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Introduction

Thank you for signing up for my training program! You will find that this training is extremely effective, safe, and actually fun and addictive. You will amaze yourself at the things you are going to be able to do during this program!

This is just some general information and your first program will be included as separate attachments. Don't ever think you are bugging me by asking questions. I want you to always ask if unsure about something.

Generally speaking I want to build your volume up as we go (not always), and add in extra training, but first I need to see how you quickly we can get you to recover. Recovery and your goals will be key in determining next steps. We are in no rush to add work, but when capable of doing more work, we can accelerate gains.

Exercises and Form

The number one thing to remember is that your form needs to be perfect on everything you do! Make sure you go to my YouTube channel (**mountaindog1**) so you can see how I execute exercises. The channel is organized by body part and you'll see special playlists for things like band work, and isotension sets. This will make finding exercises, band set ups, and special techniques easy. To quick-link to a particular body part playlist, click on one of the links below:

Back

Chest

Legs

Arms

Shoulders

Abs

Bands

My Programs

I have many programs and they are all hard, but a little unique.

- Program 1 - This is my base four-day a week program where volume is periodized. This program does not include bands and chains.
- Program 2 - Similar to program 1 but does not periodize volume. You will take 1-2 weeks to de-load weeks before starting.
- Program 4 – This program adds a great deal of band work, which is another way to increase intensity.
- Program 7 – This is a five-day a week program, with bands, and even more added intensity. This program has more emphasis on chest and shoulders.
- Program 10-13 - These are up to seven days a week, depending on your recovery. You can focus on anything you want. Band work and chain work are included if you have the tools, but are not required.
- Program 14 is similar to 10-13 but adds in occlusion training as a hypertrophy technique on occasion.
- Program 15 is similar to 10-14 but adds in some tremendously painful yet effective forced isotension techniques.

I am continuing to build programs all the time!

Training FAQ

How do I know if the weight I am using is right?

- When I say 3 sets of 10, I don't mean every set should be flat out to failure at 10 reps. The reps should always be hard. Usually with this pattern, you should feel like you have 2-3 reps in the tank after the first set or two, but the last one is a really hard 10, and you may not even get all 10.
- Many times I will say go up to a weight until you can do x number of reps with it, and we'll count the last 3 sets as working. For example, if you are doing barbell incline presses and 225 for 8 reps is as much as you can muster, you wouldn't want to do 135 and then jump right to 225. You would want to do a set of 8 with say 200, then one with 215, then the one with 225. That would be a typical pyramid. Another example, on the leg press you may do 1 plate a side, and keep adding plates all the way to 10. We would count the set with 8, 9, and 10 as work sets. You wouldn't want to do 3 or 4 sets, and then go right to 9 or 10 plates. That's how you strain things and get injured.
- The deeper you are into a workout, the less number of "feeder" sets you'll need. Feeder sets are just sets to get you to your working weight. So let's say the leg press was your last exercise for the workout. Now, you might be able to start with say 5 plates a side, and do one set there, one with 6, and one with 7. You don't need to do one plate, two plates, etc. You are warmed up enough at this point and don't need to waste energy.
- Feeder sets deeper into the workout can be lower in reps too. If you are doing hack squats as the last exercise in your workout, you could probably just do sets of 3 reps up to your working weight sets. Again, you are warmed up enough by now and don't need to waste energy.
- When I want you to go to complete failure, I will tell you so. When I want you to pyramid up, I will tell you so etc.
- Bottom line, is just listen to what I say and ask questions when you need too!

How long should I rest between sets?

- Rest breaks are whatever amount of time it takes to catch your breath and be ready to crank, unless *I tell you* otherwise. Try to move faster rather than slower on smaller body parts such as arms. On exercises such as squats, take a little longer so you can crush the next set.

Will I lose my strength training like this?

- Your strength *may be down at first* due to the order of exercises! That's ok. Don't panic. If you were doing a squat 3rd instead of first, I would expect that due to fatigue not muscle weakness. The cool thing is that your strength will actually rebound and you will likely gain strength training with this style. You will hit muscle fibers harder with this style, but will experience less tendon and ligament strain.
- Also, your joints should feel great with this style unless you are a real mess now. I hear it over and over again from clients, about how their joints are feeling the best they have in years, and how once they get through the initial programs their strength shoots up. I could care less about strength, but I know you might, so I just wanted to address this so you knew what to expect.

What kind of equipment do I need?

- I realize you may not have all the equipment required and that's ok. As long as you have the ability to do *most* things, that's fine.
- If you come across an exercise you can't do, substitute something similar. If you need an idea, just ask.
- To get the bands that I recommend from my good friends at EliteFTS click on the picture below.



How do I use maximize results with training if I am doing nutrition on my own?

- Your pre, intra, and post workout nutrition are KEY to getting 100% out of this program. Please let me know what you are doing if you did not hire me for nutrition, so I can help assure you obtain the best possible results. I will send you a peri-workout plan at no added cost. I want you to crush this training.

Do I have to send updates for training?

- You don't *have* to send me updates on training, but I do like to get feedback. Most people let me know how it's going.

Miscellaneous

- Diet and rest are so important with this training. It simply does not work on people who won't eat or who won't rest (not sure any training does though).
- Please read the workouts and ask me questions before you go to the gym ok! I love answering good questions :)
- **All workouts are confidential - please keep them private. I have my training trademarked.**

Closing

When you send me questions, please give me 24 hours to answer. If it is the weekend, please allow a little longer.

Friend me on Facebook if you do Facebook!!



And

Like my Mountain Dog Diet Facebook page!!



You will find updates on my training, interesting bodybuilding topics as well stuff from my other clients for some informative and inspiring stuff!

Thanks and let's get to work!

JM



Program 21 – The Annihilation Wave

This program is being written as an off-season mass building program but making it a precontest program is quite simple. You would use higher volume right out of the gate in weeks 1 and 2, and your last week would be very low intensity so feel free to use this program for both. I have included notes on how to adjust if pre-contest.

High Intensity Technique waving:

Week 1 and 2 – Emphasis on rest/pause and iso hold combinations

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

Week 5 and 6 – Drop 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

The last 2 weeks very few high intensity techniques are used as we need your muscle to be fresh and not beat down on stage *if you are in pre-contest mode*.

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)
- 2 grey average bands IF you want to do reverse band work
- 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)

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, but 7 day a week training is reserved for shorter periods of time.

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. Most folks then do some pretty light training after week 12 for 1-2 weeks before going to the next program.*

WEEK 1

Week 1 – Low to Moderate Volume

Week 1 and 2 – Emphasis on rest/pause and iso hold combinations

This was an awesome workout done with Ken Jackson.

Chest - 9 sets & Shoulders - 13 sets

Machine rear laterals- I recently started kicking off my chest and shoulder workouts with rear delts and I am really happy with the results so far. Here do 4 sets of 20 using perfect form and getting a 1 second squeeze in the flexed position of every rep. **4 total work sets.**

Goal – Supramax pump

Machine press – Do several sets of 8 working your way up. Once you get to a tough 8, you are going to do 3 sets with it. Each set, you are going to pause at the bottom, KEEP YOUR PECS FLEXED, and then drive up and squeeze into an isohold for 2 seconds. Do all reps like this on your 3 work sets. **3 total work sets**

Goal – Activate and pump

Barbell Incline – Do one feeder set to get loose and then on these you are going to lower these to about 2 inches above your chest. Again, keep your chest flexed and tight at the bottom and PAUSE for 2 seconds on every rep. On these do not lock out and squeeze though. Just come right back down once you get to $\frac{3}{4}$ lockout and drive up with authority. Do 3 sets of 8. Try to use weight that makes the 8th rep tough. **3 total work sets**

Goal – Train explosively

Slight incline dumbbell press – Set the incline up on a very small angle. Do 3 sets of 8 with a nice controlled full range of motion. See the video below. **3 total work sets**

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

Goal – Supramax pump

Ok now back over to shoulders for a nasty triset finisher.

Barbell front raises- 10 reps here

Supersetted with

Dumbbell side laterals - 10 reps here

Supersetted with

Rear delt band/face pulls - 10 reps here

See video.

<https://www.youtube.com/watch?v=vOW3cXkLMw>

Do 3 rounds for 9 total work sets.

Goal – Supramax pump

*Pre-contest strategy is too simply do 1 more work set on each chest exercise, or another exercise for 4 sets.

Legs – 16 sets

Lying leg curl – On these do 3-4 good warm up sets and then I want you to do this. All reps will be rest pause style. You need to do these with control. No jerking or bouncing the weight. Lower the weight until it bottoms out of the machine, pause for 1 second and then slowly start the weight moving up and then try to contract very hard in the contracted position. Do 3 sets of 10 like this. You should have a ton of blood in your hams from this. **3 total work sets.**

Goal – Activate and pump hams

Barbell squat – Work your way up slowly, but these should feel great coming out of the bottom after doing the leg curls. Lower these slow with a 3 second descent, and then drive the weight up hard and fast to $\frac{3}{4}$ lockout. Do 3 sets of 8 here. The weight should allow you to be explosive and may slow down the last few reps, but the goal here is to not do slow grinding reps, it's too explode. So in summary, you won't hit complete failure, but you will lose some speed on the last couple of reps. **3 total work sets.**

Goal – Train explosively

Leg press – On these you should only need 1 to 2 low rep feeder sets to get to a good working weight. Now it's time to drive maximum blood in your quads. Do 3 sets of 20, with stretches in between and low rest breaks. See below for example. **3 total work sets.**

For example:

3 plates per side for 6 (feeder set)

4 plates per side for 4 (feeder set)

5 plates for side for 20 reps, then immediately stretch each quad for 30 seconds, then rest 45 seconds and repeat 2 more times for 3 total sets.

Intra-set stretching – See above

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 when you are standing about 2/3 of the way up. You should feel like someone is stabbing you in the glute with a knife if you

do these correctly. This does not include my world famous drop set on these, but you'll get to that soon enough. **3 total work sets.**

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

Goal – Supramax pump

Barbell stiff legged deadlift – Do 3 sets of 10 here. Don't come all the way up, just come up $\frac{3}{4}$ of the way and really work the stretch. I prefer to use 25 lb plates to allow for more of a range of motion. Don't force the stretch though. Allow it to happen on its own. Each set you will feel your hams get a little looser. **3 total work sets.**

Goal – Work muscle from stretched position

*Pre-contest strategy – Add 2 sets to the leg press routine for 5 total rounds there, and add 1 working set to the lying leg curl and stiff legged deadlift exercises.

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 – Activate and pump

Smith machine rows – These are all done rest pause style too. Set up the Smith machine so that the bar comes down to roughly where you would do a rack pull from. You are going to drive the weight up hard and explosively by driving elbows up, and then lower the weight to a complete stop, reset and hit it again. All reps are to be done this style. Do 3 sets of 8 like this. You should get close to failure with good form. So in other words, it's ok if form starts to go on last rep, but not if on 4th or 5th rep, as that would mean it's too heavy. You want that last rep to be the last one you can do with perfect form, or just a tad bit sloppy. **3 total work sets.**

Goal – Train explosively

Medium grip chins – If you cannot do chins unassisted, that is ok. In that case just use the assist machines, I use these for almost all of the chins I do FYI as you can use perfect form. Do 3 sets to failure. Try to really keep your lats contracted as you lower yourself. Also try to get up really high so you can get a crazy contraction at the top. Keep the tension high and don't just drop down or use your arms too much. **3 total work sets.**

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 flex your 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

Dumbell pullover – Do 3 sets of 10 here lying on a bench not across in my usual pullover style. **3 total work set.**

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

Goal – Work muscle from stretched position

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.**

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

Goal – Supramax pump in your spinal erectors

Biceps - 9 sets / Triceps - 9 sets

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

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

Superset 1

Rope pushdown – Do these for 15 locking out at the bottom and flexing for 1 second

Supersetted with

Seated dumbell curls – Alternate arms. Keep your palms up the entire time. Flex hard at the top for 1 second before lowering. Do 8 reps per set here.

Do 3 rounds after warm ups are complete. Flex on every rep!! **6 total work sets via 3 supersets.**

Superset 2

Dip machine for triceps - If you don't have machine, some kind of dip is what I am looking for. Try to let the handles come up kind of high so you can really stretch your tricep and drive these down to $\frac{3}{4}$ lockout. Don't go all the way down as we just did on previous exercise. This is more intense stretching here. Do 10 reps per set.

Supersetted with

EZ bar preacher curls – Do a nice and slow 8 reps flexing hard at the top.

3 rounds of this. **6 total work sets via 3 supersets.**

Superset 3

EZ bar close grip bench press – I like to use an EZ bar on these and take them down over my face, but not all the way as opposed to over the chest. I let my elbows flare out when lowering over my face to really stretch triceps too. Don't lock these out, keep constant tension for 8 reps.

Superseded with

Hammer curls – Now let's hit your brachialis. Do sets of 12 here. Alternate arms until set is complete.

Do 3 rounds. **6 total work sets via 3 supersets.**

This will go pretty fast and is a perfect opportunity to hit abs and calves too by the way.

Calves

Calves are to be hit a minimum of 2 x a week, the more the better with calves. Do them as much as you can. If you can, try to get all of these routines done in a week. If not just mix it up.

Calve program #1

Do this one at least one time a week.

Standing calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

<https://www.youtube.com/watch?v=Qhdlw51Xjsc>

In between these sets work your tibialis for 20 reps on each side.

NOTE: Here is a way to train tibia if you don't have one of those seated tibia machines.

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

This superset equals 10 total work sets (5 for gastrocs and 5 for tibia).

Calve program #2

Do this one at least one time a week.

Seated calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

In between these sets work your tibialis for 20 reps on each side.

This superset equals 10 total work sets (5 for soleus and 5 for tibia).

Calve program #3

The Super Pump routine!!!

See link below – 5 rounds of this!

<https://www.youtube.com/watch?v=XLxnXx6V7Ng&index=35&list=PLD5A37C01FC6D4C0D>

Calve program #4

This is probably the most painful calve routine I do.

Each set is like this, you do 10 full range reps and then hold in the top position for 10 seconds, and then pump out 10 more reps, now these you will not be able to get all the way to the top and that's ok, and then do another 10 second hold as high as you can get it. At this point you will want to quit bad, don't. Do another 10 reps even if you can barely move the weight and then hold it for another 10 seconds.

So in total you do 30 reps in the set with 3 instances of 10 second holds.

I would you only do 1 set like this the first time as most people get really sore from just one set. Work up to 3 sets max.

<https://www.youtube.com/watch?v=ITkcQ8PgNFM>

Abdominals

Do abs EVERY single day you train doing 4 rounds of one of these combinations.

Combo #1

Hanging Leg Raises & Incline Situps (failure on all sets)

<https://www.youtube.com/watch?v=Qe8HIJv5fWs>

Combo #2

Hanging Leg Raises & Rope Crunches (failure on all sets)

<https://www.youtube.com/watch?v=aKPkJWGEc7E>

Combo #3

Rope Crunches and Lat Pulldown Crunches

https://www.youtube.com/watch?v=FDcIgeU12_k

On the Rope crunches always stretch your abdominal wall at the top before crunching down and sucking in your lower abs.

On the Lat crunches, suck in your stomach as hard as you can before blowing your air out and crunch down on abs.

Combo #4 – Ab Death

Hanging leg raises and Rope crunches and Incline Sit ups

<https://www.youtube.com/watch?v=DNOb3S7fBS4>

WEEK 2

Week 2 – Low to Moderate Volume

Week 1 and 2 – Emphasis on rest/pause and iso hold combinations

Chest - 13 sets & Shoulders - 10 sets

Bent over dumbbell rear laterals- Do one warm up set and then do 4 sets of 15 with short 45 second rest breaks. Try to use a full range of motion but once you start to fatigue, rather than shrugging the weight up or using your lats, do hang and swings. **4 total work sets.**

Goal – Supramax pump

Hammer press – Do 2-3 good warm up sets working your way up in weight until you find a weight that you can barely get 8 with. I want you to try to do 3 sets with this weight of 8. If you don't get all 8 reps on the last 2 sets, that's ok. **3 total work sets**

Note* - If you have bands I would like for you to use the pro mini bands on these. If using bands drop to 6 reps and try to explode out of the bottom against the band. Also only let your arms go back to 90 degrees. This is not shoulder friendly if going into a deep stretch. Here is how to attach.

<https://www.youtube.com/watch?v=2qe6zhjNVK4&index=16&list=PL2F8A4BD406176C34>

Goal – Activate and pump

Barbell Incline – Do one feeder set to get loose and then on these you are going to lower these to about 2 inches above your chest. Now do these again this week, but I bet you will be stronger. See if you can do more than last week. So 3 sets of 8 again with the 2 second pause at the bottom. **3 total work sets**

Goal – Train explosively

Flat dumbbell press – Do 2 sets of 8 here working up in weight. On your last set I want a triple drop set. See the video below as an example. Do 8 reps, then take a drop and shoot for 4 to 6 more reps, and then take another drop and shoot for 4 to 6 more reps. Don't lock these out, keep constant tension on the pecs. I actually like to rest pause all these reps sometimes. You don't have to since you just did on incline though. **3 total work sets**

<https://www.youtube.com/watch?v=OlpxYATMLoc&list=PL2955620A11D03694&index=46>

Goal – Supramax pump

Dip and Stetch pushup superset – Do 2 rounds here. See the video below as an example. Go to failure on all sets. 3 supersets so **4 total work sets**

<https://www.youtube.com/watch?v=Qv0ebDw1x6U&list=PL2955620A11D03694&index=47>

Goal – Work muscle from a stretched position

Now back to shoulders

Machine side laterals – Do 4 sets of 10 here with a 1 second iso hold at the top of each set. In the video I do partials, ignore that, that is for another week. **4 total work sets**

Goal – Supramax pump

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

Dumbbell front raises – Do 2 sets of 20 here nonstop. Alternate arms and take these over your head for an extreme range of motion. **2 total work sets**

Goal – Supramax pump

*Pre-contest strategy is too simply do 1 more work set on each chest exercise, or another exercise for 4 sets.

Legs – 17 sets

Seated leg curl – On these do 3-4 good warm up sets and then I want you to simply do 3 sets of 10 to failure, meaning the 10 rep should be extremely difficult to do strictly. On your 4th set you are going to do an isohold with a dumbbell for as long as you can to really fill the hams with blood. Fight this with everything you have. See the video below to see it in action. **4 total work sets.**

https://www.youtube.com/watch?v=-h_I9E4WIOE&index=39&list=PLD5A37C01FC6D4C0D

Goal – Activate and pump hams

Barbell pause squat – Work your way up slowly again, but this week I want you to add a 2 second pause at the bottom to all your reps. I want you to simply do sets of 8, and keep going up until you can just barely get 8 with the pauses. Take small jumps so you get a good 3-4 work sets, don't go right to a weight that kills you and cheat yourself out of volume. **4 total work sets.**

Goal – Train explosively

Leg extension – On these you are going to do 3 sets of 15 but every rep is going to be complete with a 2 second hold at the top. This should burn as bad as anything you have ever done if you do it properly. In between each set get a good hard 30 second quad stretch. **3 total work sets.**

Intra-set stretching – See above

Goal – Supramax pump

Walking dumbbell lunge – I want you to take 20 total steps per set so 10 reps on each leg. Hold dumbbells moderately heavy and go nice and slow. I want you to take your time and try to get deep into the stretch at the bottom. Do 3 rounds. **3 total work sets.**

Goal – Supramax pump

Barbell stiff legged deadlift – Do 3 sets of 10 here. Come all the way up and flex your glutes. I prefer to use 25 lb plates to allow for more of a range of motion. Don't force the stretch. Allow it to happen on its own. **3 total work sets.**

Goal – Work muscle from stretched position

*Pre-contest strategy – Add 1 set to the leg extension and lunge routine, and add 1 working set to the seated leg curl and stiff legged deadlift exercises.

Back - 18 sets

Straight arm pulldown – I used a rope on these. Now sometimes on these you tilt down more and really stretch upper lats but I want you to stand more upright and really get rope back and hands back as far as you can and squeeze all of lat, especially lower lat. Do sets of 10 here.

Supersetted with

Cable low row – I usually do these ultra-strict but loosen up on form as you go heavier. Each set add weight. Do sets of 8 on all sets. The last 2 sets should be so heavy form is a little loose. Lean forward just a few inches in stretch position. I usually have people sit there straight up and down with no torso movement. The pre-exhaust ensures your lats get hammered, you'll see!

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

Goal – Activate and pump

Kettlebell/dumbbell rows – This is like doing bent over barbell rows but holding kettle bells instead. If you don't have kettlebells you can use dumbbells. The benefit of the kettlebell is that you can actually get it up higher, those few inches make a huge difference. Once you get it up, do an isohold for 1 second on every single rep you do. Use a pronated grip, so palms facing you as you execute the movement. Do 4 sets of 8 here. **4 total work sets.**

Goal – Supramax pump

Rack pulls – On these I want 5 sets of 5. The 5th rep should be hard. Leave a rep or two in the tank on all sets

except the last one. Don't bounce the bar off the rack, do a dead stop on every rep. Re-set and then drive up hard and fast. **5 total work sets.**

Goal – Train explosively

Dumbbell pullover – Do 3 sets of 10 here lying on a bench not across in my usual pullover style. **3 total work set.**

Goal – Work muscle from stretched position

*Pre-contest strategy – Add 1 round in the first superset, and also add in 3 sets of high rep trap work after the rack pulls. Do 3 sets of 20 (shrugs).

Biceps - 10 sets / Triceps - 16 sets

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

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

3 exercises in a row to start!

Rope pushdowns – Do sets of 12 and flex at bottom for 1 second.

supersetted with

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. Normally kickbacks are useless, but I find this variation to be really good at hitting the medial head of your tricep.

<https://www.youtube.com/watch?v=WQRJacR4tuc&index=1&list=PL04BB5F1BC0300483>

supersetted with

Dips between benches – Go to failure on these. Just work the bottom part of the movement. Your triceps will be too tired to get many reps locking out.

3 rounds of this tri-set so **9 total work sets.**

Dual rope tricep pushdowns – See the video below. Stand back and keep your upper arm stationary and tucked in. Do sets of 8 here.

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

supersetted with

Spider curls – Do sets of 8 here. See video below to check form. If you can't do these stick to a normal preacher curl.

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

4 rounds of this superset so **8 total work sets**.

Now we finish by slowing it down with straight sets.

EZ bar curls – I want 6 sets of 8 here, but only take 30 seconds between sets. This will burn like fire. **6 total work sets**.

Seated overhead rope extensions - Get a massive stretch on these. Do 3 sets of 8. **3 total work sets**.

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

No change pre-contest...

Calves

Calves are to be hit a minimum of 2 x a week, the more the better with calves. Do them as much as you can. If you can, try to get all of these routines done in a week. If not just mix it up.

Calve program #1

Do this one at least one time a week.

Standing calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

<https://www.youtube.com/watch?v=Qhdlw51Xjsc>

In between these sets work your tibialis for 20 reps on each side.

NOTE: Here is a way to train tibia if you don't have one of those seated tibia machines.

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

This superset equals 10 total work sets (5 for gastrocs and 5 for tibia).

Calve program #2

Do this one at least one time a week.

Seated calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

In between these sets work your tibialis for 20 reps on each side.

This superset equals 10 total work sets (5 for soleus and 5 for tibia).

Calve program #3

The Super Pump routine!!!

See link below – 5 rounds of this!

<https://www.youtube.com/watch?v=XLxnXx6V7Ng&index=35&list=PLD5A37C01FC6D4C0D>

Calve program #4

This is probably the most painful calve routine I do.

Each set is like this, you do 10 full range reps and then hold in the top position for 10 seconds, and then pump out 10 more reps, now these you will not be able to get all the way to the top and that's ok, and then do another 10 second hold as high as you can get it. At this point you will want to quit bad, don't. Do another 10 reps even if you can barely move the weight and then hold it for another 10 seconds.

So in total you do 30 reps in the set with 3 instances of 10 second holds.

I would you only do 1 set like this the first time as most people get really sore from just one set. Work up to 3 sets max.

<https://www.youtube.com/watch?v=ITkcQ8PgNFM>

Abdominals

Do abs EVERY single day you train doing 4 rounds of one of these combinations.

Combo #1

Hanging Leg Raises & Incline Situps (failure on all sets)

<https://www.youtube.com/watch?v=Qe8HIJv5fWs>

Combo #2

Hanging Leg Raises & Rope Crunches (failure on all sets)

<https://www.youtube.com/watch?v=aKPkJWGEc7E>

Combo #3

Rope Crunches and Lat Pulldown Crunches

https://www.youtube.com/watch?v=FDcIgeU12_k

On the Rope crunches always stretch your abdominal wall at the top before crunching down and sucking in your lower abs.

On the Lat crunches, suck in your stomach as hard as you can before blowing your air out and crunch down on abs.

Combo #4 – Ab Death

Hanging leg raises and Rope crunches and Incline Sit ups

<https://www.youtube.com/watch?v=DNOb3S7fBS4>

WEEK 3

Week 3 – Moderate to High Volume

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

Chest - 12 sets & Shoulders - 12 sets

Machine rear laterals/reverse pec deck flies- Do a couple of warm up sets and then do 3 sets of 20 here. On your 4th set I want you to extend the set by doing 10 additional partials. Do the partials out of the stretch position (not contracted) and slow the rep speed down to really feel it intensely. **4 total work sets.**

Goal – Supramax pump

Incline (slight) dumbbell press – Do 2-3 good warm up sets working your way up in weight until you find a weight that you can barely get 8 with going to $\frac{3}{4}$ lockout. I want you to try to do 4 sets with this weight of 8. If you don't get all 8 reps on the last 2-3 sets, that's ok. Look at video below so you can see the slight angle I prefer. **4 total work sets**

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

Goal – Activate and pump

Barbell Flat – Do one feeder set to get loose and then on these you are going to lower these to about 2-4 inches above your chest and then stop, and then lower to chest and then drive up explosively to $\frac{3}{4}$ lockout. See the video below for a form check. Do 4 solid sets of 8 here. **4 total work sets**

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

Goal – Train explosively

Machine fly – On here you are going to do 8 to 10 reps to start, then once you hit failure have your partner for out an extra 5 reps. After that throw in another 5 partials out of the stretch. See the video below so you can understand the technique and intensity I am looking for. You don't have to do the isoholds yet though, they are coming in the future. Do 3 normal sets of 8 to 10, and then a 4th set using the forced reps and partials. **4 total work sets**

<https://www.youtube.com/watch?v=GzmbHcNsmpps&index=44&list=PL2955620A11D03694>

Goal – Supramax pump and work muscle from stretched position

Now back to shoulders

Machine side laterals – The same as last week here, but I want you to try and use more weight this week on these and instead of the iso holds you are going to tack on partials. Do 4 sets of 10, and on ALL sets tack on 10 partials out of the bottom after you complete the 10 full range of motion reps. If your shoulders aren't on absolute fire you are doing these wrong. **4 total work sets**

Goal – Supramax pump

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

Barbell front raises – Do 4 sets of 10 here. Take these about 3-4 inches above your head out in front of you. **4 total work sets**

Goal – Supramax pump

*Pre-contest strategy – workouts will not change now until the last week of program as we will dial down intensity for the contest if you are in contest prep. This allows the muscle to fill out and have more pop on stage.

Legs – 18 sets

Seated leg curl – On these do 3-4 good warm up sets and then do a good old fashioned pyramid. For reps do 15, 12, 10, and 8 as you add weight. On the 4th set, after you do 8 reps, I want you to do 30 partials out of the stretched position. Do these slowly, do not bounce the weight out of the bottom. Hamstring fire will ensure. **4 total work sets.**

Goal – Activate and pump hams

Barbell squat – Work your way up slowly again doing sets of 10 reps. Do this until you hit a weight you can barely get 10 with. The few sets should be very difficult. Take these up 3/4 of the way and don't lockout. Keep tension on legs. **4 total work sets.**

Note: I would like for you to use a different bar if you have one this week to change the movement pattern, most people switch to the safety squat bar here. You could also use a Buffalo bar, or a cambered bar, or if you are lucky enough even a Spider bar (my favorite).

Goal – Train explosively

Leg extension – On these I want you to do 3 sets of 10 with a good hard flex at the top on all reps, and then on your 4th set, after you hit failure pump out as many partials as you can get out of the bottom. Go until you are barely moving the weight an inch or two. I got 27 reps like this today, see if you can beat me. **4 total work sets.**

Intra-set stretching – in between each set stretch each quad for 30 seconds.

Goal – Supramax pump

Hack squat 1.5's – Doing 1.5 reps means you go down all the way, come up only half of the way and go right back down, and then come up all the way. This is one rep, hence the name one and a half's. Do 4 sets of 8 like this. **4 total work sets.**

Goal – Supramax pump

Barbell stiff legged deadlift – Do 2 sets of 15 here. Come all the way up and flex your glutes. I prefer to use 25 lb plates to allow for more of a range of motion. Don't force the stretch. Allow it to happen on its own. **2 total work sets.**

Goal – Work muscle from stretched position

Back - 19 sets

Meadows row – Do 2-3 warm up sets and then find a weight that is a tough 8 reps. I want you to do 4 sets of 8 here. These should be tough reps, not sloppy, but definitely may have to loosen up form a tad on last rep or two to get your 8. Grind away on these. **4 total work sets.**

<https://www.youtube.com/watch?v=AY4YjAHcWrw&list=PLA808445EA052D63A&index=14>

Goal – Activate and pump

Pulldowns – I want you to do these very heavy. You only pull these to the top of your head. It's not really a true front or rear pulldown. Just pull straight down to your head. When you get the weight to right above your head, hold and flex for 1 second. Also, when you let the weight come up, really let it stretch you. DO 4 sets of 8 here. **4 total work sets.**

<https://www.youtube.com/watch?v=cvhlITSWimE&index=1&list=PLA808445EA052D63A>

Goal – Supramax pump

Dumbbell dead stop rows – These are very tough too. Rest the dumbbell for a second on the ground after each rep and then explosively drive your elbow up. Do 3 sets of 8 on each side. **3 total work sets.**

https://www.youtube.com/watch?v=_mwGSMCiMc&list=PLA808445EA052D63A&index=5

Goal – Train explosively

Dumbbell pullover – Do 3 sets of 10 here lying on a bench not across in my usual pullover style. **3 total work set.**

Goal – Work muscle from stretched position

Dumbbell shrug– Do 3 sets of 10 here with 3 second pauses at the top of each rep. **3 total work set.**

Goal – Supramax pump

<https://www.youtube.com/watch?v=jqQk69L0lpQ&index=17&list=PLA808445EA052D63A>

Banded good mornings – Do 2 sets of 25 here. See the video for form check. **2 total work set.**

Goal – Supramax pump

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

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.

I thought I would mix in abs and calves during the arm workout to be more efficient and I really liked this!

Pushdowns – Do sets of 12 and flex at bottom for 1 second. I used a chin/dip assist machine as you can see in video below, as this is my favorite pushdown variation at the moment. If you don't have one of these machines you can use a rope or attachment of your choice.

<https://www.youtube.com/watch?v=LLQPUECpGaU&list=PL04BB5F1BC0300483&index=23>

supersetted with

Incline sit ups – Do these to failure.

Do 4 rounds for **8 total worksets.**

Seated overhead rope extensions - Get a massive stretch on these just like last week. Do sets of 8 here.

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

supersetted with

Hanging leg raises – Do these to failure.

Do 4 rounds for **8 total worksets.**

Tate press - I use kettlebells on these, as my preference but you can do these with dumbbells too. I love these. These crush the lateral head of your tricep. Do sets of 10 here. See the video below for form check.

<https://www.youtube.com/watch?v=P6qXrNfQzTU>

supersetted with

Rope crunches – Do these to failure.

Do 4 rounds for **8 total worksets**.

EZ barcurl – Do sets of 10 here flexing as hard as you can throughout the set.

supersetted with

Standing calf raises – Do sets of 10 here with a good stretch and get a good 10 second stretch after the last rep on each set.

Do 4 rounds for **8 total worksets**.

Hammer curl - Do sets of 10 here. Do all your reps on one side, and then the other so you can really focus on each arm.

supersetted with

Seated calf raises – Do sets of 10 here with a good stretch and get a good 10 second stretch after the last rep on each set.

Do 4 rounds for **8 total worksets**.

EZ bar preacher curl - Do 4 sets of 8 here using very controlled form. **4 total worksets**.

That's it for the day!

Calves

Calves are to be hit a minimum of 2 x a week, the more the better with calves. Do them as much as you can. If you can, try to get all of these routines done in a week. If not just mix it up.

Calve program #1

Do this one at least one time a week.

Standing calf raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

<https://www.youtube.com/watch?v=Qhdlw51Xjsc>

In between these sets work your tibialis for 20 reps on each side.

NOTE: Here is a way to train tibia if you don't have one of those seated tibia machines.

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

This superset equals 10 total work sets (5 for gastrocs and 5 for tibia).

Calve program #2

Do this one at least one time a week.

Seated calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

In between these sets work your tibialis for 20 reps on each side.

This superset equals 10 total work sets (5 for soleus and 5 for tibia).

Calve program #3

The Super Pump routine!!!

See link below – 5 rounds of this!

<https://www.youtube.com/watch?v=XLxnXx6V7Ng&index=35&list=PLD5A37C01FC6D4C0D>

Calve program #4

This is probably the most painful calve routine I do.

Each set is like this, you do 10 full range reps and then hold in the top position for 10 seconds, and then pump out 10 more reps, now these you will not be able to get all the way to the top and that's ok, and then do another 10 second hold as high as you can get it. At this point you will want to quit bad, don't. Do another 10 reps even if you can barely move the weight and then hold it for another 10 seconds.

So in total you do 30 reps in the set with 3 instances of 10 second holds.

I would you only do 1 set like this the first time as most people get really sore from just one set. Work up to 3 sets max.

<https://www.youtube.com/watch?v=ITkcQ8PgNFM>

Abdominals

Do abs EVERY single day you train doing 4 rounds of one of these combinations.

Combo #1

Hanging Leg Raises & Incline Situps (failure on all sets)

<https://www.youtube.com/watch?v=Qe8HIJv5fWs>

Combo #2

Hanging Leg Raises & Rope Crunches (failure on all sets)

<https://www.youtube.com/watch?v=aKPkJWGEc7E>

Combo #3

Rope Crunches and Lat Pulldown Crunches

https://www.youtube.com/watch?v=FDCigeU12_k

On the Rope crunches always stretch your abdominal wall at the top before crunching down and sucking in your lower abs.

On the Lat crunches, suck in your stomach as hard as you can before blowing your air out and crunch down on abs.

Combo #4 – Ab Death

Hanging leg raises and Rope crunches and Incline Sit ups

<https://www.youtube.com/watch?v=DNOb3S7fBS4>

WEEK 4

Week 4 – High Volume

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

Chest - 12 sets & Shoulders - 12 sets

Machine rear laterals/reverse pec deck flyes- Do a couple of warm up sets and then do 4 sets of 15 here. This should be a little heavier than the weight you used last week. On all sets I want you to extend the set by doing 10 additional partials. Do the partials out of the stretch position (not contracted) and slow the rep speed down to really feel it intensely. **4 total work sets.**

Goal – Supramax pump

Flat dumbbell press – This is just like last week but we change angles this week and go to flat version. Do 2-3 good warm up sets working your way up in weight until you find a weight that you can barely get 8 with going to $\frac{3}{4}$ lockout. I want you to try to do 4 sets with this weight of 8. If you don't get all 8 reps on the last 2-3 sets, that's ok. **4 total work sets**

Goal – Activate and pump

Incline bench press – Do one feeder set to get loose and then on these you are going to do sets of 6 until you hit a set you can barely do 6 on. Don't take huge jumps in weight or you will get to your max weight too fast. I want you to do a good 3-4 sets here. Drive the weight up hard and squeeze/grip the bar hard as well. **4 total work sets**

For example:

This is good

135 x 5 (feeder set)

185 x 6 (6 reps- still 3-4 left in tank)

205 x 6 (6 reps – 2-3 left in tank)

215 x 6 (6 reps – 1-2 left in tank)

225 x 6 (barely got 6th rep)

This is bad

135 x 5 (feeder)

185 x 6 (6 reps- still 3-4 left in tank)

225 x 6 (barely got 6th rep)

Goal – Train explosively

Incline dumbbell fly – On these you are going to keep your grip pronated (palms facing down) as opposed to the typical neutral position flyes that are done with. See video below for a form check. Do 4 sets of 8. On the last 2 sets tack on 5 slow and careful partials out of the stretch position. **4 total work sets**

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

Goal – Supramax pump and work muscle from stretched position

Now back to shoulders

Cage press – Do 4 sets of 6 here. Lower the weight slowly, and then drive it up hard. See the video below for form check. **4 total work sets**

<https://www.youtube.com/watch?v=iCYS8Y44n8w&list=PL1F60A60A3E4E2E83&index=1>

Goal – Train explosively

Machine side laterals – Again, try to use more weight this week on these! Also, tack on partials. Do 4 sets of 10, and on ALL sets tack on 10 partials out of the bottom after you complete the 10 full range of motion reps. **4 total work sets**

Goal – Supramax pump

Legs – 22 sets

Note: This is a workout I did with Ken Jackson 5 weeks before the 2015 Phoenix Pro show.

Glute machine – Today you start off with a glute exercise. I do believe in doing direct glute work on occasion. I have linked one machine below, at my other gym we have a machine where you kick straight back. If you don't have one of these machines just try to simulate this. Do a few warm ups and then 4 sets of 10. I would try to hold the flexed position for 1 second on all reps to really activate glutes. **4 total work sets.**

<https://www.youtube.com/watch?v=WuknU-10NIU&list=PLD5A37C01FC6D4C0D&index=53>

Goal – Activate and pump

Stiff legged deadlift with barbell – Generally my programs save these for last, not today though. You are doing these set up like a rack pull. We are not going for a massive stretch. Pull from midshin a few inches below kneecap. I just want you to really use your glutes to contract and lift the weight and then stand there and flex them on every rep for 1 second. I do these rest/pause style, but if you can maintain tension in glute doing them non-stop that is ok. Find a good weight and do 4 sets of 8 with it. **4 total work sets.**

Goal – Supramax pump

Leg press – On these you are going to use a slow 3 second descent and then drive the weight up hard. Just keep adding plates until you can barely get 10 reps. You will be doing 10 reps per set. In terms of foot position, I want you to use the position you feel strongest in. We will count the last 4 sets as working sets, although three of these sets you will obviously have reps left in the tank. **4 total work sets.**

Intra-set stretching – in between each set stretch each quad for 30 seconds.

Goal – Train explosively

Leg extension – This was fun today. Do 2 sets of 20 where you focus on teardrop. This means pointing your toes down (plantar flexed) and letting your butt come off seat. We actually sit on a little pad to raise our body up some. On your last two sets you sit down flat and as you lift the weight keep your toes actually pointed back toward your torso (dorsiflexed) and squeeze hard on upper thighs. So 4 sets of 20 here and again, flex as hard as you can for 1 second on all reps. **4 total work sets.**

Intra-set stretching – in between each set stretch each quad for 30 seconds.

Goal – Supramax pump

Smith machine lunges – Use a riser of some kind on this to get a massive stretch in your glutes and quads. See the video below for form. DO 3 sets of 12 with each leg. **3 total work sets.**

https://www.youtube.com/watch?v=fiysDfA_sZg&index=47&list=PLD5A37C01FC6D4C0D

Goal – Supramax pump

Lying leg curl – Do 3 sets of 10 here. On the last set tack on 15 partials out of the stretched position. **3 total work sets.**

<https://www.youtube.com/watch?v=vFujdpmp1vk&list=PLD5A37C01FC6D4C0D&index=52>

Goal – Supramax pump

Back - 20 sets

Note: This is a workout I did with Ken Jackson 5 weeks before the 2015 Phoenix Pro show.

Single arm supinated pulldown – Do 2-3 warm up sets and then find a weight that is a tough 8 reps. Do 4 sets of 8 with it. If you don't have this machine you can use other bars and do both arms at once. I do prefer you use some supination doing these. When you do your last set, let your lats stretch for 30 seconds before releasing the weight.

<https://www.youtube.com/watch?v=TCf3IPDPvSw>

Goal – Activate and pump

Kettle bell rows – When you do these really drive your elbows up high! Flex your lower traps and rhomboids. You should feel a crazy pump in the middle of your back upon completion of this. Do 8 reps and then drop down and do 8 more with a 2 second hold on all reps.

Supersetted with

Tbar deads - This is the style I use for lower lats. On these do 6 reps. Keep your lower lats tight the whole time!

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

<https://www.youtube.com/watch?v=byibZa9o1aM>

Goal – Supramax pump

Pulldown combination – These are absolutely awesome. See the old video below of Ken Jackson doing this. First you do an away facing pulldown for 8 reps, and then turn around and do normal pulldowns for 8. In the video I am applying a forced stretch on the last 8, and if you have a partner who can do this for you – do it! Do 4 rounds! **4 total work sets.**

<https://www.youtube.com/watch?v=Dme2KnhDJNY&index=45&list=PLA808445EA052D63A>

Goal – Work muscle from stretched position

Banded good mornings – Do 4 sets of 20 here. See the video for form check. **4 total work set.**

Goal – Supramax pump

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

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.

I really liked mixing in abs and calves throughout the workout like we did last week, so I think I will continue this. Training arms doesn't tire you out unless your conditioning levels are awful, so I say keep moving.

Machine curls – Really you can use any machine curl. The idea is just pure isolation so you can squeeze as hard as possible on these preferably with a supinated hand position the whole time. Most preacher curl type machines are great here. Do sets of 10 here with perfect form squeezing as hard as possible at the top of each rep for 1 second.

supersetted with

Incline sit ups – Do these to failure.

Do 4 rounds for **8 total worksets.**

Reverse EZ bar curls - I did sets of 15 here really trying to flex my brachialis on these at the top.

supersetted with

Hanging leg raises – Do these to failure.

Do 4 rounds for **8 total worksets.**

Rope hammer curls - This is just where you hook a rope up on the bottom pulley and do hammer curls with it. Do sets of 10 here flexing hard at the top for 1 second. Let your arms straighten all the way out at the bottom on these.

supersetted with

Rope crunches – Do these to failure.

Do 4 rounds for **8 total worksets**.

Pushdowns on a chin/dip assist machine – Yes I freaking love these. Do sets of 12 here!

<https://www.youtube.com/watch?v=LLQPUECpGaU&list=PL04BB5F1BC0300483&index=23>

supersetted with

Standing calf raises – Do sets of 10 here with a good stretch and get a good 10 second stretch after the last rep on each set.

Do 6 rounds for **12 total worksets**.

-
Tate press - I use kettlebells on these, as my preference but you can do these with dumbbells too. I love these. These crush the lateral head of your tricep. Do sets of 10 here. See the video below for form check.

<https://www.youtube.com/watch?v=P6qXrNfQzTU>

supersetted with

Seated calf raises – Do sets of 10 here with a good stretch and get a good 10 second stretch after the last rep on each set.

Do 6 rounds for **12 total worksets**.

Calves

Calves are to be hit a minimum of 2 x a week, the more the better with calves. Do them as much as you can. If you can, try to get all of these routines done in a week. If not just mix it up.

Calve program #1

Do this one at least one time a week.

Standing calf raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

<https://www.youtube.com/watch?v=Qhdlw51Xjsc>

In between these sets work your tibialis for 20 reps on each side.

NOTE: Here is a way to train tibia if you don't have one of those seated tibia machines.

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

This superset equals 10 total work sets (5 for gastrocs and 5 for tibia).

Calve program #2

Do this one at least one time a week.

Seated calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

In between these sets work your tibialis for 20 reps on each side.

This superset equals 10 total work sets (5 for soleus and 5 for tibia).

Calve program #3

The Super Pump routine!!!

See link below – 5 rounds of this!

<https://www.youtube.com/watch?v=XLxnXx6V7Ng&index=35&list=PLD5A37C01FC6D4C0D>

Calve program #4

This is probably the most painful calve routine I do.

Each set is like this, you do 10 full range reps and then hold in the top position for 10 seconds, and then pump out 10 more reps, now these you will not be able to get all the way to the top and that's ok, and then do another 10 second hold as high as you can get it. At this point you will want to quit bad, don't. Do another 10 reps even if you can barely move the weight and then hold it for another 10 seconds.

So in total you do 30 reps in the set with 3 instances of 10 second holds.

I would you only do 1 set like this the first time as most people get really sore from just one set. Work up to 3 sets max.

<https://www.youtube.com/watch?v=ITkcQ8PgNFM>

Abdominals

Do abs EVERY single day you train doing 4 rounds of one of these combinations.

Combo #1

Hanging Leg Raises & Incline Situps (failure on all sets)

<https://www.youtube.com/watch?v=Qe8HIJv5fWs>

Combo #2

Hanging Leg Raises & Rope Crunches (failure on all sets)

<https://www.youtube.com/watch?v=aKPkJWGEc7E>

Combo #3

Rope Crunches and Lat Pulldown Crunches

https://www.youtube.com/watch?v=FDcIgeU12_k

On the Rope crunches always stretch your abdominal wall at the top before crunching down and sucking in your lower abs.

On the Lat crunches, suck in your stomach as hard as you can before blowing your air out and crunch down on abs.

Combo #4 – Ab Death

Hanging leg raises and Rope crunches and Incline Sit ups

<https://www.youtube.com/watch?v=DNOb3S7fBS4>

WEEK 5

Week 5 – High Volume

Week 5 and 6 – Drop sets

Chest - 19 sets & Shoulders - 6 sets

Machine press – Work your way up doing sets of 8 until you can barely get 8. I want you to use a neutral grip on these (palms facing each other). Really flex lower pecs hard on every rep. We will count this as 3 work sets. **3 total work sets.**

Goal – Activate pump

Incline dumbbell flye – These are the flyes that we did last week with pronated hands. See video for form check here. Do sets of 10 here.

Supersetted with

Incline bench press – Do sets of 6 here explosively.

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

<https://www.youtube.com/watch?v=UUzOt7oDdm0>

Goal – Train explosively and supramax pump

Cable crossover – Do these with an emphasis on lower pecs (women use upper arc to focus on upper pecs). Squeeze hard for 10 reps.

Supersetted with

Dips – Do these very slowly and sink down into these at the bottom for a massive stretch. I like to use no assistance on these as I am trying to do them somewhat heavy too. Shoot for 8 reps. Do these very controlled and slow so you don't tear your shoulders up.

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

<https://www.youtube.com/watch?v=H3TjY48yiu0>

Goal – Supramax pump and work muscle from stretch position

Dumbbell side laterals – Do 2 sets of 8 here and then do a drop set. Do 8 reps, drop the weight and do 8, and then do it one more time for another 8. **3 total work sets**

Goal – Supramax pump

Bent over rear dumbbell side laterals – Do 2 sets of 10 here and then do a drop set. Do 10 reps, drop the weight and do 10, and then do it one more time for another 10. **3 total work sets**

Goal – Supramax pump

That's it!

Legs – 20 sets

Get ready for nastiness

Glute machine – This is just like last week. Today you start off with a glute exercise. I do believe in doing direct glute work on occasion. I have linked one machine below, at my other gym we have a machine where you kick straight back. If you don't have one of these machines just try to simulate this. Do a few warm ups and then 4 sets of 10. I would try to hold the flexed position for 1 second on all reps to really activate glutes. **4 total work sets.**

<https://www.youtube.com/watch?v=WuknU-10NIU&list=PLD5A37C01FC6D4C0D&index=53>

Goal – Activate and pump

Lying leg curl – Do a few warm up sets and then find a weight that is a tough 10. Do 3 sets of 10 with it, and then on the 4th set, drop twice. So do 10, drop the weight and shoot for 8 to 10, and then drop the weight again and shoot for another 8 to 10. **4 total work sets.**

Goal – Supramax pump

Leg press – Ok with pumped glutes and hams you should feel really good driving out of the bottom here. Do sets of 8 going all the way up until you barely get 8. Now on the last set, you will know what set is last cause the 8th rep will be tough, the dropset begins. Drop the weight and do 6, but do a 3 second descent. Now the drop the weight again for another 6 but do a 4 second descent. Now drop the weight again and do another 6 with a 5 second descent. You really have to be strong mentally to make it through the last set. **4 total work sets.**

After your last set do a 30 second stretch on each quad.

Example:

2 plates per side for 8

4 plates per side for 8

6 plates per side for 8 (working set)

7 plates per side for 8 (working set)

8 plates per side for 8- then drop to 7 and do 6 with a 3 second descent, then drop to 6 and do 6 with a 4 second descent, then drop to 5 and do 6 with a 5 second descent.

Goal – Supramax pump

Leg extension – Do 1 set of 50. Don't stop until you hit 50. Pick your weight carefully. **1 total work set.**

After your set do a 30 second stretch on each quad.

Goal – Supramax pump

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

Here is what I did as a reference.

1 set with 25's x 10

1 set with 45's x 10

1 set with 65's x 10

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

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

After your last set do a 30 second stretch on each quad.

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

Goal – Supramax pump

Barbell stiff legged deadlift – On these use 25 lb plates to allow for a better stretch. Don't force the stretch. Just go a little lower each set. Keep the bar in nice and tight against you and push your hips back as you descend. Go down nice and slow. Come all the way up and flex your glutes. Do 3 working sets of 10. **3 total work sets.**

Goal – Work a pumped muscle from a stretched position

Goal – Supramax pump

Back - 20 sets

Low cable rows – On these use an attachment that allows you to pull the bar back as far as you can. I do want it to be a close grip type attachment. You could also use two separate D handles, as this will allow for extra

range of motion. The extra inch or two you can drive your elbows back makes a difference. Find a good weight that is a tough 10 and do 4 sets of 10. Remember, elbows back and flex your lats as hard as you can throughout the entire range of motion. **4 total work sets.**

Note – a handle like this is what I am looking for

<http://www.elitefts.com/shop/accessories/sled-cable-attachments/double-stirrup-handle.html>

Goal – Activate and pump

Pulldowns to front – This is one of my favorite sequences. I use the Swiss bar listed below, but you can use other bars and replicate it. You want to use a neutral grip first of all. What I want you to do is 2 sets of 10 with the widest grip. Then you add weight and move grip a little and do 2 more sets of 10. Finally, on your last 2 sets bring grip in even further for another 2 sets of 10. We add weight because you get stronger as you move grip in. Again, if you don't have bar, just try your best to replicate this. It's a great combination. **6 total work sets.**

<http://www.elitefts.com/shop/accessories/sled-cable-attachments/swiss-multi-grip-cable-bartm.html>

Goal – Supramax pump

Dumbbell pullovers – Ok let's give our arms a break now and do strict pullovers lying on not across the bench as usual. Do 4 sets of 10. **4 total work sets.**

Goal – Work muscle from stretched position

Dumbbell rows – At this point your back should be pretty jacked, but let's keep pushing and cranking hard. Find a heavy weight and do 2 sets of 8 here on standard dumbbell rows. It's ok to use a little momentum but don't get silly and do these sloppy. On your last set do a drop set. Do a set of 3 and drop weight and do 3 more, and then do one more drop for another 3. This is a ballbuster. **3 total work sets.**

Goal – Supramax pump

Banded hyperextensions – Do 3 sets of 10 here. On your 3rd set, turn it into a drop set. Hold multiple bands and drop them one at a time as you go. I hold three bands and drop them after about every 6 reps for example. **3 total work sets.**

Goal – Supramax pump

Biceps - 12 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.

This is a very similar scheme as last week, just a change in exercise sequences.

Hammer curls – Do these strictly for 8 reps with a 3 second negative on all reps. On the last set, do a drop set.

Drop 2 times. Do 8 reps and then drop the weight and do 8 more, then drop the weight and finish with 8 more.

supersetted with

Hanging leg raises – Do these to failure.

Do 4 rounds for **8 total worksets**.

-

Reverse EZ bar curls - Do sets of 10 here really trying to flex my brachialis on these at the top. On the last set do a drop set with 1 drop. Do 10 and then drop the weight for another 10.

supersetted with

Incline sit ups – Do these to failure.

Do 4 rounds for **8 total worksets**.

Barbell curls - Do sets of 8 here, but on the last set do a drop set with 2 drops. So do 8 reps, and then drop the weight and do 8 more, and then repeat one more time, on the last set.

supersetted with

Rope crunches – Do these to failure.

Do 4 rounds for **8 total worksets**.

Pushdowns on a chin/dip assist machine – Do sets of 12 here but on the last set you are doing 2 drops as that is your big tricep dropset.

<https://www.youtube.com/watch?v=LLQPUECpGaU&list=PL04BB5F1BC0300483&index=23>

supersetted with

Standing calf raises – Do sets of 10 here with a good stretch and get a good 10 second stretch after the last rep on each set.

Do 4 rounds for **8 total worksets**.

-

EZ bar close grip bench - On these take these down over our face and stop a few inches short of nose. Flare your elbows out and feel your triceps stretch good. Stop just short of lockout at the top. After your 4 sets here they should be completely full of blood.

supersetted with

Seated calf raises – Do sets of 10 here with a good stretch and get a good 10 second stretch after the last rep on each set.

Do 4 rounds for **8 total worksets**.

Close grip pushups – Use a shoulder width hand placement and simply do 2 sets to complete failure of pushups! On these keep elbows in close, unlike the close grip bench where you flared your elbows out. **2 total work sets.**

Calves

Calves are to be hit a minimum of 2 x a week, the more the better with calves. Do them as much as you can. If you can, try to get all of these routines done in a week. If not just mix it up.

Calve program #1

Do this one at least one time a week.

Standing calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

<https://www.youtube.com/watch?v=Qhdlw51Xjsc>

In between these sets work your tibialis for 20 reps on each side.

NOTE: Here is a way to train tibia if you don't have one of those seated tibia machines.

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

This superset equals 10 total work sets (5 for gastrocs and 5 for tibia).

Calve program #2

Do this one at least one time a week.

Seated calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

In between these sets work your tibialis for 20 reps on each side.

This superset equals 10 total work sets (5 for soleus and 5 for tibia).

Calve program #3

The Super Pump routine!!!

See link below – 5 rounds of this!

<https://www.youtube.com/watch?v=XLxnXx6V7Ng&index=35&list=PLD5A37C01FC6D4C0D>

Calve program #4

This is probably the most painful calve routine I do.

Each set is like this, you do 10 full range reps and then hold in the top position for 10 seconds, and then pump out 10 more reps, now these you will not be able to get all the way to the top and that's ok, and then do another 10 second hold as high as you can get it. At this point you will want to quit bad, don't. Do another 10 reps even if you can barely move the weight and then hold it for another 10 seconds.

So in total you do 30 reps in the set with 3 instances of 10 second holds.

I would you only do 1 set like this the first time as most people get really sore from just one set. Work up to 3 sets max.

<https://www.youtube.com/watch?v=ITkcQ8PgNFM>

Abdominals

Do abs EVERY single day you train doing 4 rounds of one of these combinations.

Combo #1

Hanging Leg Raises & Incline Situps (failure on all sets)

<https://www.youtube.com/watch?v=Qe8HIJv5fWs>

Combo #2

Hanging Leg Raises & Rope Crunches (failure on all sets)

<https://www.youtube.com/watch?v=aKPkJWGEc7E>

Combo #3

Rope Crunches and Lat Pulldown Crunches

https://www.youtube.com/watch?v=FDcigeU12_k

On the Rope crunches always stretch your abdominal wall at the top before crunching down and sucking in your lower abs.

On the Lat crunches, suck in your stomach as hard as you can before blowing your air out and crunch down on abs.

Combo #4 – Ab Death

Hanging leg raises and Rope crunches and Incline Sit ups

<https://www.youtube.com/watch?v=DNOb3S7fBS4>

WEEK 6

Week 6 – High Volume

Week 5 and 6 – Drop sets

Chest - 14 sets & Shoulders - 9 sets

Machine press – Last week I wanted you to use a neutral grip on these. This week use a pronated grip. Do sets of 8 again locking out and flexing hard for 1 second on all reps. Keep going up until you can barely or can't get 8. When this happens turn it into a drop set. Drop the weight and shoot for another 8, then drop the weight and shoot for another 8. We'll call all of this 3 work sets. **3 total work sets.**

Goal – Activate pump

Incline bench press – Do 3 sets of 8 here explosively, but do these with a pause at the bottom (2 inches above chest). So 3 sets of 8 doing pause reps, and driving weight up hard.

After that continue to add weight but drop the pause. Just do “normal” reps. You should be able to add another 20-30 lbs and then again, and possibly again. On these just do sets of 6. **5 total work sets.**

Here is an example of what I did today so you can see:

185 x 8 pause reps

205 x 8 pause reps

225 x 8 pause reps (8th rep was very tough)

250 x 6

270 x 6

I might have been able to do a little more but it was my first day back from taking a week off.

Goal – Train explosively

Incline flyes – We are doing these pronated with dumbbells again as we have been doing them. Do 3 sets of 10 with perfect form. Turn your last set into a drop set. Do 10 and then drop the weight and shoot for another 10. **3 total work sets.**

Goal – Supramax pump

Dips – Do these nice and slow and sink into them deep. Come up halfway. I did use the assist machine, but not a lot of help. I want you to do 3 sets of at least 10 reps. I got 15, 15, and 12 with the weight I was using. **3 total work sets.**

Goal – Work muscle from stretch position

Dumbbell side laterals – Do 3 sets of 8 here making the last one a drop set. Do 8 reps, drop the weight and do 8, and then do it one more time for another 8. **3 total work sets**

Goal – Supramax pump

Machine rear delts/reverse peck deck – Do 3 sets of 30 here today. Do these nice and slow and see how much pain you can tolerate. **3 total work sets**

Goal – Supramax pump

6 ways – Do 3 sets 10 here. You won't have much left. 10 lb dumbbells may be plenty heavy! **3 total work sets**

Goal – Supramax pump

Legs – 18 sets

Not sure if this week or last week was worse..

Lying leg curl – Do a good 3-4 to sets to warm up. Make sure you have plenty of blood in hams. We are going to do 4 sets of 10. On every rep of every set your partner should apply added eccentric resistance at the top half of the movement (on the way down only). Don't add pressure all the way down or you can hurt someone. The video below will give you an idea of what I mean. **4 total work sets.**

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

Goal – Activate and pump

Leg press – Use a normal leg press and do sets of 25 until you can't hit 25. Do all reps straight with no breaks. This is to prepare you for the next exercise. We will count 3 of these as the last 3 should sting a bit. **3 total work sets.**

Goal – Supramax pump

Machine leg press - We have one where you are almost sitting straight up and you use pins in a selectorized weight stack (this is not a free weight leg press). When I sit in the seat, I have someone push it down and lock in, so that I am starting from the deepest possible point.

Put a moderate weight on there and do 20 reps with continuous tension. Get down deep so you can crush your teardrop. Use a shoulder width foot placement, not wide at all – this will help focus on quad and teardrop.

On the 2nd set move up in weight 40 lbs or so and do 15 reps, then 5 rest pauses. So reps 16 through 20 sit all the way down until the weight is sitting on machine. Give it one sec and then fire up as hard as you can, but don't lock out.

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

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

This is the machine I do these on –you want something like this. If you don't have one you can do dead stop leg press as seen in second video.

https://www.youtube.com/watch?v=_mzI1mRDfHA&list=PLD5A37C01FC6D4C0D&index=2

<https://www.youtube.com/watch?v=akCkuwQaV7g&index=17&list=PLD5A37C01FC6D4C0D>

Goal – Supramax pump

Reverse lunges – Do these with a barbell or a safety squat bar. If you find the balance part too challenging use kettle bells or dumbbells. These are lunges where simply step back, not forward, into a lunge and return to normal position. DO 10 reps on each leg slowly. Do 4 total sets. This smashes your glutes. **4 total work sets.**

Goal – Supramax pump

Dumbbell stiff legged deadlift – Don't force the stretch. Just go a little lower each set. Keep the dumbbells in nice and tight against you and push your hips back as you descend. Go down nice and slow. Come all the way up and flex your glutes. Do 3 working sets of 10. **3 total work sets.**

Goal – Work a pumped muscle from a stretched position

Back - 20 sets

Meadows rows – Do 2-3 warm up sets and then I want 4 sets of 8. These should be tough. The 8th rep should be a grinder, and you should be breathing hard after each set due to intensity. Remember to use 25 lb plates to get more range of motion, and also to keep the hip up higher on the side you are rowing with to create more of a prestretch in the lat (more range of motion). **4 total work sets.**

Goal – Activate and pump

Iso hold to Smith deadlift – This is a nice combo. First wrap a band around something and an isohold in lats contracted position. You can see what I mean in the attached video. Then you are going to do sets of 6 of Smith Deads using only lats (our typical deadlift style). Keep going up and on your last set you are going to do a drop set. I want you to do 6, drop the weight and do 6, and then do one more drop for 6. We will call this 3 worksets. **3 total work sets.**

<https://www.youtube.com/watch?v=hwCPI8cR0Ak>

Goal – Supramax pump

Narrow grip chins – Do these with palms facing each other. Do 3 sets to failure. If you can't do these do them in a pulldown. **3 total work sets.**

Goal – Supramax pump

Dumbbell rows – Do these with a pronated grip, so you hit lower trap and rhomboids. Do both arms at once. As always, feel free to use kettle bells if you have them, as you can get an extra few inches of range of motion with them. Really squeeze hard at the top, as hard as you can. Drive blood in there. Do 3 sets of 12. **3 total work sets.**

Goal – Supramax pump

Dumbbell pullovers – Ok let's give our arms a break now and do strict pullovers lying on not across the bench as usual. Do 4 sets of 10. **4 total work sets.**

Goal – Work muscle from stretched position

Weighted hang – I want you to use a weight belt and attach some weight and hang as long as you relaxing your lats so they stretch hard. Do one timed set and see how long you make it.

Biceps - 12 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.

V-bar pushdowns – I want you to do high reps on these today, do 4 sets of 20 reps. Keep the bar in tight against you and let your elbows flare out to the side. This will thicken up tri near the elbow. **4 total work sets.**

Seated dip machine – Do a 3 second slow descent/negative as you allow weight to come up, then drive it down and flex for a split sec before coming back up. 6 sets of 6 reps. Rest 30 seconds between sets. **6 total work sets.**

Decline lying extension – On these, lay down on an incline sit up bench close to flat (same low angle I use for smith machine decline presses – you know, the small angle), and lay back and do lying extensions. These should feel great at this point, as your elbows are juiced up and triceps pumped. Rest 60 seconds between sets on these. 4 sets of 15 reps. **4 total work sets.**

Seated dumbbell curls – I want you to do these leaning back a tad on something. The way I do these is to sit in a preacher curl facing out. Your body is naturally sitting back some. Place your elbows against the pad behind you so they can't move. You can curl very strictly like this. Do 3 sets of 10. It should burn like fire. Supinate as you come up. **4 total work sets.**

Machine preacher curls - 4 sets of 15. Find a weight you can do for 15 reps, then do 4 sets with it, only resting 45 seconds between sets. Let's load your bis up with blood here. **4 total work sets.**

Hammer curls – Give me 4 sets of 10 reps with a hard flex at the top of every rep. **4 total work sets.**

Calves

Calves are to be hit a minimum of 2 x a week, the more the better with calves. Do them as much as you can. If you can, try to get all of these routines done in a week. If not just mix it up.

Calve program #1

Do this one at least one time a week.

Standing calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

<https://www.youtube.com/watch?v=Qhdlw51Xjsc>

In between these sets work your tibialis for 20 reps on each side.

NOTE: Here is a way to train tibia if you don't have one of those seated tibia machines.

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

This superset equals 10 total work sets (5 for gastrocs and 5 for tibia).

Calve program #2

Do this one at least one time a week.

Seated calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

In between these sets work your tibialis for 20 reps on each side.

This superset equals 10 total work sets (5 for soleus and 5 for tibia).

Calve program #3

The Super Pump routine!!!

See link below – 5 rounds of this!

<https://www.youtube.com/watch?v=XLxnXx6V7Ng&index=35&list=PLD5A37C01FC6D4C0D>

Calve program #4

This is probably the most painful calve routine I do.

Each set is like this, you do 10 full range reps and then hold in the top position for 10 seconds, and then pump out 10 more reps, now these you will not be able to get all the way to the top and that's ok, and then do another 10 second hold as high as you can get it. At this point you will want to quit bad, don't. Do another 10 reps even if you can barely move the weight and then hold it for another 10 seconds.

So in total you do 30 reps in the set with 3 instances of 10 second holds.

I would you only do 1 set like this the first time as most people get really sore from just one set. Work up to 3 sets max.

<https://www.youtube.com/watch?v=ITkcQ8PgNFM>

Abdominals

Do abs EVERY single day you train doing 4 rounds of one of these combinations.

Combo #1

Hanging Leg Raises & Incline Situps (failure on all sets)

<https://www.youtube.com/watch?v=Qe8HIJv5fWs>

Combo #2

Hanging Leg Raises & Rope Crunches (failure on all sets)

<https://www.youtube.com/watch?v=aKPkJWGEc7E>

Combo #3

Rope Crunches and Lat Pulldown Crunches

https://www.youtube.com/watch?v=FDCigeU12_k

On the Rope crunches always stretch your abdominal wall at the top before crunching down and sucking in your lower abs.

On the Lat crunches, suck in your stomach as hard as you can before blowing your air out and crunch down on abs.

Combo #4 – Ab Death

Hanging leg raises and Rope crunches and Incline Sit ups

<https://www.youtube.com/watch?v=DNOB3S7fBS4>

WEEK 7

Week 7 – High Volume

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

Chest - 13 sets & Shoulders - 8 sets

Flat dumbbell press – Work your way up doing sets of 8 until you get to a weight you can barely hit 8 with. Don't take too big of jumps so you can get some good hard sets in here. We will count the last 3 sets as work sets. Take these to $\frac{3}{4}$ lockout only, I don't want your triceps fatigued on the next exercise as we are going fairly heavy on it. **3 total work sets.**

Goal – Activate pump

Incline bench press – Do 4 sets of 8 here explosively driving the weight up hard after 1-2 low rep feeder sets to get you to your working weight. As usual take these to an inch or two above chest and drive to $\frac{3}{4}$ lockout. **4 total work sets.**

Goal – Train explosively

Machine flye – Do 3 sets of 10 here. After you complete these full range reps, do 8 slow partials in the stretch part of the movement. Move the weight slowly about 4 inches slowly out of the deep stretch. Do this on all sets. Also make sure to get an intense squeeze/contraction on each rep. **3 total work sets.**

Goal – Supramax pump

Dips – I want all partial reps on these. Only work the bottom half of the reps. So get a deep stretch and come up half way. Do these nonstop to failure. I want 3 sets. **3 total work sets.**

Goal – Work muscle from stretch position

Seated dumbbell side laterals – Do all heavy partials here. I call these “swings”. Keep your arms straight, look up and just swing the dumbbell up some with a heavy weight. Do 4 sets of 20 here. This should burn like fire. **4 total work sets**

Goal – Supramax pump

Machine rear delts/reverse peck deck – Do 4 sets of 15 here today. Do these with a slower tempo than usual. I just want you to really focus on using all rear delt and getting a good squeeze at the top. **4 total work sets**

Goal – Supramax pump

Legs – 18 sets

Seated leg curl – Do a good 3-4 to sets to warm up. As you do these this week, as you bring your legs back and contract, lean forward. This will lengthen hams near the glutes and give you a more powerful contraction. Do 3 sets of 12. On your 4th set, do 12, and then do 25 partials out of the stretched position, do the partial slow! Feel the burn as they say. **4 total work sets.**

Goal – Activate and pump

Squats – Slowly work your way up doing sets of 8. Keep going until you can barely get 8 and then call it a day on these. In terms of depth, my general rule is to go lower and lower but if you feel yourself leaning forward, you are going too low, and risking injury, and actually taking stress of quads. Your femur and torso length dictate how low you should squat. Don't get sucked into the dogma that you have to do all squats to the floor. We will count your last 3 sets here as work sets. Don't make too big of weight jumps or you will cheat yourself out of volume. Last thing, drive up explosively on these. The harder you drive up; the more muscle fiber you engage at maximum strength. **3 total work sets.**

Goal – Train explosively

Leg press - Do a few feeder sets here to get to working weight, and then you are going to do 10 reps with feet high and wide on platform for hams, glutes, and adductors, and then you immediately move your feet into the middle of the platform a few inches apart and pump out 10 more for your quads. So each set is 20 reps. Do 4 sets like this. **4 total work sets.**

Goal – Supramax pump

Leg extensions – Do these laying back as much as you can (seat back) on the machine so you open up hip flexors better and can nail rectus femoris better. You are going to do 2 sets of 15 like this. Bring the weight up all the way and hold for 2 seconds on each rep. Also, pull your toes back toward you throughout the reps to get even more rectus femoris engagement. Now on your 3rd and 4th set, move the seat back up some. Now you are going to do heavy partials out of the bottom. You are going to point your toes down now, accentuating working the teardrop/vastus medialis. Do 2 sets of 15 here using a pretty heavy weight. This should be excruciating if done correctly. You will be moving the weight about 6 inches out of the bottom position. **4 total work sets.**

Goal – Supramax pump

After your extensions – hit a hard 30 second stretch on each quad twice.

Barbell stiff legged deadlift – Don't force the stretch. Just go a little lower each set. Keep the barbell in nice and tight against you and push your hips back as you descend. Go down nice and slow. Come $\frac{3}{4}$ of the way only to ensure constant tension. Do 3 working sets of 12. **3 total work sets.**

Goal – Work a pumped muscle from a stretched position

Back - 19 sets

One arm barbell rows – Do 2-3 warm up sets and then I want 4 sets of 10. These should be tough just like last week. Once you do one side, take a quick breather before hitting other side, so you can put equal intensity into both sides. The 10th rep should be a grinder, and you should be breathing hard after each set due to intensity. Remember to use 25 lb plates to get more range of motion, and also to keep the hip up higher on the side you are rowing with to create more of a prestretch in the lat (more range of motion). **4 total work sets.**

Goal – Activate and pump

Close grip low row – This is just basic seated pulley rows using a close grip attachment. Try to sit up straight when you contract, so keep back straight up and down, and hold the flex for 1 second squeezing as hard as you can. Now here is the part that I love, flex your spinal erectors and lower lats as hard as you can and slowly release the weight by sort of opening up your lats, NOT just allowing arms to lower weight. It's hard to explain, but once you hit it, you will know it. It feels like you are carving in your Christmas tree into lower back as you lower the weight, and you feel very little tension in arms. This takes great mind to muscle connection. Do 4 sets of 8. **4 total work sets.**

Goal – Supramax pump

Dumbbell pullovers – Ok let's give our arms a break now and do strict pullovers lying on not across the bench as usual. Do 4 sets of 10. **4 total work sets.**

Goal – Work muscle from stretched position

Rack pulls – I want you to pull from about 2 inches below knees. Do sets of 5 here. Drive these up hard! When you lower it, stop, rest, reset, and then drive up again. Work up to a weight that is a tough 5 and do 3 total sets with it. **3 total work sets.**

Goal – Train explosively

Assisted chins – Use an assist machine and do 4 sets of 8 to 10 here, using perfect form! **4 total work sets.**

Goal – Supramax pump

Weighted hang – I want you to use a weight belt and attach some weight and hang as long as you relaxing your lats so they stretch hard. Do one timed set and see how long you make it. Use 10 more lbs then you used last week.

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.

Seated incline dumbbell curls – After a few warm ups, do 4 sets of 8 with a 3 second descent. Keep your palms up the whole time. Really flex your bis and feel them lowering the dumbbell. Lean back a bit on an incline bench for a little more of a stretch. **4 total working sets.**

Hammer curls – Just good ole hammer curls. After doing the seated incline curls, and then these, your lower bis should be full of blood. Do 4 sets of 10. **4 total working sets.**

Preacher curls – So now that your lower bis are full of blood, let's really decimate them. On these, do not lower all the way, and flex real hard at the top. Just take 45 seconds between sets. Do 12, 10, 8, and 6 (you will probably be able to use the same weight.) **4 total working sets.**

V bar pushdowns – Do a few sets to get warmed up. Do higher reps on these today for a shock. 4 sets of 25. **4 total working sets.**

Dip machine – Do 4 sets to failure – should be around 8-12 reps. I want you take a full 4-5 seconds on the negative part before ramming the weight down and flexing. This will burn like fire. **4 total working sets**

Incline skullcrushers – Let's do these on an incline this week, and let your arms get behind your head for a massive stretch. This should feel perfect after all the flexing from the previous two exercises. Do 4 sets of 12. **4 total working sets**

Calves

Calves are to be hit a minimum of 2 x a week, the more the better with calves. Do them as much as you can. If you can, try to get all of these routines done in a week. If not just mix it up.

Calve program #1

Do this one at least one time a week.

Standing calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

<https://www.youtube.com/watch?v=Qhdlw51Xjsc>

In between these sets work your tibialis for 20 reps on each side.

NOTE: Here is a way to train tibia if you don't have one of those seated tibia machines.

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

This superset equals 10 total work sets (5 for gastrocs and 5 for tibia).

Calve program #2

Do this one at least one time a week.

Seated calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

In between these sets work your tibialis for 20 reps on each side.

This superset equals 10 total work sets (5 for soleus and 5 for tibia).

Calve program #3

The Super Pump routine!!!

See link below – 5 rounds of this!

<https://www.youtube.com/watch?v=XLxnXx6V7Ng&index=35&list=PLD5A37C01FC6D4C0D>

Calve program #4

This is probably the most painful calve routine I do.

Each set is like this, you do 10 full range reps and then hold in the top position for 10 seconds, and then pump out 10 more reps, now these you will not be able to get all the way to the top and that's ok, and then do another 10 second hold as high as you can get it. At this point you will want to quit bad, don't. Do another 10 reps even if you can barely move the weight and then hold it for another 10 seconds.

So in total you do 30 reps in the set with 3 instances of 10 second holds.

I would you only do 1 set like this the first time as most people get really sore from just one set. Work up to 3 sets max.

<https://www.youtube.com/watch?v=ITkcQ8PgNFM>

Abdominals

Do abs EVERY single day you train doing 4 rounds of one of these combinations.

Combo #1

Hanging Leg Raises & Incline Situps (failure on all sets)

<https://www.youtube.com/watch?v=Qe8HIjv5fWs>

Combo #2

Hanging Leg Raises & Rope Crunches (failure on all sets)

<https://www.youtube.com/watch?v=aKPkJWGEc7E>

Combo #3

Rope Crunches and Lat Pulldown Crunches

https://www.youtube.com/watch?v=FDCigeU12_k

On the Rope crunches always stretch your abdominal wall at the top before crunching down and sucking in your lower abs.

On the Lat crunches, suck in your stomach as hard as you can before blowing your air out and crunch down on abs.

Combo #4 – Ab Death

Hanging leg raises and Rope crunches and Incline Sit ups

<https://www.youtube.com/watch?v=DNOb3S7fBS4>

WEEK 8

Week 8 – High Volume

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

Chest - 13 sets & Shoulders - 12 sets

Incline dumbbell press – Same as last week but we are making slight angle change. Just put 25 lb plates under the bench for a slight incline. Work your way up doing sets of 8 until you get to a weight you can barely hit 8 with. Don't take too big of jumps so you can get some good hard sets in here. We will count the last 3 sets as work sets. Take these to $\frac{3}{4}$ lockout only, I don't want your triceps fatigued on the next exercise as we are going fairly heavy on it. **3 total work sets.**

Goal – Activate pump

Incline bench press – Lets go a bit heavier this week on these! Do 4 sets of 6 here explosively driving the weight up hard after 1-2 low rep feeder sets to get you to your working weight. As usual take these to an inch or two above chest and drive to $\frac{3}{4}$ lockout. **4 total work sets.**

Goal – Train explosively

Incline dumbbell flye w/ eccentric resistance – These are nasty. I want 3 sets. Each set looks like this, do a standard flye for 8 reps and then drop the weight slightly and have your partner pull your arms apart adding extra eccentric resistance on the negatives, shoot for 6 to 8 more there. Watch this closely in the video. The extra force is applied in the top and about half way down, but not into the deep stretch as that could cause an injury. 3 sets of these is brutal! **3 total work sets.**

<https://www.youtube.com/watch?v=AjJ8U7wObTw&index=33&list=PL2955620A11D03694>

Goal – Supramax pump

Ladder pushups – Another nasty finisher here to stretch out your pecs, as they should have a crazy pump. Watch the video below. Chains are optional and can be draped over you for added resistance. Basically start at the bottom, and move the bar up twice. So you do 3 “levels” per set. All sets are to failure. Do these nice and slow. If you don't have a cambered bar just use a straight bar. Do 3 sets. **3 total work sets.**

<https://www.youtube.com/watch?v=xpwPJ1QtqcU>

Goal – Work muscle from stretch position

Machine rear delt laterals/reverse pec deck – Do 4 sets of 15 here with very slow rep execution. Go slow throughout the whole rep and focus completely on flexing rear delts and using only them, do not allow traps

and lats to engage. **4 total work sets**

Goal – Supramax pump

Ultra wide overhead presses – I like to do these on occasion. Watch the video, use a very wide grip and press overhead. You won't be able to use a lot of weight here. Shoot for 10 reps per set.

<https://www.youtube.com/watch?v=n1DFiY506Zs&list=PL1F60A60A3E4E2E83&index=2>

Supersetted with

Dumbbell side laterals – Do these standing and do 10 reps. Nothing fancy here.

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

Goal – Supramax pump

Legs – 18 sets

Lying leg curl – Do a good 3-4 to sets to warm up. On these today we are going to reduce rest breaks a bit to add intensity/progression. I want your first set to be about 15 hard reps. The last rep should be very hard, but you can do it with good form. After this I want only 45 second rest break between sets and go to failure on all sets. Do 5 sets total. **5 total work sets**.

Goal – Activate and pump

Leg press – Start at 1 plate a side and just keep adding until you can barely make 10 reps. Each rep should have a 3 second eccentric and then blast it up out of the bottom. Try not to lock out, go to $\frac{3}{4}$ lockout and then come right back down. Place your feet where you feel you are the most powerful. We will call this 3 work sets. **3 total work sets**.

Goal – Train explosively

Squats - This week the squats are not being done explosively, now they are being done for pain and for pump. I want sets of 20. Find a weight that is a pretty tough 20, and do 4 sets with it. This should really smoke your legs. **4 total work sets**.

Goal – Supramax pump

Leg extensions – I want 3 sets of 8 here. On each rep lockout and flex for 3 seconds. Try to use a pretty heavy weight too! **3 total work sets**.

Goal – Supramax pump

After your extensions – hit a hard 30 second stretch on each quad twice.

Barbell stiff legged deadlift – Don't force the stretch. Just go a little lower each set. Keep the barbell in nice and tight against you and push your hips back as you descend. Go down nice and slow. Come up all the way and flex glutes at the top. Do 3 working sets of 12. **3 total work sets.**

Goal – Work a pumped muscle from a stretched position

Back - 20 sets

Meadows rows – Do 2-3 warm up sets and then I want 4 sets of 8. See if you have a landmine to put a bar into as seen in the video. These are my favorite variation of a Meadows row. These should be grinders! **4 total work sets.**

<https://www.youtube.com/watch?v=AY4YjAHcWrw&index=14&list=PLA808445EA052D63A>

Goal – Activate and pump

Rack dead – Start with rack deads and hit an explosive 5 reps.

Supersetted with

Chins – Go to failure. Use whatever grip you are strongest with.

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

<https://www.youtube.com/watch?v=oBtTRdbFX7k&index=15&list=PLA808445EA052D63A>

Goal – Train explosive and Supramax pump

Dumbbell pullovers – Ok let's give our arms a break now and do strict pullovers lying on not across the bench as usual. Do 4 sets of 10. **4 total work sets.**

Goal – Work muscle from stretched position

Low rows with elevation – See the video below so you can see what I mean. These are just low rows in which the angle is changed due to the elevation. I love these! Do 4 sets of 8. **4 total work sets.**

https://www.youtube.com/watch?v=stm_abA5Rao&index=50&list=PLA808445EA052D63A

Goal – Supramax pump

Weighted hang – I want you to use a weight belt and attach some weight and hang as long as you relaxing your lats so they stretch hard. Do one timed set and see how long you make it. Use 10 more lbs then you used last week.

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.

Standing dumbbell curls - 2 warm sets of (you can do seated if you prefer) - then 3 sets of 6. Do these with a 3 second count lowering it. Keep your palms up when coming down until you get to very bottom, then you can sort of twist/pronate your wrists and come back to palms up/supinated grip and do the next rep. When you get to bottom and twist your wrists/pronate..it lengthens your lower bicep, and you will feel it good there as the sets go on. The 3 second eccentric part is really hard. I only use 35 or so lbs when I do these in this style. **3 total work sets.**

Preacher curls - 3 sets of 12 with ez bar. Do not go all the way down. Flex at the top of the contraction, then back down 3/4 of the way. Use the wide grip to really hit outer bicep hard in addition to lower bicep. **3 total work sets.**

Ez bar reverse curls - 3 sets of 20 - 10 reps coming all the way up on the contraction, then finish each set with another 10 reps where you only come up halfway (elbow will be at 90degrees). **3 total work sets.**

Barbell curls – This is going to finish your bis in a big way. Do 10 reps, set the weight down for 20 seconds, then pick it back up and do 8 more. Next set it down for 20 more seconds, and then pick it back up and do 6 more. **3 total work sets.**

Rope pushdowns - 2 warm up sets of 15 - then 4 sets of 2. Flex 15 reps hard at the bottom, then just pump out another 10 without flexing - they will fill full of blood quickly. After 4 sets, they will be full of blood. **4 total work sets.**

Dips between benches - Use additional weight on lap if possible. Do 4 sets to failure, don't come up all the way, but try to get down low on these. This will thicken up your tri near the elbow. **4 total work sets.**

EZ bar close grip bench press - 4 sets of 8. On these, lower with a 2 second count, and pause - let tricep stretch at bottom, then drive up and flex. I have a hard time getting the bar all the way down, so I just lower until I get 4-5 inches off of chest. Also lower it more over your face and not like a true bench press to really stress triceps. **4 total work sets.**

Calves

Calves are to be hit a minimum of 2 x a week, the more the better with calves. Do them as much as you can. If you can, try to get all of these routines done in a week. If not just mix it up.

Calve program #1

Do this one at least one time a week.

Standing calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

<https://www.youtube.com/watch?v=Qhdlw51Xjsc>

In between these sets work your tibialis for 20 reps on each side.

NOTE: Here is a way to train tibia if you don't have one of those seated tibia machines.

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

This superset equals 10 total work sets (5 for gastrocs and 5 for tibia).

Calve program #2

Do this one at least one time a week.

Seated calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

In between these sets work your tibialis for 20 reps on each side.

This superset equals 10 total work sets (5 for soleus and 5 for tibia).

Calve program #3

The Super Pump routine!!!

See link below – 5 rounds of this!

<https://www.youtube.com/watch?v=XLxnXx6V7Ng&index=35&list=PLD5A37C01FC6D4C0D>

Calve program #4

This is probably the most painful calve routine I do.

Each set is like this, you do 10 full range reps and then hold in the top position for 10 seconds, and then pump out 10 more reps, now these you will not be able to get all the way to the top and that's ok, and then do

another 10 second hold as high as you can get it. At this point you will want to quit bad, don't. Do another 10 reps even if you can barely move the weight and then hold it for another 10 seconds.

So in total you do 30 reps in the set with 3 instances of 10 second holds.

I would you only do 1 set like this the first time as most people get really sore from just one set. Work up to 3 sets max.

<https://www.youtube.com/watch?v=ITkcQ8PgNFM>

Abdominals

Do abs EVERY single day you train doing 4 rounds of one of these combinations.

Combo #1

Hanging Leg Raises & Incline Situps (failure on all sets)

<https://www.youtube.com/watch?v=Qe8HIjv5fWs>

Combo #2

Hanging Leg Raises & Rope Crunches (failure on all sets)

<https://www.youtube.com/watch?v=aKPkJWGEc7E>

Combo #3

Rope Crunches and Lat Pulldown Crunches

https://www.youtube.com/watch?v=FDcigeU12_k

On the Rope crunches always stretch your abdominal wall at the top before crunching down and sucking in your lower abs.

On the Lat crunches, suck in your stomach as hard as you can before blowing your air out and crunch down on abs.

Combo #4 – Ab Death

Hanging leg raises and Rope crunches and Incline Sit ups

<https://www.youtube.com/watch?v=DNOb3S7fBS4>

WEEK 9

Week 9 – High Volume

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

Chest - 13 sets & Shoulders - 11 sets

Incline Smith press – I don't typically use a barbell first as you know, but we are doing these for higher reps and I want you to really focus on pec contractions. Do these correctly and they will burn intensely and you should have a great pump. Do a few warm up sets and then your 4 sets are this 25, 20, 15, and 10 reps. Take plenty of time between sets and do not lock these out, go to $\frac{3}{4}$ lockout. **4 total work sets.**

Goal – Activate pump

Incline bench press – Lets go a tiny bit heavier again this week on these! Do 5 sets of 5 here explosively driving the weight up hard after 1-2 low rep feeder sets to get you to your working weight. As usual take these to an inch or two above chest and drive to $\frac{3}{4}$ lockout. **5 total work sets.**

Goal – Train explosively

Flat bench press – I want you to do pause reps here. Set the bar down and then drive it up to $\frac{3}{4}$ lockout. I want medium reps here, but still very controlled and strict. Pick a good solid weight that you can do 4 sets of 8 with. **4 total work sets.**

Goal – Supramax pump

Machine side laterals – On these I want you to do a very slow eccentric on all your reps here, and then pause at the top (arms at 90 degrees) for 1 second on each rep. Do 4 sets of 10. Take your time, and feel these work. If you don't have this machine, then do normal side laterals but have your partner push your elbows down a tad on the way down to get some extra eccentric loading on all reps. **4 total work sets.**

Goal – Supramax pump

Machine rear delt laterals/reverse pec deck – Do 4 sets of 25 here with sort of fast reps this week (last week you went slow). Pump these out and fight through the burn! **4 total work sets**

Goal – Supramax pump

Dumbell presses – I like to do these on occasion. Do 3 sets of 6 nice and controlled. **3 total work sets**

Goal – Supramax pump

Legs – 15 sets

Lying leg curl – Do a good 3-4 to sets to warm up. You are going to do 3 work sets of 10 after warming up good. Once you get to a weight that is a tough 10, you do a drop set complete with a 20 second isohold. So do 10 reps, drop the weight and shoot for 8 more, and then drop it and shoot for 8 more, and then only bring the weight up a few inches and execute the isohold. Ideally your partner can apply a small amount of downward pressure here and you will push back, but your feet won't move (this is my version of an isohold). **4 total work sets.**

For example:

50 x 10 – warm up

60 x 10 – warm up

70 x 10 – warm up

80 x 10 – work set (not easy to get 10, but still a few reps on tank)

90 x 10 – work set (only had 1-2 reps in tank)

95 x 10 – failure

95 x 10 – then drop to 70 for 8, then drop to 50 for 8, then isohold for 20 seconds

Goal – Activate and pump

Squats - This week we are going to go very heavy on squats. We are going all the way down to 5 reps, which is not common for me, but let's have some fun! Work your way up doing sets of 8. Don't take huge jumps in weight. Get some good working sets in. Once the 8 is extremely tough starting reducing reps but continue to add weight. Below is an example. We will call this 4 work sets. Your form on these is too drive the weight up as hard as you can. **4 total work sets.**

For example:

135 x 15

185 x 8

225 x 8

255 x 8

275 x 8 (8 is really tough – start decreasing reps)

285x 7

295 x 6

305 x 5

Goal – Train explosively

Leg press – You should only need 1-2 sets to get to your work sets. Go to this weight and do 3 sets of 15 with 60 second rest breaks. Place your feet more together and in the middle of the platform to smoke your quads. **3 total work sets.**

For example:

3 plates per side for 6

4 plates per side for 6

5 plates per side for 3 x 15 with 60 second breaks

Goal – Supramax pump

Leg extensions – I want 1 massive drop set here. Do 1 feeder set to get to a decent weight. See below for your example. You also have to do an isohold at the beginning of each round for 7 seconds. You'll see below. **1 total work set.**

For example:

80 x 6 reps (feeder set)

120 x 8 reps with the first rep being a 7 second isohold, drop to 90 and repeat and then drop to 60 and repeat. So 24 total reps, and 3 total isoholds.

Goal – Supramax pump

After your hard extension – hit a hard 30 second stretch on each quad twice.

Barbell stiff legged deadlift – Don't force the stretch. Just go a little lower each set. Keep the barbell in nice and tight against you and push your hips back as you descend. Go down nice and slow. Come up all the way and flex glutes at the top. Do 3 working sets of 12. **3 total work sets.**

Goal – Work a pumped muscle from a stretched position

Back - 19 sets

This is more of a heavy grinder session today.

Low cable rows – On these I used a curl attachment (what people do cable curls with) and used a supinated grip where the bar bends. See the video for visual. Do not let the bar come out all the way into a full stretch as I believe this is really hard on biceps tendon near elbow. Do sets of 10, and just keep going up until you barely get 10. Squeeze really hard in the contracted position on every rep you do. We'll call this 3 sets. **3 total work sets.**

<https://www.youtube.com/watch?v=rnxbnWSvHz8>

Goal – Activate and pump

Rack deads mid shin – Do these with the form in which you lock in your lats hard and keep them tight throughout the entire range of motion. Do 4 x 5 with a weight that allows you to flex hard the whole time. If you can't feel lats locked in, you have gone to heavy. **4 total work sets.**

Goal – Supramax pump

Rack deads below knee – Now we raise the pins a little and just pull as hard as we can. Still stay tight obviously, but now I want this to be more of a straight compound movement where you engage more than just lats. Do 3 heavy sets of 5. **3 total work sets.**

Goal – Train explosive

Close grip pulldowns – Do 4 heavy sets of 8 here. Go slow on the eccentric/negative phase and keep lats flexed

hard during this. **4 total work sets.**

Goal – Supramax pump

Smith machine rows – We finish off today with 4 heavy sets of 6 on Smith Machine rows. I still want you to hold the peak contraction for a split second on every rep though! Squeeze every fiber in your back! **4 total work sets.**

Goal – Supramax pump

Weighted hang – I want you to use a weight belt and attach some weight and hang as long as you relaxing your lats so they stretch hard. Do one timed set and see how long you make it. Use 10 more lbs then you used last week.

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.

Note: If you do not have Grip4orce or similar attachments such as Fat Gripz to increase thickness of the bar, that is ok.

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.

Superssetted with

Machine bicep curl - 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

Calves are to be hit a minimum of 2 x a week, the more the better with calves. Do them as much as you can. If you can, try to get all of these routines done in a week. If not just mix it up.

Calve program #1

Do this one at least one time a week.

Standing calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

<https://www.youtube.com/watch?v=Qhdlw51Xjsc>

In between these sets work your tibialis for 20 reps on each side.

NOTE: Here is a way to train tibia if you don't have one of those seated tibia machines.

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

This superset equals 10 total work sets (5 for gastrocs and 5 for tibia).

Calve program #2

Do this one at least one time a week.

Seated calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

In between these sets work your tibialis for 20 reps on each side.

This superset equals 10 total work sets (5 for soleus and 5 for tibia).

Calve program #3

The Super Pump routine!!!

See link below – 5 rounds of this!

<https://www.youtube.com/watch?v=XLxnXx6V7Ng&index=35&list=PLD5A37C01FC6D4C0D>

Calve program #4

This is probably the most painful calve routine I do.

Each set is like this, you do 10 full range reps and then hold in the top position for 10 seconds, and then pump out 10 more reps, now these you will not be able to get all the way to the top and that's ok, and then do another 10 second hold as high as you can get it. At this point you will want to quit bad, don't. Do another 10 reps even if you can barely move the weight and then hold it for another 10 seconds.

So in total you do 30 reps in the set with 3 instances of 10 second holds.

I would you only do 1 set like this the first time as most people get really sore from just one set. Work up to 3 sets max.

<https://www.youtube.com/watch?v=ITkcQ8PgNFM>

Abdominals

Do abs EVERY single day you train doing 4 rounds of one of these combinations.

Combo #1

Hanging Leg Raises & Incline Situps (failure on all sets)

<https://www.youtube.com/watch?v=Qe8HIJv5fWs>

Combo #2

Hanging Leg Raises & Rope Crunches (failure on all sets)

<https://www.youtube.com/watch?v=aKPkjWGEc7E>

Combo #3

Rope Crunches and Lat Pulldown Crunches

https://www.youtube.com/watch?v=FDCigeU12_k

On the Rope crunches always stretch your abdominal wall at the top before crunching down and sucking in your lower abs.

On the Lat crunches, suck in your stomach as hard as you can before blowing your air out and crunch down on abs.

Combo #4 – Ab Death

Hanging leg raises and Rope crunches and Incline Sit ups

<https://www.youtube.com/watch?v=DNOB3S7fBS4>

WEEK 10

Week 10 – High Volume

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

Chest - 12 sets & Shoulders - 10 sets

Machine press – On these as usual focus on mind muscle connection and flex hard on every rep. Simply do sets of 8 until you can barely get 8. That set will be a drop set. Squeeze out that 8th rep, and then drop the weight some and do 6 to 8 more full range of motion reps with a hard squeeze and then do this one final time to blow your chest up. We will call this 3 sets. **3 total work sets.**

Goal – Activate pump

Incline bench press – Ok I have a challenge for you this week. We have steadily been increasing weight on every week and lowering reps. I want you to go back to 8 reps today and see if you can match what you did last week for 5 with 8! Just do sets of 8 working up until you can barely get 8. I want this last set to equal what you did last week for 5. Remember to drive the bar up fast and hard and to not lock out. We will call this 3 sets. **3 total work sets.**

Goal – Train explosively

Flat dumbbell press – I want you to do these all to failure. Get to a weight that you pretty much fail with between 8 and 10 reps. Now stay there, and do 3 sets to failure with it. **3 total work sets.**

Goal – Supramax pump

Incline dumbbell flye – Remember how I like to do these – with a pronated grip NOT neutral (palms facing each other). DO these very slow. Get a great stretch and squeeze your upper pecs to bring the dumbbells back in close. Do 3 sets of 12 here. **3 total work sets.**

Goal – Work muscle from a stretched position

Machine rear laterals – Do 1 warm up set and then do 3 sets of 20 here. Now on your 4th set do 20, but then drop the weight a little and do 10 more, and then drop the weight and do 10 more, and now do a 10 second isohold before stopping set. Hopefully you have a partner that can add additional resistance on the isohold making this brutal. **4 total work sets.**

Goal – Supramax pump

Dumbbell side laterals – Guess what – same rep scheme here. Do 3 sets of 20 here. Now on your 4th set do 20, but then drop the weight a little and do 10 more, and then drop the weight and do 10 more, and now do a 10

second isohold before stopping set. On the hold just bring the weight up about 4 inches and hold there. **4 total work sets.**

Goal – Supramax pump

Machine presses – Do 1 set of 8 first. Next on your second set do 8, then drop the weight and do 4 to 6, and then drop the weight and do 4 to 6 again. Take these to $\frac{3}{4}$ lockout. **2 total work sets**

Goal – Supramax pump

Legs – 19 sets

Seated leg curl – Do a good 3-4 to sets to warm up. You are going to do 4 sets of 10, and every set of 10 I want 10 partials out of the stretch position tacked on to extend the set. I want your hams LOADED with blood headed into the triset coming up. **4 total work sets.**

Goal – Activate and pump

Here comes a brutal triset.

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

Leg press - Ok what we do is start with leg press only. Keep building the weight up until it starts to get pretty tough. For most this is about 5 to 6 sets depending on how your jumps are. What I did is below. Once you start the trisets, just add weight to the leg press sets and not the other. They will get harder on their own just from fatigue.

For example:

1 plate per side x 10

2 plates per side x 10

3 plates per side x 10

4 plates per side x 10

5 plates per side x 10

6 plates per side x 10

7 plates per side x 8 – this I felt was decent working weight. At this point you do a set of frog squats and front squats to find your working weight there, as it will not change.

Next

8 plates per side x 8 and then 6 reps on front squat and 6 on front squat

9 plates per side x 8 and then 6 reps on both again

10 plates per side x 8 (barely could get 8) and then go for 6 on both again – this is where you get brutalized.

Keep the weight the same on the frog squats and front squats. It should be very hard, but you need to be able to get your 6.

I would call this 4 rounds of 3 exercises so 12 work sets.

Goal – Supramax pump

Stationary dumbbell lunge– Hold onto something with one hand and do very slow lunges. Do all your reps on one leg, and then do the other side. Take 3 seconds to get down and try to gently touch knee on floor before driving up to $\frac{3}{4}$ lockout and then going right back down. Do 3 sets of 12 here. **3 total work sets.**

Goal – Supramax pump

No stiff legged deads today as you will do quite a bit of lower back work tomorrow.

Back - 24 sets

Today was a high high volume session!

Hammer DY Row – This is the Hammer machine that allows you to row with a semi supinated/underhand grip. Most gyms don't have this exact machine, but as long as you are doing a semi supinated row, you are good to go. Now one point of emphasis, don't work the stretch real hard on these. I worry about bicep strains when getting an extreme stretch with an underhand grip. Flex your lats hard throughout the entire movement though. Do 3 good sets of 10 after warm ups, and then do a drop set like this, 10 reps and then drop weight and do 6 to 8 more, and then drop weight and do another 6 to 8. **4 total work sets.**

Goal – Activate and pump

Low cable row – On these use the narrow attachment with palms facing in. Do 4 sets of 8 and on every rep hold the flex for 1 second squeezing as hard as you possibly can. Give it your all. **4 total work sets.**

Goal – Supramax pump

Pullovers – I actually used a nautilus pullover machine on these (my favorite) but you may not have one so use a dumbbell. On this do 3 sets of 10 again, and on the 4th set do a drop set. Do 10, then drop the weight shooting for 6 to 8 more, and then one more drop for 6 to 8 more reps. **4 total work sets.**

Goal – Train from a stretched position

Meadows row – I think this may have been the first time I have ever done these this late in a back workout. This was really tough and winded me big time. Simply do 4 hard sets of 8 on each side using perfect form. **4 total work sets.**

Goal – Supramax pump

Hyperextensions – Do 15 slow reps here and then..

Supersetted with

Smith machine deadlift – Do 5 slow reps here squeezing lats.

Your lower lats should be toast and your spinal erectors will be on fire after this combination.

Do 4 supersets for **8 total sets**.

Goal – Supramax pump

Biceps - 10 sets / Triceps - 15 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.

We start with a Tri-set

Rope pushdowns for 12 reps with a good hard flex at the bottom, then go to

Bent over rope extensions (focus on getting a good stretch on these) for 10, then go to

Dips between benches (get real low to thicken the lower part of your tricep near your elbow) to failure.

Rest for 90 seconds and repeat 3 more times (4 total rounds). for **12 total work sets**.

We aren't done yet. Now we do 3 simple straight sets of lying extensions.

Lying extensions - Now that you're pumped and elbows are warmed up do 3 sets of 10 here. I would never do these early in a routine due to elbow injury, but doing these with fully pumped tris and warmed up elbows are awesome. I wouldn't do them any other way. 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 if you get my drift. **3 total work sets**.

Now it is bicep time.

EZ bar curl for 8 reps, lower weight in controlled fashion, and flex hard at the top. Use perfect form, then go to

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. Then finish with

EZ bar reverse curls for 8 reps for your brachialis and brachioradialis.

Do this cycle 3 times total. **9 working sets**.

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. Use your bi's on the chins. Try to not use back (sounds funny recommending that on chins doesn't it..lol) **1 working set**.

Calves

Calves are to be hit a minimum of 2 x a week, the more the better with calves. Do them as much as you can. If you can, try to get all of these routines done in a week. If not just mix it up.

Calve program #1

Do this one at least one time a week.

Standing calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

<https://www.youtube.com/watch?v=Qhdlw51Xjsc>

In between these sets work your tibialis for 20 reps on each side.

NOTE: Here is a way to train tibia if you don't have one of those seated tibia machines.

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

This superset equals 10 total work sets (5 for gastrocs and 5 for tibia).

Calve program #2

Do this one at least one time a week.

Seated calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

In between these sets work your tibialis for 20 reps on each side.

This superset equals 10 total work sets (5 for soleus and 5 for tibia).

Calve program #3

The Super Pump routine!!!

See link below – 5 rounds of this!

<https://www.youtube.com/watch?v=XLxnXx6V7Ng&index=35&list=PLD5A37C01FC6D4C0D>

Calve program #4

This is probably the most painful calve routine I do.

Each set is like this, you do 10 full range reps and then hold in the top position for 10 seconds, and then pump out 10 more reps, now these you will not be able to get all the way to the top and that's ok, and then do

another 10 second hold as high as you can get it. At this point you will want to quit bad, don't. Do another 10 reps even if you can barely move the weight and then hold it for another 10 seconds.

So in total you do 30 reps in the set with 3 instances of 10 second holds.

I would you only do 1 set like this the first time as most people get really sore from just one set. Work up to 3 sets max.

<https://www.youtube.com/watch?v=ITkcQ8PgNFM>

Abdominals

Do abs EVERY single day you train doing 4 rounds of one of these combinations.

Combo #1

Hanging Leg Raises & Incline Situps (failure on all sets)

<https://www.youtube.com/watch?v=Qe8HIjv5fWs>

Combo #2

Hanging Leg Raises & Rope Crunches (failure on all sets)

<https://www.youtube.com/watch?v=aKPkJWGEc7E>

Combo #3

Rope Crunches and Lat Pulldown Crunches

https://www.youtube.com/watch?v=FDcigeU12_k

On the Rope crunches always stretch your abdominal wall at the top before crunching down and sucking in your lower abs.

On the Lat crunches, suck in your stomach as hard as you can before blowing your air out and crunch down on abs.

Combo #4 – Ab Death

Hanging leg raises and Rope crunches and Incline Sit ups

<https://www.youtube.com/watch?v=DNOb3S7fBS4>

WEEK 11

Week 11 – Moderate Volume (volume is intentionally reduced)

*precontest folks do not use the extra high intensity techniques to continue along in the set. We need fresh muscle in 2 weeks, not beat down muscle, to look your best on stage.

Week 11 and 12 – Rest/Pause sets

Chest - 14 sets & Shoulders - 10 sets

Hammer press – We did these banded (using long red bands). The key points this is to do not let your elbows go back past 90 degrees as it is hard on rotator cuff and to also drive these up hard and flex hard at the top. Do 3-4 good warm ups and then hit 4 sets of 6. I like lower reps on these. Again, explosive and with hard contractions. **4 total work sets.**

Goal – Activate pump

Flat bench press – On these you are going to lower the weight to your chest and sit it there maintaining tension for 1 second and then drive it back up hard to $\frac{3}{4}$ lockout. Keep tension on the pecs. Once you do a few feeder sets to get to your working weight do 4 sets of 8 here. **4 total work sets.**

Goal – Train explosively

Incline (slight) dumbbell press – I want 2 sets of 8 here. Leave a rep or two in the tank on each set. On your 3rd set we are going balls out on a drop set. Do a weight that you can barely get 8, and then drop the weight quite a bit and shoot for another really tough 8, and then do one more small drop but only do small partials out of the bottom SLOWLY – this will BUUUURN. **3 total work sets.**

Goal – Supramax pump

Stretch pushups – Set up 2 aerobic step benches in our normal fashion on these and do 3 sets to failure. Keep your chin up when you go down and get nice and deep into the stretch. **3 total work sets.**

Goal – Work muscle from a stretched position

Dumbbell bent over rear laterals – Do 3 x 35 here. Yes, you will have to use a lighter weight but I want your rear delts to burn so bad you can barely stand it. **3 total work sets.**

Goal – Supramax pump

Dumbbell side laterals – Now let's do these pretty heavy ok. Use a weight that you can get around 6 good reps and then cheat another 2 reps out with a little swing. Do 4 sets of 8 here. **4 total work sets.**

Goal – Supramax pump

Cage press – Let's finish with 3 sets of 6 here. Lower the weight slowly and then fire it up. If you need a form refresher on these please check out the shoulder playlist on my YouTube. **3 total work sets**

Goal – Supramax pump and train explosively

Legs – 15 sets

Lying leg curl – Do a good 3-4 to sets to warm up. You are going to do 4 sets of 10 and every rep is going to be a rest pause rep on EVERY set. Set the weight down in the stretch position and drive it up. Do not jerk real hard, the goal is not to tear a hamstring. **4 total work sets.**

Goal – Activate and pump

Leg press - On this we are just going to go balls out heavy with good form. Do sets of 8 pyramiding until you can barely get 8. We will count this as 3 sets. Use the foot position in which you are strongest. **3 total work sets.**

Goal – Supramax pump

Smith lunges – Do 8 reps on one leg, and then 8 on the other. Lower yourself very slow on the decent and try to contract glutes initially to start the drive back up. Hammer your glutes. You will feel this in quads too due to the leg presses you just did. Do 3 sets of 8 on each side. **3 total work sets.**

Goal – Supramax pump

Smith squats – Do these with a triple pause. Lower the bar to a few inches above parallel and hold for 2 seconds (staying tight) then lower to parallel for a 2 second hold, and then go just below parallel for a 2 second hold before driving back up. These are obviously very tough. Do 3 sets of 8 here. If you have form/depth limitations due to your structure, injuries, etc. then adjust depth accordingly. These still work just fine when not done rock bottom. **3 total work sets.**

Goal – Supramax pump

Stiff legged deadlifts – Do 2 sets of 12 here with a slow descent. Stand all the way up and flex glutes on each rep. **2 total work sets.**

Goal – Work muscle from a stretch position

Back - 22 sets

I wanted to do something a little different today. Specifically, I wanted to use less exercises but do more sets on the ones that felt really good. I tried a set on a few things and stopped as you will see. I think you'll enjoy doing this yourself. Try to make it 3 exercises.

Smith machine rows – I had a feeling these would feel good so I worked the crap out of these. After a few warm ups do nice smooth reps with a really hard contraction and 1 second hold at the top. Do 4 sets like this. Now I want you to do explosive reps with these. Set these down mid shin (rest pause) and then fire your elbows up hard and explode. Do 4 sets of 8 on the first series of sets, and then on the explosive ones do 4 sets of 6! **8 total work sets.**

Goal – Activate and pump / train explosively

Neutral grip chins on assist machine – I felt these in upper lats pretty good, but just not enough to make me want to do 8 sets so I only did one set here and moved on and didn't count set. **0 total work sets.**

Rack pulls – I did these keeping lats flexed hard (more bodybuilding style) and rest pausing at the bottom. I had a really nice pump and full feel to lats here after 1 set so I stuck with these. I did 4 sets of 6 here using the bodybuilding style keeping constant tension on lats. Then I did 4 sets of 4 heavier but more powerlifting style, which to me means keeping back tight and flat and driving the weight up hard using my whole body basically. **8 total work sets.**

Goal – Supramax pump / train explosively

Dumbell row – I did one set here and ditched these because my lower back felt too tight and I didn't feel this enough in my lats due to the lower back pump. **0 total work sets.**

Low cable row – I did these with a close grip and held the flex for 2 seconds on all reps. I did 6 sets of 8 here. My lats were toast at 6 sets so I called it a day **3 total work sets.**

Goal – Supramax pump

You may find different exercises feel better on this. Have fun with this and work hard!

Biceps - 11 sets / Triceps - 11 sets

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

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

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

Bent over rope extensions – Do 3 sets of 15 reps. No locking out, but let the weight come back behind your head and really stretch on all reps. **3 total work sets.**

Decline lying extension – You should have a monster pump! 3 sets of 15. **3 total work sets.**

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

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

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

Calves

Calves are to be hit a minimum of 2 x a week, the more the better with calves. Do them as much as you can. If you can, try to get all of these routines done in a week. If not just mix it up.

Calve program #1

Do this one at least one time a week.

Standing calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

<https://www.youtube.com/watch?v=Qhdlw51Xjsc>

In between these sets work your tibialis for 20 reps on each side.

NOTE: Here is a way to train tibia if you don't have one of those seated tibia machines.

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

This superset equals 10 total work sets (5 for gastrocs and 5 for tibia).

Calve program #2

Do this one at least one time a week.

Seated calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

In between these sets work your tibialis for 20 reps on each side.

This superset equals 10 total work sets (5 for soleus and 5 for tibia).

Calve program #3

The Super Pump routine!!!

See link below – 5 rounds of this!

<https://www.youtube.com/watch?v=XLxnXx6V7Ng&index=35&list=PLD5A37C01FC6D4C0D>

Calve program #4

This is probably the most painful calve routine I do.

Each set is like this, you do 10 full range reps and then hold in the top position for 10 seconds, and then pump out 10 more reps, now these you will not be able to get all the way to the top and that's ok, and then do another 10 second hold as high as you can get it. At this point you will want to quit bad, don't. Do another 10 reps even if you can barely move the weight and then hold it for another 10 seconds.

So in total you do 30 reps in the set with 3 instances of 10 second holds.

I would you only do 1 set like this the first time as most people get really sore from just one set. Work up to 3 sets max.

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Abdominals

Do abs EVERY single day you train doing 4 rounds of one of these combinations.

Combo #1

Hanging Leg Raises & Incline Situps (failure on all sets)

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<https://www.youtube.com/watch?v=aKPkjWGEc7E>

Combo #3

Rope Crunches and Lat Pulldown Crunches

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On the Rope crunches always stretch your abdominal wall at the top before crunching down and sucking in your lower abs.

On the Lat crunches, suck in your stomach as hard as you can before blowing your air out and crunch down on abs.

Combo #4 – Ab Death

Hanging leg raises and Rope crunches and Incline Sit ups

<https://www.youtube.com/watch?v=DNOb3S7fBS4>

WEEK 12

Week 12 – Low Volume (volume is intentionally reduced)

*precontest folks do not use the extra high intensity techniques to continue along in the set. We need fresh muscle in 1 week, not beat down muscle, to look your best on stage. Do not add volume to these workouts.

Week 11 and 12 – Rest/Pause sets

Chest - 10 sets & Shoulders - 7 sets

This workout is low volume, basic and heavy. If you are pre-contest don't do any sets to complete failure here. Always use a weight that allows you to leave 2-3 reps in the tank. No need to tear a muscle this close to the show.

Dumbbell press – Do these in a slight incline. Simply do sets of 8 until you get to a weight that you can barely get 8 with. We will call this 3 work sets. **3 total work sets.**

Goal – Activate pump

Incline bench press – On these you are going to lower the weight to 2-3 inches above your chest and pause it maintaining tension for 1 second and then drive it back up hard to $\frac{3}{4}$ lockout. Keep tension on the pecs. Once you do a few feeder sets to get to your working weight do 3 sets of 8 here. **3 total work sets.**

Goal – Train explosively

Machine press – Do a feeder set to find a weight that is a tough 8. Do 2 sets of 8 pausing and flexing for 1 second at the lockout of each rep. **2 total work sets.**

Goal – Supramax pump

Dips – Do 2 sets to failure. Do these nice and slow getting a really good stretch at the bottom. Feel free to use the assist machine if needed. **2 total work sets.**

Goal – Work muscle from a stretched position

Dumbbell bent over rear laterals – Do 3 x 35 here. Yes, you will have to use a lighter weight but I want your rear delts to burn so bad you can barely stand it. **3 total work sets.**

Goal – Supramax pump

Dumbbell side laterals – Now let's do these pretty heavy again this week. Use a weight that you can get around 6 good reps and then cheat another 2 reps out with a little swing. Do 4 sets of 8 here. **4 total work sets.**

Goal – Supramax pump

Machine rear laterals/reverse peck deck flyes – Let's finish with 3 sets of 30 here. Reps these until your shoulders are blistering and in intense pain. **3 total work sets**

Goal – Supramax pump

Legs – 15 sets

This workout is low volume, basic and heavy. If you are pre-contest don't do any sets to complete failure here. Always use a weight that allows you to leave 2-3 reps in the tank. No need to tear a muscle this close to the show.

Seated leg curl – Do a good 3-4 to sets to warm up. Next I want you to simply do 4 sets of 10 using a very full range of motion and flexing the contractions very hard. **4 total work sets.**

Goal – Activate and pump

Leg press - On this we are just going to go balls out heavy with good form. Do sets of 8 pyramiding until you can barely get 8. Once you get there add some weight and do 2 more sets of 6. Use a slow tempo on these on the way down. Control the weight, own it. We will call this 5 sets. **5 total work sets.**

Goal – Train explosively

Walking lunges – I actually did these holding kettlebells and it felt great. Now here is the key. Take small steps and keep your back straight up and down. Your quads will be jacked. I took about 15 steps on each leg per set, and that was awful. Do 4 rounds. **4 total work sets.**

Goal – Supramax pump

Stiff legged deadlifts – Do 2 sets of 12 here with a slow descent just like last week. Stand all the way up and flex glutes on each rep. **2 total work sets.**

Goal – Work muscle from a stretch position

Back - 15 sets

This workout is low volume, basic and heavy. If you are pre-contest don't do any sets to complete failure here. Always use a weight that allows you to leave 2-3 reps in the tank. No need to tear a muscle this close to the show.

Dumbbell rows – Work your way up doing sets of 10. Once you get to a weight that is a pretty solid 10, do a total of 3 sets with it. **3 total work sets.**

Goal – Activate and pump

Low rows with EZ bar curl – Lets do these again. Remember to not let your arms stretch out all the way due to the pressure it puts on your biceps insertion. Keep tension on your lower lats by keeping elbows in tight and flexing them throughout the entire range of motion. Do 3 sets of 10 here. **3 total work sets.**

<https://www.youtube.com/watch?v=rnxbnWSvHz8>

Goal – Supramax pump

Dumbbell pullovers – Do 3 sets of 10 with our normal style. **3 total work sets.**

Goal – Train muscle from a stretch position

Chin – You can use the assist machine if needed. Do these pronated with a moderate grip. It would be great to get 3 sets of 8 to 10 reps. **3 total work sets.**

Goal – Supramax pump

Hyperextensions – Do 3 sets to failure with bodyweight to finish things off for the day. **3 total work sets.**

Goal – Supramax pump

Biceps - 12 sets / Triceps - 12 sets

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

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

EZ bar curl - 2 warm up sets of 15 reps. You are going to do 1.5's. So do a full rep, and then come up half way and go back down. That is one rep. The point of this is to use your lower biceps more throughout the set. Do 3 sets of 8. **3 total work sets.**

Dumbbell hammer curls on preacher bench - This really isolates brachialis and brachioradialis - squeeze really hard at the top. When you come down, get a good stretch on that lower bicep too. 3 sets of 12 reps. Do one arm at a time! **3 total work sets.**

EZ bar preacher curls superset with reverse curls - This is one I like a lot. Do a hard 8 reps on preacher curls, then stand up and grab the same weight and pump out 12 reps of reverse curls. Do 3 rounds of this!! **6 total work sets via 3 supersets.**

Ez bar close grip bench press - 2-3 sets of 10 to warm up. I want you to do 3 sets of 8, and in between each set do:

Supersetted with

Rope pushdowns to pump tons of blood in there. When you do the rope pushdowns, you are only doing sets of 6, and you are holding each rep for 3 seconds at the bottom. Again, 3 of these supersets. **6 total work sets via 3 supersets.**

Seated dip machine - Keep elbows in tight. Come up slowly with weight and get a nice stretch on your lower tri near the elbow. Flex each rep for 2 seconds also. 3 sets of 8. **3 total work sets.**

Dumbbell lying extensions/skullcrushers w dumbbells - On these, let the dumbbells come out to the side of your head and really work on stretching the tri. When you come up, just kick them to right above your forehead. I like to actually hang my head off the bench so that I can really let my triceps stretch at the bottom. Give that technique a try. 3 sets of 10. **3 total work sets.**

Calves

Calves are to be hit a minimum of 2 x a week, the more the better with calves. Do them as much as you can. If you can, try to get all of these routines done in a week. If not just mix it up.

Calve program #1

Do this one at least one time a week.

Standing calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

<https://www.youtube.com/watch?v=Qhdlw51Xjsc>

In between these sets work your tibialis for 20 reps on each side.

NOTE: Here is a way to train tibia if you don't have one of those seated tibia machines.

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

This superset equals 10 total work sets (5 for gastrocs and 5 for tibia).

Calve program #2

Do this one at least one time a week.

Seated calve raises – After 1-2 warm up sets every set you do is 10 full range reps followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set in the stretch position. Do 5 sets like this.

In between these sets work your tibialis for 20 reps on each side.

This superset equals 10 total work sets (5 for soleus and 5 for tibia).

Calve program #3

The Super Pump routine!!!

See link below – 5 rounds of this!

<https://www.youtube.com/watch?v=XLxnXx6V7Ng&index=35&list=PLD5A37C01FC6D4C0D>

Calve program #4

This is probably the most painful calve routine I do.

Each set is like this, you do 10 full range reps and then hold in the top position for 10 seconds, and then pump out 10 more reps, now these you will not be able to get all the way to the top and that's ok, and then do another 10 second hold as high as you can get it. At this point you will want to quit bad, don't. Do another 10 reps even if you can barely move the weight and then hold it for another 10 seconds.

So in total you do 30 reps in the set with 3 instances of 10 second holds.

I would you only do 1 set like this the first time as most people get really sore from just one set. Work up to 3 sets max.

<https://www.youtube.com/watch?v=ITkcQ8PgNFM>

Abdominals

Do abs EVERY single day you train doing 4 rounds of one of these combinations.

Combo #1

Hanging Leg Raises & Incline Situps (failure on all sets)

<https://www.youtube.com/watch?v=Qe8HIJv5fWs>

Combo #2

Hanging Leg Raises & Rope Crunches (failure on all sets)

<https://www.youtube.com/watch?v=aKPkJWGEc7E>

Combo #3

Rope Crunches and Lat Pulldown Crunches

https://www.youtube.com/watch?v=FDCigeU12_k

On the Rope crunches always stretch your abdominal wall at the top before crunching down and sucking in your lower abs.

On the Lat crunches, suck in your stomach as hard as you can before blowing your air out and crunch down on abs.

Combo #4 – Ab Death

Hanging leg raises and Rope crunches and Incline Sit ups

<https://www.youtube.com/watch?v=DNOb3S7fBS4>

Mountain Dog training

OPTIONAL/PUMP DAYS – as recovery allows

BACK TRAINING

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

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

Optional Back workout – 16 sets

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

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

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

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

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

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

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

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

You will get more range of motion.

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

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

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

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

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

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

On the pulldowns do 4 sets of 10.

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

Swiss bar:

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

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

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

Do 4 sets of 10.

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

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

Program 18 or 19 – use this template.

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

Structure

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

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

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

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

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

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

Do one exercise for lower traps/rhomboids

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

https://www.youtube.com/watch?v=Q6shuaJl_A&list=UUmSEdfW3LpEKyLiCDWBddVQ

Do one exercise for serratus and upper outer lats

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

Do one exercise for spinal erectors

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

https://www.youtube.com/watch?v=BdO-_CM7AW0&list=PL2F8A4BD406176C34&index=4

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

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

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

You have another choice here for back training!

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

Giant Set

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

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

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

Now onto the **TRI-SET!**

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

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

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

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

Optional Leg workout – 18 sets

You have many choices here!

Option #1 – Giant Sets / quad dominant

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

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

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

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

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

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

Option #2 – Giant Sets / Ham dominant

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

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

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

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

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

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

Option #3 – Overall leg focus

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

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

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

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

135 x 10 - warm up

185 x 10 warm up

225 x 6

245 x 6

275 x 6

295 x 6

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

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

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

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

Option #4 – Quad 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 up. No need to do partials and the other high intensity techniques I use on this day. It would be too much. **3 total work sets.**

Superset time!

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

This is to be Supersettted with

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-jIVH0&list=PLCB563F603BA85BBF&index=7>

Do 4 rounds.

Option #2 - Trisets

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

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

- Hammer press (I prefer with bands to emphasize a hard contraction) x 8 reps
- Hex press x 6-8 reps
- 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**

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

** You can also do these with a machine

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

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

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

<http://www.youtube.com/watch?v=IeKQCX-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 dumbbell side lateral x 6-8 reps
- 3) Band pullapart/facepull x 10 reps
- 4) Dumbbell 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