

# ***Arnold Classic 2016 Program***



Thank you for choosing my Arnold Classic 2016 program! This is exactly what I did. Now if you follow me, you will notice my back and especially abs were improved. This program had a heavy back and ab emphasis. I also still crushed chest twice a week. On arms, it is kind of random. Some days I stuck them in with torso work, other days they were done on their own. I think you'll enjoy the variety and learn a lot about what YOUR body responds to.

You can also emphasize legs in this program by making a simple change. You merely drop a chest or back workout, and substitute in a leg workout from the pump/optional day doc. I don't need bigger legs, so I only did them once per week. I did slip in some extra glute and hammy work from time to time though.

So enjoy this program....in the meantime, I am already thinking of something new I want to try, that I will of course build into a new program.

Crank hard!  
John Meadows

This program is being written during my 2016 Arnold Classic prep. You could use this for off-season mass gain as well, just ensure calories are high and you are in a caloric surplus. I typically wave my high intensity techniques as you know, but for this contest, I am just going with a more instinctual approach on what techniques to use. Just expect a lot of pain.

Band work is sprinkled into the program lightly 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 if you also want to incorporate them:*

- 1 grey average band (for use with good mornings)
  - 2 grey average bands IF you want to do reverse band work. This is not written into the program but it's great for squatting with a fragile lower back and benching with bad shoulders.
  - 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)
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*This is a 6 day a week program. This doesn't mean you have to do all 6, but do the 4 base workouts and then add in optional/pump sessions as recovery allows. Try to master the art of peri-workout nutrition so you can hit 6 sessions. 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.*

*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 (heavy)

Day 4 - Arms

Day 5 - OFF

Day 6 - Chest/Shoulders (pump/optional)

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

- You will notice as you go I often mix in arms with torso work, and I may not do a direct arm day.
- I do some random stuff too here and there as recovery allows, so be flexible!

*\*We are going to ramp up volume over the first 2 weeks and down the last week. Most folks then do some pretty light training after week 12 for 1-2 weeks before going to the next program.*

Last but not least, I will be referencing this chart as we go to give you a little clearer idea of the intensity level I am training at.

<b>Rate of Perceived Exertion Flow Chart</b>	
<b>Fairly easy like a warm-up weight</b>	<b>@ 6.0</b>
<a href="#">You can do 4-6 more reps</a>	<b>@ 7.0</b>
<a href="#">You can do 2-3 more reps</a>	<b>@ 8.0</b>
<a href="#">You have 2 more reps left in the tank</a>	<b>@ 8.5</b>
<a href="#">You have 1 more rep left in the tank</a>	<b>@ 9.0</b>
<a href="#">Went to failure at perfect form</a>	<b>@ 10</b>
<a href="#">Went to failure with loose form after perfect reps completed</a>	<b>@ 11</b>
<a href="#">Used a high intensity technique to push beyond failure</a>	<b>@ 12</b>
<a href="#">Used multiple high intensity techniques/go apeshit set!</a>	<b>@13</b>
<b>Click on any one of the tags for an example</b>	

***Generally, (not always) I count sets that are 7.0 and above as working sets.***

**I am writing down the day I am doing each workout, but you DO NOT have to use the exact same split!!!!**

# Week 1

## **Monday**

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

**BASE DAY (Moderate volume - will build up as we go the first 2 weeks.)**

Machine press - I worked up doing sets of 8 until I could barely get 8. I count the last 3 sets as working sets. I didn't do any special high intensity techniques on this today. On each rep I want you to flex hard. Think in your head, ESTABLISH MIND MUSCLE CONNECTION. **3 total work sets**

**Here is the RPE example fyi.**

**85 lbs - RPE 6**

**115 lbs -RPE 6**

**135 lbs - RPE 6**

**155 lbs - RPE 8**

**185 lbs -RPE 8.5**

**200 lbs - RPE 10 (could not have got a 9<sup>th</sup> rep)**

**Goal - Activation and Supramax pump**

Incline barbell bench press - Take down to about 1 inch above chest (so not touching chest). Do not lock out on these, and drive the weight up hard. I did sets of 8 going up until I could barely get 8 with perfect form. Don't take too big of jumps or you won't get enough sets in. Drive the weight up explosively. See below for what I did and RPE. **3 total work sets**

**185 lbs - RPE 6**

**225 lbs -RPE 7**

**255 lbs - RPE 8.5**

**275 lbs - RPE 10 (barely got 8)**

**Goal - Train explosively**

Incline dumbbell fly - Do 3 sets to failure with good form on these. Reps should be 8 to 10. See the video below for form (this is where I use a pronated grip). **3 total work sets**

**These sets are all RPE of 10.**

<https://www.youtube.com/watch?v=bscXcMgQLWo&index=49&list=PL2955620A11D03694>

**Goal - Work muscle from stretched position**

Dip machine – Finish your chest off with 3 sets to failure here. Get nice and deep and only come up half way. Your reps should be between 6 and 10. I use a dip/chin assist machine on these and usually help myself anywhere from 40 to 60 lbs. **3 total work sets**

**These sets are all RPE of 10.**

***Goal - Work muscle from stretched position***

Machine rear laterals/reverse peck deck – Work your way up in weight here doing sets of 20. Your last set you should have to shorten your range of motion up to get to your 20, there should be no way you get all 20 with perfect form. This is 4 sets of work. Below is what I did for example. **4 total work sets**

**75 lbs - RPE 7**

**85 lbs -RPE 8.5**

**95 lbs - RPE 10**

**105 lbs - RPE 11 (got 14 and then did 6 partials)**

***Goal - Supramax pump***

Standing dumbbell side laterals – Do 4 sets of 10 reps here. **4 total work sets.**

**The RPE on these is all 11. Get 8 or so strictly and then cheat a few extra using momentum.**

***Goal - Supramax pump***

## **EXTRA WORK**

I felt like throwing in some of these for triceps too as I love them! Often I use the Assisted chin/dip with a pad instead of this one. I have film of that on my Instagram. It has become one of my favorite exercises.

Dip/chin assist pushdowns – 6 sets to failure with good form. **6 total work sets.**

**These sets are all RPE of 10.**

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

Standing calf raise – Do 1 warm up set and then do 4 sets to failure. At the end of each set sit in the stretched position for 30 seconds. Start with a light weight, and then add weight each set. Obviously your reps will come down as you go, but the goal is to get to failure strictly and then do the stretch. **4 total work sets.**

**These sets are all RPE of 10 except for the first warm up set.**

Rope crunches – My abs still feel a little pain when I train them, but they have continued to get better since the Team U. If you followed that program, you know that at a certain point they actually started to work again. For ALL my ab sets I always leave a few reps in the tank because if I don't, the scar tissue tends to get a little sore which does not feel good. You can go to failure on ALL your sets though even though I use an RPE of 8. Do 4 sets. **4 total work sets.**

**RPE - 8**

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## ***Tuesday***

Legs – 18 sets

### ***BASE DAY***

Lying leg curl – I did a few warm up sets here as you can see below. I also wanted to film my last set here, as I was doing rest pause reps with the whole stack, but my camera guy was at a bad angle so I actually did the crazy hard set twice. I did what I would call 4 work sets. After your warm ups (RPE 6 sets), do ALL rest pause reps. You can see my last set in my Instagram for these and on my Facebook page on 12/8/15. **4 total work sets.**

**35 lbs - RPE 6**

**55 lbs -RPE 6**

**75 lbs - RPE 6**

**95 lbs - RPE 8**

**115 lbs -RPE 9**

**125 lbs - RPE 10 x 2 sets**

***Goal - Activate and pump***

Leg press – I start at 2 plates a side and just add a plate until I typically can barely get my target number. Today that number was 8 reps, and I was expecting to load the machine up. When I got to 7 I felt some pulling in my groin (I also had a massive adductor tear there once), so I changed objectives. Now you can keep going up until you barely hit 8 reps, or you can do what I did. Either way is effective. Once I did the set with 7 plates, I went back down to 3 plates and lowered my feet on the platform, heels were not touching in fact, and I did 3 really slow sets of 25 reps with no locking out. This HURT. My quads were on fire. I will call this 4 total work sets for the exercise as the 7 plates wasn't a walk in the park. **4 total work sets.**

***Goal - Activate and pump (if doing all heavy sets do them explosively)***

Bulgaria split squat – Ah yes, BUT no drop set just YET. Today do 3 sets. I did 1 set to grease the groove/range of motion and then did 3 sets to failure with good form. I increased the weight each set. These are nasty, I love them. **3 total work sets.**

Here is what I did:

35 lb dumbbell for 10 reps on each leg as warm up.

65 pounder for 18 reps

75 pounder for 14 reps

85 pounder for 11 reps

I may have been a rep short on the last leg to go. I did rest 2 to 3 minutes before changing legs as I was sucking wind bad.

**These sets are all RPE of 10 except for the first warm up set.**

***Goal - Supramax pump***

Front squats – On these I don't want you to go to complete failure. Leave a few reps in the tank on each set, it will still be extremely hard. I did elevate my heel with a really thin board. Sometimes I fold over a yoga mat and put it under my heels for a slight lift. Shoot for 3 sets of 10 here with a solid weight. I did 225 for 3 sets of 10. **3 total work sets.**

**RPE - 8.5**

***Goal - Supramax pump***

Still legged deadlift (banded) – I did these standing on a long red mini band. This was really awesome. Do to my low back being fragile, I can't get to crazy with pulling heavy weight out of the bottom. This allowed me to use a lighter weight but as you bring the weight up, it gets very difficult due to the band tension. See video below. You will love these. Do 4 sets of 10 once you do a warm up set. Stand all the way up and flex glutes too. **4 total work sets.**

<https://www.youtube.com/watch?v=90lWhg1YOxQ>

**These sets are all RPE of 10 except for the first warm up set.**

***Goal - Work muscle from stretched position***

Standing calf raise – This is the same as yesterday. Do 1 warm up set and then do 4 sets to failure. At the end of each set sit in the stretched position for 30 seconds. Start with a light weight, and then add weight each set. Obviously your reps will come down as you go, but the goal is to get to failure strictly and then do the stretch. **4 total work sets.**

**These sets are all RPE of 10 except for the first warm up set.**

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## ***Wednesday***

Back - 18 sets

### ***PUMP DAY***

Seated cable row - On these I used the separate D handles that you see on my Facebook video from 12/10/2015. I used those handles on the pulldowns too which is next. Anyways, so do sets of 10 and just keep going up until you barely get 10. On your last set you can cheat 2 extra reps as well. We will count this as 3 work sets. **3 total work sets.**

**85 lbs - RPE 6**

**125 lbs -RPE 6**

**145 lbs - RPE 6**

**165 lbs - RPE 8**

**185 lbs -RPE 8.5**

**215 lbs - RPE 10 (could not have got an 11<sup>th</sup> rep)**

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

Supinated pulldowns - I want you to use those same straps that you just saw in the video for these as well. Use the same type of pyramid and continue to use 10 reps. Keep going until you barely get 10. I like to really get a nasty stretch on these too. As you drive your elbows down supinate your wrists and really focus on squeezing lower lats. For today, do both arms at once. Most of the time we will do these one arm at a time. **3 total work sets.**

**Example of how sets should look:**

**145 lbs - RPE 6**

**165 lbs - RPE 8**

**185 lbs -RPE 8.5**

**215 lbs - RPE 10 (could not have got an 11<sup>th</sup> rep)**

***Goal - Supramax pump***

Dumbbell pullover - These are my standard dumbbell pullover lying on the bench not across it. Do 3 sets to failure. The rep range should be 8 to 12. **3 total work sets.**

**These sets are all RPE of 10.**

***Goal - Work muscle from stretched position***

Rack pulls - You are going to find a weight that is something you can usually do for 3 reps/RPE 8. I want you to do 15 singles with it. In between each rep step back and count to 10. If you find you fail and can't get a rep, extend the rest to 30 seconds and so on. Take enough rest so that you can continue to get reps all the way to 15. This



should be extremely difficult. It is important that you do all of these with perfect form also. I don't want you doing anything sloppy here. I count these kinds of sets as 3 sets though you really only do 1 set of 15, or 15 sets of 1. **3 total work set.**

***Goal - Train explosively***

Chins on assist machine – Use enough assistance from machine that you can get about 8 reps. Do 4 sets like this. Your last rep should be failure on every set. **3 total work sets.**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Rope crunches – I did these with a real emphasis on vacuuming today. When you crunch down blow out all your air, and then suck in your lower abs as hard as you can, and return to the starting position. I did 5 sets here. **5 total work sets.**

**RPE - 8**

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## ***Thursday***

Biceps - 13 sets & Triceps 12 sets:

EZ bar curl - 3 sets of 15 light to warm up - grab a moderate weight. Do 10 perfect reps and set weight down. Count to 10, and repeat. Do 5 sets total - so 5 sets of 10 with 10 second breaks. The last 2 sets should have your arms screaming. **5 total work sets.**

**The RPE will vary on this. It will probably start at around a 7 but it will definitely end up being an 11.**

Hammer curls – Do the same thing here - 5 sets of 10 with 10 second breaks. On these I actually take the dumbbells to my ears ( I do them both at same time) and flex as hard as I can. Lower these slowly, as your arms will be on FIRE. **5 total work sets.**

**The RPE will vary on this. It will probably start at around a 7 but it will definitely end up being an 11.**

EZ Bar Preacher curls – Do 3 sets of 8 here. Use a weight where 8 is failure. **3 total work sets.**

**These sets are all RPE of 10.**

Dip/chin assist pushdowns - Do as many sets as you need to warm up elbows here. Pyramid on these. Go to failure every set though with strict form. Start at 12 reps and add a little bit of weight each set. Do 4 sets. If your reps drop below 6 it is too heavy.

**4 total work sets.**

**These sets are all RPE of 10.**

Incline skullcrushers/lying extensions - Now that we have done a lot of squeezing, let's get a good stretch here. Let the bar go behind your head for a really good stretch. Do 4 sets of 10 here. All sets should be around 10, and to failure with perfect form. **4 total work sets.**

**These sets are all RPE of 10.**

Rope pushdowns - Do these to lock out, to emphasize the lateral head of your triceps now. The first variation is more stress on the inner/long head of the triceps. Do about 8 reps per set to failure with good form. **4 total work sets.**

**These sets are all RPE of 10.**

Hanging leg raises - I did 6 sets of 12 here. I do not go to failure, but you should!!! **6 total work sets.**

**RPE - 8**

Standing calf raise - We are doing these heavy as we usually do. Do a high rep warm up set, and then do 6 sets of 10. After the last rep on each set hold the stretch at the bottom for a slow 10 count. If you can't get all the way up on toes the last few reps that's ok, just keep working the stretch hard though as that is extremely important. **6 total work sets.**

**These sets are all RPE of 10 except for the first warm up set.**

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## ***Friday***

Chest - 10 sets / Shoulders - 12 sets / Triceps - 6 sets

***PUMP DAY***

**This day is more shoulder emphasis than Monday was. Sometimes on the pump days I do more shoulder work (it depends on healthy my shoulders are feeling).**

Machine rear laterals - The video below I do these both arms at once, but really what I did was I did them one arm at a time and held the contraction for 1 second on every rep. Do 2 good high rep warm up sets, and then do 4 sets to failure with good form. When form breaks, stop. Your rear delts should be pumped up very well from this, especially if you squeeze hard for that one second. **4 total work sets**

**These sets are all RPE of 10.**

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

***Goal - Supramax pump***

Dumbell side laterals - On these do 1 lighter set to get side delts warm and then do 4 sets of 10. Go until you have to cheat a little to get the final few reps. **4 total work sets**

***Goal - Supramax pump***

**These sets are all RPE of 11.**

Machine press - Do a few warm up sets here for your chest. This was interesting. I did a few working sets of 8 with a flex at the end, and my shoulders were just burning so bad. This isn't a bad thing, but I was getting no pump in my chest. So what I did was really just refocus right before the set and absolutely flex as hard as I could at lockout on every rep. Once I did this, after 3 sets, I had an insane chest pump It is amazing what you can do with real focus, on the right things. Quickly get to a tough 8 and stay there for 4 more sets. **5 total work sets**

**Here is the RPE example fyi.**

**115 lbs -RPE 6  
135 lbs - RPE 6  
155 lbs - RPE 9  
185 lbs - RPE 10 (4 sets)**

***Goal - Activate and Pump***

Dips - I did a nice slow eccentric on these and really got a good stretch at the bottom. I also tried to use my pecs and create as much tension in them as I could for all these sets. I went to failure on all sets. I used the assist machine and had it set at 50 lbs of help. You should get 7-12 reps per set, that is the target. **5 total work sets**

**These sets are all RPE of 10.**

***Goal - Work muscle from stretched position***

Barbell front raises – Do 4 strict sets of 10 here. Bring the barbell above eye level. **4 total work sets**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Dip/chin assist pushdowns – Yep, I had to more of these! I love these. It is crazy how much my triceps are improving from these. 6 sets to failure with good form. **6 total work sets.**

**These sets are all RPE of 10.**

Standing calf raise – I did something I haven't done in a while here. I find a weight that is a good weight for about 20 full reps. I do that and then I step off and walk away, and walk back. I actually counted my steps on this. I take 10 steps away and then come back which is obviously another 10 steps. When I do this I then get back on the machine and go to failure again. On these I count failure as not being able to get up about 3/4 of the way. You still get a ton of benefit from these without the full contraction at the top, so I actually like half reps on these so long as the stretch is emphasized. I just kept going until 5 minutes were up. It's actually a lot of sets. **5 minutes**

Rope crunches – I did more of these vacuum style, which again means blowing all air out in the crunched position, and then sucking in stomach hard, and trying to vacuum as you come up. I did 5 sets of 10 here. **5 total work sets.**

**RPE - 8**

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## ***Saturday***

Back - 23 sets

### ***BASE DAY***

Neutral grip pulldowns – On these we used a new bar that EliteFTS is carrying. You can see me doing a set on my Facebook and Instagram for 12/12/2015. What we did was 2 working sets on each handle starting wide. You will notice there are 4 handles on each side, so this was 8 sets. These sets were all taken to failure with good form, and my lats were on fire. **8 total work sets**

**These sets are all RPE of 10.**

### **Goal - Activate and Pump**

Low cable row - We did these with individual handles as I have been doing lately. I did 3 sets supinated and then did 2 sets pronated for 5 total work sets. All sets were taken to failure with good form. Our rep range was 8 to 10. **5 total work sets**

**These sets are all RPE of 10.**

### ***Goal - Supramax pump***

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Kettlebell rows - On these we did 4 sets of 8. On each set we really try to get our elbows up as high as possible, as that is the advantage of using the kettlebells due to their shape. After we can't raise the dumbbells up to at least waist high, we cheat a little to get a few extra reps. We did this on all sets. **4 work sets.**

**These sets are all RPE of 11.**

### ***Goal - Supramax pump***

Tbar row and deadlift combo - See my video posted on 12/12/2015 on my Facebook and Instagram for these. We set up a landmine to do this. What I did was low rep sets of 4 to get to a weight that made for a tough 6 and 6 (6 rows, and 6 deads). Once there I did 4 sets. I was completely exhausted after this. **4 work sets.**

**These sets are all RPE of 10.**

### ***Goal - Supramax pump***

Dumbbell pullovers - I finished with 2 sets of 10 here and really just tried to stretch everything out. **2 work sets.**

**These sets are all RPE of 10.**

### ***Goal - Train muscle from a stretched position***

This was a brutal workout, and is a sign of what's to come.

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## ***Sunday***

### ***Off - Family Day***

***I do have 2-3 donuts with my kids after church on Sundays! I went for 2 apple fritters this week. My boys like the stuff with sprinkles on them.***

# Week 2

## ***Monday***

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

### ***BASE DAY***

Machine press - This is the exact same as last week except I change my grip to a neutral grip (palms facing in). I worked up doing sets of 8 until I could barely get 8. On the last set, which is the whole stack I actually did 10 reps. I count the last 3 sets as working sets. I did all reps rest-pause style here! On each rep I want you to flex hard and drive out of the bottom with controlled authority. This week I was stronger here which was cool. I am actually weaker with this hand position so that made it even better, in addition to using rest-pause technique. **3 total work sets**

**Here is the RPE example fyi.**

**85 lbs - RPE 6**

**115 lbs -RPE 6**

**135 lbs - RPE 6**

**155 lbs - RPE 6**

**185 lbs -RPE 8**

**200 lbs - RPE 8.5**

**220 lbs - RPE 10 (I felt so strong doing 8 I went to 10 here, which was failure. I wanted the last set to be complete failure.) Even here I maintained form and did all rest-pause reps. This is our whole stack.**

***Goal - Activate and pump***

Incline barbell bench press - This is also the same as last week but I really wanted to beat what I did last week since I was off to such a great start. Take down to about 1 inch above collarbone (so not touching chest). Do not lock out on these. I did sets of 6 this time going up until I could barely get 6 with perfect form. Don't take too big of jumps or you won't get enough sets in. Drive the weight up explosively. See below for what I did and RPE. **4 total work sets**

**185 lbs - RPE 6**

**225 lbs -RPE 7**

**255 lbs - RPE 8**

**275 lbs - RPE 8.5**

**290 lbs - RPE 10**

***Goal - Train explosively***

Incline dumbbell press - Use a slight incline on these. Take these to  $\frac{3}{4}$  lockout. Do 3 sets to failure with good form on these. On the 3<sup>rd</sup> set do a drop set. Go to failure, and

then take a nice drop and go to failure again, and then do it again. Reps should be 8 to 10. **3 total work sets**

**This is exactly what I did:**

**85 lbs - 8 reps - RPE 6**

**105 - 8 reps - RPE 7**

**115- 8 reps - RPE 8**

**130 - 8 reps - RPE 10, then dropped to 100 and got 8, and then dropped to 70's and got 9. This was brutal.**

***Goal - Supramax pump***

Dips - I set the dip/chin assist machine on 30 lbs this week, more for a balance thing as this barely helps at all. I like my body position with my knees on the pad. I did 4 sets to failure here, and did them all nice and slow emphasizing the stretch and coming up  $\frac{3}{4}$  of the way. **4 total work sets**

**These sets are all RPE of 10.**

***Goal - Work muscle from stretched position***

Machine rear laterals/reverse peck deck - I went a little heavier this time. I don't usually go below 15 reps on these but I think my shoulders were just tired. I did the weight I usually get 15 to 20 with, but only got around 12 reps per set. I believe I got 13, 13, 12, and 12 to be exact. I stopped when I hit failure though. Even though the reps were low, these did fire very intensely and felt great. **4 total work sets**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Seated dumbbell side laterals - Do 4 sets of 12 reps here. Do these ultra-strict bringing the dumbbells up to 10 and 2 o'clock positions. Lower the weights nice and slow. On the 4<sup>th</sup> set, continue the set by doing an extra 10 partials out of the bottom. **4 total work sets.**

**The RPE on the first 3 sets is 10.**

**The RPE on the last set is 11.**

***Goal - Supramax pump***

## **EXTRA WORK**

Dip/chin assist pushdowns - 4 sets to failure with good form. **4 total work sets.**

**These sets are all RPE of 10.**

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



Seated rope extensions– This is where you sit facing away from the pulley with your back supported. You extend your arms up using a rope. Get a good stretch on these at the bottom and take them to  $\frac{3}{4}$  lockout. Do 4 sets to failure. **4 total work sets.**

**These sets are all RPE of 10.**

Rope crunches – Do 4 sets here to failure. I don't go to failure, but I want you to! **4 total work sets.**

**RPE - 8**

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## ***Tuesday***

Legs – 20 sets

### ***BASE DAY***

I wanted to do something a little different today as you'll see.

Adductor machine – I did a few warm ups and then 4 sets of 10 here. None of these were to failure as the first couple times you use this machine, you get really sore, so need to go berserk. **4 total work sets.**

**These sets are all RPE of 10.**

***Goal - Activate and pump***

Glute kickback machine – This is the machine I call the donkey kick machine. You kick your leg back and flex your glutes. It hits a tad bit of hams and adductors. I did 4 sets here of 10 reps. One thing that I noticed, is that I can actually feel my glutes firing hard on these, really good contractions. I have been getting a lot of deep tissue work done on my hip flexors, QL, and low back, and it is really helping my glutes fire better. **4 total work sets.**

**These sets are all RPE of 9.**

***Goal - Activate and pump***

So why did I do those two exercises first? I wanted to give squats a go today. I wanted my glutes firing and adductors to have some blood in them to cushion the bottom of the movement. So you are now wondering, well why not leg curls. Well I wanted to save those for last as I didn't think it wise to do a stiff legged variation today. I pounded my back Saturday and my lower back was pretty lit up, plus with the squats (they easily inflame my lower back) I felt like my lower back would take more than enough of a beating. This turned out to be a great workout. Remember, there is a reason why I do everything, no matter how random it may seem.

Barbell squat – Ok for the first time in probably 2 years I decided to work hard on squats. The reason why I don't is because my lower back hurts really bad the next day when I do, but I wanted to do a check and see how it would handle some squats now, being that I have been so careful with it. I did sets of 8 up until the last set. I'd say this was 3 good work sets. I think you will find that these squats feel awesome after the adductor and glute work! **3 total work sets.**

Here is what I did:

100 x 8

140 x 8

190 x 8

230 x 8

280 x 8

320 x 8

370 x 6. On this one I felt some strain in my lower back on rep 6, so called it a day.

These did feel great though. For you, I want you to work these harder than I did. Keep going up until getting 8 is torture. Do these explosively out of the bottom.

**My RPE on these was never above 8, but it is an exercise I haven't done in a while, so it did feel good.**

***Goal - Train explosively***

Leg press – This was a very simple scheme on leg press. I did rest pause reps for the first 2 sets of 8, and then did a standard drop set. On the pauses, do a 2 second pause at the bottom position before driving up. **3 total work sets.**

Here is what I did:

4 plates per side x 8 rest pause reps

6 plates per side x 8 rest pause reps

8 plates per side x 8 and then 7 plates for 8, and then 6 plates for 8, and then 5 plates for 8, and then 4 plates for 8. This HURT.

**The RPE on the first 2 sets is 6 to 7.**

**The RPE on the last set is 11.**

***Goal - Supramax pump***

Leg extension – These are nasty. Sit straight up. Maybe even lean forward a hair. Keep your back straight. This is key. I push the pad all the way up to force me to stay upright. Now use a moderate weight and go balls out to failure for 3 sets. I did 13 reps, then 11, then somehow got 14 on the last one. **3 total work sets.**

**The RPE on all these sets is 11. You can cheat a few reps at the end.**

***STRETCH - After each set I want you to do an intense 30 second quad stretch after each set!***

***Goal - Supramax pump***

Seated leg curl – I put a weight on there I could do 15 with and then I did 5 sets taking 45 second breaks. I just went to failure on each set. My reps were 15, 13, 11, 8, and 7. You will be shocked at how quickly yours hams pump if you really squeeze with all your might. Make every rep count! **5 total work sets.**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Standing calf raise – Do 1 warm up set and then do 4 sets to failure. At the end of each set sit in the stretched position for 30 seconds. Start with a light weight, and then add weight each set. Obviously your reps will come down as you go, but the goal is to get to failure strictly and then do the stretch. **4 total work sets.**

**These sets are all RPE of 10 except for the first warm up set.**

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## ***Wednesday***

Back - 15 sets

***PUMP DAY***

***I still felt just a tad of lingering soreness from the insane lat workout we did on Saturday, so I did bring volume down a touch.***

Seated cable row – Today I used the close grip handle that is the most commonly used on this exercise. I did very strict sets with a really hard squeeze at the contraction and hold for 1 second. I just did sets of 10 up until I could only get 10 with perfect form. **3 total work sets.**

**85 lbs - RPE 6**

**125 lbs -RPE 6**

**145 lbs - RPE 6**

**165 lbs - RPE 7**

**185 lbs -RPE 8**

**225 lbs - RPE 10 (could not have got an 11<sup>th</sup> rep with good form)**

***Goal - Activate and pump***

Smith rows – In the Smith machine I did sets of 8 with 2 second holds at the top with a crazy squeeze. Drive up elbows hard to initiate movement and squeeze! I prefer to do these rest pause style, pulling from about midshin. I'll leave this up to you though.

I do want you to absolutely do the hold and squeeze at the top though. **3 total work sets.**

**This is what I did:**

**140 lbs - RPE 6**

**190 lbs - RPE 10 (could not have got an 11<sup>th</sup> rep) on 3 sets.**

***Goal - Train explosively***

Dumbbell pullover – This was the same as last week. These are my standard dumbbell pullover lying on the bench not across it. Do 3 sets to failure. The rep range should be 8 to 12. **3 total work sets.**

**These sets are all RPE of 10.**

***Goal - Work muscle from stretched position***

Stiff legged deadlifts – On these I actually wanted to feel everything, hams, glutes, and back. I wasn't trying to isolate anything. I tried to really squeeze and engage all these muscle. I took these to full lockout at the top. I did sets of 8. **3 total work set.**

**This is what I did:**

**140 lbs - RPE 6**

**230 lbs - RPE 9-10 for all 3 sets - these were all very close if not to failure (using good form).**

***Goal - Train muscle from a stretched position (hams and glutes) and Supramax pump (lats)***

Wide grip pulldowns – This is the style where I do these heavy and really try to stretch like crazy at the top, and I only bring these down to the top of my head. I do 3 sets of 8 here. **3 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Train muscle from a stretched position.***

**I supersetted the abs crunches with standing calf raises**

Rope crunches – I continue to do these with a real emphasis on vacuuming. When you crunch down blow out all your air, and then suck in your lower abs as hard as you can, and return to the starting position. I did 5 sets here. **5 total work sets.**

**RPE - 8**

Standing calf raise – For a change here I went high reps today. It is amazing how quickly your calves give out when they are used to training in a certain rep range. I

really had to lighten up the weight quite a bit in order to get sets of 20. I did 5 sets of 20. **5 total work sets.**

**RPE - 10**

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## ***Thursday***

Biceps - 13 sets & Triceps 12 sets:

Seated dumbbell curl - These are just good old fashioned alternate dumbbell curls. Supinate hard at the top and visualize blood rushing into your bis while you squeeze on every rep. Find a weight that produces failure around 8 with good form and then a slight cheat for a rep or two, and do 5 sets with it. **5 total work sets.**

**These sets are all RPE of 10-11.**

Reverse curls - I like to use an EZ bar on these. Do sets of 10, and move fast. Only take 30 second breaks here. Use a weight that you hit failure with at about 15 or so reps on the first set. Each set the RPE will go up as you will fatigue despite using the same weight. **5 total work sets.**

**The RPE will vary on this. It will probably start at around a 7 but it will definitely end up being an 11.**

EZ Bar Preacher curls - Again, this is my favorite bicep exercise. Do 3 sets of 8 here. Use a weight where 8 is failure. **3 total work sets.**

**These sets are all RPE of 10.**

Dip/chin assist pushdowns - Same thing as last week here but see if you can push a little more weight without compromising form. MAKE SURE elbows are warmed up carefully. Do as many sets as you need to. Pyramid on these. Go to failure every set though with strict form. Start at 12 reps and add a little bit of weight each set. Do 4 sets. If your reps drop below 6 it is too heavy. **4 total work sets.**

**These sets are all RPE of 10.**

Lying extensions - I actually did these with kettlebells. This is nasty. Go to where you are about 2 reps shy of failure and then do an isohold as long as you can. Hold it close to the bottom, as opposed to the lockout. The triceps should be stretched out a bit during the hold. The more this burns, the more fired up you get. Make this burn worse than anything you have ever done for triceps. Do 4 sets of about 8 to 10 reps

and then the hold on all sets. **4 total work sets.**

**These sets are all RPE of 10.**

Single handle pushdowns - See the video link below. You are using individual handles on these but doing both arms at once. The little bit of wrist freedom you get is nice and allows for a crazy flex at the bottom. Do 4 sets hitting failure around 10 reps. **4 total work sets.**

<https://www.youtube.com/watch?v=QMVRFB83CSk&index=26&list=PL04BB5F1BC0300483>

**These sets are all RPE of 10.**

### **Abdominals:**

#### **Combo #1**

Hanging Leg Raises & Incline Situps (you should hit failure on all 4 sets)

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

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

### **Calve program #1**

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.

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).

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## **Friday**

Chest - 12 sets / Shoulders - 10 sets / Triceps - 8 sets

## ***PUMP DAY***

Bent over rear laterals - I always see people doing these with a pronated grip and believe it or not, I don't think I have ever done them this way. I tried 4 sets of 15 like this. It was ok, nothing special, burned and pumped my rear delts, but no more than what I typically do. For peak contraction and tension, I think the rear delt/reverse peck deck is unbeatable. **4 total work sets**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Dumbbell side laterals - Ok on these I used a little change in form. I have a little kink in my shoulder, I believe from sleeping on my side, so my shoulder was a bit achy. So while doing these, I tilted my hands down like the old school "pouring a gallon of milk" technique, and I also leaned forward a bit so it was quite a bit of rear delt too. This slight change in mechanics took the stress out of my shoulder and felt great. I did 4 sets of 12 here. **4 total work sets**

***Goal - Supramax pump***

**These sets are all RPE of 10.**

Machine press - I used bands on these. I simply wrapped one red band around my back and put it around my hands before doing these. I wanted to get the most intense peak contractions I could possibly get. It worked. I did one high rep set to warm up pecs, and then do 4 sets of 7 - 10 flexing as hard as possible on every rep. This resulted in an insane pump. **4 total work sets**

**Here is the RPE example fyi.**

**135 lbs - RPE 6**

**175 lbs (and red band) - RPE 10 (4 sets) Reps were between 7 and 10. I lost some reps as I fatigued.**

***Goal - Activate and Pump***

Dips - I just used 30 lbs on the machine to assist. It doesn't really do much with this weight, but I love keeping my knees up on the the little pad. I can maintain perfect form on my dip when my body is held steady like this. I did 10-15 reps per set. I lost reps due to fatigue as I went.

***Supersetted with***

Cable crossovers - I did these very slow and tried to flex my pecs so hard they would cramp. Use a weight that allows you to get about 8.

**These sets are all RPE of 10.**



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

-

Machine overhead press – I used a nautilus machine for this, with a back support. I just did 2 sets to failure with a moderate weight. I got 22 reps and then 15 reps on the second set. **2 total work sets**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Dip/chin assist pushdowns – More of these again! I can't get enough of these. I am using the one with the pad mostly. Do 4 sets to failure with reps being 8 to 12. **4 total work sets.**

**Video is on November 9<sup>th</sup> Facebook and Instagram.**

**These sets are all RPE of 10.**

Tate press – This is where I do the kettle tricep exercise where I lower the kettle bells to my neck, while keeping them together. Try out some isoholds on these too on your last rep, crazy deep burn deep in belly of muscle. **4 total work sets.**

**The video is on September 3<sup>rd</sup> Facebook and Instagram**

**These sets are all RPE of 10.**

Standing calf raise – I went back to normal pyramid of doing sets of 10 and working my way up. I did these in my socks though to get a little different stretch and stimulation. Keep doing sets of 10 until you hit a weight you can't do 10 with. Normally I hold the stretch for a while after last rep, but that was a little tricky with the heavier weight and no shoes (a little uncomfortable on my feet). We'll call this 4 work sets. **4 total work sets.**

Rope crunches – Same thing here - I did more of these vacuum style, which again means blowing all air out in the crunched position, and then sucking in stomach hard, and trying to vacuum as you come up. I did 5 sets of 10 here. **5 total work sets.**

**RPE - 8**

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## ***Saturday***

Back - 17 sets

### ***BASE DAY***

TBar rows - Remember last week where toward the end I did the TBar row with the stiff legged dead with the bar in the landmine (video is on 12/12/2015 FB and IG)? Today I did the rows only and started with them. I pyramided up doing sets of 8 until I get barely do 8. I was a little explosive on these, because doing these rest pause style and explosively just feels right to me. I would say this was 3 working sets. **3 total work sets**

**Here is what I did:**

- 1 25 lb plate for 15 - RPE 6**
- 2 25 lb plates for 12 - RPE 6**
- 3 25 lb plates for 10 - RPE 6**
- 4 25 lb plates for 8 - RPE 6**
- 5 25 lb plates for 8 - RPE - 7**
- 6 25 lb plates for 8 - RPE 8.5**
- 7 25 lb plates for 8 - RPE - 10**

***Goal - Activate and Pump and train explosively***

Kettlebell row - I did these lying face down on a bench but you can stand and do these. I just wanted to give my lower back a break. Keep your back as tight and tense as you can throughout the range of motion. Shoot for 4 sets of 10 here. **4 total work sets**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Dumbbell pullovers - I wanted to give my biceps a break here so we went to pullovers done across a bench and not one it. This is different than my standard pullover technique. Do 4 sets of 10 here. Leave a rep in the tank on each set. **4 work sets.**

**These sets are all RPE of 9.**

***Goal - Work muscle from a stretched position***

Narrow grip pulldown - We used a close grip bar and did these with a good hard squeeze at the bottom for 4 sets of 10 here. Use perfect form! **4 work sets.**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Hyperextensions – I did 2 sets to failure with bodyweight only. I will start adding bands on these more often now that my lower back is feeling better. **2 work sets.**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Standing calf raise – I did these in my socks, repeating my last calf workout. I went back to normal pyramid of doing sets of 10 and working my way up. Keep doing sets of 10 until you hit a weight you can't do 10 with. Normally I hold the stretch for a while after last rep, but that was a little tricky with the heavier weight and no shoes (a little uncomfortable on my feet). We'll call this 4 work sets. **4 total work sets.**

Preacher curls – Do these nice and slow for sets of 8 squeezing your bis as hard as you can! Do 6 sets! **6 total work sets.**

**These sets are all RPE of 10.**

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***Sunday***

***Off - Family Day***

# Week 3

## ***Monday***

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

### ***BASE DAY***

Decline dumbbell press - On these remember my golden rules on inclines and declines, just use a small angle. Do sets of 8 going up until you can barely get 8. Don't lock these out, I want you to be very powerful on next exercise. Take these to  $\frac{3}{4}$  lockout and as always handle them with perfect control. **3 total work sets**

**Note: Women use a normal incline (not slight - I WANT more shoulder work)**

**Here is a random RPE example fyi.**

**35 lbs - RPE 6  
55 lbs - RPE 6  
75 lbs - RPE 6  
85 lbs - RPE 8  
95 lbs - RPE 9  
100 lbs - RPE 10**

### ***Goal - Activate and pump***

Incline barbell bench press - Use a slight incline on these too if you have access to a rack. I love this angle. You can see it in the video link attached below. Do sets of 8 until you can barely get 8. **4 total work sets**

<https://www.youtube.com/watch?v=xmD9VxBqCLo>

**This is an example of how it would look:**

**135 lbs x 8 - RPE 6  
185 lbs x 8 - RPE 7  
205 lbs x 8 - RPE 8  
225 lbs x 8 - RPE 9  
235 lbs x 8 - RPE 10**

### ***Goal - Train explosively***

This is a crazy combination that I used to love back in the 90's. There is just a certain synergy with dips and rear delts that you have to feel. The pump makes you feel massive.

Dips - Do these to failure. If you are getting more than 15 reps add weight.

### ***Supersetted with***

Machine rear laterals/reverse peck deck – Do sets of 15 here with a hard 1 second flex in the contracted position.

**These sets are all RPE of 9-10.**

***Goal - Work muscle from stretched position and Supramax pump***

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

*And another combo for good measure!*

Machine flyes – Set the weight so that you get around 8 reps.

### ***Supersetted with***

Seated dumbbell side laterals – We have been doing these a little heavy with loose form. Today tighten it up and do 10 ultra strict reps per set.

**These sets are all RPE of 10.**

***Goal - Work muscle from stretched position and Supramax pump***

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

You should have a crazy pump in your pecs and delts.

**Stretch** – Do 2 30 second stretches for your pecs before moving onto some extra tricep work.

Single grip tricep pushdowns – These are really nice. Use the two separate handles as seen in the video below. Drive the weight down and flex. Take every set to failure. The rep range should be about 8 to 12. Your tris will be a little tired from the chest work, but should still feel awesome. Do 4 work sets. **4 total work sets.**

**These sets are all RPE of 10.**

<https://www.youtube.com/watch?v=QMVRFB83CSk&index=26&list=PL04BB5F1BC0300483>

Lying triceps extensions/skullcrushers – Now with really greased elbows you can attack these. Use a moderate weight and go to failure. The rep range here is 8 to 10 for 4 sets. **4 total work sets.**

**These sets are all RPE of 10.**

Rope crunches – Do 4 sets here to failure. I don't go to failure, but I want you to! **4 total work sets.**

**RPE - 8**

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## ***Tuesday***

Legs – 12 sets

### ***BASE DAY***

Lying leg curls – You may recall me using the whole stack for pause reps a few weeks ago. I did the same today and actually even pinned some weight on top of the stack and still did rest pause reps. I was quite surprised at my strength. I did sets of 10 until the last set in which I got 7. **3 total work sets.**

**55 lbs - RPE 6**

**75 lbs -RPE 6**

**95 lbs - RPE 6**

**105 lbs - RPE 6**

**115 lbs -RPE 9**

**125 lbs - RPE 10**

**135 lbs - RPE 10 (7 reps)**

***Goal - Activate and pump***

Barbell squat – I believe this is the first time in a few years I have squatted two weeks in a row. Last week I worked up to 370 for 6, and this week I pushed further. I went to 410 for 5. I stopped there because I could feel all the tendons and ligaments starting to strain in my back. That is definitely the first time I have had 4 plates on the bar in 2 years. Still warm up weight for me in the old days, but hey I'll take it. Do these explosively out of the bottom. **3 total work sets.**

Here is what I did:

Empty bar x 8

100 x 8 **RPE 6**

140 x 8 **RPE 6**

190 x 8 **RPE 6**

230 x 8 **RPE 6**

280 x 8 **RPE 6**

320 x 8 **RPE 6**

370 x 8. **RPE 7-8**

410 x 5 **RPE 8-9 (could have done but would have gotten injured)**

***For you, I want you to work these harder than I did again assuming you have a healthy lower back. Keep going up until getting 8 is torture. Do these explosively out of the bottom.***

***Goal - Train explosively***

Ok, let's get busy...you may remember these from program 17. This was nasty. Worst thing I have done in months.

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

Here is what I did as a reference.

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

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

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

**The RPE on the first 3 sets is 6 to 7.**

**The RPE on the last set is 12. Can you finish the whole dropset with isoholds? Let's find out.**

***Goal – Supramax pump***

Leg press – Most people would go home now. Not us. I put 5 plates on and did narrow stance presses for 3 x 30. There were several times on the last set I had to stop before continuing the set, but I did not rack it, and you can't either. Get all your reps! **3 total work sets.**

**The RPE on all these sets is 10. (with the twist that you can stop periodically)**

**Stretch** – Do a hard 20 second quad stretch on each leg after each set.

***Goal – Supramax pump***

Still legged deadlift (banded) – We did these back in week 1, and are doing them again, as I really enjoy these. I did these standing on a long red mini band. See video below. Do 4 sets of 10 once you do a warm up set. Stand all the way up and flex glutes too. **4 total work sets.**

<https://www.youtube.com/watch?v=90lWhg1YOxQ>

**These sets are all RPE of 10 except for the first warm up set.**

***Goal – Work muscle from stretched position***



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## **Wednesday**

Back - 17 sets

### **BASE DAY**

Seated cable row – I used single handles on these, doing them one lat at a time. I do these nice and slow and I also really good a nice stretch on these. Do plenty of sets to get you to your working weight and then do 3 good hard sets of 10 there. **3 total work sets.**

**These sets are all RPE of 10.**

***Goal - Activate and pump***

Smith rows – I did these again this week. I also added in a drop to the last set. Do these rest pause style. I set the machine up so that I start from mid shin, which is what most Smiths allow. Some do not and you actually have to elevate your height by standing on something. So rest at the bottom, and then fire up. Do 3 good hard sets of 8, and then on the 4<sup>th</sup> set do 8, drop the weight and do 8, and then drop the weight again for another. **4 total work sets.**

**This is what I did:**

**Sets 1-3 - RPE 9**

**Set 4 - RPE - 12**

***Goal - Train explosively***

Dumbell pullover – This was the same as last week. Except we are adding a drop set at the end here. Do 3 sets of 10, and then on the 4<sup>th</sup> set do one drop. So do 10 reps, and then drop the weight and do 6 to 8 more. **4 total work sets.**

**Sets 1-3 - RPE 9**

**Set 4 - RPE - 12**

***Goal - Work muscle from stretched position***

Dumbell row – Ok let's gut out another 4 sets with a drop set. This will be tough and brutal, but it works! Do 3 heavy sets of 8, and then on the 4<sup>th</sup> set do 2 drops. So 8 reps, drop and do 8, then drop and do 8. This is also like doing cardio on this exercise and will really tax you. **3 total work set.**

**Sets 1-3 - RPE 9**

**Set 4 - RPE - 12**

### ***Goal - Supramax pump***

Hyperextensions – I wanted to get some blood in my lower back as it was a bit tight from squatting yesterday. I did use a band and did 10 reps with a 2 second hold at the top, and then I dropped the bands and did bodyweight only. I did about 8 to 10 more reps like this. My lower back was on FIRE. **3 total work sets.**

**These sets are all RPE of 9-10.**

### ***Goal - Supramax pump***

Hanging leg raises – I did 12 reps here.

**RPE - 8**

### ***Supersetted with***

Standing calf raise – I did these pretty heavy for sets of 8. I tried to get a full range of motion but toward the end could not get up on my toes, that's ok, just work the stretch hard when this happens. I also did a 10 second stretch in the machine after the last rep.

**RPE - 10**

Do 5 rounds here for **10 total sets.**

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## ***Thursday***

Biceps - 10 sets & Triceps 9 sets:

EZ bar curl – These are standard curls but we are going to add 5 partials at the end of each set out of the bottom. Once warmed up do 8 full reps, and then do 5 partials only coming up half way. Do all sets this way. This produces an insane pump and the pain to go with it. **5 total work sets.**

**These sets are all RPE of 10-11.**

Hammer curls – Today on these use perfect form as usual and do 3 sets of 9 to 10 reps. You should hit failure with good form on all sets. **3 total work sets.**

**These sets are all RPE of 10.**

EZ Bar Preacher curls – Finish with two sets of these this week. Do 10 reps. Hold the contraction for 1 second on all reps. Lower the weight slowly with control. Finish off

your bis. After doing back yesterday, and this today, they should be shot. **2 total work sets.**

**These sets are all RPE of 10.**

Single handle reverse pushdowns - See the video link below. You are using individual handles on these but doing both arms at once. The little bit of wrist freedom you get is nice doing this reverse as well as last week when we did them forward. Do 4 sets hitting failure around 10 reps. **4 total work sets.**

<https://www.youtube.com/watch?v=0HwypJ3KND0&index=27&list=PL04BB5F1BC0300483>

**These sets are all RPE of 10.**

Tate press - I love doing these nice and slow. Do the isohold here too, but be careful to not smash your face in and drop the kettlebell or dumbbell. I like kettlebells but they work with dumbbells too. After last rep do 7 second isohold on each set. Do 4 sets of 8. **4 total work sets.**

<https://www.youtube.com/watch?v=P6qXrNfQzTU&index=24&list=PL04BB5F1BC0300483>

**These sets are all RPE of 10.**

Dip/chin assist pushdown - I want you to do one crazy drop set. Shoot for about 10 reps each drop, until you get to 30 or so reps total. I used 100 lbs on the assist, and then dropped to 70, and then 50. **1 total work set.**

**This set is RPE of 11.**

**Abdominals:**

**Combo #1**

Hanging Leg Raises & Incline Situps (you should hit failure on all 4 sets)

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

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

**Calve program #1**

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. I stand with my toes hanging off the edge of an aerobic step up bench up dorsiflex foot.

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

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## ***Friday***

Chest - 18 sets / Shoulders - 8 sets

### ***PUMP DAY***

**This was one of the best pump days I have ever had. Maybe it was too good as I actually got pretty sore.**

Reverse pec deck/rear delt flyes - Do 1 warm up set and then do 3 sets of 30 reps. If you can't get full reps continue to do partials until you get to 30. If your rear delts aren't jacked after these, start over. **3 total work sets**

**These sets are all RPE of 10-11.**

### ***Goal - Supramax pump***

Machine press - On these do a few sets of 12-15 flexing hard to get pecs firing and then you are going to do 4 sets of 10 with only 60 seconds in between sets. Now as you go, you may not be able to hit all your reps with a full range of motion, and that's ok, just use partials to get to 10. This will give you an intense searing pain in your pecs. **4 total work sets**

**These sets are all RPE of 10-11.**

### ***Goal - Activate and Pump***

This is the first time I have done this combination and it was awful in a good way.

Flat dumbbell flyes - On these I don't take the dumbbells all the way up and together. Keep tension on your pecs, and bring your hands up to the 10 and 2 o'clock position. Now here is where it gets interesting. On the way down I had my partner give me a little extra eccentric loading. This is only on the negative. Truthfully this is something that should probably be done on a base day, but like I said at the beginning, just prepare to get a little crazy. Do 8 nice slow reps like this

### ***Supersettted with***

Dips - Now go to dips and work the bottom stretch really hard but only come up  $\frac{3}{4}$  of the way. I was getting about 8 reps. Around the number is perfect.

[https://www.youtube.com/watch?v=\\_GFmgltxFVI](https://www.youtube.com/watch?v=_GFmgltxFVI)

I actually did 7 rounds of these the pump was so crazy, but looking back that might have been too much, 4 to 5 would be a better number.

I did 7 rounds for **14 total work sets**.

**These sets are all RPE of 9-10.**

Ok now let's get back to busting up delts.

Dumbbell side laterals - Do 5 sets of 10 here, and do them strictly today with very little cheating. Keep a good pace up resting no longer than 60 seconds between sets. **5 total work sets**

***Goal - Supramax pump***

**These sets are all RPE of 10.**

Rope crunches - Do these vacuum style blowing all air out in the crunched position, and then sucking in stomach hard, and trying to vacuum as you come up. I did 5 sets of 10 here. **5 total work sets.**

**RPE - 8**

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## ***Saturday***

Back - 20 sets

### ***PUMP DAY***

Lat pulldown - Old school wide grip pulldowns here. It's not the best and longest range of motion but if you do these slow and really drive elbows down and contract lats they will start a great pump going. Find a weight that is a tough 10 and do 4 sets of 10. **4 total work sets**

**These sets are all RPE of 10.**

***Goal - Activate and Pump***

Kettlebell row - I repeated these from last week, and again lean face down on a bench. Do 4 sets of 12 here and try to emphasize a great contraction at the top to really nail lower traps and rhomboids. This is on Instagram and Facebook on 1/2/2016. I was using the primal kettlebells. I used the bigfoot on these actually which is 90 pounders. They were heavy! **4 total work sets**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Dumbbell pullovers - Do your pullover this week on the bench and not across it. Do 4 sets of 10. **4 work sets.**

**These sets are all RPE of 9.**

**Goal - Work muscle from a stretched position**

Low cable row - Stretch and squeeze on these. Reach forward and feel lats stretch and then drive elbows back and hold flexed position for 1 second flexing with all your strength. Do 4 sets of 8 here. The harder the flex the better. **4 work sets.**

**These sets are all RPE of 9.**

***Goal - Supramax pump***

Hyperextensions - I did 4 sets to failure with bodyweight only. **4 work sets.**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

## **Calve program #2**

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).

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## **Sunday**

***Off - Family Day***

# Week 4

## **Monday**

Chest - 14 sets / Shoulders - 11 sets / Triceps - 8

### **BASE DAY**

Ok so I think I overdid it on the pump day Friday. Didn't feel 100% today. Hopefully you did the 4 supersets and not 7 like I did.

Incline dumbbell press - These are done on a light incline. Do sets of 8 going up until you can barely get 8. Don't lock these out, I want you to be very powerful on next exercise. Take these to  $\frac{3}{4}$  lockout and as always handle them with perfect control. **3 total work sets**

**The RPE on these is 7-10. Intensity increases as you go.**

**Here is a random RPE example fyi.**

**35 lbs - RPE 6  
55 lbs - RPE 6  
75 lbs - RPE 6  
85 lbs - RPE 8  
95 lbs - RPE 9  
100 lbs - RPE 10**

### **Goal - Activate and pump**

Flat barbell bench press - I want you to do 5 sets of 5 explosively here. You should have a few reps left in the tank after the first few sets, but the last couple getting 5 should be tough. Use the same weight here, but take only 60 second rest breaks. **5 total work sets**

**These sets are all RPE of 8.**

### **Goal - Train explosively**

Ok - doing these again, but not for 7 sets!

Flat dumbbell flyes - On these I don't take the dumbbells all the way up and together. Keep tension on your pecs, and bring your hands up to the 10 and 2 o'clock position. Now here is where it gets interesting. On the way down I had my partner give me a little extra eccentric loading. This is only on the negative. Do 8 nice slow reps like this

### **Supersetted with**

Dips - Now go to dips and work the bottom stretch really hard but only come up  $\frac{3}{4}$  of the way. I was getting about 8 reps. Around the number is perfect.

[https://www.youtube.com/watch?v=\\_GFmgltxFVI](https://www.youtube.com/watch?v=_GFmgltxFVI)

**These sets are all RPE of 9.**

***Goal - Train muscle from a stretched position.***

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

Machine rear laterals/reverse peck deck - Do 3 sets of 30 here. Pump these...keep the handles moving until you hit 30. Fight through the pain. **3 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Standing dumbbell side laterals - Do 5 sets of 12 here. The 12<sup>th</sup> rep should be really hard! **5 total work sets.**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Standing dumbbell front raises - Do 3 sets of 8 here. I take the dumbbells out to my sides beside the side of my leg so I can get a little extra stretch. Raise the weight slowly and squeeze your front delts. **3 total work sets.**

**These sets are all RPE of 9.**

***Goal - Supramax pump***

Single grip tricep pushdowns - I did these again this Monday. These are really nice. Use the two separate handles as seen in the video below. Drive the weight down and flex. Take every set to failure. The rep range should be about 8 to 12. Your tris will be a little tired from the chest work, but should still feel awesome. Do 4 work sets. **4 total work sets.**

**These sets are all RPE of 10.**

<https://www.youtube.com/watch?v=QMVRFB83CSk&index=26&list=PL04BB5F1BC0300483>

Decline triceps extensions/skullcrushers - Now with really greased elbows you can attack these on a slight decline for a little different stress. Use a moderate weight and go to failure. The rep range here is 8 to 10 for 4 sets. **4 total work sets.**

**These sets are all RPE of 10.**



Rope crunches – Do 5 sets here to failure. I don't go to failure, but I want you to! **4 total work sets.**

**RPE - 8**

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## ***Tuesday***

Legs – 18 sets

### ***BASE DAY***

Lying leg curls – Ok let's get nasty today. Do sets of 10 all the way up until you can barely get 10. On that set, then drop the weight and do another 6 to 8, and then do another drop and do 6 to 8, and then do an isohold with legs slightly bent for 15 seconds. We will call this 3 work sets. **3 total work sets.**

**An example:**

**55 lbs - RPE 6**

**75 lbs -RPE 6**

**95 lbs - RPE 6**

**105 lbs - RPE 8**

**115 lbs -RPE 9**

**125 lbs - RPE 13 - 10 reps then drop to 95 x 8, then drop to 75 x 8, then do a 15 second isohold**

***Goal - Activate and pump***

***My order is a little different today, as I typically would not do these until last. I just felt like doing something a little different to provide a different stimulus for hams.***

Still legged deadlift (banded) – Do these banded again. Find a good weight that is a tough 8, and do 4 sets of 8. **4 total work sets.**

**These sets are all RPE of 10 except for the first warm up set.**

***Goal - Work muscle from stretched position***

Leg press – This is a simple pyramid. Just keep adding a plate until you can barely get 10. We will count the last 3 sets as work sets. Place your feet where you are the most powerful. **3 total work sets.**

**The RPE on the sets will increase as you go to 10 on the last one.**

***Goal - Train explosively***

Leg extensions – Sit up perfectly straight on these and take these to failure locking out. Use a weight that you hit failure at about 12-15 reps. Do 3 sets like this. On your 4<sup>th</sup> set then kick out 15 partials out of the bottom. BURN your quads up! Drive the blood in there! **4 total work sets.**

**The RPE on the first 2 sets is 10**  
**The RPE on the last set is 12**

***Goal - Supramax pump***

Walking lunges – I used kettlebells on these. Take 12 steps with one leg, and then come back and take 12 with the other. Take moderate steps, not really long ones, and LIGHTLY touch your knee to the ground on all reps. Do 4 sets here. This had me breathing really hard...and of course the pump at this point is insane. **4 total work sets.**

**The RPE on all these sets is 9.**

**Stretch** – Do a hard 20 second quad stretch on each leg after each set.

***Goal - Supramax pump***

Decline leg raises – I wanted to add some variety to add training so I laid down on a decline with head on high end, placed a rope around where legs go, and did leg raises. I did 5 sets of 10 for 50 reps. I was actually hitting failure. You should be able to do more reps than me on these though! **5 total work sets.**

**RPE - 9-10**

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## ***Wednesday***

Back - 17 sets / Biceps – 8 sets

### ***PUMP DAY***

Seated cable row – I started off the same I did last week using the single handles on these but I did them both arms at once and semi supinated to dig into my lower lats a bit more. Once you find a good weight, do 3 sets of 12 with it, really flexing hard in the contracted position for 1 second on every rep. **3 total work sets.**

**These sets are all RPE of 9.**

***Goal - Activate and pump***

Meadows rows – I haven't been able to do these as much as I would like the last year due to lingering blow back issues, but my low back felt ok today so I got back on these. I did 3 sets of 10 here. It felt great doing these again. I really miss doing them more often. **3 total work sets.**

**These sets are all RPE of 9.**

***Goal - Supramax pump***

One arm barbell rows – I figured of the Meadows rows felt great, then I might as well do some of my other favorite rows so I did one arm barbell rows too! I did 3 sets of 8 here. I probably would have done another set or two, but my lower back was starting to flare up. I feel very happy today with being able to do both of these rows. **3 total work sets.**

**These sets are all RPE of 9.**

***Goal - Supramax pump***

Dumbell pullover – Do 3 slow sets of 12 here stretching hard! **3 total work sets.**

**These sets are all RPE of 9.**

***Goal - Work muscle from stretched position***

Neutral grip chins – I did 3 sets of 8 here using the chin /dip assist machine and really keeping excellent form. GO to failure with perfect form on each set. **3 total work set.**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

EZ Bar Preacher curls – I did 4 sets of 8 here. My bis are a little fatigued from all the rowing, but these still felt great. **4 total work sets.**

Hammer curls – Today on these use perfect form as usual and do 4 sets of 8 reps. You should hit failure with good form on all sets. **4 total work sets.**

**These sets are all RPE of 10.**

Ab wheel – I did good ole ab wheel rollouts today. These are really hard for me, but I have to start using as many different angles as I can now for abs to try and get complete control over them. These were tough, and honestly I could only get sets of 6 or 7 here. I did 5 sets.

## **RPE - 9**

### ***Supersetted with***

Standing calf raise - This is the same as last Wednesday. Just good heavy toe raises. I did these for sets of 8. I tried to get a full range of motion but toward the end could not get up on my toes, that's ok, just work the stretch hard when this happens. I also did a 10 second stretch in the machine after the last rep.

## **RPE - 10**

Do 5 rounds here for **10 total sets**.

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## ***Thursday***

Abdominals 11 sets / and calves

Hanging leg raises w/ twist - On these what I mean by twist is just to hit obliques more. I did 5 reps on one side, 5 in the middle and then 5 on the other side. This was really hard for me, but you can probably do more reps. I did 4 sets of these. **4 total work sets**.

**These sets are all RPE of 9-10**

Pulldown crunches - This is where I use a lat pulldown and suck in my stomach as hard as I can, and then blow air out and flex abs. I use about 110lbs on these and do sets of 12. I did 4 sets. **4 total work sets**.

**These sets are all RPE of 8-9.**

Bicycle crunches - I probably should have done these sooner, as I didn't have much of a range of motion left due to fatigue. I was really trying to drive one elbow to opposite knee on every rep. I could only do about 12 reps per side. You should shoot for at least 20. Do 3 sets. **3 total work sets**.

**These sets are all RPE of 8-9.**

Standing toe raises - Do 10 hard reps here

**These sets are all RPE of 9-10**

### ***Supersetted with***

Tibia raises - Dorsiflex your foot with toes hanging off something for sets of 25.

**These sets are all RPE of 7-10**

Do 6 rounds!

I actually did some HIIT swimming after this and hit the whirlpool as my back is achy from pushing it so hard lately.

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## ***Friday***

Chest - 12 sets / Shoulders - 8 sets

### ***PUMP DAY***

***Ken Jackson was in town today to train and will also be here tomorrow.***

Dumbbell presses - These were done on a slight incline. We just did sets of 8 until we failed with 8. Don't lockout on these, keep constant tension. Ken went up to 165 and toyed with them. You can see the video on my Instagram on 1.8.2016. **3 total work sets**

**These sets are all RPE of 7 to 10, the last set being a 10.**

### ***Goal - Activate and pump***

This is the combination I overdid last Friday, but we pulled sets down this time, plus we did these on an incline this time.

Incline fly - On these do sets of 8 with your partner giving you extra eccentric resistance as we have been doing.

*Supersetted with*

Dips - On these we did our full bodyweight and went to failure each set which was around 8 to 10 reps.

**These sets are all RPE of 10.**

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

### ***Goal - Supramax pump***

- Machine presses - Do 3 sets of 8 using a neutral/parallel grip if you can. Squeeze hard and lock out on these. You should fail on each set around the 8 rep mark. **3 total work sets**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Dumbbell side laterals - Do 4 sets of 12 here. Nothing fancy. The last rep should cause failure with good form on all sets. **4 total work sets**

***Goal - Supramax pump***

**These sets are all RPE of 10.**

Machine rear laterals - Do 4 sets of 20 here. Nothing fancy. Again, the last rep should cause failure with good form on all sets. **4 total work sets**

***Goal - Supramax pump***

**These sets are all RPE of 10.**

Rope crunches - Do these vacuum style blowing all air out in the crunched position, and then sucking in stomach hard, and trying to vacuum as you come up. I did 5 sets of 10 here. **5 total work sets.**

**RPE - 8**

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## ***Saturday***

Back - 25 sets

### ***PUMP DAY***

***IFBB Pros Ken Jackson and Ron Partlow were in town today and we did this session***

Lat pulldown - We used the Swiss bar on these that have multiple grips. I linked to it below. After warm ups, we do 2 sets on each width starting out wide, and moving inside. We kept the weight the same for all 8 sets. You get stronger as you move in, but also fatigued so keeping the same weight works well. These should be close to failure in the beginning with perfect form, and then you may have to loosen up a little to get your 8 at certain points. I prefer to use this bar but you can mimic the movements with other bars. Try to use neutral grip on these. The closest grip was actually half pronated which was great, and you can do with single handles. **8 total work sets**

Bar - <http://www.elitefts.com/shop/bars-weights/specialty-bars/elitefts-swiss-press-bar.html>

**These sets are all RPE of 9-11.**

***Goal - Activate and Pump***

T-bar row - These are the makeshift T-bars that we do with a landmine and the medium grip attachment. You can use any T-bar though, or even a supported chest row. Do these explosively with a little anger. Work up to a weight that is a tough 8 quickly and do 5 sets with it. Grind these out. **5 total work sets**

**These sets are all RPE of 10.**

***Goal - Train explosively***

Dumbbell pullovers - Do your pullover this week on the bench and not across it. Do 4 sets of 10. **4 work sets.**

**These sets are all RPE of 9.**

***Goal - Work muscle from a stretched position***

Low cable row - Use single handles on these. Do the first 4 reps slightly supinated, and then the last 6 reps slightly pronated as you will be stronger in this position. Squeeze hard for 1 second on the flex on every rep. Do 4 sets of 10. **4 work sets.**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Banded hyperextensions - Do 4 sets to failure with a band. **4 work sets.**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

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## ***Sunday***

***Off - Family Day***

# Week 5

## **Monday**

Chest - 13 sets / Shoulders - 9 sets / Triceps - 8

### **BASE DAY**

Machine press - As usual work your way up. Let's go a little crazy on this today though. Do your sets of 8, until you can barely get 8. Use a full range of motion on these sets. Lockout and flex your chest as hard as you can once you feel warmed up. Now on your last set, go a little heavier and do dead stop partial reps. Power out of the bottom but do not lockout, as you shouldn't be able to lock out and flex. Shoot for a good 6 to 8. Get aggressive on these. We'll call all of this 3 total work sets. **3 total work sets**

**These sets are RPE of 7-11, as intensity increases as you go.**

***Goal - Activate and pump***

Incline barbell bench press - We did these again on a low incline. Do explosive sets of 8, until you lose speed and struggle a bit getting 8, and then add a bit more weight but now do 2 more sets of 5. We will call this 4 sets. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Train explosively***

Incline dumbbell flies - These are the reps where you keep your hands pronated as you can see in the video below. Do 3 good hard slow sets of 8. **3 total work sets**

**These sets are all RPE of 9-10.**

[https://www.youtube.com/watch?v=\\_GFmgltxFVI](https://www.youtube.com/watch?v=_GFmgltxFVI)

***Goal - Train muscle from a stretched position.***

Dips - I want to see you hit failure at 8 to 10 reps. Either add weight, or use an assist machine so that this is where reps fall. Don't lockout on these and as usual get a nice deep stretch. **3 total work sets**

**These sets are all RPE of 10.**

***Goal - Train muscle from a stretched position.***



Machine rear laterals/reverse peck deck – Do 3 sets of 20 here. I want the first 10 reps to be done with a hard flex. The last 10 reps should be partials. This means you should be able to use a bit of weight, but don't get sloppy. Flex hard, drive blood in there! **3 total work sets.**

**These sets are all RPE of 9-10.**

**Goal - Supramax pump**

6 ways – Do 3 sets of 10 here. These are brutal, if you haven't done these see the video below. **3 total work sets.**

<https://www.youtube.com/watch?v=E-cCXkSi7lQ&list=PL1F60A60A3E4E2E83&index=9>

**These sets are all RPE of 10.**

**Goal - Supramax pump**

Seated dumbbell press – Do 3 sets of 8 here. Lock these out and flex your delts for 1 second. Your last rep should be very hard to do. **3 total work sets.**

**These sets are all RPE of 9.**

**Goal - Supramax pump**

Kettlebell or dumbbell lying extensions – Do 4 sets of 10 here. Do these nice and slow and if you are brave finish each set with a 10 second isohold in the midrange position. **4 total work sets.**

**These sets are all RPE of 9-10.**

[https://www.youtube.com/watch?v=e9MjsKw\\_Eg&index=12&list=PL04BB5F1BC0300483](https://www.youtube.com/watch?v=e9MjsKw_Eg&index=12&list=PL04BB5F1BC0300483)

Seated overhead rope extensions – Do 4 sets of 10 here, and on your last set, let it stretch you for 30 seconds. **4 total work sets.**

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

**These sets are all RPE of 9-10.**

Hanging leg raises – Do 5 sets here to failure. I don't go to failure, but I want you to as usual! **5 total work sets.**

**RPE - 8**

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## ***Tuesday***

Legs – 14 sets

\*FYI – Thursday will be a lot of glutes and hams. My lower back was giving me fits today. You can combine Thursday glutes and hams or do it the way I did it.

### ***BASE DAY***

Seated leg curls – Do a good 3 to 4 sets to warm up, and then do sets of 10 all the way up until you can barely get 10. On that set, then drop the weight and do another 6 to 8, and then do another drop and do 6 to 8, and then do an isohold with legs slightly bent for 15 seconds. This is a repeat of last week but seated this time. Crank that intensity up. Your hams should feel like they are hanging off the back of your leg walking over to the leg press. We will call this 3 work sets. **3 total work sets.**

#### **An example:**

**55 lbs - RPE 6**

**75 lbs - RPE 6**

**95 lbs - RPE 6**

**105 lbs - RPE 8**

**115 lbs - RPE 9**

**125 lbs - RPE 13 - 10 reps then drop to 95 x 8, then drop to 75 x 8, then do a 15 second isohold**

#### ***Goal - Activate and pump***

Leg press – This is a simple pyramid. Just keep adding a plate until you can barely get 10. We will count the last 3 sets as work sets. On the last set once you barely get your 10, drop the weight about 30% and go crazy getting as many reps as you can. **3 total work sets.**

**The RPE will increase as you go up to 10 on the second to last one and then to 12 on the last one.**

#### ***Goal - Train explosively***

Frog squats – You can do these with a barbell or a hack squat machine. Place your feet out wide and turn toes out and sink these deep. Go nice and slow on these. These will burn like fire if you do them with control. Pick a weight that is a brutal 10 and do 4 sets. **4 total work sets.**

**The RPE on all these sets is 9-10.**

**Stretch** - Do a hard 20 second quad stretch on each leg after each set.

***Goal - Supramax pump***

Leg extensions - Sit up perfectly straight on these and take these to failure locking out. Use a weight that you hit failure at about 12-15 reps. Do 3 sets like this. On your 4<sup>th</sup> set then kick out 15 partials out of the bottom. BURN your quads up! Drive the blood in there! **4 total work sets.**

**Stretch** - Do a hard 20 second quad stretch on each leg after each set.

After the stretch put each quad out in front of you and flex it 10 times if you want to try something else I am doing.

**The RPE on the first 2 sets is 10**  
**The RPE on the last set is 12**

***Goal - Supramax pump***

Here is the ab program we did today. 5 rounds of this.

**Combo #2**

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

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

I brought back this calf workout also. I did 3 sets.

**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>

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***Wednesday***

Back - 16 sets / Biceps - 8 sets

### ***PUMP DAY***

Single arm pulldown - Start off with a few warm up sets and find a weight that is a tough 8 and stick to it for 4 sets. When you do these drive down a little harder than I am in the old video below, and hold the contraction for half second. Do all your reps on one side, and then do the other. Switch the side you start with on each set. This is a great lead in for the next exercise and will drill your lower lats. **4 total work sets.**

<https://www.youtube.com/watch?v=COIP84kYCO4&index=13&list=PLA808445EA052D63A>

**These sets are all RPE of 9-10.**

***Goal - Activate and pump***

Seated cable rows - Now that lower lats are engaged and pumped use an attachment or something similar to the one in the link below. The idea is to be able to pull it back as far as possible, and the way the bar is made you can get it back a little farther than a regular close grip handle. Also, drag the bar right along the top of your legs in nice and low so you really stress lower lats. These will feel awesome. Do 4 sets of 8 here also. **4 total work sets.**

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

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Smith rows - Do these deadstop style on all reps, initiating the pull from about mid-shin. Drive your elbows up hard and flex your entire back. Do 4 sets of 10 here. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Dumbbell pullover - Do 4 slow sets of 12 here stretching hard like last week! **4 total work sets.**

**These sets are all RPE of 9.**

***Goal - Work muscle from stretched position***

\*We are doing lower back with hams tomorrow in case you are wondering about spinal erectors!

Hammer curls – Start with these today. Do these seated and hit 6 to 8 reps with perfect form and then I want you to cheat 4 more using a little momentum. Do 3 sets. **3 total work sets.**

**These sets are all RPE of 11.**

EZ Bar curls – You can do these with a barbell or an ez bar. Do sets of 8 followed by 4 SLOW partials out of the bottom. Only come up half way on those. DO 3 sets like this. **3 total work sets.**

**These sets are all RPE of 12.**

Reverse curls – Do 2 sets of 20 on these. **2 total work sets.**

**These sets are all RPE of 9.**

Hanging leg raises – Go to failure here and then

***Supersetted with***

Seated calf raise – On these do sets of 10, and keep adding weight every set. You should hit the weight you can barely get 10 with after 2-3 sets, then stay there.

Do 6 rounds here for **12 total sets.**

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## ***Thursday***

Hamstrings - 4 sets / Glutes - 8 sets / Abdominals - 8 sets / Calves - 6 sets

I decided to start my workout with decline bench leg raises. Back years ago, well before I got sick and had my abdominal surgeries, I used to do these to kick off every workout once I got into contest prep mode. I have decided to start doing this again, so you will see this as my first exercise for most days leading up to the show.

Decline leg raise – I want to describe this again. You lay with your head at the end of the bench where your legs would be. You wrap a rope (normally used for tricep pushdowns) around the bench, and do leg raises. See video below. Do 4 sets to failure. **4 total work sets.**

<https://www.youtube.com/watch?v=JwQGUD1wxDg>

**These sets are all RPE of 9-10**

Incline sit-ups – Now just flip around on the decline bench so that you are hooking your legs where they should be to do a decline dumbbell press, but instead do sit-ups. Do these slow and keep back slightly rounded, not arched. When you get to the top,

blow your air out and flex your abs. You do not have to go all the way down. Do 4 sets to failure. **4 total work sets.**

**These sets are all RPE of 9-10**

Glute machine - We have a machine where you kick your foot back to hit your glutes. If you don't have that you could sub in glute bridges or any exercises that really isolates glutes well. Flex your glutes very hard on all reps. On the link below, it is the first machine I use to give you a better idea. Do 4 sets of 10. **4 total work sets.**

<https://www.youtube.com/watch?v=BslhLxka0As&index=71&list=PLD5A37C01FC6D4C0D>

**These sets are all RPE of 8-9.**

***Goal - Activate and pump***

Lying leg curls - I was amazed at how bad these hurt. Simply do 4 sets of 20 here. For weight, I did 70 lbs. I usually go up to about the whole stack which is 150 for 6 to 8. So this was about half the weight. I could not get all my reps in as my hams just lit up like a Christmas Tree. Keep the rest breaks to 60 seconds on these too. **4 total work sets.**

**These sets are all RPE of 10-11.**

***Goal - Supramax pump***

Stationary lunge - Do these one leg a time, very slow. Go down and touch back knee gently to ground and drive up slowly focusing as much as you can on glutes. You will get the pleasant side effect of a quad burn too. Do 4 sets of 10. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Standing toe raises - Do 10 hard reps here

**These sets are all RPE of 9-10**

***Supersetted with***

Tibia raises - Dorsiflex your foot with toes hanging off something for sets of 25.

**These sets are all RPE of 7-10**

Do 6 rounds!

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## **Friday**

Chest - 9 sets / Shoulders - 11 sets / Triceps - 6 sets

### ***PUMP DAY***

Decline leg raise - You lay with your head at the end of the bench where your legs would be. You wrap a rope (normally used for tricep pushdowns) around the bench, and do leg raises. Do 4 sets to failure. **4 total work sets.**

**These sets are all RPE of 9-10**

On chest and shoulders I alternated exercises between the two as you will see below.

Decline dumbbell presses - You can stay on the bench you just did your abs on. These were done on a slight decline. We just did sets of 8 until we failed with 8. Don't lockout on these, keep constant tension. We will count this as 3 working sets. **3 total work sets**

**These sets are all RPE of 7 to 10, the last set being a 10.**

### ***Goal - Activate and pump***

Machine rear laterals - Do 4 sets of 12 here holding each rep for 1 second squeezing with all you got. **4 total work sets**

### ***Goal - Supramax pump***

**These sets are all RPE of 9-10.**

Hex press - I hadn't done these too often lately, but man are they awesome. These felt so good to get back to. When you drive the dumbbells up, smash them together flexing your chest. Find a weight that is a tough 8, and do 3 sets of 8 with it. **3 total work sets**

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

### ***Goal - Supramax pump***

**These sets are all RPE of 9-10.**

Standing dumbbell side laterals – Nothing fancy here, just bang out 4 hard sets of 10.  
**4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Machine presses – Do 3 sets of 8 using a neutral/parallel grip if you can. Squeeze hard and lock out on these. You should fail on each set around the 8 rep mark. **3 total work sets**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Barbell front raise – I take these a little higher than most people do. Take these almost up over your head and try to get a good front delt flex in at the top. Do 3 sets of 12 here. **3 total work sets**

***Goal - Supramax pump***

**These sets are all RPE of 8-9.**

Dip machine – Now this isn't the assisted dip/chin that we always use. This is an actual dip machine where you drive the grips down and flex your tris. These are really awesome when you do them slow, and take the handles down to almost lock out position and then hold for 3 seconds on each rep (isohold). This produces a really nasty burn. Do 6 sets of 8. **6 total work sets**

***Goal - Supramax pump***

**These sets are all RPE of 9-10.**

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## ***Saturday***

Back - 20 sets

***BASE DAY***



Single arm lat pulldown - These felt so good on Wednesday I wanted to start with them again today. Work up to a weight that is a tough 8 and do 4 sets of 8. Remember to really drive elbow down hard on working side and flex lower lat hard. Just fyi, here are the grips we used below. **4 total work sets**

Bar - <http://www.elitefts.com/catalog/product/view/id/19199/>

**These sets are all RPE of 9-10.**

***Goal - Activate and Pump***

Low row - Again, with lower lats activated and pumping, do these with an attachment that allows you to really good elbows back as far as possible and squeeze your lower lats as hard as possible on every rep. Pick a weight that is a tough 10 and do 4 sets with it. The grip below is an example of one that allows elbows to come back a little further. **4 total work sets**

<http://www.elitefts.com/shop/accessories/sled-cable-attachments/multi-exercise-bar.html>

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Dumbbell pullovers - This is to stretch your lats and give your arms a break before we dive back into some heavy basics. Do 4 sets of 10. **4 work sets.**

**These sets are all RPE of 9.**

**Goal - Work muscle from a stretched position**

Dumbbell rows - These are just ball busting heavy dumbbell rows. You can use a little momentum here. Try to go really heavy, but not sloppy ok. Do 4 sets of 8. **4 work sets.**

**These sets are all RPE of 10-11.**

***Goal - Supramax pump***

Banded hyperextensions - Do 4 sets to failure with a band. **4 work sets.**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Let's finish off today with some calves. My abs are really sore at the bottom from all the leg raises.

Standing toe raises - Do 10 hard reps here

**These sets are all RPE of 9-10**

***Supersetted with***

Tibia raises - Dorsiflex your foot with toes hanging off something for sets of 25.

**These sets are all RPE of 7-10**

Do 6 rounds!

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***Sunday***

***Off - Family Day***

# Week 6

## ***Monday***

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

### ***BASE DAY***

Today is very very basic!! You won't get an insane pump in your pecs, but it is a different kind of stimulation. Friday we'll have them burning so bad they'll be cramping.

Decline leg raise – You lay with your head at the end of the bench where your legs would be. You wrap a rope (normally used for tricep pushdowns) around the bench, and do leg raises. See video below. Do 4 sets to failure. **4 total work sets.**

<https://www.youtube.com/watch?v=JwQGUD1wxDg>

**These sets are all RPE of 9-10**

Flat dumbbell press – As usual work your way up slowly doing sets of 8. Take these to  $\frac{3}{4}$  lockout, as we will need your triceps to keep functioning on this workout. Just keep on going up until you hit a weight you can barely hit for 8. Don't take too big of weight jumps or you won't get enough worksets in. We will call this 3 work sets. **3 total work sets**

**These sets are RPE of 7-10, as intensity increases as you go.**

***Goal – Activate and pump***

Incline barbell bench press – We did these again on a low incline. Do explosive sets of 8, until you lose speed and struggle a bit getting 8. Remember to take these to  $\frac{3}{4}$  lockout and stop at an inch above chest to keep tension on pecs and keep shoulders healthy. We will call this 3 sets. **3 total work sets**

**These sets are all RPE of 9-10.**

***Goal – Train explosively***

Flat barbell bench press – Lower the bar slowly, pause it on your chest for 1 second and then fire it back up to lockout. Do 3 sets of 6 here. When you do your last rep, you should know that if you tried another one, you won't be able to get it up. You should be able to find working weight in one set. **3 total work sets**

**These sets are all RPE of 9-10.**

***Goal – Train explosively***

Dips – Get a massive stretch on these and take to  $\frac{3}{4}$  lockout at the top. Do these very slow too. If you need to use the assist machine to get your reps, please do. I use it because I can keep myself steady and keep tension in pecs without straining my front delt (common injury on dips). Do 3 sets to failure. Reps should be 10-15. **3 total work sets**

**These sets are all RPE of 10.**

***Goal – Train muscle from a stretched position.***

Machine rear laterals/reverse peck deck – I want a set of 40 to start. Rest 3 minutes and do 30, then rest 2 minutes and do 20, and then rest 1 minute and do 10. If you can't complete the reps continue moving the weight by doing slow partials out of the bottom. Good night rear delts. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal – Supramax pump***

Dumbbell seated side laterals – Tilt your body a little bit forward here so you get a small amount of engagement from your pumped rear delts here too. Do sets of 15. Pyramid up until you can't good a good 15, and you have to do partials to complete the set. You will be doing 4 sets. I provided what I did below so this is more clear. **4 total work sets.**

Set 1 – 25 lb dumbbells for a strict 15

Set 2 – 30 lb dumbbells for a pretty strict 12 or so, and then cheated a little

Set 3 – 35 lb dumbbells for a pretty strict 8 to 10, and then cheated some to get to 15.

Set 4 – 40 lb dumbbells for a strict 6, and then went to 15 doing partials.

Crazy burn!

**These sets are all RPE of 8-12, as they will get harder as you go.**

***Goal – Supramax pump***

Notice these are two stretching exercises, which is not typical for me to start with, but remember, we just did a ton of pressing for chest so your elbows should be very warm!

Ez bar lying extensions – Do 4 sets of 10 here. Do these nice and slow and try to let the weight get behind your head a little at the bottom for a great stretch. **4 total work sets.**

**These sets are all RPE of 9-10.**

Seated overhead rope extensions – Do 4 sets of 10 here, and on your last set, let it stretch you for 30 seconds. **4 total work sets.**

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

**These sets are all RPE of 9-10.**

Rope crunches – Let's do some more abs! Do 4 sets here to failure, which should be about 15 or so reps. **4 total work sets.**

**RPE - 8**

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## ***Tuesday***

Legs – 15 sets

Nasty nasty nasty leg day today...lots of dry heaves going around during this one.

### ***BASE DAY***

Decline leg raise – You lay with your head at the end of the bench where your legs would be. You wrap a rope (normally used for tricep pushdowns) around the bench, and do leg raises. Do 5 sets to failure. **5 total work sets.**

**These sets are all RPE of 9-10**

Seated leg curls – Do a good 3 to 4 sets to warm up, and then do 3 sets of about 8 full reps followed by 4 more forced reps to make sure you really get your heels back and into a fully contracted position. If you do this right, contracting really hard throughout the entire range of motion, your hams will be loaded with blood. **3 total work sets.**

**The RPE on all these work sets is 12.**

### ***Goal – Activate and pump***

Leg press – Work your way up slowly the way we always do. Use a high and wide stance today to target more glutes and hams. Lower the weight with a 3 second descent. Keep going up until you can barely get to 10. Once you do, on this last set, do 10 and then drop the weight (I dropped it 2 plates per side) and move your feet in close for another 10 to target your teardrop, then drop some more weight (I dropped 2 more on each side) and lower feet a little and go down into a nice deep stretch to absolutely destroy your teardrops doing another 10 reps. We will count this as 3 work sets. **3 total work sets.**

The RPE will increase as you go up to 10 on the second to last one and then to 12 on the last one.

***Goal – Supramax pump***

Barbell squats – Use a weight you can get a tough 20 with. Do 3 sets of 20 once you do a feeder set to “grease the groove” for the movement. I actually used the Smith machine because my lower back wouldn’t be able to handle that many reps, but I would prefer you actually use a barbell. This is going to be brutal. **4 total work sets.**

**The RPE on all these sets is 9-10.**

**Stretch** – Do a hard 20 second quad stretch on each leg after each set.

***Goal – Supramax pump***

Walking lunges – Put a barbell on your back or simply carry dumbbells. Either will work just fine. Take 20 total steps (10 on each leg). Do these very slow so you don’t use too much momentum. I prefer to actually gently touch my back knee to the ground as well in a very controlled motion. Do 3 rounds. **3 total work sets.**

After each set put your quad out in front of you and flex it 10 times.

**The RPE on all these sets is 9-10.**

***Goal – Supramax pump***

Stiff legged deadlifts – Do these with a barbell. Go down nice and slow keeping your back perfectly flat and pushing your hips back to stretch your hams, and come up all the way flexing your glutes hard. It should be very hard to get 10. Do 3 sets of 10. **3 total work sets.**

**The RPE on all these sets is 9-10.**

***Goal – Work muscle from a stretched position***

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## ***Wednesday***

Back - 19 sets

***PUMP DAY***

***I went to do my leg raises today and my lower abs felt like they were ripping apart so I gave them a break today.***

*I did stiff legged deads and some squats yesterday so my lower back was a little beat up. This is why I don't have a ton of the heavier style rows today. Saturday I will be doing a lot of rowing.*

*Also we will be doing a rare arm day tomorrow.*

Single arm pulldown – I am going to continue for now doing these first. I can see my lower lat tie in actually thickening up some with all the focus I have been putting on it. So start off by nailing 4 sets of 10 here. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal – Activate and pump***

Close-grip cable rows – These are just done with the old school close grip handle. I did lean very far forward today to really stretch my lats. Stretch carefully though, you don't want to get careless in this position. So stretch forward, and then strictly sit up and pull the weight into your lower abs. Do 4 sets of 10. All sets again should be to failure with good form. In other words, no sloppy reps, all the clean ones you can get. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal – Supramax pump***

Supported rows – You can do these on any hammer machine, or any machine where your chest is supported for that matter. Use a pronated grip and really try to stretch at the bottom opening up your rhomboids and lower traps. Drive your elbows back and squeeze your whole back hard. Do 4 sets of 8 here. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal – Supramax pump***

Dumbbell pullover – Do 4 slow sets of 12 here stretching hard like last week! I used a kettlebell today as the stretch is really good with the neutral grip. **4 total work sets.**

**These sets are all RPE of 9.**

***Goal – Work muscle from stretched position***

Hyperextensions – Try to relax hams and glutes (they will probably be sore from yesterday), and slowly curl up (flex spine) and flex your spinal erectors. Use a band that makes for a tough 8 and do 3 sets here. Many times when my lower back is sore, doing these actually makes them feel immediately better from getting some blood in there. **3 total work sets.**

**These sets are all RPE of 9.**

### ***Goal – Work muscle from stretched position***

Standing calf raise – Today I did these really hard. Work up to a weight that is a tough 8. Now once you do 8 sit in the stretch for 15 seconds, and then try to push out of the stretch for another 15 seconds. You should barely be able to move the weight. Do 6 sets like this. **6 total work sets.**

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## ***Thursday***

Biceps - 14 sets / Triceps - 10 sets / Abdominals - 6 sets / Calves - 6 sets

This was the first dedicated arm workout I have done in a while, and I was really happy with it. My elbows felt good, and I got a great pump. Enjoy!

Decline leg raise – Do 6 sets to failure. On the last set I could barely get 7 of these, very difficult exercise for me. **6 total work sets.**

**These sets are all RPE of 9-10**

Do plenty of warm up sets for your elbows before you start counting sets.

EZ bar curls – Do sets of 8 here once you find a weight that is a tough 8. Squeeze for 1 second at the top very hard!

*Supersetted with*

Tricep pushdowns – Use the single handles on these. Check out the video link below as it is kind of hard to explain. Flex your tris hard at the bottom!

<https://www.youtube.com/watch?v=QMVRFB83CSk&list=PL04BB5F1BC0300483&index=26>

**Do 5 rounds for 10 total work sets. Your arms should be really pumped after this combo.**

**These sets are all RPE of 9-10**

Preacher curls – Do sets of 8 here once you find a weight that is a tough 8. Squeeze for 1 second at the top very hard just like you did with your standing curls.

*Supersetted with*

Decline lying extensions – That decline bench that I did the leg raises on to start, that is the bench I use for these. The slight decline really adds some good tension on these. Do sets of 10 here and get a massive stretch at the bottom.



**Do 5 rounds for 10 total work sets. Your arms should be really pumped after this combo.**

**These sets are all RPE of 9-10**

-

Hammer curls – Do 4 sets of 10 here. Do both arms at once, and really flex hard throughout the entire movement. **4 total work sets.**

I did not do additional tricep sets because tomorrow we are doing chest and shoulders so will need at least a little tricep strength!

Standing calf raise – Just like yesterday. Work up to a weight that is a tough 8. Now once you do 8 sit in the stretch for 15 seconds, and then try to push out of the stretch for another 15 seconds. You should barely be able to move the weight. Do 6 sets like this. **6 total work sets.**

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## ***Friday***

Chest - 11 sets / Shoulders – 12 sets

### ***PUMP DAY***

***Great pump day today. I posted a 6 week out vi today on my FB and IG after training. You can really see my abs sucking in. Gotta keep grinding.***

Decline leg raise – You lay with your head at the end of the bench where your legs would be. You wrap a rope (normally used for tricep pushdowns) around the bench, and do leg raises. See video below. Do 4 sets to failure. **4 total work sets.**

**These sets are all RPE of 9-10**

Machine presses – Use a neutral grip if you can (palms facing in). Take these to full lockout and squeeze your pecs. Don't worry if you are not as strong as usual. Remember this is a pump day, and also yesterday you did tris, so your lockout strength will be down a bit. Do sets of 10 moving up until you can barely get your 10. Flex hard on every rep! Make them count and get that pump rolling. We will count this as 3 work sets. **3 total work sets**

**These sets are all RPE of 7 to 10, the last set being a 10.**

***Goal – Activate and pump***

Machine rear laterals – Do nice slow sets of 15 here flexing your rear delts hard on every rep. The 15<sup>th</sup> rep should be very tough, but you should be able to get it. Do 4 sets. **4 total work sets**

***Goal – Activate and pump***

**These sets are all RPE of 9-10.**

Flat dumbbell presses – These are just normal dumbbell bench presses. Get a really good stretch on these and take to  $\frac{3}{4}$  lockout. Use a weight that is a tough 10, and do 4 sets with it. It should take no more than 1 set to find your work weight. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal – Supramax pump***

Dumbbell side laterals – Do 4 sets of 15 here. I used kettlebells, but they feel a little odd doing these, and I will stick to dumbbells here. At this point your shoulders are going to be on fire. **4 total work sets**

***Goal – Supramax pump***

**These sets are all RPE of 9-10.**

Dips – Do as many reps as you can. Go to failure on all sets. If you can't get a minimum of 8 use an assist machine. Do 4 sets. Do these slow and controlled as your shoulders will be tight, so don't get reckless. **4 total work sets**

***Goal – Supramax pump***

**These sets are all RPE of 9-10.**

Barbell front raises – Raise the bar to just above eye level here. Do 4 sets of 10 here. You may have to cheat a little on the last rep or two, that's ok. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal – Supramax pump***

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***Saturday***

Back - 20 sets

***BASE DAY***

Tbar rows – Do a standard pyramid here until you get to some ball busting hard weight. I did 3 sets of 12, and then the next set was a tough 12 so I called that the first set. On reps, add weight each set, and go then to 10 reps, then 8, and then even 6. So 4 working sets here once you are warmed up. **4 total work sets**

**These sets are all RPE of 7-10. As intensity increases as you go.**

***Goal – Activate and Pump***

Low row – I want you to use the same attachment you used last week, but we are going to bump the reps up on these this week and really squeeze hard in the contracted position. I want 4 sets of 15. The 15<sup>th</sup> rep should be brutally hard. **4 total work sets**

<http://www.elitefts.com/shop/accessories/sled-cable-attachments/multi-exercise-bar.html>

**These sets are all RPE of 9-10.**

***Goal – Supramax pump***

Dumbbell pullovers – This is to stretch your lats and give your arms a break before we head over to pulldowns. Do 4 sets of 10. **4 work sets.**

**These sets are all RPE of 9.**

**Goal – Work muscle from a stretched position**

Lat pulldown superset – I absolutely love this superset. Face away from the machine and drive elbows down hard, and then do normal reps. You will see this clearly in the video link. Now on other thing I would like for you to do, is notice how I am pushing down on the weight ONLY when Ken is in the stretch position on the front facing reps. This really stretches upper lats hard and is great to incorporate as well. Do 8 reps facing both ways on each set. Do 4 sets. **4 work sets.**

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

**These sets are all RPE of 9-10.**

***Goal – Supramax pump***

Rack pulls – Find a weight that is a tough 6 to 8. I simply want you to do 10 sets of 3 with it. Do the reps with perfect form and keep your back flat. No rounding or excessive arching. This will

be tough, you'll see. We'll just call this 4 work sets as the last handful of sets are really the brutal ones. This is being done for volume, so don't think every set has to be brutal ok. **4 work sets.**

**These sets are all RPE of 10.**

***Goal – Supramax pump***

Let's finish off today with some calves.

I did this calf routine today. I did 3 rounds.... very painful.

**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>

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***Sunday***

***Off – Family Day***

# Week 7

## **Monday**

Chest - 14 sets / Shoulders - 11 sets

### **BASE DAY**

Decline leg raise - Do 4 sets to failure. **4 total work sets.**

**These sets are all RPE of 9-10**

Incline dumbbell press - This is done on a slight incline. See the video below so you can tell a little better. As usual work your way up slowly doing sets of 8. Take these to  $\frac{3}{4}$  lockout. Just keep on going up until you hit a weight you can barely hit for 8. Don't take too big of weight jumps or you won't get enough worksets in. We are going to do a drop set for our 4<sup>th</sup> and final set. Stay with the last weight you just used, and do your 7 to 8, and then drop it down enough to get another 6, and then one more time for another 6. The first drop will have to be a decent drop, if only go down a little you won't be able to get any good reps. We will call this 3 work sets. **4 total work sets**

[https://www.youtube.com/watch?v=BZWIfncVw\\_c&index=48&list=PL2955620A11D03694](https://www.youtube.com/watch?v=BZWIfncVw_c&index=48&list=PL2955620A11D03694)

**These sets are RPE of 7-10, as intensity increases as you go.**

**Goal - Activate and pump**

Flat barbell bench press - I really enjoy some old school benching every once in a while. I know we did these last week, but I moved them up in the rotation this week. These felt great today. I did 245 for 3 sets of 8, and on the 4<sup>th</sup> set only got 7. I do all these with a 1 second pause from my chest and then I explode up. So basically find a weight that is a tough 8, and shoot for 4 sets with it. Don't forget to do the pause, take the momentum out of these and do them strict! **4 total work sets**

**These sets are all RPE of 9-10.**

**Goal - Train explosively**

Dips - Do these nice and slow. If you can wear a belt and add weight please do. The target on reps is 10. If you need to use an assist machine to get 10 that is ok too. Make sure you lower yourself very slowly and only come up  $\frac{3}{4}$  of the way to keep tension on the pecs. Do 4 sets. **3 total work sets**

**These sets are all RPE of 9-10.**

**Goal - Train muscle from a stretched position.**

Machine flyes – Do a flye variation here for 3 sets of 12, flexing as hard as you can on every rep. On your last set have someone help you force out 4-5 more reps, and then do an isohold at the mid-point in the rep and hold it for 15 seconds. **3 total work sets**

**These sets are all RPE of 10-12.**

***Goal - Train muscle from a stretched position.***

Machine rear laterals/reverse peck deck – Ok let's get back to work on these. Do rest pause reps on ALL of these today. Let the weight stack hit and stop, and then do the rep and flex hard in the contracted position. Do 4 sets of 20 here. It should be so hard, and burn so bad that you don't get 20, and have to finish with a few partials to get your number. No mercy – crank on those rears! **4 total work sets.**

**These sets are all RPE of 11-12.**

***Goal - Supramax pump***

Dumbbell side laterals – We did this last week seated. I want you to do these standing today. Tilt your body a little bit forward here so you get a small amount of engagement from your pumped rear delts here too. Do sets of 15. Pyramid up until you can't good a good 15, and you have to do partials to complete the set. You will be doing 4 sets. I provided what I did below so this is clearer. **4 total work sets.**

Set 1 – 30 lb dumbbells for a strict 15

Set 2 – 35 lb dumbbells for a pretty strict 12 or so, and then cheated a little

Set 3 – 40 lb dumbbells for a pretty strict 8 to 10, and then cheated some to get to 15.

Set 4 – 45 lb dumbbells for a strict 6, and then went to 15 doing partials.

**These sets are all RPE of 8-12, as they will get harder as you go.**

***Goal - Supramax pump***

Dumbbell front raises – Do 3 strict sets of 12 here. Let the dumbbells come out to your sides so you can stretch a little more, and take it up to eye level. **3 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Standing calf raises – I just tried to go as heavy as I could on these today with a good stretch at the bottom. I took 3 sets to get to the whole stack and then did 3 sets of about 8 to 9 with stack. I could not get up all the way on my toes but I was working the stretch hard. Also, on the last 3 sets I want you to sit in the stretch for 15 seconds after completing your last rep. **6 total work sets.**

**RPE - 8-11**

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## ***Tuesday***

Legs - 20 sets

Lots of dry heaving again today..enjoy.

### ***BASE DAY***

Decline leg raise - Do 5 sets to failure. **5 total work sets.**

**These sets are all RPE of 9-10**

Lying leg curls - Do a good 3 to 4 sets to warm up, and then do 3 sets of about 12 reps. The 12<sup>th</sup> rep should be extremely difficult. On your 4<sup>th</sup> set do a drop set with an isohold. I want you to shoot for 12, then drop the weight so that you get around 8, and then drop it again for another 8. After this do the isohold for 30 seconds. That is a LONG time, but you can do it. **4 total work sets.**

**The RPE on these is 9-12. It increases on last set.**

### ***Goal - Activate and pump***

Leg press - Work your way up slowly the way we always do. We are going for a massive pump on this exercise today. Choose a weight that is a brutal 30. You are going to do 3 sets of 30 with it. Use a narrow and high stance to engage your glutes as well. Don't lockout, pump these out like a machine. **3 total work sets.**

**The RPE on these is 9-10.**

### ***Goal - Supramax pump***

Barbell squats - Now we are going to bring the reps way down. Do sets of 7 here. Drive the weight up hard. Just keep going up until you can barely get 7. I actually used the Smith machine so that I could go deep and not stress my lower back as much. You can do either free weight or Smith version. We will call this 4 work sets as I don't want you to get to your end weight in a set or two. Get some volume in. **4 total work sets.**

**The RPE on all these sets is 9-10.**

### ***Goal - Train explosively***

Hack squat – You are going to do 1.5 style reps on these. This is when you go down all the way, come up half way, and then go back down, and then come up all the way. That is 1 rep. I want 3 sets of 8 like this. This is a tremendous amount of tension and will burn like fire. **3 total work sets.**

**Stretch** – Do a hard 20 second quad stretch on each leg after each set.

**The RPE on all these sets is 9-10.**

***Goal - Supramax pump***

Leg extension – You are going to do a 2 second hold on every rep. I want you to use a weight where it is absolute torture to get 8 reps like this. Do 3 sets of 8. **3 total work sets.**

**The RPE on all these sets is 9-10.**

***Goal - Supramax pump***

Stiff legged deadlifts – I used dumbbells on these this week as we used a barbell last week. Go down nice and slow and get a good stretch and come up  $\frac{3}{4}$  of the way and then go right back down. Do 3 hard sets of 10 here. **3 total work sets.**

**The RPE on all these sets is 9-10.**

***Goal - Work muscle from a stretched position***

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## ***Wednesday***

Back - 20 sets

### ***PUMP DAY***

Decline leg raise – Do 4 sets to failure. My lower abs were quite sore so I only got sets of about 8 here. It is amazing how hard these are. **4 total work sets.**

**These sets are all RPE of 9-10**

Single arm pulldown – I am still sticking with this as my opener as I continue to add some density to my lower lats doing these first. It's funny, I watched Pumping Iron



last night, and Arnold was talking about pushing through the pain barrier and getting that 11<sup>th</sup> and 12<sup>th</sup> rep, when 8 seemed to be the last one. I actually did sets of 12 because of that and it did burn because I did not lighten the weight up. I just got a little more charged up and got a few extra reps. I did 4 sets of 12 after warm ups. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Activate and pump***

Smith machine deadlifts (rack pull style) – Now with blood in your lower lats you can really lock them in and keep them tight during these. With most Smith machines you can't go down all the way which is exactly what we want. This mimics a rack pull. Do every rep as a deadstop. I did 5 sets of 5, and on every rep I squeezed as hard as I can. If you lose the tension in your lower lats and start feeling hams, glutes, etc, you have went to heavy or are not focused enough keeping lats tight. **5 total work sets.**

**These sets are all RPE of 8-9.**

***Goal - Supramax pump***

Cable rows w/rope – I used a rope on these to change the grip to a little more pronated style to get a good squeeze in rhomboids and lower traps. With the rope you can pull these back far to and get an excellent contraction. Do 4 sets of 8 here. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Chins – Do these with a moderate width grip so you can get a nice range of motion. If you can't get 8, use an assist machine. When you get to the bottom, didn't let your arms straighten all the way out. Come close and then try to really expand and flare your lats out. Do 3 sets to failure here. **3 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Dumbbell pullover – Do 4 slow sets of 12 here stretching hard like last week! I went back to a dumbbell on these today lying on (not across) the bench. **4 total work sets.**

**These sets are all RPE of 9.**

***Goal - Work muscle from stretched position***

Seated calf raise – I did these heavy today. I did 6 total sets. On all sets on the 10<sup>th</sup> rep I held at the top (the best I could) for a 10 count, and then let it stretch at the bottom for another 10 seconds. This is very painful. **6 total work sets.**

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## ***Thursday***

Biceps - 12 sets / Triceps - 12 sets / Shoulders - 9 sets / Abdominals - 8 sets / Hams - 5 sets

I got such an insane pump last week, we are doing arms again!

### ***AM Workout***

Do plenty of warm up sets for your elbows before you start counting sets.

Start with this again. I really love the way this combo feels.

EZ bar curls – Do sets of 8 here once you find a weight that is a tough 8. Squeeze for 1 second at the top very hard!

*Supersetted with*

Tricep pushdowns – Use the single handles on these. Do sets of 12 here. Check out the video link below as it is kind of hard to explain. Flex your tris hard at the bottom!

<https://www.youtube.com/watch?v=QMVRFB83CSk&list=PL04BB5F1BC0300483&index=26>

**Do 5 rounds for 10 total work sets. Your arms should be really pumped after this combo.**

**These sets are all RPE of 9-10**

Standing dumbbell curls – I wanted to do these a little heavy, not crazy heavy, so I did sets of 6 here, but I used very controlled and slow form. Squeeze your biceps the whole time.

*Supersetted with*

Decline lying extensions – The change I made this week on these is I used dumbbells. I let them come down really far back and folded my arms as much as I could to really stretch the belly of the muscle. Crank some reps on these and you will feel a massive burn too. Do sets of 15.

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

**These sets are all RPE of 9-10**

Reverse curls - I did these with an ez bar and did sets of 15.

*Supersetted with*

Seated dumbbell extensions - This is something I rarely do. This is where you sit with your back braced and let a dumbbell go behind your head and stretch and then raise it to  $\frac{3}{4}$  lockout. These have been hard on my elbows in the past, but doing them last, and going a little lighter made these ok today. I was looking for an awesome stretch, hence why I did these. Do sets of 10.

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

**These sets are all RPE of 9-10**

### ***PM Workout***

Decline leg raise - Do 4 sets to failure. **4 total work sets.**

**These sets are all RPE of 9-10**

Rope crunch - Do 4 sets of 15 here. **4 total work sets.**

**These sets are all RPE of 9-10**

Machine side laterals - The gym I was at today has a really sweet delt machine I love. I can never resist doing these when I am at this gym. I did 5 sets of 12 with it. See the video so you can see the machine. The burn is unreal and for some reason it's easier to not use my traps using this one. **5 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Dumbbell front raises - I did these one dumbbell at a time taking the weight all the way straight up over my head. I did 4 sets of 10 here flexing my front delt the whole time. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Lying leg curl - Do 5 sets of 15 here taking only 1 minute between sets. **5 total work sets.**

**These sets are all RPE of 9-10**

***Goal - Supramax pump***

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## ***Friday***

Chest - 15 sets / Shoulders - 6 sets

### ***PUMP DAY***

***Remember we did front and side delts and triceps yesterday, so this was a shorter session.***

Decline leg raise - **4 total work sets.**

**These sets are all RPE of 9-10**

Machine presses - Use a neutral grip if you can (palms facing in). Take these to full lockout and squeeze your pecs. Flex hard on every rep! Make them count and get that pump rolling. We will count this as 3 work sets. Below is the machine I use for these, and the proper grip.

<https://www.youtube.com/watch?v=RYn6cDupJ5w&index=34&list=PL2955620A11D03694>

**These sets are all RPE of 7 to 10, the last set being a 10.**

### ***Supersetted with***

Machine rear laterals - Do nice slow sets of 15 here flexing your rear delts hard on every rep. The 15<sup>th</sup> rep should be very tough, but you should be able to get it.

**These sets are all RPE of 9-10.**

I count this as **6 sets for rear delts and 4 for chest**. It will take your chest a few sets to warm up, but your rear delts will fire right up, so I consider more of those sets actual work sets. Superset every single set right from the first warm up.

Incline machine press - These are just your basic Nautilus press with the bench on an incline. Use a slightly wide grip and take these to  $\frac{3}{4}$  lockout and slower slowly. Try to feel these across your upper pecs by really focusing hard on that area. Do 4 good working sets of 8 here. **4 total work sets**

**These sets are all RPE of 9-10.**

### ***Goal - Supramax pump***

Dips - Do 4 sets to failure here. If you can do more than 15 strap on some additional weight. If you cannot get 8, use an assist machine. Keep a nice stretch at the bottom. **4 total work sets**

### ***Goal - Supramax pump***

**These sets are all RPE of 9-10.**

Cable crossovers - I don't really do these much either but just wanted to see if I get more blood in my pecs. Do 3 sets of 10 flexing hard at the bottom for 2 seconds. **3 total work sets**

### ***Goal - Supramax pump***

**These sets are all RPE of 9-10.**

Rope crunches - Do 4 sets of 12 here. I really am trying to vacuum hard at the bottom by blowing out air and sucking in stomach as hard as I can. My abs are shot from all the work this week. **4 total work sets**

**These sets are all RPE of 9-10.**

### ***Goal - Supramax pump***

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## ***Saturday***

Back - 22 sets

### ***BASE DAY***

Hammer rows - This is done using a Hammer row that allows for a semi supinated grip. Now this isn't a real common machine, but if you can use a row that allows you to use a grip like this to attack lower lats, that is what I am after. Work your way up to a tough 8 reps and grind out 4 sets of 8 with it. Really drive your elbows back hard and squeeze. Don't just go through the motions. Make every rep count. **4 total work sets**

<https://www.youtube.com/watch?v=ll1jiYdjNAQ>

**These sets are all RPE of 9-10. As intensity increases as you go.**

***Goal - Activate and Pump***

Low row – Nothing fancy here, just some rows where you really reach forward and stretch your lats out intensely. Do 4 sets of 10 here. Pull the bar in low so you continue to pound your lower lats. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Machine pullovers – This is obviously not a common machine so feel free to use dumbbells or kettlebells, but I thought you would like to see the form I use here. Notice how I have my hands positioned, elbows not touching the pads, and my butt is off the seat. Do 4 sets of 10 here and on the last set do a drop set. Do 10, drop the weight and do 8, then drop the weight again and do another 8. **4 work sets.**

<https://www.youtube.com/watch?v=qldY8Rda4no>

**These sets are all RPE of 9 - 12.**

***Goal - Work muscle from a stretched position***

TBar deadlift – This is where I only come up  $\frac{3}{4}$  of the way and I flex my lower lats hard for a second. There are other variations you can use here. A smith machine, normal rack pulls, or even the ones where I use the wide grip handle when at EliteFTS. Do 5 sets of 5 here. I like to add chains here to, to add resistance at the top. **5 work sets.**

<https://www.youtube.com/watch?v=68h1ZKTJoW4>

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Reverse hypers – This reminded me of my days at Westside barbell with the powerlifters. If you don't have a reverse hyper, feel free to do banded good mornings, or regular banded hyperextensions. Do 4 sets of 12. **4 work sets.**

**These sets are all RPE of 8 -9.**

***Goal - Supramax pump***

Medium grip pulldown - I used a Mag grip supinate on these (available via link below). Do 3 sets of 10 and focus on getting a crazy stretch at the top. **3 work sets.**

<http://www.elitefts.com/shop/accessories/sled-cable-attachments/mag-medium-grip-neutral.html>

**Goal - Work muscle from a stretched position**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

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***Sunday***

***Off - Family Day***

# Week 8

## **Monday**

Chest - 13 sets / Shoulders - 12 sets / Triceps - 8 sets

### **BASE DAY**

Decline leg raise - Do 4 sets to failure. I am actually getting sets of 15 on these now and can get my legs further back, which I feel even more in my lower abs. **4 total work sets.**

**These sets are all RPE of 9-10**

Machine press - On these we did the standard sets of 8 going all the way up until the whole stack was used. On that last set I got 7. Don't make too high of jumps of you won't get enough volume in. We will count this as 3 work sets. **3 total work sets**

**These sets are RPE of 7-10, as intensity increases as you go.**

***Goal - Activate and pump***

High incline Smith press - Do these on an incline utility bench where it is set up a little higher than a standard incline bench. In other words, this is a pretty steep incline. This will hammer your front delts and upper pecs, and get that whole area thick. Do sets of 7 all the way up until you can barely get 7. Then we do a nice rest pause set. See below on the scheme. I took small jumps on these because they felt really good so I wanted to get a ton of sets in. Take the bar down to upper pec near throat and stop 2 inches before touching. See the video for form. Don't go all the way down as it will beat up your rotator cuff. I count the last 4 sets as working. **4 total work sets**

<https://www.youtube.com/watch?v=9-Q3NDX-FL8>

**Here is what I did as an example:**

**135x 7**

**185 x 7**

**225 x 7**

**255 x 7**

**275 x 7**

**295 x 7**

**315 x 6, rack the weight and rest for 20 seconds and shoot for 3-4, then rack the weight again for 20 and shoot for 3 reps to finish.**

**These sets are all RPE of 7-12 with increasing intensity as you go.**

***Goal - Train explosively***



Incline Hammer press – I did these with red Elite bands. They are optional. Do 3 sets of 8 exploding up and then squeezing the peak contraction for 2 seconds on every rep. **3 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Train explosively***

Dips – Do these nice and slow and go to failure on every set! If you can do more than 12 add weight. If you can't get 6 use an assist machine. **3 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Train muscle from a stretched position.***

Seated dumbbell side laterals – Do sets of 15 here. Burn up your delts!

***Supersetted with***

Single handle tricep pushdown – Do sets of 10 here and flex your triceps hard!!! See the video below for a form refresher.

<https://www.youtube.com/watch?v=QMVRFB83CSk&list=PL04BB5F1BC0300483&index=26>

**These sets are all RPE of 8 to 9.**

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

***Goal - Supramax pump***

Dumbbell front raises – Do 3 sets of 12 here raising the dumbbell all the way straight over your head.

***Supersetted with***

Single handle reverse grip tricep pushdown – Now turn your hands over and do these with a reverse grip for sets of 8.

**These sets are all RPE of 8 to 9.**

Face pulls – These are done with a skinny orange micro band or you can just use a machine or dumbbells. I want 3 sets of 15 here for rear delts, flexing them hard on every rep.

***Supersetted with***

Seated calve raises – Try to do these heavy but very slow with a good stretch at the bottom. Do sets of 8 here.

\*After completing 4 supersets add in another 2 sets of calf raises for 6 sets of calves.

**These sets are all RPE of 8 to 9.**

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

**Goal - Supramax pump**

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## ***Tuesday***

Legs - 18 sets

Another real grinder today.

### ***BASE DAY***

Decline leg raise - Do 5 sets to failure. **5 total work sets.**

**These sets are all RPE of 9-10**

Lying leg curls - Do a good 3 to 4 sets to warm up, and then do all sets rest pause style. This means to straighten your legs and let the weight stack hit, and then drive it up. Do this forcefully but don't lose sight of the contraction. Make your hamstrings contract really hard on every rep. I want to go pretty heavy on these today within the confines of good form. Find a weight that is a tough 8, and do 3 sets of 8 with it. **3 total work sets.**

**The RPE on these is 9-10.**

**Goal - Activate and pump**

Leg press - Work your way up slowly the way we always do a plate at a time. I want you to start with your feet slightly low on the platform and narrow more for quads (especially lower quads). After 2 sets like this, move your feet up 2-3 inches. This puts you in a stronger position. After 2 sets of that, put your feet out a little wider (2-3 inches) and turn your toes out more and do these with a 3 second decent and really focus on quad sweep. It takes a lot of focus, and it will burn. See the rep scheme below for the rep count as you go. The last set should be a brutal 8. See below for what I did. We will call this 6 work sets. **6 total work sets.**

2 plates per side x 10

3 plates per side x 10

4 plates per side x 10

5 plates per side x 15 with feet close and slightly low

6 plates per side x 15 with feet close and slightly low

7 plates per side x 12 with feet 2-3 inches higher on platform  
8 plates per side x 12 with feet 2-3 inches higher on platform  
9 plates per side x 8 with feet out wider and toes turned out  
10 plates per side x 8 with feet out wider and toes turned out.

So 2 work sets with each foot position.

**The RPE on these is 7-10.**

***Goal - Supramax pump***

Bulgarian split squats – Grab a medium weight dumbbell and go to failure. I am looking for 15-20 reps on each leg. For the next set go up and go to failure again. One last time, go up again and go to failure. See what I did below to get a good idea. **3 total work sets.**

60 lb dumbbell x 18 reps  
80 lb dumbbell x 14 reps  
100 lb dumbbell for 9 reps

**The RPE on all these sets is 10.**

***Goal - Supramax pump***

**Now we squat...**

Barbell squats – Do sets of 8 here, and just keep going up until you barely hit 8. You shouldn't need really any warm up, just a low rep feeder set or two to get to a decent weight. See below for what I did as an example. We want 3 good hard sets. Blast these out of the bottom. **3 total work sets.**

225 x 8  
315 x 8  
365 x 8  
405 x 6 (back felt funny so I stopped) but you get the idea.

**The RPE on all these sets is 7-10.**

***Goal - Train explosively***

Banded good mornings – Do 3 sets of 15 here. Really feel your hams and glutes work. Focus on them. See the video below to get a form refresher. **3 total work sets.**

[https://www.youtube.com/watch?v=BdO-\\_CM7AW0&list=PL2F8A4BD406176C34&index=4](https://www.youtube.com/watch?v=BdO-_CM7AW0&list=PL2F8A4BD406176C34&index=4)

**The RPE on all these sets is 7-8.**

***Goal - Work muscle from a stretched position***

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## ***Wednesday***

Back - 18 sets

### ***PUMP DAY***

No abs today. My abs are really sore, maybe the sorest they have ever been, so I thought it would be wise to give them a day to recuperate.

Single arm pulldown - Hopefully these aren't boring you, and you are feeling these to kick off as much as I am. I also get deep tissue work done of Tuesdays in my back so the feel of these is just incredible to start with. Push really hard on these today. Take whatever you would normally do 10 with, and do 4 sets of 12 with it. Drive your elbow down really hard and nail the contraction. **4 total work sets.**

**These sets are all RPE 10.**

### ***Goal - Activate and pump***

One arm barbell row - Again, with lower lats pumped and everything stretched out, let's grind on some hard rows. Do a feeder set or two to get to a weight that is a tough 8 and do 4 sets of 8 with it. **4 total work sets.**

**These sets are all RPE of 9-10.**

### ***Goal - Supramax pump***

Lat pulldowns - Do these with a standard bar and overhand/pronated grip. Go medium width. Do these heavy. You are going to pull the weight down just to the top of your head and hold it there flexing really hard for 2 seconds per rep. Do 3 sets of 8 like this. **3 total work sets.**

**These sets are all RPE of 9-10.**

### ***Goal - Supramax pump***

Dumbbell pullover - Ok it's definitely time to give our arms a break now. Do 4 slow sets of 12 here stretching hard like last week. **4 total work sets.**

**These sets are all RPE of 9.**

### ***Goal - Work muscle from stretched position***

Hyperextensions – Do 3 sets to failure. I prefer to use bands on these. **3 total work sets.**

**These sets are all RPE of 9.**

***Goal - Supramax pump***

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## ***Thursday***

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

Do plenty of warm up sets for your elbows before you start counting sets.

I took video of all the exercises and merged it into one video for ease.

<https://www.youtube.com/watch?v=ERdBCPP08wk>

This is the last week we will do some of these combos, but I wanted to do them one more time. Next week this will probably be more glute and ham work again.

Tricep pushdowns – Use the single handles on these again flexing hard at the bottom. Do sets of 8 here too.

*Supersetted with*

EZ bar curls – Do sets of 8 here once you find a weight that is a tough 8. Squeeze for 1 second at the top very hard!

**Do 4 rounds for 8 total work sets. Your arms should be really pumped after this combo.**

**These sets are all RPE of 9-10**

Ez bar preacher curls – Do sets of 6 here flexing as hard as you can.

*Supersetted with*

Decline lying extensions – Back to the EZ bar lying in a decline bench. I am really digging these. Do sets of 10 here.

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

**These sets are all RPE of 9-10**

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Hammer curls - Do sets of 8 here.

*Supersetted with*

Lying dumbbell extensions - After you get your 8 reps on the hammers, simply lay back on the bench and go to failure on lying extensions.

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

**These sets are all RPE of 9-10**

Machine crunch - I used a seated machine on these today. Suck in your stomach and blow your air out as you crunch. Stretch out hard at the top. Do 4 sets of 15 here. **4 total work sets.**

**These sets are all RPE of 9-10**

Dumbbell side laterals - Do your standard laterals raises here but let's crank some reps. Do sets of 20. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Barbell front raises - Take these up just over your head. Do sets of 12 here. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

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## ***Friday***

Chest - 12 sets / Shoulders - 6 sets

## ***PUMP DAY***

***Remember we did front and side delts and triceps yesterday like last week, so this was a shorter session.***

Decline leg raise – **4 total work sets.**

**These sets are all RPE of 9-10**

Dumbbell press – This is being done with high reps today. I want this to burn very intensely. Do 3-4 warm up sets, then I want 4 sets of 15 reps. Take these to  $\frac{3}{4}$  lockout and come right back down. Keep your chest tight the whole time. Don't just drop the weight and ram it up, leave that for our explosive work. The 15<sup>th</sup> rep should be a scorcher on every set.

**These sets are all RPE of 9-10.**

### ***Supersetted with***

Machine rear laterals – We'll actually take the reps down on these though and only do 10 nice and slow reps with a hard flex at the end of every rep. Do these with your warm up sets of chest too so your rear delts gets some extra volume.

**These sets are all RPE of 9-10.**

I count this as **6 sets for rear delts and 4 for chest**. It will take your chest a few sets to warm up, but your rear delts will fire right up, so I consider more of those sets actual work sets. Superset every single set right from the first warm up.

### ***Goal - Activate and Supramax pump***

Incline flye – You can do these with cables or dumbbells. You should have a crazy pump from the higher reps so this will be a really nice stretch that will feel great. Do 4 sets of 10 here. **4 total work sets**

**These sets are all RPE of 9-10.**

### ***Goal - Supramax pump***

Dumbbell twist press – On these use a medium weight. See the video for proper form. You basically turn your pinkies in at the top and flex hard. It's nasty. You'll see. Do 4 sets of 8. **4 total work sets**

[https://www.youtube.com/watch?v=a4LNK8W\\_9-g&index=8&list=PL2955620A11D03694](https://www.youtube.com/watch?v=a4LNK8W_9-g&index=8&list=PL2955620A11D03694)

### ***Goal - Supramax pump***

**These sets are all RPE of 9-10.**

Calve raises - I actually did these in a hack squat type of machine that allows you to get a good stretch. Pyramid up doing sets of 10 with a massive stretch and massive flex. The goal is to do 6 good hard sets where do 10 full reps followed by 10 partials out of the bottom. **6 total work sets**

**Goal - Supramax pump**

**These sets are all RPE of 9-10.**

Rope crunches - Do 4 sets of 12 here. **4 total work sets**

**These sets are all RPE of 9-10.**

**Goal - Supramax pump**

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## ***Saturday***

Back - 18 sets

### **BASE DAY**

#### **AM workout**

Tbar rows - My lower back is feeling really good so I wanted to push the weight a bit on these. I did sets of 10 up until I could get about 8 reps. I counted the 8 reps as my first set. What I also did was did 2 more sets, using rest pause technique. Depending on how your t-bar is set up, you may or may not be able to rest at the bottom and then drive it up, but you should be able to. So a hard set of 8, and then 2 more hard sets of 8 using a rest pause on every single rep. The last set of 10 was pretty tough so I would call this a solid 4 working sets. **4 total work sets**

**These sets are all RPE of 9-10.**

**Goal - Activate and Pump**

Low row - On these I used a rope and pulled them in low and pulled my elbows as far as possible. You don't have to pause these in the contracted position, but do try to get maximum range of motion driving those elbows back. Do 4 sets of 12. **4 total work sets**

**These sets are all RPE of 9-10.**



***Goal - Supramax pump***

Kettlebell pullovers - Give your arms a break and do these nice and slow. Of course you can use a dumbbell instead. Do 4 sets of 12 with a nice big stretch. **4 work sets.**

<https://www.youtube.com/watch?v=qldY8Rda4no>

**These sets are all RPE of 9 - 12.**

***Goal - Work muscle from a stretched position***

Neutral grip chin - I did these in the chin/dip assist machine using the grips where you palms face each other. Go down really slow and feel your lats flaring out. Stop just short of a full stretch and pull back up. Shoot for 4 sets of 8 here. **4 work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Rack pull - Do 2 sets of 20 here. Stand up straight and flex your lats on every rep. Do the pulls from mid shin. **2 work sets.**

**These sets are all RPE of 8 -9.**

***Goal - Supramax pump***

***PM workout***

Rope crunches - Do 4 sets of 12 here. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Pulldown crunches - This is where you inhale and suck stomach in as you stretch at the top, then simply blow air out and crunch down on abs. Do 4 sets of 15 here. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Leg curls - Do 4 sets of 15 here with 60 second breaks. Do 2-3 warm up sets first. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Glute kickback - Do 4 sets of 12 here. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Standing calve raise - Work up to a heavy weight and do 5 sets of 8 with it. **5 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

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## ***Sunday***

***Off - Family Day***

# Week 9

## ***Monday***

Chest - 14 sets / Shoulders - 11 sets / Triceps - 8 sets

### ***BASE DAY***

Decline leg raise - Do 4 sets to failure. I am actually getting sets of 15 on these now and can get my legs further back, which I feel even more in my lower abs. **4 total work sets.**

**These sets are all RPE of 9-10**

Rope crunch - Do 4 sets to failure. **4 total work sets.**

**These sets are all RPE of 9-10**

Dumbbell press - Place a pair of 25 lb. plates under the end of the bench where your head will be so there is a very slight incline. On these we did the standard sets of 8 going all the way up until you can barely get 8. Take these to  $\frac{3}{4}$  lockout and come right back down. Nothing past failure on these this week. We will count the last 3 sets as working sets. As usual don't take too big of weight jumps or you won't get enough volume. **3 total work sets**

**These sets are RPE of 7-10, as intensity increases as you go.**

***Goal - Activate and pump***

Barbell incline press - Do these again using a small incline angle. Do sets of 6 up until you can barely get 6. After that do one final set of 4 after adding just about more weight. We will count this as 4 sets. **4 total work sets**

<https://www.youtube.com/watch?v=xmD9VxBqCLo&list=PL2955620A11D03694&index=52>

**These sets are all RPE of 7-12 with increasing intensity as you go.**

***Goal - Train explosively***

Hex press - This is where you place the dumbbells together and squeeze your pecs as hard as you can. Smash the dumbbells together as you press the weight up to provide even more tension. Do 4 sets of 8 here. **4 total work sets**

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

**These sets are all RPE of 9-10.**

**Goal - Supramax pump**

Dips - Do these nice and slow and go to failure on every set! If you can do more than 12 add weight. If you can't get 6 use an assist machine. **3 total work sets**

**These sets are all RPE of 9-10.**

**Goal - Train muscle from a stretched position.**

Machine rear laterals - Do sets of 25 here for a nasty burn.

**Supersetted with**

Chin/dip tricep pushdown - If you don't have one of these you can use a rope. Do sets of 10 here and flex your triceps hard!!! See the video below for a form refresher.

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

**These sets are all RPE of 9-10.**

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

**Goal - Supramax pump**

Cage press - Do sets of 6 here. Drive them up flex and flex your delts at lockout!

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

**Supersetted with**

Close grip pushups - You won't be able to do many here, as your triceps should be tired from all the pressing. I was just doing strict sets of 7 to 8.

**These sets are all RPE of 8 to 9.**

Dumbbell side laterals - Do 2 sets of 8, but really just to get up to a heavy weight. We are going to finish with a big drop set. I want 40 reps total. Do 10, lighten up and do 10 more, etc. until you hit 40 reps!!!! Finish strong. **3 work sets.**

**These sets are all RPE of 8 to 12.**

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

**Goal - Supramax pump**

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## ***Tuesday***

Legs – 17 sets

### ***BASE DAY***

Decline leg raise – Do 4 sets to failure. **4 total work sets.**

**These sets are all RPE of 9-10**

Rope crunch – Do 3 sets to failure. **3 total work sets.**

**These sets are all RPE of 8-9.**

Lying leg curls – Do a good 3 to 4 sets to warm up, and then you are going to do sets of 10 followed immediately by 5 nice slow partials at the end of every set. Do 4 sets like this once warmed up. This should have your hams loaded full of blood fast from the tension. **4 total work sets.**

**The RPE on these is 9-10.**

***Goal - Activate and pump***

Squats – After doing these near the end last week, you should feel really strong and explosive on these this week, as you will be much more fresh. Do sets of 10 all the way until you can barely hit 10. It is as simple as that. Crush these. We will call this 3 work sets. **3 total work sets.**

**The RPE on these is 7-10.**

***Goal - Supramax pump***

Leg extensions – On these you are going to do 3 sets of 10. With each rep you hold at the top for a 3 count flexing hard. Slightly change your foot position on each set. What I did was toes back toward you on first set (dorsiflexed foot), and then toes down (plantar flexed) and then normal. **3 total work sets.**

**The RPE on all these sets is 10.**

***Goal - Supramax pump***

Leg press – Do these with a wide foot stance and let your knees travel outside your ribcage, not directly back. Do the descent with a 3 second negative, and really feel

your outer quads firing hard. It won't take you long to find your working weight, maybe 1 to 2 sets. Do 4 sets of 10. Don't lock out on these, and don't stop during your set, do all your reps. The last rep should burn extremely bad. **4 total work sets.**

**The RPE on all these sets is 10.**

***Goal - Supramax pump***

Dumbbell stiff legged deadlifts - Do these very slow and with a bend in your knees. Do 3 sets of 8. Don't come up all the way, keep tension on hams. **3 total work sets.**

**The RPE on all these sets is 8-9.**

***Goal - Work muscle from a stretched position***

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## ***Wednesday***

Back - 22 sets

### ***PUMP DAY***

Single arm pulldown - This is what we have been starting with, but to add some low lat volume we are supersetting these with straight arm pulldowns. Rotate the side you are starting with on each set. Do 8 reps per side.

*Supersetted with*

Straight arm pulldown - You can use a rope on these or a bar. I actually used a D handle and did them one arm at a time very nice and slow for 6 super strict reps flexing all the way down.

**These sets are all RPE of 8-9.**

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

***Goal - Activate and pump***

Cable row - Do these with a close grip and lean forward on each rep, duck your head, and get a massive stretch. Do 4 sets of 10 here. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Rope crunch – Do a set of these in between each set of low rows. Shoot for 15 reps.  
**4 total work sets.**

**These sets are all RPE of 8-9.**

Rack pulls – I know we squatted yesterday but you will be fine on these. Lock in your lats tight. Flex them hard throughout the set. Find a weight quickly that is a tough set of 5, and do 5 sets with it. You should have a massive back pump at this point if you are truly flexing your back while you do these. **5 total work sets.**

**These sets are all RPE of 8.**

***Goal - Train explosively***

Face pulls – Pull these into your chest and flex your lower traps and rhomboids. See the video below for a form refresher. Do 5 sets of 10 here. **5 total work sets.**

[https://www.youtube.com/watch?v=Q6shuaJl\\_A&index=52&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=Q6shuaJl_A&index=52&list=PLA808445EA052D63A)

**These sets are all RPE of 9.**

***Goal - Supramax pump***

Rope crunch – Do a set of these in between each set of face pulls for another 4 sets! Shoot for 10 reps. **4 total work sets.**

**These sets are all RPE of 8-9.**

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## ***Thursday***

Biceps - 10 sets / Shoulders - 12 sets

After thinking about this a little more, and how fatigued my tris have been on Friday chest, I decided to do shoulders and biceps today. Tomorrow will be chest and triceps!

Cable side laterals – I wanted to get a better range of motion on delts today so I stood away from the pulley so that my arm came across my body and I got more of a stretch on these. I also tilted down a tad so that I did engage some rear delt. I did this as a combo for side and rear delts in other words. Find a weight that is a tough 10 and do 4 sets. The last few reps you may have to cheat a little to get the weight up, but cheating on a cable isn't so bad, as opposed to barbells for example. It won't destroy your joints. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Machine rear delt laterals - I did 4 sets of 15 here holding and squeezing each rep for 1 second. After the last rep on each set I also did a 10 second isohold to finish the set. Burn baby burn. **4 total work sets.**

**These sets are all RPE of 12.**

***Goal - Supramax pump***

Barbell front raises - I did these nice and strict and didn't go super heavy as we will be doing chest tomorrow and I am going to do a lot of incline work. Do 4 sets of 12 with strict form squeezing your delts on every rep. **4 total work sets.**

**These sets are all RPE of 12.**

***Goal - Supramax pump***

Cable curls - On to biceps. After you are warmed up, do sets of 10 with a hard flex at the top. After the 10, do 5 more partial reps at the top, so little hard squeezes really. **4 total work sets.**

**These sets are all RPE of 12.**

EZ bar preacher curls - Do 3 sets of 8 here flexing as hard as you can. Try to feel every little fiber contract hard ok! **3 total work sets.**

**These sets are all RPE of 9-10**

Spider curls - Do 3 sets of 8 here flexing as hard as you can here too. You may not have done these before. See the video for a form refresher. Notice the pad is flat down. If you don't have one, you can makeshift something on an incline bench using a curl bar or even dumbbells. **3 total work sets.**

<https://www.youtube.com/watch?v=PWhlhFut6Tc&index=20&list=PL04BB5F1BC0300483>

**These sets are all RPE of 9-10**

Machine crunch - I used a seated machine on these today. Suck in your stomach and blow your air out as you crunch. Stretch out hard at the top. Do 4 sets of 15 here. **4 total work sets.**

**These sets are all RPE of 9-10**

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## ***Friday***

Chest - 11 sets / Triceps - 8 sets

### ***PUMP DAY***

Decline leg raise - **4 total work sets.**

**These sets are all RPE of 9-10**

Incline dumbbell press - I did sets of 10 on these today. Not quite the higher reps we did last week. Honestly my shoulders are feeling unbelievably well so I pushed a little harder on weights than I typically do on a pump day. I have been getting 2 deep tissue massages every week though, it didn't happen by accident. Do sets of 10 up until you can barely get 10. We will count this as 3 work sets. **3 total work sets.**

**These sets are all RPE of 7-10. The intensity increases as you go.**

***Goal - Activate and pump***

High incline smith press - I really am enjoying these. It's a shoulder upper pec combo obviously with a very steep incline. I don't take these down all the way, typical for anything I do on incline. Do sets of 8 going up until you barely get 8. Then do 1 more set and make it a drop set. Do 7-8 then drop the weight and shoot for another 6 minimum, and then drop the weight again and shoot for another 6 to 8. We will count this as 4 working sets total. **4 total work sets.**

<https://www.youtube.com/watch?v=9-Q3NDX-FL8>

**These sets are all RPE of 7-10. The intensity increases as you go.**

***Goal - Supramax pump***

Machine press - Do 4 sets of 8 here with an extremely hard flex in the contracted position. You should barely be able to get 8 on all 3 sets. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Dips - I did these on one of those dip stands where the grip spacing starts in close and works out wider allowing you to use whatever position to target you want. I went kind of medium width I would say. I counted this as triceps work, as it crushed them, but it did also finish every last fiber in my chest off too. I did 4 sets with bodyweight to failure. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Rope pushdown – This is nothing fancy, just basic rope pushdowns locking out and squeezing on all reps. I did 4 sets of 10-12 reps. **4 total work sets**

***Goal - Supramax pump***

**These sets are all RPE of 9-10.**

Seated calf raises – Do 4 sets of 35 here. I could barely use 90 lbs, but it stung a bit. You'll see! **4 total work sets**

***Goal - Supramax pump***

**These sets are all RPE of 9-10**

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## ***Saturday***

Back - 20 sets / Hamstrings - 6 sets

***BASE DAY***

Supinated pulldowns – We used the machine in the link below. If you don't have it that's ok, just try to simulate the movement. The grip is really semi supinated, and not fully, which I love. You can do this which individual handles that rotate freely as attachments. Do 4 sets of 10. On the 4<sup>th</sup> set have your partner help you do an additional 4 reps, drop the weight and do another 6 to 8 reps. **4 total work sets**

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

**These sets are all RPE of 9-12.**

***Goal - Activate and Pump***

Dumbbell row – Now with some blood in your lats hammer out some heavy dumbbell rows. Do 4 sets of 8 here. The 8<sup>th</sup> rep should be tough. Make sure you are getting a good stretch at the bottom and really engaging the whole lat. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Train explosively***

Dumbbell pullovers – 4 sets of 12 with a nice big stretch. **4 work sets.**

**These sets are all RPE of 9 - 12.**

***Goal - Work muscle from a stretched position***

Meadows row – This point in the workout is a nasty time to do Meadows rows. I did 4 hard sets of 8 here. Again, get a nice stretch. These will have you sucking wind at this point. **4 work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Reverse hypextensions – Just in case you have not done these before, see the link below. You can do these a variety of different ways even if you don't have this machine. Do 4 sets of 10 here. On the way down, lower the weight slowly and kill all the momentum. **4 work sets.**

<https://www.youtube.com/watch?v=2I1roHT8agM&index=27&list=PLA808445EA052D63A>

**These sets are all RPE of 8 -9.**

***Goal - Supramax pump***

Leg curls – Do 6 sets of 10 here with 90 second breaks. **6 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Rope crunches – Do 4 sets of 12 here. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

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## ***Sunday***

***Off - Family Day***

# Week 10

## **Monday**

Chest - 11 sets / Shoulders - 16 sets / Triceps - 8 sets

This workout was completed with IFBB Pro's Ken Jackson and Fouad Abiad as they were in town.

### **BASE DAY**

#### **AM workout**

Dumbbell press - This was like last week, except of course Ken had to rep the massive dumbbells like a piece of cake. Place a pair of 25 lb. plates under the end of the bench where your head will be so there is a very slight incline. On these we did the standard sets of 8 going all the way up until you can barely get 8. Take these to  $\frac{3}{4}$  lockout and come right back down. Nothing past failure on these this week. We will count the last 3 sets as working sets. As usual don't take too big of weight jumps or you won't get enough volume. **3 total work sets**

**These sets are RPE of 7-10, as intensity increases as you go.**

**Goal - Activate and pump**

Barbell incline press - We did these with a shoulder saver bar. I attached the link just so you can see what it looks like. I always like to stop well short of hitting chest to protect rotator cuff, and this does it for you, plus you can pause the bar on your chest, and really focus on exploding up. We did sets of 8 exploding up until we could barely get 8. Then we added some weight and did a set of 4-5 to finish these off. You could probably kind of replicate these with a thick pad around the bar, it would have to be a big one though, not one of those skinny little pads. We will call this 4 work sets. **4 total work sets**

<http://www.elitefts.com/shop/bars-weights/bars/super-shoulder-saver-bar.html>

**These sets are all RPE of 7-10 with increasing intensity as you go.**

**Goal - Train explosively**

Cambered bar Bench press - I don't expect you to have one of these bars, but man these are awesome and I at least wanted to show you what we did. The weight hanging in that position forces you to really stabilize or you will lose control and knock your teeth out. You can just use regular bench though with perfect for 4 sets of 6, pausing and flexing at the top of every rep. Don't take more than a set or two to get to your working weight, you should be plenty warmed up. **4 total work sets**

<https://www.youtube.com/watch?v=rozDXYUAU-8&index=54&list=PL2955620A11D03694>

**These sets are all RPE of 8-10.**

***Goal - Supramax pump***

Tricep pushdown with single handles - Do these nice and slow and go to failure on every set! Flex hard at the bottom of every rep to. Do 4sets of 10. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Decline lying dumbbell extensions - We actually used kettlebells on these but you can use regular dumbbells or even an EZ curl bar if you prefer. The key is the stretch you get at the bottom using the decline. Do 4 sets of 10 here. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Train muscle from a stretched position.***

Dips - Do 2 sets to failure with bodyweight! **2 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Train muscle from a stretched position.***

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Dumbbell side laterals - We actually used chains on these, but to be honest, it doesn't really work with the strength curve so you are better using dumbbells. See, I am a science guy too...!! HAHA. Do 4 sets of 15. **4 work sets.**

**These sets are all RPE of 9-11.**

Bent over rear laterals - We did the "swing style" hanging off the end of an incline utility bench. Do 4 sets of 25. **4 work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

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***PM workout***

*No time to forget abs now, so we headed back in the afternoon.*

Decline leg raise - Do 4 sets to failure. **4 total work sets.**

**These sets are all RPE of 9-10**

Rope crunch - Do 4 sets to failure. **4 total work sets.**

**These sets are all RPE of 9-10**

Machine/reverse pec deck rear laterals - I just couldn't resist banging on some more shoulders. I did 4 sets of 12 here with a hard flex on every rep. **4 work sets.**

**These sets are all RPE of 8-9.**

**Goal - *Supramax pump***

Shoulder press on machine - I actually wanted to do lower reps here, but hold and flex at the top for 2 seconds on every rep. I used a weight that let me do sets of 5 to 7 here and did 4 sets. I actually used that Hoist machine we have which produces no shoulder pain at all due to how it is made. **4 work sets.**

**These sets are all RPE of 10.**

**Goal - *Supramax pump***

Calve raise on hack squat - Do 6 heavy sets of 8 here standing on your toes and flexing as hard as you can for a second on every rep. **6 work sets.**

**These sets are all RPE of 9-10**

**Goal - *Supramax pump***

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## ***Tuesday***

Legs - 18 sets

**BASE DAY**

***Ken and Fouad are back for more today.***

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Lying leg curls - Do a good 3 to 4 sets to warm up, and then you are going to do 4 sets of 10 to start. On your 5<sup>th</sup> set you will do 10, then drop the weight and shoot for 6 to 8 good full reps, and then do 5 partials very slowly, and then do an isohold for 30 seconds. Obviously this will hurt. **5 total work sets.**

**The RPE on these is 9-12.**

***Goal - Activate and pump***

Leg press – Do 3 sets of 20 to get good and warmed up. Now I want you to do 2 working sets of 15 with your feet together in the middle of the platform. Pump these like a piston. You should have a few reps left in the tank, these are not to failure. Next up some weight and take your feet out a few inches and turn your toes out some. Lower these slowly. Put your hands on your outer quads and feel them working and burning. Do 2 sets of 15 here. This should be very close to failure. Lastly put your feet your you are your absolute strongest and add some more weight. Now I want you to find a way to gut out 25 reps. Stop as many times as you need. Let's see how bad you really want to push right here. Fouad actually gutted out 35 on the last one here. It was crazy intense. **5 total work sets.**

**The RPE on all these sets is 8-11.**

***Goal - Supramax pump***

Squats – Your legs will be completely full of blood at this point. Use a moderate weight and do 3 sets of 20 here. I actually try to contract my glutes at the bottom to get extra glute work here. You should be gassed after these. If you are not feeling woozy, you didn't push hard enough. **3 total work sets.**

**The RPE on these is 8-9.**

***Goal - Supramax pump***

Leg extensions – On these you are going to do 2 sets of 10. On each rep hold it up and count to 5 flexing your quads as hard as you can. After each set stretch each quad hard for 30 seconds. **2 total work sets.**

**The RPE on all these sets is 10.**

***Goal - Supramax pump***

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T-bar stiff legged deadlifts – We did these on a standard t-bar today just for the sake of variety. You can push your hips back and stretch your hams real nice on this. Do 3 sets of 10 here. **3 total work sets.**

**The RPE on all these sets is 8-9.**

***Goal - Work muscle from a stretched position***

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## **Wednesday**

Back - 19 sets

### ***PUMP DAY***

Single arm pulldown w/ isometric contraction - These are very difficult. As you can see in the video, the free arm has to stay locked in tight. This BLASTS your lower lats. Do 4 sets of 8 with each arm once warmed up. You may have to play with the band setup. The main thing is to actually be able to pull your elbow down and hold it while you exercise the other side. If you use a band that is too strong, you won't even be able to get your elbow down. **4 total work sets.**

<https://www.youtube.com/watch?v=ivlfZV4a558&index=60&list=PLA808445EA052D63A>

**These sets are all RPE of 9-10.**

### ***Goal - Supramax pump***

Low row - These are pretty unique and really take your grip completely out of the equation. I put the link for the attachment I used in the bottom. It says it's for triceps, but I found a way to make it awesome for lats. Now you don't have to use this exact attachment, you can probably find something similar, but let me explain what we are trying to do. You actually stick your hands through this, don't actually grab the rope or grip anything. Keep your hands open. Now you just draw your elbows back and flex your entire back. This is pretty wicked. I did 4 sets of 12 and held the flex for 1 second on every rep. **4 total work sets.**

<http://www.amazon.com/IPR-Fitness-Handle-Pending-Standard/dp/B019TN8ICK%3Fpsc%3D1%26SubscriptionId%3D0ENGV10E9K9QDNSJ5C82%26tag%3Dflatwave-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB019TN8ICK>

**These sets are all RPE of 9-10.**

### ***Goal - Supramax pump***

Wide grip chins - I had my partner hold my feet and I just did 3 sets to failure. On the way down go slow and feel it deep in your lats. Your reps may not be high. I got 8, 7, and 6, but they did feel great! **4 total work sets.**

**These sets are all RPE of 10.**

### ***Goal - Work muscle from a stretch position***



Meadows row – Grind time. Do 4 sets of 10 here. After each set you should be breathing very hard if you are grinding as hard as you can. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Hyperextensions – Now knock out 3 sets of 20 here doing your reps very slow and contracting your spinal erectors hard! **3 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Rope crunch – Do 6 sets of 15 here. **6 total work sets.**

**These sets are all RPE of 8-9.**

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## ***Thursday***

Biceps - 8 sets / Shoulders - 12 sets

Machine rear delt laterals – I did 4 sets of 30 here. The tempo was no real pause and flex like we usually do, it was just flex the whole time and pump through the reps nonstop all the way to 30. I'm not gonna lie, this was retarded painful. **total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Dumbbell side laterals – On these just do a weight increase on each set and cut a few reps off. Start with a weight that allows for about 20 reps. Add weight that will bring you down 4 reps or so. Do it again, and then do it again. I finished on my last set at 8 reps fyi. **4 total work sets.**

**These sets are all RPE of 7-10.**

***Goal - Supramax pump***

Dumbbell front raises – I did these alternating arms. Take these straight over your head and flex your front delt. Do one rep and then the other until you do 10 reps on each arm. Do 4 sets of these. **4 total work sets.**

**These sets are all RPE of 9.**

***Goal - Supramax pump***

EZ bar curls – Do a few sets to warm up, and then try to get straight to a weight that is a tough 8. Now your bis may be feeling some fatigue from yesterday, so we are going to keep volume low, but after back on Saturday we are going to do cross body hammer curls so we don't neglect our brachialis. Do 4 hard sets of 8. **4 total work sets.**

**These sets are all RPE of 10.**

EZ bar preacher curls – Do 4 sets of 8 here too. Squeeze hard! **4 total work sets.**

**These sets are all RPE of 9-10.**

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Rope crunch – Now that calories are low and there is no way my obliques will grow, I actually twist to the side on each rep here alternating sides. I blow out all my air and flex my obliques very hard to drill in detail. Do 6 sets. The way I did it was 20 reps, which is 10 on each side per set. **6 total work sets.**

**These sets are all RPE of 8-9.**

Donkey toe raise – I actually did some donkeys today as the gym I was in had this machine. You don't have to use that machine, I just thought you'd find it interesting that there are still a few of these out there. Do any calve raise for 6 sets of 15 flexing as hard as you can at the top. After 15 I add in another 5 to 10 slow half reps out of the bottom too. **6 total work sets.**

**These sets are all RPE of 9-11.**

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***Friday***

Chest - 10 sets / Triceps - 8 sets

***PUMP DAY - well not really***

Decline leg raise - **4 total work sets.**

**These sets are all RPE of 9-10**

Ok this was supposed to be a pump day, but the truth is it looks more like a base day. My recovery is perfect, but I am 2 weeks out from Arnold, and I have been getting deep tissue work 2 times every week. This keeps my shoulders feeling like a million bucks. So it is a bit heavy, and not like a typical pump day, but I wanted you to know why. If I continue to do this, I will hurt my shoulders, guaranteed.

Machine press - I did the usual on these. I did sets of 8 working down and eventually doing the whole stack for a solid 8. It was perfect because I could not have gotten 9. I held every flex on every rep for 1 second. These hard contractions I feel have definitely improved the detail in my pecs. Also, my strength is usually down a bit on Fridays, but it was actually really good. Good surprise. We will call this 3 work sets. **3 total work sets.**

**These sets are all RPE of 7-10. The intensity increases as you go.**

***Goal - Activate and pump***

High incline smith press - Yes I did these again! I did sets of 8 until I got to a tough 8, then I went up again to see what I could get and got 5. So do sets of 8 to  $\frac{3}{4}$  lockout and then do an additional set where you get 5 or 6 and fail. My training partner wisely said "It's getting hard to tell the difference between the base days and the pump days" today. Ha. We will call this 3 work sets. **3 total work sets.**

<https://www.youtube.com/watch?v=9-Q3NDX-FL8>

**These sets are all RPE of 7-10. The intensity increases as you go.**

***Goal - Train explosively***

Dips - I did bodyweight only sets to failure here getting a really nice stretch at the bottom to try and really carve in lower pecs. I got 15, 14, 13, and 11 on my reps. Again I do these slow going down and really stretch and then come up to  $\frac{3}{4}$  lockout. **4 total work sets.**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Chin/dip assist pushdowns – If you were using this machine you can stay right on it and now do 4 sets to failure for triceps. Use a weight that allows you about 8 to 10 reps on each set. Let the weight come up and really stretch the lower tri hard. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Seated rope extension – Get a crazy stretch on these. Do 4 sets of about 8 to 10 here too. Sometimes I lock out on these, and sometimes I don't. Today I did simply because my elbows feel outstanding. **4 total work sets**

***Goal - Supramax pump***

**These sets are all RPE of 9-10.**

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## ***Saturday***

Back - 17 sets / Hamstrings – 6 sets

### ***BASE DAY***

**This may seem a little low in volume, but I really, and I mean really flexing hard on every rep trying to drill detail in my back. I would have done more, but my back was completely exhausted and I couldn't feel it working anymore after I did last set. This kind of effort is hard to put on paper, and is in my opinion, one of the things that can take physiques to the next level. It's known as good old mind to muscle connection....x 1000!**

Supinated pulldowns – Single arm supinated pulldowns. Find a weight that is a tough 10, and make every single rep the hardest squeeze you have ever given it. Do 5 sets of 10 here. **5 total work sets**

**These sets are all RPE of 10.**

***Goal - Activate and Pump***

Low cable row – Do these with a close grip attachment. When you lower the weight, keep your lats as tight as you can make them. Visualize a Christmas tree lower back. Feel the tension, then pull it back up and squeeze hard. DO 4 sets of 10. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Dumbell pullovers - 4 sets of 12 with a nice big stretch. **4 work sets.**

**These sets are all RPE of 9 - 10.**

***Goal - Work muscle from a stretched position***

Rack pulls - Keep your lats tight the entire time. Get to a tough 6 reps, and do 3 more sets with it. So in total 4 sets of 6. I don't mind a few grinder reps here, move some weight, but keep your lats tight ok! **4 work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Leg curls - Do 6 sets of 10 here with 90 second breaks. **6 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Rope crunches - Do 4 sets of 12 here. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

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## ***Sunday***

***Off - Family Day***

# Week 11

## **Monday**

Chest - 11 sets / Shoulders - 8 sets / Triceps - 6 sets

### **BASE DAY**

I had a nice little strength surge today, hopefully you will find that your strength is up too!

Decline leg raise - **4 total work sets.**

**These sets are all RPE of 9-10**

Slight incline dumbbell press - On these we did the standard sets of 8 going all the way up until you can barely get 8. Take these to  $\frac{3}{4}$  lockout and come right back down. We will count the last 3 sets as working sets. As usual don't take too big of weight jumps or you won't get enough volume. I just a pair of 25 lb plates under the bench so you have an idea of how slight the incline is here. **3 total work sets**

**These sets are RPE of 7-10, as intensity increases as you go.**

**Goal - Activate and pump**

Barbell incline press - Let's keep the reps lower and the weight heavy on these also. Do sets of 6 until you hit a weight you can barely do for 6. We will count this as 3 working sets. Don't lockout, and as usual take bar down to about 2 inches above chest before driving back up hard. **4 total work sets**

**These sets are all RPE of 7-10 with increasing intensity as you go.**

**Goal - Train explosively**

Machine fly - Now it's time for a crazy pump. Do 4 sets of 10 here. On each set do 5 slow partials after you fail with full range of motion too. Again, do this on all 4 sets. **4 total work sets**

**These sets are all RPE of 12.**

**Goal - Supramax pump**

Machine/reverse pec deck rear laterals - Do 4 sets of 20 here with a hard flex on every rep. **4 work sets.**

**These sets are all RPE of 9-10.**

Dumbbell side laterals - Do these seated and ultra-strict today. Do 4 sets of 10, followed by 10 partials out of the bottom on ALL sets. **4 work sets.**

**These sets are all RPE of 12.**

Tricep pushdown with single handles - Do these nice and slow and go to failure on every set! Flex hard at the bottom of every rep to. Do 6 sets of 10. **6 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Calve raise on hack squat - Do 6 heavy sets of 8 here standing on your toes and flexing as hard as you can for a second on every rep. **6 work sets.**

**These sets are all RPE of 9-10**

***Goal - Supramax pump***

---

## ***Tuesday***

Legs - 15 sets

### ***BASE DAY***

Seated leg curls - Do a good 3 to 4 sets to warm up, and then you are going to do 5 sets of 8 here. I did these with a very slow eccentric, and a really hard flex in the contracted position. Drive blood in there. No crazy sets to end with. **5 total work sets.**

**The RPE on these is 9.**

***Goal - Activate and pump***

Squats - We are going to take our time and go heavy on these too. Do sets of 8. Lower the bar slowly, stay tight, and then blast it out of the hole as hard as you. Keep going up until you can barely do 8. We will call this 3 work sets. **3 total work sets.**

**The RPE on these is 7-10.**

***Goal - Train explosively***

***Remember these from program 17????***

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

Here is an example:

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.

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

**The RPE on all these sets is 8-12.**

***Goal - Supramax pump***

Leg extensions – Do 1 set of 30 with a 2 second flex on every rep. Stop as many times as you need to, in order to get your 30. I probably stopped 7 or 8 times it hurt so bad. After the set stretch each quad twice for 30 seconds. **1 total work set.**

**The RPE on this set is 11.**

***Goal - Supramax pump***

T-bar stiff legged deadlifts – We did these on a standard t-bar today just for the sake of variety. You can push your hips back and stretch your hams real nice on this. Do 3 sets of 10 here. **3 total work sets.**

**The RPE on all these sets is 8-9.**

***Goal - Work muscle from a stretched position***

Rope crunch – Do 4 sets of 15 here. **4 total work sets.**

**These sets are all RPE of 8-9.**



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## **Wednesday**

Back - 19 sets

### ***PUMP DAY***

Single arm pulldown – Ok back to doing these normal. Hopefully you enjoyed the isometric version last week. Actually if you want to do that again, you are more than welcome. Do 4 sets of 10 here with bone jarring, nasty contractions at the bottom. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Low row – Back to using a close grip standard handle on these. Squeeze every rep with all your might. Do 4 sets of 10. You don't have to hold the contraction for any length of time today, just keep the lats as tight as you can and flexed throughout the whole rep. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Medium grip pulldowns – These are just standard pulldowns with a pronated grip. You should have a great pump, so to make these extra special, I would like for you to have your partner push down on the stack gently while you are in the stretched position. See the video below. Note, Fouad is using a neutral grip, which is ok, I just wanted you to use a standard grip this week because that is what I did. Do 4 sets of 8. **4 total work sets.**

<https://www.youtube.com/watch?v=-pj-1n9X3P0&index=59&list=PLA808445EA052D63A>

**These sets are all RPE of 10.**

***Goal - Work muscle from a stretch position***

Dumbbell pullover – Do 4 sets of 8 here getting a massive stretch. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Work muscle from a stretch position***

Hyperextensions – Just like last week, knock out 3 sets of 20 here doing your reps very slow and contracting your spinal erectors hard! **3 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Rope crunch – Do 6 sets of 15 here. **6 total work sets.**

**These sets are all RPE of 8-9.**

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## ***Thursday***

Biceps - 10 sets / Shoulders - 12 sets

Machine rear delt laterals – I did 4 sets of 10 here. Do these a little heavier, and really focus on hard contractions. Also slow down the rep speed and maintain perfect control. Only take 60 seconds between sets here too. **4 total work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Dumbbell side laterals – Now slow down but continue to do these heavy. Do 4 sets of 8 here. I am ok with using a little momentum here. **4 total work sets.**

**These sets are all RPE of 11.**

***Goal - Supramax pump***

Barbell front raises – Take these to about eye level. Do 4 sets of 10. **4 total work sets.**

**These sets are all RPE of 9.**

***Goal - Supramax pump***

Cable curls – I want to stick with a basic curl to start here. Hold the contraction here for 2 seconds on every rep. You will be amazed at quickly your bis fill with blood. Do 4 sets of 8. **4 total work sets.**

**These sets are all RPE of 10.**

EZ bar preacher curls – Do 3 sets of 8 here too. 3 **total work sets**.

**These sets are all RPE of 9-10.**

Cross body hammer curls – Do 3 sets of 8 here with each arm squeezing hard. 3 **total work sets**.

**These sets are all RPE of 9-10.**

-

Seated calve machine – DO 6 sets of 10 here. Your 10<sup>th</sup> rep should feel like fire going through your calves. 6 **total work sets**.

**These sets are all RPE of 9-11.**

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## ***Friday***

Chest - 10 sets / Triceps – 8 sets

### ***PUMP DAY***

Decline leg raise – 4 **total work sets**.

**These sets are all RPE of 9-10**

Machine press – I did these very slow on the eccentric phase and as usual, squeezed the absolute hardest I can. I did sets of 6 until I got to the whole stack, and then did 2 more sets with it. So I did 3 heavy sets of 6 that we will count, although some of the sets were pretty nasty leading up to it. 3 **total work sets**.

**These sets are all RPE of 7-10. The intensity increases as you go.**

***Goal - Activate and pump***

Dumbbell press – It seems like forever since I did a normal flat dumbbell press (it hasn't), so I really wanted to do some today with a good full stretch at the bottom Find a weight that is a tough 10 and do 3 perfect sets of 10 with it. 3 **total work sets**.

**These sets are all RPE of 9-10.**

### ***Goal - Supramax pump***

Dips – I think I have become addicted to doing these. Once again do 4 sets of as many reps as you can. If you go over 20, add some weight. Do these cautiously as remember we did delts yesterday so they may be a bit sore. **4 total work sets.**

**These sets are all RPE of 10.**

### ***Goal - Supramax pump***

Rope pushdowns – Do 4 sets of 10 with a hard flex at the bottom. **4 total work sets**

**These sets are all RPE of 9-10.**

### ***Goal - Supramax pump***

Seated rope extension – Do these again this week, but take your reps up and only work the bottom/stretch of the movement. Do 4 sets of 15 like this. The stretch feels outstanding and your lockout power is probably shot by this point. **4 total work sets**

### ***Goal - Supramax pump***

**These sets are all RPE of 9-10.**

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## ***Saturday***

Back - 16 sets / Hamstrings – 6 sets

### ***BASE DAY***

**We squeezed so hard on everything Wednesday, and it felt great, I wanted to replicate this with some very basic movements and not a ton of variety as show approaches.**

Rack pulls – Work your way up doing sets of 5. Keep your lats tight the entire time and do rest-pause style reps. Do not bounce them. Once it gets pretty tough, stay there and do 4 sets of 5. **4 total work sets**

**These sets are all RPE of 8-9.**

### ***Goal - Activate and Pump***

Chins - Have someone hold your feet if you need. I want 4 sets to failure. Keep your sternum arched and chest up so lats work hard. Don't go all the way down and lose tension on lats. **4 total work sets**

**These sets are all RPE of 10.**

***Goal - Supramax pump***

Dumbbell rows - Do 4 sets with a moderately heavy weight. Rep range should be 10-12 per side. If you do these right, you will winded big time. If you want to do one side at a time and then rest that is fine, instead of taking a longer break and doing both arms back to back. That is what I do. **4 work sets.**

**These sets are all RPE of 9 - 10.**

***Goal - Supramax pump***

Smith machine rows - I said basic, but truthfully this is my favorite basic double arm row. Do all these rest-pause style and do 4 sets of 8 here. Keep your lower back flat and tight, no time to get injured, and you will be a fatigued at this point. **4 work sets.**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Leg curls - Do 6 sets of 10 here with 90 second breaks. **6 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

Rope crunches - Do 4 sets of 12 here. **4 total work sets**

**These sets are all RPE of 9-10.**

***Goal - Supramax pump***

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***Sunday***

***Off - Family Day***

# Week 12

Headed into the last week now. I am competing next weekend so this is the last week. This is perfect because this is exactly how you wind down a program. You will train Monday - Thursday and take a long weekend rest. This week, **NOTHING** goes to failure. This is more of an active rest after all the hard training you have been through. If you are competing, this is even more important because you want to be fresh and not beat up come show time. I also keep things extremely basic the last week as there is simply no need to try and find a way to make a muscle grow the last week.

Also there is no need to fly through this. Take your time. You should feel fresh after the workout, not exhausted.

## ***Monday***

### ***Pre-contest Week***

Chest - 12 sets / Shoulders - 12 sets

Decline leg raise - **4 total work sets.**

**These sets are all RPE of 7.**

Machine press - Do 4 sets of 8 here. The weight should not tax you, but still make sure you are squeezing. Leave 4 or so reps in the tank on all sets. **4 total work sets**

**These sets are all RPE of 7.**

Barbell incline press - Do 4 sets of 8 here. **4 total work sets**

**These sets are all RPE of 7.**

Incline dumbbell press - Do 4 sets of 8 here. **4 total work sets**

**These sets are all RPE of 7.**

Machine/reverse pec deck rear laterals - Do 4 sets of 15. **4 total work sets**

**These sets are all RPE of 7.**

Dumbbell side laterals – Do 4 sets of 10 here as well. **4 total work sets**

**These sets are all RPE of 7.**

Dumbbell front raises – Do 4 sets of 12. **4 total work sets**

**These sets are all RPE of 7.**

Calve raise on hack squat – Do 6 sets of 15 here. **6 work sets.**

**These sets are all RPE of 7.**

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## ***Tuesday***

### ***Pre-contest Week***

Legs – 16 sets

Seated leg curls – Do 4 sets of 12 after warming up well. **4 total work sets.**

**These sets are all RPE of 7.**

Squats – Do 4 sets of 10 after warming up well. **4 total work sets.**

**These sets are all RPE of 7.**

Leg press – Do 4 sets of 10. **4 total work sets.**

**These sets are all RPE of 7.**

Leg extensions – Do 4 sets of 10. **4 total work sets.**

**These sets are all RPE of 7.**

Rope crunch – Do 4 sets of 15 here. **4 total work sets.**

**These sets are all RPE of 7.**

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## ***Wednesday***

### ***Pre-contest Week***

Back - 16 sets

Wide grip pulldown - Do 4 sets of 12 here. **4 total work sets.**

**These sets are all RPE of 7.**

Low row - Do 4 sets of 12 here. **4 total work sets.**

**These sets are all RPE of 7.**

Dumbbell pullover - Do 4 sets of 12 here. **4 total work sets.**

**These sets are all RPE of 7.**

Stiff legged deadlift - Do 4 sets of 8. **4 total work sets.**

**These sets are all RPE of 7.**

Rope crunch - Do 4 sets of 15 here. **4 total work sets.**

**These sets are all RPE of 7.**

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## ***Thursday***

Biceps - 12 sets / Triceps - 12 sets

Ez bar curls - Do 4 sets of 8 here. **4 total work sets.**

**These sets are all RPE of 7.**



EZ bar preacher curls – Do 4 sets of 8 here too. 4 **total work sets**.

**These sets are all RPE of 7.**

Hammer curls – Do 4 sets of 8 here with each arm. 4 **total work sets**.

**These sets are all RPE of 7.**

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Rope pushdowns – Do 4 sets of 10 here. 4 **total work sets**.

**These sets are all RPE of 7.**

Bench dips – Do 4 sets here, remember to not even come close to going to failure. 4 **total work sets**.

**These sets are all RPE of 7.**

Lying extensions – Do 4 sets of 8 here. 4 **total work sets**.

**These sets are all RPE of 7.**

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***Friday - Sunday - OFF***

***Rest up and have fun doing things you enjoy. If you are competing, then bring home the gold!***

- ***NOTE - If you are competing on a Friday simply drop the Thursday arm day and add the triceps work to Monday, and the bicep work to Wednesday.***
- ***The day before the contest should be complete rest and relaxation with the exception of practicing your posing!***

## *Mountain Dog training*

### *OPTIONAL/PUMP DAYS – as recovery allows*

**This section is only relevant if you want to modify the program for emphasis on bodyparts, by dropping some of the workouts I did and adding these.**

**For example, I only did quads once a week in the program. If you want to do quads twice a week, you could say drop the extra chest work and pull a pump day quad workout.**

#### **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. Dumbell 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. Dumbell 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](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 (2<sup>nd</sup> 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](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](https://www.youtube.com/watch?v=BdO-_CM7AW0&list=PL2F8A4BD406176C34&index=4)

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**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

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**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 (3<sup>rd</sup> exercise)

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

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

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

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**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 up. 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 Supersets 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!

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### **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.

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

Take your time and do plenty of warm up sets. I might do 2 to 4 rounds just to get warm and get weight up to working sets on machines. All of the work sets should be to failure within the specified rep range.

The goal is to drive a massive amount of blood into your pecs. Pump them like never before. Once warmed up do 4 rounds.

### ***Option #3 - Trisets***

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

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

Once warmed up do 4 rounds.

## **SHOULDERS**

*For shoulders, follow this plan.*

### ***Option #1 – Straight sets***

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

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

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