

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)
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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>

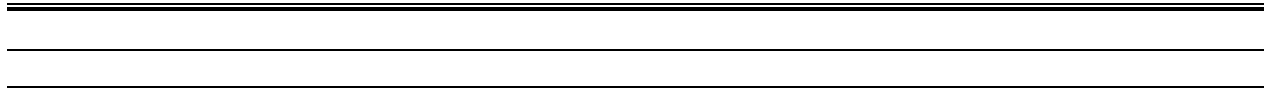
Now onto the **TRI-SET!**

- 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-Ulvvg7-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 flyes – Do 3 sets of 10. On each rep flex hard in the contracted position. Don't let your arms bend back to beyond 90 degrees. Try to even turn your pinkies in a bit to get more lower peck flex. **3 total work sets**

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

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

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

<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

Program 18 – The Beyonder

The Beyonder is an immensely powerful extradimensional entity of disputed origin. You will become this entity.

This program has a different twist to it! We will be adding more back and chest work starting at week 3, but taking out a direct arm day. We will add a few set of bis and tris on all chest/shoulder and back days. I think you are going to be pretty surprised with how well your arms do, largely in part to all the extra work they get on extra chest/shoulder and back days. Of course your chest/shoulders and back will do great as well due to extra stimulation.

We will continue to use high intensity technique waving.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on drop sets and iso holds

Week 3 and 4 – Emphasis on forced reps (both concentric and eccentric) and partials

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. Using bands and chains are optional as I realize not every gym is accommodating.

This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 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 doing 4 days a week, you simply do the base three days, and also do anything else you want to do twice.

If you are doing a 5 day split, you can do two optional days.

If you are able to do 6 days, you will do everything twice!

Do not add heavy arm days in on top of how this is designed. You will get plenty of arm work. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years anyway.

Here is one way to set it up the 6 day plan – If you wanted to do only 5 days and no extra legs you could turn Tuesday into an off day as an example:

Sat – Legs (heavy)

Sunday – Chest/Shoulders/tris (heavy)

Monday – Back/Bis (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders/Tris (optional)

Thursday – Back/Bis (optional)

Friday – Rest

**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.*

The third week we drop the direct arm work and add it into the torso work.

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

You will notice band work sprinkled into the program. Make sure you review the “band” playlist on my YouTube channel to learn how to use them properly. This link will take you to a package that has all the bands you need.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=3928>

Week 1 – Moderate Volume

Week 1 and 2 – Emphasis on drop sets and iso holds

Legs – 14 sets:

This is a leg workout I did with Ken Jackson three weeks before he competed in the Tampa Pro show. Brutality at its finest.

Smith stiff legged deads – You were probably expecting leg curls to be placed here since they are 95% of the time. Roll with me here though, you'll like this. If you do not have a Smith machine just do these with a regular barbell (or if your Smith machine is not well made). What I do is start with a 25 on each side and just keep adding 25's until I can barely get 8 reps. I also set up the stops on the Smith so that I am NOT going all the way down and overstretching my lower back. So when you do these, the goal is to simply keep adding weight until you hit a set where it's tough to get all 8 reps. On each rep you stand up straight and flex your glutes for a second also. We will count this as three work sets. **3 total work sets.**

Goal – Activate and work muscle from stretched position

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 fell 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>

Goal – Supramax pump

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. 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.**

Goal – Train explosively

Leg extension – Do 1 set here where you dorsiflex your foot (pull toes back toward you) to hit upper thigh (rectus femoris) really hard. Do a hard flex on all reps here. Do 12 reps. On your second set repeat this,

but also do 1 drop where you cut the weight down some and try to do 12 more perfect reps like this flexing hard. Your thighs should be on fire. **2 total work sets.**

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

Goal – Supramax pump

Leg curl – On these do 1 set of 15 reps with perfect form to start, next I want you to repeat the 15 reps but then lower the weight and do a drop set here too. Tack on another 12-15 with the drop in weight. Lastly after the drop hold the weight just short of a full stretch and count to 10 with your partner applying light pressure. This isohold will finish you for the day. **2 total work sets.**

Goal – Supramax pump

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, you are going to do a massive drop set. I want you to use 3 sets of dumbbells. **3 total work sets**

Here is what I did for example:

25's x 10 – Warm up

45's x 10 – Warm up

65's x 10 – Warm up

85's x 8 – Working set (weight started to feel a bit heavy)

105's x 8 – Working set

115's x 8 – drop to 75's x 8 – drop to 55's x 8.

Goal – Activation and Supramax pump

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 ¾ 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

Machine press – Use a good full range of motion on these. Get a massive stretch at the bottom, and then drive to full lockout and flex pecs. Do sets of 10. Just keep going up in weight until you fail before 10 reps. We will count the last 3 sets as working sets. **3 total work sets.**

Intra-set stretching – After all sets here I want you to do a 30 second hard pec stretch.

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 shoulders will be pumped fast from this. **3 total work sets**

Goal – Supramax delt pump

Dumbbell side laterals – This is standard dumbbell side laterals. I want 3 sets of 10 reps here. **3 total work sets.**

Note: After every set here do 10 over and back stretches – see video for proper form.

<https://www.youtube.com/watch?v=vl5Fy-jlVH0&list=PL2F8A4BD406176C34&index=19>

Goal – Supramax delt pump

Seated dumbbell press – Do 3 sets of 8 here. Lock each rep out and flex your shoulders for 1 second. **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

Single arm supinated pulldown – On these remember all the basic queues. Tilt torso back a little and keep your body right there, driving your elbow straight down and flexing lower lat hard at the bottom. Do all your rep on one side, and then do the other side. Do 3 sets of 10 here. **3 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 3 sets of 12 here. See the video on the exact form. On your last rep on each set, if you have a partner lower the weight about half way and have them push down gently while you hold the weight in position (isohold) for 7 seconds. **3 total work sets.**

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

Goal – Work muscle from a stretched position

Chins – If you can do these unassisted great, if not feel free to use an assist machine to ensure you can do these and more importantly that your form is perfect (arched chest, driving elbows down to pull yourself up and squeezing lats). Do 3 sets to failure. If you are using an assist machine I want you to do a drop set on the last set. So do around 8 to 10, then change the weight on the machine so that it helps you more and do another 6 or so reps, and then do another change for another 6 reps or so. **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

Banded hyperextensions – Do 3 sets of 10 with a 2 second flex on every rep using a band. On your last (3rd) set do this and then drop the band and just pump out as many more as you can get with bodyweight only. **3 total work sets.**

Goal – Supramax pump in your spinal erectors

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

Biceps - 11 sets / Triceps - 11 sets

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

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

Dual Rope pushdowns – 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 drop the weight on each set and do another 6 reps.

Do 3 supersets for 9 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 15 reps here! You can do both arms at once or do each separately.

Do 4 supersets for 8 total worksets.

Lying tricep extension – Do 12 reps here. Each set you do try to lower the bar a little deeper and get more of a stretch.

Supersetted with

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

Do 4 supersets for 8 total worksets.

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=XLxnXx6V7Ng>

Routine #3

<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 18 – The Beyond

The Beyond is an immensely powerful extradimensional entity of disputed origin. You will become this entity.

This program has a different twist to it! We will be adding more back and chest work starting at week 3, but taking out a direct arm day. We will add a few set of bis and tris on all chest/shoulder and back days. I think you are going to be pretty surprised with how well your arms do, largely in part to all the extra work they get on extra chest/shoulder and back days. Of course your chest/shoulders and back will do great as well due to extra stimulation.

We will continue to use high intensity technique waving.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on drop sets and iso holds

Week 3 and 4 – Emphasis on forced reps (both concentric and eccentric) and partials

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. Using bands and chains are optional as I realize not every gym is accommodating.

This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 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 doing 4 days a week, you simply do the base three days, and also do anything else you want to do twice.

If you are doing a 5 day split, you can do two optional days.

If you are able to do 6 days, you will do everything twice!

Do not add heavy arm days in on top of how this is designed. You will get plenty of arm work. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years anyway.

Here is one way to set it up the 6 day plan – If you wanted to do only 5 days and no extra legs you could turn Tuesday into an off day as an example:

Sat – Legs (heavy)

Sunday – Chest/Shoulders/tris (heavy)

Monday – Back/Bis (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders/Tris (optional)

Thursday – Back/Bis (optional)

Friday – Rest

**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.*

The third week we drop the direct arm work and add it into the torso work.

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

You will notice band work sprinkled into the program. Make sure you review the “band” playlist on my YouTube channel to learn how to use them properly. This link will take you to a package that has all the bands you need.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=3928>

Week 2 – Moderate Volume

Week 1 and 2 – Emphasis on drop sets and iso holds

Legs – 12 sets:

Lying 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 8 with perfect form. On your 3rd and final set, I want you to do a drop set. Do your 8, then drop the weight and do 8 more, and then drop the weight and go balls out to failure. **3 total work sets.**

Goal – Activate and pump

Barbell squats – Work your way up doing sets of 8 after 1-2 higher rep warm ups. I want you to do these explosively, but once you lose that explosiveness, and are grinding, we will move to a drop set. Do your 8 reps or so, then drop the weight and shoot for 8 to 10, and then do one more drop. It is vitally important on the drop set that you do not do any with bad form. If you feel like your form is about to go, STOP. Drop the weight right then, even if it is only 4 reps. We will count this as three work set total **3 total work sets.**

This is an example of how this might look:

135 x 15

185 x 15

225 x 8 (good speed)

275 x 8 (still good speed)

315 x 8 (8 is tough to get), then 225 x 8, then 135 x 15.

NOTE: To enhance the effect of these you can add chains. This will create even more explosiveness. Put 1-3 chains on the inside of the weight (on both sides). This is optional.

Goal – Train explosively and Supramax pump

Bulgarian split squats – On these we are doing straight sets with isoholds. This will sting a bit, be ready. You will do 3 sets of 10, each with a 15 second isohold. **3 total work sets.**

Here is what I did as a reference.

1 set with 30's x 10 and a 15 second iso

1 set with 50's x 10 and a 15 second iso

1 set with 70's x 10 and a 15 second iso

The isoholds are done at about $\frac{3}{4}$ lockout, not deep in stretch position. Rest about 90-120 seconds between sets.

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

Flat dumbbell press – 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, just like last week, you are going to do a massive drop set. I want you to use 3 sets of dumbbells. **3 total work sets**

Here is an example:

25's x 10 – Warm up

45's x 10 – Warm up

65's x 10 – Warm up

85's x 8 – Working set (weight starts to feel a bit heavy)

105's x 8 – Working set

115's x 8 – drop to 75's x 8 – drop to 55's x 8.

Goal – Activation and Supramax pump

Decline smith bench press – Lower the weight to your chest, pause for a split second, and then drive to $\frac{3}{4}$ lockout for sets of 6. Keep increasing weight until you can barely get 6. I do want lower reps here because you will be feeling some fatigue from the last dropset on dumbbells. **3 total work sets**

Note: Women use a slight incline on these

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

Machine flyes – Use a good full range of motion on these. Get a good stretch at the bottom, and then bring hands together and flex pecs. At the end of each set do a 10 second isohold. I want these to be done at the midpoint of range of motion, and I would like it especially if you can have a partner apply additional resistance so that you have to actually push back hard to keep in the stationary isohold position. **3 total work sets.**

Goal – Work a pumped muscle from a stretched position

Dips – I prefer that you use an assist machine on these so that you can maintain perfect form and it doesn't put crazy stress on shoulder joints and pec insertions. Simply do as many as you can to failure. I am hoping you do around 12-15 on each set, so set the weight accordingly. **2 total work sets.**

Goal – Supramax pump

Machine rear delt raises (in crossover rack) – We will do these bent over in a cable crossover rack this week to give you a little more range of motion in the stretched position. Do 3 sets of 20 here. Take 45 seconds between sets. Flex each rep for a split second in the contracted position. Your shoulders will be pumped fast from this. **3 total work sets**

Goal – Supramax delt pump

Barbell over and back press – Please see video below for proper form. You want to barely clear your head and not lower the weight to low in the front or back. Keep continuous pressing tension. Over and back counts as 1 rep. Do 3 sets of 10. **3 total work sets.**

<https://www.youtube.com/watch?v=4ZF9tIPv1Sk&index=3&list=PL1F60A60A3E4E2E83>

Goal – Supramax delt pump

Seated dumbbell side laterals – Do these one arm at a time so you can really focus on flexing each delt. Do 10 reps on one side then 10 on the other. Do 3 total sets. **3 total work sets.**

Note: After every set (for both arms) here do 10 over and back stretches – see video for proper form.

<https://www.youtube.com/watch?v=vI5Fy-jIVH0&list=PL2F8A4BD406176C34&index=19>

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 10. 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

T bar row – If you don't have a standard Tbar you could also do these old school with a barbell put into the corner or in a landmine. I have video of all these versions on you YouTube back playlist. Quickly get to a set that is a hard 8 and stay there doing 3 total sets of 8 with it. Try to use a grip (if possible) that is more

pronated since you just used a neutral grip. This will get us some more rhomboid and lower trap activation to go with lats. **3 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 3 sets of 12 here. On your last rep on each set, if you have a partner lower the weight about half way and have them push down gently while you hold the weight in position (isohold) for 7 seconds. **3 total work sets.**

Goal – Work muscle from a stretched position

Stretchers – If these are new to you, you will find them on my YouTube channel. Get a nice upper lat stretch, keep your head while stretching, and let your arms completely straighten out. Do 3 sets of 8 here. **3 total work sets.**

Goal – Supramax pump

Barbell shrugs – Do 3 sets of 8 here using a 3 second hold and flex at the top of each rep. **3 total work sets.**

Goal – Supramax pump

Banded hyperextensions – Do 3 sets of 10 with a 2 second flex on every rep using a band. On your last (3rd) set do this and then drop the band and just pump out as many more as you can get with bodyweight only. **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 - 11 sets

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

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

Dual Rope pushdowns – 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

Supersettted with

Ez bar curl – Just a standard curl here for 8 reps, but drop the weight on each set and do another 6 reps.

Do 3 supersets for 9 total worksets.

Now just go with straight sets!

Seated incline dumbbell curl – You are going to alternate arms on these. Do a supinated curl on one side, and then switch. Alternate to failure. Make this somewhere around 12-15 reps. Do 2 sets to failure. On your 3rd set once you hit failure stand up and do more reps hammer style to failure! Now on your 4th set, go to failure but do not stand up. Just curl one arm up about 1/3 of the way and hold the weight as long as you can. If you have a partner, have them actually pushing down a tad on these as well for 7 seconds to increase the isotension. If not, just do a slow negative on this last rep. Now do that with the other arm. This HURTS. **4 total work sets.**

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

EZ preacher curl – Use a lighter weight and just pump. Do sets of 12. Take plenty of time in between sets because I want 5 sets. **5 total work sets.**

Seated rope extensions – Do 4 sets of 12 with solid form. Try to get a little bit more of a stretch each set you do, as your elbows will feel better and better. **4 total work sets.**

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

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

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

<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 18 – The Beyonder

The Beyonder is an immensely powerful extradimensional entity of disputed origin. You will become this entity.

This program has a different twist to it! We will be adding more back and chest work starting at week 3, but taking out a direct arm day. We will add a few set of bis and tris on all chest/shoulder and back days. I think you are going to be pretty surprised with how well your arms do, largely in part to all the extra work they get on extra chest/shoulder and back days. Of course your chest/shoulders and back will do great as well due to extra stimulation.

We will continue to use high intensity technique waving.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on drop sets and iso holds

Week 3 and 4 – Emphasis on forced reps (both concentric and eccentric) and partials

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. Using bands and chains are optional as I realize not every gym is accommodating.

This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 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 doing 4 days a week, you simply do the base three days, and also do anything else you want to do twice.

If you are doing a 5 day split, you can do two optional days.

If you are able to do 6 days, you will do everything twice!

Do not add heavy arm days in on top of how this is designed. You will get plenty of arm work. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years anyway.

Here is one way to set it up the 6 day plan – If you wanted to do only 5 days and no extra legs you could turn Tuesday into an off day as an example:

Sat – Legs (heavy)

Sunday – Chest/Shoulders/tris (heavy)

Monday – Back/Bis (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders/Tris (optional)

Thursday – Back/Bis (optional)

Friday – Rest

**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.*

The third week we drop the direct arm work and add it into the torso work.

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

You will notice band work sprinkled into the program. Make sure you review the “band” playlist on my YouTube channel to learn how to use them properly. This link will take you to a package that has all the bands you need.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=3928>

Week 3 – Moderate Volume (direct arm only days are dropped)

Week 3 and 4 – Emphasis on forced reps (both concentric and eccentric) and partials

Legs – 16 sets:

Lying leg curls – Do 3 to 4 warm up sets first. On your work sets you are going to go up to a weight that is a tough 8 with perfect form. On your 3rd and final set, I want you to add 25 partials out of stretch position. Make these burn, do them nice and slow. **3 total work sets.**

Goal – Activate and pump

Barbell squats – I want you to repeat what you did last week on squats in term of sequence. Try to beat your INTENSITY that you had on your last set of these last week (the drop set). Push yourself even harder.

Work your way up doing sets of 8 after 1-2 higher rep warm ups. I want you to do these explosively, but once you lose that explosiveness, and are grinding, we will move to a drop set. Do your 8 reps or so, then drop the weight and shoot for 8 to 10, and then do one more drop. It is vitally important on the drop set that you do not do any with bad form. If you feel like your form is about to go, STOP. Drop the weight right then, even if it is only 4 reps. We will count this as three work set total **3 total work sets.**

This is an example of what you did last week - repeat

135 x 15

185 x 15

225 x 8 (good speed)

275 x 8 (still good speed)

315 x 8 (8 is tough to get), then 225 x 8, then 135 x F. **CHALLENGE SET**

NOTE: To enhance the effect of these you can add chains. This will create even more explosiveness. Put 1-3 chains on the inside of the weight (on both sides). This is optional.

Goal – Train explosively and Supramax pump

Bulgarian split squats – These are going to be a mainstay in this program because they WORK. On these we are doing straight sets this week with no isoholds. You will do 4 sets of 10. On your last set I want you to do little partials out of the bottom until you can't take the pain anymore. **4 total work sets.**

Here is what I did as a reference.

1 set with 40's x 10

1 set with 60's x 10

1 set with 70's x 10

1 set with 80's x 10 and 10 more partials out of the bottom on each leg

Goal – Supramax pump

Leg extension – Do 2 sets here where you dorsiflex your foot (pull toes back toward you) to hit upper thigh (rectus femoris) really hard. Do a hard flex on all reps here. Do 12 reps. On your third set repeat this, but also do 10 more partials out of the bottom. Your thighs should be on fire. **3 total work sets.**

Intra-set stretching - After each working set on the leg extensions, I want you to do a 30 second hard quad stretch.

Barbell 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 - 12 sets / Shoulders – 9 sets / Triceps – 6 sets

Machine press – The technique I want you to use is very specialized on these this week. You start the press slow and then as you perform the rep you accelerate the force of your push by flexing your pecs. So you flex your pecs to push the weight. This will require you to use less weight but it will crush your pecs once you get the hang of it. It takes practice. See the video below for form. Do 3 hard sets of 10. **3 total work sets**

<https://www.youtube.com/watch?v=RYn6cDupJ5w>

Goal – Activation and Supramax pump

Bench press – These you are going to use a special technique on as well. You are going to lower the weight to 3 inches above chest and hold for a 2 count and then lower and drive up. See the video below for form demonstration. Do 3 sets of 10 with a weight you can control perfectly like Ken does in the video. Your pecs will be on fire. **3 total work sets**

<https://www.youtube.com/watch?v=8civGOJ8R14>

Goal – Supramax pump

Incline barbell press – These are just standard incline barbell presses. Lower the weight to 2-3 inches off chest and the drive back up to $\frac{3}{4}$ lockout. Do a few sets to find the right weight, and then do 3 sets of 6 with it. None of your reps should be sloppy but it should be hard to get the 6th rep. **3 total work sets.**

Goal – Supramax pump

Machine flyes – Use a good full range of motion on these. Get a good stretch at the bottom, and then bring hands together and flex pecs. Do 3 sets of 12 and on the last set tack on 10 partials out of the stretched position. **3 total work sets.**

Goal – Supramax pump

Seated dumbbell side laterals – Do both arms on at once this week. Lean forward a bit as you will see in the video. Do 3 sets of 12. **3 total work sets.**

<https://www.youtube.com/watch?v=CpDBdo3U-dI>

Goal – Supramax delt pump

Machine rear delt raises (reverse peck deck) – Do 25 reps on your first set. Hold each rep and flex hard for 1 second. On your next set add weight and do 20 reps like this. On your last set add weight and do 15 reps like this and also tack on 10 partials out of the stretched position (not contracted). **3 total work sets**

Goal – Supramax delt pump

Dumbbell front raise – Simply do 3 sets of 12 with dumbbells. Let your hands come out to your side to get some extra range of motion, as opposed to stopping in front of legs. Also bring these up above your head by a few inches. **3 total work sets.**

Goal – Supramax delt pump

Dual Rope pushdowns – Lean forward a bit, and go into full extension at the bottom flexing your triceps hard. See the video below. Do 4 sets of 10 with 60 second rest breaks. **4 total work sets.**

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

Goal – Supramax pump

Lying extensions/skullcrushers – Do 2 sets of 15 with 60 second rest breaks. Don't go crazy with weight on these. We want healthy elbows. Use a weight you can control that feels great. **2 total work sets.**

Goal – Supramax pump

Back - 21 sets / Biceps – 6 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

Supported chest rows – Use a machine that allows you to place your chest against a pad and really drive your elbows back hard. Don't focus so much on stretch on these, try to really get the best contraction you can though. Do 3 sets of 10. **3 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 3 sets of 12 here. **3 total work sets.**

Goal – Work muscle from a stretched position

Pulldowns with a forced stretch – Get a nice upper lat stretch with some gentle extra force applied by a partner. The force should be applied as you go into the stretch and then released when you do the concentric part of the movement. Do 3 sets of 8 here. In the video below see the second exercise Ken does to see what I mean on these. **3 total work sets.**

Goal – Supramax pump

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

Goal – Supramax pump

Face pulls – Do 3 sets of 12 here. This is a lower trap and rhomboid pull. Pull to your chest, not to your face. See the video below for form. **3 total work sets.**

https://www.youtube.com/watch?v=Q6shuaJI_A

Goal – Supramax pump

Banded hyperextensions – Do 3 sets of 10 with a 2 second flex on every rep using a band. On your last (3rd) set do this and then drop the band and just pump out as many more as you can get with bodyweight only. **3 total work sets.**

Goal – Supramax pump in your spinal erectors

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

EZ bar preacher curl – Do 4 sets of 8. Rest for about 1 minute between sets. **4 total work sets.**

Goal – Supramax pump

Hammer curl – Do 2 sets of 15. Rest for about 1 minute between sets. **2 total work sets.**

Goal – Supramax pump

Your 4th, and if you have built up to it, 5th and 6th days, will be taken from the optional/pump workout document!!!!

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

<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 18 – The Beyonder

The Beyonder is an immensely powerful extradimensional entity of disputed origin. You will become this entity.

This program has a different twist to it! We will be adding more back and chest work starting at week 3, but taking out a direct arm day. We will add a few set of bis and tris on all chest/shoulder and back days. I think you are going to be pretty surprised with how well your arms do, largely in part to all the extra work they get on extra chest/shoulder and back days. Of course your chest/shoulders and back will do great as well due to extra stimulation.

We will continue to use high intensity technique waving.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on drop sets and iso holds

Week 3 and 4 – Emphasis on forced reps (both concentric and eccentric) and partials

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. Using bands and chains are optional as I realize not every gym is accommodating.

This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 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 doing 4 days a week, you simply do the base three days, and also do anything else you want to do twice.

If you are doing a 5 day split, you can do two optional days.

If you are able to do 6 days, you will do everything twice!

Do not add heavy arm days in on top of how this is designed. You will get plenty of arm work. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years anyway.

Here is one way to set it up the 6 day plan – If you wanted to do only 5 days and no extra legs you could turn Tuesday into an off day as an example:

Sat – Legs (heavy)

Sunday – Chest/Shoulders/tris (heavy)

Monday – Back/Bis (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders/Tris (optional)

Thursday – Back/Bis (optional)

Friday – Rest

**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.*

The third week we drop the direct arm work and add it into the torso work.

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

You will notice band work sprinkled into the program. Make sure you review the “band” playlist on my YouTube channel to learn how to use them properly. This link will take you to a package that has all the bands you need.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=3928>

Week 4 – High Volume (direct arm only days were dropped in week 3)

Week 3 and 4 – Emphasis on forced reps (both concentric and eccentric) and partials

Legs – 14 sets:

Seated leg curls – Do 3 to 4 warm up sets first. On your work sets you are going to go up to a weight that is a tough 10 with perfect form. On your 4thrd and final set, I want you to have a partner give you 6 extra forced reps, then pump out 20 little partials out of the stretched position. **4 total work sets.**

Goal – Activate and pump

Leg press – These are just going to be basic heavy leg presses. Do sets of 10 all the way up until you can just barely get 10, then stop. Use whatever you stance you feel your strongest in. For most it's slightly wider than shoulder width and medium-high on platform. We will call this 3 work sets. **3 total work sets.**

Goal – Supramax pump

Bulgarian split squats – This week we are just lowering the reps a tad, and increasing the weight a little as well. On these we are doing straight sets this week with no isoholds. You will do 4 sets of 8. On your last set I want you to do little partials out of the bottom until you can't take the pain anymore. **4 total work sets.**

Here is what I did as a reference.

1 set with 45's x 8

1 set with 65's x 8

1 set with 75's x 8

1 set with 85's x 8 and 10 more partials out of the bottom on each leg

Goal – Supramax pump

Hack squat or Smith Machine squat – I prefer you do hack squat on these. I want feet up high and wide. Do 3 sets of 15 reps with a full range of motion. This will hurt. If you do not have a hack machine, do Smith squats with feet out in front for 4 sets of 15. **3 total work sets.**

Intra-set stretching - After each working set on this, I want you to do a 30 second hard quad stretch.

Barbell stiff legged deadlift – This is a repeat from last week. Get a slight bend in knees and only come up ¾ 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 - 13 sets / Shoulders – 8 sets / Triceps – 7 sets

Dumbbell press – The technique I want you to use is very specialized on these this week. You used this last week on the machine press. You start the press slow and then as you perform the rep you accelerate the force of your push by flexing your pecs. So you flex your pecs to push the weight. This will require you to use less weight but it will crush your pecs once you get the hang of it. It takes practice . Do 3 hard sets of 10 once you find the right weight and are warmed up good. **3 total work sets**

Goal – Activation and Supramax pump

Incline barbell press – These are just standard incline barbell presses. Lower the weight to 2-3 inches off chest and the drive back up to $\frac{3}{4}$ lockout. Do a few sets to find the right weight, and then do 3 sets of 6 with it. None of your reps should be sloppy but it should be hard to get the 6th rep. Drive these up hard! **3 total work sets.**

Goal – Train explosively

Bench press – This is from last week, but I want you to try these third in the rotation this week. You are going to lower the weight to 3 inches above chest and hold for a 2 count and then lower and drive up. See the video below for form demonstration. Do 4 sets of 6 with a weight you can control perfectly like Ken does in the video. Your pecs will be on fire. **4 total work sets**

<https://www.youtube.com/watch?v=8civGOJ8R14>

Goal – Supramax pump

Machine flyes – This week do sets of 8 and tack on 5 partials at the end of every set. The stretch should feel excellent. **3 total work sets.**

Goal – Work muscle from a stretched position

Seated dumbbell side laterals – Do both arms on at once this week. Sit up perfectly straight and push your traps down, to relax traps. Now with ultrastrict form do 3 sets of 15 of purely side laterals (no lean forward). **3 total work sets.**

Goal – Supramax delt pump

Rear delt destroyer – This is only one set. But it will produce one of the best rear delt pumps you have ever had. Take a look in mirror at rear delts before and after set. Do one normal set of 15 reps. Next use a fairly heavy weight and do 60 swings. Let your arms straighten, relax your traps and just swing the weight up a bit. Then cut the weight in half and do 30 reps, and then cut it in half and do 10 reps. See the video below so you know what I mean when I say swing. You just hinge off your delt, with arms hanging straight. **2 total work sets**

<https://www.youtube.com/watch?v=HxFs72mYYsM&index=4&list=PL1F60A60A3E4E2E83>

Goal – Supramax delt pump

Barbell front raise – Bring the barbell up to above eye level and flex your delts. Do 3 sets of 10. **3 total work sets.**

Goal – Supramax delt pump

Dual Rope pushdowns – Lean forward a bit, and go into full extension at the bottom flexing your triceps hard. See the video below. Do 4 sets of 10 with 60 second rest breaks. **4 total work sets.**

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

Goal – Supramax pump

Incline extensions/skullcrushers – Let's do these on an incline this week and try to get an even better stretch at the bottom. Do 3 sets of 15 with 60 second rest breaks. Don't go crazy with weight on these. We want healthy elbows. Use a weight you can control that feels great. **3 total work sets.**

Goal – Supramax pump

Back - 21 sets / Biceps – 7 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 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

Pulldowns – These are just normal pulldowns to the front with a pronated grip. Use a medium wide grip, not ultra wide. Do a set of 12, 10, and 8, adding weight each set. At the end of each set tack on 2 forced reps via a training partner. **3 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 3 sets of 12 here. **3 total work sets.**

Goal – Work muscle from a stretched position

Hammer rows – I would like for you to use a machine where you can use a supinated or semi supinated grip I should say, to target lower lats more. Do 3 sets of 8 with perfect form. **3 total work sets.**

Goal – Supramax pump

Chins (partial) – Do 8 or so partial reps out of the bottom of partial chins. Get a good stretch. Make sure you maintain a good arch in your chest on these. Do 3 sets. **3 total work sets.**

Goal – Work muscle from stretched position

Rack deadlift – Pull from midshin. Do a few single to get to a weight you can do with perfect form for 3 reps. Now do 3 sets of 3 with it. After every rep set the weight down, and get tight, reset, and then drive it up. Try to flex your lats while you do this so your lats continue to get pounded. **3 total work sets.**

Goal – Strength

Banded hyperextensions – Do 3 sets to failure with bodyweight. **3 total work sets.**

Goal – Supramax pump in your spinal erectors

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

Seated incline dumbbell curl – Do 4 sets of 8. Rest for about 1 minute between sets. **4 total work sets.**

Goal – Supramax pump

Reverse curl – Do 3 sets of 15. Rest for about 1 minute between sets. **3 total work sets.**

Goal – Supramax pump

Your 4th, and if you have built up to it, 5th and 6th days, will be taken from the optional/pump workout document!!!!

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

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

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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.

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 18 – The Beyonder

The Beyonder is an immensely powerful extradimensional entity of disputed origin. You will become this entity.

This program has a different twist to it! We will be adding more back and chest work starting at week 3, but taking out a direct arm day. We will add a few set of bis and tris on all chest/shoulder and back days. I think you are going to be pretty surprised with how well your arms do, largely in part to all the extra work they get on extra chest/shoulder and back days. Of course your chest/shoulders and back will do great as well due to extra stimulation.

We will continue to use high intensity technique waving.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on drop sets and iso holds

Week 3 and 4 – Emphasis on forced reps (both concentric and eccentric) and partials

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. Using bands and chains are optional as I realize not every gym is accommodating.

This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 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 doing 4 days a week, you simply do the base three days, and also do anything else you want to do twice.

If you are doing a 5 day split, you can do two optional days.

If you are able to do 6 days, you will do everything twice!

Do not add heavy arm days in on top of how this is designed. You will get plenty of arm work. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years anyway.

Here is one way to set it up the 6 day plan – If you wanted to do only 5 days and no extra legs you could turn Tuesday into an off day as an example:

Sat – Legs (heavy)

Sunday – Chest/Shoulders/tris (heavy)

Monday – Back/Bis (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders/Tris (optional)

Thursday – Back/Bis (optional)

Friday – Rest

**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.*

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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 5 – High Volume (direct arm only days were dropped in week 3)

Week 5 and 6 – Rest/Pause sets

Legs – 18 sets:

Lying leg curls – Do 3 to 4 warm up sets first. On your work sets you are going to go up to a weight that is a tough 10 with perfect form. On each rep I want you to straighten out your legs and pause, before curling the weight back up. All 4 sets should be to failure or close to it – failure meaning you can't get any more perfect reps with this style. **4 total work sets.**

Goal – Activate and pump

Pause squat – These are normal barbell squats, but you are going to go down to just above parallel and hold the position for 2 seconds. Keep your back extremely tight to stay safe. Wear a belt. Work your way up doing sets of 6. Once you get to a weight that is a very tough 6, I want you to stay there and do 4 sets of 6 with it. Terminate the set when you can't hold the weight in the paused position in good control for 2 seconds. We need to maintain perfect form. **4 total work sets.**

Dead Stop Leg Press – This is taken from the infamous “dead body” leg workout from program 1. .

Put a moderate weight on there and do 20 reps with continuous tension. Use a shoulder width foot placement, not wide at all – this will help focus on quad and teardrop.

On the 2nd set move up in weight and do 15 reps, then 5 rest pauses. So reps 16 through 20 are paused. Give it one sec and then fire up as hard as you can, but don't lock out.

On your 3rd set go up again in weight, and do 10 reps then 10 rest pauses.

This set will test your will. How serious are you? On your 4th and final set, go up more weight and do 5 reps, then 15 rest pause reps. Getting the 15 rest pauses will require everything you have. You really have to push to get these. I had to lock out and rest a few seconds after my 10th and 15th reps on these. **4 total work sets.**

<https://www.youtube.com/watch?v=akCkuwQaV7g&list=PLD5A37C01FC6D4C0D&index=18>

You can also use a horizontal leg press to do these on like in the video below. This is actually my favorite for doing rest/pause reps.

<https://www.youtube.com/watch?v=mzI1mRDfHA&index=2&list=PLD5A37C01FC6D4C0D>

Goal – Supramax pump

Leg extension – You are going to do 2 sets here. I just want you to pump out as many reps as you can on each set. Set the weight on something you think you can get about 12-15 with and just go apeshit. **2 total work sets.**

Intra-set stretching - After each working set on this, 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 4 sets of 10 nice and slow. **4 total work sets.**

Goal – Work a pumped muscle from a stretched position

Chest - 13 sets / Shoulders – 10 sets / Triceps – 7 sets

Incline dumbbell press – This is just normal incline dumbbell presses. Try to use a low angle. Get a good stretch and drive these to $\frac{3}{4}$ lockout. Do sets of 8 all the way until you can barely get 8. So the only set to failure is the last one. We will count this as 3 working sets. **3 total work sets**

Goal – Activation and Supramax pump

Incline barbell press – These are just standard incline barbell presses but we pause the bar at 2-3 inches off chest, in the spot where you normally stop and push the weight back up. Hold the pause for 2 seconds. Find a weight that you can do a solid 6 with, and do 3 sets of 6 with it. **3 total work sets.**

Goal – Train explosively

Hex press – Do 4 sets of 10 here. Lock out and flex hard on every rep! See video below if you are not familiar with this. **4 total work sets**

<https://www.youtube.com/watch?v=oL7Tb4ofKUI&index=22&list=PL2955620A11D03694>

Goal – Supramax pump

Dumbbell flies – Just work the stretch and take the dumbbell up to 10 and 2 o'clock positions. Control the weight. Use very deliberate controlled form and feel the stretch. Do 2 sets of 12 here. **2 total work sets.**

Goal – Work muscle from a stretched position

Heavy side laterals – Do 5 sets of 8. Bring the dumbbell up to ear level, but only rest 30 seconds between sets. I like heavy laterals for low reps with low rest breaks...sounds weird, but gives you a dull numb pain. **5 total work sets.**

Goal – Supramax delt pump

Rear laterals w/ cables - Use a cable machine to do them this week. You can do these bent over for rear delts or pull from a high angle like in the video. Either technique works very well. See video below so you can see what I mean. Do 5 sets of 20. **5 total work sets.**

<https://www.youtube.com/watch?v=7n9sLre9pss&list=PL1F60A60A3E4E2E83&index=10>

Goal – Supramax delt pump

Seated dip machine – Lean forward a bit, and let the weight come up about halfway and drive it down flexing your tris. Do 4 sets of 10 here. **4 total work sets.**

Goal – Supramax pump

Dumbell lying extensions/skullcrushers – Let's do these on a flat bench this week with dumbbells. Do 4 sets of 8 with 60 second rest breaks. Don't go crazy with weight on these. We want healthy elbows. Use a weight you can control that feels great. **4 total work sets.**

Goal – Supramax pump

Back - 28 sets / Biceps – 0 sets

Giant Set and Tri set combo – 28 sets

I liked this so much I made it an optional day option for those as well!

Giant Set

- 1) Smith machine bent over row
- 2) Dumbell Pullover
- 3) Kettlebell (or dumbell) 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 of rowing and pulling so no biceps are to be done!

Your 4th, and if you have built up to it, 5th and 6th days, will be taken from the optional/pump workout document!!!!

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 #2

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

Routine #3

<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 18 – The Beyond

The Beyond is an immensely powerful extradimensional entity of disputed origin. You will become this entity.

This program has a different twist to it! We will be adding more back and chest work starting at week 3, but taking out a direct arm day. We will add a few set of bis and tris on all chest/shoulder and back days. I think you are going to be pretty surprised with how well your arms do, largely in part to all the extra work they get on extra chest/shoulder and back days. Of course your chest/shoulders and back will do great as well due to extra stimulation.

We will continue to use high intensity technique waving.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on drop sets and iso holds

Week 3 and 4 – Emphasis on forced reps (both concentric and eccentric) and partials

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. Using bands and chains are optional as I realize not every gym is accommodating.

This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 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 doing 4 days a week, you simply do the base three days, and also do anything else you want to do twice.

If you are doing a 5 day split, you can do two optional days.

If you are able to do 6 days, you will do everything twice!

Do not add heavy arm days in on top of how this is designed. You will get plenty of arm work. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years anyway.

Here is one way to set it up the 6 day plan – If you wanted to do only 5 days and no extra legs you could turn Tuesday into an off day as an example:

Sat – Legs (heavy)

Sunday – Chest/Shoulders/tris (heavy)

Monday – Back/Bis (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders/Tris (optional)

Thursday – Back/Bis (optional)

Friday – Rest

**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.*

The third week we drop the direct arm work and add it into the torso work.

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 6 – High Volume (direct arm only days were dropped in week 3)

Week 5 and 6 – Rest/Pause sets

Legs – 23 sets:

This was one of the nastier workouts I have done in a while.

Glute machine – You can use a butt blaster, glute kick back machine, etc. Whatever to isolate glutes better. Do 2-3 warm up sets and then do 4 sets of 8 with a 2 second flex on each rep. **4 total work sets.**

Goal – Activate and pump

Adductor machine – Yes another wimpy exercise. Do 3 sets of 15 here. Just good old adduction here. **3 total work sets.**

Leg press – Pyramid up to a weight that is about 60-70% of what you normally would do for 10 reps. Once you get there, stop! We will just count the last set. **1 total work set.**

For example – here is what I did.

- 1 plate per side for 10 reps
- 2 plates per side for 10 reps
- 3 plates per side for 10 reps
- 4 plates per side for 10 reps
- 5 plates per side for 10 reps
- 6 plates per side for 10 reps

Goal – Supramax pump

Prowler or sled drag – I want you to do 4 drags. Each drag should be about 40 feet. Set the weight up so that this is brutal. Dig in with your heels and feel your quads and glutes work. Your quads will absolutely blow up if you do this right. **4 total work sets.**

<https://www.youtube.com/watch?v=Ur-Otrz1IRg&list=UUmSEdfW3LpEKyLiCDWBdVQ>

Goal – Supramax pump

Leg Press 2 – Now go back to where you left off on the leg press. Bring your reps down to 6 and keep adding weight. Go until you barely get 6. **4 total work sets.**

For example – here is what I did.

- 6 plates per side for 6 reps
- 7 plates per side for 6 reps
- 8 plates per side for 6 reps
- 9 plates per side for 6 reps
- 10 plates per side for 6 reps

Goal – Supramax pump

Squat – Just do a few feeder sets of 3 to 4 reps to get to a weight that is a tough 8 reps. Do three sets of 8 with it. You should have one, maybe two reps at the most in the tank after doing your 8. **3 total work sets.**

Goal – Supramax pump

Leg curl – Do 4 sets of 8. On each rep hold the contraction at the top for 1 full second. **4 total work sets.**

Goal – Supramax pump

Post workout stretching - Now, I want you to do a 30 second hard quad stretch for each quad. Do 3 of these. Also, do the same for hams. Loosen everything up and go home!

Chest - 12 sets / Shoulders – 9 sets / Triceps – 8 sets

Machine press – Do sets of 8 working your way up. Do a rest-pause on every rep and finish with a 1 second contraction. Just keep going until you cannot maintain this form and the flex at the end. This should give you a quick massive pump in your chest. We will call this three working sets. **3 total work sets**

Goal – Activation and Supramax pump

Flat barbell press – We have done these before. These are just standard flat bench barbell presses but we pause the bar at 2-3 inches off chest, then lower the weight down to your chest and drive up to $\frac{3}{4}$ lockout, and then quickly lower right back to the pause point. Work your way up with small weight jumps. Stop once you can't maintain the form on these. Drive these hard off your chest. We will call this 3 working sets. **3 total work sets.**

Goal – Train explosively

Slight incline dumbbell press – Ok I am going to sneak a drop set in here on you. On these I also want your hand to turn neutral (palms facing each other) at the bottom so you can really open up and stretch your chest. You are going to do 2 sets of 8 with a solid weight. On your 3rd set you are going to do a drop set. So start with the same weight you have done for 8, then drop the weight and shoot for 6-8, and then drop the weight again and shoot for another 6-8. After you finish your last rep, hold the dumbbells in place in the stretched position and have your partner gently push down on your hands giving you more of a stretch. Don't do this hard, just a little is all you need. Count to 1 and then drop the dumbbells. This should kill your pecs. **3 total work sets**

Goal – Supramax pump

Dumbbell flies—Just work the stretch like last week and take the dumbbell up to 10 and 2 o'clock positions. Control the weight. Use very deliberate controlled form and feel the stretch. Do 3 sets of 10 here. **3 total work sets.**

Goal – Work muscle from a stretched position

Dumbbell side laterals – Pick a medium weight and start with 12 reps. On the next set do 15 reps, and on the last set do 18 reps. This isn't a dropset. I am just saying to increase your reps by 3 each set.

Supersetted with

Spidercrawls – Go up and down the wall three times on each set. I use the short red pro mini band from EliteFTS. If you are not familiar with these check out the video below. In the video I don't have my hands spaced out wide enough. Force your hands out as far as you can.

<https://www.youtube.com/watch?v=leKQCX-qvp8&list=PL2F8A4BD406176C34&index=15>

Do 3 rounds for 6 total work sets.

Goal – Supramax delt pump

Reverse peck deck machine – Do 3 sets of 25 here. Your shoulders will be annihilated doing this after the superset above. **3 total work sets.**

Goal – Supramax delt pump

Dual rope triceps extension – Do 4 sets of 12 here. Remember to lean forward and get all the way into a flexed position on these. **4 total work sets.**

Goal – Supramax pump

Seated overhead rope extensions – This is where you sit down facing away from the cable rack and use a rope to extend triceps overhead. Do 4 sets of 10. Get an awesome stretch here. **4 total work sets.**

Goal – Supramax pump

Back - 28 sets / Biceps – 0 sets

Giant Set and Tri set combo – 28 sets

YES! More giant and tri sets this week!

Giant Set

- 1) One arm pulldown with supinated grip
- 2) Away facing pulldown with rope (this was awesome – intense burn)
- 3) Dumbbell Pullover
- 4) Pulldown variation with pronated grip.

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

https://www.youtube.com/edit?o=U&video_id=E0JqMXOxwrU

Now onto the **TRI-SET! This is to crush your traps and rhomboids.**

- 1) Smith rows in upright posture with wider grip.
- 2) Chest pull with band
- 3) Cage press with special lean forward and flex at end of each rep.

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

<https://www.youtube.com/watch?v=QGvS8WJcgjU>

This is a lot of sets of rowing and pulling so no biceps are to be done!

Your 4th, and if you have built up to it, 5th and 6th days, will be taken from the optional/pump workout document!!!!

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

<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 18 – The Beyonder

The Beyonder is an immensely powerful extradimensional entity of disputed origin. You will become this entity.

This program has a different twist to it! We will be adding more back and chest work starting at week 3, but taking out a direct arm day. We will add a few set of bis and tris on all chest/shoulder and back days. I think you are going to be pretty surprised with how well your arms do, largely in part to all the extra work they get on extra chest/shoulder and back days. Of course your chest/shoulders and back will do great as well due to extra stimulation.

We will continue to use high intensity technique waving.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on drop sets and iso holds

Week 3 and 4 – Emphasis on forced reps (both concentric and eccentric) and partials

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. Using bands and chains are optional as I realize not every gym is accommodating.

This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 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 doing 4 days a week, you simply do the base three days, and also do anything else you want to do twice.

If you are doing a 5 day split, you can do two optional days.

If you are able to do 6 days, you will do everything twice!

Do not add heavy arm days in on top of how this is designed. You will get plenty of arm work. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years anyway.

Here is one way to set it up the 6 day plan – If you wanted to do only 5 days and no extra legs you could turn Tuesday into an off day as an example:

Sat – Legs (heavy)

Sunday – Chest/Shoulders/tris (heavy)

Monday – Back/Bis (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders/Tris (optional)

Thursday – Back/Bis (optional)

Friday – Rest

**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.*

The third week we drop the direct arm work and add it into the torso work.

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

You will notice band work sprinkled into the program. Make sure you review the “band” playlist on my YouTube channel to learn how to use them properly. This link will take you to a package that has all the bands you need.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=3928>

Week 7 – High Volume (direct arm only days were dropped in week 3)

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

Legs – 23 sets:

Glute machine – You can use a butt blaster, glute kick back machine, etc. Whatever to isolate glutes better. Do 2-3 warm up sets and then do 4 sets of 8 with a 2 second flex on each rep. **4 total work sets.**

Goal – Activate and pump

Leg curls with eccentric resistance – After a few warm up sets here, do 4 sets of 8 and all reps will include added eccentric resistance. This is very simple and is just your partner giving the weight a push down (intelligently) while you lower it. Really dig in and feel the eccentric part working your hamstrings hard. **4 total work sets.**

<https://www.youtube.com/watch?v=wVnqtdzMUGo&index=49&list=PLD5A37C01FC6D4C0D>

Goal – Supramax pump

Squats – Just basic squatting here. Do sets of 8 all the way to a weight you can barely get for 8 with good form. Try to be explosive on these and drive out of the hole hard! We will count the last 3 sets. **3 total work set.**

Note: If you want to make these even more explosive feel free to use chains. I like to use 3 pairs per side. I would put them on first before adding weight so they are on the inside of the plates. There are many other ways to do this, but this is a simple and effective approach.

Goal – train explosively

Leg extension – Each set you do is going to be 8 reps with a 2 second flex at the top followed by 15 partials out of the bottom! Do 3 sets like this. Your quads should be completely full of blood at this point. **3 total work sets.**

Stretching – In between each set put your quads into a 30 second stretch. I do one at a time.

Goal – Supramax pump

Smith squat – Lower the weight to a good depth and start the ascent slowly, and after you move the weight about 4 inches accelerate and really try to drive the weight up with your quad sweep (side of thighs). Use a slightly wider than shoulder width stance and turn your toes out. Really focus on the quad sweep area. Remember start slow and then accelerate as you go. Take to 4/5 lockout then come right back down. Do 3 sets of 12. This is brutal if you really focus. **3 total work sets.**

Note: If you do not have a Smith you can stand on aerobic benches (they are about 6 inches off the ground), and hold a kettlebell between your legs. This feels really good on these too. Lower the kettlebell between the benches, you will get a great range of motion, and then the tempo is the same on the way up, start slow and then drive hard.

VIDEO COMING

Goal – Supramax pump

Smith stiff legged deadlift – On these we are also going to start the movement slow out of the bottom, and then accelerate as you come up. This time come all the way up and flex glutes. Do 3 sets of 10 here. **3 total work sets.**

Goal – Work muscle from a stretched position

Post workout stretching - Now, I want you to do another 30 second hard quad stretch for each quad. Do 3 of these. Also, do the same for hams. Loosen everything up and go home!

Chest - 12 sets / Shoulders – 9 sets / Triceps – 7 sets

Flat dumbbell press – On these simply work your way up doing sets of 8. Just keep going taking small jumps until you barely get 8. We will call this 3 working sets. Take these to $\frac{3}{4}$ lockout. **3 total work sets**

Goal – Activation and Supramax pump

Incline barbell press – Nothing fancy here, just lower the weight to a few inches off your chest and then jam it up to $\frac{3}{4}$ lockout. Do sets of 6. Keep going until you can barely get 6 clean reps. We will count the last 3 sets as working sets. Remember to take small jumps. Don't jump to high to fast or you won't get enough work sets in. **3 total work sets.**

Goal – Train explosively

Hammer press – Lower the weight slowly and then drive up hard. Shoot for about 6 reps to be done explosively and then do 10 partials out of the bottom. Do this on all 3 sets. This should produce maximum pump. **3 total work sets**

NOTE: If you have bands attach them here and use. Drive the weight up hard against them and flex hard in contracted position. Also, if you do not have a Hammer press, then use a machine.

Goal – Supramax pump

Dips – Do these very slowly. Just lower and get a good stretch and come up half way. Go to failure on all 3 sets. You can also use an assist machine if you have one. I prefer the assist machine as it's easy on joints. **3 total work sets.**

Goal – Work muscle from a stretched position

Dumbbell rear side laterals – Do sets of 20 here. When you start to fatigue and can't use perfect form (traps start taking over), do partials.

Supersetted with

Spidercrawls – Go up and down the wall three times on each set like last week. I use the short red pro mini band from EliteFTS.

<https://www.youtube.com/watch?v=leKQCX-qvp8&list=PL2F8A4BD406176C34&index=15>

Do 3 rounds for 6 total work sets.

Goal – Supramax delt pump

Seated dumbbell press – Use a bench with a back support. Do 3 sets of 8 here with a full range of motion and then pump out 4 partials out of the bottom for good measure. Do this on all 3 sets. **3 total work sets.**

Goal – Supramax delt pump

Vbar triceps extension – Do 4 sets of 12 here. Let the bar ride up your torso in close and flare elbows out to the side so you get a mean stretch at the top. Drive down to $\frac{3}{4}$ lockout. Do 4 sets of 12. **4 total work sets.**

Goal – Supramax pump

Lying extensions – Do 3 sets of 10 to finish them off. **3 total work sets.**

Goal – Supramax pump

Back – 21 sets / Biceps – 7 sets

Supported row – Use a neutral grip, and try to use an extreme range of motion at the stretch point. Really get those elbows back as far you can too at the top, so you can feel lower traps and rhomboids working hard. Use a machine that allows you to support your chest.

Supersetted with

Face pulls – Pull into chest and flex rhomboids and lower traps as we usually do. Do sets of 12 here. **3 total work sets.**

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

NOTE: You can also use a band as I have been doing in recent videos if you like.

Do 3 supersets once warmed up for 6 total work sets.

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

Single arm supinated pulldown – Remember to flex hard at the bottom on these. 3 sets of 10. **3 total work sets.**

Goal – Supramax pump

Rack pulls – Work up to a weight that is a pretty tough 4-5. You are going to do 10 singles with 10 second breaks between reps. We will count this as 3 sets. **3 total work sets.**

Goal – Work muscle from a stretched position

Dumbbell shrugs – Do 3 sets of 12 here. Hold the weight for a 2 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

Seated incline dumbbell curl – Do 4 sets of 8. Rest for about 1 minute between sets. **4 total work sets.**

Goal – Supramax pump

Reverse curl – Do 3 sets of 15. Rest for about 1 minute between sets. **3 total work sets.**

Goal – Supramax pump

Your 4th, and if you have built up to it, 5th and 6th days, will be taken from the optional/pump workout document!!!!

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

<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 18 – The Beyonder

The Beyonder is an immensely powerful extradimensional entity of disputed origin. You will become this entity.

This program has a different twist to it! We will be adding more back and chest work starting at week 3, but taking out a direct arm day. We will add a few set of bis and tris on all chest/shoulder and back days. I think you are going to be pretty surprised with how well your arms do, largely in part to all the extra work they get on extra chest/shoulder and back days. Of course your chest/shoulders and back will do great as well due to extra stimulation.

We will continue to use high intensity technique waving.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on drop sets and iso holds

Week 3 and 4 – Emphasis on forced reps (both concentric and eccentric) and partials

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. Using bands and chains are optional as I realize not every gym is accommodating.

This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 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 doing 4 days a week, you simply do the base three days, and also do anything else you want to do twice.

If you are doing a 5 day split, you can do two optional days.

If you are able to do 6 days, you will do everything twice!

Do not add heavy arm days in on top of how this is designed. You will get plenty of arm work. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years anyway.

Here is one way to set it up the 6 day plan – If you wanted to do only 5 days and no extra legs you could turn Tuesday into an off day as an example:

Sat – Legs (heavy)

Sunday – Chest/Shoulders/tris (heavy)

Monday – Back/Bis (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders/Tris (optional)

Thursday – Back/Bis (optional)

Friday – Rest

**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.*

The third week we drop the direct arm work and add it into the torso work.

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

You will notice band work sprinkled into the program. Make sure you review the “band” playlist on my YouTube channel to learn how to use them properly. This link will take you to a package that has all the bands you need.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=3928>

Week 8 – High Volume (direct arm only days were dropped in week 3)

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

Legs – 20 sets:

Glute machine – You can use a butt blaster, glute kick back machine, etc. Whatever to isolate glutes better. Do 2-3 warm up sets and then do 4 sets of 8 with a 2 second flex on each rep. **4 total work sets.**

Goal – Activate and pump

Leg press – Work your way up doing sets of 10 here. Just keep going up until it takes everything you have to get your 10. That will be your last set. We will count the last 4 sets as working sets. Lower these with a 3 second descent. **4 total work sets.**

Goal – Supramax pump

Smith squat 1.5s – On these lower to full depth and then come up half way and go back down and then come up all the way to lock out, hence the name 1.5. That is one rep. I want you to do 3 sets of 12 like this. **3 total work set.**

Note: You can also do these on a hack squat

Goal – Supramax pump

Lunge – On these I want you to really get a deep stretch. This is best accomplished by elevating the leg you are lunging with on a small box, aerobic bench, etc. I don't want you to come up all the way I want you do partials working this deep stretch. Do 3 sets of 20 reps with each leg. I like to do these in a Smith with my lead leg on an aerobic bench. **3 total work sets.**

Goal – Supramax pump

Lying leg curl – Do 10 reps here followed by 5 partials out of the bottom.

Immediately followed by

Dumbbell stiff legged deads – Do 6 reps here nice and slow.

Do 3 rounds for 6 total work sets.

Goal – Supramax pump and work muscle from a stretched position

Post workout stretching – No additional stretching done today

Chest - 12 sets / Shoulders – 15 sets / Triceps – 8 sets

This is a workout I did with Evan Centopani during Olympia weekend

Machine press – These are to be done the way we did these a while back in the Ken Jackson workout. Start slow when initiating the movement and then drive hard to lockout and flex. Do sets of 8 here. Find a good solid weight where this is hard but you can do it perfect and do 4 sets of 8. **4 total work sets**

Goal – Activation and Supramax pump

Flat barbell press – These are the style where you stop and do a 2 second isometric contraction above your chest and then let it come down and touch and then drive to $\frac{3}{4}$ lockout. Do 4 sets of 8. Take small jumps so you get a good solid 4 sets in. **4 total work sets.**

Goal – Train explosively

Machine flyes – Do 3 sets of 10 with a very hard 2 second flex on each rep. On the 4th set, do the same but then do 10 partials out of the bottom, and then bring the weight back up half way and do a 10 second isohold with it. **4 total work sets**

Goal – Work muscle from a stretched position

Dumbbell side laterals – Do 4 sets of 15 here. Bring the dumbbells up high. Don't just stop when arms are parallel to floor. Come up even more. **4 total work sets.**

Goal – Supramax delt pump

Rear delt machine flyes – Do sets of 20 here.

Supersetted with

Face pulls – We did these with a band. Throw a red pro mini over the top of a power rack or something similar and pull band into chest focusing all contraction on rear delts. Do 15 reps here.

Do 4 rounds for 8 total work sets.

Goal – Supramax delt pump

Seated machine press – Use a bench with a back support. Do 3 sets of 8 here with a full range of motion and then pump out partials to failure on last set. **3 total work sets.**

Goal – Supramax delt pump

One arm pushdown – Do 4 sets of 10 here. Flex at the bottom. **4 total work sets.**

Goal – Supramax pump

Bent over rope extensions – Do 4 sets of 12 to finish them off. This is where you bend over and face away from weight stack, and lock out arms. **4 total work sets.**

Goal – Supramax pump

Back – 18 sets / Biceps – 8 sets

One arm barbell row – Do sets of 8 up to a weight that is a tough 8 then do 3 sets of 8 with it. Make sure you are getting a good stretch here. **3 total work sets.**

Goal – Activate and pump lats

Dumbell 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

Stretch pulldowns – Now that we have your lats pumped and stretched out, let's push them even harder. This is normal pushdown but you use a heavy weight and only bring it down to the top of your head. If you are training with a partner have them gently push down on the weight in the stretched position. Do 3 sets of 8 here. **3 total work sets.**

Goal – Work muscle from a stretched position

Single arm supinated pulldown – Even more pulldowns yes! These are to target lower lats though. Remember to flex hard at the bottom on these. 3 sets of 10. **3 total work sets.**

Goal – Supramax pump

Face/chest pulls – This is the seated face pull we do with a rope that actually entails pulling into chest. Try to use some fairly heavy weight on these, but still flex hard on the contracted portion of the rep. Do 3 sets of 12 here. **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

Machine curl – I prefer to do these on a machine that simulates a preacher curl. I want you to actually use a weight that is pretty heavy and do 6 slow reps. Only rest 45 seconds between sets and do 6 sets like this. Make sure you flex hard and control the weight throughout the entire rep. **6 total work sets.**

Goal – Supramax pump

Hammer curl – Do 2 sets of 1. Rest for about 1 minute between sets. **2 total work sets.**

Goal – Supramax pump

Your 4th, and if you have built up to it, 5th and 6th days, will be taken from the optional/pump workout document!!!!

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

<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 18 – The Beyond

The Beyond is an immensely powerful extradimensional entity of disputed origin. You will become this entity.

This program has a different twist to it! We will be adding more back and chest work starting at week 3, but taking out a direct arm day. We will add a few set of bis and tris on all chest/shoulder and back days. I think you are going to be pretty surprised with how well your arms do, largely in part to all the extra work they get on extra chest/shoulder and back days. Of course your chest/shoulders and back will do great as well due to extra stimulation.

We will continue to use high intensity technique waving.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on drop sets and iso holds

Week 3 and 4 – Emphasis on forced reps (both concentric and eccentric) and partials

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. Using bands and chains are optional as I realize not every gym is accommodating.

This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 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 you are doing a 5 day split, you can do two optional days.

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Here is one way to set it up the 6 day plan – If you wanted to do only 5 days and no extra legs you could turn Tuesday into an off day as an example:

Sat – Legs (heavy)

Sunday – Chest/Shoulders/tris (heavy)

Monday – Back/Bis (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders/Tris (optional)

Thursday – Back/Bis (optional)

Friday – Rest

**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.*

The third week we drop the direct arm work and add it into the torso work.

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 9 – High Volume (direct arm only days were dropped in week 3)

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

Legs – 20 sets:

Glute machine – You can use a butt blaster, glute kick back machine, etc. Whatever to isolate glutes better. Do 2-3 warm up sets and then do 4 sets of 8 with a 1 second flex on each rep. **4 total work sets.**

Goal – Activate and pump

Leg press – Work your way up doing sets of 10 here. Just keep going up until it takes everything you have to get your 10. Once you get to the last set, you do a drop set. Here is how it works. Whatever your last 10 was, you now do 6 reps with. You take a plate off and add 2 reps on every drop. I would like for you to do 5 drops. See below for exactly what I did so you can see how it looks. **4 total work sets.**

Here is what I did an example:

1 plate per side x 10
2 plates per side x 10
3 plates per side x 10
4 plates per side x 10
5 plates per side x 10
6 plates per side x 10
7 plates per side x 10 – working sets start
8 plates per side x 10
9 plates per side x 10 (max weight I could do for 10 reps this day)
Dropset - 9 plates per side x 6, 8 plates x 8, 7 plates x 10, 6 plates x 12, 5 plates x 14, 4 plates x 16.

Goal – Supramax pump

Leg extension – On these do 3 x 10 with your feet dorsiflexed (toes pulled back). Sit up straight. Flex hard at the top. Once you do your 10th rep, kick the weight up half way and have your partner push against it for 7 seconds. Push back so that you hold your position. This is a brutal isohold. Do this on all 3 sets. **3 total work sets.**

Goal – Supramax pump

Front squats – Slightly elevate heels on these and get deep. It won't take much weight so you shouldn't be limited by shoulder strength. Do 3 sets of 10 rock bottom. You will want to do 1 feeder set, maybe 2 to get you to your working weight. **3 total work set.**

Note: You can also do these on a hack squat – if you do try to bottom out the machine and pause at the bottom before driving up.

Goal – Supramax pump

Seated leg curl – Do 10 reps here followed by

Immediately followed by

Dumbbell stiff legged deads – Do 6 reps here nice and slow just like last week.

Do 3 rounds for 6 total work sets.

Goal – Supramax pump and work muscle from a stretched position

Post workout stretching – 3 30 second quad stretches and hip stretches (where you pull your leg across your body sideways while laying on back (will need a partner for this))

Chest - 12 sets / Shoulders – 12 sets / Triceps – 8 sets

Hammer press – On these this week you are going to press hard through the whole rep. Press hard and explosively and stop short of lockout this week on these. Just work your way up doing sets of 8 until you can barely get 8. **3 total work sets**

Note: If you have bands, use them on these. For guys the long red pro minis are good, and for women the long orange micro minis.

Goal – Activation and Supramax pump

Incline barbell press – Do sets of 6 here with our usual style until you can barely get 6 with good form. We will call this 3 work sets. **3 total work sets.**

Goal – Train explosively

Dumbbell press – On these you are going to do 2 sets of 10, and then do a drop set. Look at what I did below so you can see the rep pattern. **3 total work sets**

Here is what I did an example:

75 lb dumbbells for 10 (had a few reps in the tank)

80 lb dumbbells for 10 (had a few reps in the tank)

90 lb dumbbells x 9 (stop one rep short of failure) – dropped to 70's dumbbells to failure then 60's to failure

Goal – Supramax pump

Machine flyes – Do 3 sets of 10 with a very hard 2 second flex on each rep. On all sets finish with a 10 second isohold with it in mid position **3 total work sets**

Goal – Work muscle from a stretched position

Dumbbell side laterals – Pyramid up on these. Do something that is a tough 15 and then go up 5 lbs and just go to failure every set. Failure on these means all the reps you can get with good form. Don't get too crazy with cheat reps. Get good solid reps and your delts will be on fire. Do 4 sets. The set of 15 is set number 1. **4 total work sets.**

Goal – Supramax delt pump

Rear delt machine flyes – Pyramid on these too this week. Do the following rep scheme. 30, 25, 20, 15. Add weight each set and take your time. **4 total work sets.**

Goal – Supramax delt pump

Seated dumbbell press – Use a bench with a back support. Do 4 sets of 10 here flexing hard at the top of each rep. **4 total work sets.**

Goal – Supramax delt pump

Dual rope extensions – Do 4 sets of 12 here. Flex at the bottom. **4 total work sets.**

Goal – Supramax pump

Seated overhead rope extensions – Do 4 sets of 12 to finish them off. **4 total work sets.**

Goal – Supramax pump

Back – 19 sets / Biceps – 6 sets

Meadows row – Do sets of 8 up to a weight that is a tough 8 then do 4 sets of 8 with it. Make sure you are getting a good stretch here. **4 total work sets.**

Goal – Activate and pump lats

Chin up death – This is 6 sets of chin. I want you to start with 2 sets to failure use a wide grip. Next you use a shoulder width grip (medium). You'll get more range of motion from this. Lastly throw a close grip attachment on the rack if you have to but I want you to do 2 sets of neutral grip chins (palms facing each other). If you can't get at least 6 reps, have a spotter help or use an assist machine. **6 total work sets.**

Goal – Work muscle from a stretched position

Tbar rows – On these do 4 sets of 8. Stop the set when you can't maintain perfect form. If you do not have a Tbar, feel free to use any chest supported type row as well, machine or free-weight. If you do, take advantage of having the pad and stretch hard on each rep. **4 total work sets.**

Goal – Supramax pump

Single arm supinated pulldown – Remember to flex hard at the bottom on these as per our usual form. Do 2 sets of 20. **2 total work sets.**

Goal – Supramax pump

Banded good mornings – Do 3 sets of 25 (or as many as you can get) using a "light" band. This is one of the medium thick bands. **3 total work sets.**

Goal – Supramax pump in your spinal erectors

NOTE: If you want to do the curls and then finish with the banded good mornings that is ok. It is not fun to curl with you lower back on fire.

Drag curl – These are curls done (usually with an ex curl bar), where push your elbows back and literally drag the bar up right by your torso hence the name drag. Flex hard throughout the entire range of motion. This is going to light your biceps up. Do 6 sets of 10 with 45 second rest breaks. **6 total work sets.**

Goal – Supramax pump

Your 4th, and if you have built up to it, 5th and 6th days, will be taken from the optional/pump workout document!!!!

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

<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 18 – The Beyonder

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This program has a different twist to it! We will be adding more back and chest work starting at week 3, but taking out a direct arm day. We will add a few set of bis and tris on all chest/shoulder and back days. I think you are going to be pretty surprised with how well your arms do, largely in part to all the extra work they get on extra chest/shoulder and back days. Of course your chest/shoulders and back will do great as well due to extra stimulation.

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High Intensity Technique waving:

Week 1 and 2 – Emphasis on drop sets and iso holds

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

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

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Tuesday – Legs (optional)

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Friday – Rest

**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.*

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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 10 – High Volume (direct arm only days were dropped in week 3)

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

Legs – 19 sets:

Glute machine – You can use a butt blaster, glute kick back machine, etc. Whatever to isolate glutes better. Do 2-3 warm up sets and then do 4 sets of 8 with a 1 second flex on each rep. **4 total work sets.**

Goal – Activate and pump

Leg curls – After a few warm ups do 3 sets of 12 here. On your last set you are going to do a drop set with an isohold. Start with the same weight that you got 12 with and shoot for 10 on this one, then drop the weight and go for 10 more, and then one more time! After this curl the way up about half way and have someone gently push down on it. Fight them to make sure you stay in the same place. The extra resistance as well as fatigue will make this brutal. Hold this for 10 second count. **4 total work sets.**

Leg press – Your hams will give you some good cushion on these with all the blood in them. Work your way up using a standard shoulder width medium stance doing sets of 20. Keep doing sets of 20 until you can no longer get 20. It's ok if you have to stop midset to rest for a second in order to achieve your 20 reps. We will call this 4 sets. **4 total work sets.**

Here is what I did an example:

2 plates per side x 20
3 plates per side x 20
4 plates per side x 20
5 plates per side x 20
6 plates per side x 20
7 plates per side x 20
7 plates per side x 10 – working sets start

For your rest breaks, I want to challenge you. Do not rest longer than 2 minutes between sets ok. Keep a good pace going and jam your legs full of blood.

Goal – Supramax pump

Bulgarian split squat – You probably have seen the pattern I typically use here, but if not, you will do 3 sets with progressively heavier dumbbells followed by a drop set with isoholds. Sets will be 8 reps, and the isoholds on the last set will be 8 seconds. **4 total work sets.**

For example:

25lbs dumbbells x 8
45 lb dumbbells x 8
65 lb dumbbells x 8
85 lb dumbbells x 8 – drop to 65's for 8 – drop to 45's x 8 – drop to 25's x 8. At the end of each set here, come up $\frac{3}{4}$ of the way and do a 8 second isohold.

Goal – Supramax pump

Banded good mornings – Now you just did these for back last week, but now really focus on using your hams. Feel them stretch and stand up straight and squeeze ams and glutes on these. Do 3 sets to failure. **3 total work sets.**

Goal – Work muscle from a stretched position

Post workout stretching – 3 30 second quad stretches and hip stretches (where you pull your leg across your body sideways while laying on back (will need a partner for this))

Chest - 13 sets / Shoulders – 11 sets / Triceps – 6 sets

Slight incline dumbbell press – Simply do sets of 8 until you can no longer get 8. Take these to $\frac{3}{4}$ lockout. We will count this as 3 work sets. **3 total work sets**

Goal – Activate and pump

Machine flyes – We are going to mix it up this week! Do 3 sets of 10 with a very hard 2 second flex on each rep. On all sets finish with a 10 second isohold with it in mid position **3 total work sets**

Goal – Work muscle from a stretched position

Flat barbell press – Find a weight that you can do a good solid 6 reps with. Leave 1-2 reps in the tank here. Take these to $\frac{3}{4}$ lockout and then come right back down. On the last set I want you to do 6, drop the weight and do 6 more and then drop the weight and go all out to failure! **4 total work sets.**

Goal – Supramax pump

Machine press – Now that you have a massive pump, you are going to use a very good range of motion here. Get a great stretch and lock these out and flex pecs hard for 2 seconds on each rep. Feel every rep, and force blood in there! Do 3 sets of 8 here to finish off chest. **3 total work sets**

Note: In between sets of the machine press grab a band and do band over and backs to loosen up shoulders and allow even more blood in chest. Go over and back 10 times between each set.

Goal – Supramax pump

Dumbbell side laterals – Do 3 ultrastrict sets of 10 reps here. On your 4th set do 10, and then drop the weight and do 10 more, and then do one more drop and shoot for 10. **4 total work sets.**

Goal – Supramax delt pump

Rear delt machine flyes – Pyramid on these too this week. Do the following rep scheme. 20, 15, 12, 9. Add weight each set and take your time as your shoulders will be on fire from the drop set on sides. Flex hard on these. Take advantage of the blood in there.. **4 total work sets.**

Goal – Supramax delt pump

Spidercrawls – Go up and down 3 times for one set. I go from about as far as I can reach up to down around my upper thigh on the bottom part of the rep. Do 3 sets of these. **3 total work sets.**

Goal – Supramax delt pump

Dual rope extensions – Do 5 sets of 12 here. Flex at the bottom. On your last set do a drop set with an isohold. Do 12, drop the weight and do around 10, and then again, and then hold the weight at midpoint and count for 10 seconds. **6 total work sets.**

Goal – Supramax pump

Back – 16 sets / Biceps – 7 sets

I brought volume down a bit, as sets have been very high and this felt really good.

Chest supported row – On a machine with your chest on a pad, use a neutral grip or other variation (trying not to use pronated grip here) and work your way up doing a standard pyramid. Do the following rep scheme adding weight as you go, Each set you should be at failure meaning you can't do any more reps with good form. Reps are 15, 12, 10, and 8. On the last rep of each set let the weight hang and stretch you for 10 seconds. This will be really hard on the last set. **4 total work sets.**

Goal – Activate and pump lats

Neutral/close grip pulldown – On these arch your chest and really drive elbows down flexing lower lats. Also reach up and get a nice stretch on each rep. Do 3 sets of 10 and then on your 4th set do an insane drop set. Here is what I did. I used a heavy weight for 6 reps and then stretched for 5 seconds. Then drop

the weight and get 6 -8 more and then stretch for 5 seconds, and then drop it again and go to failure even cheating a little. No need to stretch here as the weight won't be real heavy. **4 total work sets.**

Goal – Supramax pump

Dumbbell rows – These are just standard gut busting dumbbell rows. Do 4 sets of 8 with a tough weight. Make sure you are getting a good stretch on these to. **4 total work sets.**

Goal – Supramax pump

Rack pulls – Pull from mid shin. On these do sets of 2 up to a weight that is a tough 5. Now I want you to do 4 sets of 5 with it. Take your time here, don't rush. **4 total work sets.**

Goal – Supramax pump in your spinal erectors

Drag curl – We are repeating these from last week with added reps. These are curls done (usually with an ex curl bar), where push your elbows back and literally drag the bar up right by your torso hence the name drag. Flex hard throughout the entire range of motion. This is going to light your biceps up. Do 4 sets of 15 with 45 second rest breaks. **4 total work sets.**

Goal – Supramax pump

Preacher curl – Do 3 nice slow sets of 6 here. Flex your bis hard on each and every rep. **3 total work sets.**

Your 4th, and if you have built up to it, 5th and 6th days, will be taken from the optional/pump workout document!!!!

Calves

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

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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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Tuesday – Legs (optional)

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Thursday – Back/Bis (optional)

Friday – Rest

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Week 11 – High Volume (direct arm only days were dropped in week 3)

Week 11 and 12 – Rest/Pause sets

Legs – 22 sets:

Glute machine – You can use a butt blaster, glute kick back machine, etc. Whatever to isolate glutes better. Do 2-3 warm up sets and then do 4 sets of 8 with a 1 second flex on each rep. **4 total work sets.**

Goal – Activate and pump

Leg press – These are going to be done with a style that will focus on your outer quad sweep (vastus lateralis). You put your feet a little lower on the platform, not real low! Then put your feet about 4 inches apart and turn your toes out some. Next lower it by allowing knees to travel outside your body. Please see the video of this technique in action. Just do sets of 10 until you can barely get 10. Don't go so heavy you compromise form ok. Stay strict and you will feel this is outer quads. We will call this 4 sets. **4 total work sets.**

<https://www.youtube.com/watch?v=bV3VVQG-sXw>

Goal – Supramax pump

Kettlebell squat – Set to aerobic step benches up beside each other and turn toes out some. You will hold the kettle bell out in front of you and drop down in nice and deep with your back straight. Now start to come up slowly, but then accelerate through the rep and flex your outer thighs and glutes as best you can. It takes some practice! Do 4 sets of 10. **4 total work sets.**

<https://www.youtube.com/watch?v=IGpHeghDUw8>

Goal – Supramax pump

Smith squat – This is similar to last movement but you can obviously use much more weight. Put feet out in front with toes turned out slightly and hammer out 4 sets of 8. You should have 1-2 reps left in tank on each set. Don't go to complete failure. **4 total work sets.**

Goal – Supramax pump

Lying leg curls – Do sets of 8 here.

Supersetted with

Banded good mornings – Do 15 here. Flex glutes at the top.

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

Goal – Work muscle from a stretched position

Chest - 11 sets / Shoulders – 11 sets / Triceps – 8 sets

Flat dumbbell press – Simply do sets of 8 until you can no longer get 8. Take these to $\frac{3}{4}$ lockout. We will count this as 3 work sets. **3 total work sets**

Goal – Activate and pump

Smith incline – Use a slight incline on these. Lower the weight to the point where we usually do (2-3 inches above upper chest) and pause for a 2 count. Now drive the weight up and flex pecs all the way to lockout. Do 4 sets of 12 like this. This is a lot of reps to take to lockout flexing, you should have a fantastic pump. **4 total work sets**

Goal – Supramax pump

Machine flye – Use very strict form on these as usual. Take every rep to full contraction and hold for 1 second. Also, go nice and slow on the stretch and try to really open up your chest. Lift your sternum and just slowly let the weight stretch you at the bottom. Do 4 sets of 10 here. **4 total work sets.**

Goal – Supramax pump

Bent over side laterals – Do 4 sets of 20 here. As you fatigue in the later sets, don't drop weight just get to your 20 using partial reps out of the bottom. Relax your traps and back. Use rear delts only! **4 total work sets.**

Goal – Supramax delt pump

Barbell front raise – Take your hands out about 6 inches past shoulder width. Raise the weight up to eye level here. Flex through the contraction, don't just swing the weight. Do 4 sets of 10 here and only take 60 seconds between sets. **4 total work sets.**

Goal – Supramax delt pump

Spidercrawls – Go up and down 3 times for one set. I go from about as far as I can reach up to down around my upper thigh on the bottom part of the rep. Do 3 sets of these. **3 total work sets.**

Goal – Supramax delt pump

Dual rope extensions – Do 4 sets of 12 here. Flex at the bottom. **4 total work sets.**

Goal – Supramax pump

Lying extensions – Do 4 sets of 10 here. Try to get a nice stretch at the bottom here. Do these nice and slow. **4 total work sets.**

Goal – Supramax pump

Back – 16 sets / Biceps – 7 sets

I kept volume down a bit again this week, but intensity should be off the chart.

One arm supinated pulldown – After a few warm up sets get a solid 4 sets of 10 here with a massive flex in the contracted position of each rep. **4 total work sets.**

Goal – Activate lats

Neutral/close grip pulldown – This is like last week but do really hard flexes on each rep this week. On these arch your chest and really drive elbows down flexing lats. Also reach up and get a nice stretch on each rep. Do 3 sets of 10 and then on your 4th set do an insane drop set. Here is what I did. I used a heavy weight for 6 reps and then stretched for 5 seconds. Then drop the weight and get 6 -8 more and then stretch for 5 seconds, and then drop it again and go to failure even cheating a little. No need to stretch here as the weight won't be real heavy. **4 total work sets.**

Note: Now I used a really cool machine doing these, see the video, but I realize you may not have one of these, so try to simulate this with a neutral grip pulldown as stated above.

<https://www.youtube.com/watch?v=bIBUuliEr7k>

Goal – Supramax pump

Chest supported row – I want you to do these again this week, but change your grip and also go heavier. Find a weight that you can do for a solid 8 reps with a massive stretch and do 4 gutbusting sets of 8. **4 total work sets.**

Goal – Supramax pump

Seated face pulls with rope – For our finished today we are going to do the seated face pulls where you really pull the rope into your chest and flex lower traps and rhomboids hard. Do 4 sets of 12 here. **4 total work sets.**

Goal – Supramax pump

Hammer curl – Do 4 sets of 10 here. Nothing special just bag out some hard sets. **4 total work sets.**

Goal – Supramax pump

Cable curl – Do 3 nice slow sets of 10 here. Flex your bis hard on each and every rep. **3 total work sets.**

Your 4th, and if you have built up to it, 5th and 6th days, will be taken from the optional/pump workout document!!!!

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

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Routine #3

<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 18 – The Beyond

The Beyond is an immensely powerful extradimensional entity of disputed origin. You will become this entity.

This program has a different twist to it! We will be adding more back and chest work starting at week 3, but taking out a direct arm day. We will add a few set of bis and tris on all chest/shoulder and back days. I think you are going to be pretty surprised with how well your arms do, largely in part to all the extra work they get on extra chest/shoulder and back days. Of course your chest/shoulders and back will do great as well due to extra stimulation.

We will continue to use high intensity technique waving.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on drop sets and iso holds

Week 3 and 4 – Emphasis on forced reps (both concentric and eccentric) and partials

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. Using bands and chains are optional as I realize not every gym is accommodating.

This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 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 doing 4 days a week, you simply do the base three days, and also do anything else you want to do twice.

If you are doing a 5 day split, you can do two optional days.

If you are able to do 6 days, you will do everything twice!

Do not add heavy arm days in on top of how this is designed. You will get plenty of arm work. Multiple heavy arm workouts will likely result in beat up tendons and ligaments based on what I have seen over the years anyway.

Here is one way to set it up the 6 day plan – If you wanted to do only 5 days and no extra legs you could turn Tuesday into an off day as an example:

Sat – Legs (heavy)

Sunday – Chest/Shoulders/tris (heavy)

Monday – Back/Bis (heavy)

Tuesday – Legs (optional)

Wednesday – Chest/Shoulders/Tris (optional)

Thursday – Back/Bis (optional)

Friday – Rest

**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.*

The third week we drop the direct arm work and add it into the torso work.

Remember, the optional days are just that “optional”. So only do them when we have confirmed your recovery ability.

You will notice band work sprinkled into the program. Make sure you review the “band” playlist on my YouTube channel to learn how to use them properly. This link will take you to a package that has all the bands you need.

<http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=3928>

Week 12 – Moderate Volume (direct arm only days were dropped in week 3)

Week 11 and 12 – Rest/Pause sets

Legs – 20 sets:

Leg curl – Do plenty of warm up sets. Your working sets are going to be rest-pause, so you will need to be stop for one second at the stretch position and then curl the weight up. Do 3 sets of 10 like this. On your 4th set, do 8 reps, then drop the weight and do 6-8 more, then drop the weight and do 6 to 8 more, and then alternate doing them one leg at a time (I got about 9 with each leg – and had to make a small decrease in weight to do these.) **4 total work sets.**

Goal – Activate and pump

Leg press – These are just gut busting heavy leg presses. Put your feet wherever you are strongest and do sets of 10 up until you can't do 10 anymore and then stop. We will call this 3 working sets. **3 total work sets.**

Goal – Supramax pump

One leg press – Do these very slow. I want you to feel your upper ham, adductors, and glutes working hard on these. do these slow and use a nice full range of motion. Pause these at the bottom of each rep for half a second. Do 4 sets of 12 with each leg. These should be very tough. 12 reps should be extremely hard doing these with perfect form and at a slow speed. **4 total work sets.**

Note: I did these on a machine (vertical leg press) that uses selectorized weight. It was awesome.

Goal – Supramax pump

Barbell squat – Do a few low rep feeder sets to get to a weight that you can do for a nice solid 3 sets of 10. You won't be breaking any PR's, but that's ok. **3 total work sets.**

Goal – Supramax pump

Dumbbell stiff legged deads – Do 3 sets of 12 here. Use a full range of motion coming up all the way and squeezing glutes. **3 total work sets.**

Goal – Work muscle from a stretched position

Chest - 10 sets / Shoulders – 12 sets / Triceps – 7 sets

Machine press – Do sets of 8 here with a hard flex on every rep. Keep going up until you get to a weight that you can barely get your 8 reps with. I typically do about 3 warm ups and then 3 working sets. I say that so that you know to make smaller jumps and not huge ones. **3 total work sets**

Goal – Activate and pump

Barbell incline – Just good old heavy barbell work here. Do sets of 6 until you can't hit 6 with good form. As always stop the weight an inch or two above chest and drive it back up. We will call this 3 sets. **3 total work sets**

Goal – Supramax pump

Flat dumbbell press – On these I want you to use a palms neutral grip, so palms facing each other. Open up your chest and lift your sternum and stretch those sternal fibers as you lower the dumbbells to the deep position, then drive the weight up and flex. Now at this stage, and with this form, don't expect to use heavy dumbbells, but DO expect a crazy pump. Do 4 sets of 8. **4 total work sets.**

Goal – Supramax pump

Bent over side laterals – Do sets of 10 here with a little heavier weight than you normally use.

Supersetted with

Spidercrawls – Go up and down 2 times on each set.

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

Goal – Supramax pump

Seated dumbbell press – Just basic dumbbell presses here, for sets of 8. Lower the weight to just below ear level and then drive back up and flex hard for a second. Your shoulder should be absolutely on fire at this point. Do 4 sets. **4 total work sets.**

Goal – Supramax delt pump

One arm pushdowns – Do 4 sets of 12 here. Flex at the bottom hard. Let the weight come up as high as it can with your elbow tucked into your side to get a full range of motion. **4 total work sets.**

Goal – Supramax pump

Incline lying extensions – Do 3 sets of 10 here. Get a nice stretch at the bottom here. Do these nice and slow. **3 total work sets.**

Goal – Supramax pump

Back – 15 sets / Biceps – 7 sets

Hammer row – Warm up by doing a few sets of 12 reps with a good hard flex in the contracted position. On these I want you to use standard pyramid and go up to a weight you can barely get 8 with, while still maintaining good form. Try to really drive your elbows back and flex your lats hard. We will call this 3 sets. For the rep scheme, do 12, 10, and 8 reps. Make the reps count! If a set wasn't hard, don't count it! **3 total work sets.**

Note: If you do not have Hammer row machines, use any chest supported machine.

Goal – Activate lats

Behind the back pulldown – I do these on occasion, but use a very modified form from what is typical. First of all you only pull the bar down to the back of your head, and then hold it there and flex for 1 second on each rep. Now when you let the weight come back up lean back so your shoulders aren't in a precarious position. Then when you start the pulldown lean forward and bring bar to back of head and hold. Do 4 hard sets of 8 like this. **4 total work sets.**

Goal – Supramax pump

Smith machine deadlifts – I do these on rare occasions. I do like them. Use a conventional style and as you stand up straight, sort of drive your elbows back and flex your entire back. You will blood pumping into it all over. These are meant to be done superstrict. I only use 225-275 on these. Do 4 sets of 6. **4 total work sets.**

Goal – Supramax pump

Seated face pulls with rope – This is the same as last week. For our finished today we are going to do the seated face pulls where you really pull the rope into your chest and flex lower traps and rhomboids hard. Do 4 sets of 12 here. **4 total work sets.**

Goal – Supramax pump

Barbell curl – Do 4 sets of 8 here. Lower with a 3 second descent and then hold the top and flex for 1 second on every rep. **4 total work sets.**

Goal – Supramax pump

Preacher curl – Do 3 nice slow sets of 8 here. Flex your bis hard on each and every rep. **3 total work sets.**

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