

Mountain Dog Diet's Universe Program



12 Weeks Out

12 weeks out : Day 1

Diet

Meal 1: 4 whole eggs, 2 slices of Ezekiel toast with organic butter,
a teaspoon of coconut oil

Meal 2: 40 grams of whey protein

Meal 3: 40 grams of whey iso, ½ cup of cream of rice (dry), 1 tbsp of nut butter,
0 calorie choc syrup

Intra: 3 scoops of Intra MD

Meal 4: 1 Isopure RTD

Meal 5: 6 oz of cooked chicken, 2 cups of white rice

Meal 6: 40 grams of whey iso, 2 tbsp of nut butter

Dietary Breakdown

252 grams of protein (37%)

279 of carbs (41%)

67 of fat (22%)

Total: 2,727 calories

Cardio

none

John's notes

225 lbs morning weight

I woke up today and felt small and weak. This was a very poor training session. Not exactly

how I wanted to get out of the gate on this. I am hoping it was just the trip to Australia (I just got back) that had me feeling so drained. This is all about the war though, and not just one battle, so tomorrow will be better.

Workout

Chest: 12 sets / Shoulders: 6 sets / Triceps: 8 sets – BASE DAY

Incline dumbbell press

Worked up doing sets of 8 until I could barely get 8. I count the last 3 sets as working sets. I didn't do any special high intensity techniques on this today.

Total Work Sets: 3

Goal: Activation and Supramax pump

Incline smith bench press

On these I took them down to about 1 inch above collarbone (so not touching chest). I do not lock out on these. I did sets of 15 going up until I couldn't make 15. The reps ended up being 15-15-15-7. I died on the last set, and it was only 295. I count the last 3 sets here as working as well.

Total Work Sets: 3

Goal: Supramax pump

NOTE: I did not do any explosive work on exercise #2 as I usually do because I felt very weak, and had no strong pop when coming off chest, just didn't have explosive power today.

Machine fly

On these I did 3 sets of 12. I flexed hard for a 2 count at the end of every rep. I actually started getting a decent pump finally here.

Total Work Sets: 3

Goal: Work muscle from stretched position

Dip machine

On these I used an assist machine with 50 lbs help for 2 sets and then did bodyweight for 1 set. I took all sets to failure. I do not lock these out, and go nice and slow at bottom and ensure a massive stretch (very carefully).

Total Work Sets: 3

Goal: Work muscle from stretched position

Bent over dumbbell rear laterals

I did 3 sets of 20 here. Take 60 seconds between sets. Flex each rep for a split second in the contracted position. These felt good – blood rushed into rear delts pretty fast.

Total Work Sets: 3

Goal: Supramax delt pump

Dumbbell side laterals

This is standard dumbbell side laterals. I did 3 sets of 10 reps here.

Total Work Sets: 3

Goal: Supramax delt pump

Rope extensions

I did want to get some extra tricep work in so I did 8 sets of 10 reps on these. I only took about a 45 second break. I started locking out reps but about halfway through I couldn't lock out all the way so just did partials.

Total Work Sets: 8

Standing calf raise

I did 2 warm up sets here and then pyramided up doing sets of 10 with a 10 second stretch after the last rep on all sets. I did 4 working sets.

Total Work Sets: 4

NOTE: I did not do ab work because my lower abs are not feeling good, it feels as if the scar tissue is torn a little today. This comes and goes and is why I have to be so careful working them.

12 weeks out : Day 2

Diet

Same as yesterday although I am sure I will be raising calories back up to about the 3200 or so mark soon. I don't have much of an appetite as of now.

Cardio

none

John's notes

226 lbs morning weight (up 1 lb)

So today I woke up, and my back was aching so bad I literally had to swing my legs around and slide out of the bed. I felt 100 years old. Once I got to the gym, I started coughing up chunks of brown gook, so I am thinking I am feeling drained because I have some kind of flu. I decided it would be much wiser to do a "pump" day for legs today instead of a hard base day. I had a decent workout, nothing to write home about, but after I got home and napped, I woke up feeling much better.

Workout

Legs: 12 sets - PUMP DAY

Seated leg curl

On these I did 3 to 4 warm up sets, and then found a weight I could do for I would say 12-15, and I did 6 sets of 10 with it with only 45 second breaks using perfect control on all reps. The last two sets I might have got a little sloppy. This gave me a decent pump in my hams (not the usual pump).

Total Work Sets - 6

Goal – Activate and pump hams

Glute kickback machine

My glutes were next as I wanted to really get more pump in hams and glutes before heading to leg press so I did glute kickbacks on a machine. I actually tried to do these

heavy. There was a lady that just finished so I jumped on it and started with what she had used. Holy cow it was heavy. She has a strong butt. Anyways, I did 4 sets of 8 back to back with a hard flex on every rep. These felt awesome.

Total Work Sets - 4

Goal – Activate and pump glutes

Leg press

On these I quickly worked up to 5 plates, something that is about half of what I could normally do for 10, and I did 5 sets of 15 with 45 second rest breaks. This made me breathe hard and I think I coughed up all the brown gook.

Total Work Sets - 5

Goal – Supramax pump

Hip flexor machine

I am attaching a video on these just so you can see the machine I used. This is an old video. I did 3 sets of 12 here and really drive my knee up hard on every rep to nail hip flexors. These actually felt really good. These will be a staple as I want to deepen the lines in my upper legs even more this year.

Total Work Sets - 3

Goal – Supramax pump

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

Standing calf raise

I did 2 warm up sets here and then pyramided up doing sets of 10 with a 10 second stretch after the last rep on all sets. I did 5 working sets today adding one more set from yesterday.

Total Work Sets - 5

Standing ab crunch machine

This is done standing with your back against a pad. There is a little half moon shape pad that you also put in your lower back so it stretches your abdominal wall out. I did 100 reps here (with a light weight) and just did as many as I could, stopped, etc. until 100. My abs are still very weak from all my surgeries so I can't use much weight on

these, but I am trying to do these more and also to do some vacuums to help suck in my stomach for July. I did do a few vacuums also. I bend over suck in my stomach and then stand up tall and keep it sucked in for 10 seconds.

Total Work Sets - 4

12 weeks out : Day 3

Diet

I replaced the chicken with 8 oz of cod in meal 5. Everything else was the same.

Cardio

none

John's notes

227 lbs morning weight (up 1 lb)

So today I woke up and felt much better. Still a little achy, but had a solid workout. I feel like things are going the right way now.

Workout

Back: 18 sets – BASE DAY

Smith machine row

I did 3 warm up sets and then did 4 sets of 8 on these. I really focused on squeezing hard in the contracted position. I used 225 for all work sets.

Total Work Sets – 4

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

Low cable rows (with close supinated mag grip)

I busted ass on these. I held every contraction as hard as I could for 1 second and pyramided up. The reps ended up being 12, 10, 8, 7. I stop the set when I lose perfect form, so really to me, these are all to failure with good form.

Total Work Sets – 4

Goal – Supramax pump

Dumbbell pullover

These felt absolutely awesome. I did 4 sets of 8 here. On each set I loosened up more and was able to get more range of motion. The 8 reps is pretty much to failure with

good form here on all sets too.

Total Work Sets – 4

Goal – Work muscle from stretched position

Neutral grip pulldowns

On these we pulled out the forced stretch version. I used an attachment that had a bit of a v shape to it to get it down lower to chest and a neutral grip. As you let the weight stretch you your partner applies more pressure at the top so you force more of a stretch carefully. I have several of these vids on my YouTube showing this form. After doing these my upper lats felt like they were hanging off me, pretty good feeling. We did 3 sets of 8.

Total Work Sets – 3

Goal – Work muscle from stretched position

Hyperextensions

I wanted to flush my low back with some blood since it has been aching. I did 3 sets of 20 here really slow and deliberate.

Total Work Sets – 3

Goal – Supramax pump in your spinal erectors

Seated calf raises

I did a pyramid here. I did sets of 10 all the way up until I could barely do 10. Once I hit this weight I also did a drop set. I got 10 and took some weight off and did 8 more, and then took more weight off and did 8 more and then let my calves stretch at the bottom for 10 seconds. This HURTS. I would call this 3 sets.

Total Work Sets – 3

Standing ab crunch machine

I did these again today but used 10 lbs more than yesterday and actually broke it into sets. I did 3 sets of 20 very slowly breathing out and flexing in the crunch position and really sucking in gut and trying to vacuum when standing tall.

Total Work Sets – 3

12 weeks out : Day 4

Diet

I replaced the shake in meal 6 with tuna and 2 cups of brown rice.

Cardio

none

John's notes

228 lbs morning weight (up 1 lb)

Back in the game! I felt awesome today and had a crazy arm pump!

Workout

Biceps: 10 sets / Triceps: 10 sets – BASE DAY

Seated dumbbell curls

I did 3 sets of 10 to warm up. Do these with your palms up the whole time (fully supinated). Take these nice and slow and squeeze as hard as you can. Find a weight that is a hard 8 and do 3 sets of 8 there. On your last set throw in an extra 5 partial reps only coming up half way.

Total Work Sets – 3

Machine preacher curls

I use a machine that allows me to really contract hard and actually get my hands back behind my head. Some pieces do not allow this. I did 3 sets of 10 squeezing as hard as possible and then on the 4th set had my partner give me 5 forced reps (helped me get the weight back behind my head).

Total Work Sets – 4

Barbell curls

On these I did 3 sets of 8 followed by 6 partials (only coming up half way). At this point biceps were loaded with blood and screaming. All 3 sets had the partials, not just the

last set.

Total Work Sets – 3

Hammer curls

On these I did these seated and alternated arms. Bring them all the way up and flex hard and lower slowly. Do 3 sets of 10.

Total Work Sets – 3

NOTE: Bis were smoked. Also I only rested about 45 seconds between all sets.

Rope pushdowns

I did 3 warm up sets, and then I used a weight that I could do for 15. I kept rest breaks really short (just enough time for my partner to go) and went to failure every set. My reps were 15, 12, 8, 8. I locked out on the first set but as fatigue set in couldn't quit lock out and just kept cranking to $\frac{3}{4}$ lockout.

Total Work Sets – 4

Seated rope extensions

These are done seated with a back support facing away from a pulley. You set the pulley up on the low part so you are extending the rope overhead. I did 3 sets of 12 here, and at the end of each set let it sit in the stretched position for a 10 count. These felt unbelievable, really nice full pump.

Total Work Sets – 3

Seated dip machine

I did these with a slow 3 second eccentric and then drove down to $\frac{3}{4}$ lockout and then start right back up. I went to failure with a moderate weight on every set. The reps were around 8-10. On the last set I made it a drop set and dropped the weight twice going to failure on each drop.

Total Work Sets – 3

12 weeks out : Day 5

Diet

Same as yesterday (really looking forward to a nice cheat meal tomorrow with wife)

Cardio

none

John's notes

229 lbs morning weight (up 1 lb)

I am definitely back to 100% now. Today's pump was fantastic!

Workout

Chest: 14 sets / Shoulders: 8 sets – PUMP DAY

Machine press

We worked up doing a full range of motion with a 1 second squeeze doing sets of 10, until we got to a weight that 10 was really tough. On that set you make it a high intensity set and two drops. After the second drop do partials until you hit complete failure. We will call this 3 work sets.

Total Work Sets – 3

Goal – Activation and Supramax pump

Video Link - <https://www.youtube.com/watch?v=GzmhIcNsmps>

Machine flye

Normally I wouldn't do these until last, but the pump was so great from the first exercise I thought they would feel great and they did. Do 3 sets of 10 here with a hard flex on every rep. On your 4th set get an extra 5 forced reps, do a 7 second isohold, and then do partials to failure.

Total Work Sets – 4

Goal – Work muscle from stretched position

Video Link - <https://www.youtube.com/watch?v=FfqfvOWyz7s>

Dumbbell press

On these I used a semi neutral grip, not all the way where palms face each other but close. Drop your elbows down and get a massive stretch and then drive to $\frac{3}{4}$ lockout. I took a moderate weight and just did it to failure 3 sets in a row. My reps were 12, 11, and 9. I also put 25's on the end (under) of the bench to get it a tiny bit of an incline for these.

Total Work Sets – 3

Goal – Activation and Supramax pump

SuperSet

Dips

I actually did these with no help from the machine today. Go down nice and slow and drive up nice and slow. Use very controlled form. I did sets of 8 reps.

Stretch pushups

These are pushups done with your hands on aerobic step benches to allow for an extra chest. Just go to failure. I got 15 and 12 reps.

Total Work Sets – 4 (2 supersets)

Goal – Work muscle from stretched position and Supramax pump

Machine rear laterals

Pyramid up on these. I did 20, 15, 12 and 10 reps increasing the weight each set. Hold

the flex for 1 second in the contracted position on every rep.

Total Work Sets – 4

Goal – Supramax delt pump

SuperSet

Dumbbell side laterals

Do 10 reps here with strict form.

Over and back presses

Over and back equals 1 rep. Do 10 reps! If you need a form refresher check my [YouTube](#).

Total Work Sets – 8 (4 supersets)

12 weeks out : Day 6

Diet

Same as yesterday but had a few pita chips at an event for my kids school, like literally maybe 6 of them..ha! I did not get a cheat meal in because I forgot about the kid's event at their school. I will probably have a few donuts tomorrow, but nothing fun and enjoyable to report back to you THIS week anyway!

Cardio

none

John's notes

229 same as yesterday

AWESOME WORKOUT. I am really excited about feeling good today!

Workout

Legs: 17 sets – BASE DAY

Seated leg curl

I did 3 to 4 sets here and then did 6 sets of 10. All the sets were close to failure with good form. I would say I left one good rep in the tank each set, so very close. This was good and provided an excellent pump.

Total Work Sets – 6

Goal – Activation and Supramax pump

Machine squat

These are done on that Tru-Squat that you see on my Instagram Saturday. Now I know 99% of you do not have one of these so I would prefer you do regular barbell squats if possible, or a machine squat if you have any injuries that prohibit you from squatting. These are just heavy and explosive. Work your way up doing sets of 8. Just keep going until you can barely get 8. Drive the weight up with as much force as you can. When you get to the heavier sets you will lose speed, but that's ok. It's ok to have a grinder

set or two in there. I call this 3 work sets.

Total Work Sets – 3

Leg press

We start with an ascending set. Here is what I did so you can see what I mean.

3 plates per side for 6 reps

4 plates per side for 6 reps

5 plates per side for 6 reps

6 plates per side for 6 reps

7 plates per side for 6 reps

8 plates per side for 6 reps

9 plates per side for 6 reps

10 plates per side for 6 reps

Now I had one partner add a plate and then walk to other side and add a plate. If you train on your own that is ok. You will actually be able to do more sets as you get a slightly longer rest break slapping on plates yourself. You keep going until you barely can get 6. Once the weight is added you start set. There is no additional rest.

Now once you are done rest for 3-4 minutes and we do a descending set. Here is what I did.

10 plates per side for 6 reps

9 plates per side for 6 reps

8 plates per side for 6 reps

7 plates per side for 6 reps

6 plates per side for 6 reps

5 plates per side for 6 reps (SLOW REPS)

4 plates per side for 6 reps (SLOW REPS)

3 plates per side for 20 reps (FIRE)

This is nasty – good luck.

Total Work Sets – 2

Goal – Supramax pump

SuperSet

Glute machine

Start off with 8 reps on each leg doing a glute exercise.

Smith split squats (or lunges)

I use a Smith machine and do one leg at a time. If you don't have a Smith you can just do lunges. You want 8 reps on each leg.

Work Sets – 6 (3 supersets)

NOTE: Now I would normally do some stiff legged deads but my lower back is still aching so I passed on these. You should do 3 solid sets of 10 of a stiff legged dead variation!

Toe press

I did these on the leg press. I simply get up to a weight that is a tough 10, and I just do 5 sets of 10 with it, and I let the weight stretch my calves for 10 seconds after the last rep on all sets. The last set I also do partials to failure before doing the stretch. The last set should be extremely painful. Total

Work Sets – 5

12 weeks out : Day 7

Day Off – Family Day

I did have 2 donuts today before my final edits for this past week.

Weight was 229.5 this morning.

Next week will be much tougher than this week!

11 Weeks Out

11 weeks out : Day 1

Diet

Meal 1: 4 whole eggs, 1 cup of oats, a teaspoon of coconut oil

Meal 2: 40 grams of whey protein

Meal 3: 40 grams of whey iso, ½ cup of cream of rice (dry), 1 tbsp of nut butter, 0 calorie choc syrup

Intra: 3 scoops of Intra MD

Meal 4: 1 Isopure RTD

Meal 5: 8 oz of cooked cod, 2 cups of white rice

Meal 6: 1 can (5 oz) of Skipjack tuna (Wild Planet), 2 cups of brown rice

Dietary Breakdown

269 grams of protein (34%)

389 of carbs (49%)

57 of fat (16%)

Total: 3,145 calories

Cardio

none

John's notes

229 lbs morning weight

Swapped out toast with oats in the am

Workout

Chest: 13 sets / Shoulders: 8 sets – BASE DAY

Incline dumbbell press

Worked up doing sets of 12 until I could barely get 12. Take these to $\frac{3}{4}$ lockout. I actually did 12 on the last set, and then did this dropset. Start with what you just did for 12 on the previous set, but do the reps much slower (eccentric), and then drop the weight and continue to do these very slow on negative, and then one more drop. I was so fatigued I couldn't get full reps and just tossed in some partials. I don't want the reps on this set to be excessively high. You will see in the video I got only probably around 10-15 reps total during the drop set. Also notice the angle of the incline. It is very small; I want you to use this angle.

Total Work Sets – 4

Goal – Activation and Supramax pump

Video Link - <https://www.youtube.com/watch?v=OlpxYATMLoc>

Incline bench press

On these take them down to about 1 inch above collarbone (so not touching chest) and drive up hard, as fast as you can. Generate force ok! Do not lock out on these. I did sets of 6 going up until I barely made 6. I count the last 3 sets here as working as well. Don't take too big of weight jumps or you will cheat yourself out of volume. See below for what I did.

135 x 6 (feeder set)

185 x 4 (feeder set)

225 x 6

255 x 6

275 x 6 (this was really hard to get last rep)

Total Work Sets – 3

Goal – Train explosively

Machine press

Yes I love this machine. Pick a weight you think you can do for about 10 and just do 3 sets to failure with it. Use a full range of motion and pause all reps in the stretch position. Also make sure you lock ever rep out and flex hard. Your chest should be PUMPED! I did 12, 9, and 7 reps with the weight I picked.

Total Work Sets – 3

Goal – Supramax pump

Machine fly

Ok let's get a massive stretch on these. Do 3 sets of 10 with hard flexes in the contracted position followed by 5 slow partials in the stretch at the end. Do the partials slowly and carefully, don't get sloppy and hurt yourself.

Total Work Sets – 3

Goal – Work muscle from stretched position

SuperSet

Bent over dumbbell rear laterals/swings

I did 3 sets of 25 here. Do these swing style as you see in the video. Let arms hang and just swing them using rear delts. This superset will fry your delts.

Over and back rope stretches

Don't laugh! You are going to be hurting after this! Do 10 reps on these.

Work Sets – 6 (3 supersets)

Goal – Supramax delt pump

Video Link - <https://www.youtube.com/watch?v=yIvDTNk9-qA>

SuperSet

Dumbbell side laterals

This is standard dumbbell side laterals. I did sets of 10 reps here. Actually I just held 25 lb plates in my hands and did these seated.

Over and back press

Use a weight you can do 10 with and then just go to failure each set. I doubt you will get 10 again if the first set is hard. I did 10, 8, and then only could get 6 and

I only used 75 lbs.

Work Sets – 6 (3 supersets)

Goal – Supramax delt pump

SuperSet

Standing calf raise

Do sets of 10 here, and on each set then do a 10 second stretch, and then another 10 partials out of the bottom, and then one final 10 second stretch.

That is EACH set, not just on the last one.

V-ups

Just do each set to failure here.

Work Sets – 10 (5 supersets)

11 weeks out : Day 2

Diet

I will be adding chicken in for last meal. I am tired of tuna for now. #tunadestroyernot

Cardio

none

John's notes

229.7 lbs morning weight (up .7 lb)

Low back is really inflamed again. I went to my normal deep tissue therapist and she spent an hour working on my hip flexors, hams, glutes, lats, etc. It feels better, and hopefully I can sleep better tonight. Low back pain has woke me up at 3 am the last 2 nights.

Since I am going a hard leg day at EliteFTS on Saturday and doing back pump work on Friday I changed my split as you will see.

Workout

Back: 12 sets – BASE DAY

Seated cable row

On these I did 2-3 warm up sets first. This was done pyramid style. I did reps to failure on every set basically. Failure in terms of not being able to keep perfect form. The first set I got around 15, and then it was 12, and then 9, and then 7. I was also holding the squeeze for 1 second every rep. These were ultra strict reps.

Total Work Sets – 4

Goal – Activate and pump

Single arm supinated pulldown

Next we did these for lower lats. I reached high to stretch hard and then supinated during the pull and drove elbow down as hard as possible squeezing lower lat. On this one I found a weight that was a tough 10, and then just did 4 sets with it. Really focus

on driving elbow down and flexing low lat ok!

Total Work Sets – 4

Goal – Supramax pump

Tbar deadlift

Ok the truth is I couldn't make it through these as my back hurt too bad, BUT I want you to do these as they would have been perfect here. These are the deads that I do for lower lats where I come up 3/4 of the way and just flex lower lats and then keep them tight on the descent. You can see video of these on my Instagram and YouTube. Just keep stacking 25's (for range of motion) until you lose the contraction in lower lats. These have become my favorite back exercise. I don't even feel these in glutes or hams. I hope next week I can do them.

Total Work Sets – 0

Goal – Supramax pump

Dumbbell pullovers

I just did our normal dumbbell pullovers here. Do these really slow and feel your lats stretching hard! Only pull to right above your forehead and then go right back down. Do 3 sets of 10.

Total Work Sets – 3

Goal – Work muscle from stretch position

Swiss bar pulldowns

If you do not have a Swiss bar you can simulate by using a neutral grip (palms facing in), but this allowed us to also use a close grip doing that. Pyramid up. Get a massive stretch and then strictly pull down flexing every muscle you can in your back. Reps I did here was 12, 10, 8, and 6. The set of 6 was pretty much pulling me out of the seat it was so heavy.

Total Work Sets – 4

Goal – Supramax pump

Hyperextensions

I did these for rehab purposes to get blood in lower back. I just did 4 sets of 15. I want you to use a band if possible though and actually work these hard!

Total Work Sets – 4

Goal – Supramax pump

Standing calf raise

I did 2 warm up sets and then did all my sets like this – do 10 full reps, and then 25 partials out of the bottom. I did 4 sets like this. Next week I will kick tibia work back in.

Total Work Sets – 4

11 weeks out : Day 3

Diet

I have Prime Nutrition in town filming training and a short video on Partition-MD today so had breakfast with them and had bacon instead of oats in my breakfast

Cardio

none

John's notes

230.3 lbs morning weight (up .6 lb)

I posted a leg pic today midway through leg workout. This was one of the best leg pumps I have had in a long time. Everything is feeling great except my low back.

IFBB Pro Ken Jackson is in town training with me today and tomorrow

Workout

Leg: 14 sets – PUMP DAY

Lying leg curl

I did 4 warm up sets of 12. On my first working set I did a hard 12. On the second working set I did 10, plus Ken gave me some negative eccentric resistance on another 5 reps. On the 3rd set, I did 8 and then 5 with the extra eccentric resistance and then did an isohold for 20 seconds. The isohold was about $\frac{1}{4}$ of the way into curling the weight up.

Total Work Sets – 3

Goal – Activate and pump

Leg press

This was nasty. We started at one plate and just going up doing sets of 10 until we could barely get 10. We ended up at 10 plates. Now here is where the fun began. This is kind of hard to explain but I will do my best. See below. BTW I count all of this as 3

work sets.

Here is exactly what Ken and I did (after EACH set 2 other guys pulled a plate so our rest period was VERY short.)

10 plates per side John did 10

9 plates per side Ken did 14

8 plates per side John did 14

7 plates per side Ken did 18

6 plates per side John did 18

5 plates per side Ken did 22

4 plates per side John did 22

3 plates per side Ken did 26.

We had 2 guys pulling plates off and were only resting while other person went, so 30 seconds on average. This pace was brutal but the pump was absolutely insane.

Total Work Sets – 3

Goal – Supramax pump

Dumbbell lunge

We did these with our lead foot on a box about 3-4 inches high to get a deep stretch.

Do 10 reps on each leg nice and slow and stretch deep into bottom of movement. Do 4 sets.

After each set get a good 30 second quad stretch in. I just put a foot up on a bench, facing away from bench, and drop down slowly until knee hits floor. Once I can do this I straighten my back up so upper thigh stretch is even more intense.

Total Work Sets – 4

Goal – Work muscle from stretched position

Sissy squat

On these we did 4 sets to failure. When you stand up tilt your body back some so there is a ton of emphasis on upper thighs (rectus femoris)

Total Work Sets – 4

Goal – Supramax pump

NOTE: Normally I do a stiff legged variation here but I chose to pass on it due to lower back issue and the fact that we are going to do back tomorrow. Yes on one day rest! I will let you decide whether you want to do some stiff legs or not.

SuperSet

Seated calf raises

Do 10 reps here with a good flex at top and after last rep a good 10 second stretch.

Standing calve raise

Do the same thing here. I want 10 reps and then finish with a 10 second stretch.

Work Sets – 8 (4 supersets)

11 weeks out : Day 4

Diet

No Changes

Cardio

none

John's notes

230.7 lbs morning weight (up .4 lb)

Since Ken is in town, and we are focusing on his lower lats and since mine recovered perfectly from Tuesday, yes we did back. Since we were feeling good we also through in bis and tris too!

Workout

Back: 19 / Biceps: 9 sets / Triceps: 11 sets sets – BASE DAY

Machine row

On these we used a machine with a chest support. The grip had a few options and we used the grip that had a sort of half supinated bend to target lower lats. Once we got 3-4 warm up sets in we did these with a good stretch and really focused on driving elbows back hard and squeezing lower lats. We pyramided up in weight and the reps were 12, 10, 8, and 8. At the end of the 4th set we let the weight hang and stretch us for 30 seconds.

Total Work Sets – 4

Goal – Activate and pump

Mag grip pulldown

Next we did Mag grip pulldowns. We used the attachment in the link below, so not the close one, but medium width, so this is what you want to simulate. On these I let these stretch me really hard at the top and tried to keep my torso very erect and really drive down elbows flexing lats thought the concentric. We did 3 sets of around 10 reps and

on the 4th set Ken helped me force out 5 more reps with some assistance. Make sure you get a massive stretch on these.

Total Work Sets – 4

Goal – Supramax pump

Just fyi – so you can visualize bar we used

<http://www.elitefts.com/medium-grip-supinate.html>

Nautilus pullovers

Yes I love these old machines. If you have one great, do 3 sets of 10 with another massive stretch at the top, if not use a dumbbell like earlier in the week.

Total Work Sets – 3

Goal – Work muscle from stretch position

Tbar deadlift

Ok now my back felt better so I was actually able to do these! I did not go real heavy though, and only used an additional 115 lbs to the bar. Now if you did these on Tuesday just use lighter weight this time and work double hard on the contraction. Hold the contraction for 2 seconds on every rep. I did 5 sets of 5 here. My entire back was FULL of blood as was Ken's.

Total Work Sets – 5

Goal – Supramax pump

Dumbbell rows

Ok I want you to finish this workout with some grinders. Grab some heavy dumbbells and knock out 3 sets of 8 here. I don't mind a little cheating here. Your back should be trashed.

Total Work Sets – 3

Goal – Supramax pump

Hammer preacher curls

Do these nice and slow. If you can flip the pad around and do these on the flat part of the pad, like the old Spider curls, that is even better. Use a full range of motion and do 3 sets of 10 here.

Total Work Sets – 3

Incline dumbbell curls

Between all the back work and the preacher curls, your biceps should be very full of blood. We are now going to use these to stretch your biceps intensely. Lay back and let the dumbbells stretch out completely. Do not get sloppy or go too heavy. Use perfect form and squeeze as hard as you can at the top, for 3 sets of 8.

Total Work Sets – 3

Barbell curls

Just like last week, on these I did 3 sets of 8 followed by 6 partials (only coming up half way). Remember all 3 sets have the partials, not just the last set.

Total Work Sets – 3

Vbar pushdowns

On these Ken and I went back to back for 8 sets, shooting for 10 reps per set and flexing hard on all the reps we could. So rest is minimal on these. It won't take long and all the blood from your bis will move to your triceps.

Total Work Sets – 8

Lying extensions

Finish off tris with 3 quick sets here, using short rest breaks.

Total Work Sets – 3

Ok so THIS is how we did them – check this out. Great variation.

Video Link - <https://www.youtube.com/watch?v=k8HGcuXLlm4>

Ab machine

We used a seated ab machine here that allowed you to go into a full stretch and really lengthen your rectus abdominus. These felt great, and even though my abs are very weak and fragile, it was nice to feel some blood in them. I did 3 sets of 20.

Total Work Sets – 3

11 weeks out : Day 5

Diet

Had 2 pieces of Ezekiel toast with breakfast instead of oats today. For meal 5 I had steak instead of fish. I took it to the movies and watch Fast and the Furious 7.

Cardio

none

John's notes

230 lbs morning weight (down .7 lb)

I feel as if things are going really well now. After I did 2 warm up sets on first exercise I felt a really good pump

Workout

Chest: 15 sets / Shoulders: 9 sets – PUMP DAY

Machine press

On these I did a few warm up sets and then used a neutral grip (palms facing each other), and did very slow and deliberate reps flexing hard throughout the entire range of motion. I was trying to generate a massive amount of tension on all reps. I pyramided up and when the reps got sloppy, I stopped. I did a good 12, 10, 8, 7, and 6 reps moving up each set.

Total Work Sets – 5

Goal – Activation and Supramax pump

Smith decline

I used a very slight decline and did 2 feeder sets of 6 to get to working set. Once there I did 4 sets of 8 with only 1 minute breaks. The first set I had a good 3 or 4 reps left in the tank, and on the last set I barely got 8. On all of these I touched chest and flexed hard as I drove weight up. At this point I had an outrageous pump in chest from all the tension.

Total Work Sets – 4

Goal – Supramax delt pump

SuperSet

Machine fly

On these I did sets of 10 with as hard of a squeeze as I could possibly use. At the end of every set I held the stretch for 30 seconds... crazy stretch and crazy pain.

Machine rear laterals

Use a weight you can do a good solid 15 reps on here flexing at the end of every rep.

Work Sets – 6 (3 supersets)

Goal – Supramax pump

SuperSet

Dips

Do these nice and slow and just do as many as you can do. I was getting about 8 reps.

Dumbbell side laterals

On these do sets of 10 with perfect form.

Work Sets – 6 (3 supersets)

Goal – Supramax pump

SuperSet

Dumbbell front raises

Do sets of 8 here. Take the dumbbells a few inches above eye level and flex your front delt at the contraction point.

Standing calf raises

Do 20 reps and then 20 partials out of bottom

Work Sets – 6 (3 supersets)

Goal – Supramax pump

11 weeks out : Day 6

Diet

We went to Dr. Serrano's house last night and I did have one slice of cheesy bread, damn it was good! Everything else was the same.

Cardio

none

John's notes

230.8 – was actually 235 when I went to bed so I suspected weight would still be climbing. Right now I am getting perhaps the best pumps of my life, in terms of how quick they hit. I have been experimenting with Cialis to be honest, at a dose of 10 mg Preworkout (legally obtained), and I think it definitely adds to the pump.

I also add in my new supplement this week the Partitioner. Right now I am taking 2 caps pre-workout with that meal, so that could be helping too as it is designed to push more glucose into muscle. Overall I am just feeling great.

I did check a few internet boards this week as I saw my name pop up, and as usual there are always a few people who just slam me as hard as they can and tell me how ugly my abs and physique are. It reminded me to stay off the boards. If only these people knew what I have been through.

Workout

Legs: 29 sets – BASE DAY

SuperSet

Seated leg curl

We went for straight out volume on these. We did 4 warm up sets of 10, and then 8 work sets of 10. Each set was really close to failure with perfect form.

Glute kickbacks

This is the machine I call the Donkey Kick machine where you kick each leg back and flex glutes, it is a great machine. 8 reps per each side here.

Work Sets – 16 (8 supersets)

Goal – Activation and Supramax pump

Machine squat

We used the machine again this week on these. I would like for you to use a machine with your back supported if you can because of the way we do the last set. On these I did 2 warm up sets and everything felt so good in glutes and hams I felt like I could really explode out of the bottom. I just did sets of 8 adding weight until I hit a very tough 8. Now once we did 8, I did a drop set. On the machine I was using 4 45 lb plates. Each set I dropped one plate. Here is the difference though. With 3 plates I did the descent VERY slow, and the pain from this was excruciating. I did 6 reps. Then after another drop I went in almost superslow motion down with 2 plates and managed to get 4 reps. Then on the last set I just took it down as slow as I possibly could and only did 1 rep. I can't begin to tell you how pumped my legs were after this. I would call this 4 total work sets.

Total Work Sets – 4

Goal – Train explosively and Supramax pump

SuperSet

Leg extension

I did 6 reps here with a 3 second flex squeezing as hard as I can envisioning detail getting chiseled in.

Sissy squats

I did sets of 6 here too, and really leaned back at the top once again crushing rectus femoris and hip flexors.

Work Sets – 6 (3 supersets)

Goal – Supramax pump

NOTE: 3 rounds of this and I couldn't even bend my legs.

Standing leg curl

I feel like all the machine lunges and split squats are really bringing back my upper

ham glute tie in, so I wanted to focus more on the lower ham, the part that gives you the freaky hang. I did these only coming up half way and really trying to straighten leg out as much as possible at bottom to place tension on lower ham. Each set you do, you will feel this better and better. Do 3 sets of 15 here.

Total Work Sets – 3

11 weeks out : Day 7

Day Off – Family Day

Woke up at 231#

Mary is taking the kids to their grandparents today as she is leaving for a trip we won to Chicago tomorrow. I don't know what exactly she won, but apparently it is a 4 day trip so she is going with her sister. This means I will be taking kids to school next week early in am and need to train earlier due to having pick kids up at school when I am usually training.

Not sure how long my bodyweight will rise, and right now not concerned as I am getting harder. I truly have NO IDEA where I am going to end up.

I hope you are enjoying this with me, as we have a long way to go!

10 Weeks Out

10 weeks out : Day 1

Diet

Meal 1: 40 grams of whey iso, ½ cup of cream of rice (dry), 1 tbsp of nut butter, 0 calorie choc syrup

Intra: 3 scoops of Intra MD

Meal 2: 1 Isopure RTD

Meal 3: 6 oz of grass fed beef (sirloin), 2 cups of white rice

Meal 4: 40 grams of whey iso, ½ cup of oats

Meal 5: 8 oz of cod, 2 cups of white rice

Meal 6: 10 of organic chicken, 1 cup of Brussels sprouts

Dietary Breakdown

317 grams of protein (44%)

346 of carbs (48%)

28 of fat (9%)

Total: 2,904 calories

Supplements

I will be adding more supplements as I go to, but listed what I am taking now below:

4 grams of fish oil a day

2 servings of Partition-MD a day (one with pre, and one with post training meals)

5000 iu of Vit D3 a day

Cardio

1 30 minute walk – Ok, this was not planned. I hit a pothole and got a flat tire coming back from Trader Joes. Long story short I ended up having to take a 30 minute walk Monday night!

John's notes

231.2 lbs morning weight (up .2 lbs)

I had to train early so I was available to pick up kids from school in the afternoon as wife is with sister on a mini vacation. I just lifted peri (pre, intra, and post) meals and aligned with training.

I did take carbs out of last meal. I feel like I need to do that to get lower back fat off, and (I know this is way too much info) I really need to eat more meat before bed so I am not getting up to use bathroom all night (thanks to not having a colon). My body just falls apart from lack of sleep.

Workout

Chest: 14 sets / Shoulders: 12 sets – BASE DAY

Machine press

Again I used a massive amount of tension. I try to even as I am lowering the weight feel as much tension in the pecs as I can. I used a pronated grip today on this. I simply did sets of 8 until I got to the whole stack which was actually perfect because I barely got 8 with it this week. I count this as 3 work sets.

Total Work Sets – 3

Goal – Activation and pump

Incline bench press

On these take them down to about 1 inch above collarbone (so not touching chest) and drive up hard, as fast as you can. Generate force ok! Ok, this week I also added a pause at the bottom as I felt really strong. I used the same weights as I listed last week, but with the pauses, and on the last set with 275 I did 9. Last week I got 6. This is a far cry from the 315 for 12 I used to do 2 years ago, but hey I am getting better and my

control on these is impeccable. I count this as three sets.

135 x 6 (feeder set)

185 x 4 (feeder set)

225 x 6

255 x 6

275 x 9 (this was really hard to get last rep)

Total Work Sets – 3

Goal – Train explosively

Dumbbell press

Use that tiny incline again this week. On these for the high intensity technique I simply shortened rest breaks to 45 seconds. I did a medium weight, 85's, and just went to failure on 6 sets. My reps were 11, 8, 7, 6, 5, and 4, so I lost quite a few reps but the pump was excellent! Also, I took these to $\frac{3}{4}$ lockout only.

Total Work Sets -6

Goal – Supramax pump

SuperSet

Machine fly

I felt my pecs were pretty demolished so I wanted to stretch them hard on this. I did 4 sets to failure, and then sat in the stretch for 20 seconds on each set, before moving onto the rear delt portion of the combo. It felt awesome

Machine rear delt laterals

Now just adjust the lever arms so you can do rear delts. I did sets of 12 with a hard 2 second contraction one each rep.

Work Sets – 8 (4 supersets)

SuperSet

Standing side laterals

I did these in which I raised my arms to the 2 and 10 o'clock positions, so a little front and side delt. I did 10 reps on every set. By the time I was done, my delts

were completely numb, like a swarm of hornets had sting them. This was supersetted with calf raises.

Standing calf raises

On these I did 8 heavy reps and then 6 partials with a good stretch AND a 5 second stretch at the bottom on EVERY set.

Work Sets – 16 (8 supersets)

V-ups

Just do each set to failure here again this week. Do 5 sets.

Total Work Sets – 5

10 weeks out : Day 2

Diet

No Change

Cardio

none

John's notes

230 lbs morning weight (down 1 .2 lbs) – see what happens when I even SLIGHTLY remove carbs.

Ok, the result of my flat tire from going to get a half gallon of Almond Milk from Trader Joe's, I need 2 new tires at a cost of \$700. OUCH.

Workout

Back: 17 sets – BASE DAY

Seated cable row

On these I did 2-3 warm up sets first. I maintained perfectly erect posture to protect my lower back here and really focused on driving elbows down low and back. Every rep I held for a 1 second hard squeeze. I did 4 work sets of 10 reps here.

Total Work Sets – 4

Goal – Activate and pump

Smith machine row

I did these with a little narrower grip than usual to get more range of motion. I literally just let my arms hang straight down and grab the bar there. I had to be careful with my low back being inflamed but it held up good until I hit 275 and then I had to shut it down. I did sets of 12 all the way up to 275 and then stopped at 6, because I felt it starting to give. I did a good 3 work sets. One other little trick on these, as you are driving the weight up also pull backwards. You can't actually do that, because the machine doesn't let you, but MAN does it engage lower lat ties down the side of your

back good with this subtle change.

Total Work Sets – 3

Goal – Train explosively

Dumbbell pullovers

I wanted to really work some higher reps on these today. I went a tad lighter but did 3 sets of 20 here. By my last set my flexibility was outrageous and could pretty much get the dumbbell all the way to the ground behind me.

Total Work Sets – 3

Goal – Work muscle from stretch position

Chin machine

Since I already used a neutral grip on the cable rows I used a pronated grip on these. I didn't use much weight on the machine to help me, but I did use 40lbs of counter-resistance. I did 3 sets ot failure (meaning loss of form you stop). My reps were 12, 10, and 9.

Total Work Sets – 3

Goal – Supramax pump

Hyperextensions

I did these for rehab purposes to get blood in lower back again this week. I did 4 sets. I did 20, 20, 15, and 15 reps.

Total Work Sets – 4

Goal – Supramax pump

SuperSet

Standing calf raise

I did these with slightly bent knees today to focus on soleus more. I pyramided up as heavy as I could doing sets of 10, and then just stayed there. At the end of every set I did a 10 second stretch.

Hanging leg raise

I did sets of 10 here. I know that doesn't sound like much, but my abs did not feel good again today. I had a massage today and had her work on them again

to try and break up scar tissue more, but I doubt it will ever work. I felt the surgically repaired area pulling today pretty hard, so I didn't push these.

Work Sets – 10 (5 supersets)

10 weeks out : Day 3

Diet

No changes but I did add extra Celtic sea salt to meals. I had some cramps training today. This is a battle I fight often due to dehydration. Without a colon you cannot absorb salt and water correctly so I have to really stay on top of this. Apparently I did not the last few days, which makes sense given the weight drop. My calve and ab routines were cut short today by cramps.

Cardio

none

John's notes

230 lbs morning weight same as yesterday

I am feeling a little nervous to be honest. The show is under 10 weeks away now. I never feel really confident until I look the way I want, which honestly doesn't happen much.

Workout

Leg: 14 sets – PUMP DAY

Seated leg curl

I did 4 warm up sets of 10 reps. I then did a very hard (but with perfect form) set of 12, 10, and 8. On the last set with 8 reps, I then did 15 VERY slow partials out of the stretched position. The pump was excellent to get started.

Total Work Sets – 3

Goal – Activate and pump

Glute machine

This is the donkey kick machine I am always talking about driving your leg back and squeezing glute. I did 3 sets of 10 with each leg.

Total Work Sets – 3

Goal – Activate and pump

Machine leg press

This was a machine with a selectorized weight stack where you lay back. I love these machines. I did sets of 15 going all the way up until I could barely get 15. On the last 3 sets I really slowed down the eccentric and tried to feel my vastus lateralis (quad sweep) working. This resulted in a crazy pump. I wanted to go heavier but reminded myself this was a pump day and to stick with plan and be smart. The last 3 sets were work sets.

Total Work Sets – 3

Goal – Supramax pump

Hip machine

This was done on the hip machine that I posed the video of on week 1. I did 3 sets of 10 with each leg. I then get off the machine and stand in my front relaxed pose and tense my upper thighs for 10 seconds as they are activated well now and you can really control them and make them flex hard. I will build this time up as the weeks go by.

Total Work Sets – 3

Goal – Supramax pump

Smith machine squats

I wanted to get some more reps in so I did 3 sets of 20 with 225 on this. Wow did the last 2 sets burn.

Total Work Sets – 3

Goal – Supramax pump

Smith machine squats

From here I stayed in the Smith and did stiff legged deads. I did not go up all the way on these and kept constant tension on my hams. I also felt my upper back being sore, so yesterday I know must have beat it up pretty good. I did 3 sets of 10 here. I do these very nice and slow, and controlled.

Total Work Sets – 3

Goal – Work muscle from stretched position

NOTE: This is 2 exercises in a row that stress lower back but I didn't push any heavy weight so I think my low back will be just fine tomorrow.

Seated calf raises

I got through 3 sets of 10 and started getting painful cramps even after stretching, so I stopped.

Ab machine

I didn't even make it through 1 set here, my lower left ab locked and wanted to stay cramped, so I cut these short too.

10 weeks out : Day 4

Diet

No changes.

Cardio

none

John's notes

229 lbs morning weight (down 1 lb)

I think the lower carbs at night is working a little now. Low back fat is slightly improved.

Today was interesting in terms of training. I have been doing arms, but I am thinking to myself, I need bigger wider shoulders more than anything else. They are thick, but with my wide waist they need to be ginormous. I also need more back and am planning on tomorrow to be chest and back pump, so adding shoulders might be a bit much. With this in mind I did a full shoulder workout today before doing arms.

You know the truth is, my legs are so good I should prolly stop doing them two times a week and do more shoulders. Maybe I will cut into the volume of the pump day on legs next week and add in shoulders or simply repeat what I did this week. I do love the leg pump day because I work on all the detail muscles, and another thing I really need is detail. My hesitation with adding in extra shoulder work is the joint starts to hurt. This happened to me before Nationals last year, so I have to be careful and use good judgment here.

Workout

Shoulders: 18 sets / Biceps: 7 sets / Triceps: 11 sets sets – PUMP DAY

Cable side laterals

I did 2 warm up sets of 15 with each arm here and my delts were already burning pretty good so I went right into work sets. I set the pulley up from the bottom, and simulate a side lateral. I did 6 sets of 10 with each arm. On each rep I try to flex at the top for a split second. Now here is the kicker, I do all these back to back. So do side,

and then the other and immediately back to the other. By the time I got to about the 4th or 5th set my form wasn't as tight, so I used some momentum, but it's a cable and you won't get hurt so just get the reps no matter how bad it burns.

Total Work Sets – 6

Goal – Activate and pump

Cage press

This is where I set up a power rack and push the bar up the side of machine itself. I have several videos on my YouTube of this. Use a moderate weight that you can drive up with some speed, but heavy enough to feel tension. I used 35 lbs on each side of bar. I did 5 sets of 6 and took 45 second rest breaks.

Total Work Sets – 5

Goal – Train explosively

Machine rear laterals

On these I used a little heavier weight than usual and help them for a 2 second flex. I slowed down the pace a bit too as my delts were on fire. Do 4 sets of 12 here.

Total Work Sets – 4

Goal – Supramax pump

Barbell front raise

There are just good old fashioned barbell front raises. I bring them about 2-3 inches above my head and try to flex my front delt on each rep. I did 3 sets of 10 to finish off shoulders.

Total Work Sets – 3

Goal – Supramax pump

SuperSet

Rope pushdown

Here I did 12 reps on each set with a good flex at the bottom. The last 2 sets my triceps were a little fatigued so I didn't get the flex in on all the reps and just drove down the weight $\frac{3}{4}$ of the way to get my rep goal.

Close grip pushups

Take a shoulder width hand placement on these and keep your elbows tucked as you do these. I did these very slow and was really flexing the inner/long head of the tri. I could feel a crazy contraction at the top. I could only do 8 to 10 reps like this per set. The last set I only got 5 actually.

Work Sets – 8 (4 supersets)

Goal – Supramax pump

Seated rope extensions

I wanted to get a really good stretch on triceps now so do these. This is where you sit down and face away from the pulley and pull the rope straight up overhead. I did these nice and slow and emphasized the stretch on each one. Do 3 sets of 8.

Total Work Sets – 3

Hammer preacher curls

Do these again to start biceps. Do 3 sets of 12 nice and slow flexing on every rep as hard as you can throughout the ENTIRE range of motion.

Total Work Sets – 3

Ez bar preacher curls

On these I did 3 sets of 10. On the last set I only got 8. Do these nice and slow too and flex your biceps hard at the top.

Total Work Sets – 3

Barbell curls

Just grab the barbell (empty) and do as many reps straight as you can. I did 50.

Total Work Sets – 1

Ab machine

I tried to do this again by the tissue in my lower abs felt like it was tearing again, so we will try again tomorrow.

10 weeks out : Day 5

Diet

I ate all cream of rice today for my carbs. Just had a taste for it. I will be putting more veggies in soon. I have to be careful with veggies as they irritate what's left of my digestive system, plus I don't really need much fiber due to not having a colon in the first place. After I had my emergency surgery the doctor says to me, well the good news is you will never be constipated again. Funny guy.

Cardio

none

John's notes

229.8 lbs morning weight (up .8 lb)

Mentally I was really up and down today. Had a great workout but then just got home, and was trying to play with kids, trying to get food ready, feeling pretty tired and basically just passed out. I just kept thinking to myself why do I put myself through this. It is 9 weeks out and I am already feeling whiny, damn I am in trouble. Luckily Fouad competed today though and it looks like he will win so that really recharged me. I do question how much I have left in the tank. We shall see.

Workout

Chest: 16 sets / Back: 12 sets – PUMP DAY

This was a fun one!

Machine press

On these I did a few warm up sets and then used a pronated grip. I tried to keep rest breaks shorter and only rested about 1 minute between sets. I worked up to a weight I could do for about 10, and then just left it there and did 4 sets. On the last set I only got 8. I was using ultra strict form and squeezing as hard as I could throughout the entire range of motion.

Total Work Sets – 4

Goal – Activate and pump

Wide grip chins

I used the cheater/assist machine on these and set the weight so that I could get about 10 reps. I did 4 sets here. Again, use ultra strict form and flex your back as hard as you can at the top.

Total Work Sets – 4

Goal – Activate and pump

Smith decline

I really liked the way these felt last week so I did these again. Like last week I used a manageable weight to not place stress on connective tissue and beat up joints. I put 225 on the machine and did 4 sets with it resting 1 minute between sets. I stayed laying down and didn't even get up until done.

Total Work Sets – 4

Goal – Supramax pump

Medium grip chins

I used the cheater/assist machine on these and set the weight so that I could get about 10 reps. I did 4 sets here. Again, use ultra strict form and flex your back as hard as you can at the top. I just moved my hands in to get a longer range of motion now.

Total Work Sets – 4

Goal – Supramax pump

Machine fly

This was also the same as last week but I did 4 sets of 10. On all 4 sets I added in 5 slow partials in the stretched position to stretch out pecs (as they were full of blood).

Total Work Sets – 4

Goal – Work muscle from stretched position

Neutral grip chins

Ok, now I used a palms facing each other grip to finish off lats. Once again 4 sets of somewhere around 10 reps.

Total Work Sets – 4

Goal – Supramax pump

Dips

I finished off with some nice slow dips on the cheater/assist machine. I did around 4 sets of 8.

Total Work Sets – 4

Goal – Supramax pump

Standing calf raises

I pyramided up and went as heavy as I could for sets of 8. Once I got to where I could do 8, barely, I stayed with it for 4 more sets. I would say I did 6 good working sets.

Total Work Sets – 6

Goal – Supramax pump

10 weeks out : Day 6

Diet

Now this is what I usually start to see when I get into prep. At the beginning of the week my weight is at its highest and then on Friday or Saturday it drop quite a bit and is one reason why the cheat meal is so valuable to me on the weekend. I look at this logically. If I am right around contest weight, does it make sense for me to lose 2-3 lbs in a week? Probably not, so I actually do use the scales incessantly. I am merely trying to cut off dramatic changes as I am looking for small but continual changes.

Tonight's cheat meal was simply a hamburger and French fries while watching the Avengers.

Cardio

None

John's notes

228 lbs morning weight (down 1 .8 lb)

This was kind of an up and down past couple of days for me emotionally. Fouad winning tonight put me on cloud nine, but I do have my doubts about myself. I should clarify, not about myself; just more like a feeling like no matter how I look it never gets me past 2nd. I am finding that doing this whole program with you all following and joining is a really good thing for me. I can't tell you much POSITIVE pressure it puts on me. If I show up and look like goat balls, then I didn't deserve your support, so when it's all said and done, I will be ready. I am not gonna let you down or myself down.

Workout

Legs: 33 sets – BASE DAY

This leg workout was very similar to last week's. I really thought it was awesome so I kept the beginning of it similar.

SuperSet

Seated leg curl

We did 4 warm up sets of 10, and then 10 work sets of 8 this week. Each set was really close to failure with perfect form. These were Supersetted with glute kickbacks again

Glute kickbacks

This is the machine I call the Donkey Kick machine where you kick each leg back and flex glutes, it is a great machine. 8 reps per each side here.

Work Sets – 20 (10 supersets)

Goal – Activation and Supramax pump

Machine squat

This week I got footage for you of the hard set. I did the exact same routine as last week on this. After the last set, my legs were in fire and pumped beyond belief. The explosive reps to start and then slower tempo is really tough. Actually on that last rep Dave threw in some isotension as well. On these I did 2 warm up sets and everything felt so good in glutes and hams I felt like I could really explode out of the bottom. I just did sets of 8 adding weight until I hit a very tough 8. Now once we did 8, I did a drop set. On the machine I was using 4 45 lb plates. Each set I dropped one plate. Here is the difference though. With 3 plates I did the descent VERY slow, and the pain from this was excruciating. I did 6 reps. Then after another drop I went in almost super slow-motion down with 2 plates and managed to get 4 reps. Then on the last set I just took it down as slow as I possibly could and only did 1 rep. I can't begin to tell you how pumped my legs were after this. I would call this 4 total work sets.

Total Work Sets – 4

Goal – Train explosively and Supramax pump

Video Link - https://www.youtube.com/watch?v=_B7rkY6ZoQk

SuperSet

Walking lunges

Ok the legs are n fire and pumped so why not lunge yourself into oblivion now.

Ha! On these I held 30 lb dumbbells and took 10 steps with each leg per set.

Sissy squats

I must confess I could only get sets of 4 here. This was insane. It hurt so bad, I could barely stand afterwards.

Work Sets – 6 (3 supersets)

Goal – Supramax pump

Standing leg curl

This week on these I did partials out of the bottom. Actually if you check my Instagram you can see the range of motion as I put a video up of these today. I did 3 sets of 15 with each leg. I did these slow and really contracted hard on every single rep feeling my hamstring almost cramp up.

Total Work Sets – 3

10 weeks out : Day 7

Day Off – Family Day

9 Weeks Out

9 weeks out : Day 1

Diet

Meal 1: 4 whole eggs, 1 cup of spinach, ½ tbs of coconut oil

Meal 2: 5 oz of cooked chicken, 1 cup of brown rice

Meal 3: 40 grams of whey iso, ½ cup (dry measure) cream of rice, 1 tbs of almond butter

Intra: 3 scoops of Intra MD

Meal 4: 8oz of cooked cod, 1 cup of oats

Meal 5: protein pancake – 1.5 cups of egg whites, 1 cup of oats, 1 scoop of whey,
1/2 tbs of coconut oil

Meal 6: 10oz of organic chicken, 1 cup of Brussels sprouts

Dietary Breakdown

317 grams of protein (40%)

327 of carbs (41%)

65 of fat (19%)

Total: 3,161 calories

Supplements

4 grams of fish oil a day (Life Extension Super Omega-3)

2 servings of Partition-MD a day (one with pre, and one with post training meals)

5000 iu of Vit D3 a day (Jarrow)

Super Bio Curcumin – I take this year round now at 2 caps a day (Life Extension)

Citrus Bergamot – 2 caps a day on empty stomach (Jarrow)

P-5-P – This is a reduced form of b6 for inflammation. I take 100 mg daily (Vit Shoppe)

Cardio

None. I am tempted to do some cardio, but I would have to eat a lot more if I did, and my appetite just isn't what it used to be. I will add some in, but they will be short sessions.

John's notes

227.5 lbs morning weight (down .5 lbs)

I feel like I flattened out a bit last week, and lost too much weight too fast, so I gave myself a slight caloric bump for this week.

The harder I push my body, the more help I give it with supplements. You will see this continue to grow as the weeks go by.

Workout

Chest: 13 sets / Shoulders: 11 sets – BASE DAY

Dumbbell press

I put the bench on a tiny incline by putting 25 lb plates underneath it. I did a few high rep sets to warm up and then did sets of 8 going all the way up until I could barely do 8. I never jump more than 15 lbs in a jump so I get plenty of volume. I call this 3 work sets. Don't lock these out either. Keep a tremendous amount of tension on your pecs even during the negative (like we do on machine presses).

Total Work Sets – 3

Goal – Activation and pump

Incline bench press

Ok I know weight doesn't matter but damn it this frustrated me. I only got my 275 for 6 again this week. I never get worked up about strength on any exercise but this one. This is my last exercise I care about my strength ha! Last week it was trending up. This is probably the result of slightly under eating which makes it even better that I added calories this week.

135 x 6 (feeder set)

185 x 4 (feeder set)

225 x 6

255 x 6

275 x 6

Total Work Sets – 3

Goal – Train explosively

Flat barbell press

I used the technique today where I lower the bar to about 4 inches off my chest, pause it for 2 seconds, and then let it come down and touch my chest before driving it up to lockout. I only do sets of 6 here, and you'll see why. This is a great way to build up tension. I did 4 hard sets of 6 here after doing one feeder set to find the right weight.

Total Work Sets – 4

Goal – Supramax pump

SuperSet

Dips

On these I just worked a massive stretch at the bottom and did sets of 10. Even try to relax your pecs at the bottom so you get another inch or two of stretch.

Machine rear delt laterals

On these, get ready for pain. Your reps here are 30 on all sets. Fire is all I can say.

Work Sets – 6 (3 supersets)

SuperSet

Seated side laterals

Do these with a 1 second pause and flex at the top position (arms at 90 degrees). Do sets of 8 here.

Dumbbell press

These are done with a supported back. Press the weight overhead but don't lock out. Keep continuous tension on these. Do sets of 8 here too!

Work Sets – 8 (4 supersets)

Ab machine

These actually felt good today on my stomach. I was very pleased. I did 6 sets of 15

they felt so good. I tried to vacuum at the stretched position of every rep I did, really sucking everything in as hard as possible.

Total Work Sets – 6

SuperSet

Standing calve machine

After 2-3 warm up sets do sets of 10 here with a 10 second stretch after the last rep.

Dorsiflex reps

This is just where you stand on something with toes hanging oo and draw toes up back toward you (dorsiflex foot) to feel a hard tibia contraction. Do sets of 25 here.

Work Sets – 8 (4 supersets)

9 weeks out : Day 2

Diet

I was craving some tenderloin so I swapped my 10 oz of chicken with 7 oz of tenderloin with last meal. Just for this night, not ongoing.

Cardio

None.

John's notes

227.4 lbs morning weight (down .1 lbs)

Had fellow coach Allen Cress come down to train this week and enjoyed a great back workout today with him!

Workout

Back: 16 sets – BASE DAY

Chest supported row

On these I did 2-3 warm up sets first. This is tilted down like a tbar, not one where you sit straight up. Once warmed up we did 3 sets of 10 adding weight each time. The first set was taken to where we had probably 2 reps left in tank. The 2nd set was too failure with perfect form. The third set the last few reps were partials out of the bottom as we couldn't get the weight up to full contraction. All of these reps were done with a good stretch at the bottom.

Total Work Sets – 3

Goal – Activate and pump

One arm supinated pulldown

I continue to love these. On these I did 3 sets of 10 again in much the same fashion as the last exercise in terms of intensity, really only going to failure (with good form) on the last set. On these make sure you get a massive contraction at the bottom. Use a weight that you can control well enough to do this.

Total Work Sets – 3

Goal – Supramax pump

Cable rows

On these I want you to really focus on generating as much tension as you can in your lats. This means not only sitting up straight and squeezing, it means keep your lats flexed as you lower the weight too (the eccentric contraction). Don't let off the tension at all. On these pyramid up and take every set to failure. The first set should be around 12. I did 12, 9, and then only 7. When you start to lose form and tension stop.

Total Work Sets – 3

Goal – Supramax pump

Dumbbell pullovers

On these do 3 sets of 12 working the stretch a little more each set. Don't force the stretch. Let it happen naturally.

Total Work Sets – 3

Goal – Work muscle from stretch position

Hyperextensions w/ barbell

On these I did 4 x 8. Do these carefully and slow. I put a short video up on Instagram doing these. Don't go to complete failure. I don't want you to feel crippled after these. That's not the goal. I am trying to build lower back strength and to develop spinal erectors specifically.

Total Work Sets – 4

Goal – Supramax pump

Standing calf raise

Today I pyramided up on these doing sets of 10 until I had almost the whole stack. At the end of each stretch don't forget to sit in the stretch for 10 seconds also. I did 4 sets that I would consider working. Some of the sets I couldn't get all the way up on toes (as the weight got heavier), but I think there is a ton of value in working with heavy weight smoothly out of the bottom/stretched position on calves.

Total Work Sets – 4

9 weeks out : Day 3

Diet

No Changes Today

Cardio

None.

John's notes

227 lbs morning weight (down .5 lbs)

I am starting to see detail come back now. Starting to feel better about my look. I am light but this is about what I was last year before Nationals in Miami in November, and that turned out to be my best look ever, so things might be ok!

Workout

Leg: 21 sets – PUMP DAY

Lying leg curl

I did 4 warm up sets of 10, and then found a weight that was a tough 8 and simply did 4 sets of 8 here. Nothing fancy was done.

Total Work Sets – 4

Goal – Activate and pump

Leg press

I did a simple pyramid on this too. I just kept adding a plate doing sets of 10 until 10 was really tough. I had to remind myself this was a pump day and to stop going up or I would pay for it. I would call this 3 work sets.

Total Work Sets – 3

Goal – Activate and pump

Smith machine single leg lunge/split squat

Ok let the pain begin. This is where you do one legged lunges, or split squats. It is called both. Put one leg back and put your lead leg forward and squat with it bottom line. The Smith machine locks you in perfect for these. Keep your chest up and back straight. Drop down and lift yourself up by flexing your glutes. This will hammer your glutes, and as you go your teardrop will blow up too. I did 5 sets of 15 on each side resting about 2 minutes between sets. This was very painful, be ready for a crazy pump and lots of pain.

Total Work Sets – 5

Goal – Supramax pump

Hip machine

Back to the hip machine to train upper thighs (hip flexors). This was done on the hip machine that I posed the video of on week 1. I did 3 sets of 10 with each leg. I then get off the machine and stand in my front relaxed pose and tense my upper thighs for 20 seconds (we did 10 seconds last week).

Total Work Sets – 3

Goal – Supramax pump

Leg extensions

Finish your quads off by hammering out 2 sets of 30 here. Push yourself hard ok. I was in pain at 10. Just keep pushing, keep the weight moving even if it turns into partials.

Total Work Sets – 2

Goal – Supramax pump

Barbell stiff legged deadlifts

Do 4 sets of 8 here. I use 25 lb plates to get a good stretch normally, and I would advise that. I didn't go too heavy as you know I have old man back syndrome but at least I could do 145 on these today.

Total Work Sets – 4

Goal – Work muscle from stretched position

Standing calf raises

Once again, pyramid up and go up as high as you can. Do sets of 10. Remember to stretch for 10 seconds at the end of every set. Keep going up until you can't even get 1 rep all the way up. I DO want you to do these reps slow though even if half reps. No bouncing. We'll call this 4 work sets. I probably did 3 warm ups and then 4 more sets.

Total Work Sets – 4

Hanging leg raises

Good to be back on these. These can be really painful in my lower abs where I have the scar tissue build up. I did 4 sets of 10 here.

Total Work Sets – 4

9 weeks out : Day 4

Diet

No Changes Today

Cardio

None.

John's notes

227 lbs morning weight

I am definitely seeing some very good bodycomp changes this week.

I really had to think about today and what to do. I have been worried about my strategy, maybe training legs too much and I should be focused more on shoulders. The issue has been my shoulders get banged up easy and then my training is really compromised. I decided since my recovery was excellent from Monday to do chest, shoulders, and tris again, and to do back and bis tomorrow. I have a contest to attend Saturday so still contemplating what I will do Saturday.

Workout

Chest: 13 sets / Triceps: 12 sets / Shoulders: 8 sets – PUMP DAY

Machine press

I did nice and slow reps warming up, really squeezing throughout the entire range of motion. I know I say this a lot, and it probably gets old, but to get the best results I really think this mind muscle connection thing we have been discussing for decades and time under tension have to stay in the forefront of your mind. Ask yourself if you really feel everything contract during reps or just move the weight from point A to point B. Ok, on with the workout. I did sets of 8 with hard peak contractions all the way up until it got so heavy I couldn't really lock the weight out and flex. I call this 3 hard sets.

Total Work Sets – 3

Goal – Activate and pump

Machine flyes

I was feeling great about the pump delivered from the first exercise, good enough that I felt prepared to do a good stretch exercise. So on these we did two sets of 10. This was done with really hard contractions. The next set, I did 10 and then 5 forced reps where my partner helped and then I finished with 5 slow partials out of the stretch position. The last set was also done this way but my partner added a 7 second isohold on top of it. This was very painful. This resulted in a fantastic pump.

Total Work Sets – 4

Goal – Supramax pump

SuperSet

Dips

Do these very slow and only come up half way. Carefully get deep into the stretch here on all reps. Shoot for 8 reps.

Stretch pushups

Do these nice and controlled. Keep your chip up so you can get an even better stretch at the bottom. Do 8 to 10 reps here.

Video Link - <https://www.youtube.com/watch?v=Qv0ebDw1x6U>

Work Sets – 6 (3 supersets)

Goal – Work muscle from stretched position

Single arm rope pushdown

On these I stand back and tilt down some and completely contract tricep. I keep my elbow stationary against my side and let my hand come up all the way to full lengthen the tricep.

On these I did 4 sets of 10 working the contractions very hard.

Total Work Sets – 4

Goal – Supramax pump

Rope pushdowns

Now we do these with both arms. Stand back up close to the stack and bend over at the waist a little. Drive the weight straight down, and then let it come up to your forehead (this is why you have to bend over). Just pump out piston like reps like this.

Do 4 sets of 15.

Total Work Sets – 4

Goal – Supramax pump

Incline lying extensions/skullcrushers

Do these seated on an incline. Do your first set normal. On your other sets actually lift your head off the bench and let the bar go behind your head for a massive stretch.

This stretch will feel great after all shortening we have been doing flexing.

Do 4 sets of 10 here.

Total Work Sets – 4

Goal – Work muscle from stretched position

Seated side laterals

Ok now let's continue on with shoulders. Do these seated very strictly. Do 4 sets of 12 here. I should say try to get 12. I want you to move fast and by the end you probably won't be able to get 12 unless you really push hard. Do 5 sets.

Total Work Sets – 5

Machine rear laterals

Again let's move fast. Do 3 sets of 20 with 45 second rest breaks. When you can't get a full range of motion just do partials until you get to 20.

Total Work Sets – 3

Seated calve machine

I normally do lower reps on these but today I bumped the reps up. Do 4 sets of 20 with a good 10 second stretch at the end of every set.

Total Work Sets – 4

9 weeks out : Day 5

Diet

I took my cheat meal today and man did I pay for it. I had a cheeseburger with sweet potato fries and a chocolate brownie from Red Robin and wow it crushed my stomach. I have 5 Guys burgers and Greaters ice cream and never feel bad. I don't think those hamburgers are of the highest quality.

Cardio

I did 20 minutes of light swimming.

John's notes

227 lbs morning weight

I really made good headway this week. Now I feel like the look is coming back that I need to win. Everything is rounder, skin is thinner, just really happy with this week's progress.

Workout

Back: 15 sets / Biceps: 9 sets – PUMP DAY

Smith bent over row

The ore I do these over the years the more I think they are vastly superior to barbell rows. The machine allows you to really focus tension on back and squeeze very hard. We did a standard pyramid here. After some warm up I did 190 for 10, 210 for 8, and 225 for 7. These are done with ultra strict form and a really strong contraction at the top.

Total Work Sets – 3

Goal – Activate and pump

Wide grip chins

We did these again this week on the cheater/assist machine. I didn't use as much help with the machine. I set it on 50 lbs and did 3 sets of 10 driving up high into the movement for maximum contraction.

Total Work Sets – 3

Goal – Supramax pump

Rope pullovers

I was training with Allen Cress again today and this is one of his favorite movements. You lay face down on an incline bench, facing a pulley. You set the rope up high and pulldown. So it's very much like a standing straight arms pulldown but with a different angle. I like these, and feel them very deep in my upper lats. We did 3 slow sets of 10 using a very controlled tempo squeezing hard.

Total Work Sets – 3

Goal – Work muscle from stretched position

Kettlebell rows

I wanted to do another row, and since we had already used a pronated grip on the Smith rows, we did these with a neutral grip (palms facing each other). I like to use kettle bells for these because I feel I can generate a high amount of tension, but you could use dumbbells too. We did 4 sets of 8 here. Do these bent over and do both arms at once, these are not single arm rows.

Total Work Sets – 4

Goal – Supramax pump

Hyperextensions

Today we wanted to just flush the lower back with blood, especially after the low back work done earlier in the week. We did 2 sets of 25 here.

Total Work Sets – 2

Goal – Work muscle from stretched position

Hammer curls

Do one warm up set here and then 3 sets of 12. Get the bells all the way up into your front delt at the top and squeeze, and then lower them with a 3 second negative.

Total Work Sets – 3

Goal – Supramax pump

Single arm cable curls

Now this one I know you will love. I just put a video of this on my Instagram so you could see. Attach a handle to the bottom of a pulley. Grab it with one hand and face away from the pulley. Step forward a few steps and bend down some. Now keep your hand supinated (palm facing up), and curl slow and flex hard throughout the entire rep. After lowering the weight you will feel a tremendous stretch in the bicep. This is a great “stretch” exercise for bis. Do 3 sets of 10 here with each arm. Do one arm for all 10 and then switch and do the other arm. It’s all about tension and stretching here.

Total Work Sets – 3

Goal – Work muscle from stretched position

Machine curls (preacher pad)

Finish off bis with machine curls. Get your hands all the way back behind your head if the machine allows you to do that, some do and some don’t. When you do squeeze hard and lower with a 3 second eccentric. Do 3 sets of 10 here.

Total Work Sets – 3

Goal – Supramax pump

Standing calve raise

Once again do heavy pyramiding on standing calve raises. Do sets of 10 all the way as heavy as you can go. As always finish each set with a 10 second stretch before dropping weight. We will call this 4 sets.

Total Work Sets – 4

Goal – Supramax pump

Hanging leg raises

4 sets of 10 here to wrap things up.

Total Work Sets – 4

9 weeks out : Day 6

Diet

My weight is holding steady but I am seeing some nice changes now. I will be posting pics next week. I had a contest to attend today with clients and it took all day, and I mean all day. I did have a small window to train so I did one of my more traditional pump routines. I did substitute some shakes in for food as I was at show.

Cardio

None.

John's notes

228 lbs

Next week I will begin another fat burner I really like. It is injectable L Carnitine. It is a legal amino acid. It is not smoke and mirrors either. It actually pushes fatty acids into mitochondria to be burned out. I take 400 mg 10 minutes prior to training. If you are doing cardio it is great pre-cardio as well. I used this for nationals last year and it worked awesome. I did it from weeks 8 down to week 2 last year and will do something like that this year. I have tried this with capsules and such, and I never saw one ounce of a change. The liquid goes through an insulin needle and is like water so it's not painful and doesn't leave scar tissue. Not many people use this, so there you have it, one of my secrets!

My hams were a little sore so this was purely quad focused. You may want to add in leg curls of your hams feel great.

On the sets, none have to be to absolute failure. I would like for you to find weights that you know you can do all the reps with, and have maybe 2 reps left in the tank. The volume and speed of sets will create a massive pump in your legs and should also serve as a bit of cardio for you.

Workout

Legs: 20 sets – PUMP DAY

Giant Sets

Leg extensions

After thorough warm up, sets of 10 here with a 1 second flex at the top.

Immediately followed by

Leg press

Sets of 10 here but on these do a 3 second descent.

Immediately followed by

Walking lunge

8 steps with each leg done with a very slow tempo throughout the entire range of motion.

Immediately followed by

Squat

I use the Smith machine here. You could use freeweight squat or even a hack squat. On these I want superslow tempo on the eccentric. Try to make it last for 5 seconds. Stay tight and drive the weight up hard. Do 8 reps here.

Rest for 2 minutes and repeat 5 times.

9 weeks out : Day 7

Day Off – Family Day / Mother's Day

I did have some new food today. I dug up some elk out of the freezer and grilled out for the family. It tastes like sirloin to me. I went no carb on my last 3 meals and just ate elk.

8 Weeks Out

8 weeks out : Day 1

Diet

Meal 1: 4 whole eggs, 1 cup of spinach, ½ tbs of coconut oil

Meal 2: 5 oz of cooked chicken, 1 cup of brown rice

Meal 3: 40 grams of whey iso, ½ cup (dry measure) cream of rice, 1 tbs of almond butter

Intra: 3 scoops of Intra MD (4 on leg day and back day now)

Meal 4: 8oz of cooked cod, 1 cup of oats

Meal 5: protein pancake – 2 cups of egg whites, 1 cup of oats, 1 scoop of whey, 1/2 tbs of coconut oil

Meal 6: 8oz of cooked cod, 1 cup of sauerkraut, diet soda (diet orange crush or diet cherry coke)

NOTE: Tightened up well last week, so I only made small changes. I am doing ok with cod right now so eating that for last meal too. I was eating 1.5 cups of egg whites , now I am eating 2. I raised that to make up for lowering protein in last meal a tad. This makes for a huge pancake. It takes me 30 minutes to eat it.

Dietary Breakdown

316 grams of protein (40%)

328 of carbs (42%)

65 of fat (19%)

Total: 3,161 calories

Supplements

4 grams of fish oil a day (Life Extension Super Omega-3)

2 servings of Partition-MD a day (one with pre, and one with post training meals)

5000 iu of Vit D3 a day (Jarrow)

Super Bio Curcumin – I forgot to mention this. I take this year round now at 2 caps a day (Life Extension)

Citrus Bergamot – 2 caps a day on empty stomach (Jarrow)

P-5-P – This is a reduced form of b6 for inflammation. I take 100 mg daily (Vit Shoppe)

Injectable Carnitine – 400 mg into muscle (any muscle) 15 minutes before training

Cardio

None

John's notes

227 lbs morning weight (down 1 lb)

Ken Jackson came down today so we could push each other today and tomorrow.

Workout

Chest: 13 sets / Shoulders: 11 sets – BASE DAY

Machine press

On these we used a rest pause style on all sets. Lower the weight under control, keep chest extremely tight and full of tension and take to lockout and flex even harder in the contracted position. This type of focus is really paying dividends on ken's chest too.

Every time he comes down I see improvements in his chest. We did sets of util we got to the whole stack. This set I got 7. I count this as 3 work sets.

Total Work Sets – 3

Goal – Activation and pump

Incline bench press

man I worked up to 275 and got 6 again! Well then Ken did his last set with 405 for a controlled and explosive 6. I just shook my head.

135 x 6 (feeder set)
185 x 4 (feeder set)
225 x 6
255 x 6
275 x 6 – AGAIN!!
Total Work Sets – 3
Goal – Train explosively

Machine fly

On these we did 4 sets. On the first 2 sets do around 10 reps. Do these nice and slow and really squeeze hard as you contract. Try to even touch the pinky sides of your hands together if you can picture that. You probably can't but just slightly turn hand so you can emphasize this. You will a lot of work in lower outer pec. On the 3rd set do your reps plus have your partner assist you with 5 and then do 10 partials out of the stretch position. On the 4th set repeat what you did for the 3rd set but add a 10 second isohold at the very end. This should feel like your pecs are being blowtorched if you do it right.

Total Work Sets – 4

Goal – Work muscle from stretched position

Machine rear delt laterals

Today on these we did 3 sets of 15, and we added in 7 slow partials at the end of every set done in the stretch position.

Total Work Sets – 3

SuperSet

Seated dumbbell press

Do sets of 8 here. Do these with a moderate weight and drive explosively out of the bottom to $\frac{3}{4}$ lockout.

Band pullaparts

On these hold the contraction again for 1 second on every rep flexing hard. Do 15 reps.

Work Sets – 10 (5 supersets)

Crunches

What I did on these today was I did sets in between my chest presses at the beginning of the workout including warm ups, so 6 total sets. I used a technique where you lay flat and suck stomach in hard (try to push lower abs into spine) and then I breathed out and did about a 3 inch crunch. I did about 10 reps per set. You can probably do more like 20 though.

Total Work Sets – 6

Standing calve machine

After 2-3 warm up sets do sets of 8 here with a 10 second stretch after the last rep. This was another short workout here working up to heavy weight (the whole stack). I pyramided up slowly. I would say this was 4 working sets.

Total Work Sets – 4

8 weeks out : Day 2

Diet

I woke up at about 6:30 am STARVING (I usually get up about 8:30-9), like my insides were being eaten out. I am sure you have felt this. I also didn't have quite the crazy pump I usually get yesterday, and when I laid down to sleep I saw little twitches in my muscles which is usually indicative of depletion or electrolyte imbalance or just general dehydration. With these factors I decided to drop all cod today and eat all 93/7 beef. I also drank a shake with peanut butter at 6:30 am when I woke up. We shall see how this affects me tomorrow. I did feel better and better as day went on. I also trained in the morning so my peri protocol moved up. I did not have a protein drink pre-workout and had 3 scrambled eggs. I try to never have two shakes in a row, and trying to have less and less of them anyway and only have the one left pre-workout.

Cardio

None

John's notes

226 lbs morning weight (down 1 lbs)

I was dragging ass a little during my workout with Ken Jackson this morning but we still killed each other. I actually had cramps all evening in my legs just like the good old days, further telling me I needed some more calories and probably much more water and electrolytes.

Also, I wanted to show Ken a few things on legs so we switched back and legs and will go back to normal schedule next week. What I wanted to teach Ken was to do leg curls in a way that really stress the lower ham. In other words, putting your body in a position on leg curl machines so that you have tension applied when fully stretched. You start movements slow so you don't tear or pull anything obviously. I also am having Ken and Fouad add chains or bands so that the stretch part of the movement is loaded a little more. This is to help with ham drop.

I also am really working on Ken's sweep. Below you will see video of a combo on the hack

squat we did to obliterate it. I am working on mine too so that I help my shape (overcome blocky waist).

Workout

Legs: 24 sets – BASE DAY

SuperSet

Standing leg curl

On these I did 2-3 warm up sets first. Lean down so that your leg is fully straightened out in the stretched position with resistance. I then slowly left the weight and flex the ham hard. On these we did sets of 8.

Barbell stiff legged deadlift

On these we did very slow and controlled reps coming up $\frac{3}{4}$ of the way and not locking out. Try to really pull with your hams to get yourself back up. Do 8 reps per set here too.

Work Sets – 10 (5 supersets)

Goal – Activate and Supramax pump

Leg press

On these we added a plate doing sets of 15 until we got to a weight we could barely do 15 with. To give you an idea of how hard the sets were at the end, the second to last set we have to stop once and regroup and then keep going to get to 15. On the last set I did 5 reps, paused and repeated two more time, so it was more like 3 sets of 5 with 5 second breaks. These sets were heavy and tough. I would call this 3 work sets.

Total Work Sets – 3

Goal – Supramax pump

SuperSet

Hack squat (Tom Platz style)

On these we did 8 reps on the first set (notice in the video we don't even use weight). The next set was 10 reps and then 12, and then a brutal 14. These are done with hips off pad and an extreme stretch at the bottom. Be very careful on these, as they are VERY advanced. If you are tall or have long femurs this may

not be the best machine to use for these.

Hack squat (wide and wide stance)

On these do not blast out of the bottom. Do these with a controlled tempo. They will start burning at 3 reps. Make sure you get 8 per set. It is crazy how bad these burn with reps this low.

Work Sets – 8 (4 supersets)

Goal – Work muscle from stretch position and Supramax pump

Video Link - <https://www.youtube.com/watch?v=qu0SmgkVNgg>

NOTE: After the last set here, I actually was getting sick, and almost puked. I have never puked once training ever. It was tough.

Stationary lunge (on a block)

I posted a pic of this on my Instagram. On these I love to elevate my lead leg so I can really get down and stretch the glute. You won't need any amount of significant weight on these at this point in the workout. I actually just used my bodyweight. Knock out 3 sets of 15 to finish off legs..

Total Work Sets – 3

Standing calf raise

We pyramided again on these doing sets of 10 until we used the whole stack and also did a 10 second stretch after the 10th rep on all sets. I would call this 4 work sets.

Total Work Sets – 4

Ab machine

I did 4 sets of 15 on here today. When stretched out I suck my stomach in as hard as I can, then blow my air out flexing abs. I don't flex real hard as it hurts (in a bad way – stitching pulls).

Total Work Sets – 4

8 weeks out : Day 3

Diet

Ok another pound down. This is my contest weight roughly. This is too fast to be this close at 7.5 weeks out so I am eating up today. I woke up starving again at 6:30 and had a shake. I went back to bed and then had normal breakfast but had two big biscuits with grape jelly with it. After that, I was still starving. I added a few pieces of pizza to my lunch. After dinner I had 2 big pieces of cheesecake. I am getting very lean though and lower back is coming in fast now. My training partner (since 1998) said this is the leanest he has ever seen me this far out today. It's the only place with any significant amount of fat. I promise you I will be absolutely hard as nails come show time, and I will keep eating up on occasion to keep my density. I feel like the injectable carnitine is already helping with fat loss.

Also, this is very typical for me to have to occasionally eat up to keep weight up. Usually it's not until I am around 4 weeks out though. I am also not taking any thyroid meds at all in case that crossed your mind. If I did I think it would make me too flat and stringy.

Cardio

None

John's notes

225 lbs morning (down 1 lb)

Our gym got a lot of new equipment today, so naturally I had to try some of it out!

Workout

Back: 21 sets – BASE DAY

Seated cable row

This was actually a new cable low row. The one we had wasn't the best. On this one you can hook up two individual handles and freely move your wrists, so I semi-supinate my grip and try to really drill lower lats. I was flexing hard in the contracted position and lowering out of it slowly trying to keep lats flexed the whole time. After

several warm ups here we did 4 sets of 10.

Total Work Sets – 4

Goal – Activate and pump

Seated cable row II

Now we used a new close grip handle on the other side of the apparatus where there was another low row. On this I actually leaned forward a hair, and drove elbows back trying to really isolate lats. We did 4 ultra strict sets of 8 here.

Total Work Sets – 4

Goal – Supramax pump

Straight arm pulldowns

On these we used a rope and leaned forward quite a bit so we got a great stretch in the upper lat. Drive the rope all the way down and even feel your spinal erectors flexing believe it or not. If you squeeze lats hard enough you will. Do 4 sets of 8 here.

Total Work Sets – 4

Goal – Work muscle from stretched position

Smith Deads

We got a brand new Smith machine that goes straight up and down (no slight angle). For deadlifts this was awesome (probably won't be awesome for chest – but we still have the old Smith for that). Also, by lowering the stops on it all the way down, this was set up perfect for a “rack” pull. I know I have to be careful with lower back so I worked up to a weight that I thought I could keep tight with. In other words with any more weight I probably would have a hard time staying tight from point A to point B, and just start moving weight. I also kept the reps down as when fatigue sets in, is when I often re-irritate my back. I worked up to 315, and did 4 sets of 5 with it. I figure I got 20 hard strict reps, so this was good. The feel of this was outstanding by the way.

Total Work Sets – 4

Goal – Supramax pump

Hyperextensions

We finished off our lower backs with 4 sets of bodyweight only hypers. I did these with

a slow tempo and did 2 sets of 20, and then 15, and then on the 4th set I stopped at 10.

Total Work Sets – 4

Goal – Supramax pump

Ab machine

Ok we also got a new ab machine. This is one where your feet come up as you crunch. It was good for contracting but I really prefer machines that allow you to really sit back and stretch your abdominal wall. I did 4 sets of 15 here.

Total Work Sets – 4

Seated calf raises

On these we did 2 warm up sets and then put 140 lbs on it and did 4 sets of 20 with a 10 second stretch at the bottom of each rep. On a side note, my calves are really coming back strong now and filling out well, and are covered with striations.

Total Work Sets – 4

8 weeks out : Day 4

Diet

Yes back to normal weight! I looked really good this morning. Much fuller through upper body and abs were sharper. Now it's back to the normal grind, hello cod.

Cardio

None

John's notes

227 lbs morning (up 2 lbs)

I thought all morning about what to train Thursday and Friday (as usual). You have probably noticed these two workouts are more instinctual. This is NOT usually the case at all. In fact, I have never been this loosey goosey with my split. These two days though I feel like I need to hit perfect. They are just pump days, but very effective. I was going to do arms, but since my chest was feeling recovered I did it, thinking Fouad was coming into town Monday and I would have an extra day to rest up for that. I found out it's actually next Monday but that's ok. It was still a great fast paced crazy pump workout. On a side note, I have not said this to anybody publicly, but I am working with Jon Delarosa on his training plan now too, as he prepares for the Chicago Pro. This is the same day as the Team U.

Workout

Chest: 12 sets / Triceps: 12 sets / Shoulders: 8 sets – PUMP DAY

Machine press

I did these with a neutral grip today (palms facing each other). I rested only about 30 seconds between sets. I just go down the stack doing sets of 8 until I can barely hit 8. Once I got there, I stayed there and did 4 sets with it. I can't get all the reps with this short of rest, but it still burns like fire. I did 8, 6, 5, and 4 reps. I lower these slow and only drive to $\frac{3}{4}$ lockout. If I lock these out my triceps die to fast and I lose even more reps.

Total Work Sets – 4

Goal – Activate and pump

Machine flyes

I did these with a slight form tweak. First I didn't let them come back real far into the deep stretch as I usually do as I really wanted to place even more emphasis on the flex. I also sort of turn my hands up as I do these so the side of my palms are coming together, not my palms. This allows me to flex really hard and it just feel a little different. I went fast on these too and my chest really was maximally pumped when done. I did 12, 10, 7, and 6 reps. Again, 30 second breaks.

Total Work Sets – 4

Goal – Supramax pump

Dips

I did high reps on these today. I just used bodyweight but only came up half way. I got 18, 15, 12, and 8 reps. I still moved fast here.

Total Work Sets – 4

Goal – Work muscle from stretched position (pecs) & Supramax pump (triceps)

Dual rope pushdowns

This is where I put two ropes in the hook and pull them through so it looks like two single ropes. I stand back and tilt forward and pin my elbows against my sides and do full range of motion pushdowns. These are on my YouTube channel in case you haven't seen me do these before. Do 4 sets of 12.

Total Work Sets – 4

Goal – Supramax pump

Seated rope extensions

More of my favorite tricep exercise. This is done seated with a back support facing away from machine and extending your arms overhead using a rope. I love these. Massive stretch and a great full pump. Do 4 sets of 10.

Total Work Sets – 4

Goal – Work muscle from stretched position

Machine rear laterals

The first set should be 30 reps. Rest 45 seconds on these and just go to failure on every set after. I got 30, 25, 22, and 17. I feel like my rear delts aren't as good as they usually are so I am going back to higher reps as that blows them up quicker than anything.

Do sets of 10 over and back rope stretches between sets here.

Total Work Sets – 4

Goal – Supramax pump

Side laterals

I want these to come up pretty high ok. I did them with only 25's but I was getting them up very high, probably 6 inches above my head out to the sides. Do 4 sets of 12.

Total Work Sets – 4

Standing calve machine

Do the typical pyramid we do. Do sets of 10 until you get to a weight you can barely get 10 with (remember on the heaviest sets I don't expect you to stand on your toes all the way up). Work the stretch intensely. Also as usual do the 10 second loaded stretch after each set. I would call this 4 sets.

Total Work Sets – 4

8 weeks out : Day 5

Diet

Nothing special today. I am going to make cheat meal tomorrow night with wife smaller than usual since I ate up mid-week. I think that is what's best. I really like the way I am looking right now, and will post some pics on Moday. Things are starting to come together.

Cardio

None

John's notes

227 lbs morning (same)

Our house has been insane this week. We have 3 cousins and a niece staying with us, as the cousins parents are moving so we are watching them, and Mary's niece is spending the summer with us while on break from college. This is NUTS.

Workout

Back: 15 sets / Biceps: 7 sets – PUMP DAY

Wide grip pulldowns

These were just standard pulldowns. I worked up to a weight that was a tough 10 and stuck with it for 4 sets.

Total Work Sets – 4

Goal – Activate and pump

Dumbell Pullovers

Another standard exercise here just using perfect form. I did 3 sets of 12.

Total Work Sets – 3

Goal – Work muscle from stretched position

Narrow grip chins

I did these with a neutral (palms facing each other grip) on the assist/.cheater machine. I did 4 sets of 10 here and tried to get very high into the flexed position and I released my lats at the bottom and let them stretch hard.

Total Work Sets – 4

Goal – Work muscle from stretched position

Dumbbell rows

On these I did the Deadstop version. This is where I lower the weight and set it on the floor and then drive it up explosively. These are very tough and require a lot of effort. I did 4 sets of 8 here.

Total Work Sets – 4

Goal – Train explosively

Barbell curls 1.5's

This is where you do a full rep, and then only come up half way and then back down.

That counts as 1 rep. I did 3 sets of 8 like this. Now when you do the full rep make sure you come back down and let your arms straighten completely out and then do the half rep SLOWLY. You will be amazed at how this burns.

Total Work Sets – 3

Goal – Supramax pump

Hammer curls

We are going to run the rack on these. Start with something you can do for about 6 reps. It might take a few low rep feeder sets to get to the weight. Now you are going to do 6 and then drop the weight 5 lbs until you get down to something light like 10 lbs. See below for what I did to give you a better example. We will count this as 2 sets.

45s x 6 (rest 5 seconds between all sets)

40 x 6

35 x 6 (on fire at this point)

30 x 6

25 x 6

20 x 6

15 x 6

10 x 6

Total Work Sets – 2

Goal – Supramax pump

Machine curls (preacher pad)

Finish off bis with machine curls again this week. I just want you to do 2 sets of 8 with really hard flexes.

Total Work Sets – 2

Goal – Supramax pump

Standing calve raise

Once again do heavy pyramiding on standing calve raises. Do sets of 10 all the way as heavy as you can go. As always finish each set with a 10 second stretch before dropping weight. We will call this 4 sets.

Total Work Sets – 4

Goal – Supramax pump

Hanging leg raises

4 sets of 10 here to wrap things up.

Total Work Sets – 4

8 weeks out : Day 6

Diet

I did not expect to be 228 this morning. I felt pretty empty in the stomach actually in the morning. I do see muscles getting a lot fuller. Now what this tells me is that I don't really need much in the way of my traditional cheat meal tonight; especially in light of the fact that I ate up earlier in the week for a day. So I will be doing a small cheat, the caloric difference will probably be negligible and really the benefit is just to do something social with wife and not a physiological benefit. I am a firm believer in staying pretty lean in off-season too for that reason, having flexibility to do things on weekend with family, as we all know you will need them in it gets brutal (in a few weeks I predict). When you are 43 it is a very high priority as compared to when I was a single 20 something year old

Cardio

None

John's notes

228 lbs

I was talking to one of my super genius doctor friends and we decided to change the way I am using PartitionMD. I will now use it Preworkout, BUT my other dose will be pre-bed whether I eat carbs or not. The thought is that glycemic levels will drop into the 60's (fasting blood sugar), this will enhance the overnight environment promoting lipolysis and fatty acid oxidation.

Workout

Legs: 23 sets – PUMP DAY

Leg curls

We got an awesome new Cybex machine with a really nice incline angle where your hips are. These felt awesome. We literally just did set after set of 8 strict reps until it felt like they could not pump anymore. I know we did at least 6 work sets.

Total Work Sets – 6

Goal – Activate and pump

SuperSet

Leg press

On this I did a set of 20, 15, 12, and then sets of 10 to a weight that was a tough 10. This was also a new Cybex leg press that felt “sticky”. The weight felt much heavier due to machine not being greased.

Now once you get to your tough 10 the fun begins. Now we superset.

Smith Split squat/lunge

On these I position myself in Smith machine with one leg forward and one back and do lunges or split squats, it is called both. I posted a video of this on my Instagram and Facebook today so you could see exactly how I do these. This will hammer your glutes. I only hold the bar with one arm and I use the other hand to feel the area working. You are going to do sets of 10 with each leg and then

Immediately go back to leg press

Now on the leg press remember we left weight on there that was a tough 10.

You are going to do 6 reps.

Rest breaks are 90 seconds between supersets.

Note: Start the Smith split squats with a different leg each time.

Work Sets – 8 (4 supersets)

Goal – Supramax pump

Smith squats

Don't go anywhere. Now you are going to do 3 sets of 20 on this one. These should be tough and you should be feeling pretty hammered at this point.

Total Work Sets – 3

Goal – Supramax pump

Leg extension

I want you to do these one leg at a time. Do 3 sets of 10 and on every rep flex your quads as hard as you can. They should be pumped and full of blood so this will feel awesome.

Total Work Sets – 3

Goal – Supramax pump

Hypextensions

Use your hams to do the work here. Relax your lower back and just lift yourself by flexing your hams and glutes. Do 3 sets of 20.

Total Work Sets – 3

Goal – Work muscle from stretched position

8 weeks out : Day 7

Day Off – Family Day

I am doing a low carb day today and will only eat meat and veggies. I will probably eat some sauerkraut too. I will do 8 oz cooked on all protein servings.

7 Weeks Out

7 weeks out : Day 1

Diet

Meal 1: 2 whole eggs, 1 cup of whites, 1 cup of spinach, ½ tbs of coconut oil

Meal 2: 6 oz of cooked chicken, 1 cup of green veggies

Meal 3: 40 grams of whey iso, ½ cup (dry measure) cream of rice, 1 tbs of almond butter

Intra: 3 scoops of Intra MD (4 on leg day and back day now)

Meal 4: 8oz of cooked cod, 1 cup of oats

Meal 5: 6oz of lean sirloin steak, 2 cups of white rice

Meal 6: 8oz of cooked cod, 1 cup of sauerkraut, diet soda (diet orange crush or diet cherry coke)

NOTE: Things are still moving forward well, but I want to accelerate it just a tad. I always work the whole eggs down to from about 7-8 weeks out down to 3. Once I get to 3 weeks out you will see me using mostly all whites (making a ton of pancakes with them). I also took some carbs out of meal 2 so I am going longer in the am with low glucose levels. Lastly, I wanted some steak so I did replace my pancake in the evening with steak and rice. My goal at this point was just a caloric reduction of about 200 or so calories, and this did it.

Dietary Breakdown

300 grams of protein (42%)

301 of carbs (42%)

49 of fat (16%)

Total: 2,845 calories

Supplements

4 grams of fish oil a day (Life Extension Super Omega-3)

2 servings of Partition-MD a day (one with pre, and one before bed now)

5000 iu of Vit D3 a day (Jarrow)

Super Bio Curcumin – I take this year round now at 2 caps a day (Life Extension)

Citrus Bergamot – 2 caps a day on empty stomach (Jarrow)

P-5-P – This is a reduced form of b6 for inflammation. I take 100 mg daily (Vit Shoppe)

Injectable Carnitine – 400 mg into muscle (any muscle) 15 minutes before training

P-5-P – This is a reduced form of b6 for inflammation. I take 100 mg daily (Vit Shoppe)

Injectable Carnitine – 400 mg into muscle (any muscle) 15 minutes before training

Cardio

None. I will probably do a few sessions this week. We will see.

John's notes

227 lbs morning weight (down 1 lb)

Workout

Chest: 14 sets / Shoulders: 12 sets – BASE DAY

Dumbbell press

On these warm up well. The technique you are going to use is to do 2 partials out of the bottom and then on the 3rd rep drive the weight to lockout and flex hard for 1 second. You want 9 reps per set. In other words you will do 2 partials out of the bottom and then a full rep 3 times in each set. Do 3 sets of 9. The very last rep should be tough.

Total Work Sets – 3

Goal – Activation and pump

Flat bench press

On these we are going to go at a pretty fast pace. I want you to do 6 sets of 5 with 45 second breaks. The reps should be explosive. The sets shouldn't kill you at first, but

once fatigue sets in the last 2 sets should be very tough. If you start grinding and the bar is barely moving lighten it up some. I only use 225 on these fyi.

Total Work Sets – 6

Goal – Train explosively

Machine fly

You should be digging these now as you should be feeling the amazing contractions you get when doing these strict with pumped pecs. Today I did 3 sets of 10 with 8 partials out of the stretch on each one. The partials feel like fire ripping through your chest and across your sternum.

Total Work Sets – 3

Goal – Work muscle from stretched position

SuperSet

Machine press

Ok I found my new favorite shoulder press machine. Check out the Hoist machine I used this week on my Instagram. The seat lifts and puts you at an awesome angle for a peak contraction. I simply used a good weight on these and just went to failure on all 4 sets. I did 15, 13, 11, and 8 reps. These will be supersetted

Dumbbell side lateral

Do heavy sets of 8 here.

Work Sets – 8 (4 supersets)

Goal – Supramax pump

Band pullaparts

On these hold the contraction again for 1 second on every rep flexing hard. Do 4 sets of 25 reps.

Total Work Sets – 4

Goal – Supramax pump

Dips

Now go back to dips for chest and pump out as many reps as you can. Go to failure. Do 2 sets.

Total Work Sets – 2

Goal – Supramax pump

Leg raises

I did 5 sets of 12 here. You are probably going to want to do more reps though. My abs I think are getting a little stronger though which is a great sign for me.

Total Work Sets – 5

Standing calve machine

After 2-3 warm up sets do 10 sets of 10 here with no stretch this week until the very last set and hold it for 30 seconds. Only rest 30 seconds between all sets here.

Total Work Sets – 10

7 weeks out : Day 2

Diet

The lower carbs knocked a lb off me already. The fat on my lower back is now really mushy, and not really gristly. This is good. I find that fat will go from really hard to the touch, to gristly, and then almost like water before it comes off, so it is coming off.

Cardio

None.

John's notes

226 lbs morning weight (down 1 lbs)

I was dragging again a little today. I got a little pissed at myself and made myself do some extra sets to ensure I was not getting lazy. Also, I am having some issues lately that are frustrating me. I used to get migraines when I did vertical shrug movements so I had to stop doing them, now I have to be really careful on back training as the muscles in the back on my neck tighten up and I still get horrible headaches. I am also having an extremely fast transit time for food going in me and out of me, even more so than usual. I am concerned I am losing electrolytes worse, and maybe even food isn't being digested fully, even though your colon really only absorbs salt and water for the most part.

Workout

Back: 25 sets – BASE DAY

Smith machine bent over rows

On these I worked up to a weight that was a pretty tough 8 and stayed there. What I did was let my arms hang straight down and row from that position. I pulled the bar into my belly button and held it there for a split second flexing. I really focused this on lats and keeping them flexed and tight throughout the movement. Do 4 sets. 4 total work sets.

Goal – Activate and pump

Seated cable row

On these I used a close handle with palms facing in. I don't usually lean forward and stretch much on these, so that is exactly what I did today. I really leaned forward and felt a massive stretch on every rep I did. I loosed my form up a bit too, and got more into a rhythm and just kept pumping reps. The stretch felt really good. I need to start doing this more often. Do 4 sets of 12 here.

Total Work Sets – 4

Goal – Supramax pump

Single arm cable rows

Ok now use a single handle and do these semi-supinated. Really drive your elbow back and squeeze your lower lat hard. Do 4 sets of 8 on each arm. All of these variations in grip I really enjoy, as they all feel so different with differing hand positions.

Total Work Sets – 4

Goal – Supramax pump

EZ bar pullovers

Ok today I wanted to do these different so I used an EZ curl bar, you know those pre-made ones. After all that rowing it was good to give my biceps a break. Do 3 sets of 10 here. Remember to not force the stretch. You will get looser each set, let it happen on its own.

Total Work Sets – 3

Goal – Work muscle from stretched position

Assisted chins

On these I used the assist/cheater machine. Use a normal pronated grip. I again tried to get really high up into the chin up to a crazy contraction. Do about 4 sets of 8 here.

Total Work Sets – 4

Goal – Supramax pump

Stretchers

Ok 3 sets of 12 here! If you have not done these check out my YouTube back playlist. These are an oldie I started doing years ago.

Total Work Sets – 3

Goal – Work muscle from stretched position

Hyperextensions

I did 3 sets to failure here with bodyweight only.

Total Work Sets – 3

Goal – Supramax pump

Standing calf raise

I did all partials on this today. Get up to a heavy weight and do 4 sets of 20 only coming up halfway but getting deep into the stretch. Oh man this felt awesome.

Total Work Sets – 4

Ab machine

I did 3 sets of 15 on here today. I used a little heavier weight than I normally do though which is a big deal for me as my abs are pathetically weak. I am working my way up in weight and reps here. That is my goal anyway.

Total Work Sets – 3

7 weeks out : Day 3

Diet

I replaced my cod meals with shrimp today. Man was it tasty, cod (or anything for that matter) gets old quick to me.

Cardio

None.

John's notes

226 lbs morning (same)

Starting to feel pretty tired, but optimistic about small changes that are happening. I don't usually feel this tired this far out. I am pretty sure I am ahead of schedule by a little bit. I don't exactly look like a world beater yet, but getting harder and harder.

Workout

Legs: 24 sets – PUMP DAY

Today's workout was very fast paced. I was sucking wind, and felt like I was going to pass out on several occasions.

Seated leg curl

On these we did 4 warm up sets and then we did 5 sets of 10 with the only rest time the time that it takes for your partner to go. We could not get all of our reps on our own the last few sets and so when we hit failure our partner would by doing forced reps and assisting with the weight. My hamstrings were lit up pretty good from this.

Total Work Sets – 5

Goal – Activate and pump

Leg press

Nothing fancy was done here, just adding a plate every set until we hit a weight we couldn't get 12 reps with. Again, your rest break is just the time it takes partner to go.

This is where I started to feel like passing out. I will call this 4 work sets.

Total Work Sets – 4

Goal – Supramax pump

One legged press

Now I opted to do leg presses with one leg at a time. I did these nice and slow and was really trying to dig into my glute good. I also always feel these in my adductor on the working leg. I put 2 plates on each side and did 4 sets of 12. The rest break increased a little because your partner has to do two legs. I also do these nice and slow because I really try to carefully let the working leg stretch hard.

Total Work Sets – 4

Goal – Work muscle from stretched position

Smith squats

Ok now that the legs were jacked up pretty good I did squats on Smith. I did 1 feeder set with 135 lbs for 8 and then did 3 sets of 20 with 225. I had to rest a little longer here or else I think I would literally have passed out. My partner was gassed too.

Total Work Sets – 4

Goal – Supramax pump

Smith stiff legged deads

Ok now I did 135 again for a 6 rep feeder set and then did 3 sets of 10 with 225 here too on the same machine. I do these nice and slow to protect my fragile lower back. I did not take these to lockout, I keep constant tension on hamstring.

Total Work Sets – 3

Goal – Supramax pump

SuperSet

Glute machine

I did sets of 8 here flexing the glute hard. This is the machine where you kick back your leg.

Seated calf raises

On these I did sets of 10 with a 10 second stretch after the completion of the

last rep on every set.

Work Sets – 8 (4 supersets)

7 weeks out : Day 4

Diet

Nothing special to report.

Cardio

35 minute walk outside in the morning

John's notes

226 lbs morning (holding steady)

I went to the dentist again today. 2.5 hours. I had them cranking the nitrous hard. I trained arms afterward and got a crazy pump. Maybe I should take a nitrous pump to the gym with me??

Workout

Chest: 12 sets / Triceps: 12 sets – PUMP DAY

SuperSet

Seated dumbbell curl

I did a pyramid here. I started at 15 reps per arm, and added 5 lbs per set until I got down to under 8 strict reps.

Rope pushdowns

I did a pyramid here too and started with 15 reps and used the same pattern as I did with biceps.

Work Sets – 8 (4 supersets)

Goal – Supramax pump

SuperSet

Hammer curl

I did sets of 12 here with a fairly heavy weight. I did 7 to 9 perfect reps and then used a little momentum to keep the dumbbells moving.

Assist machine pushdowns

Ok you want to see something that looks weird but works awesome. Check out my Instagram. I used a cheater/assist machine (that helps with dips and chins) and did pushdowns pushing down on the lever that you stand on. You may not have one of these, but there are a number of ways to simulate this. You could push down on the pad on a seated leg curl for example.

Work Sets – 8 (4 supersets)

Goal – Supramax pump

SuperSet

EZ bar preacher curl

I did sets of 8 here nice and slow with hard flexes.

Lying extensions

Use a lighter weight on these and pump out sets of 15 with a good full stretch.

Work Sets – 8 (4 supersets)

Goal – Supramax pump

Standing calve machine

I did sets of 10 on these today and then walked over to a step and did another 35 reps with just bodyweight – FIRE. Do 4 sets.

Total Work Sets – 4

7 weeks out : Day 5

Diet

I had some shrimp again today to replace one of the cod meals.

Cardio

None

John's notes

226 lbs morning (down a pound)

I am feeling outstanding today. It feels like my skin is just tightly shrink wrapped around muscle and I always have a small pump. Also, will be training with Flex Lewis for 2 days next month and excited about that, as he is a good dude.

Workout

Back: 16 sets / Chest: 12 sets – PUMP DAY

Moderate grip chins

I did 2 warm up sets here and then did 4 sets of 8 to 10 reps. On these what I do is go down to almost, but not quite, a full stretch and just sit there for a second feeling tension in lats, and also mid back believe it or not. Now I drive elbows down and get high up into the movement squeezing the whole time. I used the assist machine on all chins today.

Total Work Sets – 4

Goal – Activate and pump

Wide grip chins

Ok, now move your grip out and this time go all the way down and stretch and then hang for a second before pulling up and flexing. Again shoot for 8 to 10 reps per set using an assist machine.

Total Work Sets – 4

Goal – Work muscle from stretched position

Supinated low row

I did these with single pulley handles that I could supinate as I bring the weight back and flex. I semi-supinate here to the point where it feels comfortable and really try to dig into lower lats. Do 4 sets of 12 here.

Total Work Sets – 4

Goal – Supramax pump

Straight arm pulldown

To finish up back I did straight arm pushdowns. Do 4 slow and strict sets of 15 here.

Total Work Sets – 4

Goal – Work muscle from stretched position

Machine press

I want big flexes here ok! Every rep should be flexed hard. I also moved fast on these. I usually work up to almost or the whole stack. I went about 2/3 of the way doing sets of 8 but only took about 45 seconds of rest between sets. This felt fantastic; it was like in 4 sets all the blood in my back had moved into my pecs. Total Work Sets – 3

Goal – Supramax pump

Cable crossovers

This is one of my least favorite exercises of all time, BUT I did these to just allow some free shoulder and back movement (I usually do flye movements with a supported back). Again, the flex was unbelievable on these. I was really happy with the pump I got here, and did 4 sets of 12.

Total Work Sets – 4

Goal – Supramax pump

Stretch pushups

It didn't take long to get a crazy pump in my chest so I went to the stretch finisher here. This is where I do pushups with hands on step benches to allow for more stretch. I did 4 sets to failure.

Total Work Sets – 4

Goal – Work muscle from stretched position

Standing calf raise

Once again do heavy pyramiding on standing calf raises. Do sets of 10 all the way as heavy as you can go. As always finish each set with a 10 second stretch before dropping weight. We will call this 4 sets. Here is the difference on these today, move your feet out wide so that more weight is distributed on the ball of your foot. This hits your calves differently and I have used this with success in the past.

Total Work Sets – 4

Goal – Supramax pump

Hanging leg raises

4 sets of 12 here to shut it down.

Total Work Sets – 4

7 weeks out : Day 6

Diet

I am feeling really good with how I am looking. I opted for a very small cheat meal and just ate 2 hamburgers (lean 94/6). Basically I just had a few buns and a tad bit of mayo as the "cheat".

Cardio

35 minute walk outside in the morning

John's notes

226 lbs

My confidence is starting to pick up some now. I think I have found a way to hit my front double bicep and look respectable. This is by FAR my worst pose and if I can just look respectable in it, then I feel like my side poses and rear shots can win me the show in July. We'll see. At this point it's all about the details for me. I did talk to some judges this month and they all preferred my look at Nationals in November as opposed to the look I had at the Master shows last year. I actually only weighed 221 at nationals and was 225 and 229 at the Master's shows.

Workout

Legs: 20 sets – BASE DAY

I did another base day, but my recovery is REALLY good right now. Keep that in mind!

Leg curls

After doing 4 warm sets of 15 here, I did 3 x 30. I did all reps with a nice smooth tempo and flexed hard on every rep. 90 reps did the trick and my hams were really pumped.

Total Work Sets – 3

Goal – Activate and pump

Leg press

On these I just did the standard add a plate per set pyramid but bumped up reps to 15 and reduced rest breaks a bit. Once we hit our top weight I was a little winded, as we were moving fast. I count this as 3 hard work sets. Remember all the sets are for 15 reps.

Total Work Sets – 3

Goal – Supramax pump

True squat

Ah man I missed this machine last week. I freaking love this thing. On these I used a little slower descent this week and really tried to feel the outer quad/sweep of the leg. I am built just right for this machine. Dave my training partner (owner at ElifteFTS) is actually going to build one of these and sell it. This has been great for me, because it gives me an opportunity to squat heavy without hurting my lower back, and the one thing I miss the most doing, is definitely squats. I just did sets of 8 until I could barely do 8. I count the last 3 sets as work sets.

Total Work Sets – 3

Goal – Train explosively

SuperSet

Leg extension

Ok you may have noticed we didn't do any crazy high intensity stuff, well here you go. On these I want you to do 10 partials at the TOP first. Lean forward a little and squeeze your upper thighs hard, now lean back and pump out 10 partials out of the bottom. Immediately proceed to sissy squats or a variation you enjoy.

Sissy squats

Go balls out to failure; go until your legs burn so bad you literally fall over.

Work Sets – 8 (4 supersets)

Goal – Supramax pump

Dumbbell stiff legged

Do 3 nice slow sets of 12 here. Don't go up all the way. Keep constant tension on the hams and get a nice stretch at the bottom.

Total Work Sets – 3

Goal – Work muscle from stretched position

Standing calve raise

I did these without shoes for the first time in years, and my calves actually got sore. This is good, it is a new stimulus so I think I am going to do my calves without shoes for a while. I did sets of 10 until I couldn't get 10 anymore going up the stack. I counted the last 4 sets as working sets.

Total Work Sets – 4

7 weeks out : Day 7

Day Off – Family Day

6 Weeks Out

6 weeks out : Day 1

Diet

Meal 1: 2 whole eggs, 1 cup of whites, 1 cup of spinach, ½ tbs of coconut oil

Meal 2: 6 oz of cooked chicken, 1 cup of green veggies

Meal 3: 40 grams of whey iso, ½ cup (dry measure) cream of rice, 1 tbs of almond butter

Intra: 3 scoops of Intra MD (4 on leg day and back day now)

Meal 4: 8oz of cooked cod, 1/2 cup of oats

Meal 5: 6oz of lean sirloin steak, 1 cup of white rice

Meal 6: 8oz of cod, 1 cup of sauerkraut, diet soda (diet orange crush or diet cherry coke)

Dietary Breakdown

291 grams of protein (46%)

237 of carbs (38%)

46 of fat (16%)

Total: 2,526 calories

Supplements

4 grams of fish oil a day (Life Extension Super Omega-3)

2 servings of Partition-MD a day (one with pre, and one before bed)

5000 iu of Vit D3 a day (Jarrow)

Super Bio Curcumin – I take this year round now at 2 caps a day (Life Extension)

Citrus Bergamot – 2 caps a day on empty stomach (Jarrow)

P-5-P – This is a reduced form of b6 for inflammation. I take 100 mg daily (Vit Shoppe)

Injectable Carnitine – 400 mg into muscle (any muscle) 15 minutes before training

Cardio

20 minute bike ride outside peddling pretty hard.

John's notes

227 lbs morning weight (starting weight for week)

Things are going well so I want to push a little harder for another week or two and see where I am. I made a reduction in carbs. This is not a lot of calories and honestly all I want to do is sleep now, getting very tired, but this is simply what it takes for me to get paper thin skin on my back. It's coming though. I feel very good about where I am. I may incorporate an occasional very low carb day here and there depending on how I feel; I will play it by ear.

Workout

Chest: 14 sets / Shoulders: 11 sets – BASE DAY

Incline dumbbell press

Do plenty of warm up sets and progress your weight up doing sets of 8 until you barely get 8. Take these to $\frac{3}{4}$ lockout. Take smaller jumps when it starts to get heavy so you can get some volume in. We will count the last 3 sets as work sets.

Total Work Sets – 3

Goal – Activation and pump

Incline bench press

Work up on these doing sets of 8 also until you can barely hit 8. Take these to $\frac{3}{4}$ lockout as well. We will count the last 3 sets as work sets.

Total Work Sets – 3

Goal – Train explosively

SuperSet

Dips

I'd like to see 12-15 reps here. If you need to use an assist machine do it. Then proceed immediately to next exercise.

Bent over dumbbell rear laterals

Do sets of 25 here. This is going to burn like fire. Once you can't do full reps just do partials out of the bottom.

After this combo you should be pumped to the hilt.

Work Sets – 8 (4 supersets)

Goal – Supramax pump

SuperSet

Machine flye

On these I want you to do 10 good reps with a very flex in the contracted position followed by 10 partials in the stretch position.

Dumbbell side laterals

Do these heavy. Do sets of 8 here. I did these standing, not seated today. It's ok to use a little momentum at this point.

Do 4 superWork Sets – 8 (4 supersets)

Goal – Supramax pump

Shoulder press

I did these on that cool Hoist machine but you can do them on any machine. Just pyramid up doing full range of motion sets of 8 until you can't get 8 and call it a day on shoulders. We will count this as 3 work sets.

Total Work Sets – 3

Goal – Supramax pump

Ab machine

I can't believe it. I was actually stronger on these today. This is the first time since I started training my abs I have had any strength gain. My nerves are definitely growing back. I can't tell you excited this makes me. This can result in better ab control! I did 4 sets of 15.

Total Work Sets – 4

Standing calve machine

I worked up to the heaviest weight I cold get for 8 reps and did 4 sets with it followed by a 20 second stretch this time at the end of each set.

Total Work Sets – 4

6 weeks out : Day 2

Diet

My skin is getting nice and thin for this far out. I posted a leg pic on Instagram and FB today. The cool thing was, that was totally cold, no pump at all.

Cardio

35 minute walk outside in the morning

John's notes

227 lbs morning weight (same)

I started tanning today. I hate to tan, but if I get a good base, then I only need two coats at the show. What has really hurt me in the past is having to get a lot of coats and especially when they do a coat the day of the show. It never sinks into my skin and dries (just sits on separation blurring it). I finally learned my lesson. Get a great base, do 2 coats the day before, and do NONE the day of the show. This is my advice for people with really pale thin white skin like me.

Workout

Back: 19 sets – BASE DAY

Meadows rows

My back is starting to feel pretty solid again (lower back) so I got to work some Meadows rows today. After 3 sets of working up in weight I then did 4 sets of 10. The 10 wasn't to complete failure, but my 10th rep I started losing form. On the last set it get a little ugly form wise so I shut it down at 8 reps. I was moving at a pretty good pace, I would say resting only about 1 minute between these sets.

Total Work Sets – 4

Goal – Activate and pump

Seated cable row

I did these the same way I did last week with the stretch they felt so good. On these I used a close handle with palms facing in. I don't usually lean forward and stretch much on these, so that is exactly what I did today. I really leaned forward and felt a massive stretch on every rep I did. I loosened my form up a bit too, and got more into a rhythm and just kept pumping reps. Do 4 sets of 12 here.

Total Work Sets – 4

Goal – Supramax pump

Chins

I used the assist machine on these and did them with a neutral grip (palms facing each other). I did these super strict for sets of 8. I did 4 sets.

Total Work Sets – 4

Goal – Supramax pump

Dumbbell pullovers

Nothing fancy here either, I just did 4 sets of 12 to give my arms a break and really stretch my upper lats out hard.

Total Work Sets – 4

Goal – Work muscle from stretched position

Hyperextensions

I did 3 sets to failure here with bodyweight only. I didn't do these weighted because I didn't want to trash my lower back with legs tomorrow.

Total Work Sets – 3

Goal – Supramax pump

Machine rear delts

Yes, you read that right. My shoulders felt recovered, so I went ahead and threw in 3 sets of 25 reps here to pump some blood in them.

Total Work Sets – 3

Ab machine

I did 4 sets of 15 here. Again, I really suck in my stomach when I stand up straight and as I crunch I blow my air out and flex abs as hard as I can given the scar tissue present.

Total Work Sets – 4

6 weeks out : Day 3

Diet

Nothing new today, well I did steal 2 potato chips from my kids lunch. Ha!

Cardio

None

John's notes

226 lbs morning (same)

Kids are out of school as of today. This means I will be taking them to the pool and probably swimming some laps (HIIT intervals) the next few weeks. The pool has swim lanes that allows for this.

Workout

Legs: 24 sets – PUMP DAY

Adductor machine

I have a new way of hitting my front double bicep in which I lift my right leg quite a bit. This will look awesome with a prominent sartorius. I have been slacking on adductor work, as mine are developed very well, but I want my sartorius to look stupid awesome standing there too. I haven't done these in a while so I stuck with 2 warm ups and 3 work sets. This is one of those exercises that will make you really sore if you don't work up intensity gradually. I did 3 sets of 12 nice and slow and controlled.

Total Work Sets – 3

Goal – Activate and pump

Hip flexor machine

Ok back to the hip machine that allows you to draw knee up toward chest and work all hip flexors. I did 4 sets of 15 here. After each set I stand in my front relaxed and tense those muscles so I get better control of them.

Total Work Sets – 4

Goal – Supramax pump

SuperSet

Seated leg curl

This was awful. My hams were drilled after doing these. This burned like fire. Do 15 slow and controlled reps here. Immediately go to lying leg curl after.

Lying leg curl

On these do 8 slow reps.

Work Sets – 10 (5 supersets)

Leg press

In keeping the theme for a pump day we did sets of 20 here and just kept going up until we could barely get 20 reps even with a few stops. I count the last 3 sets as work sets.

Total Work Sets – 3

Goal – Supramax pump

Backward prowler drag

I haven't done these in a while and I wanted to blow my quads up full of blood and also hammer my glutes. I attached a video of this from me doing this last year. Try to get as low as you can and drive with your heels and glutes. Your quads will get torched without even thinking about it. You drag the sled 40 feet. Rest for 1 minute and repeat this 8 times. I call this 4 work sets. If you do these right, your legs will be completely full of blood including glutes. Total Work Sets – 4

Goal – Supramax pump

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

Standing calf raises

On these I did my normal pyramid going as heavy as possible for sets of 10 with a 10 second stretch, but I also added on a set of 20 full range of motion bodyweight only sets standing on a step to allow for a full range of motion.

Total Work Sets – 4

6 weeks out : Day 4

Diet

Woke up feeling a little light, but my low back looks improved over the last few days. This is the last area to go and I am close. This is not a big enough drop nor do I feel weak, so I will not eat up or add calories. I think this was a good loss of a lb, as much as you know how I like to protect muscle.

Cardio

None

John's notes

225 lbs morning (down a lb)

For some reason, the sub 6 week mark is where I always feel like the show is close. Anything over that and I think I have a ton of time. The truth is 5 weeks is a ton of time, but the light bulb goes off and says you better not leave any stone unturned at this point. I am close though now, so this is like a chess match to me. How do I push, but not push too hard and create a negative result? How can I go about this in the most intelligent way leaving me with the most muscle and density?

Workout

Chest: 9 sets / Triceps: 6 sets / Shoulders: 8 sets – PUMP DAY

Banded hammer press

On these I use the flat Hammer machine and attach the long red pro mini bands from EliteFTS for a greater peak contraction. Normally this would only be on a heavy day and I do these explosively. Today I wanted to do more reps though, and get that searing pain where it feels like fibers are melting off your sternum. I did 3 warm up sets and then 3 sets of 15 here. This is one of the most painful things I have done for cheat in a while. It started burning at 8 or so. I take these to lockout and flex hard. I do not let my elbows go back past 90 degrees though as I think this is hard on your rotator cuff musculature with the way Hammer machines are designed.

Total Work Sets – 3

Goal – Activate and pump

Decline dumbbell press

I did these off a very slight decline. Only a 25 lb plate under one end of the bench to raise it slightly. On these I wanted to get a full range of motion and some good stretching and flexing for a crazy pump. I did 2 sets to find a weight that was good for a solid 10 and then did 3 sets of 10 with it. Well I think I got 8 on the last set, which is ok.

Total Work Sets – 3

Goal – Supramax pump

Cable crossover

Ok this is two weeks in a row I did these after not having done them for years. I got a really good stretch on these and really cranked hard on the flex. My pecs were about as pumped as possible after this. I did 3 sets of 10 with a moderate weight.

Total Work Sets – 3

Goal – Work muscle from stretched position

Assist machine pushdowns

Yes, I did these again too! I hope you tried these last week and liked them. These just feel so good I bet I will be doing these for a while. I did 4 sets to failure with the whole stack which equated to around 10 reps per set.

Total Work Sets – 3

Goal – Supramax pump

Dips

I did these on the assist machine and tried to use not so much help this week. My chest and tris were already pumped well, so I just did 3 sets to failure here. I only went up about halfway though.

Total Work Sets – 3

Goal – Supramax pump

Seated shoulder press

I used that Hoist machine again I had on my Instagram last week. I viewed this as additional tricep work to because I locked these out completely which takes some help from triceps. These feel really good on delts, so I don't mind moving up to a heavier weight. I found a weight that was a tough 8 reps and did 3 sets with it.

Total Work Sets – 3

Goal – Supramax pump

Dumbbell side lateral

I did these with 35 lb dumbbells and just did 5 sets of 8 with 45 second breaks. It's funny, they feel pumped, but once you finish, there is a crazy intense burn that seems to be a delayed response. My shoulders have been like this for years. It's once I stop I really feel the burn.

Total Work Sets – 5

Goal – Supramax pump

Standing ab machine

I did 4 sets of 15 on these today. I went up in weight again, my abs are getting better!

Total Work Sets – 4

6 weeks out : Day 5

Diet

Remember yesterday when I said this is like a chess match – great example here. This qualifies as a crash to me. I decided to eat up. I had a feeling it was coming. I ate a medium BBQ chicken pizza post workout and then 2 hours later went 5 Guys and had a double cheeseburger with fries. This means my normal cheat meal tomorrow will likely be canceled unless there is a compelling reason to take it. So it looks like I will be smuggling food into the theatre to see San Andreas!

Cardio

None

John's notes

223 lbs morning (down 2 pounds)

Despite the weight crash, I still feel very happy about where I am. I called Evan Centopani today just to give him a rundown of where I am as he knew well how things went in my Nationals prep last year, and he reminded me I had many of these eat up days last year, plus last year I was way more concerned about being “small”. So we are all systems go here!

Workout

Back: 18 sets / Biceps: 11 sets – PUMP DAY

Machine row

I used a machine where your chest is supported here used a pronated grip and really tried to squeeze my shoulder blades together and nail my rhomboids. I also try really hard to keep my traps from activating. One thing you may have noticed is no direct trap work for me. This is because any shrugging locks my traps up and I get migraine headaches so every time I do back I have to really focus on keep traps relaxed (also on shoulders too). After working up to a tough 10 reps I did 3 more sets with it, so 4 total.

Total Work Sets – 4

Goal – Activate and pump

Narrow grip chins

Use a grip where palms are facing in on assist machine. Try to get real high up into the movement and get fibers to contract that normally don't. Work these hard. Again shoot for 8 to 10 reps per set using an assist machine.

Total Work Sets – 4

Goal – Supramax pump

Smith deadlift

I know I just did these, and my lower back is fragile but two things are happening. Number #1 my abs are coming around so this is helping my lower back stability, plus I don't go real heavy on these and just flex my lower lats throughout the entire range of motion. I do not drop these like a powerlifter would. I did 6 sets of 6.

Total Work Sets – 6

Goal – Supramax pump

Dumbbell pullover

Do 4 slow and strict sets of 12 here.

Total Work Sets – 4

Goal – Work muscle from stretched position

Hammer curls

I did these one arm at a time. I did 4 sets of 12 on each arm.

Total Work Sets – 4

Goal – Supramax pump

Barbell curl 1.5s

On these do a full rep and then only come up half way and back down. That is 1 rep. Do sets of 8 like this. This will really hammer your lower bis and I promise you they will be jacked full of blood if you are squeezing hard as you do these. Do 4 sets.

Total Work Sets – 4

Goal – Supramax pump

EZ bar preacher curl

Do 3 strict sets of 8 here flexing very hard at the top of each rep.

Total Work Sets – 3

Goal – Work muscle from stretched position

Standing calve raise

Today I just put 70 lbs (very light) and did 100 reps. I had to stop probably at least 7 times, but I got all 100. This hurts.

Total Work Sets – 1

Goal – Supramax pump

Standing ab machine

I did 4 sets of 15 on these today. I went up in weight again (now I am up to 60lbs). For years I could only do 35 lbs since my surgery.

Total Work Sets – 4

6 weeks out : Day 6

Diet

Back on the normal plan today as no cheat meal was needed. I absolutely destroyed legs with Dave Tate, to the point of massive cramping 30 minutes after were done.

Cardio

None

John's notes

225 lbs (up 2 lbs)

Rough day this afternoon. Parenting is so freaking hard sometimes. One of my boys is just so stubborn and refuses to listen and was really rebellious today. I made him sit in the corner, while he repeatedly said he hated me. It sucks to hear that, but I know that happens when they get emotional sometimes. The good news is it jacked my adrenaline up and probably burned a million freaking calories up I was so mad at him.

I am sure this doesn't seem like much but I really pushed the weights hard and as a result had cramps pretty bad 30 minutes after training. This blasted them.

It is also time to start doing some hard stretches and flexes. Watch the video below so you can see what I did. Basically it is 3 sets where you gradually stretch harder each set. The time is 10, 8, and 6 seconds. After each one flex hard for that same exact amount of reps.

How about this, after I posted this on Instagram Flex Lewis sent me a note telling me to stop giving away all my secrets..haha. Flex is someone who I really think highly of and will be training with him in 2 weeks. I am psyched to catch up with him for a session or two.

Workout

Legs: 20 sets – BASE DAY

Today I wanted to really focus on moving some decent weight as I did so much pumping on

Wednesday. I pyramided everything heavy and added some cool stretching I think you will like at the end.

Leg curls

After doing 4 warm sets of 10 here I pyramided up and kept going until I could barely get 8. I got 12, 10, 8, and 7 on my last 4 sets.

Total Work Sets – 4

Goal – Activate and pump

Leg press

On these I just did the standard add a plate per set pyramid just like last week but brought the reps back down to 10. I made it up to 12 plates per side which for me is a lot. That is really heavy for me and I did these with textbook form. We will count the last 3 sets as work sets.

Total Work Sets – 3

Goal – Supramax pump

True squat

Same thing here, pyramided up doing sets of 8 until I could barely get 8. I was again really strong here. This is kind of crazy...well actually maybe it was the pizza and 5 Guys kicking in! Ha!

Total Work Sets – 3

Goal – Train explosively

Leg extension

I went really heavy on these but only did the top half and just flexed my quads as hard as humanly possible. I did 3 sets of 8.

Total Work Sets – 3

Goal – Supramax pump

Video Link - <https://www.youtube.com/watch?v=9XsR3vvrNvw>

6 weeks out : Day 7

Day Off – Family Day

5 Weeks Out

5 weeks out : Day 1

Diet

Meal 1: 1.5 cup of whites, 1 cup of spinach, ½ tbs of coconut oil

Meal 2: 6 oz of cooked chicken, 1 cup of green veggies

Meal 3: 40 grams of whey iso, ½ cup (dry measure) cream of rice, 1 tbs of almond butter

Intra: 3 scoops of Intra MD (no more 4 on leg day and back day now)

Meal 4: 8oz of cooked cod, 1 cup of oats

Meal 5: 6oz of lean sirloin steak, 1 cup of veggies

Meal 6: 8oz of cooked cod, 1 cup of sauerkraut, diet soda (diet orange crush or diet cherry coke)

Dietary Breakdown

319 grams of protein (50%)

230 of carbs (36%)

40 of fat (14%)

Total: 2,556 calories

Supplements

4 grams of fish oil a day (Life Extension Super Omega-3)

2 servings of Partition-MD a day (one with pre, and one before bed)

5000 iu of Vit D3 a day (Jarrow)

Super Bio Curcumin – I take this year round now at 2 caps a day (Life Extension)

Citrus Bergamot – 2 caps a day on empty stomach (Jarrow)

P-5-P – This is a reduced form of b6 for inflammation. I take 100 mg daily (Vit Shoppe)

Injectable Carnitine – 400 mg into muscle (any muscle) 15 minutes before training

Cardio

25 minute walk outside

John's notes

226 lbs morning weight (starting weight for week)

Now I am packing my carbs pretty much all around the training session. This helps me maintain training intensity, but the remainder of the day I am extremely tired. If I spread out carbs I don't get as lean and my training suffers, so this is how I approach going into a show.

Workout

Chest: 13 sets / Shoulders: 11 sets – BASE DAY

Flat dumbbell press

Do the normal pyramid up but I did sets of 12 today. I did this primarily because I don't go over 8 to 10 often on these unless it's a drop set. I did not include a drop set because I wanted to be strong on the incline barbells. I gotta be honest, I didn't have much strength on these. I figured I could do 120-130 with perfect form but once I got to 100 I stopped as that was all I could get 12 with. I count the last 3 sets as work sets.

Total Work Sets – 3

Goal – Activation and pump

Incline bench press

I started at 12 here, but my plan was just to go to failure (not complete – jst where I can't get more reps with good form) while I pyramided up. See what I did below.

135 – 6 reps – feeder set

185 – 12 reps

225 – 12 reps (MAYBE could have got 13 – but I doubt it)

245 – 10 reps (failed coming up at 11)

265 – 8 reps (barely got 8)

275 – 6 reps (that number 6 again with 275.) Daggonit.

Total Work Sets – 3

Goal – Train explosively

Machine press

Ok now I brought reps down a bit but kept a good pace. I did 4 sets of 8 with a full range of motion and hard flexes on every rep. I had a huge pump after this.

Total Work Sets – 4

Goal – Supramax pump

Dips

I did use the assist machine but I used much less weight this time. I still went to failure on every set and only came up $\frac{3}{4}$ of the way.

Total Work Sets – 3

Goal – Work muscle from stretched position

Bent over dumbbell rear laterals

Do 4 sets of 20 here. What I did was use a weight I could around 10 full range of motion reps and then 10 more half reps out of the bottom.

Total Work Sets – 4

Goal – Supramax pump

6 ways

I was really in the mood to hurt today so I did 3 sets of 10 here. If these are new to you just look them up on my shoulder playlist on my YouTube channel.

Total Work Sets – 3

Goal – Supramax pump

Dumbbell side laterals

Do these heavy again this week. At this point I could only do 30's. It's ok to use a little momentum at this point. Do 4 sets of 8.

Total Work Sets – 4

Goal – Supramax pump

SuperSet

Tricep pushdown in the chin/dip assist machine

I think I am addicted to these. Really the only reason I did these is because this machine is right next to the calve machine and I was supersetting this with standing calf raises. Do 4 sets of 10.

Standing calve machine

Put your feet out wider again this week on these so more pressure is on ball of foot. Do sets of 10 going up as heavy as you can. I did 4 sets after 2 warm ups.

Work Sets – 8 (4 supersets)

Ab machine

These are feeling better and better. Doing better on this exercise makes me feel like my chances of winning are higher than any other exercise I do because it allows me something that has been really hard the last few years due to my surgeries (abdominal control). I did 4 sets of 15.

Total Work Sets – 4

5 weeks out : Day 2

Diet

I changed out the chicken today for lean turkey breast and drowned it in mustard. No other changes.

Cardio

I took 1 ml of carnitine and did a 30 minute fast walk.

John's notes

226 lbs morning weight (same)

Nothing new to report other than I am getting really focused and centered right now. I feel tired when not training, but that is to be expected and I can't wait for show to get here.

Mentally I am in a good spot right now. I am so glad I have great friends that tell me like it is and keep me motivated. Thank you Ed Koo.

Workout

Back: 20 sets – BASE DAY

One arm barbell rows

After 3 sets of working up in weight I then did 4 sets of 12. I really focused on relaxing and releasing lat to get a good stretch on all reps too. These make me breathe hard, and are very tough.

Total Work Sets – 4

Goal – Activate and pump

Smith deadlift

Yes, I did these again. My plan right now is to do these 2 times every week. Since I am only using 225, this is not hurting my lower back at all, and is smoking my lats. I put a video up on FB and Instagram of these today. You can't see it but I am squeezing my lats really hard throughout the entire rep, not just concentric. I did 5 sets of 6.

Total Work Sets – 5

Goal – Supramax pump

Stretchers

I did 3 sets of 10 here today. Remember to duck your head down when stretching to further loosen everything up.

Total Work Sets – 3

Goal – Work muscle from stretched position

Dumbbell pullovers

4 sets of 8 to give my arms a break and really stretch my upper lats out hard.

Total Work Sets – 4

Goal – Work muscle from stretched position

Hyperextensions with barbell

These are very tough and very dangerous if you aren't careful. This is when I load a barbell up with 45 on each side and do hyperextensions. The video of this is on my Instagram. Start each rep very slowly and be very careful if you want to try these. I do 4 sets of 8.

Total Work Sets – 4

Goal – Supramax pump

Seated calve machine

On these I worked up to a tough 15 rep set and stayed there for a few more doing 4 sets total of 15. Make sure you sit in the stretch position for 15 seconds after the last rep on each set.

Total Work Sets – 4

Ab machine

I am up to 5 sets now on these. I did 5 sets of 15! The abs are getting better.

Total Work Sets – 5

5 weeks out : Day 3

Diet

Nothing new today.

Cardio

Session #1 – I did morning fasted cardio on the treadmill. I did a 10% grade at 1.7 mph for 20 minutes, and then lowered it to 5% and walked at 2mph for 10 minutes.

Session #2 – I also did 10 minutes before bed. I did a 7% grade at 2 mph.

John's notes

226 lbs morning weight (same)

Nothing new to report today.

Workout

Legs: 17 sets – PUMP DAY

My hams were really tender today, I have been thrashing them lately, so I backed off a tad on them.

Leg curl

We used a lighter weight and did 6 sets of 15 with only enough rest time for the other person to do their sets.

Total Work Sets – 6

Goal – Activate and pump

Leg press

I haven't used a high and wide stance on these for a long time so we did that today for a little extra ham and glute. We did the usual pyramid up to a weight that we could barely get our reps with. We did sets of 10. I lowered these using a 3 second eccentric. I call this 3 work sets.

Total Work Sets – 3

Goal – Supramax pump

Smith front squat

On these I used a small thin board to elevate my heels a bit and did these rock bottom. I did 4 sets of 10. I didn't go really heavy as I have really been pushing my back, so no need to get stupid 4 weeks out.

Total Work Sets – 4

Goal – Supramax pump

Single leg extension

Do 10 reps on each leg and then stand up and stretch each quad hard for 15 seconds followed by 10 flexes with each leg. Do 4 sets like this.

Total Work Sets – 4

Goal – Supramax pump

Standing calf raises

On these I did my normal pyramid going as heavy as possible for sets of 10 with a 10 second stretch, but I also added on a set of 20 full range of motion bodyweight only sets standing on a step to allow for a full range of motion.

Total Work Sets – 4

5 weeks out : Day 4

Diet

No changes.

Cardio

Session #1 – I did 25 minutes morning fasted on a 5% grade at 1.8-2 mph.

Session #2 – I also did 15 minutes before bed. I did a 5% grade at 2 mph.

John's notes

225 lbs morning (down a lb)

Lots of lines and detail coming through..uh oh

I didn't do any calve work because my calves are killing me from the incline walking. Ha!

Workout

Chest: 10 sets / Triceps: 10 sets / Shoulders: 10 sets – PUMP DAY

Dumbbell press

I did these on a slight incline and did 3 warm up sets of 15 and then stayed with the same dumbbells for 4 more sets of 15. I took these too lockout and flexed on all reps. The first two sets I had a few reps in the tank but the 3rd and 4th set got a little ugly the last few reps.

Total Work Sets – 4

Goal – Activate and pump

Smith incline press

I did lighter with a close grip. My goal was to drop my elbows down and get a really good range of motion. Normally I don't touch my chest but these were lighter, and again elbows were tucked protecting shoulders and pec insertion. I did 1 feeder set of 8, and then did 3 sets of 12. I also took these too lockout.

Total Work Sets – 3

Goal – Supramax pump

Machine fly

As much as I hate to admit it, my chest was pretty fried from all these reps. I did 3 sets of 10 here and on each set I added on 10 partials out of the bottom. This felt like a blowtorch on my chest.

Total Work Sets – 3

Goal – Work muscle from stretched position

SuperSet

Assist machine pushdowns

I did these in a pretty cool superset to stretch my triceps as well as get hard contractions. Do sets of about 10 here.

Bent over rope extensions

This is where you put your back to the stack, bend forward, and then straighten arms. On these I do not flex, I go to $\frac{3}{4}$ lockout and then come right back down, but I do get a massive stretch.

Work Sets – 10 (5 supersets)

SuperSet

Seated dumbbell press

Do these very controlled with a good flex at the top. Take them down to ear level, not all the way. Do 8 reps here.

Bent over dumbbell laterals

Now stand up and grab some lighter dumbbells and crank out 20 reps on bent over side laterals. Try to get a really good range of motion here. Your shoulders should absolutely be on fire after this combination.

Work Sets – 10 (5 supersets)

Hanging leg raise

I got to work more on lower abs today doing 4 sets of 15 here.

Total Work Sets – 4

5 weeks out : Day 5

Diet

No changes today

Cardio

I did 40 minutes after last meal of the night on the treadmill on a 5% grade at 1.8-2 mph.

John's notes

225 lbs morning (same)

Still on the right track. I have to keep pushing too get more separation, so you will see a little more cardio (which may or may not help), lots of stretching and posing after getting a pump.

Workout

Back: 16 sets / Biceps: 10 sets – PUMP DAY

One-armed cable row

This is just low cable rows but I did them one arm at a time. I have been supinating on these a lot lately so today I kept my grip pronated (palms facing down). I did these strict but leaned forward and got a nice stretch on them too. I did a few warm ups and then 4 sets of 10-12 reps.

Total Work Sets – 4

Goal – Activate and pump

Calve machine rows

I do these on occasion and saw Flex Lewis doing them earlier this week so went back to them for 4 sets of 8. See video below for form. I placed my feet so that rhomboids and rear delts would get hit as I feel my rear delts need a lot of focus right now to complete the freaky look.

Total Work Sets – 4

Goal – Supramax pump

Video Link - <https://www.youtube.com/watch?v=knG5jyNSVgY>

Narrow grip chin

I used the assist machine here but not with a lot of help. I did 4 sets to failure which was 8 to 10 reps on all sets. I really focus on driving elbows down on these to crush lats.

Total Work Sets – 4

Goal – Supramax pump

Note: I didn't do the Smith deads because I tweaked my back a little tying my shoe this morning. I am not joking.

Dumbbell pullover

Do 4 slow and strict sets of 12 here.

Total Work Sets – 4

Goal – Work muscle from stretched position

Hammer curls

I did this one arm at a time. I did 4 sets of 12 on each arm.

Total Work Sets – 4

Goal – Supramax pump

Cross body hammer curl

I did more hammer curls but on these I do them across my body. It hits brachioradialis harder to get thicker forearm. I did 3 sets of 10.

Total Work Sets – 3

Goal – Supramax pump

Machine preacher curl

On these I did 6 perfect hard reps and then 10 partials out of the top (not stretch position)..Pain! Do 3 sets.

Total Work Sets – 3

Goal – Supramax pump

Hanging leg raise

3 sets of 15 here.

Total Work Sets – 3

Standing ab machine

I did 2 sets of 25 on these today.

Total Work Sets – 2

5 weeks out : Day 6

Diet

I had my cheat meal tonight. It was a cheeseburger and fries from 5 Guys. I broke out into a crazy sweat and woke up Sunday tighter, especially lower back. My metabolism is picking up speed now. This is very normal by the way for me, nothing different.

Cardio

None – legs are shot from training.

John's notes

224 lbs (down a lb)

Joints are feeling a little drier and not as sturdy now. I will need to be careful with this as I get leaner.

Workout

Legs: 16 sets – BASE DAY

Leg curls

On these I literally just did sets until I didn't think I could get any more blood in my hams. I ended up doing 8 sets of 10.

Total Work Sets – 8

Goal – Activate and pump

Leg press

Repeat of last week, except I did 3 second descents on all sets. On these I just did the standard add a plate per set pyramid just like last week but brought the reps back down to 10. I made it up to 10 plates per side this week. Last week was 12, but the control and 3 second descent focused sets are much tougher. We will count the last 3 sets as work sets.

Total Work Sets – 3

Goal – Supramax pump

True squat

Same thing here, pyramided up doing sets of 10 until I could barely get 10. I went up to what I normally get 8 with, and pushed out 2 extra reps. These reps were brutal. My lower back is a little tweaked so I had to really ensure my back was against the pad and I was in absolute control.

Total Work Sets – 3

Goal – Train explosively

Leg extension

I did 1 leg at a time here this week, and did 2 sets of 50 on each leg.

Total Work Sets – 2

Goal – Supramax pump

Again, this probably doesn't look bad on paper, but I got some intense cramps a few hours after doing this.

After the leg extensions I did the stretching sequence for quads that I did last week.

Video Link - <https://www.youtube.com/watch?v=9XsR3vvrNww>

5 weeks out : Day 7

Day Off – Family Day

I did cardio – a 60 minute casual walk in the sun.

4 Weeks Out

4 weeks out : Day 1

Diet

Meal 1: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil

Meal 2: 6 oz of cooked chicken, 1 cup of green veggies

Meal 3: 40 grams of whey iso, ½ cup (dry measure) cream of rice, 1 tbs of almond butter

Intra: 3 scoops of Intra MD (no more 4 on leg day and back day now)

Meal 4: 8oz of cooked cod, 1 cup of oats

Meal 5: 8oz of cooked cod, 1 cup of veggies

Meal 6: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil

Dietary Breakdown

332 grams of protein (51%)

231 of carbs (35%)

40 of fat (14%)

Total: 2,612 calories

NOTE: Notice I didn't lower calories with these changes. Adding the cardio is the variable I am changing now to encourage more fat loss. This is not a ton of cardio, but the most I have done in years.

Supplements

4 grams of fish oil a day (Life Extension Super Omega-3)

2 servings of Partition-MD a day (one with pre, and one before bed)

5000 iu of Vit D3 a day (Jarrow)

Super Bio Curcumin – I take this year round now at 2 caps a day (Life Extension)

Citrus Bergamot – 2 caps a day on empty stomach (Jarrow)

P-5-P – This is a reduced form of b6 for inflammation. I take 100 mg daily (Vit Shoppe)

Injectable Carnitine – 400 mg into muscle (any muscle) 15 minutes before training

Cardio

Session #1 – I did morning fasted cardio on the treadmill. I did a 5% grade at 2 mph for 40 minutes.

Session #2 – I also did 20 minutes before bed. I did a 5% grade at 2 mph.

John's notes

224 lbs morning weight (starting weight for week)

Workout

Chest: 11 sets / Shoulders: 9 sets – BASE DAY

Slight incline dumbbell press

On these I did sets of 15 until I couldn't get 15, and just kept going up until I could get about 6-8. See below to give you an example. I call this 3 sets.

Here is what I did:

25 x 15

45 x 15

65 x 15

85 x 15 (failure)

100 x 11 (failure)

110 x 8 (failure)

Total Work Sets – 3

Goal – Activation and pump

Incline bench press

I moved an adjustable bench into a squat rack and used only a slight incline. I just did straight sets of 8 here until I could barely get 8. My last set was 275 x 7 actually.

135 – 8 reps – feeder set

185 – 8 reps

225 – 8 reps

255 – 8 reps

275 – 7 reps

Total Work Sets – 3

Goal – Train explosively

Flat bench press

I took a light to medium weight and just did 3 sets to failure with it. I only used 185. My reps were done very controlled and to $\frac{3}{4}$ lockout to keep tension. I did 18, 13, and 11 reps. Rest breaks were about 2 minutes on these.

Total Work Sets – 3

Goal – Supramax pump

Stretch pushups

Just to finish off pecs I did 2 sets of these to failure and really worked hard on getting a slow crazy stretch.

Total Work Sets – 2

Goal – Work muscle from stretched position

Dumbbell side laterals

Do 4 sets of 12 here. After your 12 I want you to tilt your head back, straighten your arms and do 10 more small partials out of the bottom. Do this right and your shoulders will be completely numb.

Total Work Sets – 4

Goal – Supramax pump

Front dumbbell raises

I did these one arm at a time and actually take each arm just about overhead all the way, not quite. Do 3 sets of 10 with each arm.

Total Work Sets – 3

Goal – Supramax pump

Machine rear laterals

Do 2 sets of 50 here. Just get into your zone, close your eyes and don't stop until you hit 50, even if your reps are down to only moving an inch or two.

Total Work Sets – 2

Goal – Supramax pump

SuperSet

Tricep pushdown in the chin/dip assist machine

I did more of these as usual for some extra tricep work and again Supersetted them with calve raises because the machines are right beside each other. I did 6 sets to failure with the whole stack which was usually about 9 to 10 reps. 6 total work sets

Standing calve machine

Do 6 sets of 15 here with a 10 second stretch at the end of every set. 6 total work sets

Work Sets – 12 (6 supersets)

Hanging leg raises

This is the most reps on these I have done since before my surgery! I did 4 sets of 15.

Total Work Sets – 4

4 weeks out : Day 2

Diet

No changes

Cardio

Session #1 – I did morning fasted cardio on the treadmill. I did a 5% grade at 2 mph for 35 minutes.

Session #2 – I also did 25 minutes before bed. I did a 5% grade at 2 mph.

John's notes

224 lbs morning weight (same)

I feel like death in the evenings. During the day I am not too bad. I still just a little bit of fat on low back but everything else is really close. If I keep pushing hard I should be ready in 2 weeks.

Workout

Back: 19 sets – BASE DAY

Dumbbell rows

We just did some grinders. I worked up taking 20 lbs jumps and doing 8 reps until I hit my max weight with good form. I did that last set two times. I count those two and the one before as work sets.

Total Work Sets – 3

Goal – Activate and pump

Smith deadlift

I got back to these as my back is feeling much better after tweaking it this weekend. I did 4 sets of 6, after 2 feeder sets.

Total Work Sets – 4

Goal – Supramax pump

Assisted chins

I put a video up of these on my Facebook and Instagram today. I did 4 sets ot failure using 50 lbs, which amounted to 8 to 10 reps per set.

Total Work Sets – 4

Goal – Supramax pump

Dumbbell pullovers

4 sets of 8 to give my arms a break and really stretch my upper lats out hard.

Total Work Sets – 4

Goal – Work muscle from stretched position

Low cable rows

I used the close supinated Mag Grip on these today and did 4 sets of 8 flexing as hard as I possibly can through the whole range of motion, especially the negative.

Total Work Sets – 4

Goal – Supramax pump

Standing ab machine

On these I did 5 sets of 15 today.

Total Work Sets – 5

Standing calve machine

I was running on fumes at this point and just did 3 sets of 30 here. My calves are sore from all the walking. I am not used to them every getting sore. They are beat up..

Total Work Sets – 3

4 weeks out : Day 3

Diet

No changes

Cardio

Session #1 – I did morning fasted cardio on the treadmill. I did a 3% grade at 2.3 mph for 45 minutes. I lessened the grade/incline because I didn't want my legs to be shot for the training session today.

Session #2 – I also did 15 minutes before bed. I did a 3% grade at 2.3 mph.

John's notes

224 lbs morning (same)

Nothing new to report today.

Workout

Legs: 20 sets – PUMP DAY

Leg curl

I did 4 warm up sets. Once I found a weight that was a pretty hard 10, I did this – see below . 6 total work sets.

Set #1 – 10 reps ending with a 5 second isohold (flex while doing all these)

Set #2 – 10 reps ending with a 10 second isohold (flex while doing all these)

Set #3 – 10 reps ending with a 15 second isohold (flex while doing all these)

Set #4 – 10 reps ending with a 20 second isohold (flex while doing all these)

Set #5 – 10 reps ending with a 25 second isohold (flex while doing all these)

Set #6 – 10 reps ending with a 30 second isohold (flex while doing all these)

Goal – Activate and pump

Smith split squat/lunge

I did 2 sets with the bar as warm ups and then started counting. On these try to lift with your glutes. I know that sounds odd, but you can do it focus on this. Eventually the weight will burn so bad your quads will start to take over. See below for what I did.

Smith

no weight – 12 reps per leg – 2 sets

Add 5 to each side – 12 reps per leg

Add another 5 to each side – 12 reps per leg

Add another 5 to each side – 8 reps on one leg, then go to other, and repeat for a total of 16 reps

Add another 5 to each side – 6 reps on one leg, then go to other, and repeat for a total of 12 reps

Add another 5 to each side – 5 reps on one leg, then go to the other, and then repeat for a total of 10 reps.

Total Work Sets – 5

Goal – Supramax pump

Smith duck squat

Put your feet out in front wide with toes turned out into a duck position. Only come down to 2-3 inches above parallel and pause at the bottom for 2 seconds. Do 4 sets of 10 like this. I could only use 225, this was nasty.

Total Work Sets – 4

Goal – Supramax pump

Good mornings

I did these very light and very slow. I only used the bar plus 20 lbs – this is just free weight, no Smith. Go down nice and slow with knees bent slightly and come back up flexing your hams. Feel them stretch and separate at the bottom too. Do 3 sets of 12.

Total Work Sets – 3

Goal – Work muscle from stretched position

Machine leg press

If you don't have a machine you could use a normal leg press fyi. See what I did below.
This was an intense finisher.

Set 1 – 10 reps, and then drop feet and do 10 calves raises (toe presses), then feet back up and do 10 more leg press reps, and then drop feet back down for 10, repeat again.
This is a total of 30 reps on leg press pressing, and 30 calve raises. This will smoke your calves too.

Set 2 – Do it again!

Total Work Sets – 2

Goal – Supramax pump

Ab machine

4 sets of 20 on ab machine crunching downward.

Total Work Sets – 4

4 weeks out : Day 4

Diet

No changes today but my appetite has come back with a vengeance, resulting in a few diet sodas.

Cardio

Session #1 – I did 45 minutes morning fasted on a 5% grade at 2 mph.

Session #2 – I also did 15 minutes before bed. I did a 5% grade at 2 mph.

John's notes

223 lbs morning (down a lb)

Oh man are my glutes sore. Ouch.

Workout

Chest: 10 sets / Triceps: 9 sets / Shoulders: 12 sets – PUMP DAY

I did shoulders before chest today! It felt great and was a nice switch.

Machine rear laterals

I did 2 warm up sets of 20, and then the following rep scheme moving up 5 lbs for every set. I did 30, 25, 20, 15, and 10 reps.

Total Work Sets – 5

Goal – Activate and pump

Seated dumbbell side laterals

Nothing fancy here, I just did 4 sets of 12 seated and used a little momentum on the last few reps.

Total Work Sets – 4

Goal – Supramax pump

Seated machine overhead press

On these I did 3 sets of 10 with a hard 2 second flex on each rep.

Total Work Sets – 3

Goal – Supramax pump

Seated chest machine press

I started chest with these. I took all reps to lockout and flexed as hard as possible on every rep. I pyramided up and just went to failure on 4 sets. The reps were something like 12, 10ish, 9 ish, and 7ish.

Total Work Sets – 4

Goal – Supramax pump

Decline dumbbell press

On these I again used a full range of motion. I did 3 sets of 10.

Total Work Sets – 3

Goal – Supramax pump

Machine flye

Do 3 sets of 10 with the hardest flexing imaginable.

Total Work Sets – 3

Goal – Work muscle from stretched position

Single arm pushdowns

I did 5 sets of 10 on each arm here.

Total Work Sets – 5

Goal – Supramax pump

Seated rope extensions

I did these nice and slow and got a really good stretch. I did 4 sets of 8 to 10 here and did not lock these out.

Total Work Sets – 4

Hanging leg raise

I did 5 sets of 15 here.

Total Work Sets – 5

NOTE: My calves are still killing me from the incline walking. I'll be back on them tomorrow.

4 weeks out : Day 5

Diet

No changes today

Cardio

I did 50 minutes fasted in am on the treadmill on a 5% grade at 2-2.3 mph.

John's notes

223 lbs morning (same)

I got some encouraging words from Milos Sarcev today about my look and condition. He also is a big believer in supersetting leg raises with rope crunches. I am going to start incorporating that as my stomach allows. He tried to get me to do this last year, but the scar tissue hurt too bad.

Workout

Back: 16 sets / Biceps: 11 sets – PUMP DAY

Low cable row

On these I did a few warm up sets and then did pyramided up doing sets of 10. On the last set I let the weight stretch me out at the bottom of the movement but I wanted to have a good pump in their first, hence waiting until the last set. I would call this 4 working sets, as I did at least 4 solid sets.

Total Work Sets – 4

Goal – Activate and pump

Smith deadlifts

Ok my back is still holding up so I did these again. I believe this movement is making a very good difference in my lower lat depth. When I get to the hard part of a diet this area is often the first to go but it is hanging in there well this year, and I think part of the reason is this exercise and the incredible amount of tension I use on the lats when doing these. I did 4 sets of 6.

Total Work Sets – 4

Goal – Supramax pump

Wide grip chin

I used the assist machine here but not with a lot of help. I did 4 sets to failure which was 8 to 10 reps on all sets. I really focus on driving elbows down on these to crush lats.

Total Work Sets – 4

Goal – Supramax pump

Dumbbell pullover

Do 4 slow and strict sets of 12 here.

Total Work Sets – 4

Goal – Work muscle from stretched position

Seated dumbbell curls

I did this one arm at a time. I did 4 sets of 12 on each arm. I keep my arms in a fully supinated position on these often and don't really twist. Today I did the classic twist while coming up to the peak contraction.

Total Work Sets – 4

Goal – Supramax pump

Reverse curl

I did these with an EZ bar is smoked my forearms and lower biceps. I did the following rep scheme – 30, 25, 20, and 15. I took about 90 seconds between each set.

Total Work Sets – 4

Goal – Supramax pump

Preacher curl

I stayed with the ez bar and did 3 sets of 8 on the preacher pad here. Flex hard at the top!

Total Work Sets – 3

Goal – Supramax pump

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 15 here.

Work Sets – 6 (3 supersets)

NOTE: I was going to do another round but my lower abs starting feeling the bad pain again in the scar tissue.

4 weeks out : Day 6

Diet

Since I was traveling and will be out of town today and tomorrow and had 12 meals made for me. 6 meals of fish and rice, and 6 of chicken and yams. I just alternated them to keep things simple while traveling.

Cardio

None today

John's notes

224 lbs

Today I traveled to Florida to do a store opening and to also hang and train with Flex Lewis. We had a great time, talked a long time, mostly about business. He and I share a lot of the same training philosophies and aren't traditionalists that way either. Above all I would say he is a workhorse though. Great guy who has earned everything he has. It was cool talking about his youth and he opened up a moving company, moved here without really knowing anybody, trained at Milo's gym for a while, etc. Just some great chat.

Workout

Legs: 24 sets – PUMP DAY

Today I did giant sets at Flex's personal studio gym. Tomorrow we are going to do some extra back training. We both did back yesterday too and laughed and said oh what the hell let's do it again.

Giant Sets

Leg extension

Sets of 10 here very slow and deliberate.

Onward to

Leg press

Sets of 8 here very slow to $\frac{3}{4}$ lockout.

Onward to

Inverted leg press

Sets of 8 here.

Onward to

Lying leg curls

Sets of 15 here!

What I did was a ton of warm ups slowly increasing the weight on each exercise until I felt that I had the perfect weight for that amount of reps. No set was to complete failure, but the pump and pain of doing this was out of this world. I basically just did this for 45 minutes or so after warm ups. I would guess I did 6 hard rounds for 24 total work sets.

Work Sets – 24 (6 supersets)

4 weeks out : Day 7

Flex and I wanted to train together again, and since we were on nearly the same split we just said to heck with it and did back again. We kept the volume down, but the intensity was very high.

Just some random notes – Attended the store opening today and it was very hot in there and I was sweating quite a bit. I used the bathroom a few times and was taking massive pees for me that were clear. When this happened I thought uh oh, this is a lot of fluid loss. Sure enough when the appearance was over and I was heading to the airport I started getting cramps in my forearms and calves pretty bad. I got to the airport and started pounding down salt packs and did eat a banana. The cramps subsided and looking back, I am pretty sure this was mostly from not having my food salted. I used dramatically less salt. Normally I salt everything generously with sea salt. I have to be so careful with mineral balance.

Here is the back workout Flex and did.

Narrow grip pulldowns

On these we used a close grip but not one where your hands are together. There was probably 4 to 6 inches of space between hands, and the hands were facing in toward each other. We also sat up pretty straight and just really drove elbows down hard working a lot of lower lat too. We did a few warm ups and then 4 sets to failure.

Total Work Sets – 4

Goal – Supramax pump

Hammer low row

On these we stuck two plates on the machine on each side and did 4 sets to failure and on every set we finished with some partials coming out of an extreme stretch at the bottom. We also tacked on 2 more sets done one arm at a time so we could really reach forward and stretch hard. Reps were between 8 and 10.

Total Work Sets – 6

Goal – Supramax pump

Cable low row

On these we really reached forward for a stretch and then just did the classic form of sitting up straight and flexing hard. At the end of every set we did an iso hold and just flexed as hard as possible in the contracted position for 5 to 10 seconds.

Total Work Sets – 4

Goal – Supramax pump

Chins

We did used a wide grip on these and lowered our body as slowly as we possibly could and jumped back up and repeated until we couldn't budge. This was really tough. The isotension was off the chart.

Total Work Sets – 1

Goal – Work muscle from stretched position

We did some bicep stuff too and a few other things – but that for the cameras. The back workout was real

3 Weeks Out

3 weeks out : Day 1

Diet

Meal 1: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil

Meal 2: 6 oz of cooked chicken, 1 cup of green veggies

Meal 3: 40 grams of whey iso, ½ cup (dry measure) cream of rice, 1 tbs of almond butter

Intra: 3 scoops of Intra MD (no more 4 on leg day and back day now)

Meal 4: 8oz of cooked cod, 1 cup of oats

Meal 5: 8oz of cooked cod, 1 cup of veggies

Meal 6: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil

Dietary Breakdown

332 grams of protein (51%)

231 of carbs (35%)

40 of fat (14%)

Total: 2,612 calories

Supplements

4 grams of fish oil a day (Life Extension Super Omega-3)

2 servings of Partition-MD a day (one with pre, and one before bed)

5000 iu of Vit D3 a day (Jarrow)

Super Bio Curcumin – I take this year round now at 2 caps a day (Life Extension)

Citrus Bergamot – 2 caps a day on empty stomach (Jarrow)

P-5-P – This is a reduced form of b6 for inflammation. I take 100 mg daily (Vit Shoppe)

Injectable Carnitine – 400 mg into muscle (any muscle) 15 minutes before training

Pre-morning cardio – 2.5 mg of yohimbine, 300 mg of caffeine, and 3 grams of tyrosine

Cardio

Session #1 – I did morning fasted cardio on the treadmill. I did a 5% grade at 2 mph for 55 minutes. This is possibly the longest session I have ever done. I literally couldn't move off the couch when I got done and laid down I was so exhausted.

Session #2 – I also did 10 minutes before bed. I did a 5% grade at 2 mph.

John's notes

223 lbs morning weight (starting weight for week)

Notice I didn't change anything this week as the cardio is definitely doing plenty to continue to tighten me up. This is the most cardio I have done, since I tried to drop a weight class 4 years ago (that did not turn out well)

Workout

Chest: 11 sets / Shoulders: 9 sets – PUMP DAY

I did shoulders before chest again today as I really liked how this felt Thursday. Also Ken Jackson and Fouad will be here Thursday to train chest so I would rather use that as a base day.

Machine rear laterals

I did 2 warm up sets of 20, and then the following rep scheme moving up 5 lbs for every set. I did 30, 25, 20, 15, and 10 reps.

Total Work Sets – 5

Goal – Activate and pump

Seated dumbbell side laterals

I did 4 sets of 10 here and tacked on 10 partials out of the bottom for the last 2 sets to set my shoulders on fire.

Total Work Sets – 4

Goal – Supramax pump

Seated chest machine press

I started chest with these. I took all reps to lockout and flexed as hard as possible on every rep. I pyramided up and just went to failure on 4 sets. I just kept going until I couldn't get 8 reps.

Total Work Sets – 4

Goal – Supramax pump

Machine flye

Do 3 sets of 10 with the hardest flexing imaginable and on the last 2 sets add on 10 partials out of the stretched position.

Total Work Sets – 3

Goal – Work muscle from stretched position

Bench press

I just stuck 225 on the bar and said I would do however many sets as it took for to get 32 reps. I ended up doing 5 or 6 sets. Every time form even started to get compromised I racked it.

Total Work Sets – 5

Goal – Supramax pump

Seated machine overhead press

I moved these to this part of the rotation to finish up front delts. I did 3 sets with really hard isotension at the top for 5 seconds (every rep). I was doing about 6 to 7 reps per set, again with this isotension on all reps.

Total Work Sets – 3

Goal – Supramax pump

Chin/dip assist machine pushdowns

I did 4 sets here and finished with my first attempt at a drop set on here. It was awesome. The rep range was about 8 to 10 reps and on the drop set I ended up doing 25-30. Reps.

Total Work Sets – 4

Goal – Supramax pump

Seated rope extensions

I did these nice and slow and got a really good stretch. I did 3 sets of 8 to 10 here and did not lock these out.

Total Work Sets – 4

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

NOTE: I made it through 3 rounds again before my abs started to cramp!

Work Sets – 6 (3 supersets)

3 weeks out : Day 2

Diet

No changes today

Cardio

Session #1 – I did morning fasted cardio on the treadmill. I did a 5% grade at 2.2 mph for 60 minutes.

Session #2 – I also did 15 minutes before bed. I did a 3% grade at 2 mph.

John's notes

222 lbs morning weight (down 1 lb)

Here come the blisters from walking!

Workout

Back: 16 sets – BASE DAY

SuperSet

NOTE: I am starting EVERY workout with this now!

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

NOTE: I made it through 4 rounds!

Work Sets – 8 (4 supersets)

Supinated single arm cable low row

Find a good weight and do 4 hard sets of about 10 reps. This is done with single handles that move so you can twist as you drive your elbows back, not a long bar attachment.

Total Work Sets – 4

Goal – Activate and pump

Smith deadlift

More of these, I simply can't believe how these feel. I will be doing these right into the show. I did my 4 sets of 6 again today.

Total Work Sets – 4

Goal – Supramax pump

Assisted chins

On these I did a really wide grip as last week and generally I use a more moderate grip. It was crazy the stretch I felt! It felt unreal. I did 4 sets of 8 reps.

Total Work Sets – 4

Goal – Supramax pump

Dumbbell pullovers

4 sets of 8 here. Do these VERY slow and feel the stretch.

Total Work Sets – 4

Goal – Work muscle from stretched position

EZ bar curls

I did 8 sets of 8 here with 45 second rest breaks.

Total Work Sets – 8

Goal – Supramax pump

Standing calve machine

I pyramided as usual and just kept going up until I could barely get 10 reps. On the last set I threw in 10 partials out of the bottom. As usual I did a 10 second stretch to finish every set. I call this 4 work sets.

Total Work Sets – 4

3 weeks out : Day 3

Diet

No changes today

Cardio

Session #1 – I did morning fasted cardio on the treadmill. I did a 5% grade at 2.2 mph for 45 minutes.

Session #2 – I also did 45 minutes before bed. I did a 3% grade at 2.3 mph.

John's notes

222 lbs morning (same)

Feeling dead tired but really motivated by the changes I am seeing, especially my abs, waist, and back. It is really helping my shape. The leg day today with Fouad and Ken was awful in an awesome way. No b.s. that was the hardest leg workout I have done since Dave and I used to do drop sets on squats at the EliteFTS compound, and then on everything else too.

Workout

Legs: 15 sets – BASE DAY

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Leg curl

We did 4 sets of 15 to warm up. All sets after this were done with the same weight and failure with perfect form was at 10 reps. On the first set we then did a 20 second isohold. On the second set we did a 20 second isohold, but one of us added pressure pushing down to make it a little harder. On the third set we did the 20 second isohold but with even more pressure added, so we really had to fight to push back. In other words, each isohold got tougher as we went.

Total Work Sets – 3

Goal – Activate and pump

Leg press

We started at one plate per side and just kept going up until we hit 7 plates doing 10 reps per set. Now once we got to here, I wanted to take the intensity to a new level so I bumped the reps to 15 and told Ken to do 20, and Fouad to do 25. We were using extremely controlled form flexing through the reps. This was very tough despite the non scary sounding weight. On the next set we went to 8 plates and I did 20 reps. I had to stop at least 3 times to get all the reps. Ken then did 25 and Fouad 30. Next up I stayed with that weight and did 25. It was excruciating and again I stopped a lot to get the reps. I then had Ken add a 9th plate and do 25, and Fouad did 30. This was the hardest I have leg pressed in years.

Total Work Sets – 3

Goal – Supramax pump

SuperSet

Platz hack squat

With a massive quad pump I feel safe to do these. This is the hack squat where you actually go up on the balls of your feet and keep your lower back off the pad. This is perfect for me, but taller guys and those with weak knees should avoid this fyi. We only used the machine. None of used any weight. I did 10, 12, and 15 reps on my three sets here....

Sump hack squats

There is another hack machine beside this one and we put 2 platser on each side and do high and wide stance sump hack squats here right after doing the other style of hack. My reps here were 8, 8, and 12. The other guys had to do 5 more reps than me on all sets with this combo.

Work Sets – 6 (3 supersets)

Goal – Work muscle from stretched position and Supramax pump

Lunge on a box

These are the lunges were we hold onto something for balance with one hand, and hold a dumbbell or kettle bell with the other and do lunges on a 3-4 inch box to really get a deep glute stretch. We do these very slow, and stretch very hard at the bottom. We did 2 sets of 10, and honestly were pretty crippled at this point barely able to walk.

Total Work Sets – 2

Goal – Supramax pump

3 weeks out : Day 4

Diet

No changes today

Cardio

Session #1 – I did 65 minutes morning fasted on a 5% grade at 2 mph.

Session #2 – I also did 15 minutes before bed. I did a 5% grade at 2 mph.

John's notes

221 lbs morning (down a lb)

Ken is still here so I wanted to do more shoulder work early just for something different. His chest has dramatically changed since it became a priority. This is another workout that probably looks pretty easy but you have to see all the tension we are applying up close to appreciate it.

Workout

Chest: 10 sets / Triceps: 8 sets / Shoulders: 11 sets – BASE DAY

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Machine rear laterals

We did 2 warm up sets of 20, and then the following rep scheme moving up 5 lbs for every set. I did 30, 25, 20, 15, and 10 reps. This is what I did last week but we added on a 10 second isohold at the end of every set. This was brutal.

Total Work Sets – 5

Goal – Activate and pump

Seated dumbbell side laterals

Here we did 3 sets of 10 and then on the 4th set did 10 and tacked on 15 partials out of the bottom.

Total Work Sets – 4

Goal – Supramax pump

Seated chest machine press

We then started chest with these. I took all reps to lockout and flexed as hard as possible on every rep. I pyramided up and just went to failure on 4 sets. The reps were something like 12, 10ish, 9 ish, and 7ish, the difference was we tacked on 4 forced reps on the last 2 sets.

Total Work Sets – 4

Goal – Supramax pump

Incline barbell press

We did 1 feeder set then did sets of 8 up until we could barely get 8. This was 275 for me. For Ken it was 405.

Total Work Sets – 3

Goal – Train explosively

Machine flyes

On these we did 2 sets of 10 with a brutally hard flex on every rep and then on the last set added on 20 partials out of the stretch.

Total Work Sets – 3

Goal – Work muscle from stretched position

Seated machine overhead press

On these I did 2 sets of 15 with a hard 2 second flex on each rep.

Total Work Sets – 3

Goal – Supramax pump

Dip/pullup assist machine pushdowns

We did 5 sets to failure here. On the last 2 sets we added in a 15 second isohold done in midposition.

Total Work Sets – 5

Goal – Supramax pump

Close grip bench in machine

We did 3 nice slow sets with a full range of motion here of 8 to 10 reps.

Total Work Sets – 3

3 weeks out : Day 5

Diet

No changes today

Cardio

Session #1 – I did 45 minutes morning fasted on a 5% grade at 2.2 mph. Mt goal was 70 minutes but I nearly passed out so I had to lay down. This is the most exhausted I have been in probably 4 or 5 years.

Session #2 – I also did 25 minutes before bed. I did a 5% grade at 2 mph. I didn't want to go this long, but wanted to make up for this morning.

John's notes

221 lbs morning (same)

My feet are covered in blisters, I can barely stay awake, BUT I look my best ever!

Workout

Back: 16 sets / Biceps: 11 sets – PUMP DAY

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Low cable row

I did these individual handles and used a pronated grip emphasizing upper lats and low traps. Normally I do these more for low lats. I did 3 warm up sets and then 4 sets of 12.

Total Work Sets – 4

Goal – Activate and pump

Smith deadlifts

On my last set here I strained one of my spinal erectors a bit, but I have had worse. It'll be ok in a day or two. When I felt it "feel funny" I stopped immediately. I did 3 sets of 6, and stopped at 4. This won't be a big deal. It feels like when I had a rib out of place last year, but not nearly as bad as that was.

Total Work Sets – 4

Goal – Supramax pump

Narrow grip chin

I used the assist machine here but not with a lot of help. I did 4 sets to failure which was 8 to 10 reps on all sets. I really focus on driving elbows down on these to crush lats. I also fully stretched at the bottom of these. Sometimes I stop just short to keep tension, but I was also trying to decompress my spine a little with the hanging stretch.

Total Work Sets – 4

Goal – Supramax pump

Dumbbell pullover

Do 4 slow and strict sets of 12 here.

Total Work Sets – 4

Goal – Work muscle from stretched position

NOTE: Next week I'll probably substitute out all these exercises. They have felt great, and I haven't stopped them do to the improvements in my back, but I feel a little stale on them now.

Standing dumbbell curls

I did the classic one arm curls here using a little momentum. At the top I really cranked my pinky in hard to get a maximum squeeze. I did 4 sets of 8.

Total Work Sets – 4

Goal – Supramax pump

Reverse curl

I did 4 sets of 12 here with really slow negatives. I am trying to really separate my brachialis so it looks awesome in side chest pose.

Total Work Sets – 4

Goal – Supramax pump

Preacher curl

I stayed with the ez bar and did 3 sets of 8 on the preacher pad here. Flex hard at the top!

Total Work Sets – 3

Goal – Supramax pump

3 weeks out : Day 6

Diet

No changes today

Cardio

Session #1 – I did 45 minutes morning fasted on a 5% grade at 2.2 mph. For cardio today I wore two pairs of socks and sandals due to blister pain and it went fine.

Session #2 – I also did 15 minutes before bed. I did a 5% grade at 2 mph.

John's notes

221 lbs morning (same)

The pressure is on now. It's getting close. The hardest thing for me now, is to realize I am in very good shape and not try to do too much to "outwork" everyone else. This is where experience and intelligence comes into play. I have to find a happy medium between working my ass off, but knowing how and when to back off.

Workout

Legs: 14 sets – PUMP DAY

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Leg curl

I liked this so much from Wednesday I did it again to kick off our leg session. We did 4 sets of 15 to warm up. All sets after this were done with the same weight and failure with perfect form was at 10 reps. On the first set we then did a 20 second isohold. On

the second set we did a 20 second isohold, but one of us added pressure pushing down to make it a little harder. On the third set we did the 20 second isohold but with even more pressure added, so we really had to fight to push back. In other words, each isohold got tougher as we went.

Total Work Sets – 3

Goal – Activate and pump

Leg press

I went really heavy (for me) on these Wednesday so today I chose to use higher reps and really pump the heck out of my quads. I did sets of 25 all the way up until I knew I wouldn't be able to get all 25 straight. I got all 25 straight with 7 plates and stopped there. I am not sure why but I had a really extreme pump after this, like an insane leg pump. I will call this 3 work sets.

Total Work Sets – 3

Goal – Supramax pump

Sumo hack

Now this was different than the sumo style we did on Wednesday. This was a Hammer Hack squat which I absolutely DESPISE, BUT there is a way to use it that tears up your quad sweep. If you use a sumo stance and put your arms in between your legs, like you are reaching for the foot plate as you go down, and go down slow, you will see. You have to keep pushing your knees out to activate the vastus lateralis but you will see what I mean. I only did sets of 8 here because the burn was so intense doing these at a slow speed. I did 4 sets.

Total Work Sets – 4

Goal – Supramax pump

Smith lunges

On these I did 6 reps on one leg and then 6 on the other and then repeated it for a total of 12 reps per leg per set. I did 4 sets like this. I lift myself up by flexing the glute, not driving with the heel. This is will crush your glutes, focus on this and you will see what I mean.

Total Work Sets – 4

Lunge on a box

These are the lunges were we hold onto something for balance with one hand, and hold a dumbbell or kettle bell with the other and do lunges on a 3-4 inch box to really get a deep glute stretch. We do these very slow, and stretch very hard at the bottom. We did 2 sets of 10, and honestly were pretty crippled at this point barely able to walk.

Total Work Sets – 2

Goal – Supramax pump

That's it! Why legs were trashed! I decided to do abs and calves again tomorrow.

3 weeks out : Day 7

Decided to hit Abs and legs again today!

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Standing calves raises

I did a few light warm ups etc and then did 8 sets of 10 here. I just put the weight at 250 and kept it there. The first 4 sets I could get up on my toes and get a good range of motion, but on the last 4 sets they were more like $\frac{3}{4}$ reps. I counted to 30 for my rest break between every set, so this didn't take long.

Total Work Sets – 8

Goal – Supramax pump

2 Weeks Out

2 weeks out : Day 1

Diet

Meal 1: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil

Meal 2: 6 oz of cooked chicken, 1 cup of green veggies

Meal 3: 40 grams of whey iso, ½ cup (dry measure) cream of rice, 1 tbs of almond butter

Intra: 3 scoops of Intra MD (no more 4 on leg day and back day now)

Meal 4: 8oz of cooked cod, 1/2 cup of oats

Meal 5: 8oz of cooked cod, 1 cup of veggies

Meal 6: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil

Dietary Breakdown

326 grams of protein (57%)

159 of carbs (28%)

40 of fat (16%)

Total: 2,300 calories

Supplements

4 grams of fish oil a day (Life Extension Super Omega-3)

2 servings of Partition-MD a day (one with pre, and one before bed)

5000 iu of Vit D3 a day (Jarrow)

Super Bio Curcumin – I take this year round now at 2 caps a day (Life Extension)

Citrus Bergamot – 2 caps a day on empty stomach (Jarrow)

P-5-P – This is a reduced form of b6 for inflammation. I take 100 mg daily (Vit Shoppe)

Injectable Carnitine – 400 mg into muscle (any muscle) 15 minutes before training

Pre-morning cardio – 2.5 mg of yohimbine, 300 mg of caffeine, and 3 grams of tyrosine

Cardio

Session #1 – I did morning fasted cardio on the treadmill. I did a 5% grade at 2.3 mph for 60 minutes.

Session #2 – I also did 10 minutes before bed. I did a 5% grade at 2.3 mph.

John's notes

221 lbs morning weight (starting weight for week)

I have to be really careful now; bodyfat is low so it's important to stay in one piece. This is still a base workout but I move the barbell work to 3rd now, so there is less risk of injury.

You will also notice volume starting to pull back a little. This is intentional as my body doesn't have as much fuel. Even though there is less volume the amount of tension I am applying on every rep is at it's highest.

Workout

Chest: 12 sets / Shoulders: 6 sets – BASE DAY

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Machine rear laterals

I did 2 warm up sets of 20, and then did 3 sets of 20 with a hard flex on every rep.

Total Work Sets – 3

Goal – Activate and pump

Seated dumbbell side laterals

I did 3 sets of 10 here and tacked on 5 partials out of the bottom for the last 2 sets to set my shoulders on fire. I actually used a seated shoulder machine for this, and did not use dumbbells. I was trying to squeeze as hard as possible doing these.

Total Work Sets – 3

Goal – Supramax pump

Seated chest machine press

I took all reps to lockout and flexed as hard as possible on every rep. I pyramided up and just went to failure on 4 sets. I just kept going until I couldn't get 8 reps just like last week.

Total Work Sets – 4

Goal – Activate and pump

Incline dumbbell press

I did 3 sets of 10 here. I used a very slight incline and got a really good stretch and locked these out too.

Total Work Sets – 3

Goal – Supramax pump

Incline bench press

These actually felt awesome doing them third. I got a huge pump doing them. I did a 2 second pause on every rep at the bottom about 2 inches above my chest. I just put 225 on the bar and did 3 sets of 10 with it. Well the last set I only got 8. I still can't believe how good these felt.

Total Work Sets – 3

Goal – Supramax pump

No triceps as I am going to do triceps with bis on Thursday. My shoulders and chest were actually very fatigued but crazy pumped. I believe the carnitine also helps with fullness in addition to the fat burning as it allows glycogen to be spared.

The pic I posted on Facebook and Instagram today was after this workout.

2 weeks out : Day 2

Diet

No changes today

Cardio

Session #1 – I did morning fasted cardio on the treadmill. I did a 3% grade at 2.4 mph for 60 minutes.

Session #2 – I also did 15 minutes before bed. I did a 3% grade at 2.5 mph.

John's notes

221 lbs morning weight

Still putting on 2 pairs of socks for the walking!

Workout

Back: 16 sets – BASE DAY

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Hammer low row

This is the Hammer machine where you put your chest on the pad and drive elbows back. I did 4 hard sets of 10 flexing as hard as I possibly can at the top of every rep.

Total Work Sets – 4

Goal – Activate and pump

Cable low row

Again, working on crazy peak contractions here as I did 4 sets of 10 with a hard flex in the contracted position on each rep. I used the close grip handle with palms facing each other.

Total Work Sets – 4

Goal – Supramax pump

Dumbbell pullovers

4 sets of 10 here. I actually did these heavier than I ever have in my life today. Weird.

Total Work Sets – 4

Goal – Work muscle from stretched position

Assisted chins

I did 2 sets wide, and 2 narrow. This is on the assist machine. At the end of every set I did one iso hold near the bottom of the rep, holding and flexing as long as I could. I was getting about 20 seconds on these.

Total Work Sets – 4

Goal – Supramax pump

2 weeks out : Day 3

Diet

No changes today

Cardio

Session #1 – I did morning fasted cardio on the treadmill. I did a 5% grade at 2.4 mph for 65 minutes.

Session #2 – I also did 25 minutes before bed. I did a 3% grade at 2.4 mph.

John's notes

220 lbs morning

Just need to stay alive....

Workout

Legs: 16 sets – PUMP DAY

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Seated leg curl

We did 3 sets of 15 to warm up and then did 3 sets of 8. At the end of the first set I did an isohold for 15 seconds. At the end of the second set the iso was for 30 seconds, and the end of the 3rd set it was for 45 seconds. This was not pleasant. These were done half way contracted to, not with legs almost straight like we usually do.

Total Work Sets – 3

Goal – Activate and pump

Leg press

We started at one plate per side and just kept going up doing sets of 25 until we knew another jump wasn't possible. The goal was to hit all 25 straight and not stop once. Once we did this we added some weight and did 2 sets of 6 with a slow descent just to handle some weight. I would call this 5 sets.

Total Work Sets – 5

Goal – Supramax pump

Sump hack squats

We did these nice and slow for 4 sets of 8. We really tried to drive knees out to activate vastus lateralis/sweep. After this the pump was insane.

Total Work Sets – 4

Goal – Supramax pump

Glute/ham hyperextensions

These were done with a flat back and a real focus on glutes and hams, flexing hard at the top on every single rep. We did 4 sets of 15 here with just bodyweight.

Total Work Sets – 4

Goal – Work muscle from stretched position and Supramax pump

Calve raises on hack squat

Today we did our standing calve raises with our feet at the bottom of a hack squat for a massive stretch. I did these nice and slow also flexing hard on every rep. Do 4 sets of 15 here after a few warm ups.

Total Work Sets – 4

2 weeks out : Day 4

Diet

No changes today

Cardio

Session #1 – I did morning fasted cardio on the treadmill. I did a 3% grade at 2.4 mph for 70 minutes.

Session #2 – I also did 15 minutes before bed. I did a 3% grade at 2.4 mph.

John's notes

220 lbs morning

I was going to just do arms today but since I am not sore I opted to do chest, shoulders, and tris again. You will again notice less volume and less high intensity techniques at this stage. This is intentional, and I believe pushing it too hard the last 2 weeks has hurt me in the past in terms of how I looked on stage. I may feel like hell right now, but I am getting extreme pumps and showing the best separation I ever have.

Workout

Chest: 9 sets / Triceps: 6 sets / Shoulders: 6 sets – PUMP DAY

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Machine rear laterals

We did 2 warm up sets of 20, and then did 25, 20, and 15 reps. Each set I held the contraction for 1 second really hard.

Total Work Sets – 3

Goal – Activate and pump

Seated dumbbell side laterals

I actually tried to do these pretty heavy (for doing them seated) and did 3 sets of 10 with 35's .

Total Work Sets – 3

Goal – Supramax pump

Seated chest machine press

I took all reps to lockout and flexed as hard as possible on every rep. I pyramided up and just went to failure on the last 3 sets. I failed at 12, moved the weight up and failed at 9, and then on the last set I failed at 6. Don't rush these, take your time.

Total Work Sets – 3

Goal – Supramax pump

Decline barbell press

On these I did 3 sets of 10 with a hard squeeze at the top. I think the last set I actually failed at 9. I used the same weight on all sets. Flex hard on all reps!

Total Work Sets – 3

Goal – Supramax pump

Incline barbell press

Ok if you know me well, you know I preach against doing barbell presses for chest twice in one week, but earlier in the week I didn't go really heavy and was doing pauses. I did the same thing here. I just put 225 on these and paused every rep at the bottom for a 2 count. I got between 8 and 10 on all sets. I did 3 sets.

Total Work Sets – 3

Goal – Supramax pump

Lying extensions with EZ bar

I did 3 sets of 10 here and really focused on stretching the belly of my tricep out at the bottom. I actually let the bar go behind my head (so I have to pick head off the bench a few inches).

Total Work Sets – 3

Goal – Supramax pump

Dip/pullup assist machine pushdowns

We did 3 sets to failure here. The reps were between 10-12 on all 3 sets.

Total Work Sets – 3

Goal – Supramax pump

2 weeks out : Day 5

Diet

No changes today

Cardio

Session #1 – I did morning fasted cardio on the treadmill. I did a 3% grade at 2.4 mph for 70 minutes.

Session #2 – I also did 10 minutes before bed. I did a 3% grade at 2.4 mph.

John's notes

220 lbs morning

As you can see volume continues to slowly trend down as show approaches. I believe this is very important to look your best contest day and not flat and beat up.

Workout

Back: 15 sets – PUMP DAY

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Low cable row

I did these individual handles and used a supinated grip for 3 sets and then a pronated grip for 3 sets. All sets were 8 to 10 reps with a very hard squeeze on each rep.

Total Work Sets – 6

Goal – Activate and pump

Smith deadlifts

Ok back on here today as my pulled spinal erector is doing better. I love these. I hated missing them. I did the usual 4 sets of 6.

Total Work Sets – 4

Goal – Supramax pump

Assisted chin machine

I did 3 sets wide and 2 narrow for a total of 5 sets. All reps were between 8 to 10 reps and I tried to get up really high and squeeze hard as usual.

Total Work Sets – 5

Goal – Supramax pump

NOTE: I will do biceps on Sunday.

2 weeks out : Day 6

Diet

No changes today

Cardio

I did morning fasted cardio on the treadmill. I did a 3% grade at 2.4 mph for 55 minutes. I would have gone longer but legs were cramping and common sense told me to shut it down, especially with leg training today.

John's notes

220 lbs morning

I felt absolutely awful Saturday and I got a case of diarrhea. This happens to me on occasion, just part of my internal makeup now. Everything I ate was going right through me, no matter how I ate. I added in extra chicken and rice, and more rice..but it didn't work. Right before bed I ate 3-4 bowls of Fruit loops in liquid egg whites, and that actually stayed down thank God. I woke up Sunday shredded and felt a little better.

I believe my body was just shutting down and it is important to listen to it, carefully, and try to not be always be a tough guy. I think I made a very wise decision backing off night cardio and eating some sugar.

Workout

Legs: 16 sets – PUMP DAY

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Leg press

Last week we did sets of 25 for adding weight until we got to a weight we couldn't get all 25 with straight with no breaks. I did this with sets of 15 today to go a little heavier. I made it to 9 plates. Not bad considering my current state.

Total Work Sets – 3

Goal – Supramax pump

Hacks

I did regular hack squats here. I basically did them until I started to lose my pump which was about set 5, so I stopped there. 5 sets of 8. I did these very deep and controlled.

Total Work Sets – 5

Goal – Supramax pump

Glute kickbacks

This is the “donkey kick” machine where you kick your leg back and flex glutes. I did 4 sets of 8 on each glute.

Total Work Sets – 4

Lying leg curl

I was pretty much out of gas here so I did 4 sets of 10 with very little rest break. It went fast but I did get an extreme pump fast.

Total Work Sets – 4

Goal – Supramax pump

Standing toe raises

This was just 4 heavy sets of 10 on the standing calve machine with perfect form.

Total Work Sets – 4

Goal – Supramax pump

2 weeks out : Day 7

Diet

I added in some more cereal after training to feel a little better. I pretty much burned through it, and crashed again. I will be slowing down on cardio now.

Cardio

I did morning fasted cardio on the treadmill. I did a 3% grade at 2.4 mph for 45 minutes

John's notes

219 lbs morning

This morning is the best I have ever looked.

Workout

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Standing calves raises

I did a few light warm up sets and then did 5 sets of 10 here. I just put the weight at 250 and kept it there.

Total Work Sets – 5

Goal – Supramax pump

Ez bar curl

I did a few light warm ups sets here and then 4 sets of 8 really squeezing hard to drive blood into my biceps.

Total Work Sets – 4

Ez bar reverse curl

I did these to get in some good brachialis work and lower bis. Once again I did these nice and slow. I did 4 sets of 10.

Total Work Sets – 4

Ez bar preacher curl

I finished with 3 sets here done nice and slow to finish off my bis. I did 3 sets of 8.

Total Work Sets – 3

Ez bar curl

I did a few light warm ups sets here and then 4 sets of 8 really squeezing hard to drive blood into my biceps.

Total Work Sets – 4

Ez bar reverse curl

I did these to get in some good brachialis work and lower bis. Once again I did these nice and slow. I did 4 sets of 10.

Total Work Sets – 4

Vbar pushdowns

It seems like forever since I have used this attachment. I did a few warm up sets and then did 4 sets of 12 here with a hard flex on most of the reps.

Total Work Sets – 4

Seated dip machine

I added in 4 sets here of seated dips in a machine. I did a 10 second isohold at the end of every set here too. This burned like fire. I wanted to get tris done so I can focus on Chest and shoulders only tomorrow.

Total Work Sets – 4

1 Week Out

1 week out : Day 1

Diet

Meal 1: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil

Meal 2: 6 oz of cooked chicken, 1 cup of green veggies (added oats on Monday here)

Meal 3: 40 grams of whey iso, ½ cup (dry measure) oats, 1 tbs of almond butter

Intra: 3 scoops of Intra MD (no more 4 on leg day and back day now)

Meal 4: 8oz of cooked cod, 1/2 cup of oats

Meal 5: 8oz of cooked cod, 1 cup of veggies

Meal 6: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil

NOTE: Ok this week I slowly work carbs up. I don't load hard as I don't like to get into voodoo water management like many do. If I happen to go a little over in carbs I can just pull back some and be right back to where I need to be.

Water will be held steady at 6 liters daily for now.

I will continue to sea salt my food.

I am very happy how I look this morning and look my best ever right now.

Today I will add 50 grams of carbs to my meal #2 in the form of oats.

Supplements

4 grams of fish oil a day (Life Extension Super Omega-3)

2 servings of Partition-MD a day (one with pre, and one before bed)

5000 iu of Vit D3 a day (Jarrow)

Super Bio Curcumin – I take this year round now at 2 caps a day (Life Extension)

Citrus Bergamot – 2 caps a day on empty stomach (Jarrow)

P-5-P – This is a reduced form of b6 for inflammation. I take 100 mg daily (Vit Shoppe)

Injectable Carnitine – 400 mg into muscle (any muscle) 15 minutes before training

Pre-morning cardio – 2.5 mg of yohimbine, 300 mg of caffeine, and 3 grams of tyrosine

NOTICE – I am stopping the yohimbine as it can cause a slight blur of water.

Cardio

Session #1 – I did morning fasted cardio on the treadmill. I did a 3% grade at 2.4 mph for 45 minutes.

Session #2 – No more evening sessions.

John's notes

219 lbs morning weight

Volume continues to lessen but not the tension I am trying to create.

Workout

Chest: 10 sets / Shoulders: 6 sets – BASE DAY

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Machine rear laterals

I did 2 warm up sets of 20, and then did 3 sets here like last week. I did try to work up to a pretty heavy weight to keep the muscle challenged, but main focus is on squeezing and tension. Reps were 25, 20, and 12.

Total Work Sets – 3

Goal – Activate and pump

Seated dumbbell side laterals

I did 3 cheater sets where I was using a little momentum. I used 35 lb dumbbells which is pretty heavy for me. I did 3 sets of 10.

Total Work Sets – 3

Goal – Supramax pump

Seated chest machine press

I took all reps to lockout and flexed as hard as possible on every rep. I pyramided up and just went to failure on 4 sets. I just kept going until I couldn't get 8 reps just like last week.

Total Work Sets – 4

Goal – Activate and pump

Flat dumbbell press

I took out the small incline I used last week and just did these flat. I also did NOT lock these out as my triceps were a little sore from yesterday so I was losing chest focus and feeling to much tri. I did 3 sets of 12.

Total Work Sets – 3

Goal – Supramax pump

Incline bench press

Same thing as last week here. 225 for 3 sets of 8 paused. I really like these and think I will do a lot of these during my offseason. The pause at the bottom really drives tension and bloodflow hard.

Total Work Sets – 3

Goal – Supramax pump

1 week out : Day 2

Diet

Meal 1: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil

Meal 2: 6 oz of cooked chicken, 1 cup of green veggies (added oats on Monday here)

Meal 3: 40 grams of whey iso, ½ cup (dry measure) oats, 1 tbs of almond butter

Intra: 3 scoops of Intra MD

Meal 4: 8oz of cooked cod, 1/2 cup of oats (switched this out with ½ cup dry cream of rice for extra carbs on Tuesday)

Meal 5: 8oz of cooked cod, 1 cup of veggies

Meal 6: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil

Cardio

I did morning fasted cardio on the treadmill. I did a 3% grade at 2.4 mph for 40 minutes.

John's notes

219 lbs morning weight

I wanted to get legs done a little earlier in the week so moved it up a day so they are more separated come show time.

Workout

Leg: 15 sets – PUMP DAY

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Seated leg curl

We did 3 sets of 15 to warm up and then did 3 sets of 12. I did these very slow and flexed as hard as I could through all reps imagining them being hard and separated on stage while doing them.

Total Work Sets – 3

Goal – Activate and pump

Smith deadlift for hams and glutes

You know I have been doing these for lower lats, as the pull starts at where a rack pull typically would, well today I used my hams and glutes on these and flexed glutes really hard at the top of every rep. I did 4 sets of 10.

Total Work Sets – 4

Goal – Work muscle from stretched position and Supramax pump

Smith split squats

This is the one legged squat or lunge, whatever you call it. I did sets of 10, and just kept adding a little weight until my entire leg felt fried. Initially I flex glutes to lift myself, but as you do more and more sets your quads catch on fire as well. I did 2 lighter sets here and then 4 pretty tough sets.

Total Work Sets – 4

Goal – Supramax pump

Leg press

I actually wanted to go a LITTLE heavy on these to ensure leg size. I started with 4 plates per side and did sets of 10 up to 9 plates. I felt some not so good pulling during that set, so shut it down. I would call this 4 work sets.

Total Work Sets – 4

Goal – Supramax pump

Standing calve raise

2 warm up sets of 10 and then 4 heavy sets of 10 with a good stretch at the bottom of every rep!

Total Work Sets – 4

1 week out : Day 3

Diet

Meal 1: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil

Meal 2: 6 oz of cooked chicken, 1 cup of green veggies (added 2/3 cup oats on Monday here)

Meal 3: 40 grams of whey iso, ½ cup (dry measure) oats, 1 tbs of almond butter

Intra: 2 scoops of Intra MD (no need for 3 – not training hard enough)

Meal 4: 8oz of cooked cod, 1/2 cup of oats (switched this out with ½ cup dry cream of rice for extra carbs on Tuesday)

Meal 5: 8oz of cooked cod, 1 cup of veggies (added in a ½ cup of oats here on Wednesday)

Meal 6: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil

Cardio

I did morning fasted cardio on the treadmill. I did a 3% grade at 2.4 mph for 50 minutes. I was only planning on 40 minutes but I actually felt kind of good, no idea why, probably just adrenaline.

John's notes

219 lbs morning weight

Workout

Back: 15 sets – PUMP DAY

SuperSet

Hanging leg raise

I did sets of 15 here.

Rope crunches

I did sets of 12-15 here.

Work Sets – 8 (4 supersets)

Cable low row

I did 3 warm up sets and then did sets of 10 followed by 10 little partial squeezes/flexes at the top on each set.

Total Work Sets – 3

Goal – Supramax pump

Hammer high row

On these I just focused on going through a massive range of motion. I really drove elbows down and back and then released scapulae at top to stretch hard. 3 sets of 10.

Total Work Sets – 3

Goal – Work muscle from stretched position

Dumbbell pullovers

3 sets of 10 here.

Total Work Sets – 3

Goal – Work muscle from stretched position

Assisted chins

I did 3 sets very wide and tried to get up as high as I can into the top of the movement. This is on the assist machine. My reps were between 8 and 10.

Total Work Sets – 3

Goal – Supramax pump

Straight arm pulldown

I haven't done these in a while and just thought I would add some in as this is by the calve machine. This is just doing a straight arm pulldown for lats but using a rope. I did 4 sets of 10.

Total Work Sets – 4

Goal – Supramax pump

Standing calve raise

2 warm up sets of 10 and then 4 heavy sets of 10 with a good stretch at the bottom of every rep!

Total Work Sets – 4

1 week out : Day 4

Diet

Meal 1: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil

Meal 2: 6 oz of cooked chicken, 1 cup of green veggies (added 2/3 cup oats on Monday here)

Meal 3: 40 grams of whey iso, ½ cup (dry measure) oats, 1 tbs of almond butter

Intra: 2 scoops of Intra MD (no need for 3 – not training hard enough)

Meal 4: 8oz of cooked cod, 1/2 cup of oats (switched this out with ½ cup dry cream of rice for extra carbs on Tuesday)

Meal 5: 8oz of cooked cod, 1 cup of veggies (added in a ½ cup of oats here on Wednesday)

Meal 6: 1.5 cup of whites, 3oz of lean filet, 1 cup of spinach, ½ tbs of coconut oil (adding 1 cup of cooked rice on Thursday here)

Cardio

I did morning fasted cardio on the treadmill. I did a 3% grade at 2.4 mph for 35 minutes.

John's notes

No scale – I will announce after weigh in

Workout

Training consists of picking 1 exercise for:

Chest

Biceps

Triceps

Rear delts

Side delts

Abs

And doing 4 pump sets after a few warm up sets. This should take no longer than 35-40 minutes

The food is subject to change depending on how I look.

I continue to salt and do not restrict water.

1 week out : Day 5

This is all subject to change too

My plan is to separate water from meals. I will not drink anything 15 minutes before a meal up until 15 minutes after a meal.

I do not cut any water. Will drink about 1.5 gallons total.

I will use small amounts of Nu-Salt prior to each meal Friday. This is potassium, so you have to use very small amounts.

I will not be using any diuretics.

Diet

After each meal I will pose for about 5 minutes

Meal 1: 1.5 cup of whites, 3oz of lean filet, ½ tbs of coconut oil 2/3 cup of oats

Meal 2: 4 oz of cooked flank, 2/3 cup oats

Meal 3: 6 oz of ahi tuna, 1.5 cups of rice

Meal 4: Repeat meal 1

Meal 5: Repeat meal 2

Meal 6: Repeat meal 3

Meal 7: Small cheat meal (probably burger and fries)

Cardio

None. Rest Up!

Workout

None. Rest Up!

1 week out : Day 6 (Team Universe)

The day is finally here – time to compete! We start at 8am Saturday morning, and do finals Saturday night.

Breakfast will probably be 2-3 scrambled eggs with ½ cup of dry oats and a cup of black coffee. I will then have no more food until prejudging is over to keep stomach flat.

I do sip on a 4 oz drink while pumping up consisting of

2 servings of Agmatine

1 serving of Intra MD

If I feel really flat I will add in some sea salt into drink.

1 week out : Day 7 (The Day After)

Celebratory pancakes!