

Mountain Dog training

OPTIONAL/PUMP DAYS – as recovery allows

BACK TRAINING

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

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

Optional Back workout – 16 sets

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

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

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

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

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

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

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

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

You will get more range of motion.

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

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

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

5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

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

Swiss bar:

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

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

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

Do 4 sets of 10.

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

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

Program 18 or 19 – use this template.

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

Structure

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

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

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

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

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

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

Do one exercise for lower traps/rhomboids

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

https://www.youtube.com/watch?v=Q6shuaJl_A&list=UUmSEdfW3LpEKyLiCDWBDdVQ

Do one exercise for serratus and upper outer lats

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

Do one exercise for spinal erectors

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

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

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

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

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

You have another choice here for back training!

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

Giant Set

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

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

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

Now onto the **TRI-SET!**

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

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

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

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

Optional Leg workout – 18 sets

You have many choices here!

Option #1 – Giant Sets / quad dominant

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

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

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

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

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

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

Option #2 – Giant Sets / Ham dominant

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

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

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

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

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

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

Option #3 – Overall leg focus

The way I want you to start these workouts is with a leg curl variation. You can do seated or lying. I want you to simply do 6 sets of 10 with a full range of motion after warm 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 and hip flexor focused

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

This workout consists of 4 exercises.

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

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

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

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

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

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

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

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

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

Option #5 – Overall leg focus

This workout consists of 3 exercises.

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

Superset time!

Next superset leg extensions with dumbbell squats. Once you are warmed up, you will be doing 6 sets of 10 on both the leg extension and squat.. Your first 3 sets will be done with your toes pointed back toward you to emphasize upper thigh (rectus femoris). Your next 3 sets will be done with your toes pointed down to emphasize lower thighs (Vastus medialis). Sit up straight on these! Do not lay back or forward and finish the extension lock out all the way at the top so that this hits hip flexors too.

This is to be Supersettted with

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

12 total sets from doing 6 supersets.

That's it!

Optional Chest 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**

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

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

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

Machine 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-jlVH0&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 machine

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

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

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

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

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

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

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

Option #2 – Giant Sets

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

- 1) Machine rear delt with 2 second flex on every rep x 12 reps
- 2) Seated 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 or 19, you will do the above but also add in two triceps exercises.

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

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

Program 19 – Ares

Ares possesses the typical powers of an Olympian, including superhuman strength, speed, agility, durability, reflexes, and virtual immortality, though some of his powers are substantially greater than most other Olympians.

Like all Olympians, Ares is superhumanly strong, though far more so than the majority of his race. Among the Olympians, his physical strength is equaled only by his uncles, Neptune and Pluto, and is exceeded only by his father, Zeus, and his half-brother, Hercules. Ares' body and metabolism generates almost no fatigue toxins during physical activity, granting him virtually inexhaustible superhuman stamina in all physical activities. Ares' body is also highly resistant to physical injury. He can withstand great impact forces, energy discharges, temperature extremes, and falls from great heights without being injured. Now on the falling from great heights thing, I'd probably avoid that!

[http://en.wikipedia.org/wiki/Ares_\(Marvel_Comics\)](http://en.wikipedia.org/wiki/Ares_(Marvel_Comics))

As we did last program, 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.

Here are the bands you will need from EliteFTS:

- 1 grey average band (for use with good mornings)
- 1 orange micro mini (for face pulls and women use on chest press machines often)
- 2 red long pro minis (for chest presses)
- 1 red short pro mini (for spidercrawls)

Week 1 – Moderate Volume

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

Legs – 14 sets:

Lying leg curl – On these do a few warm up sets and then I want you to do 3 good hard sets of about 10 reps where you go to failure meaning you can’t get anymore reps with perfect form. On your 4th and last set, this will be a drop set. Do 8 to 10, and then drop it and do another 8 to 10, and then one more time. Just take each rep to failure with perfect form. No popping your hips up and down, and don’t get loose with form. **4 total work sets.**

Goal – Activate and pump hams

Squats – Let’s start this program with some ball busting squats. I want you to do a few sets of 15 or so to warm up and then start increasing the weight doing sets of 8. You will just keep doing sets of 8 taking small to medium jumps in weight until you can barely get 8. I want you to feel like the last 2-3 sets are fairly tough. Once you get to this weight you are going to do a **challenge set.**

This challenge set is a simple dropset on the squat. Do 8 reps, drop the weight and do 8 more, and then drop the weight and go to failure. Stop immediately if you feel you can’t maintain perfect form. Gut out a lot of reps after the last drop ok! We will call this 4 sets. **4 total work sets.**

Goal – Train explosively

Bulgarian split squats – I am attaching a video on these just so you can see set up. You are going to grab a medium dumbbell and do 3 sets of 8. After the 8th rep do a 10 second isohold on each rep. **3 total work sets.**

<https://www.youtube.com/watch?v=1Ee3M6SDgQ>

Goal – Supramax pump

Dumbbell stiff legged deadlift – Do 3 sets of 10 here. Don't come all the way up, just come up $\frac{3}{4}$ of the way and really work the stretch. Your legs will be loaded with blood. **3 total work sets.**

Goal – Work muscle from stretched position

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

Chest - 9 sets / Shoulders – 9 sets

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

Flat dumbbell press – Work up and keep doing sets of 15 until you can barely get 15. 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. Do 15 or close to it, and then drop and shoot for 10-12, and then drop and shoot for about 8. I have video below of Ken below, and the first pair of dumbbells are a little light, but that is the heaviest dumbbells we had access to. **3 total work sets**

<https://www.youtube.com/watch?v=tJCbZ3kai3A>

Goal – Activation and Supramax pump

Incline smith bench press – On these get 3 good solid heavy sets of 8 in. Don't touch your chest on these, stop about 1-2 inches shy and then drive up hard to $\frac{3}{4}$ lockout and come right back down. Keep going up until you can barely get 6. You will be a little fatigued from the dumbbell drop set, but don't worry about the weight, just work hard with perfect execution. **3 total work sets**

Intra-set stretching – After all sets here I want you to do a 15 second hard pec stretch.

Goal – Supramax pump

Incline fly with manual resistance – Use the same bench that you used for the presses. On these take a weight that you can do perfectly for about 10 and just do 10 normal flyes. Straighten your arms out at the top and you will feel an unbelievable flex and pump (from the last exercise) in your chest. Then drop the weight and do 5-6 reps where your partner pushes you down and you resist hard for another 5-6 reps. It is

important that your partner only push down ½ way, do not keep pushing all the way down into the stretched position or you will get injured. Check out my YouTube video below on this too, so you can see where to stop applying pressure and how to do it. Do 3 sets. **3 total work sets.**

Here is what I did as an example:

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

Do 3 sets like this with same weight. If you lose a few reps that is ok! These are brutal!

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

Goal – Supramax pump

Bent over dumbbell rear laterals. – Do 3 sets of 20 here. Take 60 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 - 14 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

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

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

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

Goal – Supramax pump

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

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

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

Goal – Supramax pump

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

Goal – Supramax pump in your spinal erectors

Biceps - 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://mountaindogdiet.com/advanced/workouts-advanced/miscellaneous/monster-calves/>

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 19 – Ares

Ares possesses the typical powers of an Olympian, including superhuman strength, speed, agility, durability, reflexes, and virtual immortality, though some of his powers are substantially greater than most other Olympians.

Like all Olympians, Ares is superhumanly strong, though far more so than the majority of his race. Among the Olympians, his physical strength is equaled only by his uncles, Neptune and Pluto, and is exceeded only by his father, Zeus, and his half-brother, Hercules. Ares' body and metabolism generates almost no fatigue toxins during physical activity, granting him virtually inexhaustible superhuman stamina in all physical activities. Ares' body is also highly resistant to physical injury. He can withstand great impact forces, energy discharges, temperature extremes, and falls from great heights without being injured. Now on the falling from great heights thing, I'd probably avoid that!

[http://en.wikipedia.org/wiki/Ares_\(Marvel_Comics\)](http://en.wikipedia.org/wiki/Ares_(Marvel_Comics))

As we did last program, 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.

Here are the bands you will need from EliteFTS:

- 1 grey average band (for use with good mornings)
- 1 orange micro mini (for face pulls and women use on chest press machines often)
- 2 red long pro minis (for chest presses)
- 1 red short pro mini (for spidercrawls)

Week 2 – Moderate Volume

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

Legs – 16 sets:

This is a workout I did with IFBB Pro Fouad Abiad when he came to town.

Lying leg curl – On these do a few warm up sets and then I want you to pyramid up hitting failure with GOOD form, for 3 sets. Start at 12 reps, then the next set after adding weight it should be around 9 to 10, and then on the 3rd set it should be around 8 or so. On your 4th set I want you to do a solid 8, and then get 5 forced reps, and then do the iso hold (closer to stretched position not contracted position) for 15 seconds. **4 total work sets.**

Goal – Activate and pump hams

Leg press – On these just start working your way up doing sets of 15. Use a normal stance, wherever you feel most comfortable. Once you barely hit 15, that is what I consider your first set. On your second set I want you to add weight and do 10, then pause for 5 seconds and knock out 5 more for 15 total. On your 3rd set I want you to add more weight, and you do as many as you can, and continue to lock out and pause as needed until you get to 15 reps. On the pauses, do not rest longer than 5 seconds. This should be brutal. **3 total work sets.**

Goal – Supramax pump

Hack squats – Descend nice and slow on all reps for 3 seconds and take to ¾ lockout and then go right back down. Put a weight you can do for about 12 on their normally, and do 3 sets to near failure with it. Leave a rep in the tank on each one so you don’t get stuck. **3 total work sets.**

NOTE: Fouad and I actually did an inverted leg press here, so if you have one of those, use it on this. I know there aren’t many left out there!

Goal – Supramax pump

One legged machine press – These are absolutely awesome for drilling your glute right where it ties in to upper ham. Also you get a real nice range of motion on your quads at the bottom of. Do these nice and slow as you can see Fouad doing in video. I want you to get right around 10-12 ok. I want you to be barely be able to get your last rep on every set. Once you start to drive the weight up really focus on flexing your glute at the top and you will see exactly what I mean. See video attaché below. **3 total work sets.**

<https://www.youtube.com/watch?v=1PZt2kT1c5M>

Goal – Supramax pump

Dumbbell stiff legged deadlift – Do 3 sets here of around 10 reps. I want all sets to be taken close to failure. Leave no rep in the tank. Make sure you come all the way up and squeeze glutes though, and lower the weight nice and slow. **3 total work sets.**

Intra-set stretching – None today

Chest - 13 sets / Shoulders – 9 sets

This is a workout I did with IFFB Pro Evan Centopani – I actually still had a “pump” the next day from this!

Machine press – On these Evan and I used one of the old seated Flex chest press machine that are plate loaded. You may or not remember those but in the 90’s they were very popular and I always felt like it was an awesome piece of equipment. You can use any chest press though. So work up in weight doing sets of 8 with hard flexes at the top. Once you hit failure at about 8 reps, that is set number 1. On your next set use the same weight, and go to failure but add in 5 partials out of the bottom. On your 3rd set use the same weight, do the 5 partials, and then also lock the weight out and just hold it flexing for 10 seconds as hard you can! **3 total work sets**

Goal – Activation and Supramax pump

Machine fly – On these use a weight that you think you can do for about 20 reps. Now after the sets on the machine press, it won’t be as much as you think. SO go for 20 on first set and you have to hold the flex at the top for 1 second on each rep. On your 2nd set just add a little weight and do the same thing to failure. On your 3rd set do the same thing, add a little weight and go to failure again. **3 total work sets**

Goal – Work muscle from stretched position

Incline dumbbell press – On these you are going to use a weight that you think would be good for about 10 reps. Now at this point, I could only use 65’s, so don’t feel bad if you aren’t throwing around the big dumbbells. Just go to failure on all 3 sets meaning stop when form is compromised. **3 total work sets.**

Goal – Supramax pump

Dips – You can use a dip rack for these or an assist machine. Go to failure and then immediately go to pushups.

Supersetted with

Pushups – Go to pushups now, just normal pushups and go to failure.

Do 2 rounds for **4 work sets total**.

Dumbbell side laterals – This is standard dumbbell side laterals. Evan and I used a machine with levers where you stand up and actually hold a handle and do the lateral raise. Do 3 sets of 30 here with 60 second breaks. Hello fire. **3 total work sets**.

Goal – Supramax delt pump

Seated smith machine press - On these try to go somewhat heavy. Do 3 sets of 8 with a full range of motion. Let the bar touch the top of your chest. Get under the bar ok, don't let it come way out in front of you. **3 total work sets**.

Goal – Supramax delt pump

Wide grip seated cable row – Use a wide grip and keep elbows up. Flex rear delts hard on each rep. Do 3 sets of 20 here. **3 total work sets**

Back - 15 sets

This is another workout I did with IFBB Pro Fouad Abiad when he came to town.

Hammer DY row (or similar machine) – Work your way up doing sets of 10. Once you get to a tough 10 do 2 sets with it. Make sure your butt is a tad back on the pad and you are reaching forward to stretch hard. On your 3rd set add a little weight and do 8. Then have your partner give your 4 forced reps. Then drop the weight and try to get another 6 to 8. Finally drop the weight and hold in the contracted position for 10 seconds. This will make sense once you see the video attached below. **3 total work sets**.

<https://www.youtube.com/watch?v=gLUYTs5973o>

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

Pulldowns with forced stretch – One of my old favorites here. When you get just about to the stretch position have your partner push down on the stack gently to force more of a stretch, and then let go once you start pulling it down again. The partner is only there to enhance the stretch. Do 3 sets of 10 like this. **3 total work sets.**

Goal – Supramax pump

<https://www.youtube.com/watch?v=-pj-1n9X3P0>

Seated cable rows – Use the Mag grip on these if you have one, if not that's ok just use a close grip. Do a moderate weight for 3 sets of 12. Flex hard as you drive your elbows back ok. **3 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 3 sets of 10 here laying on bench not across it per our usual form. **3 total work sets.**

Note: Fouad and I actually used a Nautilus pullover machine for these fyi.

Goal – Work muscle from stretched position

Banded hyperextensions – We used a pretty thick band on these and did 3 sets of 8 and held the flex for 2 seconds on each rep. We used the grey band, but you could use a red or orange band as well. **3 total work sets.**

Goal – Supramax pump in your spinal erectors

Biceps - 13 sets / Triceps - 12 sets

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

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

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

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

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

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

Goal – Occlusion (BFR – blood flow restriction training)

Rope pushdowns – Use form where your wrists stay in tight to your body as you let them rise up. Squeeze hard at the bottom for 1 second. Do 3 sets of 20 here to get blood moved over into tricep from bicep asap. **3 total work sets.**

Close grip bench press – An EZ curl bar or regular barbell is fine here. Don't lower these to your chest. Lower them slowly down to a few inches above your nose (don't drop it). Let your elbows flare out to get a good stretch. Use perfect controlled form on these. Take them up to ¾ lockout and then come right back down. Do 3 sets of 8. **3 total work sets.**

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

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

Calves

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

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

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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.

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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 19 – Ares

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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.

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Sat – Legs (heavy)

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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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Week 3 – High Volume

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

Legs – 18 sets:

Here is another workout I did with IFBB Pro Evan Centopani

Lying leg curl – We are going higher reps on these. Do sets of 20. Keep going up until you can barely get 20 and then just stay there and do 3 sets of 20 with it. **3 total work sets.**

Goal – Activate and pump hams

Leg press – On these you are going to go high and wide on the foot plate. Turn your toes out a hair and really drive with heels. This is sets of 20 again. This is almost identical to last week’s leg press, but it’s a different stance and higher reps. You still want to hit 20 on first set (first set is when you can barely do 20). On second set you add weight and do what you can continuous, then stop as needed to get to your 20, and again add weight on the 3rd set and do as many as you can continuous before stopping periodically to get your total number of 20 reps. **3 total work sets.**

Goal – Supramax pump

Leg extensions – I want you to hit failure with good form at 10-12 reps, and then pump out 1- partials out of the bottom.

Superset this with

Sissy squats – I want you to shoot for 10 good reps here!

Do 3 supersets like this for **6 total work sets.**

Goal – Supramax pump

Barbell squat – I want 3 sets of 8 here. The 8th rep should be extremely difficult. Do these nice and slow as your legs might be shaking due to fatigue. Be smart. **3 total work sets.**

Goal – Supramax pump

Glute ham raise – Do 3 sets here of around 10 reps. If you don't have a GHR, then do banded good mornings where you really push your hips back and stretch your hams and then stand up straight and flex hard. **3 total work sets.**

Chest - 13 sets / Shoulders – 9 sets / Triceps 6 sets

Flat dumbbell press – On these you are going to do a few high rep warm up sets and then do set of 8 until you hit failure at 8 reps. On your last set where you barely get 8 have your partner help you will 3 extra forced reps. Take these to $\frac{3}{4}$ lockout. Keep constant tension on muscle. We will count this as 3 working sets. **3 total work**

Goal – Activation and Supramax pump

Incline barbell press – On these we are going heavy as well. Do sets of 6 until you can barely do 6 with perfect form. As always don't touch your chest on these and take to $\frac{3}{4}$ lockout. We will count this as 3 working sets. **3 total work sets.**

Machine flye – On these you are going to do 20 reps on your first set with a hard flex on every single rep. On your 2nd set increase the weight a little and do 15 reps, and then 5 partials out of the bottom (stretched position). On your 3rd set again add a little weight and do 10 reps and then 10 partials out of the stretched position. This should set your chest on fire. Remember on every single full rep you do flex hard for 1 second. **3 total work sets**

Goal – Work muscle from stretched position

Let's do this again from last week!

Dips – You can use a dip rack for these or an assist machine. Go to failure and then immediately go to pushups.

Supersetted with

Pushups – Go to pushups now, just normal pushups and go to failure.

Do 2 rounds for **4 work sets total**.

Seated dumbbell side laterals – These are to be done with very strict form seated. Raise your arms to about ear level. Do 20 reps on first set. Increase weight and do 15 reps on your second set, and then raise the weight and do 10 reps on your 3rd set, immediately followed by 10 more partials out of the bottom – push hard! **3 total work sets**.

Goal – Supramax delt pump

Machine rear delts - Do 3 sets of 15 here with a 1 second flex on each set. Also tack on 5 partials out of the stretch position (not flexed position) on all sets. **3 total work sets**.

Goal – Supramax delt pump

Dumbbell bent over row – Your rear delts are going to be on fire from the last exercise, but gut out 3 sets of 20 here with a full range of motion. This may require pretty light weight, but the pump will be incredible. **3 total work sets**

Goal – Supramax delt pump

Rope pushdowns - Do 3 sets of 15 reps here. Get a hard flex at the bottom of every rep. **3 total work sets**.

Goal – Supramax pump

Lying extensions – Do these nice and slow. Do 3 sets of 8. Try to lower the weight with a 3 second decent. **3 total work sets**

Goal – Supramax pump

Back - 18 sets / Biceps 6 sets

Single arm pulldowns – We are going to kick this week's workout off with these. Do a few warm up sets and then pyramid up. Add a little weight as you go and shoot for the following rep scheme – 15, 12, 10, and 8. Remember to align your body properly, lean back a bit and remain in that position, and really drive your elbows down and flex your lower lats. Next week I am going to add a twist to these that I recently added using two long red pro mini bands that you will love! **4 total work sets.**

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

Smith machine rows – We are going to pyramid up on these too. Use the same rep scheme ok. Now in terms of your grip I want you to start a bit wide, and each set you do move your grip in a tad. Also do not lean down at waist too much. I want you to be a bit upright and really flex your ENTIRE back hard. So again rep scheme 15, 12, 10 and 8 with moving in grip and adding some weight each set. **4 total work sets.**

Goal – Supramax pump

Rack pulls – I want you to do sets of 5 here. Flex your entire back before you start the lift, and then keep all tension in it as you go through the range of motion. Pull from midshin in a power rack off pins. So find a weight that is a pretty tough 5, and do 4 sets with it. You should get all reps though. I don't want form to break. **4 total work sets.**

Note: I actually did these on a Smith machine this week and really liked them. I do them in Smith on occasion because I feel like I can keep overall tension in lats really well.

Goal – Strength

Dumbbell pullover – Do 3 sets of 10 here laying on bench not across it per our usual form. **3 total work sets.**

Goal – Work muscle from stretched position

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

Goal – Supramax pump in your spinal erectors

Incline dumbbell concentration curls – Do 4 sets of 12 here. Smash the dumbbells into each other the whole time so there is a tremendous amount of tension in your biceps. **4 total work sets.**

<https://www.youtube.com/watch?v=3Y7wWx8xGAw&list=PL04BB5F1BC0300483&index=7>

Cross body hammer curls – Ok let's finish up with 2 sets of 10 here. **2 total work sets**

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

Calves

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

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

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On routine #3

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

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

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 19 – Ares

Ares possesses the typical powers of an Olympian, including superhuman strength, speed, agility, durability, reflexes, and virtual immortality, though some of his powers are substantially greater than most other Olympians.

Like all Olympians, Ares is superhumanly strong, though far more so than the majority of his race. Among the Olympians, his physical strength is equaled only by his uncles, Neptune and Pluto, and is exceeded only by his father, Zeus, and his half-brother, Hercules. Ares' body and metabolism generates almost no fatigue toxins during physical activity, granting him virtually inexhaustible superhuman stamina in all physical activities. Ares' body is also highly resistant to physical injury. He can withstand great impact forces, energy discharges, temperature extremes, and falls from great heights without being injured. Now on the falling from great heights thing, I'd probably avoid that!

[http://en.wikipedia.org/wiki/Ares_\(Marvel_Comics\)](http://en.wikipedia.org/wiki/Ares_(Marvel_Comics))

As we did last program, 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)

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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.*

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.

Here are the bands you will need from EliteFTS:

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- 1 red short pro mini (for spidercrawls)

Week 4 – High Volume

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

Legs – 17 sets:

Lying leg curl – After a few warm up sets find a weight that is a pretty tough 10. Do 3 sets of 10, and then on the 4th set I want someone to assist you and give you 5 extra forced reps, and then I want you to do 20 partials out of the stretched position. **4 total work sets.**

Goal – Activate and pump hams

Barbell squat – Work your way up doing sets of 10 here. I simply want you to keep adding weight until you barely get 10. Make sure your jumps aren’t so big that only 1 or 2 of your sets are hard. I want 3 of your sets to be really tough. **3 total work sets.**

Note: If you have a safety squat bar, use it this week.

Goal – Activate and pump quads

Leg press – Put your feet in real close on these and on the middle of the platform. I want you to do a feeder set or two of low reps just to get you to your working weight. I want you to do 3 sets of 25 reps with nonstop continuous tension here. **3 total work sets.**

Goal – Supramax pump

Bulgarian split squats – Do 3 sets of 10 here, and on each set, add 5 little pulses at the bottom to extend the set on each leg. You don’t have to rush from one leg to the other. Your first leg should be burning so bad you need a minute to recover and do the other leg. **3 total work sets.**

Barbell stiff legged deadlift – Do 4 sets of 10 here. Come up all the way and flex your glutes hard on every rep. **4 total work sets.**

Chest - 13 sets / Shoulders – 9 sets / Triceps 7 sets

Banded machine press – I prefer to use a flat Hammer strength machine here or a flat nautilus machine. Use the long red pro-mini bands. Don't let your elbows go past 90 degrees. This is something we don't actually want a full range of motion on as it's hard on your rotator cuff. Do 4 very explosive sets of 6 here with a hard flex at the top. **4 total work sets.**

Goal – Activation and explosive work

Incline barbell press – Just like last week here. I bet you anything you will be stronger this week though. The explosive band work seems to provide neurological benefit done in this order. On these we are going heavy as well. Do sets of 6 until you can barely do 6 with perfect form. As always don't touch your chest on these and take to $\frac{3}{4}$ lockout. We will count this as 3 working sets. **3 total work sets.**

Machine flye – We are going to do these again but I want lower reps this week. Last week should have been excruciating if you did this right. On these you are going to do 10 reps on your first set with a hard flex on every single rep. On your 2nd set increase the weight a little and do 8 reps, and then 5 partials out of the bottom (stretched position). On your 3rd set again add a little weight and do 6 reps and then 10 partials out of the stretched position. Remember on every single full rep you do flex hard for 1 second. **3 total work sets**

Goal – Work muscle from stretched position

Stretch pushups – Do 3 sets to failure here. **3 total work sets**

Machine rear delt/reverse pec deck – Do 3 sets of 20 here. Let's get an insane amount blood in your rear delts fast! **3 total work sets**

Goal – Supramax delt pump

Over and back press – Remember to take these behind head and to the front for 1 rep. Only lower the bar to just behind head and in the front just lower to nose level. Keep the rhythm going pumping these. Do 3 sets of 10. **3 total work sets**

Goal – Supramax delt pump

Dumbell side laterals – Bring these much higher than usual. Try to get these as high as 10 o'clock and 2 o'clock position. Do 3 sets of 12 here. Control the weight on the way down. Make these hurt. **3 total work sets.**

Goal – Supramax delt pump

Close grip bench – I use an ez bar on these and I lower down to a few inches above mouth. Your triceps are going to be a bit tired from all the chest work and shoulder pressing, so just focus on tension and burning here. Slightly flare your elbows out at the bottom to put a really good stretch on the belly of your triceps too. Do 4 sets of 8. **4 total work sets.**

Goal – Supramax pump

Seated overhead rope extension – Do these nice and slow. Do 3 sets of 12. Try to lower the weight with a 3 second decent. **3 total work sets**

<https://www.youtube.com/watch?v=GQGndNEkIFE&list=PL04BB5F1BC0300483&index=15>

Goal – Supramax pump

Back - 22 sets / Biceps 7 sets

Single arm pulldowns with isometric tension – This is a great way to really increase tension in your lower lats. This requires bands, and some experimenting to find the right tension. I have done these for maybe 6 to 8 weeks now and for me, using two long red pro minis are about perfect. This could be too much for you, or not enough. Also some lat machine are taller than others which creates more tension in the band itself.

Here is the key. The arm that is not doing the pulldown has to be locked into contraction hard and you hold it there in an isometric contraction until you finish your 8 reps on the other side. Then immediately switch arms and put the other arm through the band. On the next set start with your other arm. You are going to do 4 sets. So start two of the sets with your left arm in the band, and two with your right arm in the band. See the video below for explanation. **4 total work sets.**

https://www.youtube.com/edit?o=U&video_id=ivlfZV4a558

Goal – Get some blood flowing and pre-pump your lats (very intense on lower lats)

One arm barbell rows – Ok now that your lower lats are a pumped and activated let's hammer some one arm barbell rows. This will demolish your entire lat, and drive your lower lats to an even deeper level of fatigue. Do 4 sets of 8. Remember to keep the hip up a little higher on the side you are rowing with to get a nice pre-stretch on your lats. All sets should be tough. **4 total work sets.**

Goal – Supramax pump

Rack pulls – I want you to do 5 sets of 3 here. You will be going a little heavier than last week, but the form is still the same. Flex your entire back before you start the lift, and then keep all tension in it as you go through the range of motion. Pull from midshin in a power rack off pins. So find a weight that is a pretty tough 3, and do 5 sets with it. You should get all reps though. I don't want form to break. **5 total work sets.**

Goal – Strength

Dumbbell pullover – Do 3 sets of 10 here laying on bench not across it per our usual form. **3 total work sets.**

Goal – Work muscle from stretched position

Chin up death – Use an assist machine if you have to, to keep good form. 90% of people do on this. Do 2 sets to failure out wide with a pronated grip. Do 2 sets with a medium grip also pronated to failure. Lastly do 2 sets with a close neutral grip to failure. Failure means you can't do any more good reps. Don't do sloppy chins. **6 total work sets.**

Goal – Supramax pump

Spider curls – Do 4 sets of 10 here. If you don't have a bench with the flat pad, then just do regular preacher curls. This is an oldie but goody. See the video below for a form refresher. **4 total work sets.**

<https://www.youtube.com/watch?v=PWhIhFut6Tc&index=20&list=PL04BB5F1BC0300483>

Goal – Supramax pump

Hammer curls – Ok let's finish up with 3 sets of 12 here. **3 total work sets**

Goal – Supramax pump

Calves

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

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

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<http://mountaindogdiet.com/advanced/workouts-advanced/miscellaneous/monster-calves/>

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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.

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Week 5 – High Volume

Week 5 and 6 – Rest/Pause sets

Legs – 17 sets:

Seated leg curl – Do 3-4 warm up sets before we get started. I want you to do all rest-pause reps on these this week. Do 4 sets of 10. Straighten your legs and pause for 1 second and curl the weight and as you do flex your hams as hard as you can. Picture in your mind the blood rushing to the muscle as you squeeze and apply more and more tension. 10 reps is a guide. What I want is failure around that number. If you do 9 or 11, that’s fine. I just want the last rep, your last rep you could get using this ultra strict form. **4 total work sets.**

Goal – Activate and pump hams

Barbell pause squat – Work your way up doing sets of 10 here. Once you get to a decent weight I want 5 sets of 5 with a 3 second pause at the bottom. Wear a belt on these and stay ultra tight. So descend slowly, pause for a 3 second count at parallel, and then blast the weight back up. **5 total work sets.**

Note: Feel free to add 2-3 chains on each side of your 5 work sets if you like (provided your gym allows), as this will make this even more effective.

Goal – Train explosively

Leg extension (for hip flexors) – This is a weird but effective exercise for hip flexors and sartorius. Sit like you are going to do a leg extension, but instead pull your foot back into you by driving knee back into your abs/chest. Watch the video so you can see what I mean. I can barely use any weight on these, so don’t expect to be strong on these. Do all your reps with one leg, and then switch legs. Do 3 sets of 10. **3 total work sets.**

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

Goal – Supramax pump

Sissy squats – Hold onto a power rack and get up on the balls of your feet, tilt your torso back and slowly go down and feel your teardrop stretch at the bottom. You can also do this on a hack squat machine using this technique. Do 3 sets of 12. **3 total work sets.**

Goal – Supramax pump

Barbell stiff legged deadlift – Do 4 sets of 10 here. Come up all the way and flex your glutes hard on every rep. **4 total work sets.**

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

Machine press – Try to use a machine that you can use a neutral grip on. Do sets of 10 all the way up until you can barely do 10. Take these to $\frac{3}{4}$ lockout and then come right back town to keep maximal tension on pecs. We will count this as three working sets. **3 total work sets.**

Goal – Activation and pump pecs

Incline dumbbell press – I want you to use a really good deep stretch on these and then drive the dumbbells up as hard as you can to $\frac{3}{4}$ lockout before coming back down. Find a weight that is a tough 8 to 10, and do 3 sets with it. **3 total work sets.**

Goal – Train explosively

Flat barbell press – When you do these lower the weight to about 2-3 inches above chest and then pause for 1 second, and then lower the weight the rest of the way to your chest, and then drive back up. Do 4 sets of 6 like this. See the video for form demonstration. **3 total work sets.**

<https://www.youtube.com/watch?v=8civGOJ8R14&index=35&list=PL2955620A11D03694>

Goal – Supramax pump

Decline flye – Use a very slight decline for these. Really try to stretch and then flex hard at contraction. Do 3 sets of 8. **3 total work sets**

Goal – Work muscle from stretched position

Machine rear delt destroyer – Do 50 reps, and then rest for 1 minute. Now keep the same weight and do 40 reps. Rest 1 minute. Now do 30 reps and then rest 1 minute. Finally do 20 reps and rest 1 minute. **4 total work sets**

Goal – Supramax delt pump

Smith machine military press – I want you to lower the weight slowly to the top of your head and then drive up slowly and flex your delts at lockout. Do 3 sets of 10 like this. Flex really hard at the top on these! make every rep hurt! **3 total work sets**

Note: If you don't have a good Smith machine, use any shoulder press in which your back is supported.

Goal – Supramax delt pump

Dumbbell side laterals – I want these to be heavy. Do 6 sets of 8. Cheat a little if you have to. At this point your shoulders should be on fire so this will push them into a severe level of fatigue. **6 total work sets.**

Goal – Supramax delt pump

Triceps pushdowns - Nothing fancy here. Just keep adding weight and doing sets of 10 until you can't get 10. Take small jumps so that you get at least 5 good sets in. use any attachment you want on these. I used a straight bar this week on these and flared my elbows a little as the weight came up. **5 total work sets.**

Goal – Supramax pump

Seated overhead rope extension – Do these nice and slow again this week. Do 3 sets of 8. Just get into a rhythm and pump these out. **3 total work sets**

<https://www.youtube.com/watch?v=GQGndNEklFE&list=PL04BB5F1BC0300483&index=15>

Goal – Supramax pump

Back - 20 sets / Biceps 8 sets

Single arm pulldowns with isometric tension – Let's start with these again! This is a great way to really increase tension in your lower lats. This requires bands, and some experimenting to find the right tension. I have done these for maybe 6 to 8 weeks now and for me, using two long red pro minis are about perfect. This could be too much for you, or not enough. Also some lat machines are taller than others which creates more tension in the band itself.

Here is the key. The arm that is not doing the pulldown has to be locked into contraction hard and you hold it there in an isometric contraction until you finish your 8 reps on the other side. Then immediately switch arms and put the other arm through the band. On the next set, start with your other arm. You are going to do 4 sets. So start two of the sets with your left arm in the band, and two with your right arm in the band. See the video below for explanation. **4 total work sets.**

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Goal – Get some blood flowing and pre-pump your lats (very intense on lower lats)

Smith machine rows – These are all rest-pause reps. Set the stops up so that the bar stops at about mid-shin. I want you to get real tight and drive your elbows up hard and flex your entire back. Do a few low rep feeder sets to get you to your working weight and then do 4 sets of 8 with it. Again, all reps are dead stop. Set the weight down for a second and then ram the weight up. Explode! **4 total work sets.**

Goal – Train explosively

Chest supported rows – what I want here is for you to use a machine that preferably has a chest support and allows you to use a supinated or semi supinated grip to target the lower lats more. If you don't have a machine that does this, you can do rows laying face down on a bench with dumbbells or kettlebells that allow you to use this grip. Do these nice and slow and flex your lats throughout the entire range of motion as hard as you can. Generate tension. Do 3 sets of 12 here. After you do 12 also tack on 5 partials out of the bottom to extend the set. **3 total work sets.**

Goal – Strength

Dumbbell pullover – Do 3 sets of 10 here laying on bench not across it per our usual form. **3 total work sets.**

Goal – Work muscle from stretched position

Medium grip chins – Use an assist machine if you like. I want 3 sets with a medium pronated grip done to failure! Remember I don't like for any chin ups to be done with sloppy form. **3 total work sets.**

Goal – Supramax pump

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

Goal – Supramax pump in your spinal erectors

Barbell curls – Do 4 sets of 8 here. After each set of 8 though, do a partial curl out of the bottom for another 4 reps. So 8 full reps and then 4 partials for all set. **4 total work sets.**

Goal – Supramax pump

EZ bar reverse curls – Finish up with 4 sets of 10 here. After each 10, tack on 5 partials out of the bottom where you only come up half way. So 10 full range of motion reps and 5 partials on all 4 sets. **4 total work sets**

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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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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.

Here are the bands you will need from EliteFTS:

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- 2 red long pro minis (for chest presses)
- 1 red short pro mini (for spidercrawls)

Week 6 – High Volume

Week 5 and 6 – Rest/Pause sets

Legs – 19 sets:

Lying leg curl – Do 3-4 warm up sets to get the blood flowing. We are going to crank on some reps again today here. I want a set of 25, then 20, then 15 done. Each set add some weight and just use normal form, but I want you to set the pad up higher so it rolls onto the back your knee at the flexed position. You will feel this hit a different part of your hamstring then normal and is a great variation. I want you to do a 4th set to where you do the 15 again, and then pause for 10 seconds and do as many as you can do, and then just keep repeating this until you can only get 3 reps with perfect form. **4 total work sets.**

Goal – Activate and pump hams

Leg press with pause – Work your way up doing sets of 10 here. I want you to pause the rep in the bottom position for 2 seconds here. Now you can use stops/pegs, and totally rest before driving the weight up, or if you don’t have those, just hold the weight for a 2 count before driving up hard. I want 5 sets of 8 done like this with only 60 second rest breaks so choose your weight carefully. **5 total work sets.**

Goal – Train explosively

Hack squats – I want you to do 4 sets of 10 here. You are going to go down deep and stop for 1 second and then drive up to ¾ lockout before coming right back down. Don’t stop until you get your 10 reps! Push hard! **3 total work sets.**

Note: If you do not have a hack squat do Smith squats with feet out in front of you.

Goal – Supramax pump

Sissy squats – This is a repeat from last week. Hold onto a power rack and get up on the balls of your feet, tilt your torso back and slowly go down and feel your teardrop stretch at the bottom. You can also do this on a hack squat machine using this technique. See the video below for both variations. Do 3 sets of 12. **3 total work sets.**

Goal – Supramax pump

Dumbbell stiff legged deadlift – Do 5 sets of 8 here. Come up $\frac{3}{4}$ of the way and then go right back down. Keep tension on those hams. 4 **total work sets.**

Chest - 13 sets / Shoulders – 8 sets / Triceps 6 sets

Decline Smith Machine press – Use a slight decline on these. The bar should hit just below nipple line. I want all reps to be done with a pause on these today, and it's a lot of reps. I want you to do sets of 20 reps. Just keep going until you can't hit 20. When this happens this set becomes a drop set. You do one drop and go to failure, and then do another drop and widen your grip and only work the bottom part of the movement, still going to failure. See what I did below so you can better understand. Remember pause every rep for a split second on your chest. We will call this 3 work sets. **3 total work sets.**

Example (what I did today)

Assuming the bar weighs 50 lbs

100 x 20 reps (1 25 on each side)

150 x 20 reps

200 x 20 reps

250 x 12 – dropped to 150 and did 9 – dropped to 100 and widened grip and did 12 partials out of the bottom

Note: If you do not have a Smith machine you can do this with dumbbells.

Goal – Activation and Supramax pump

Flat dumbbell press – I want you to use a really good deep stretch on these and then drive the dumbbells up as hard as you can to $\frac{3}{4}$ lockout before coming back down. Find a weight that is a tough 12, and do 3 sets with it. **3 total work sets.**

Goal – Train explosively

Incline barbell press – Do 1 to 2 feeder sets (low rep) to get to a working weight and do 4 sets of 6 here. Pause the weight 2 inches above your chest and then drive it up hard to $\frac{3}{4}$ lockout. **4 total work sets.**

Goal – Train explosively

Incline flye – Use a pretty steep incline here. I want it to hit front delts too. The angle should be slightly higher than the barbell inclines were. Do 3 sets of 10 here. You can use a cable or dumbbells here. Use whichever you prefer. **3 total work sets**

Goal – Work muscle from stretched position

Machine rear delt laterals – Do 4 sets of 20 here with only 60 second breaks between sets. Yours shoulders should be completely on fire after doing this. **4 total work sets**

Goal – Supramax delt pump

Cable side laterals – Do cable side laterals one arm at a time here. Do sets of 15 on each arm. Get the weight up to ear level and hold and flex for a split second before lowering the weight. These should be excruciating. Do 4 sets. **4 total work sets.**

Goal – Supramax delt pump

Dual rope pushdowns - Use two ropes on these. Please see the video below for a form refresher. Step back, lean down, and really flex hard (get your hands back for full contraction). Do 4 sets of 12 reps. **4 total work sets.**

https://www.youtube.com/watch?v=LYv_Ww0WC0E&list=PL04BB5F1BC0300483&index=18

Goal – Supramax pump

Close grip pushups – Place hands shoulder width, and simply do as many close grip pushups as you can. BLOW your triceps up. Do 2 sets to failure. **2 total work sets**

Goal – Supramax pump

Back - 21 sets / Biceps 8 sets

Smith machine rows – This week we are going to start with these. These are all rest-pause reps. Set the stops up so that the bar stops at about mid-shin. I want you to get real tight and drive your elbows up hard and flex your entire back. Do a few low rep feeder sets to get you to your working weight and then do 4 sets of 8 with it. Again, all reps are dead stop. Set the weight down for a second and then ram the weight up. Explode! Do not tilt down to 90 degrees, you have to keep your lower back in a strong position and don't go too wide with grip or you limit range of motion. I use a slightly wider than shoulder width grip. **4 total work sets.**

Goal – Train explosively

Dumbbell rows – ok let's crush some heavy rows here. Do 4 sets of 8 on each arm. Get a nice stretch, a really good full range of motion on these. nothing fancy just grind with good form. **4 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 3 sets of 10 here laying on bench not across it per our usual form. **3 total work sets.**

Goal – Work muscle from stretched position

Close grip pulldowns – Use a neutral grip (palms facing in) on these. sit up straight and really stretch in the stretched part of the range of motion, and then tilt back just a tad and drive those elbows down. Feel your lats flexing from upper lat all the way down to lower lat. Do 4 sets of 10. **4 total work sets.**

Goal – Supramax pump

Wide grip chins – On these I only want you to work the bottom part of the movement. So just focus on pulling up until your upper arm is at 90 degrees. Don't worry about going higher. I want you to feel that stretch hard at the bottom. Do 3 sets of about 8 reps. **3 total work sets.**

Goal – Supramax pump

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

Goal – Supramax pump in your spinal erectors

Spider curls – Remember these! Do 4 sets of 8 here. After each set of 8 though, do a partial curl out of the bottom for another 4 reps. So 8 full reps and then 4 partials for all set. **4 total work sets.**

<https://www.youtube.com/watch?v=PWhlhFut6Tc>

Goal – Supramax pump

Hammer curls – Finish up with this rep scheme. I want 20, 15, 10, and 5 reps on your sets. Take a minute between each set. Go up in weight obviously for each set also. **4 total work sets**

Goal – Supramax pump

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://mountaindogdiet.com/advanced/workouts-advanced/miscellaneous/monster-calves/>

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 19 – Ares

Ares possesses the typical powers of an Olympian, including superhuman strength, speed, agility, durability, reflexes, and virtual immortality, though some of his powers are substantially greater than most other Olympians.

Like all Olympians, Ares is superhumanly strong, though far more so than the majority of his race. Among the Olympians, his physical strength is equaled only by his uncles, Neptune and Pluto, and is exceeded only by his father, Zeus, and his half-brother, Hercules. Ares' body and metabolism generates almost no fatigue toxins during physical activity, granting him virtually inexhaustible superhuman stamina in all physical activities. Ares' body is also highly resistant to physical injury. He can withstand great impact forces, energy discharges, temperature extremes, and falls from great heights without being injured. Now on the falling from great heights thing, I'd probably avoid that!

[http://en.wikipedia.org/wiki/Ares_\(Marvel_Comics\)](http://en.wikipedia.org/wiki/Ares_(Marvel_Comics))

As we did last program, 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.

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Sat – Legs (heavy)

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Tuesday – Legs (optional)

Wednesday – Chest/Shoulders/Tris (optional)

Thursday – Back/Bis (optional)

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**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.

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Week 7 – High Volume

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

Legs – 16 sets:

Standing leg curl – Do 3-4 warm up sets to get the blood flowing. On your first 2 sets you are going to do 20 reps. Leave about 2-3 reps in the tank, it should be painful though. on your third set I want you to do the 20 and then have partner help you with 10 more forced reps. Do this for each leg. If you do not have a partner then you can drop the weight to get another 10 reps. Your hams should be FULL of blood if you did this correctly. **3 total work sets.**

Goal – Activate and pump hams

Smith machine stiff legged deadlift – Set these up so that you are going a few inches below midshin, so a tad lower than how we do our standard rack pulls. I want you to flex your hams and glutes hard as you come up. Stand up straight, flex glutes and lower with control back to the rack. These are all Deadstop reps. You don’t have to wait or readjust. Just stop, take a breath, get tight, and come back up. Pyramid on these. I want you to do 15, 12, 9, and 6 reps all with heavier weight. Each set should be right at failure. If you don’t have a smith machine just do these in a power rack like you would with rack pulls. **4 total work sets.**

Goal – Work muscle from stretched position

Leg press – These are just gut busting reps. Put your feet where you are your strongest and most powerful. Do sets of 10 all the way until you can barely get 10. I want you to have to give it everything you have to get that 10th rep on the last set. We will call this 3 working sets as the previous two sets should be solid too. **3 total work sets.**

Goal – Supramax pump

Hack squats – I want you to do 4 sets of 12 here. You are going to go down deep and then drive up to $\frac{3}{4}$ lockout before coming right back down. Don't stop until you get your 12 reps! Push hard! **3 total work sets.**

Note: If you do not have a hack squat do Smith squats with feet out in front of you.

Goal – Supramax pump

Leg extension – On all your sets here you will do 10 hard reps with a flex at the top, and then 15 partials out of the bottom. Do 3 sets like this. This should be lights out quads. **3 total work sets.**

Goal – Supramax pump

Chest - 15 sets / Shoulders – 10 sets / Triceps 7 sets

Decline dumbbell press – Use a slight decline on these. Lower the dumbbells slowly and drive up to $\frac{3}{4}$ lockout and come right back town. Keep tension on the pec. Find a weight that you can do a good solid 15 reps with and stick with it for 3 sets. If you get fatigued and lose a few reps, that's ok. Intensity and effort are what I am after here. **3 total work sets.**

Goal – Activation and Supramax pump

Flat bench press – I want you to use perfect form here. Let the bar touch your chest and drive up to $\frac{3}{4}$ lockout. You are going to do sets of 10 here and end with a drop set. Do 3 sets of 10, and then on the 4th set start with a 6-8 rep range, and do 2 drops to failure. See below for what I did to give you an idea. **4 total work sets.**

Example (what I did today)

145x 6 reps (feeder set)

185 x 4 reps (feeder set)

225 x 10 (work set – this was hard for me – had a few reps left in tank)

245 x 10 (work set – very tough)

255 x 10 (work set – I actually failed at 9)

DROP SET - 275 x 6 -> 225 x 5 -> 185 x 6

Goal – Supramax pump

Incline barbell press – This is a repeat from last week with a small increase in reps. Emphasize control here. Do 1 to 2 feeder sets (low rep) to get to a working weight and do 4 sets of 7 here. Pause the weight 2 inches above your chest and then drive it up hard to $\frac{3}{4}$ lockout. **4 total work sets.**

Goal – Train explosively

High incline dumbbell press – Use a neutral grip (palms facing each other) here to really open up inner chest and the high angle to really hit upper chest (clavicular portion) along with front delts. This is a perfect lead in to delt work actually. I want you to do 4 sets of 5 with a VERY slow and controlled negative lasting 5 seconds, hold at bottom and feel stretch, and then drive back up and lock out and flex. Make sure the angle here is higher than you used on the barbell incline press. **4 total work sets.**

Goal – Work muscle from stretched position

Machine rear delt laterals – Do 3 sets of 35 here with only 60 second breaks between sets. Yours shoulders should be completely on fire after doing this, more so than last week. HA! **4 total work sets**

Goal – Supramax delt pump

Dumbbell side laterals – Do 6 sets of 8 here with 45 second breaks. I want form to be perfect on these. it's ok to go heavy as long as you can control it, remember we did a ton of heavy pressing for chest. **6 total work sets.**

Goal – Supramax delt pump

Single arm pushdowns – Use one rope and really focus on getting a full range of motion on every rep. Do 8 to 10 full reps, and then I want you to pup out 10 more partial reps at the bottom on each set. Do 4 sets. **4 total work sets.**

Goal – Supramax pump

Incline lying extension/skullcrusher – Just use an incline utility bench and let the ez bar go behind your head for a really good stretch. Do 3 sets of 8 here. The stretch should feel great. **3 total work sets**

Goal – Supramax pump

Back - 20 sets / Biceps 8 sets

One arm barbell rows – We will start out with a grinder. Work your weight up to a tough 8 reps. Once there do 4 total sets with it. You should come close to failure (meaning as many reps as you can do with PERFECT form). As always use 25 lb plates to get more range of motion, and watch the video so you can see how to hike up hip on the side you are rowing with to create a great pre-stretch. **4 total work sets.**

Goal – Activate and pump

One arm supinated pulldowns – Normal form on these. Do 4 sets of 8. Now if you like the band version we did to create isotension, feel free to use that technique again. Also, if you want to see what I did personally, see the video below. It is nasty. This will hammer lower lats. **4 total work sets.**

<https://www.youtube.com/watch?v=iy0Ud-GvhWw>

Goal – Supramax pump

Dumbbell pullover – Do 4 sets of 10 here laying on bench not across it per our usual form. **4 total work sets.**

Goal – Work muscle from stretched position

Dumbbell rows done laying on bench – This is a simple exercise where you lay face down on an incline utility bench and row with dumbbells. I want you to let the dumbbells stretch you hard, so you can feel your rhomboids stretching at the bottom, and then drive your elbows back hard and as far back you can to get a great contraction. Do 4 sets of 10 here. **4 total work sets.**

Insert video

Goal – Supramax pump

Rack pulls – 5 minutes of rack pulls. Try to use about 60-70% of your max. Pull from mid shin. Pull the weight and then rest for 5 second and repeat. After 2 minutes rest 10 seconds between reps. Go until 5 minutes are up. This will make you hurt. We will randomly call this 4 sets. **4 total work sets.**

Goal – Supramax pump and strength

Seated incline dumbbell curls – This is where you lay back on an incline utility bench letting your arms hang straight down and stretch to the ex, and then curl the dumbbells up. This is an old exercise that provides a great stretch. Keep your palms up the entire time, and carefully come out of the bottom. Do 4 sets of 10 here. **4 total work sets.**

Goal – Supramax pump

Reverse ez bar curls – Do 4 sets of 15 here to finish off arms. **4 total work sets**

Goal – Supramax pump

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

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High Intensity Technique waving:

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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

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- 1 red short pro mini (for spidercrawls)

Week 8 – High Volume

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

Legs – 15 sets:

Seated leg curl – Ok get ready to crank hard. Do 3-4 warm up sets, working up to a weight that is a tough 10. On your first two sets I want you to do the best you can to hit 10 perfect reps. It should be to failure with good form. I want you to then tack on 10 partials. It is a really easy transition, basically you just go to failure and when you can’t curl the full range of motion you start the partials. It is a logical sequence. Now on the next two sets you do the same thing but do 15 partials. This is a TON of volume for hams and will make up the bulk of your ham work for the day. You should have an insane pump. **4 total work sets.**

Goal – Activate and pump hams

Leg press – This is a repeat of last week, but the only difference is I want a slow 3 second eccentric on ALL reps. Put your feet where you are your strongest and most powerful. Do sets of 10 all the way until you can barely get 10. I want you to have to give it everything you have to get that 10th rep on the last set. We will call this 3 working sets as the previous two sets should be solid too. **3 total work sets.**

Goal – Supramax pump

Hip Flexion – I want you to do 4 sets of 10 on each leg. There are many ways you can do this. See the video below and you will see exactly what I want. If you compete, something I love to do is to do a set and then stand up and get in my front relaxed position for 10 seconds pushing my knees out and trying to show deep grooves in hip area. If you compete you know what I mean! **4 total work sets.**

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

Goal – Activation and supramax pump

Dumbbell lunges – I want traditional walking dumbbell lunges this week. Use a medium weight and lunge 12 paces on each leg. Do 3 rounds of this. **3 total work sets.**

Note: After each set stretch out your quad and hip flexors for 30 seconds each.

Goal – Supramax pump

Dumbbell stiff legged deadlift – Finish off your leg workout with 4 sets of 8 here. Only come up $\frac{3}{4}$ of the way, and work the stretch hard. **4 total work sets.**

Goal – Work muscle from stretched position

Chest - 16 sets / Shoulders – 8 sets / Triceps 6 sets

Incline smith press – Use a pretty high incline on this. This should engage a lot of front delt as well. As usual on incline work just lower the bar to 2-3 inches above chest. Lower the weight slowly on these and drive to $\frac{3}{4}$ lockout. This week we are going to do sets of 15 here. I want 3 sets of a hard 15. On your 4th set I want you to do a drop set, but you do all partials after the first set from the bottom position. See below for example rep scheme. **4 total work sets.**

Example (what I did)

95 x 15 (warm up)

145 x 15 (warm up)

185x 15 (warm up)

205 x 15 (set 1 – had a few reps left in tank – massive burning)

215 x 15 (set 2 – had maybe 1-2 reps left)

225 x 15 (set 3 – barely got 15 – no reps left)

225 x 12 – Dropped to 185 and did 10 partials out of bottom - Dropped to 145 and did another 10 partials
This resulted in FIRE.

Goal – Activation and Supramax pump

Incline fly – I used a cable machine for this. Use an angle lower than the high angle you started with on these. Do 4 sets of 10 here. On the last 2 sets I want you to do 10 partials out of the stretch position. Do these slowly, don't get sloppy and hurt yourself. Go strict and this will continue with driving an insane amount of blood in pecs. **4 total work sets.**

Goal – Supramax pump

Flat barbell press – Do 4 sets of 8 here. The only set to failure should be the last set. See below for how it should look. **4 total work sets.**

Example (what I did)

135 x 5 (feeder set)
185 x 8 (4 to 5 reps in tank I would guess)
225 x 8 (much harder than I thought, very tough)
245 x 8 (barely got 8)
245 x 7 (I knew I couldn't go heavier and maintain perfect form).

Your pump should be insane now.

Goal – Train explosively

Dips – Work the lower part of the movement, and stretch hard and slowly. We are going after lower pecs now. Only come up about half way. Do 4 sets of failure. If you need to use an assist/cheater machine, please do (I do). **4 total work sets.**

Note: If dips are too hard to do due to injury or shoulder issues you can do stretch pushups.

Goal – Work muscle from stretched position

Machine rear delt laterals – This week be bump the weight quite a bit and bring reps down on these. Do 4 sets of 15. Do a hard flex in the contracted position of each and EVERY rep on these today. **4 total work sets**

Goal – Supramax delt pump

Seated dumbbell side laterals – Do 4 sets of 15 here with 60 second breaks. Bring the dumbbells up to eye level out to your sides, so a little higher than 90 degrees. **4 total work sets.**

Goal – Supramax delt pump

Dual rope pushdowns – Do 6 sets of 12 here. Remember to lean forward and keep your elbows tucked in, going through a full range of motion. **6 total work sets.**

Goal – Supramax pump

Back - 19 sets / Biceps 9 sets

Meadows rows – We will start out with a grinder again. Work your weight up to a tough 8 reps. Once there do 4 total sets with it. You should come close to failure (meaning as many reps as you can do with PERFECT form). As always use 25 lb plates to get more range of motion, and watch the video so you can see how to hike up hip on the side you are rowing with to create a great pre-stretch. **4 total work sets.**

Goal – Activate and pump

Front pulldowns – These are just standard front pulldowns with a pronated grip. Drive down hard and flex your entire back as hard as you can, and also reach up and stretch at the top of the movement. Do 4 solid sets of 10. **4 total work sets.**

Goal – Supramax pump

Smith machine barbell rows – Start the pull from midshin. Don't tilt down too far, keep your lower back healthy. Drive your elbows up explosively on each rep. I like to rest pause all my reps, but you do not have to this week. Find a good weight you can do 3 solid sets of 8 with (with perfect form). **3 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 4 sets of 10 here laying on bench not across it per our usual form. **4 total work sets.**

Goal – Work muscle from stretched position

Dumbbell shrugs – Do 4 sets of 12 here with a 3 second flex at the top of every rep. **4 total work sets.**

Goal – Supramax pump

Ez bar preacher curls – Do 6 sets of 8 here. Use perfect form and a hard flex at the top of every rep. **6 total work sets.**

Goal – Supramax pump

Hammer curls – Do 3 sets of 12 here to finish off arms. **3 total work sets**

Goal – Supramax pump

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://mountaindogdiet.com/advanced/workouts-advanced/miscellaneous/monster-calves/>

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 19 – Ares

Ares possesses the typical powers of an Olympian, including superhuman strength, speed, agility, durability, reflexes, and virtual immortality, though some of his powers are substantially greater than most other Olympians.

Like all Olympians, Ares is superhumanly strong, though far more so than the majority of his race. Among the Olympians, his physical strength is equaled only by his uncles, Neptune and Pluto, and is exceeded only by his father, Zeus, and his half-brother, Hercules. Ares' body and metabolism generates almost no fatigue toxins during physical activity, granting him virtually inexhaustible superhuman stamina in all physical activities. Ares' body is also highly resistant to physical injury. He can withstand great impact forces, energy discharges, temperature extremes, and falls from great heights without being injured. Now on the falling from great heights thing, I'd probably avoid that!

[http://en.wikipedia.org/wiki/Ares_\(Marvel_Comics\)](http://en.wikipedia.org/wiki/Ares_(Marvel_Comics))

As we did last program, 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.

Here are the bands you will need from EliteFTS:

- 1 grey average band (for use with good mornings)
- 1 orange micro mini (for face pulls and women use on chest press machines often)
- 2 red long pro minis (for chest presses)
- 1 red short pro mini (for spidercrawls)

Week 9 – High Volume

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

Legs – 14 sets:

Lying leg curl – Do 3-4 sets to get your hams warmed up first. You are going to do 3 working sets. Here is how each set looks. You do 4 reps and then near the stretch position you do a 5 second isohold, and then do another 4 reps, and then another isohold, and then another 4 reps with another isohold. So each set is 12 full reps and 3 isoholds (5 seconds each). This is tough and 3 sets is downright nasty. **3 total work sets.**

Goal – Activate and pump hams

Barbell squats – We are going to do some explosive squats this week. This is similar as a pump day routine, but we will also go beyond weight you can drive out explosively and do some grinding. Simply do good controlled sets of 8 up until you can barely get your 8 with good form and call it a day on squats. Your hams will be pumped so you should feel great out of the hole. We will call this 3 working sets. **3 total work sets.**

Goal – train explosively

Leg press – We are going to do one ascending set and then one descending set. So start with moderate weight (probably about 50% of what you would normally do for a set of 10). You are going to do 6 reps and the (this is where having training partners is REALLY good) and add on another plate on each side and do 6 immediately. Keep going up until you can barely get 6. Now rest up for 3-4 minutes as we are going to come back down the same way. Do 6 reps and drop a plate until you get back to your starting weight. **2 total work sets.**

Here is an example of what I did:

5 plates x 6

6 plates x 6

7 plates x 6
8 plates x 6
9 plates x 6

Rest for 4 minutes and then do your descending set (remember there is no real rest between all sets – just time to change plates)

9 plates x 6
8 plates x 6
7 plates x 6
6 plates x 6
5 plates x 6

Goal – Supramax pump

Lying extensions – I want you to use a moderate weight to start. Do 12 reps, and then lower the weight and do 6 more reps. On your 2nd set repeat this but add in a 10 second isohold at the very end. At this point your legs are going to be smoked. **2 total work sets.**

Note: After each set stretch out your quad and hip flexors for 30 seconds each.

Goal – Supramax pump

Barbell stiff legged deadlift – Finish off your leg workout with 4 sets of 8 here. Only come up $\frac{3}{4}$ of the way, and work the stretch hard. **4 total work sets.**

Goal – Work muscle from stretched position

Chest - 15 sets / Shoulders – 8 sets / Triceps 6 sets

Incline dumbbell press – Lower the dumbbells slowly and drive up to $\frac{3}{4}$ lockout and come right back town. Keep tension on the pec. Find a weight that you can do a good solid 12 reps with and stick with it for 3 sets. On your 3rd set I want to drops as well. So shoot for 12, then drop the weight and shoot for 6-8, and then drop the weight and shoot for 6. **3 total work sets.**

Goal – Activation and Supramax pump

Incline smith press – Use a very slight incline on this. As usual on incline work just lower the bar to 2-3 inches above chest. Lower the weight slowly on these and drive to $\frac{3}{4}$ lockout. This week we are going to do sets of 10 here. I want 3 sets of a hard 10. On your 4th set I want you to do a drop set. Do your 10 then drop the weight significantly and go to full range of motion reps and flexing hard and squeezing the whole time. You have to take a significant amount of weight off to do this properly. **4 total work sets.**

Goal – Activation and Supramax pump

Hammer press – Do 4 sets of 6 here with hard flexes on every rep. As noted below I would really like for you to use bands here. The contraction will be unbelievable at this point. Don't let your elbows go back past 90 degrees though ok, not good for your rotator cuff on a Hammer machine. **4 total work sets.**

Note: I would like for you to do these with bands if you have them.

Goal – Supramax pump

Flat barbell press – Do 4 sets of 5 here. These are just good full range of motion bench presses. I want you to change your grip on each set. I like to do 1 shoulder width, then 2 moderate, and then 1 wide. **4 total work sets.**

Goal – Supramax pump

Dumbbell side laterals – Do 4 sets of 8 here with 60 second breaks. Bring the dumbbells up to eye level out to your sides, so a little higher than 90 degrees. **4 total work sets.**

Goal – Supramax delt pump

Machine rear delt laterals – Do 4 sets of 15 with only 45 seconds between sets. **4 total work sets**

Goal – Supramax delt pump

Dual rope pushdowns – Do 3 sets of 12 here. Remember to lean forward and keep your elbows tucked in, going through a full range of motion. **3 total work sets.**

Goal – Supramax pump

Lying EZ bar extensions/skullcrushers – Do 3 sets of 12 here. Get a good stretch at the bottom of the movement. **3 total work sets.**

Goal – Supramax pump

Back - 23 sets / Biceps 8 sets

Smith machine barbell rows – Start the pull from midshin. Don't tilt down to far, keep your lower back healthy. Drive your elbows up explosively on each rep. I like to rest pause all my reps, but you do not have to this week. Your rep scheme is a tough 12, then 10, then 8, then 6. **4 total work sets.**

Goal – Activate and pump

Low cable rows – Use a close grip supinated Mag Grip if you have one. If not just use a close parallel grip that is most common. I want you to just crank out 4 sets of 10 smooth reps really focusing on your lats throughout each and every rep. Don't pull with your ars, drive your elbows back and use your lats. **4 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 4 sets of 10 here laying on bench not across it per our usual form. **4 total work sets.**

Goal – Work muscle from stretched position

Chins – I want you to use an assist machine or really strong spotter here. Do 4 sets of 8 with a hard flex at the time. This is why I like the assist machine. You can really flex hard If you can't do either use standard wide grip pulldowns with a flex at the bottom. **4 total work sets.**

Goal – Supramax pump

Barbell shrugs – Do 4 sets of 8 here with a 3 second flex at the top of every rep. **4 total work sets.**

Goal – Supramax pump

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

Goal – Supramax pump

Ez bar curls – Do 4 sets of 8 here. Use perfect form and a hard flex at the top of every rep. **4 total work sets.**

Goal – Supramax pump

Hammer curls – Do 4 sets of 12 here to finish off arms. **4 total work sets**

Goal – Supramax pump

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://mountaindogdiet.com/advanced/workouts-advanced/miscellaneous/monster-calves/>

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 19 – Ares

Ares possesses the typical powers of an Olympian, including superhuman strength, speed, agility, durability, reflexes, and virtual immortality, though some of his powers are substantially greater than most other Olympians.

Like all Olympians, Ares is superhumanly strong, though far more so than the majority of his race. Among the Olympians, his physical strength is equaled only by his uncles, Neptune and Pluto, and is exceeded only by his father, Zeus, and his half-brother, Hercules. Ares' body and metabolism generates almost no fatigue toxins during physical activity, granting him virtually inexhaustible superhuman stamina in all physical activities. Ares' body is also highly resistant to physical injury. He can withstand great impact forces, energy discharges, temperature extremes, and falls from great heights without being injured. Now on the falling from great heights thing, I'd probably avoid that!

[http://en.wikipedia.org/wiki/Ares_\(Marvel_Comics\)](http://en.wikipedia.org/wiki/Ares_(Marvel_Comics))

As we did last program, 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.

Here are the bands you will need from EliteFTS:

- 1 grey average band (for use with good mornings)
- 1 orange micro mini (for face pulls and women use on chest press machines often)
- 2 red long pro minis (for chest presses)
- 1 red short pro mini (for spidercrawls)

Week 10 – High Volume

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

Legs – 16 sets:

Lying leg curls – Do a few warm up sets and then do sets of 12 up to a weight that you can barely get 12 with. When this happens make it a drop set with a 10 second isohold. So do 12, drop the weight some and try to do another 10 to 12, and then hold the weight in the stretch position with legs slightly bent (not totally straight) for 10 seconds. We will call this 3 sets. **3 total work sets.**

Goal – Activate and pump

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

Goal – Activate and pump adductors

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

Goal – Train explosively

Leg press – Do a few low rep feeder sets to get some weight loaded and then do 3 sets of 20 with it. Pump these like a piston, do not lockout. Keep your stance in fairly close too so we really bust up your teardrop/VMO. After yo do the 20th rep lower it half way and do a 10 second isohold with it. Do this on all working sets. **3 total work sets.**

Goal – Supramax pump

Leg extensions - Do 1 sets of 50 here. Put some weight on you can do for about 15 to 20. When you can't lockout and flex, stop and rest for 10 seconds then start again. Keep doing this until you get to 50 reps. **1 total work set.**

Goal – Supramax pump

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

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

Goal – Work muscle from a stretched position

Chest - 12 sets / Shoulders – 10 sets

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

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

Incline barbell – Use our typical form of not touching your chest. Do explosive sets of 6 up to a weight that you struggle with on your 6th rep. On your first 2 sets pause the weight at the bottom (which is 1-2 inches above chest) and then drive it up to $\frac{3}{4}$ lockout. **3 total work sets**

Goal – Train explosively

Machine flyes – Do 3 sets of 20 reps here. At the end of your last set cut the weight down and do another 8 to 10 reps, and then bring the weight half way up and do a 10 second isohold. **3 total work sets**

Goal – Train muscle from a stretched position

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

Goal – Supramax pump

Machine rear delt raises (reverse pec deck) - Do one warm up set of 20. Next I want you to use a weight that is a tough 15 reps. All 15 should be perfect, and not sloppy. You should have a few reps left in the tank. I want you to do 15 and then rest for 20 seconds and then do as many as you can. When you lose your form STOP the set and rest for 20 seconds. Keep going until you get 60 reps total. We'll call this 4 sets. This is quite painful. **4 total work sets.**

Goal – Supramax pump

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

Goal – Train explosively

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

Goal – Supramax pump

V bar pushdowns – Do 5 sets of 10 here. Lean forward and let your elbows flare out. Get a great stretch on every rep. Take these down to $\frac{3}{4}$ lockout. **5 total work sets.**

Goal – Supramax pump

Seated overhead rope extension – Do these seated with a back support facing away from a cable pulley. Do 4 sets of 15. Get a massive stretch on your last rep on all 4 sets. **4 total work sets.**

Goal – Supramax pump

Back - 22 sets / Biceps 8 sets

Meadows rows – work your way up doing sets of 8. Just keep going until the 8 is pretty tough (maybe have 2 reps in the tank). Stick with that weight and do 5 sets of 8. **5 total work sets.**

Goal – Activate and pump

Deadstop dumbbell rows – These are just a normal dumbbell row but you set the dumbbell down and drive it up explosively on every rep you do. These are nasty. Do 4 sets of 8 here. **4 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 4 sets of 10 here laying on bench not across it per our usual form. **4 total work sets.**

Goal – Work muscle from stretched position

Stretch pulldowns – These are the pulldowns where your partner pushes down on the stack ONLY in the stretched position and gently to force an extra stretch. Do 4 sets of 8 here. **4 total work sets.**

Goal – Supramax pump

Dumbbell shrugs – Do 2 sets of 25 here with a 1 second flex at the top of every rep. **2 total work sets.**

Goal – Supramax pump

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

Goal – Supramax pump

Ez bar preacher curls — Do 4 sets of 8 here. Use perfect form and a hard flex at the top of every rep. **4 total work sets.**

Goal – Supramax pump

Ez bar reverse curls — Do 4 sets of 20 here to finish off arms. Let the weight come all the way down, and straighten your arm out completely at the bottom on every rep. This will burn like fire. I only use a 25-30 bar when I do these when using this technique. **4 total work sets**

Goal – Supramax pump

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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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 19 – Ares

Ares possesses the typical powers of an Olympian, including superhuman strength, speed, agility, durability, reflexes, and virtual immortality, though some of his powers are substantially greater than most other Olympians.

Like all Olympians, Ares is superhumanly strong, though far more so than the majority of his race. Among the Olympians, his physical strength is equaled only by his uncles, Neptune and Pluto, and is exceeded only by his father, Zeus, and his half-brother, Hercules. Ares' body and metabolism generates almost no fatigue toxins during physical activity, granting him virtually inexhaustible superhuman stamina in all physical activities. Ares' body is also highly resistant to physical injury. He can withstand great impact forces, energy discharges, temperature extremes, and falls from great heights without being injured. Now on the falling from great heights thing, I'd probably avoid that!

[http://en.wikipedia.org/wiki/Ares_\(Marvel_Comics\)](http://en.wikipedia.org/wiki/Ares_(Marvel_Comics))

As we did last program, 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.

Here are the bands you will need from EliteFTS:

- 1 grey average band (for use with good mornings)
- 1 orange micro mini (for face pulls and women use on chest press machines often)
- 2 red long pro minis (for chest presses)
- 1 red short pro mini (for spidercrawls)

Week 11 – Moderate Volume

Week 11 and 12 – Rest/Pause sets

This week’s training was done with IFBB Pro’s Fouad Abiad and Ken Jackson! This was BRUTAL. Enjoy!

Legs – 16 sets:

Lying leg curl – Do 3-4 sets to get your hams warmed up first. Then you are going to do 3 sets of 10 reps. Each set leave about 1 rep in the tank. Use perfect form. Now you are going to do 4 quick sets of 6 with extra eccentric loading and isoholds. You will see this demonstrated in the video below. Your partner will give you extra resistance on the way down. Now remember the guys in the video are really strong, so don’t think you have to apply as much pressure as I am. At the end of each set also throw in a 10 second isohold. **7 total work sets.**

So here is what you have:

3-4 warm upsets

3 sets of 10

4 sets of 6 with extra resistance on eccentric component and finishing with a 10 second isohold.

https://www.youtube.com/edit?o=U&video_id= wpNa035zaM

Goal – Activate and pump hams

Leg press – On these you are going to use rest-pause technique. If you watch the video you can see I am using pegs that stop the weight. You may not have these so you can do them the way Fouad does, which is to just stop and hold the weight in place. Work your way doing sets of 8, until you can barely get your 8. We will call this 3 work sets. **3 total work sets.**

https://www.youtube.com/edit?o=U&video_id=o4kWLdWT3Bw

Goal – Train explosively

Leg extension – I want to focus on the upper quad on these. This means to pull your feet/toes back while you lift the weight. In other words, dorsiflex your feet. Do 10 reps on the first set., then 20 on the second set. On the third set do 50. Don't worry about using a dorsiflexed foot on the last set. Just grind as hard as you can until you hit 50.

Supersetted with

Hack squat – On your first 2 sets do 10 reps. Now on the third set I want you to grind out 30. Reduce the weight a little. You shouldn't be able to get all the reps at once. Watch in the video was we break the set down into mini sets of 5.

NOTE: If you don't have a good hack squat try to find a machine with a supported back to simulate a squat as best you can. Normally we use a Smith machine squat with feet out in front, but that last set of 30 will be extremely difficult to execute with a Smith squat.

3 supersets equal 6 total working sets.

<https://www.youtube.com/watch?v=Nady3O58Ggo>

Goal – Supramax pump

Chest - 14 sets / Shoulders – 10 sets / Triceps 8 sets

Decline Smith machine press – Do 3 sets of 15 to warm up. Use a slight decline. On these you are going to do sets of 20 with small weight increases until you can't do 20. Lastly you will do a heavy dropset. On the 4th set, add make a larger jump so that you get about 4 to 6 or so, and then start the drop set. So you will do 4 to 6, then drop the weight and try to get 4 to 6, and then do it again, and then widen your grip and do partials out of the bottom to failure. Watch this in the video so you can see exactly how we do this last set. **4 total work sets.**

I prefer women use a slight incline for these.

<https://www.youtube.com/watch?v=v4KMloqsEHs&list=UUmSEdfW3LpEKyLiCDWBDdVQ>

Goal – Activation and Supramax pump

Machine press – On these do 4 sets of 12 with a full range of motion. Flex at the contraction for a hard 1 second count. On the last set add in 30 partials out of the bottom. Watch how Fouad does this in the video. **4 total work sets.**

<https://www.youtube.com/watch?v=Pcl89U4CChw>

Goal – Supramax pump

Incline dumbbell press – These reps are going to be nice and slow rest pause reps. Lower the weight slow, pause, and then drive it up to $\frac{3}{4}$ lockout. Do 4 sets of 8 here. Keep your form tight! **4 total work sets.**

Goal – Supramax pump

Machine fly – Now you are going to finish your pecs off with 2 sets of 10 here. After your 10 also do 10 partials out of the bottom. Do these nice and slow and maintain perfect control of weight. Your chest should be demolished. **2 total work sets.**

Goal – Work muscle from a stretched position

Rear cable rear laterals – This is where you get in a cable crossover rack and use the high pulleys. Do 4 sets of 20 here with a full range of motion. **4 total work sets**

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

Barbell front raises – I want you to do front raises here and bring the weight up to just above your head. Try actually flex your front delt as you reach the contraction point. Do 2 sets of 10. **2 total work sets.**

Goal – Supramax delt pump

Seated side laterals – Sit up straight, relax your traps and do 4 nice slow sets of 8 reps. **4 total work sets.**

Goal – Supramax delt pump

Dual rope pushdowns – Do 5 sets of 10 here. Remember to lean forward and keep your elbows tucked in, going through a full range of motion. **5 total work sets.**

Goal – Supramax pump

Bench dips – Yes, old school bench dips. Do these with feet up on a bench. Do 3 sets to failure. **3 total work sets.**

Goal – Supramax pump

Back - 16 sets / Biceps 9 sets

Supinated pulldowns – You may not have this exact machine, but I want a pulldown with a supinated grip. I actually prefer this to be a slightly supinated grip which is why I like this particular machine. Do 2 -3 warm up sets then do 3 hard sets of 8. On your 4th set you are going to do a drop set as shown in the video. Do 6 to 8 and then drop, and drop 2 more times, until you get to your last weight where you do nice full range of motion reps squeezing and stretching as hard as you can. **4 total work sets.**

<https://www.youtube.com/watch?v=R-rWZa4vpeg>

Goal – Activate and pump

Meadows rows – Here you are going to do 4 grinders. Do 4 hard sets of 8 reps. **4 total work sets.**

Goal – Supramax pump

Dumbell pullover – Do 4 sets of 10 here laying on bench not across it per our usual form. **4 total work sets.**

Note: Ken, Fouad and I actually used a Nautilus pullover here. If you have one please use it instead of using the dumbell this week.

Goal – Work muscle from stretched position

Chest supported row– I want you to use a machine that has a chest support. You are going to do 4 sets of 12. All the reps are rest pause. This means you get a nasty stretch (sit in the stretched position for a 1 second hold) and then pull back hard and contract. I would like to see a semi pronated grip with elbows up higher and not traveling into your sides. This will engage more lower traps and rhomboid. **4 total work sets.**

Goal – Supramax pump

Seated incline hammer curls – Now your biceps should be plenty warmed up from the back work, but do 1 warm up set as this is a pretty hard stretch on the bicep. You are going to do 3 sets of 12. On your 4th set you are going to do 10, and then do 10 partials out of the bottom, and then stand up and drop the weight (IF you need to) and do 4 regular curls with each arm. On the last rep on each arm hold the weight in place at the midpoint and have your partner apply isotension hard for a 7 second count. Do both arms. See the video of Fouad below for how to do this. **4 total work sets.**

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

Goal – Supramax pump

Spider curls – Do 3 sets of 12 here. Try to get the weight behind your head! **3 total work sets**

<https://www.youtube.com/watch?v=PWhlhFut6Tc>

Note: If you don't have a spider bench feel free to use a normal preacher curl.

Goal – Supramax pump

Ez bar reverse curls – Do 1 set of 30 reps to start. Straighten your arms out at the bottom on every rep. On your second set go heavier and do a set of 10 with really hard contractions at the top. **2 total work sets**

<https://www.youtube.com/watch?v=PWhlhFut6Tc>

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- Hanging Leg Raises
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Week 12– Low Volume

Week 11 and 12 – Rest/Pause sets

Legs – 15 sets:

Seated leg curl – Do 3-4 sets to get your hams warmed up first. You are going to do these one leg at a time once warmed up. This does not take much weight. You simply do one leg and then the other until you have done 10 reps for each leg. You should really be able to squeeze hard and feel your hams working intensely however. Do 4 sets of this. **4 total work sets.**

Goal – Activate and pump hams

Leg press – I want you to do 3 to 4 warm up sets and then you are going to put a weight on their that you could probably do for about 30 reps. You are going to do 10 reps and then count to 10 slowly. Then do another set. Keep doing this until 10 sets are complete. When you actually stand up after doing these sets your quads will be loaded with blood. I only used 3 plates on each side for this actually. I might have been able to do 4 but it was burning so bad this was probably the right weight to use to allow for all 100 reps. **10 total work sets.**

Goal – Supramax pump

Leg extension – You are going to do 1 set here of 50 reps. You are going to alternate legs. Do do a rep with one leg and then the other. Just keep going until you get 50 total on each leg. **1 total work set.**

Goal – Supramax pump

Now here is the weird part. This workout actually made me really sore (especially hams, and you know I typically never get sore).

Chest - 12 sets / Shoulders – 8 sets / Triceps 6 sets

Flat dumbbell press – Start with 3 to 4 warm up sets. These reps are going to be nice and slow rest pause reps. Lower the weight slow, pause, and then drive it up to $\frac{3}{4}$ lockout. Do 4 sets of 8 here. Keep your form tight! **4 total work sets.**

Goal – Supramax pump

Incline Smith machine press – Use a slight incline. On these you are going to do sets of 10. Use a weight you can do for 10 and maybe leave 1-2 reps in the tank. Do 4 sets. **4 total work sets.**

Goal – Supramax pump

Machine press – On these do 4 sets of 8 with a full range of motion. Flex at the contraction for a hard 1 second count. On the last set add in 30 partials out of the bottom like last week as your finisher. **4 total work sets.**

Goal – Supramax pump

Machine rear delt flyes/reverse pec deck – Do 4 sets of 15 using a good controlled tempo and squeezing your rear delts hard the whole time. Make them burn as bad as you can driving blood in there. **4 total work sets**

Goal – Supramax pump

Dumbbell press – Just a nice simple seated dumbbell press here. Do 4 sets of 10. Take these all the way to lock out and flex hard for 1 second. **4 total work sets.**

Goal – Supramax delt pump

Dual rope pushdowns – Do 6 sets of 12 here. Remember to lean forward and keep your elbows tucked in, going through a full range of motion. **5 total work sets.**

Goal – Supramax pump

Back - 14 sets / Biceps 6 sets

Wide grip pulldowns to front – This is just your standard pulldown. Do 2-3 warm up sets and then 3 sets of 10. When you reach up with the weight try to really stretch and widen your lats. Drive your elbows down hard and flex your lats for 1 second in the contracted position on each rep. **3 total work sets.**

Goal – Activate and pump

Dumbbell dead stop rows – Here you are going to do 3 grinders. Do 3 hard sets of 8 reps. **3 total work sets.**

Goal – Supramax pump

Dumbbell pullover – Do 2 sets of 10 here laying on bench not across it per our usual form. **2 total work sets.**

Goal – Work muscle from stretched position

Chest supported row – I want you to use a machine that has a chest support. You are going to do 3 sets of 8. All the reps are rest pause again this week but reps are lowered. This means you get a nasty stretch (sit in the stretched position for a 1 second hold) and then pull back hard and contract. I would like to see a semi pronated grip with elbows up higher and not traveling into your sides. This will engage more lower traps and rhomboid. **3 total work sets.**

Goal – Supramax pump

Rack pull – Do 3 sets of 5 here. Work up to a tough 5. Now I want the weight to be moderate heavy not super heavy. I want you to be able to do these while keeping your lats tight and flexed the whole time. If you go so heavy you lose the flexed tight feeling in your lats, that's too much. I do these with 275, while standard form I may do 150 lbs more fyi. **3 total work sets.**

Goal – Supramax pump

Ez bar curls – Do 6 sets of 10 reps with 20 second break breaks. These are nasty. **6 total work sets**

Goal – Supramax pump

Calves

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