

Program 20 – The Omega Beam

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This program we added back in a separate arm day. As you may or may not know I took it out of programs 18 and 19 to focus more on torso and less on arms (arms still getting a lot of work from all the extra chest band back work).

We will continue to use high intensity technique waving as well as it remains a key element in introducing new stimulus to an already advanced plan.

High Intensity Technique waving:

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

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

Week 5 and 6 – Rest/Pause sets

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

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

Week 11 and 12 – Rest/Pause sets

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

Band work is sprinkled into the program at various points as well. Using bands and chains are optional as I realize not every gym is accommodating.

Here are the bands you will need from EliteFTS:

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

The Mountain dog band pack is being revised to include these.

This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 sessions due to your recovery. I attached a separate document that consists of these optional/pump workouts You will add these based on recovery and your areas that need the most improvement.

The extra volume is done in a way to not hurt you or tear up your joints. Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly.

If you are doing 4 days a week, you simply do the base four days.

If you are doing 5 days a week, add one workout from the optional/pump workout document. Select a workout that is your most needed area of improvement.

If you are doing 6 days a week, add two workouts from the optional/pump workout document. Select workouts that are your two most needed area of improvement.

I prefer 6 days with an off day to totally recharge. If you are pre-contest we may in fact do 7 days though in which everything will get hit twice.

Here is one way to set up the 6 day plan – If you wanted to do only 5 days you would simply drop one of the optional workouts.

Day 1 – Legs (heavy)

Day 2 – Chest/Shoulders (heavy)

Day 3 – Back/Bis (heavy)

Day 4 – Arms

Day 5 – OFF

Day 6 – Chest/Shoulders (optional)

Day 7 – Back (optional – no low back work)

**We are going to ramp up volume over the first 2 weeks and do a lighter week or two at the end of the 12 weeks. Most folks then do some pretty light training for 1-2 weeks before going to the next program.*

Week 1 – Low to Moderate Volume

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

Chest - 10 sets & Shoulders - 9 sets:

Flat Dumbbell Twist press - These are awesome. It's all about the squeeze. Lay flat on bench with dumbbells, lower them and arch your chest so that you get a good stretch, at the bottom, turn your palms so that they are facing each other. This will allow the fibers on your inner pecs to stretch and work more. Now when you drive the weight up, as you drive turn your pinkies in and squeeze at the top. You can't do as much weight as a regular dumbbell press, but you will get a great contraction. Once you find a good weight, do 3 sets of 10. 3 total work sets

Goal – Activate and pump

Barbell Incline - 2 warm sets of 8, then pyramid up doing sets of 8. For example, I do something like 225, 250, 275, 315 etc. after 1 or 2 warm ups. Keep going up until you can't get 8, then stop. You should get to this point in about 4 sets. Drive up hard! We will call this 4 sets so don't take too big of weight jumps and cheat yourself out of volume. 4 total work sets

Goal – Train explosively

Stretch pushups (w/ 2 chains across your back if you can) - Place two flat benches beside each other or if you have them, 2 aerobic step up benches raised. You are going to get in the middle with each hand on a different bench and do pushups - sink down in the middle really low - get an awesome stretch. Keep your chin up. Don't let your lower back sway. Your feet will be on the ground. Stretch really well at the bottom, and drive up and squeeze. Use a fairly wide grip so you can really open your chest up. 3 sets of 20. You should have a sick pump at this point. I have video of this on my YouTube channel using raised aerobic step benches as the primary means of delivering the stretch. This exercise will greatly help your flexibility. On your last rep of every set come half way up and hold it for as long as you can. 3 total work sets

Goal – Work muscle from stretched position

Dumbbell bent over laterals- 3 sets of 20 here after 1 warm up. I am a huge believer in training rear delts. You will notice in the weeks to come I do some unusual rep ranges on rear delts. Be prepared. 3 total work sets.

Goal – Supramax pump

Barbell front raise. Grab a barbell with a grip outside shoulder width (kind of wide) and raise out in front of you for front delts. Go all the way up to over your head. - 3 sets of 12. Your shoulders should be on fire at this point 3 total work sets.

Goal – Supramax pump

Dumbbell side lateral partial raises- Grab very heavy dumbbells, tilt your head back, and just sort of swing them out with straight arms to the side. You will only come up about a 1/3 of the way. These are heavy

partials. Heavy partials for high reps on these will blast your side delts. 3 sets of 30. 3 total work sets.

Goal – Supramax pump

Legs – 12 sets:

Seated leg curl – On these do 3-4 good warm up sets and then I want you to do this. Alternate legs so one rep with one leg, and then the other. Really focus on the contraction you get on each rep. Doing these one leg at a time allows you to really feel the ham contracting hard. Do 10 reps on each leg. You are going to do 4 sets. At the end of each set I then want you to pump out 10 more reps with both legs at once. Make sure you alternate the leg that goes first on each set so one leg doesn't get obliterated more than the other. 4 total work sets.

Goal – Activate and pump hams

Leg press – Let's start this program with some ball busting leg presses! I want you to do a few sets of 15 or so to warm up and then start increasing the weight doing sets of 10 adding a plate on each side as you up. You will keep doing sets of 10 until you can barely get 10. I want you to feel like the last 2-3 sets are fairly tough. Once you get to this weight you are going to do a challenge set. Here is how it works, once you get to that set where you barely do 10, be prepared for a hard drop set. Do your 10 and then drop the weight about 40% and go BALLS OUT ...until you have to rack the weight. I would like for these to be continuous, but if you want to stop a few times to grind out even more reps, be my guest. We will call this 3 work sets. 3 total work sets.

Goal – Supramax pump

Bulgarian split squats – I am attaching a video on these just so you can see set up. You are going to grab a medium dumbbell and do 3 sets of 8. After the 8th rep do a 15 second isohold on each rep. 3 total work sets.

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

<https://www.youtube.com/watch?v=I1Ee3M6SDgQ>

Goal – Supramax pump

Dumbbell stiff legged deadlift – Do 2 sets of 10 here. Don't come all the way up, just come up $\frac{3}{4}$ of the way and really work the stretch. Your legs will be loaded with blood. 2 total work sets.

Goal – Work muscle from stretched position

Back - 14 sets

One arm barbell row – Do plenty of warm up sets working your way to a good working weight. Once you find the right weight, do 3 sets of 8. Just grind away on these. Get a good stretch on every rep. As always keep your hip up a little higher on the side you are working so that your lower lat is stretched harder as well. I attached an old video to demo this. Notice in the mirror the one hip is higher and I am getting a good stretch. Also make sure to use your resting arm as a brace to steady your body. Don't just let it hang loosely. 3 total work sets.

<https://www.youtube.com/watch?v=ExuDK5iWKM8&index=8&list=PLA808445EA052D63A>

Note: I still think using chains on these is an awesome add on if you like. Feel free to do that if you have them.

<https://www.youtube.com/watch?v=ER8Tt5r49DU&index=31&list=PLA808445EA052D63A>

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

Away facing pulldowns – I am not worried about a big stretch on these either! Drive your elbows down hard and flex your lower lats. If you are unfamiliar with this exercise check the link below for a form refresher. Try to set the pad up so you can wrap your lower back around it, You'll see what I mean in the video. Do 3 sets of 10. On your last set do a drop set. Drop the weight some and crank out another 8 to 10 reps. 3 total work sets.

<http://www.youtube.com/watch?v=fAxC5YuZrrq&list=PLA808445EA052D63A&index=34>

Goal – Supramax pump

Single arm supinated pulldown – On these remember all the basic queues. Tilt torso back a little and keep your body right there, driving your elbow straight down and flexing lower lat hard at the bottom. Do all

your rep on one side, and then do the other side. Do 3 sets of 12 here. On your last set I want you to hold the bottom flexed position and squeeze hard for 7 seconds. Do this iso tension rep on both sides. 3 total work sets.

Goal – Supramax pump

Dumbbell shrug – You are going to do one mega drop set here. Find a weight that is a tough 10 doing a 3 second contraction at the top with. Do that and immediately drop the weight and do another 10 with less weight. Then immediately drop the weight and do this again for another 10. 1 total work set.

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

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

Goal – Supramax pump

Rack pulls – Pull from midshin. Reset at the bottom on every rep. Do 3 sets of 5. The eight should be tough but I don't want this to be so heavy you just use your whole body. I want you to focus on using your lats. As you stand up flex your lats, keep them tight, and especially flex them as you lower the weight back down. I only use 275 or so on these. 3 total work sets.

Goal – Supramax pump in your spinal erectors

Banded hyperextensions – Do 1 set of 30. If you have to pause a few times to get the reps that is ok. But get 30. 1 total work set.

Goal – Supramax pump in your spinal erectors

Biceps - 10 sets / Triceps - 12 sets

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

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

EZ bar curl – Do 3 sets of 10-15 light to warm up. Grab a moderate weight. Do 10 perfect reps and set weight down. Count to 10, and repeat. Do 5 sets total - so 5 sets of 10 with 10 second breaks. The first few sets you will be able to flex hard. Now as the sets progress it is going to burn so bad you will have to focus and maybe use a little momentum. Still try to maintain form though and work through the burn. The last 2 sets should have your arms screaming. 5 total work sets.

Hammer curls - same thing - 3 sets of 10 with 10 second breaks. Flex as hard as you can throughout the entire range of motion. 3 total work sets.

EZ Bar Preacher curls – Do these real slow on the eccentric phase. Don't drop the weight into the stretch fast unless you want a bicep injury. Don't be afraid to use a light to moderate weight on these. I let my arms straighten very gently out to about $\frac{3}{4}$ of the way (but not totally straight), and curl up with deliberate form. Do 8 reps per set. 2 total work sets.

Rope pushdowns – Do 2 warm up sets then execute this superset 4 times. Do sets of 12 here. Take these to lockout and flex hard. Drive blood in there.

Supersetted with

Dips between benches – These should be done with a very slow eccentric. In other words lower your body really slow then drive up hard. Just go to failure on all of these.

This is 8 total work sets via 4 rounds

Skullcrushers/lying extensions – Do 4 sets of 12 here. Your elbows should be nice and warmed up now and you don't have to use heavy weight on these. Keeping your elbows healthy is a major factor in being able to stay healthy and injury free. Use perfect form and get a good stretch at the bottom. 4 total work sets.

Calves

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

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

Routine #1

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

Routine #2

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

Routine #3

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

On routine #3

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

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

NOTE: Here is another option to train tibia.

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Abdominals – 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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Week 2 – Low to Moderate Volume

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

Legs – 14 sets:

Lying leg curl – On these do 3-4 good warm up sets and then I want you to do this. Find a weight that is a tough 15 reps. Your 15th rep should be hard to do with perfect form, and maybe even a little cheating. Now add on some weight for your 2nd set, not a lot, maybe 10lbs for next set and go to failure. Failure meaning you can get no more reps with perfect form. Each set add a little weight and just get as many as you can. You are going to do 4 sets total. I want you to rest 60 seconds between sets. 4 total work sets.

For example:

50 lbs x 12 warm up

70 lbs x 12 warm up

90 x 12 warm up

110 x 15 (barely got 15)

120 x 12 (failed at 12)

130 x 10 (failed at 10)

140 x 7 (failed at 70)

60 seconds between all sets.

Goal – Activate and pump hams

Squats – Today is a heavy squat day. I want you to do sets of 10 all the way up until you can barely get 10. It is as simple as that. We will count the last 3 sets as working sets. Drive the weight up hard and explosively. 3 total work sets.

For example:

135 lbs x 10 warm up

225 lbs x 10 warm up

275 x 10 warm up

315 x 10 (work set)

335 x 10 (work set)

365x 10 (failed at 10)

2-3 minutes between sets. Take your time.

Note: Feel free to put 2-3 chains on the bar too if you have access to them. It is a great option.

Note: If you have a bad lower back simply do this rep scheme on the leg press with your feet in the position that you are the strongest.

Goal – Train explosively

Bulgarian split squats – We are doing these again this week. I want you to use the standard scheme I typically use on these this week. It is 3 work sets and then the final set is a drop set with isoholds. 4 total work sets.

For example:

35 lb dumbbells x 8 with a 10 second isohold after last rep.

45 lb dumbbells x 8 with a 10 second isohold after last rep.

55 lb dumbbells x 8 with a 10 second isohold after last rep.

65 lb dumbbells x 8 with a 10 second isohold after last rep, then drop to 55 and repeat, then drop to 45 and repeat, and then drop to 35 and repeat.

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

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

Goal – Supramax pump

Barbell stiff legged deadlift – Do 3 sets of 8 here. Don't come all the way up, just come up $\frac{3}{4}$ of the way and really work the stretch. Your legs will be loaded with blood. 3 total work sets.

Goal – Work muscle from stretched position

Chest - 12 sets / Shoulders – 9 sets

Flat dumbbell press – Work up and keep doing sets of 8 until you can barely get 8. We'll count the last 3 sets as working sets. Take the reps to $\frac{3}{4}$ lockout, so not quite locked out. Keep constant tension on the muscle. On your very last set, you are going to do a drop set like you did last week. I want you to use 2 sets of dumbbells. Do 8 or close to it, and then drop and shoot for another 8 or so, and then let the weight sit in the stretched position for 10 seconds. 3 total work sets

Goal – Activation and Supramax pump

Incline barbell bench press – Use a very small incline on these. On these do sets of 6 going up until you can barely get 6. Push the bar up hard and fast. We will count the last 3 sets as work sets. 3 total work sets

For example:

135 x 4(feeder set)

185 x 6 (work set)

225 x 6 (work set – lost a little speed on last rep or two)

255 x 6 (barely got 6th rep)

Goal – Train explosively

Machine or hammer press – Ok now is the time to lock out and flex hard on every rep. Your chest should have a lot of blood in it, and the flexing on the pumped muscle will pump it up even further. Do 4 sets of 8. Remember, every rep to control the weight and flex for a second after locking out. 4 total work sets

Goal – Supramax pump

Machine fly – If you don't have a good machine fly you can use dumbbells. Do 2 sets of 10 here. Get a great stretch and again flex hard in contracted position. Tack on 10 partials out of the stretched position at the end of the last set. No jerking, just very controlled partials out of the bottom. 2 total work sets

Goal – Work muscle from stretched position

Rear delt fly – Ok now on the fly machine, reverse it so you can do rear delts. Do 3 sets of 25 here. Take 60 seconds between sets. Flex each rep for a split second in the contracted position. 3 total work sets

Note: After every set here do 10 over and back stretches

Goal – Supramax delt pump

Seated dumbbell side laterals – This is standard dumbbell side laterals. I want 3 sets of 10 reps here but try to hold in the contracted position for a split second. I try to think of just getting an extra bit of effort from pushing my elbow up a tad more. You will feel this burn like fire when you master it. 3 total work sets.

Goal – Supramax delt pump

Smith overhead press - Sit down on a bench with a back support here. Lower these to the top of your head slowly and then drive up to lockout and flex your delts. I want 3 hard sets of 8 reps like this. 3 total work sets.

Goal – Supramax delt pump

Back - 15 sets

Meadows row – Do plenty of warm up sets working your way to a good working weight. Once you find the right weight, do 3 sets of 8. Just grind away on these. Get a good stretch on every rep. As always keep your hip up a little higher on the side you are working so that your lower lat is stretched harder as well. I attached an old video to demo this. Notice the one hip is higher and I am getting a good stretch. Also make sure to use your resting arm as a brace to steady your body. Don't just let it hang loosely. 3 total work sets.

<https://www.youtube.com/watch?v=AY4YjAHcWrw&list=PLA808445EA052D63A&index=15>

Note: I still think using chains on these is an awesome add on if you like. Feel free to do that if you have them.

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

Wide grip pulldowns – Nothing fancy here just perfect form, and hard squeezes at the bottom. Do 3 sets of 8. 3 total work sets.

Goal – Supramax pump

Dumbbell row – On these you are going to do a low rep set or two to get you to your working weight and then grind out 2 sets of 10 on each set. On your 3rd set I want you to do a drop set. Drop the weight twice. 3 total work sets.

For example:

55 x 5 (feeder set)

85 x 5 (feeder set)

105 x 10

105 x 10

105 x 10, 85 x 10, 65 x 10

<https://www.youtube.com/watch?v=mrljSPI7ks&list=PLA808445EA052D63A&index=43>

Goal – Supramax pump

Face pulls – Do 3 sets of 12 here. Notice the position of my torso and the angle at which my elbows are traveling. 3 total work sets.

https://www.youtube.com/watch?v=Q6shuaJl_A&list=PLA808445EA052D63A&index=53

Goal – Supramax pump

Banded hyperextensions – Do 3 sets of 15. If you have to pause a few times to get the reps that is ok. But get 15 on each set. 3 total work sets.

Goal – Supramax pump in your spinal erectors

Biceps - 9 sets / Triceps - 13 sets

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

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

3 rounds of this tri-set - 2 warm up rounds with light weight – 9 total work sets.

Rope pushdowns – do sets of 15 - flex at bottom for 1 second

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Pronated dumbbell kickbacks – Do sets of 6 - try this for your inner/long head - turn your hands so that your palms are facing up toward ceiling when you get to the contracted part of the movement. Your tricep will feel like it's cramping it contracts so hard.

supersettted with

Dips between benches – Go to failure - when you get to the top, flex and sit back on your tricep for a sec - these are really hard - I get anywhere from 6 to 10. The little subtle sitting back on your tri's at the end will make this really hard. Truthfully, I don't even use benches for this. We have a window with a little ledge, and I sit on it and do these. I sit down on the floor and drive up real hard, sit back and flex for a second, then repeat...it looks so easy, but it's so hard!!

Once you have completed 3 rounds rest a few minutes and then proceed to this exercise.

Incline triceps extensions with dumbbells – Do sets of 10 - doesn't take much weight - you have to sort of let the weight go out to the side a little when lowering it so it doesn't hit the bench. You will get the hang of this after a set. There is an angle and direction that makes sense. You'll see. Get a really good stretch at the bottom, as that is key to getting the benefit from this. 4 total work sets.

842 sets = You do 8 reps, rest for 10 seconds and do 4 reps, then rest for 5 seconds and do 2 more reps. That is what I mean when I say 842 below.

EZ bar curls – Do 2 very light warm up sets of 20 reps.

Do a set of 10 strict reps with a good weight. Rest 1 minute and then 2nd set is also 10 reps. For 3rd set you are going to do an "842". The 842 on this is really hard, it is tempting to swing and cheat at end...really focus on the negative once you get to the 4 reps and 2 reps and your arms will pump up like balloon. Try to take 2 seconds on the way down. 3 total work sets.

EZ bar preacher curls – Much like above, your biceps will be fatiguing and this exercise is hard to move up weight when you are doing strictly. Do 10 reps, 10 reps, then the "842" set. 3 total work sets.

Hammer curls – Do the same thing here. Do 10 reps, go up 5 pounds on dumbbells then another 10 reps, up 5 pounds and then finished with an "842". This is another one where you really focus on a slow negative especially on the 842. 3 total work sets.

Calves

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

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

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On routine #3

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

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

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Abdominals – 8 sets

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

Pick one exercise from the following to hit upper abs:

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

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

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

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

Band work is sprinkled into the program at various points as well. Using bands and chains are optional as I realize not every gym is accommodating.

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This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 sessions due to your recovery. I attached a separate document that consists of these optional/pump workouts You will add these based on recovery and your areas that need the most improvement.

The extra volume is done in a way to not hurt you or tear up your joints. Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly.

If you are doing 4 days a week, you simply do the base four days.

If you are doing 5 days a week, add one workout from the optional/pump workout document. Select a workout that is your most needed area of improvement.

If you are doing 6 days a week, add two workouts from the optional/pump workout document. Select workouts that are your two most needed area of improvement.

I prefer 6 days with an off day to totally recharge. If you are pre-contest we may in fact do 7 days though in which everything will get hit twice.

Here is one way to set up the 6 day plan – If you wanted to do only 5 days you would simply drop one of the optional workouts.

Day 1 – Legs (heavy)

Day 2 – Chest/Shoulders (heavy)

Day 3 – Back/Bis (heavy)

Day 4 – Arms

Day 5 – OFF

Day 6 – Chest/Shoulders (optional)

Day 7 – Back (optional – no low back work)

**We are going to ramp up volume over the first 2 weeks and do a lighter week or two at the end of the 12 weeks. Most folks then do some pretty light training for 1-2 weeks before going to the next program.*

Week 3 – High Volume

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

Legs – 24 sets:

Standing leg curl – On these do 3-4 good warm up sets and then I want you to do this. Just add a little bit of weight each set until you hit a tough 8 reps. Now this doesn't mean you are going nuts to do 8, it just means that your 8th rep should be hard should be really hard but you should not lose your form. The hamstring work today is a little lower intensity but very volumous. Once you find this weight just stay there.

Supersetted with

Leg press – Use a stance that feel very powerful in. Simply do sets of 10 until you can barely get 10.

Now the number of total sets is dictated by the leg press. See below for an example

For example (this is what I did):

Leg curl – 20lbs with each leg to start. Went up 5 lbs per set until I got to my tough 8, and then just did that every set.

Leg press – started with 1 plate per side and went up to 10 plates per side.

We will call this 8 working sets. 8 total work sets.

Note: If you do not have a standing leg curl feel free to use a lying or seated leg curl.

Goal – Activate and pump

Machine Squats – We have a machine called a tru squat that I love but sadly it has died out of existence. I am attaching the video so you can see it. I know you likely will not have one, but I want you to try and simulate the movement using a machine that allows your back to be supported. Do the same thing here you did on the leg press. You won't need a bunch of warm up sets though. Really want I want is for 4 of these to be hard. Do sets of 8.

Supersetted with

Lying leg curls – Just find a weight that you can do a solid 10 with without using your form.

Do 4 working sets on each for a total of 8 working sets. We will call this 8 working sets. 8 total work sets.

For example (this is what I did):

Squat machine – 45 lbs x 8 & Leg curl 70 lbs x 10

Squat machine – 70 lbs x 8 & Leg curl 90 lbs x 10

Squat machine – 90 lbs x 8 & Leg curl 105 lbs x 10

Squat machine – 90 lbs x 8 & Leg curl 105 lbs x 10

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Squat machine – 90 lbs x 8 & Leg curl 105 lbs x 10

<https://www.youtube.com/watch?v=C7CU6MYJG70&list=UUmSEdfW3LpEKyLiCDWBdVQ>

Goal – Supramax pump

Leg extensions – Now we are going to nail your upper thighs hard. Do 10 reps here with your feet pointing back at you (dorsiflexed).

Supersetted with

Sissy squats – Go to failure here.

Do 4 working sets on each for a total of 8 working sets.

Goal – Supramax pump

Chest - 15 sets / Shoulders – 9 sets

Machine press – Start with a machine press. Do sets of 8 all the way up until you can barely 8. On all reps lock out and flex your chest for 1 second. On your last set have a spotter assist you so you can knock out an extra 20 forced reps. This should burn like fire. We will call this 3 sets. 3 total work sets

https://www.youtube.com/edit?o=U&video_id=Pcl89U4CChw

Goal – Activation and Supramax pump

Incline barbell bench press – On these do sets of 8 going up until you can barely get 8. Push the bar up hard and fast. We will count the last 3 sets as work sets. 3 total work sets

Note: If you like reverse band work, I actually did these reverse banded this week. I actually like doing these on a small incline more than on a flat bench.

Goal – Train explosively

Flat dumbbell press – Do not lock any of these out. Keep constant tension. Do 8 reps per set and finish all sets with 4 little partials out of the bottom. Do 3 sets here. 3 total work sets

Goal – Supramax pump

Dips – I use an assist machine on these. Do 10 reps and then

Supersetted with

Wide grip pushups – Just normal pushups to failure using a wide hand placement. This will be very hard. You'll see.

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

Goal – Supramax pump

Bent over rear delt raises – Just standard side laterals bent over here for rear delts. Do 3 sets of 25 reps. If you find your rear delts fatiguing, rather than cheating the weight up using back and traps just do partial swings out of the bottom with straight arms. 3 total work sets

Note: After every set here do 10 over and back stretches

Goal – Supramax delt pump

Cable side laterals – On these take the weight up to eye level and hold and flex for a second before lowering . Do 12 reps on each shoulder. Do 3 sets. This hold will be torture, and the weight will get heavy fast. 3 total work sets.

Goal – Supramax delt pump

Dumbbell overhead press - Sit down on a bench with a back support here. Lower these eye level and drive up to $\frac{3}{4}$ lockout. Use constant tension here. Do 3 sets of 10. 3 total work sets.

Goal – Supramax delt pump

Back - 17 sets

Kettlebell row – Do plenty of warm up sets working your way to a good working weight. On these you can really tense your lats and keep a ton of tension on them. Do 4 sets of 8. Try to really get your elbows up high and squeeze lats. You will also start to feel these across the middle of your back in your rhomboids. On your last set drop the weight down some and do 6 to 8 more reps drop set style. 4 total work sets.

Note: I realize you may not have kettlebells to do this, simple use dumbbells in their place but try to use same form as best you can.

<https://www.youtube.com/watch?v=Gim8gbrTiac>

Goal – Activate and pre-pump lats

Wide grip pulldowns – Try to use a neutral grip on these this week (palms facing in toward each other). Nothing fancy here just perfect form, and hard squeezes at the bottom. Do 3 sets of 8. 3 total work sets.

Goal – Supramax pump

Smith rows – On these you are going to do a low rep set or two to get you to your working weight and then do 4 sets of 6. Although the reps are low, I still want perfect form ok. This isn't a license to load up the weight and get sloppy. Go as heavy as you can while still maintaining perfect form. 4 total work sets.

Goal – Supramax pump

Dumbell pullovers – This is our standard pullover lying on a bench and not across it. Do 3 sets of 12. 3 total work sets.

Goal – work muscle from stretched position

Banded hyperextensions – try to use a little more band this week on these. Do 3 sets of 15. If you have to pause a few times to get the reps that is ok. But get 15 on each set. 3 total work sets.

Goal – Supramax pump in your spinal erectors

Biceps - 10 sets / Triceps - 12 sets

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

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

Tri-set

Rope pushdowns for 12 reps, then

Bent over rope extensions (get a real good stretch on these) for 10, then

Dips between benches (get real low to thicken the lower part of your tricep near your elbow) for failure. I like the dumbell kickbacks with the modified grip you did last week, but wanted to add some more stretching to tris this week, so I replaced them with the rope extensions. Now on the dips between benches, remember to sit back on them for a second like I mentioned last week ok. They will contract hard.

Rest for 90 seconds and repeat 3 more times. 3 rounds, 12 total work sets.

Lying extensions - Finish with 3 sets of 10 of lying skullcrushers now that you're pumped and elbows are warmed up thoroughly. I like to take the weight to my forehead on the first set. On the 2nd set take it to

behind my head, then on the 3rd set take it behind my head and drop it down a little to stretch even more. Each set involves more of a stretch.

Tri-set

EZ bar curl - Do 8 reps, lower weight in controlled fashion, and flex hard at the top - perfect form, followed immediately by

Standing dumbbell curls - Do both arms at once, and keep your palms up the whole time...lower with a 2 second count on each rep. Do 8 reps – they should be on fire. Then finish with

EZ bar reverse curls - Do 8 reps for your brachialis and brachioradialis, one of the key muscles in the arms

Do this cycle 3 times total. 9 working sets.

Close grip supinated chins - Finish with 1 set of chin ups with a close grip palms up for biceps, try to get 8 reps. These will be hard after doing all the supersetting so take your time. I use an assist/cheater machine on these to help. 1 working set.

Calves

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

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

Routine #1

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

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Routine #3

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On routine #3

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

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

NOTE: Here is another option to train tibia.

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

Abdominals – 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Program 20 – The Omega Beam

Omega Beams are powerful bio-electric energy beams that can track and disintegrate a selected target. We are going to disintegrate muscle, but not your joints! So off we go for another 12 weeks of hard work and results!

This program we added back in a separate arm day. As you may or may not know I took it out of programs 18 and 19 to focus more on torso and less on arms (arms still getting a lot of work from all the extra chest band back work).

We will continue to use high intensity technique waving as well as it remains a key element in introducing new stimulus to an already advanced plan.

High Intensity Technique waving:

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

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

Week 5 and 6 – Rest/Pause sets

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**We are going to ramp up volume over the first 2 weeks and do a lighter week or two at the end of the 12 weeks. Most folks then do some pretty light training for 1-2 weeks before going to the next program.*

Week 4 – High Volume

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

Legs – 24 sets:

Lying leg curl – On these do 3-4 good warm ups first. We are going to do 4 sets of 8 with extra eccentric resistance. The way I want you to do these is have your partner apply some pressure on the way down as I am doing in the video with Ken. Be careful, don't go nuts and get your hamstring torn, just have the added resistance to ensure maximum tension throughout the full range of motion. 4 sets of this is exhausting on your hams. You will see. 4 total work sets.

<https://www.youtube.com/watch?v=wVnqtdzMUGo&list=PLD5A37C01FC6D4C0D&index=48>

Goal – Activate and pump

Squats – Do sets of 8 all the way up until you can't do 8 anymore, and then we do a challenge set. On your set where you barely can get 8, you then make a pretty big weight drop and shoot for another 6 to 8 reps. After that drop again and just get as many as you can grind out. Stop a few times to breathe and get some oxygen and you, and to pump out a few extra reps. We will call this 3 sets. 3 total work sets.

Note: I would like it if you can add 2-3 chains to the barbell (on the inside) so these are done more explosively. If you can't that's ok.

Here is an example of what I am talking about:

45 lbs x 10
135 x 10
185 x 8
225 x 8
275 x 8

Challenge set up next.

315 x 8. You barely got 8. Then drop to 225 x 8, then 135 x Failure with as many good reps as possible

Goal – Train explosively and supramax pump

Leg press – Put about half of what you can normally do for 10 reps on here. I want you to do sets of 10 but only take 45 second rest breaks and do 5 sets. 5 total work sets.

For example – assumption is you can do 8 plates a side for 10 typically
4 plates per side x 10 – do 5 sets with 45 second rest breaks.

Stretch quads hard for 30 seconds each after this set.

Goal – Supramax pump

Stiff legged deadlift – Use a barbell for these. Lower the weight slowly and then drive up to 3/4 lockout only before coming right back down. Do 4 sets of 10 here. 4 total work sets.

Goal – Work muscle form stretched position

Chest - 13 sets / Shoulders – 9 sets

Flat dumbbell press – Do plenty of warm up sets working your way up doing sets of 8. Just keep going until you can barely get 8. Take these to $\frac{3}{4}$ lockout to ensure constant tension. We will call this 3 work sets. 3 total work sets

Goal – Activation

Incline barbell bench press – Last week we did sets of 8 here. This week we go a little heavier and go to sets of 6. Keep them explosive though! On these do sets of 6 going up until you can barely get 6. Push the bar up hard and fast. We will count the last 3 sets as work sets. 3 total work sets

Goal – Train explosively

Dips – I use an assist machine on these. Try to use less help then last week though. In other words make it “heavier” in nature. Shoot for 4 sets of 8 here. If you can do your bodyweight for over 12 reps add on a weight belt with a 25 lb plates and do these. 4 total work sets

Goal – Supramax pump

Stretch pushups – Do 3 sets to total failure. Make sure you do as many partials as you can too! 3 total work sets

<https://www.youtube.com/watch?v=09kPkRM8In4&index=5&list=PL2955620A11D03694>

Goal – Work muscle from stretched position

Machine rear delt laterals/reverse pec deck – Do 3 sets of 15 here. On every rep flex your rear delts hard for 1 second. Once you get fatigued and start to lose form just get to your number using partials out of the bottom. 3 total work sets

Note: After every set here do 10 over and back stretches

Goal – Supramax delt pump

Smith machine front press – Line this up so that the bar is coming right down barely in front of your forehead, really close to it. You should feel like you are under the bar, not like it is out in front of you. I want you in a powerful position and to not stress rotator cuff by letting weight get to far out in front. Do 3

sets of 10 here. Use a lighter weight but take these down nice and slow and deep and drive them up and flex your delts. Make these quality reps! 3 total work sets.

Goal – Supramax delt pump

Barbell front raise - Raise the barbell up a few inches above your head out in front of you. Do these very controlled. Do 3 sets of 12. 3 total work sets.

Goal – Supramax delt pump

Back - 22 sets

Supinated pulldown – Do plenty of warm up sets working your way to a good working weight. I don't like to use a straight bar that fully supinates your wrist as I feel it puts too much pressure on your bicep attachment so try to use a machine or grip attachment that doesn't force you into it all the way. We like semi supinated. The machine in the video is a good one, but you could use a pulldown and just hook up single D handles for each side. Do 3 sets of 10 driving your elbow down and flexing your lower lat. On your 4th set do your 10 and then do 10 more partials out of the top. You don't have to do the full drop set that is in the video...but you can if you want. 4 total work sets.

<https://www.youtube.com/watch?v=R-rWZa4vpeg&index=62&list=PLA808445EA052D63A>

Goal – Activate and pre-pump lats

Wide grip pulldowns – Try to use a normal (pronated) grip on these this week. Nothing fancy here just perfect form, and hard squeezes at the bottom. Do 3 sets of 8. On your 4th set add on 8 partials out of the top; just pull the weight down 1/3 of the way. Scorch your upper lats. 4 total work sets.

Goal – Supramax pump

Dumbbell pullovers – This is our standard pullover lying on a bench and not across it. Do 3 sets of 12. 3 total work sets.

Goal – work muscle from stretched position

One arm barbell rows – We are going to grind on these today. I want you to really let's your lats stretch at the bottom of your reps too. Get a nice full range of motion. I want you to do 6 sets of 10 here. 6 total work sets.

Goal – Supramax pump

Face/chest pulls – I want you to do 3 sets of 12 here. Squeeze your lower traps and rhomboids hard. Do these superstrict! 3 total work sets.

https://www.youtube.com/watch?v=Q6shuaJI_A&index=52&list=PLA808445EA052D63A

Goal – Supramax pump

Banded hyperextensions – Use bodyweight on these this week and shoot for 2 sets of 40 reps. 2 total work sets.

Goal – Supramax pump in your spinal erectors

Arms - Biceps - 13 sets & Triceps 12 sets:

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

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

Rope pushdowns w/ Grip4orce attached to rope - Do 12 reps here after 3-4 sets of warm up and then superset these with the following movement:

Note: If you don't have Grip4orce attachments that is ok, this is just a nice trick for increasing activation in arms if you do have them. They work better than fat Gripz but you could use those too.

Supersetted with

Cable extension - See the video below for a form demo on these. These are great. You can play around with elbow position to and feel different parts of your tricep working. Do sets of 8 here.

https://www.youtube.com/watch?v=cV1S7j32u_M&list=PL04BB5F1BC0300483&index=14

So the superset is going to be 12 reps on the pushdowns, then 8 reps of the cable extensions. 4 supersets. 8 total work sets.

Seated overhead rope extension – This is my favorite tricep movement to do once you get a solid pump. Do 4 sets of 10 here. Get a good range of motion and do these nice and slow and feel them working. 4 total work sets.

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

Barbell curls w/ Grip4orce (or Fatgripz) - 2 warm up sets. Good ole fashion pyramid on these. Start with a weight you can do for 12 then go up. Try to hit 10, then go up a little bit and try to hit 8. Use a 2 second count on the way down on all reps. Rest about 1 minute between sets. Squeeze these hard on every single rep. 3 total work sets.

Dumbbell curls w/ additional hammer work – Start these with your palms up the whole time. Do 8 reps with this style, then flip your wrists over and do 8 more with a hammer style. On the palms up ones, lower it with a 3 second count. You will love these guaranteed, these will burn. Do 3 rounds of this. 6 total work sets.

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

Calves

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Week 5 – High Volume

Week 5 and 6 – Rest/Pause sets

Legs – 16 sets:

This workout was done with IFBB Pro Andrew Hudson

Seated leg curl – On these do 3-4 good warm ups first. Next we do 3 good solid sets of 12 to near failure. On the 4th set we want a maniacal drop set. Do 12, then drop the weight and do 8, then drop it again and do 8 more. 4 total work sets.

Goal – Activate and pump

Leg press – Do these rest pause style. Do sets of 8 all the way up until you can't do 8 anymore, and then we do a challenge set. On your set where you barely can get 8, you then make a pretty big weight drop and shoot for another 6 to 8 reps. After that drop again and just get as many as you can grind out. Stop a few times to breathe and get some oxygen and you, and to pump out a few extra reps. We will call this 3 sets. Notice we have stops with the leg press we use in the video. If you do not have these just hold the weight for a second. Be smart and don't go as heavy as usual. This is a very difficult technique. 3 total work sets.

https://www.youtube.com/watch?v=nzE-U8_Q5RQ

Goal – Train explosively

Machine squat – On this what I am trying to do is get your back supported so you can focus on smashing quads. If you do not have any machines that allow this do a Smith squat with feet out in front. If you do not have that then do front squats. I want you to do 3 sets of 8 after a few feeder sets to get you to your working weight. On your 4th set I want a drop. I want 8, and then a drop for 6, and then a drop for 6 more. 4 total work sets.

<https://www.youtube.com/watch?v=YFsENIR1npw>

Stretch quads hard for 30 seconds each after the dropset.

Goal – Supramax pump

Bulgarian split squat drop set of death – I only want one purely insane set here. It is our typical drop set. Do 8 reps and then an 8 second isohold, and then drop weight and repeat, and then again, and then again for 32 total reps. 1 total work set.

https://www.youtube.com/watch?v=CUa_m9seXdA

Goal – Supramax pump

Dumbell stiff legged deadlift – Your quads are going to be massively pumped here, so take your time going down with the weight. Do 4 sets of 8 and come up all the way and squeeze glutes on all sets. 4 total work sets.

Goal – Work muscle from stretched position

Chest - 14 sets / Shoulders – 11 sets

This workout was done with IFBBs Pro Andrew Hudson and Ken Jackson

Flat dumbbell press – Do plenty of warm up sets working your way up doing sets of 8. Just keep going until you can barely get 8. Now I want one more set. Drop your weight down about 20% and do a challenge set. You are going to go to failure using $\frac{3}{4}$ reps (no lockout) and then drop the weight another 20% and use full range of motion to failure. See the video below for the crazy set that Ken Jackson did. Those are 175's he started with. 4 total work sets

<https://www.youtube.com/watch?v=4B09YF9E-Gg>

Goal – Activation and Supramax pump

Incline barbell bench press – Do these rest-pause style. Do sets of 8 until you can barely hit 8. In the video below we are using a cool bar called a shoulder saver bar that makes this perfect. For you, just take down and stop and pause for 1 second then drive up hard. We will call this 3 work sets so don't take to big of jumps early. 3 total work sets

https://www.youtube.com/watch?v=OLaZ_aXtL0Q

Goal – Train explosively

Barbell bench press – On these I just want a simple 4 sets of 8 with perfect form. Check out the bar we are using in this video and how perfect it works. It is a cambered bar. On these you should get all reps but the last rep should be very hard to do with good form. Do not bounce the weight and even use a slight pause at the bottom. 4 total work sets

<https://www.youtube.com/watch?v=3DX7Fp3TmME>

Goal – Supramax pump

Slight incline cable flyes – Do 3 of 15 here with a full range of motion and squeezing for 1 second in the contracted position. 3 total work sets

Goal – Work muscle from stretched position

Machine rear delt laterals/reverse pec deck – Do these rest pause style. Take the weight back and flex hard, then lower it until the weight stops and then fire it back up and hold the flex again. This is tough if you are flexing hard in the contracted part as I am suggest. Do 4 sets of 15. 4 total work sets

Note: After every set here do 10 over and back stretches

Goal – Supramax delt pump

Dumbbell side laterals – Do these with a little lighter weight. Do 4 sets of 8. Once you get arms up to top of range, hold and flex for 1 second before lowering. Blow those delts up with a crazy pump! 4 total work sets.

Goal – Supramax delt pump

Barbell front raise - Raise the barbell up a few inches above your head out in front of you. Do these very controlled. Do 3 sets of 12. 3 total work sets.

Goal – Supramax delt pump

This workout was done with IFBB Pro Andrew Hudson

Back - 30 sets

One arm barbell rows – We are going to grind on these again today! I want you to really let's your lats stretch at the bottom of your reps too. Get a nice full range of motion. I want you to do 4 sets of 8 here. 4 total work sets.

https://www.youtube.com/watch?v=BjN0T9G_yo4

Goal – Activate and pre-pump lats

Swiss bar pulldown – Do plenty of warm up sets working your way to a good working weight. On these we do 2 sets with the wide grip, 2 sets with the medium grip, and 2 with the close grip. As you can see in the video below these are all done with a neutral grip. I know you may not have a swiss bar but try to duplicate this as best you can. Do 10 reps on all sets. 6 total work sets.

https://www.youtube.com/watch?v=ETUxTT3_Sbl

Goal – Supramax pump

Prone rows w/ cambered bar – Once again I know you may not have the exact equipment for this, but study the exercise and try to duplicate with a barbell or a set of dumbbells. Do 4 sets of 12 here. Get a good stretch and really drive elbows up high on these. I try to drive elbows so hard it's more explosive. 4 total work sets.

<https://www.youtube.com/watch?v=54-F314ea9I>

Goal – Train explosively

Prone shrugs – This is an exercise to really hit rhomboids and lower traps. Push your shoulders down toward your waist and just retract scapulae. It takes practice, but when you feel a pump in that area I know you will dig it. Do 4 sets of 10. 4 total work sets.

https://www.youtube.com/edit?o=U&video_id=_t51eIHp6Ro

Goal – Supramax pump

TRISSET

Ok you ready for some more fun. Do 4 rounds of this. Video linked below.

Straight arm pulldown – 10 reps

Then

Pulldown with individual handles – 8 reps

Then

Plate shrugs – 20 reps

https://www.youtube.com/edit?o=U&video_id=F2urjV2JudE

4 rounds of this means 12 total work sets.

Goal – Supramax pump

Arms - Biceps - 12 sets & Triceps 12 sets:

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

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

Rope pushdowns - Do 12 reps flexing triceps hard

Supersetted with

Incline seated dumbbell curls - Sit down and do 8 supinated curls. Keep your palms up through the entire movement. On the negative on the curls, lower with a 3 second count

Do 4 rounds total. 8 total work sets via 4 supersets.

Dips machine - For the dips, add a lb plate each set using the old school dips with feet on a bench, or less if you do not have a dip machine. Every set do 10 reps. If you can't do 3 plates on your third or 4 plates on your fourth, just stick to what you were doing previous set.

Supersetted with

Standing barbell curls - For the barbell curls, pick a weight that you can do with perfect form, and squeeze the crap out of your biceps at the top of the movement. Do 6 reps on these, with the same weight each set.

Do 4 rounds total. 8 total work sets via 4 supersets.

Ez bar reverse curls - We can't neglect brachioradialis and brachialis so do sets of 12 here. I take these all the way up not just at 45 degree angle.

Supersetted with

Lying dumbbell extensions/skullcrushers - Your elbows should be nice and warmed up for these. Do sets of 12 with a good full range of motion.

Do 4 rounds total. 8 total work sets via 4 supersets.

Calves

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

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

Routine #1

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

Routine #2

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

Routine #3

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

On routine #3

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

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

NOTE: Here is another option to train tibia.

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

Abdominals – 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Program 20 – The Omega Beam

Omega Beams are powerful bio-electric energy beams that can track and disintegrate a selected target. We are going to disintegrate muscle, but not your joints! So off we go for another 12 weeks of hard work and results!

This program we added back in a separate arm day. As you may or may not know I took it out of programs 18 and 19 to focus more on torso and less on arms (arms still getting a lot of work from all the extra chest band back work).

We will continue to use high intensity technique waving as well as it remains a key element in introducing new stimulus to an already advanced plan.

High Intensity Technique waving:

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

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

Week 5 and 6 – Rest/Pause sets

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

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

Week 11 and 12 – Rest/Pause sets

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

Band work is sprinkled into the program at various points as well. Using bands and chains are optional as I realize not every gym is accommodating.

Here are the bands you will need from EliteFTS:

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

The Mountain dog band pack is being revised to include these.

This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 sessions due to your recovery. I attached a separate document that consists of these optional/pump workouts You will add these based on recovery and your areas that need the most improvement.

The extra volume is done in a way to not hurt you or tear up your joints. Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly.

If you are doing 4 days a week, you simply do the base four days.

If you are doing 5 days a week, add one workout from the optional/pump workout document. Select a workout that is your most needed area of improvement.

If you are doing 6 days a week, add two workouts from the optional/pump workout document. Select workouts that are your two most needed area of improvement.

I prefer 6 days with an off day to totally recharge. If you are pre-contest we may in fact do 7 days though in which everything will get hit twice.

Here is one way to set up the 6 day plan – If you wanted to do only 5 days you would simply drop one of the optional workouts.

Day 1 – Legs (heavy)

Day 2 – Chest/Shoulders (heavy)

Day 3 – Back/Bis (heavy)

Day 4 – Arms

Day 5 – OFF

Day 6 – Chest/Shoulders (optional)

Day 7 – Back (optional – no low back work)

**We are going to ramp up volume over the first 2 weeks and do a lighter week or two at the end of the 12 weeks. Most folks then do some pretty light training for 1-2 weeks before going to the next program.*

Week 6 – High Volume

Week 5 and 6 – Rest/Pause sets

Legs – 24 sets:

Lying leg curl – On these do 3-4 good warm ups first. You are going to do 12 perfect reps here.

Supersetted with

Leg extensions – On these do 3-4 good warm ups first also. You are going to do 12 perfect reps here, with your feet dorsiflexed (toes pulling back toward you as you flex).

Do 4 rounds once warmed up for 8 total work sets.

Leg press – Do a few feeder low rep sets to get to a working weight. Do 8 reps here.

Supersetted with

Bulgarian split squats – No drop sets, just 8 reps on each leg with a 6 second isohold to finish each set.

Do 4 rounds for 8 total work sets

Glute kickbacks – Use a machine like a butt blaster or anything really where you can isolate glutes. Do 12 reps on each glute.

Supersetted with

Barbell stiff legged deadlift – Do sets of 8 here coming all the way up and flexing glutes.

Do 4 rounds for 8 total work sets

Chest - 14 sets / Shoulders – 10 sets

Incline dumbbell press – This is done on a slight incline. Do plenty of warm up sets working your way up doing sets of 8. For form I want you to lower the weight to where you normally stop, pause and then drive it back up and squeeze your pecs as you do it. You can lock these out today. Do sets of 8 until you can barely get 8 and we will call that 3 work sets. 3 total work sets

Goal – Activation and Supramax pump

Smith Incline bench – Also just use a slight angle on these. I want you to do high reps on this today and absolutely smoke your pecs. For your 4 sets I want this as rep scheme – 25-20-15-10. Add a little weight each time. All of these should burn like hell. Rest 2 minutes between sets. 4 total work sets

Goal – Supramax pump

Machine press – On these you are going to do 4 sets of 6 with a very hard flex at the top of each rep for 3 seconds. This will feel crazy after you just pumped so much blood in there from the high rep Smith work. 4 total work sets

Note: I would like for you to do these banded if you can. Use the two long pro mini bands (red) from EliteFTS for these. I prefer you use these on a flat hammer press, but you may have to use a different machine depending on what you have.

Goal – Supramax pump

Flat cable flyes – We are just dropping the incline out of these this week. Do 3 of 10 here with a full range of motion and squeezing for 1 second in the contracted position. 3 total work sets

Goal – Work muscle from stretched position

Bent over rear dumbbell laterals – I want these to be hang and swing style. In other words straighten your arms, let them hang, and do partial reps. Do 3 sets of 25. 3 total work sets

Goal – Supramax delt pump

Cable side laterals – Do these with a little lighter weight. I want you to let the arm doing the work actually go behind your back a bit to get an extra stretch and increase range of motion. Do 4 sets of 10. Once you get arms up to top of range, hold and flex for 1 second before lowering. 4 total work sets.

Goal – Supramax delt pump

Dumbbell front raise - Raise the dumbbells almost straight up on these one at a time. Don't go quite all the way up, but come close. Do 3 sets of 12. Also flex your front delt as you get to the top. 3 total work sets.

Goal – Supramax delt pump

This workout was done with IFBB Pro Shaun Clarida and Andrew Hudson

Back - 22 sets

Hammer row (DY row) – On these take your time and get a good warm up. You are going to do 3 sets of 10 with very deliberate form squeezing in the contracted position for 1 second and then getting a good stretch. On your 4th set you are going to do a drop set. Add a little more weight and do 6 perfect reps, then drop the weight some and do 6 more, and then repeat. Now let the weight stretch you and if you have a partner let them give you a very easy pull for 10 seconds to stretch lats out even more. See the video below for form and the stretch. 4 total work sets.

<https://www.youtube.com/watch?v=Wn1tSwQIAI>

Goal – Activate and pre-pump lats

One arm barbell rows – This is just our basic one arm barbell row. Do 4 sets of 8. The 8th rep should be very tough to do with perfect form. 4 total work sets.

Goal – Supramax pump

Pulldowns – If you have a machine do them like we are in the video. You probably don't so use a dumbbell in our normal style. Do 4 sets of 8. If you have a machine do a drop set as shown in video with an isohold at the end. 4 total work sets.

<https://www.youtube.com/watch?v=VAFURIJ-nX0><https://www.youtube.com/watch?v=54-F314ea9I>

Goal – Work muscle from stretched position

Away facing pulldown – These are our normal away facing pulldowns. Just do 4 sets of 10 here and really focus on driving elbows down and flexing lats HARD. 4 total work sets.

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

Goal – Supramax pump

Reverse hypers – Do 10 reps here. If you do not have a reverse hyper do 15 reps ice and slow on a regular hyperextension bench.

Supersetted with

Rack pulls – Your lower back is going to be pumped so don't get crazy with weight here. Check out the video for the cool variation we did on a TBar. This felt excellent. Do 6 reps of pulls here.

Do 3 supersets for 6 total work sets.

Goal – Supramax pump

Arms - Biceps - 14 sets & Triceps 14 sets:

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

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

Quad set #1 - do 4 rounds

Rope pushdowns - 12 reps on each set

Seated dumbbell supination curls - 8 reps

Pronated kickbacks - 8 reps

EZ bar reverse curls - 8 reps

Rope pushdowns are done with the normal flex at the bottom and hands go apart to hit lateral head of triceps. The supination curls are just your normal supinate as you come up curls. Do them one arm at a time this week, so you can really twist and flex at the top. Dumbbell pronated kickbacks this style hit the medial and long head of your tri really hard. Get your arm parallel to floor and lock and flex tri, then raise your whole arm up about 2 inches. You will feel a cramping type feeling on the inner head it contracts so hard. Each set you do will feel better and better on these. EZ bar reverse curls bring the bar up all the way to your chin, and lower with 3 second count.

Do 4 rounds of this. 16 total work sets via 4 quad sets.

Quad set #2 - do 3 rounds

Weighted dips (throw 2 chains on you or attach some weight to you via a belt) - sets of 6

Barbell curls - sets of 6

Lying tricep extension - sets of 8

Dumbbell hammer curls (both arms at once) - sets of 7

For the weighted dips, it won't take much weight. You can even use your bodyweight if you need to or use an ASSIST machine if you need to – that's AOK. Don't feel like you have to use weight if you can't do these perfectly.. Do not go down all the way. Work the middle range of motion, not all the way down, not all the way up. The key here is constant tension on a good basic exercise. With all that you have done, you should not have pain in elbows.

EZ bar curls are just regular curls, do them with a 3 second count on the way down.

Lying extension are to stretch your tris after all the contracting type movement. Do not use a superheavy weight. Actually let the bar go slightly behind your head and feel the stretch. Each set you will get looser and looser. For the hammer curls, try and use a heavy weight and squeeze the dumbbells as hard as you can as you go through the reps.!

12 total work sets via 3 quad sets.

Stretch - stretch each tricep and bicep hard for 30 seconds after each superset in round #2.

Calves

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

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

Routine #1

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On routine #3

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

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

NOTE: Here is another option to train tibia.

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Abdominals – 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

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- Rope pulldowns/crunches
- Band crunches

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

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

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

Week 5 and 6 – Rest/Pause sets

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

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

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Day 3 – Back/Bis (heavy)

Day 4 – Arms

Day 5 – OFF

Day 6 – Chest/Shoulders (optional)

Day 7 – Back (optional – no low back work)

**We are going to ramp up volume over the first 2 weeks and do a lighter week or two at the end of the 12 weeks. Most folks then do some pretty light training for 1-2 weeks before going to the next program.*

Week 7 – High Volume

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

Legs – 28 sets:

Ok this is a quad first workout. I rarely ever do this, but just needed a change and I think you will enjoy this. I did get some soreness in my hams and quads from this which is rare, so it provided some new stimulus for sure.

The first thing I want you to do is ride a bike or hit a stepmill for just 3 minutes. Just get some blood flowing and get your knees nice and warm.

Now will we superset all quad movements with leg extensions. The leg extensions will be done second though, not first.

Leg press – Work your way up doing sets of 8 on the leg press, and leg extension. On the leg extension, I want you to do partials out of the bottom nice and slow ok, 2 seconds up and 3 seconds down. You stop doing this combination when you get to a weight that is a really hard 8 on the leg press.

Supersetted with

Leg extensions – See above for details.

We will call this 8 total work sets.

Smith squats – Feet out in front nice and controlled reps are what we want here. Do 8 reps per set. You may need a low rep feeder set or two to get to your working weight. Your quads will have a nasty pump by this point.

Supersetted with

Leg extensions – Now you lighten up the weight on the leg extension and do 8 reps per set with toes pulled back to hammer upper thighs.

Do 4 rounds for 8 total work sets

Dumbbell lunge – You only have to walk 6 steps with each leg. Do these slow and controlled or you will fall over.

Supersetted with

Leg extensions – Keep weight the same but now only do 6. Here is the trick. Have your training partner push down on the weight (won't take a lot of pressure) on the first half of the negative (overloading the eccentric contraction). Don't push all the way down or you can overload knees and hurt them. This might make you scream a bit – nasty pain.

Do 3 rounds for 6 total work sets

Seated leg curl – Use a full range of motion. Squeeze hard in the contracted position. You will be amazed at how the blood will immediately pours into your hams.

Supersetted with

Dumbbell stiff legged dead – Do these nice and slow with a moderate weight. Do sets of 8.

Do 3 rounds for 6 total work sets

Chest - 17 sets / Shoulders – 12 sets

Decline dumbbell press – On these we just put 25 lb plates under the side where your feet go, so it is a very slight decline. Do a few sets of 15 to warm up and then do sets of 8 until you can barely get 8. Do not lock these out, keep constant tension. We will count this as 3 work sets. 3 total work sets

Goal – Activation and Supramax pump

Incline bench – Off the Smith and back on the free weight incline bench. This is going to be a classical pyramid today, very basic. Drive the weight up hard and explosively and control it on the way down by doing a 3 second eccentric. I want a tough set of 10, 8, 6, and 4. Form should be perfect though. Take your time between sets. As always do not touch your chest, come short by 2-3 inches. 4 total work sets

Goal – Train explosively

Machine fly – Ok, now it is time to pump the living daylights out of your chest. Do 10 strict machine flyes squeezing hard for 2 seconds in the contracted portion of the rep.

Supersetted with

Pushups – Immediately do pushups to failure. Start with a wide grip and slowly move your grip in each set. I did 2 wide, 2 medium, and 2 close. My reps went down from 25 all the way to 4 to give you an idea of how hard this will be.

Do 5 supersets for 10 total work sets.

Goal – Supramax pump and work muscle from stretch position

Machine rear laterals – Do 4 sets of 15 here. All reps should be slow and controlled. I want you to not just squeeze in the contracted portion, try to create tension in your rear delt through the ENTIRE range of motion. 4 total work sets

Goal – Supramax delt pump

Dumbbell side laterals – Take these up to 10 and 2 o'clock. Do 4 sets of 10 reps. 4 total work sets.

Goal – Supramax delt pump

Dumbbell front raise - Raise the dumbbells almost straight up on these one at a time but this week turn your thumb up on these. Do 4 sets of 10. Also flex your front delt as you get to the top. 4 total work sets.

Goal – Supramax delt pump

This workout was done with IFBB Pro Peter Putnam

Back - 21 sets

Hammer row (DY row) – This is a repeat from last week! On these take your time and get a good warm up. You are going to do 3 sets of 10 with very deliberate form squeezing in the contracted position for 1 second and then getting a good stretch. On your 4th set you are going to do a drop set. Add a little more weight and do 6 perfect reps, then drop the weight some and do 6 more, and then repeat. Now let the weight stretch you and if you have a partner let them give you a very easy pull for 10 seconds to stretch lats out even more. See the video below for form and the stretch. 4 total work sets.

Goal – Activate and pre-pump lats

Dumbbell pullovers – Do these with very slow deliberate form. Each set you do increase the range of motion but do not force it. Do 4 sets of 10. 4 total work sets.

Goal – Work muscle from stretched position

Tbar rows – Start with a pretty narrow grip for 12 reps. Then widen grip about an inch and do 10 reps. Then widen grip another inch and do 8 reps. On your 4th set widen grip even more and do 6 reps. All sets should be close to failure. I don't want your form to breakdown on these though and get sloppy, too easy to get injured. Stay very tight and put all your focus into squeezing back as hard as you can. You will feel it in different area each set you do. Rest about 2 minutes between sets. 4 total work sets.

Goal – Supramax pump

Forced stretch pulldown – This is where you do a normal pulldown but have a partner push down on the weight stack GENTLY when you are in the stretched position to give you a little more forced range of motion. Don't fight it. Let them stretch you. When you start back down they are to let go immediately. Do 3 sets of 8. 3 total work sets.

Goal – Supramax pump

Rack pulls – Work up to a weight that you can do for a good 5 while NOT losing tension in lower lat. I want them flexed throughout the entire set. I do want you to stop on the rack and reset on every rep. Lock those lats in perfect and pull with them. Do 4 sets of 5. 4 total work sets.

Goal – Supramax pump and isometric contraction in lats

Barbell shrugs – Now you can simply adjust the weight and do 3 sets of 15 of shrugs. Hold the top and flex for 2 seconds on every rep. 3 total work sets.

Goal – Supramax pump and isometric contraction in lats

Arms - Biceps - 15 sets & Triceps 12 sets:

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

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

Standing dumbbell curls - Alternate arms this time around, supinate on way up and squeeze bicep hard. 8 reps on each bicep.

Supersetted with

EZ bar curl - then pick up a moderate weight on EZ bar curl. I want you to be able to do 6 reps, and on each rep lower the weight with a 3 second count. Rest 1 minute and repeat.

8 total work sets via 4 supersets.

One arm dumbbell preacher curl - 3 sets of 10. Do one arm, then switch. Only take 30 seconds between sets. I like to do them by letting the dumbbell go all the way so that my arm is fully extended, rest for 1 second, and then curl up. I would never do this early in the routine for fear of injury. Your bis should be nice and pumped now though. I use an incline utility bench, the kind that you would use for incline dumbbell presses. It's a steeper angle, and you can get that stretch safely without your arm hyperextending. 3 total work sets.

Reverse curls – I want higher reps here. Do 25 reps, set the weight down and count to 20, then do 20 reps, set the weight down and count to 20, then do 15 reps, set the weight down and count to 20, then do 10 reps. 4 total work sets.

Bent over rope extensions - This is where you put your back against a pad on a tricep machine, lean forward, and extend your arms out and flex tris. 2 warm up sets of 20 then 4 sets of 12 on these. On the form, make sure you are letting your wrists come all the way back behind your head so you are stretching hard on these. To make the stretch even harder, when I get to that full stretch, I will pick my elbows up toward the ceiling a few inches to get additional stretch. 4 total work sets.

Seated dip machine - If you don't have one of these do weighted dips between benches. This is the machine where you have a seatbelt to keep you in, and you push down and flex tris. Try to go really heavy on these, with continuous tension, no jerking. Do not lock out, but the let the weight ride up so you feel the stretch around your lower tricep - pyramid up. Do sets of 8, and keep adding weight until you can't get 8 anymore. 4 total work sets.

Smith machine close grip benches - These are one of my absolute favorites for triceps. Put the bench on a slight incline. The technique is not like a bench press. It's kind of a combo of a bench and lying extension - similar to the old JM presses that JM Blakely patented. So anyway, on the incline (slight) grip should be a little closer than shoulder width. You slowly lower the bar down to your chin area. You have to let your elbows sort of ride out to the side when you do these. You can't keep your elbows tucked in or this is impossible. So let your elbows flare out some, and slowly lower the weight to your chin. At the bottom position, it looks more like a skull crusher in terms of how your arms are set up, but elbows are under you a little more. Play around with this. When you get it, you'll know it. You will feel an awesome stretch. Doing these last, should keep your elbows healthy. Tris are already tired, so you won't need to load up the weight. Lower slowly, hold for a second at bottom, then drive up but not full lockout. Get 4 sets of 8. 4 total work sets.

Calves

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

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

Routine #1

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

Routine #2

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

Routine #3

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

On routine #3

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

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

NOTE: Here is another option to train tibia.

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

Abdominals – 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Program 20 – The Omega Beam

Omega Beams are powerful bio-electric energy beams that can track and disintegrate a selected target. We are going to disintegrate muscle, but not your joints! So off we go for another 12 weeks of hard work and results!

This program we added back in a separate arm day. As you may or may not know I took it out of programs 18 and 19 to focus more on torso and less on arms (arms still getting a lot of work from all the extra chest band back work).

We will continue to use high intensity technique waving as well as it remains a key element in introducing new stimulus to an already advanced plan.

High Intensity Technique waving:

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

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

Week 5 and 6 – Rest/Pause sets

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

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

Week 11 and 12 – Rest/Pause sets

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

Band work is sprinkled into the program at various points as well. Using bands and chains are optional as I realize not every gym is accommodating.

Here are the bands you will need from EliteFTS:

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

The Mountain dog band pack is being revised to include these.

This is a 4-6 day week program. If you have mastered the art of peri-workout nutrition it can be up to 6 sessions due to your recovery. I attached a separate document that consists of these optional/pump workouts You will add these based on recovery and your areas that need the most improvement.

The extra volume is done in a way to not hurt you or tear up your joints. Remember that every time you train hard, you create an anabolic opportunity for the muscle provided you feed it correctly.

If you are doing 4 days a week, you simply do the base four days.

If you are doing 5 days a week, add one workout from the optional/pump workout document. Select a workout that is your most needed area of improvement.

If you are doing 6 days a week, add two workouts from the optional/pump workout document. Select workouts that are your two most needed area of improvement.

I prefer 6 days with an off day to totally recharge. If you are pre-contest we may in fact do 7 days though in which everything will get hit twice.

Here is one way to set up the 6 day plan – If you wanted to do only 5 days you would simply drop one of the optional workouts.

Day 1 – Legs (heavy)

Day 2 – Chest/Shoulders (heavy)

Day 3 – Back/Bis (heavy)

Day 4 – Arms

Day 5 – OFF

Day 6 – Chest/Shoulders (optional)

Day 7 – Back (optional – no low back work)

**We are going to ramp up volume over the first 2 weeks and do a lighter week or two at the end of the 12 weeks. Most folks then do some pretty light training for 1-2 weeks before going to the next program.*

Week 8 – High Volume

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

Legs – 24 sets:

Seated Leg Curl - We're going to do these a little different this week. I want you to use the pad that pushes down on your thighs to pull your upper body over towards your feet, sort of like you were doing a hamstring stretch on the floor. You may have to move the seat back support up a click or two. This will keep the motion EXCLUSIVELY in your hamstrings, and allow no lower back recruitment at all. Use a full range of motion, and squeeze out 10 reps with a weight that leaves one or two reps in the tank. On the last set, I want you to do as many partials as you can on the bottom half of the movement, only allowing your legs to come halfway back to straight before slamming your hamstrings shut again and cranking the weight down again. 4 total work sets

Goal – Activate and pump

Squat - Let's get some work done. I want you to do sets of 10 working up in weight until you can barely grind out 6 reps. Take these to about an inch, inch and a half, above parallel, using whatever stance in your strongest. Explode out of the hole and drive the weight up. On your final set where you top out at 6 reps, I want you to tack on 4 partial half squats at the end. 4 total work sets

Goal – Train explosively

Leg press – Work your way up doing sets of 15 on the leg press. We are looking for a weight that will be difficult to get for 15 reps. Take conservative jumps on your way up to ensure that your legs are primed for what is coming next. When you have your 15 rep weight we are going to knock out four sets of 10 reps.

First set - 1.25s, each full rep followed by a quarter partial out of the bottom.

Second set - 1.5s, each full rep followed by a half rep out of the bottom.

Third set - 1.75s, each full rep followed by 3/4th of a full rep out of the bottom. Force them out if necessary.

Fourth set - double time, 20 full reps. Force them out until you get them all.

We will call this 6 total work sets.

Goal – Supramax pump

Laying leg curl + Bulgarian Split Squat - We're going to do these one side at a time, superset with dumbbell Bulgarian split squats. I want you to do 8 reps on one leg on the leg curl, stand up and do 8 reps of Bulgarian split squats on the same leg. Then do the other side the same way.

Do 4 rounds for 8 total work sets

Goal – Supramax pump

Dumbbell stiff legged dead – Do these nice and slow with a moderate weight. Do sets of 8. 4 total work sets

Goal – Work muscle from stretch position and Supramax pump

Chest - 17 sets / Shoulders – 12 sets

Flat dumbbell press – Do a few sets of 15 to warm up and then do sets of 8 until you can barely get 8. Do not lock these out, keep constant tension. We will count this as 3 work sets. 3 total work sets

Goal – Activation and Supramax pump

Smith Incline bench – We're going to pyramid up in weight with added partials today. Drive the weight up hard and explosively, but control it on the way down. I want a tough set of 10 + 5 partials, 8 + 4 partials, 6 + 3 partials, and 4 + as many partials as you can do. Form should be perfect though. Take your time between sets. As always do not touch your chest, come short by 2-3 inches. 4 total work sets

Goal – Train explosively

Machine fly – Keep the reps strict and contract for 2 seconds at the top of the movement. Use a 10 rep weight. Once you hit your 10 I want you to drop the 2 second hold and just pump out reps and forced reps until you hit 20 total.

Supersetted with

Pushups – Immediately do pushups to failure.

Do 5 supersets for 10 total work sets.

Goal – Supramax pump and work muscle from stretch position

Machine rear laterals – Do 4 sets of 15 here. All reps should be slow and controlled. I want you to not just squeeze in the contracted portion, try to create tension in your rear delt through the ENTIRE range of motion. 4 total work sets

Goal – Supramax delt pump

Dumbbell side laterals partials – Use a heavy weight that will only allow you to bring the dumbbell up about 3/4 of the way. Do 4 sets of 10 reps. 4 total work sets.

Goal – Supramax delt pump

Dumbbell front raise - Raise the dumbbells almost straight up on these one at a time. Keep a neutral grip until the dumbbell gets about halfway up and then rotate your palm so it faces the ground, contracting your delt hard at the apex of the movement. Do 4 sets of 10. 4 total work sets.

Goal – Supramax delt pump

Back - 21 sets

Hammer row (DY row) – On these take your time and get a good warm up. You are going to do 3 sets of 10 with very deliberate form squeezing in the contracted position for 1 second and then getting a good stretch. On your 4th set you are going to do a drop set. Add a little more weight and do 6 perfect reps, then drop the weight some and do 6 more, and then repeat. Now let the weight stretch you and if you have a partner let them give you a very easy pull for 10 seconds to stretch lats out even more. See the video below for form and the stretch. 4 total work sets.

Goal – Activate and pre-pump lats

Dumbbell pullovers – Do these with very slow deliberate form. Each set you do increase the range of motion but do not force it. Do 4 sets of 10. 4 total work sets.

Goal – Work muscle from stretched position

Seated Cable rows – Use a medium width palms up grip here. We're doing 4 work sets and pyramiding up in weight each set, 12, 10, 8, 6 reps. First two sets I want you leaning forward a good bit, pulling the weight into your ribs below your chest. Allow the weight to stretch you a bit at the top of the movement, then pull shoulders back and bring elbows to your sides, trying to bend the bar across your body. Third set I want you sitting up straight. This time keep your shoulders back the whole time, do not let them round over forward as you lower the weight. Elbows come to your sides as your shoulders push back even further and chest pushes out. Fourth set, you lean back a bit, and keep everything else the same as the third set. Rest about 2 minutes between sets. 4 total work sets.

Goal – Supramax pump

Neutral grip pulldown – Use a handle that has a narrow, palms facing (neutral) grip. Do 3 sets of 8. On each set I want your reps to be controlled and have a split second contraction as you bring the handle to your chest. If you can't hold it, the weight is too heavy. After your 8 reps, I want an additional 4 half reps from the chest on each set. 3 total work sets.

Goal – Supramax pump

Bent Over Rows – Work up to a weight that you can do for a good 5 while NOT losing tension in lower lat. I want them flexed throughout the entire set. This means that you will not fully lower the weight on any rep, come just shy of lock out and then reverse direction. Use an index finger on the rings grip. During the set, I want you to be mindful of the squeeze in your pinky and ring finger. Squeeze those two fingers harder than any other finger on your hand, and imagine you are twisting your wrists to bend the bar. Pull with your whole upper back, and minimize leg involvement. Do 4 sets of 5. 4 total work sets.

Goal – Supramax pump and isometric contraction in lats

45 Degree Hyperextensions – Use a moderate weight and crank out full range of motion reps until your back gets so pumped that you can't go all the way up anymore, then come halfway up. Do this on every set. Enjoy your walk out to the car. 3 total work sets.

Goal – Supramax pump

Arms - Biceps - 15 sets & Triceps 12 sets:

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

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

Standing dumbbell curls - Curl both arms up simultaneously, supinate on way up and squeeze hard. 10 reps on each bicep.

Supersettted with

Machine curl - Then hop on any bicep machine and squeeze out another 6 reps plus 3 partials at the top. Rest 1 minute and repeat.

8 total work sets via 4 supersets.

Straight Bar Cheat Curls - 3 sets of 10. Use a heavier weight. As you fatigue through the set, use a little hip English to break the inertia so you can get all the reps. Squeeze hard through the last bit of the range of motion. 3 total work sets.

Reverse curls – 4 sets of 15 reps. Squeeze the bar hard and put twisting pressure on it with your wrists as you complete the reps. 4 total work sets.

V-bar extensions - Get 2 warm up sets of 20 here, and then knock out 4 sets of 15. Keep the V-bar pretty close to your body for these. 4 total work sets.

Incline Tate Press - Set the incline bench on a 45% angle. Grab a pair of dumbbells. These are similar to dumbbell skullcrushers, but instead of lowering them back towards your skull, you lower them towards each other until the outside of the dumbbell head touches your chest, then flex triceps hard and bring them up just short of full extension. Do sets of 8, and keep adding weight until you can't get 8 anymore. 4 total work sets.

JM Floor Press - Grab an EZ curl bar and lay back on the floor. You are going to grip the bar as if you were doing reverse curls with it. Lower the bar towards your neck and upper chest, stopping a few inches short of touching and then reverse that same motion until you come a few inches short of lockout. The bar path should be a straight line. After a set or two to get the motion down, I want you to grab a 10 rep weight. We are going to take very short rest periods here, 30 seconds to 1 minute. You are going to do sets of 10 with short rest until you fail to get 6 reps. So cut your sets off at 10 reps, then rest, and continue until you can no longer get 6 reps. 4 total work sets.

Calves

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

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

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- Leg raises on a decline board/bench
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Day 4 – Arms

Day 5 – OFF

Day 6 – Chest/Shoulders (optional)

Day 7 – Back (optional – no low back work)

**We are going to ramp up volume over the first 2 weeks and do a lighter week or two at the end of the 12 weeks. Most folks then do some pretty light training for 1-2 weeks before going to the next program.*

Week 9 – High Volume

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

Legs – 19 sets:

Lying leg curl – Start off with 3 sets of 15 to warm up. Then I want you to do 3 sets of 10. On these sets leave a little in the tank (1-2 reps). On your 4th set I want you to do 10, then drop the weight and do 8, and then drop the weight some more and shoot for 10 reps. As you hit failure, then pull the weight up about $\frac{1}{4}$ of the way and hold in place for 10 seconds. I would prefer someone also provide some downward pressure on the pad so that you have to push back to hold the weight in place. That is a true isohold to me. 4 total work sets.

Leg press – Work your way up doing sets of 8 here. Once you get to a weight that is a tough 8, start the work sets. I don't want these sets to be to failure. Stop 2-3 reps short of failure. I want you to be able to execute the squats so this will require you have some energy left.

Supersetted with

Smith squats – Feet out in front nice and controlled reps are what we want here. I want you to do a 3 second decent, nice and slow on the way down, and also do NOT fire out of the bottom today, just come out of the hold with a controlled tempo. It does not to be slow, just controlled. This is going to BURN. Fight through the pain. Do 8 reps.

Do 4 rounds for 8 total work sets.

Goal – Supramax pump

Walking lunges – Do these slow so you don't fall over. The skin on your quads will feel like it's going to tear if you did the above work sets correctly. Simply do 3 sets here. On each set take 10 steps with each leg. 3 total work sets.

Goal – Supramax pump

Barbell stiff legged dead – Do these nice and slow with a moderate weight. Do 4 sets of 10. Come up $\frac{3}{4}$ of the way on your reps here. 4 total work sets.

Goal – Work muscle from stretched position

Chest - 14 sets / Shoulders – 11 sets

Flat dumbbell press – Nothing fancy here just do sets of 12 all the way up until you can't get 12. This is a pretty high number of reps here, so take these to $\frac{3}{4}$ lockout only, so we don't kill your triceps for rest of chest workout. I call this 3 working sets. 3 total work sets

Goal – Activation

Flat bench – You should be really good and warmed up for these. I want you to do 5 sets of 6 here. On all your reps, pause on your chest and drive the weight up explosively. Don't worry if your strength is down a little, it should be after all the reps on the dumbbell presses. 5 total work sets

Goal – Train explosively

Machine press – Ok now it is time to hit some really hard contractions. With a full and pumped muscle these should feel unbelievable. Do 4 sets of 8. Every rep is to be locked out fully and you flex your chest for 2 seconds. On the last set you are going to do a drop set. So on 4th set do 8 reps, then drop the weight and should for about 8 more, and then do it again and go to failure. 4 total work sets

Goal – Train explosively

Dips – If you need to use the assist machine please do. I do. I just want 2 sets to failure. Get a crazy stretch at the bottom and only come up half way on these. Work the stretch. 2 total work sets

Goal – Train muscle from stretched position

Dumbbell bent over rear laterals – Do 4 sets of 20 here. I want these to be done swing style where you don't come up all the way. Just let arms hang and swing and contract rear delts. 4 total work sets

Goal – Supramax delt pump

Seated dumbbell side laterals – Take these up to 10 and 2 o'clock but do them seated this week. Do 4 sets of 10 reps. 4 total work sets.

Goal – Supramax delt pump

Barbell front raise - Raise these straight over head! Do 3 sets of 10 here. Control the weight, don't use momentum. 4 total work sets.

Goal – Supramax delt pump

Back - 19 sets

Meadows row – Ok do 3-4 warm ups and then it's time to grind. Do 4 sets of 8. The 8th rep should be very tough on all 4 sets. 4 total work sets.

Goal – Activate muscle

Dumbbell row – Now it's time for more ball busting work. This isn't the same as the last exercise. Your hands are in a neutral position now and not pronated, so different areas of your back are targeted. Do 4 sets of 8 here too. 4 total work sets.

Goal – Supramax pump

Dumbbell pullovers – Let's give your arms a break after all that rowing. Do these with very slow deliberate form. Do 4 sets of 10. 4 total work sets.

Goal – Work muscle from stretched position

Chins – use the assist machine on these. I want you to do 2 sets with a wide grip to failure, and then 2 sets with a moderate grip/hand spacing to failure. 4 total work sets.

Goal – Supramax pump

Banded hyperextensions – Do 3 sets of 15 here using bands to add to the peak contraction. 3 total work sets.

Goal – Supramax pump

Arms - Biceps - 14 sets & Triceps 11 sets:

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

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

I freaking love this workout.

These are done with Grip4orce attachments. They force you to squeeze the barbell or dumbbell through the repetition. If you do not have these it's no problem. Just something cool to try that works well if you do have them.

Superset 1

Standing dumbbell curls w/ Grip4orce - Do both arms at once. Go down with a 3 second count for 6 reps. Then remove the Grip4orce, and turn your hands over so you are doing hammer curls, and do 6 more reps. Next, sit down on a machine bicep curl and flex 6 more reps out. Flex hard, they will burn like fire. 4 rounds of this. 8 total work sets via 4 supersets.

Superset 2

Standing barbell curl w/ Grip4orce with one arm preacher curls.

Curl 8 reps, and then do one arm at a time on a preacher bench with dumbbells (no Grip4orce). Try to go all the way down, but when you get to the bottom turn your thumb down toward the floor to get some more lower bi stretch, supinate hand back up, then curl the weight up for 8 reps. 3 rounds of this. 6 total work sets via 3 supersets.

That's it for bi's - that is one of my favorite bi workouts

Rope pushdowns w/ Grip4orce - 5 sets of 15 with 30 second breaks. Try to flex every rep, but once you get to the 3rd set or so, you won't be able to do that. Just do the best you can. 5 total work sets.

Close grip bench with ez bar curl - lower these with a 3 second count and pause at the bottom - then drive up. Pyramid up. Try to get a set of 12, then 10, then 8. I like to lower the bar to more above my nose though. It's all tri there. If I take the bar to my chest, it just seems like it is 90% chest. 3 total work sets.

Tricep extensions with a pulley - Get a bench with a back support and put in crossover rack. Hook a rope up to the bottom pulley and do seated overhead extension with rope. Basically just sit bench beside low pulley and have your partner hand you the rope. These feel awesome for high reps. Try to do 3 sets of 25, and stretch good at the bottom on every rep. This is another one of my high rep favorite exercises. 3 total work sets.

Calves

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

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

Routine #1

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

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

NOTE: Here is another option to train tibia.

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

Abdominals – 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
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- Leg raises on a decline board/bench
- V ups

Pick one exercise from the following to hit upper abs:

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Program 20 – The Omega Beam

Omega Beams are powerful bio-electric energy beams that can track and disintegrate a selected target. We are going to disintegrate muscle, but not your joints! So off we go for another 12 weeks of hard work and results!

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High Intensity Technique waving:

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Week 10 – High Volume

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

Legs – 21 sets:

*This was a leg workout done in the Team Universe program. I loved it so much I had to repeat it.

Standing leg curl – On these do 2-3 warm up sets first. Lean down so that your leg is fully straightened out in the stretched position with resistance. Then slowly lift the weight and flex the ham hard. On these do sets of 8.

Supersetted with

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.

Goal – Activate and Supramax pump

5 supersets for 10 total work sets.

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. 3 total work sets.

Goal – Supramax pump

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.

Supersetted with

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.

Goal – Work muscle from stretch position and Supramax pump

We did 4 supersets for 8 total work sets.

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

Chest - 13 sets / Shoulders – 11 sets

Hammer strength press - 2 warm up sets. I prefer you use a flat hammer or similar machine. If not that, then use a decline machine. On these remember to not let your elbows go past 90 degrees at the bottom, as it's easy to overstretch and inflame your shoulders or rotators on this machine. The bands will make the contraction unbelievable. Do 4 sets of 8 with a hard flex at the top. I have video on my YouTube channel on how to hook up bands and do reps ok! 4 total work sets.

Use the long red pro mini bands.

Goal – Activate and pump

Incline barbell - 1 warm up set then go to a weight that you can do for around 15. I want you to do 4 sets of 8 with it though. I want you to accelerate on the way up as hard as you can. Try to really forcefully drive the weight up as hard as you can. Lower slowly, pause for a split second then bam drive up hard. None of these sets will be to failure, because the weight won't be that heavy. Only take 60 seconds between sets though. This is a rare time when I actually want you to touch your chest with the bar on an incline. 4 total work sets.

Goal – Train explosively

Flat dumbbell press - Regular press, but pause at bottom, and squeeze for 1 second at top. You probably won't be able to handle a ton. Pick a weight you can do for 3 sets of 10. 3 total work sets.

Goal – Supramax pump

Decline smith machine bench - Pick a weight you can usually do for 20 normal reps. I want you to do rest pauses with it to failure. So you may get 12-15 depending on how good your pause strength is and how exhausted you are already. Then I want you to do one more set. Add some weight, something you can usually do for about 12-15, and I want you to do the same thing with that. You will probably get 6 to 8 reps. 2 total work sets.

Goal – Supramax pump

Cable side laterals – Do one arm at a time - 4 sets of 20 with each arm - this will probably be the most painful thing you do. Get the weight up to a little over your head in terms of how high to bring up. These are sides, so stay strict on doing them out to sides. It won't take much weight at all. I use like 2 plates on a

cable crossover rack. Only rest 30 seconds after you do each set, and then get back at it. Burn them up. They should be numb when you complete the sets. 4 total work sets.

Goal – Supramax pump

One arm dumbbell bent over rear laterals - Do one arm at a time, so that you can get a little more ROM with this. The arm that is going can kind of cross over to the other side of your body, then you swing it back out, so you get a little extra coming across. Make sure that you actually flex and stop all momentum on each rep!!! Your entire delt should be full of blood, and feeling like you were stung by a swarm of hornets. Do sets of 15. 4 total work sets.

Goal – Supramax pump

Seated dumbbell press - Do 3 sets of 8. Go down to about ear level and drive up to near lockout then back down - continuous tension. You will be surprised how much you can do, but you might have to have someone hand them to you. 3 total work sets.

Goal – Train explosively

Back - 16 sets

One arm barbell rows – Do a few warm ups, and then start pyramiding up doing sets of 8. Just keep going until you can barely get 8 with good form. We will count the last 3 sets as working sets. Don't take huge jumps in weight, or you won't get enough sets in. 3 total work sets.

Goal – Activate and pump

Single arm supinated pulldowns – Lean back a bit, stay there, and drive your elbow straight down flexing your lat at the bottom hard. Do 4 sets of 8. 4 total work sets.

Goal – Supramax Pump

Stretchers – These are where you put a foot onto the pad where you sit on a lat pulldown, use a close grip attachment, and stretch and pull! Keep your down as you stretch. For a form refresher, see this on my YouTube. Remember to duck your head down in the stretched position for an extreme stretch. Do 3 sets of 10. 3 total work sets.

Goal – Wok muscle from a stretched position

Barbell shrugs – Do 3 sets of 10 with a 2 second pause at the top of each rep. Flex hard. 3 total work set.

NOTE: Women do 3 sets of 10 of dumbbell pullovers on these.

Goal – Supramax Pump

Banded hyperextensions – 3 sets to failure. On the last set drop the bands and then keep going with your bodyweight only to failure. 3 total work sets

Goal – Max Spinal erector pump

Arms - Biceps - 16 sets & Triceps 12 sets:

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

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

Seated dumbbell curls superset with ez bar preacher curls - On the seated dumbbell curls - keep your palms up throughout the entire set. On the way down take 2 seconds. Flex real hard at the top of these. These should be super strict. Then on the preacher curls, same thing, lower with 2 second count, and flex hard at the top. Each exercise is done for 8 reps. So each set will be 16 reps (8 with dumbbells and 8 on preacher curl). Do 3 rounds total. Rest about 90 seconds between sets. 8 total work sets via 4 supersets.

EZ bar reverse curl superset with dumbbell hammer preacher curl - On the reverse curl, have your arms come to a 90 degree angle - perpendicular to floor. Squeeze the bar hard as you are doing them. Then when you move on to the preacher curls with a dumbbell, again do them hammer style one at a time. All the way down, and all the way up. Do 3 rounds total. Reps are 12 on both exercises. Rest about 90 seconds between sets. 8 total work sets via 4 supersets.

Do 3-4 hard 30 second stretches for bi's when done.

Regular pushdowns - 4 sets of 10. Let the bar ride up high, try to feel it in your lower tricep too near the elbow. Go as heavy as you can while keeping perfect form. 4 total work sets.

Bench dips - Let's go for some shock here. Do as many reps as you can up to 40 reps. After you do each set grab a light to medium dumbbell and sit down (with your back supported)

Supersetted with

Dumbell extension behind the head. ONLY do the bottom 1/4 of the rep. Do 8 reps with this technique. I want you working the stretch, after you just finished all the reps on dips working the contraction. This is a great combination. Do not use a massively heavy dumbell unless your elbows feel perfect. I prefer a lighter dumbell and an extreme stretch. Do 4 rounds. 8 total work sets via 3 supersets.

Calves

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

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Abdominals – 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

- Hanging Leg Raises
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Pick one exercise from the following to hit upper abs:

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

Program 20 – The Omega Beam

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Week 11 – Moderate Volume

Week 11 and 12 – Rest/Pause sets

Legs – 16 sets:

Seated leg curl – On these do 2-3 warm up sets first. When I do rest-pause reps I like to do these seated. Once you get warmed up you will do all your reps like this. Do the rep and then straighten legs and rest 1 second. Do 4 sets of 10 like this. This should be tough. Do the best you can to stay strict. 4 total work sets.

Goal – Activate and pump

Squat – Now you are moving onto pause squats. I want you to do sets of 6. On each rep you sit in the bottom position for 3 seconds before driving up hard. Keep taking small jumps until you can barely get your 6. We will count the last 3 sets as work sets. 3 total work sets.

Goal – Train explosively

Leg press – Let's kick the burn in now. I want you to use a weight you can do 30 reps with. You are going to do 30 reps and then rest for only 1 minute. Do 3 sets. 3 total work sets.

Goal – Supramax pump

Leg extension – On these we usually do more of a rep based workout but today we are going to go heavy. Don't let your feet come underneath you as I don't like the knee stress with that range of motion. Kick the heavy weight up and flex hard for 1 second and then lower it and pause at the bottom. Depending on how the machine is built you may be able to do a true pause and get a split second of rest, if not just hold the weight for a second (this hurts bad). DO 3 sets of 8 like this. 3 total work sets.

Dumbbell stiff legged deadlift – Now pump out 3 sets of 10 here. Take these to $\frac{3}{4}$ lockout. Keep constant tension on hams. 3 total work sets.

Goal – Work muscle from stretch position and Supramax pump

Chest - 12 sets / Shoulders – 11 sets

Machine press – Do 3 to 4 warm up sets here. Now you are going to rest pause all reps here too. Lower the weight until the stack bottoms out, and rest for 1 second and then drive up with a smooth motion flexing as hard as you can throughout the reps. Do 4 sets of 8 like this. All these sets should be very close to failure. 4 total work sets.

Goal – Activate and pump

Incline barbell – Do a couple of feeder sets to get you to your working weight and do 5 sets of 5 with a 2 second pause at the bottom of each rep (2 inches above your chest). Drive the weight up forcefully here. 5 total work sets.

Goal – Train explosively

Flat dumbbell press – Now let's pump your chest hard. Do 2 sets where you hit failure at about 10 reps to start. On your 3rd set let's do a massive drop set. Do 10, drop the weight and shoot for another 6, and then drop the weight and shoot for another 6. On the first two parts of the drop set, take the weight up to $\frac{3}{4}$ lockout. Once you get to the final drop use a full range of motion with the absolute best stretch you can get out of the bottom. 3 total work sets.

Goal – Supramax pump

Cable side laterals – I want you to do what you did last week here but use a slightly heavier weight. Try to get to 20 again this week on your sets but you will fall short. That's ok though, push these as hard as you can. Your delts should be lit up when you stop. Do one arm at a time - 4 sets of 20 with each arm. Get the weight up to a little over your head in terms of how high to bring up. These are sides, so stay strict on doing them out to sides. Only rest 30 seconds after you do each set. 4 total work sets.

Goal – Supramax pump

Machine rear laterals – Do 3 sets of 25 here. Take your time, and flex all your reps. Drive blood in there. 3 total work sets.

Goal – Supramax pump

Seated Smith press – Do 4 sets of 8 here. Lower the weight to the top of your head and drive up flexing your delts hard. Lower the weight slowly on each rep; be in complete control of the weight. 4 total work sets.

Goal – Supramax pump

Back - 14 sets

Front pulldowns - 2 sets of 15 to warm up - I want you to take your hands all the way out to the end of the pulldown bar. I want you to pull the bar down to your chin and flex your lats as hard as you can, and then let it come up as high as it can. Relax your upper body so that you can feel your scapulae pulling. The first set may feel a little achy. Your shoulders and scapulae will be tight at first, but they will loosen up. Do 3 sets of 8 reps. 3 total work sets.

Goal – Activate and pump

Low cable rows - After all the stretching on the lat pulldown, you may notice these feel better than usual. Do 3 sets of 12, and try to go up a little each set in weight. Push yourself. Form is to lean forward a little, maybe 10 degrees on the way down, and then arch your chest and squeeze for a half second at the top. 3 total work sets.

Goal – Supramax pump

Smith machine bent over rows - Do 3 sets pyramid style. Do 12 reps, then 10, then 8. Go up each set. Do rest pause on these this week. This means every rep you sit down the bar on the stop and then drive the weight up as hard as you can. Drive your elbows to the ceiling as opposed to pulling up with you bis. 3 total work sets.

Goal – Train explosively

Deadlifts (conventional) – Find a weight that is a tough 5, but you can do 5 without form breaking. I want you to do 4 sets of 5. Take your time in between sets. I want you to get all your reps here. 4 total work sets.

Goal – Train explosively

Hyperextensions- Give me 1 set of as many as you can do!!! I did 47 reps last time I tried this. See if you can beat that. 1 total work set.

Goal – Supramax pump

Arms - Biceps - 11 sets & Triceps 10 sets:

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

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

2-3 warm up sets of dumbbell curls then:

Superset 1

Standing supinated dumbbell curls with a 3 second negative w/ machine curls. Do 8 reps on both exercises. Keep your palms up the whole time on the curls, and make sure you are taking the full 3 seconds to lower. On the machine curls squeeze real hard at top to get peak contraction. Do 3 rounds of this. 6 sets via 3 supersets.

Dumbbell preacher curls - do 8 reps on each arm, and go back and forth non-stop for 3 rounds. So 3 sets on each arm. 3 total work sets.

EZ bar reverse curls – 2 sets of 25 reps. Bring the bar all the way to your chin for at least 15 of the reps. Burn the crap out of your arms. 2 total work sets.

Bar pushdowns - 2-3 warm up sets of 15 reps then do these leaning forward, let the bar come to your forehead (you need to be bent over to do this right - a little above 45 degrees). Then drive the weight straight down and flex. Pyramid up. Rep scheme looks like this 15,12,10,8. 4 total work sets.

Heavy pronated kickbacks – Bend over a little more than usual, and drive these up real high. How you hold the dumbbell is really important on these. I want you to have your palms facing up toward the ceiling as you do the kickback. Your thumb will be beside your body, and your pinkie will be away from it. This little tweak to form kills your long/inner tricep head. Sets of 6. 3 total work sets.

Close grip dips - 3 sets to failure. Try to keep hands in close and go low to stretch tricep hard. Do these with bodyweight only, and feel free to use an assist/cheater machine if you need to. 3 total working sets.

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Week 12 – Moderate to Low Volume

Week 11 and 12 – Rest/Pause sets

Legs – 16 sets:

Laying leg curl – On these do 2-3 warm up sets first. We're going to alternate legs on this to enforce the rest pause. Do 4 sets of 10 like this. This should be tough. Do the best you can to stay strict. 4 total work sets.

Goal – Activate and pump

Smith Machine Squat – Do a few feeder sets until you get a weight that will be a tough 10. I want you to knock out 6 reps, rack the bar but stay under it and take 6 deep breaths, then unrack and go again. Repeat until you can barely finish your 6 reps. That is one set. I want you to give me three full sets like this. 3 total work sets.

Goal – Train explosively

Leg extension – We're gonna do these similar to last week, but with reps a bit higher. Again, don't let your feet come underneath you as I don't like the knee stress with that range of motion. Focus hard on the contraction, force the weight up and flex hard for 1 second and then lower it and pause at the bottom just off the machine's stop. We're going to follow the lead from the earlier ham work and go one leg at a time, so knock out all reps on one leg, then do all the reps on the other, alternating in quick succession. No more than 30 seconds rest between legs. Do 3 sets of 12 like this. 3 total work sets.

Leg press – Drag yourself back over to the leg press, or you can roll if your legs are pumped up enough. Sets of 20, feet high and wide, toes out. Screw your feet into the plate, feet pushing out against the outer edges of your shoes. Drive your knees out on the press and squeeze everything. Your legs will be mostly dead at this point, so make sure they don't rise from the grave until next week. Do 3 sets. 3 total work sets.

Goal – Supramax pump

Dumbbell stiff legged deadlift – Now pump out 3 sets of 10 here. Take these to $\frac{3}{4}$ lockout. Keep constant tension on hams. 3 total work sets.

Goal – Work muscle from stretch position and Supramax pump

Chest - 12 sets / Shoulders – 11 sets

Machine press – Do 3 to 4 warm up sets here. Now you are going to rest pause all reps here too. Lower the weight until the stack bottoms out, and rest for 1 second and then drive up with a smooth motion

flexing as hard as you can throughout the reps. Do 4 sets of 10 like this. All these sets should be very close to failure. 4 total work sets.

Goal – Activate and pump

Barbell bench press – Do a couple of feeder sets to get you to your working weight and do 5 sets of 5 with a 2 second pause at the bottom of each rep (2 inches above your chest). Drive the weight up forcefully here. 5 total work sets.

Goal – Train explosively

Incline hex press – Now let's pump your chest hard. I want 2 sets of 12 reps, using a solid 12 rep weight, but with a s rep or two still in the tank. On set number 3, the pauses come in. I want you to pause each rep for a 1 count just off the chest, and again for a 1 count just short of lockout. Make sure your counts are a full one second and not just a stop and go. Give me all the reps you have left on this third set. 3 total work sets.

Goal – Supramax pump

Seated Dumbbell press – Do 4 sets of 8 here. Lower the weight to just below 90 degrees of elbow angle and drive up flexing your delts hard. Lower the weight slowly on each rep; be in complete control of the weight. 4 total work sets.

Goal – Supramax pump

Seated side laterals All that cable volume for the past two weeks and now we're casting off the leash. I want sets of 20 again, but with dumbbells. The caveat? I want the top 3/4th of the range of motion only. So your arms will not come all the way down, they won't get within about 18" of your sides. Bring weights straight out to your sides and up to head level. Remember, 20 is the goal, but if you are hitting 20 on all 4 sets, your weight isn't heavy enough. Only rest 30 seconds after you do each set. 4 total work sets.

Goal – Supramax pump

Machine rear laterals – Do 3 sets of 25 here. Take your time, and flex all your reps. Drive blood in there. 3 total work sets.

Goal – Supramax pump

Back - 14 sets

Neutral pulldowns - 2 sets of 15 to warm up - use a neutral grip bar with a medium width grip. If you don't have one, you can usually make an EZ curl cable attachment work pretty close. I want you to pull the bar down to your chest and flex your lats as hard as you can, and then let it come up as high as it can, same as last week. Don't lean back excessively on these, I want you to arch through your thoracic spine and pull down with your lats, squeezing hard and pinching your scapula down and together on the contraction at the bottom. There will be a slight swinging motion on this as you have to reach at the top and then arch on the pull, but don't get excessive with it. Do 3 sets of 10 reps. 3 total work sets.

Goal – Activate and pump

Low cable rope rows - Do 3 sets of 12, and try to go up a little each set in weight. We're going to use a specific grip and wrist rotation on these. I want you to grab the rope with your palms facing down, and the thumb side of your hand closest to the ball on the ends of the rope. You're going to bend forward pretty far, arms outstretched with palms facing down. Start the row and as your elbows approach 90 degrees you're going to rotate your palms to facing, maybe even slightly upward, as your torso comes up just a bit but is still leaning forward some. It is crucial to start the motion of the pull in the elbow and not with leaning your torso back. 3 total work sets.

Goal – Supramax pump

One arm dumbbell rows - I want you to pyramid up in weight until you hit a solid 10 rep weight, then hit sets of 8, alternating arms, until you can't get 8 anymore. Minimal rest on this, just the time that it takes to change sides and catch a few quick breaths. Drive your elbows to the ceiling as opposed to pulling up with you bis. Emphasize the grip of your pinky and ring finger on the dumbbell handle, this will help you recruit a bit more lat. 3 total work sets.

Goal – Train explosively

Rack pulls – Remember that weight you used to pull from the floor last week? Set that same weight up in the rack this week, at mid shin height. I want the same 4 sets of 5, but I want you come to a full stop on the pin and reset your form on each rep. 4 total work sets.

Goal – Train explosively

Hyperextensions- One set. All you can eat. Beat your number from last week!!!! 1 total work set.

Goal – Supramax pump

Arms - Biceps - 11 sets & Triceps 10 sets:

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

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

2-3 warm up sets of dumbbell curls then:

Standing barbell curls + machine curls w/ 3 second negative. Do 8 reps on both exercises. Changing the set a bit from what we did last week. Do 3 rounds of this. 6 sets via 3 supersets.

Seated dumbbell curls - do 8 reps on each arm, and go back and forth non-stop for 3 rounds. So 3 sets on each arm. Stay in the stretch position with your non working arm the entire time. 3 total work sets.

Cable reverse curls – 2 sets of 25 reps. Bring the bar all the way to your chin for at least 15 of the reps. Burn the crap out of your arms. Stand back from the cable head just a bit so you get some forward pulling load as well as downward. 2 total work sets.

Bent over rope extensions - 2-3 warm up sets of 15 reps then do these leaning forward, let your hands come back behind your head, but not too far that it forces you to lose tension. Start with a conservative 15 rep weight. We're going to follow the 15, 12, 10, 8 pyramid scheme, but we're adding a twist. I want you to keep your hands apart for the prescribed reps for the set, then the fun begins. After your prescribed reps, perform the extension portion of the movement with hands together, and the eccentric portion with hands apart for as many reps as possible. Once you can no longer keep hands apart on eccentric, just pump out as many reps as possible with hands together for the full motion. Do every set like this. 4 total work sets.

One arm reverse grip pushdown – Use a single D handle for these. I want you to grab it with a palm up grip and extend your elbow bringing the handle to your side, palm still facing forward, with a strong contraction for a 2 count at lockout. Squeeze your lat on the working arm side to intensify the contraction. Do sets of 10 here. 3 total work sets.

Barbell incline skull crushers - 3 sets of 8. I want you to use a fairly heavy weight on these since you will be pretty pumped up at this point. I want you to hold the stretch position in the bottom for a 2 count and then drive up hard, and stop for another 2 count just short of lockout. 3 total working sets.

Calves

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

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

Routine #1

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

Routine #2

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

Routine #3

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

On routine #3

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

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

NOTE: Here is another option to train tibia.

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

Abdominals – 8 sets

Do 2 times this week on whatever days you want.

Pick one exercise from the following to hit lower abs:

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

Pick one exercise from the following to hit upper abs:

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

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

Mountain Dog training

OPTIONAL/PUMP DAYS – as recovery allows

BACK TRAINING

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

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

Optional Back workout – 16 sets

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

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

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

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

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

1. Dumbbell pullovers

Use this form - <http://www.youtube.com/watch?v=CVz8KjQtXho>

2. Straight arm lat pulldowns.

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

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

You will get more range of motion.

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

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

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

5. Wide grip chin

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

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

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

On the pulldowns do 4 sets of 10.

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

Swiss bar:

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

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

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

Do 4 sets of 10.

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

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

Program 18 or 19 – use this template.

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

Structure

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

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

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

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

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

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

Do one exercise for lower traps/rhomboids

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

https://www.youtube.com/watch?v=O6shuaJl__A&list=UUmSEdFW3LpEKyLiCDWBDdVQ

Do one exercise for serratus and upper outer lats

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

Do one exercise for spinal erectors

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

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

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

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

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

You have another choice here for back training!

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

Giant Set

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

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

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

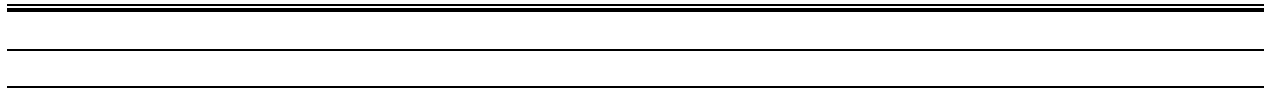
Now onto the TRI-SET!

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

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

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

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



Optional Leg workout – 18 sets

You have many choices here!

Option #1 – Giant Sets / quad dominant

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

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

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

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

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

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

Option #2 – Giant Sets / Ham dominant

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

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

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

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

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

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

Option #3 – Overall leg focus

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

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

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

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

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

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

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

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

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

Option #4 – Quad and hip flexor focused

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

This workout consists of 4 exercises.

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

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

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

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

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

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

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

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

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

Option #5 – Overall leg focus

This workout consists of 3 exercises.

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

Superset time!

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

This is to be Supersettted with

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

12 total sets from doing 6 supersets.

That's it!

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

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

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

CHEST

Option #1 – Straight sets

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

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

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

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

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

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

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

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

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

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

<http://www.youtube.com/watch?v=vI5Fy-jlVH0&list=PLCB563F603BA85BBF&index=7>

Do 4 rounds.

Option #2 - Trisets

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

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

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

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

Option #3 - Trisets

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

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

Once warmed up do 4 rounds.

SHOULDERS

For shoulders, follow this plan.

Option #1 – Straight sets

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

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

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

** You can also do these with a cable machine

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

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

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

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

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

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

Option #2 – Giant Sets

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

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

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

If you are using Program 18 or 19, you will do the above but also add in two triceps exercises.

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

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