZ bar curls.

Calves

For calves you are going to alternate between these 3 routines. Just start with #1 and then do 2 then 3, and keep going through rotation as many times as calves will allow.

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.

Routine #1

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Superset - Do a seated raise for 10 reps with a 10 second hold at top, followed by the tibia work as show in video for 15 reps. Use whatever method you need to, to do tibia.

Do 3 rounds and then on your last superset do a forced 10 second stretch (gentle push) on the seated calve and watch carefully how we do a mechanical dropset by changing body position on the tibia work. Do a few drops and then isoholds to finish off your tibia. This is nasty.

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Abdominals – 8 sets

Do 2 times this week on whatever days you want.

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- Leg raises with your elbows supported on pad
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- V ups

Pick one exercise from the following to hit upper abs:

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Week 10 – High Volume

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

Legs – 16 sets:

Lying leg curls – Do a few warm up sets and then do sets of 8 up to a weight that you can barely get 8 with. When this happens make it a drop set with a 20 second isohold. So do 8, drop the weight some and try to do another 8 to 10, and then hold the weight in the stretch position with legs slightly bent (not totally straight) for 20 seconds. We will call this 3 sets. **3 total work sets.**

Goal – Activate and pump

Adductor machine – Sorry – we are definitely doing this again! Use a machine and do 3 sets of 15 here, or you could hook a strap to your leg and use a pulley to simulate the movement. There all kinds of permutations if you don't have a machine. Try to beat what you did last weight for weight. **3 total work sets.**

Goal – Activate and pump adductors

Squat – Do sets of 8 working your way up until you can barely get 8 with perfect form. We will call this 3 work sets. Don't take too high of jumps. Get some volume and sets in here. **3 total work sets.**

Goal – Train explosively

Leg press – Do a few low rep feeder sets to get some weight loaded and then do 3 sets of 20 with it. Pump these like a piston, do not lockout. Keep your stance in fairly close too so we really bust up your teardrop/VMO. **3 total work sets.**

Goal – Supramax pump

Leg extensions - Do 1 sets of 40 here. Put some weight on you can do for about 15 to 20. When you can't lockout and feel stop and rest for 10 seconds then start again. Keep doing this until you get to 40 reps. **1 total work set.**

Goal – Supramax pump

Stretching – after this set stretch each quad hard for 60 seconds.

Hyperextensions – I want your focus to be on glutes and hams here. So keep a straight back and pull yourself up by actually flexing your glutes. At the top squeeze your hams. Try to not to feel these at all in lower back. Do 3 sets to failure with perfect form as described. **3 total work sets.**

Goal – Work muscle from a stretched position

Chest - 12 sets / Shoulders – 10 sets

This is a workout I did with IFBB Pro Ken Jackson.

Machine press – Do plenty of warm ups. Do sets of 8 until you can just barely get 8. Take each rep to $\frac{3}{4}$ lockout and then flex hard for 1 sec. If you can, use a pronated grip on these. We will call this 3 sets. When you lower the weight, really lift your sternum and try to stretch chest out! **3 total work sets**

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

Incline barbell – Use our typical form of not touching your chest. This is the same as last week but do explosive sets of 6 up to a weight that you struggle with on your 6th rep. On your first 2 sets pause the weight at the bottom (which is 1-2 inches above chest) and then drive it up to ¾ lockout. **3 total work sets**

Goal – Train explosively

Machine flyes – Do 3 sets of 10 reps here. At the end of your last set cut the weight down and do another 8 to 10 reps. **3 total work sets**

Goal – Train muscle from a stretched position

Dips – I use a assist/cheater machine on these. Lower yourself slow and feel the stretch at the bottom. I want you to use a counterbalance weight that allows you to do about 8 good solid reps. Do 3 sets. **3 total work sets.**

Goal – Supramax pump

Machine rear delt raises (reverse pec deck) - Do one warm up set of 20. Next I want you to use a weight that is a tough 10 reps. All 10 should be perfect, and not sloppy. You should have a few reps left in the tank. I want you to do 10 and then rest for 15 seconds and then do as many as you can. When you lose your form STOP the set and rest for 15 seconds. Keep going until you get 50 reps total. We'll call this 4 sets. This is quite painful. **4 total work sets.**

Goal – Supramax pump

Over and back presses – Do 3 sets of 10 here. You will be starting the weight out in front of you, and then just barely clear your head and lower behind head. Over and back is 1 rep. Each set will be 10 of these. **3 total work sets.**

Goal – Train explosively

Barbell front raises – Do 3 sets of 10 here. Raise the barbell to about 3-4 inches above eye level and lower slowly. **3 total work sets.**

Goal – Supramax pump

Back - 18 sets

This was a back workout IFBB Pro Ken Jackson and I did together this week.

Single arm supinated pulldowns – As usual do 2-3 warm up sets then do 3 sets of 10. Remember to lean back a hair and then stay there and drive elbows straight down flexing lower lat hard in contracted position. Do all your reps on one side and then do the other. **3 total work set.**

Goal – Activate and pump lats

Hammer high row – I am attaching video below so you can see the machine and also how we do the stretch overload. You are going to do 2 sets of 10 first. Do all the reps on one arm and then do the other arm. Now on your 3rd set I want you to do 8 reps, and then your partner will gently push up on the machine to create a stretch overload while you are then training the other arm. Once you do 8 reps on both sides, keep going and do 6 reps on the next round, and then do it again for 6 more. So total rep count is 20 reps on each side with 3 forced stretches on each side. **3 total work sets.**

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

Goal – Supramax pump

Face pulls – Instead of sitting up straight I want you to actually lean back a bit. Stay there and squeeze hard each rep. You will feel this a little differently, as your lower traps will contract even harder. Do 3 sets of 10 here. **3 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 3 sets of 10. **3 total work sets.**

Goal – Work muscle from a stretched position

Smith machine rows – Now we move on to a row! Do 3 sets of 8 here once you find a weight that is a tough 8. **3 total work sets.**

Goal – Supramax pump

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

Goal – Supramax pump in your spinal erectors

Biceps - 14 sets / Triceps - 14 sets

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

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

Rope pushdowns – Do a few sets to get warmed up. Do 10 hard reps with a flex at the bottom of every rep. Do 3 sets like this. For your 4th set I want a massive drop set. Do 10, drop the weight and do 10 more, drop the weight and do 10 more, and then drop the weight and do another 10, so 40 reps total. **4 total work sets.**

EZ bar close grip bench press – Do not take the bar down to your chest. Take it down more over chin. Let your elbows flare out so your tris stretch at the bottom. Drive up to lockout and squeeze. Do 4 sets of 8 like this. **4 total work sets.**

Reverse grip pushdowns – Use an underhand grip. Don't worry about flexing hard at the bottom. Just keep the weight moving. I tilt down and lean into them quite a bit. Do 4 sets of 15 reps on these. **4 total work sets.**

Dips between benches – I want 2 sets to failure with bodyweight. Get a ton of reps! **2 total work sets.**

Seated dumbbell curls – After a few warm ups do 4 sets of 8 with a 3 second eccentric on these. Keep your palms up the entire time. **4 total work sets.**

EZ bar curls – Do 6 sets of 6 on these. Rest about 45 seconds between sets on these. **6 total work sets.**

EZ bar reverse curls – Do 4 sets of 20 on these. Lets pump a massive amount of blood into your forearm and lower bicep with higher reps here. **4 total work sets.**

Intra-set stretching – On biceps do a 10 second stretch after each set of EZ bar curls.

Intra-set stretching – On triceps do a 10 second stretch after each set of reverse grip pushdowns.

Calves

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On routine #3

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Also, I want you to do a little light reading on occlusion training to educate yourself, as we do this on occasion as well.

<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>

Week 11 – Medium Volume

Week 11 and 12 – Rest/Pause sets

Legs – 14 sets:

Seated leg curls – Do plenty of warm up sets. Do a moderately hard 2 sets of 10. On your third set straighten your legs out all the way on each rep (I actually relax hams for second – a true rest-pause), and then execute the leg curl. Flex hard in the contracted position on each rep too. Go to failure, meaning go HARD. Don't get sloppy and jerk the weight out of the stretched position though, as that is dangerous. **3 total work sets.**

Goal – Activate and pump

Leg extensions – We are going this the same way the leg curls were done. Do plenty of warm ups and then do 2 work sets of 10 followed by a true rest pause set to failure that is hopefully around 10 reps. Go balls out on the last set. **3 total work sets.**

Goal – Activate and pump quads

Front Squat – Do sets of 8 working your way up until you can barely get 8 with perfect form. We will call this 3 work sets. Don't take too high of jumps. Get some volume and sets in here. Do these explosively. Depending on your structure you may or may not want to very slightly elevate heels. I actually put my heels on a yoga mat sometimes to get just a tad elevated. I like to get very good depth on these, but go as deep as your body allows, don't force depth if it means injury or injury type pain will result. **3 total work sets.**

Goal – Train explosively

Leg press – Do 3 sets of 20. On each set the first 10 reps will be with a high and wide foot stance and the last 10 you will move your feet in nice and close and pump. **3 total work sets.**

Stretching – after each set stretch each quad hard for 60 seconds.

Goal – Supramax pump

Barbell stiff legged deadlift – Do a few sets to stretch out your pumped hams and then do 2 sets of 15. Come up all the way and flex your glutes on these. **2 total work sets.**

Goal – Work muscle from a stretched position

Chest - 11 sets / Shoulders – 10 sets

Machine press – Do plenty of warm ups. Once you are warmed up you will do 2 sets of 8 where you leave maybe 2 reps in the tank. On the third set you are going to rest pause each rep. Lower the weight and stop and then ram it up and flex. These are actually pretty explosive. **3 total work sets**

Goal – Activate and train explosively

Flat barbell bench press – This is the same as last week but do explosive sets of 6 up to a weight that you struggle with on your 6th rep. On all 3 sets pause the weight at the bottom (actually rest bar on chest) and then drive it up to ¾ lockout. You will probably need 2 feeder sets to get you to your working weight. **3 total work sets**

Goal – Train explosively

Incline dumbbell press – Do 3 straight sets of 8 here. Each set should take you to failure meaning you can't complete another rep with good form. On your last set let the dumbbells sit in the stretched position after your last full rep for 10 seconds and get a nice forced stretch. **3 total work sets**

Goal – Supramax pump

Stretch pushups – Crank out 2 sets to failure here. Work the stretch hard and keep your chin up so your upper pecs get a nice stretch. **2 total work sets**

Goal – Train muscle from a stretched position

Machine rear delt raises (reverse pec deck) - This is a repeat from last week. Let's milk this technique another week! Do one warm up set of 20. Next I want you to use a weight that is a tough 10 reps. All 10 should be perfect, and not sloppy. You should have a few reps left in the tank. I want you to do 10 and then rest for 15 seconds and then do as many as you can. When you lose your form STOP the set and rest for 15 seconds. Keep going until you get 50 reps total. We'll call this 4 sets. This is quite painful. **4 total work sets.**

Goal – Supramax pump

Dumbbell presses – Do sets of 8 here getting a 1 second flex at the top of every rep. Keep going up in weight until you can barely get 8. We will count this as 3 sets. Drive these up hard! **3 total work sets.**

Goal – Train explosively

Barbell front raises – Do 3 sets of 10 here. Raise the dumbbells to about 3-4 inches above eye level and lower slowly. **3 total work sets.**

Goal – Supramax pump

Back - 15 sets

This is a moderate volume week so we will back down the number of exercises a little.

Behind the head pulldowns – I don't do these very often but I do like these if you use caution and perfect technique. Just pull the bar down to slightly behind your head. Do not try to force it down real low. Get it behind your head and hold and squeeze for a 2 second flex on each rep! Do 3 sets of 8 here. Really dig

into your lats and flex hard. It may take several warm up sets, but that is ok. Don't start counting until you feel your lats squeezing hard. **3 total work set.**

Goal – Activate and pump lats

Dumbbell rows – These I want to be done very heavy. Let the dumbbell pull out your lat and stretch your scapulae. Grind away. Do a few feeder sets to get to a good working weight and do 3 heavy sets of 10. **3 total work sets.**

Goal – Supramax pump

Face pulls – Sit up straight on these this week and really squeeze traps hard on each rep. Do 3 sets of 12. **3 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 3 sets of 10. **3 total work sets.**

Goal – Work muscle from a stretched position

Rack pulls – Pull from midshin. Work up to a tough 3 and do 3 sets with it! This should be hard! **3 total work sets.**

Goal – Supramax pump

Biceps - 14 sets / Triceps - 14 sets

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

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

Superset #1

Rope pushdowns - Don't worry about flexing at the bottom. I want continuous blood pumping tension up and down. Once you are warmed up, do sets of 12.

Superset with

Cable curls – Immediately do these after pushdowns. Flex your arms hard at the top. Don't let your arms straighten at the bottom. Flex and pump! Do sets of 15 here, I want you arms to be full of blood 5 – 10 minutes into the workout.

Do 4 rounds. Start the next round when you are ready, don't rush. Try to pyramid weight up too and use a good weight!

Superset #2

Cross body hammer curls – This is a hammer curl done where you curl the weight in front of your body instead of beside it. Do all 10 reps on one arm, then do 10 on the other.

Superset with

Bench dips – If you have a training partner I would love to see you stack some weight on your lap when you do these. Go down nice and slow, but do not try to get down real low. Go down about half way.

Do 4 rounds. Start the next round when you are ready, don't rush.

Superset #3

Pronated kickbacks – I am not a fan of kickbacks done in the traditional style, but these are awesome. Stand up straight with dumbbells at your side. Your thumbs should be on your side, now bend over and keep your thumbs in this position. When you kick the weight back/up, flex hard, your palms will be facing the ceiling. Do sets of 10.

Superset with

Seated incline dumbbell curl – Sit down on a utility bench at a high incline angle. Lay back and let your arms hang out to the side. Keep your palms up through the entire movement. You will get a nasty stretch at the bottom. Lower the weight carefully, and don't try and go heavy. Let your arm gently straighten and then flex the weight up hard. Do sets of 8.

Do 4 rounds. Start the next round when you are ready, don't rush.

Calves

For calves you are going to alternate between these 3 routines. Just start with #1 and then do 2 then 3, and keep going through rotation as many times as calves will allow.

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.

Routine #1

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

Routine #2

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

Routine #3 (NEW)

<https://www.youtube.com/watch?v=u4tDVhk5t8s>

On routine #3

Superset - Do a seated raise for 10 reps with a 10 second hold at top, followed by the tibia work as show in video for 15 reps. Use whatever method you need to, to do tibia.

Do 3 rounds and then on your last superset do a forced 10 second stretch (gentle push) on the seated calve and watch carefully how we do a mechanical dropset by changing body position on the tibia work. Do a few drops and then isoholds to finish off your tibia. This is nasty.

NOTE: Here is another option to train tibia.

<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.

Program 17 – Carnage

1. car·nage

the killing of a large number of muscle fibers

This program is being written as I prepare for the 2014 contest season in pre-contest mode. I have promised myself I will work harder but smarter than ever before.

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 3rd 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.

I don't stick to this 100% all the time, but it is the general framework for this program.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on forced reps (both concentric and eccentric) and partials

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

Week 5 and 6 – Rest/Pause sets

Week 7 and 8 – Emphasis on forced reps (both concentric and eccentric) and partials

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

Week 11 and 12 – Rest/Pause sets

Challenge sets are sprinkled in to add even more intensity on occasion.

Band work is sprinkled into the program at various points as well.

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.

You will also notice a lot of forced stretches this program. If you are a Mountain Dog vet, we have done some of it here and there, but it is a very important part of this program.

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

Here is one way to set it up:

Sat – Legs (heavy)

Sunday – Chest/Shoulders (heavy)

Monday – Back (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders (optional)

Thursday – Arms

Friday – Back (optional)

**We are going to ramp up volume over the first 2 weeks and do a lighter week or two 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.

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Week 12 – Low Volume

This is for many peak week for a contest. The training is done to pump the muscle and flex it but not destroy it or get it sore in the slightest. If you are not competing this is a pretty fun and cool way to end a program too as it is a bit of a deload. It certainly does not tap your CNS. DO NOT go heavy. Flex hard ok!

Legs – 12 sets:

Every set you do is done by holding the flexed position for a 1 second flex - EVERY rep of EVERY set. Think in your mind, pump blood!

Seated leg curls – Do plenty of warm up sets. Do 3 sets of 8. **3 total work sets.**

Leg extensions – 3 sets of 10. Pull your toes back toward you (dorsiflex foot) as you do these also to flex the upper quad/rectus femoris. **3 total work sets.**

Stationary lunge – I prefer using the Smith machine on this. Flex the glute in the contracted position. Do 3 sets of 10. **3 total work sets.**

Leg press – Do 3 sets of 10. When you lock out and flex push through your heels (bring the balls of your feet right off the footplate. **3 total work sets.**

If you hold alot of water in your legs, you will only do this workout once pre-contest. If you do not, then do it twice, and also if you do are not competing try to do it twice.

Chest - 9 sets / back – 12 sets

Every set you do is done by holding the flexed position for a 1 second flex - EVERY rep of EVERY set. Think in your mind, pump blood!

Machine press – Do plenty of warm ups. Do 3 sets of 8. **3 total work sets**

Incline dumbbell bench press – Do 3 set of 8. **3 total work sets**

Machine fly – Do 3 set of 8. **3 total work sets**

Behind the head pulldowns – Do 3 set of 8. **3 total work sets**

Face pulls – Do 3 sets of 12. **3 total work sets.**

Dumbell pullover – Do 3 sets of 10. **3 total work sets.**

Row machine (any row machine) – Do 3 sets of 10. **3 total work sets.**

Definitely do this workout twice the last week.

Shoulders - 12 sets / Bis and tris – 18 sets total

Every set you do is done by holding the flexed position for a 1 second flex - EVERY rep of EVERY set. Think in your mind, pump blood! You will have to go a bit light on this for shoulder work.

Machine rear delt raises (reverse pec deck) - Do 3 sets of 15. **3 total work sets.**

Over and back press – Do 3 sets of 10. **3 total work sets. *This one you do not have to flex on.**

Barbell front raises – Do 3 sets of 8. **3 total work sets.**

Dumbell side laterals – Do 3 sets of 8. **3 total work sets.**

Rope pushdowns - Do 3 sets of 8. **3 total work sets.**

Dip machine - Do 3 sets of 8. **3 total work sets.**

Incline lying extension/skullcrusher - Do 3 sets of 8. **3 total work sets.**

Cable curls – Do 3 sets of 8. **3 total work sets.**

Seated incline dumbbell curl – Do 3 sets of 8. **3 total work sets.**

Dumbbell hammer curl – Do 3 sets of 8. **3 total work sets.**

Definitely do this workout twice the last week.

Calves

For calves you are going to alternate between these 3 routines. Just start with #1 and then do 2 then 3, and keep going through rotation as many times as calves will allow.

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.

Routine #1

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Routine #3 (NEW)

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On routine #3

Superset - Do a seated raise for 10 reps with a 10 second hold at top, followed by the tibia work as show in video for 15 reps. Use whatever method you need to, to do tibia.

Do 3 rounds and then on your last superset do a forced 10 second stretch (gentle push) on the seated calve and watch carefully how we do a mechanical dropset by changing body position on the tibia work. Do a few drops and then isoholds to finish off your tibia. This is nasty.

NOTE: Here is another option to train tibia.

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

Abdominals – 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Mountain Dog training

OPTIONAL/PUMP DAYS – as recovery allows

BACK TRAINING

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

Programs 1-17 – use this template for back training.

Optional Back workout – 16 sets

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

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

I really like attachments that are medium wide, so that you can drive your elbows straight back.

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

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

1. Dumbbell pullovers
Use this form - <http://www.youtube.com/watch?v=CVz8KjQtXho>
2. Straight arm lat pulldowns.

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

http://www.youtube.com/watch?v=LYv_Ww0WCOE

You will get more range of motion.

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

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

1. Regular pulldowns – Try to use a forced stretch if you have a partner. Use this form (2nd exercise) - <http://www.youtube.com/watch?v=Dme2KnhDJNY>
2. Neutral grip (palms facing each other but shoulder width) pulldowns
3. Varying pulldown grips – You can use the Swiss bar listed below and start wide and work your grip in as you go. This is my favorite way to do these.
4. Narrow grip chin
5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

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

Swiss bar:

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

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

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

Do 4 sets of 10.

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

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

Program 18 – use this template.

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

Structure

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

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

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

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

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

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

Do one exercise for lower traps/rhomboids

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

https://www.youtube.com/watch?v=Q6shuaJl_A&list=UUmSEdfW3LpEKyLiCDWBdVQ

Do one exercise for serratus and upper outer lats

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

Do one exercise for spinal erectors

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

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

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

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

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

You have another choice here for back training!

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

Giant Set

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

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

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

Now onto the **TRI-SET!**

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

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

<https://www.youtube.com/watch?v=iu-Ulvqg7-M>

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

Optional Leg workout – 18 sets

You have many choices here!

Option #1 – Giant Sets / quad dominant

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

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

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

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

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

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

Option #2 – Giant Sets / Ham dominant

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

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

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

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

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

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

Option #3 – Overall leg focus

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

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

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

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

135 x 10 - warm up
185 x 10 warm up
225 x 6
245 x 6
275 x 6

295 x 6

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

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

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

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

Option #4 – Quad focused

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

This workout consists of 3 exercises.

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

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

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

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

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

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

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

Option #5 – Overall leg focus

This workout consists of 3 exercises.

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

Superset time!

Next superset leg extensions with dumbbell squats. Once you are warmed up, you will be doing 6 sets of 10 on both the leg extension and squat.. Your first 3 sets will be done with your toes pointed back toward you to emphasize

upper thigh (rectus femoris). Your next 3 sets will be done with your toes pointed down to emphasize lower thighs (Vastus medialis). Sit up straight on these! Do not lay back or forward and finish the extension lock out all the way at the top so that this hits hip flexors too.

This is to be Supersettted with

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

12 total sets from doing 6 supersets.

That's it!

Optional Chest and Shoulder workout – Do approximately 12-14 sets

Goal – The strategy for this workout is very simple. I want you to experience the most massive pump you can get without joint stress. This adds training frequency, but in an intelligent and safe manner, as well as enhanced recovery and local growth factors to the targeted muscle. We do not use barbells, and only rarely dumbbells on this day.

I have found that you can mix the order up of these exercises in any way you like, so don't be afraid to experiment!

CHEST

Option #1 – Straight sets

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

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

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

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

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

Pec minor dips – Do all your sets to failure here. See how hard you can flex your pecs as you lift yourself up. Remember to drive blood in there. This is a tough movement to master but works well when you have done it.

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

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

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

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

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

Do 4 rounds.

Option #2 - Trisets

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

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

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

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

Option #3 - Trisets

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

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

Once warmed up do 4 rounds.

SHOULDERS

For shoulders, follow this plan.

Option #1 – Straight sets

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

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

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

** You can also do these with a cable machine

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

Use this form but push your hands apart further than I am in the video.

<http://www.youtube.com/watch?v=leKQCX-qvp8&list=PL2F8A4BD406176C34>

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

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

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

Option #2 – Giant Sets

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

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

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

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

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

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