

JOHN MEADOWS
THE GAUNTLET
MOUNTAIN DOG TRAINING 2.0



STRENGTH

PUMP

PAIN
TOLERANCE

FOCUS

UNRELENTING
WILL

This program is designed to build on Classic Mountain Dog training, v.1.0 we will call it. I wanted a way to use higher frequency on body parts that need focus without abandoning all the tried and true principles you have been doing with all the previous Mountain Dog programs. We used pump workouts before for a 2nd session, and now we are building a 3rd session for certain bodyparts. The strong areas will get one session a week, and you can rejoice because those sessions are all out bloodbath Mountain Dog 1.0 style.

What we have is a starting point where the areas that get high frequency get the same volume but spread out over more sessions. With more sessions, this means you have to scale back on how hard you are cranking, so the RPE chart becomes extremely important in this program. You have to follow it, and at times, holdback on your intensity. We then slowly and intelligently build on that volume so it doesn't get out of control. Intensity is also managed so that you can recover properly for each session.

Band work is sprinkled into the program lightly at various points as well. Using bands is optional.

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)

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

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

Week 1

Monday

Chest – 3 exercises – 9 sets
Triceps – 1 exercise – 3 sets
Back – 3 exercises – 9 sets
Biceps – 2 exercises – 6 sets

9 exercises – 27 sets

Warm up - to add a little shoulder volume

Superset Dumbbell Side laterals and front raises with a light weight. Do 15 reps to the side and then immediately out front. Do 2 rounds.

Before you start this workout, you need to tell yourself over and over that leaving reps in the tank is necessary for a high frequency approach to work. If not, you will burn out or hurt yourself. Believe me, when you have gone as hard as I have, and those of you who have done my other programs, you know this is a major change. As the program unfolds though, you will see how all this works together and flows and allowed for increased intensity that is planned and intelligent.

Chest

Machine press – Do a few warm up sets. Find a weight that you can do 8 reps and leave about 2-3 reps in the tank on each set. Take these to lockout and flex for one 1 second. Do 3 sets of 8 like this. **3 total work sets**

These sets are all RPE of 8.

Goal – Activation and start pump

Slight incline dumbbell press – Use a weight that is going to allow you to have 2 to 3 reps in the tank at least here too. Do 3 sets of 8. Don't lock these out. Take these to $\frac{3}{4}$ lockout and then come right back down. **3 total work sets**

These sets are all RPE of 8.

Goal – Supramax pump

Dips – Use an assist machine if you need to. Your reps should be about 8 to 10, and you should have a least 2-3 reps in the tank here as well on all sets. Take these down slow and stretch your pecs and come up 3/4 of the way only. Keep tension on the pecs, and again, really work the stretch. **3 total work sets**

These sets are all RPE of 8.

Goal – Work muscle from stretched position

Triceps

Tricep pushdowns with single handles – Go to failure on these. Do 3 sets of 15, where around 15 is failure. See the video below as this is the form I want you to use. **3 total work sets**

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

These sets are all RPE of 10.

Goal – Supramax pump

Back

Chins with neutral grip – Use an assist machine if you need to. I want 3 sets of 10. Drive your elbows down hard and really flex lats hard. Keep your chest lifted (sternum arched). Notice the RPE again. **3 total work sets.**

These sets are all RPE of 8.

Goal – Activation and start pump

Wide grip pulldowns – These are just standard wide grip pulldowns. I want you to really try to stretch your lats at the top, and to also really hold the bottom for a second flexing your lats as hard as you can. Do 3 sets of 8. **3 total work sets.**

These sets are all RPE of 8.

Goal – Supramax pump

Dumbell pullover – Do 3 sets of 10 here. **3 total work sets.**

These sets are all RPE of 8.

Goal – Work muscle from stretched position

Biceps

Preacher curls – Go to failure on these. Do 3 sets of 8 flexing your bis as hard as you can throughout the movement. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Cross body hammer curls – Go to failure on these. Do 3 sets of 10 flexing your bis as hard as you can throughout the movement. You can do all 10 on one side and then switch, or alternate, that is up to you. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Tuesday

Hamstrings – 2 exercises – 6 sets

Glutes – 2 exercises – 6 sets

Abs – 2 exercises – 6 sets

Calves – 2 exercises – 6 sets

8 exercises – 24 sets

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Hams

Seated leg curls – Do a few warm up sets. Find a weight that you can do 15 reps and leave about 2-3 reps in the tank on each set. Do 3 sets of 15 like this. **3 total work sets**

These sets are all RPE of 8.

Goal – Activation and start pump

Stiff legged deadlift – I actually did these in the Smith machine so I could do them nice and controlled. Again, use a weight that is going to allow you to have 2/3 reps in the tank at least here too. Do 3 sets. Don't lock these out. Take these to $\frac{3}{4}$ lockout and then come right back down to keep tension on hamstrings. **3 total work sets**

These sets are all RPE of 8.

Goal – Work muscle from stretched position

Glute kickback or glute bridges – You can use either exercise, just depends on the machines you have available. Do 3 sets of 12 here. **3 total work sets**

These sets are all RPE of 8.

Goal – Activation and start pump

Stationary lunges – Stand in one place and do all your reps on one leg, and then switch. Do these slow and use your glute to raise back up. It takes concentration to lift yourself up by flexing your glute, but you can do it. Do 3 sets of 12. Remember the RPE. **3 total work sets**

These sets are all RPE of 8.

Goal – Supramax pump

Calves

Standing toe raises – Get warmed up and then do 3 sets to failure here. Each set should be about 15 reps. Go hard on these. **3 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Seated toe raises – Do 3 sets to failure here. Each set should be about 12 reps. Go hard on these also. **3 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Abs

Leg raise – Do 3 sets to failure here. Go hard! **3 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Rope crunch – Do 3 sets to failure here. When you come up to the top, stretch your abdominal wall before coming back down. **3 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Wednesday

Chest – 2 exercises – 6 sets
Triceps – 2 exercises – 6 sets
Back – 4 exercises – 12 sets
Biceps – 1 exercise – 3 sets
Shoulders – 1 exercise – 3 sets

10 exercises – 30 sets

Warm up - to add a little shoulder volume

Superset Dumbbell Side laterals and front raises with a light weight. Do 15 reps to the side and then immediately out front. Do 2 rounds.

Remember what I said on Monday. Once again, before you start this workout, you need to tell yourself over and over that leaving reps in the tank is necessary when called for, for a high frequency approach to work. If not, you will burn out or hurt yourself. Believe me, when you have gone as hard as I have, and those of you who have done my other programs, you know this is a major change. As the program unfolds though, you will see how all this works together and flows and allowed for increased intensity that is planned and intelligent.

When this workout is done, you will be exhausted. It's a long one.

Chest

Banded Machine press – If you use a Hammer machine, I prefer the flat press. Be careful on any Hammer chest machine to not let your elbows go back past 90 degrees as it is hard on rotator cuff. Do a few warm up sets. Find a weight that you can do 8 reps and leave about 2-3 reps in the tank on each set. Take these to lockout and flex for one 1 second. Do 3 sets of 8 like this. Use the long red pro mini bands. **3 total work sets**

These sets are all RPE of 8.

Goal – Activation and start pump

Smith high incline press – Use a weight that is going to allow you to have 2 to 3 reps in the tank here too. Do 3 sets. Don't lock these out. Take these to $\frac{3}{4}$ lockout and then come right back down. These are awesome for delts and upper chest. These never beat my shoulders up either. Notice the angle and where the angle the bar is traveling. **3 total work sets**

<https://www.youtube.com/watch?v=9-Q3NDX-FL8&index=55&list=PL2955620A11D03694>

These sets are all RPE of 8.
Goal – Supramax pump

Triceps

Tricep pushdowns with single handles – Go to failure on these. Do 3 sets of 15, where around 15 is failure. See the video below as this is the form I want you to use. Notice it is reverse grip today. **3 total work sets**

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

These sets are all RPE of 10.
Goal – Supramax pump

Seated overhead rope extensions – Go to failure on these. Do 3 sets of 12, where around 12 is failure. See the video below as this is the form I want you to use. **3 total work sets**

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

These sets are all RPE of 10.
Goal – Supramax pump and stretch

Back

Single arm pulldown – Do 3 sets of 10 here. **3 total work sets.**

These sets are all RPE of 8.
Goal – Activation and start pump

Low cable rows – I want you to crank hard on these with some heavy weight. It's ok to loosen form up SLIGHTLY. Still leave 2-3 reps in the tank though. Do 3 sets of 10. **3 total work sets.**

These sets are all RPE of 8.
Goal – Train explosively

Old School TBar row – Do 3 sets of 10 here. If you don't have a tbar, what I am looking for is for you to be using a neutral grip, so we continue to smash our lats. So use any machine that accomplishes that goal. **3 total work sets.**

https://www.youtube.com/watch?v=HpTchIh4M_c&index=16&list=PLA808445EA052D63A

These sets are all RPE of 8.
Goal – Supramax Pump

Hyperextensions – Do 3 sets of 15-20 here preferably. I don't want failure. **3 total work sets.**

These sets are all RPE of 8.
Goal – Supramax Pump

Biceps

Barbell curls – Go to failure on these. Do 3 sets of 10 flexing your bis as hard as you can throughout the movement. **3 total work sets.**

These sets are all RPE of 10.
Goal – Supramax pump

Shoulders

Rear delt raises – Do 3 sets of 25 here. You can go to failure on these! **3 total work sets.**

These sets are all RPE of 10.
Goal – Supramax pump

Thursday

Abs – 2 exercises – 6 sets
Calves – 2 exercises – 6 sets
Hams – 1 exercise – 3 sets
Quads – 3 exercises – 9 sets

8 exercises – 24 sets

You will be happy to know that today is a Classic Mountain Dog v1.0 training day. Since we are only doing quads once a week, we UNLEASH.

Calves

Standing toe raises – Get warmed up and then do 3 sets to failure here. Each set should be about 15 reps. Go hard on these. **3 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Seated toe raises – Do 3 sets to failure here. Each set should be about 12 reps. Go hard on these also. **3 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Abs

Leg raise – Do 3 sets to failure here. Go hard! **3 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Rope crunch – Do 3 sets to failure here. When you come up to the top, stretch your abdominal wall before coming back down. **3 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Hams

Lying leg curls – Do a few warm up sets. Find a weight that you can do 8 reps. Do 2 sets of 8 with it. Do a 3rd set where you do a drop followed by an isohold. Do 8 reps, then drop the weight and do 8 more, then drop the weight and do 8 more, then hold the weight up a few inches out of the stretch position and squeeze your hams for 30 seconds. This should completely fill your hams full of blood. **3 total work sets**

These sets are all RPE of 10, and then the last one is 13.

Goal – Activation and Supramax pump

Quads

Leg press – Do sets of 10 working up to a weight that you can barely get for 10. Once you get this weight, you will be doing a drop set with it. I want you to do 10 reps, then drop the weight and do 10 more, and then drop the weight and pump out 20 as fast as you can. We will call this three working sets. When you are working your way up, I would actually like for you to let your legs come outside your body when lowering the weight, and you should have your feet turned out too, to ensure knees are tracking properly and safely. This is for your QUAD SWEEP. Once you get to 10 there to failure, on the next set what I do is then put your feet into the position in which you find to be the most powerful for you. This way you can add weight and do even more. This is where the nasty dropset starts. On the last drop btw, I also like to lower my feet on the platform so I annihilate vastus medialis/teardrop. You have to make that second weight drop pretty big though as the weight shouldn't be heavy in this foot position. The video below shows you form for focusing on quad sweep. **3 total work sets.**

<https://www.youtube.com/watch?v=shfjAySnCo4>

The RPE will vary on this. It will probably start at around a 7 but it will definitely end up being an 13.

Goal – Supramax pump

Hack squat – If you don't have a hack, use a good machine squat. Do 2 hard sets to failure of 8 reps. On your 3rd set, do 8 reps, and then drop it and now slow down your eccentric. Take 3-4 seconds to get down, but still gut out 8 reps. This should also be awful. **3 total work sets.**

These sets are all RPE of 10, and then the last one is 12.

Goal – Supramax pump

Barbell squat – Do 2 sets of 8 here with a weight that you could probably get 12-15 with. You are just greasing the groove. Now on your 3rd set, go to within 2 reps to failure and drop the weight. Now do another 6 reps, and then drop it again for another 4 reps done nice and slow. After this walk over to the leg extension and put a light weight on there and do as many reps as you possibly can. Go until your quads feel like they are going to rip off the bone. That's it, good night. **3 total work sets.**

- Challenge set to finish the day – give it your ALL.

These sets are all RPE of 7, and then the last one is 12.

Goal – Supramax pump

Friday

This is an off day. If you would rather do the calves and abs yesterday on Friday though, you can do that as an option.

Saturday

Back – 4 exercises – 12 sets
Chest – 2 exercises – 6 sets
Shoulders – 2 exercises – 6 sets

8 exercises – 24 sets

Wow – great pump today in everything, especially back. I think my body is really digging this program.

Back

Hammer strength pulldowns – I haven't used this machine in a while. If you don't have one, I am looking for a pulldown that simulates the motion in the video below. Don't pay any attention to the variations, I just want you to see what the machine is. After warming up, do 3 sets of 10. **3 total work sets.**

<https://www.youtube.com/watch?v=iy0Ud-GvhWw&index=61&list=PLA808445EA052D63A>

These sets are all RPE of 8.
Goal – Activation and start pump

Chins with a wide grip – Use an assist machine if you need to. I want 3 sets of 10. Drive your elbows down hard and really flex lats hard with this wide grip. Try to really expand your lats and stretch them on the way down. Keep your chest lifted (sternum arched). Notice the RPE again. **3 total work sets.**

These sets are all RPE of 8.
Goal – Activation and start pump

Seated cable row – Do 3 sets of 10 here. Nothing fancy, just squeeze your reps hard. **3 total work sets.**

These sets are all RPE of 8.
Goal – Supramax pump

Banded hyperextensions – Do 3 sets of about 10 here. Do these very slow and feel your spinal erectors contracting hard. Hold the flex at the top for 1 second. **3 total work sets.**

These sets are all RPE of 8.
Goal – Supramax pump

Chest

Ok, so this goes against all I have said about when to use stretching movements right? Well not so fast. The cool thing about doing a bodypart before chest, is that all this blood will rush into your pecs asap. It's like when you train biceps first, or second after triceps. When you train them second, they immediately pump up. You will be shocked at how good these feel after the FIRST set!

Cable/machine fly – Do 2 warm up sets. Find a weight that you can do 10 reps and leave about 2-3 reps in the tank on each set. Take these to lockout and flex for one 1 second. Do 3 sets like this. **3 total work sets**

Check out the video from years ago, haha. I had to laugh when I saw this and my Krispy Kreme shirt. This is the machine I prefer.

<https://www.youtube.com/watch?v=478Xh3gUQOU&index=7&list=PL2955620A11D03694>

These sets are all RPE of 8.

Goal – Activation and start pump and stretch.

Incline dumbbell press – Use a weight that is going to allow you to have 2 to 3 reps in the tank at least here too. Do 3 sets of 8. Don't lock these out. Take these to $\frac{3}{4}$ lockout and then come right back down. **3 total work sets**

These sets are all RPE of 8.

Goal – Supramax pump

Shoulders

Dumbbell side laterals – Go to failure on these! Do 3 sets of 15. Raise the dumbbells up to eye level. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Reverse pec deck/rear delt flyes – Go to failure on these also. Do 3 sets of 12 flexing your rear delts as hard as you can throughout the movement. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Sunday

Off – Family Day

Donut day after church with the family!

Week 2

Monday

Back – 3 exercises – 12 sets

Biceps – 2 exercises – 8 sets

Chest – 3 exercises – 9 sets

Triceps – 1 exercise – 3 sets

9 exercises – 32 sets

This week we are adding another work set to many of the exercises we do. This is actually a pretty substantial increase in volume. Remember to follow the RPE scale, as we will be raising set volume and intensity as we progress into further weeks.

This week we are flipping the order. Back and bis go first and then chest and tris.

Notice the increase in volume (number of sets) for back and bis as well. Do not increase volume on chest and tri's, that is for next week!

The exercises won't change a bunch over the first 2 weeks, but will rotate about every 3rd week.

Back

Chins with a wide grip – Use an assist machine if you need to. I want 4 sets of 10. Drive your elbows down hard and really flex lats hard. Keep your chest lifted (sternum arched). Notice the RPE again. **4 total work sets.**

These sets are all RPE of 8.

Goal – Activation and start pump

Supinated pull downs – Use separate handles/attachments so you can supinate as you drive your elbows down. When you get to the bottom squeeze your lats as hard as you can. When coming up “unwind” your grip into a pronated grip and stretch at the top! Do 4 sets of 10. **4 total work sets.**

These sets are all RPE of 8.

Goal – Supramax pump

Exercise X – I have no idea what these are called but they work. Don't let your arms go up above parallel, and sit up straight with chest arched. Use your lats to drive weight down and keep your lats tight throughout the entire range of motion. Do these very controlled and drive blood in there. Do 4 sets of 10 here. **4 total work sets.**

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

These sets are all RPE of 8.

Goal – Work muscle from stretched position

Biceps

Preacher curls – Go to failure on these. Do 4 sets of 8 flexing your bis as hard as you can throughout the movement. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Seated incline dumbbell curls – Ok now let's get a good stretch on those pumped bis. Lay back a little on an incline and let your arms straighten at the bottom for a great stretch. Curl the weight up very controlled, and flex your bis very hard at the top before going back down. Do 4 sets of 8 here. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Warm up for chest - to add a little shoulder volume

Superset Dumbbell Side laterals and front raises with a light weight. Do 15 reps to the side and then immediately out front. Do 2 rounds.

Chest

Machine press – This is just like last week. Do a few warm up sets. Find a weight that you can do 8 reps and leave about 2-3 reps in the tank on each set. Take these to lockout and flex for one 1 second. Do 3 sets of 8 like this. **3 total work sets**

These sets are all RPE of 8.

Goal – Activation and start pump

Flat dumbbell press – This is like last week, but we changed the angle slightly to using a flat angle. Use a weight that is going to allow you to have 2 to 3 reps in the tank at least here too. Do 3 sets of 8. Don't lock these out. Take these to $\frac{3}{4}$ lockout and then come right back down. **3 total work sets**

These sets are all RPE of 8.

Goal – Supramax pump

Dips – Do these exactly as you did last week. Use an assist machine if you need to. Your reps should be about 8 to 10, and you should have a least 2-3 reps in the tank here as well on all sets. Take these down slow and stretch your pecs and come up $\frac{3}{4}$ of the way only. Keep tension on the pecs, and again, really work the stretch. **3 total work sets**

These sets are all RPE of 8.

Goal – Work muscle from stretched position

Triceps

Tricep pushdowns with single handles – This is the same as last week as well. Go to failure on these. Do 3 sets of 15, where around 15 is failure. See the video below as this is the form I want you to use. **3 total work sets**

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

These sets are all RPE of 10.

Goal – Supramax pump

Tuesday

Hamstrings – 2 exercises – 8 sets

Glutes – 2 exercises – 8 sets

Abs – 2 exercises – 8 sets

Calves – 2 exercises – 8 sets

8 exercises – 32 sets

Today we are adding another work set to every exercise we do. This is actually a pretty substantial increase in volume. Remember to follow the RPE scale, as we will be raising intensity as we go.

Hams

Seated leg curls – Do a few warm up sets. Find a weight that you can do 15 reps and leave about 2-3 reps in the tank on each set. Do 4 sets of 15 like this. **4 total work sets**

These sets are all RPE of 8.

Goal – Activation and start pump

Stiff legged deadlift – Do these in the Smith machine again this week to keep them nice and controlled. Again, use a weight that is going to allow you to have 2/3 reps in the tank at least here too. Do 4 sets. Don't lock these out. Take these to $\frac{3}{4}$ lockout and then come right back down to keep tension on hamstrings. **4 total work sets**

These sets are all RPE of 8.

Goal – Work muscle from stretched position

Glute kickback or glute bridges – You can use either exercise, just depends on the machines you have available. Do 4 sets of 12 here. **4 total work sets**

These sets are all RPE of 8.

Goal – Activation and start pump

Stationary lunges – Stand in one place and do all your reps on one leg, and then switch. Do these slow and use your glute to raise back up. It takes concentration to lift yourself up by flexing your glute, but you can do it. Do 4 sets of 12. Remember the RPE. **4 total work sets**

These sets are all RPE of 8.

Goal – Supramax pump

Calves

Standing toe raises – Get warmed up and then do 4 sets to failure here. Each set should be about 15 reps. Go hard on these. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Seated toe raises – Do 4 sets to failure here. Each set should be about 12 reps. Go hard on these also. **4 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Abs

Leg raise – Do 4 sets to failure here. Go hard! **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Rope crunch – Do 4 sets to failure here. When you come up to the top, stretch your abdominal wall before coming back down. **4 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Wednesday

Chest – 2 exercises – 8 sets
Triceps – 2 exercises – 8 sets
Back – 4 exercises – 12 sets
Biceps – 1 exercise – 3 sets
Shoulders – 1 exercise – 4 sets

10 exercises – 35 sets

Today we are adding in chest, shoulder, and tricep volume!

Warm up - to add a little shoulder volume

Superset Dumbbell Side laterals and front raises with a light weight. Do 15 reps to the side and then immediately out front. Do 2 rounds.

Chest

Banded Machine press – If you use a Hammer machine, I prefer the flat press. Be careful on any Hammer chest machine to not let your elbows go back past 90 degrees as it is hard on rotator cuff. Do a few warm up sets. Find a weight that you can do 8 reps and leave about 2-3 reps in the tank on each set. Take these to lockout and flex for one 1 second. Do 4 sets of 8 like this. Use the long red pro mini bands. **4 total work sets**

This will be the last week we use bands on chest for a while. Band work done week after week can get hard on your elbows due to the eccentric overload.

These sets are all RPE of 8.

Goal – Activation and start pump

Smith high incline press – I am guessing you are going to find that you are stronger on these this week too! Use a weight that is going to allow you to have 2 to 3 reps in the tank here too. Do 4 sets. Don't lock these out. Take these to $\frac{3}{4}$ lockout and then come right back down. These are awesome for delts and upper chest. **4 total work sets**

Next week we go back to barbell inclines.

These sets are all RPE of 8.

Goal – Supramax pump

Triceps

Tricep pushdowns with single handles – Go to failure on these. Do 4 sets of 15, where around 15 is failure. See the video below as this is the form I want you to use. Notice it is reverse grip today. If you move fast on these, your triceps will be torched. **4 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

Seated overhead rope extensions – Go to failure on these. Do 4 sets of 12, where around 12 is failure. See the video below as this is the form I want you to use. Again, keep a good pace and your tris will be lit up. **4 total work sets**

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

These sets are all RPE of 10.

Goal – Supramax pump and stretch

Back

Single arm pulldown – Do 3 sets of 10 here. Change something about this slightly from last week. What I did was that instead of full supination at the bottom, I went a little shy and my grip was more neutral. DO something very minor to make this feel a tad different. **3 total work sets.**

These sets are all RPE of 8.

Goal – Activation and start pump

Low cable rows – I want you to crank hard on these with some heavy weight. It's ok to loosen form up SLIGHTLY. Still leave 2-3 reps in the tank though. Do 3 sets of 10. Use a different attachment than last week, but keep reps, sets, and intensity the same. I used an attachment that allowed me to get my elbows back further than a standard close grip. **3 total work sets.**

These sets are all RPE of 8.

Goal – Train explosively

Meadows row – These will feel pretty awesome. Do 3 sets of 10 here. If you haven't done these before, see video below for a form refresher! **3 total work sets.**

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

These sets are all RPE of 8.

Goal – Supramax Pump

Hyperextensions – Do 3 sets of 15-20 here preferably. I don't want failure. **3 total work sets.**

These sets are all RPE of 8.

Goal – Supramax Pump

Biceps

Barbell curls – Go to failure on these. Do 3 sets of 12 flexing your bis as hard as you can throughout the movement. I added 2 reps on what I did last week here for more intensity, same weight though, I did not decrease weight. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Shoulders

Rear delt raises – Do 4 sets of 15 here. You can go to failure on these again. I do want to go lower reps though, and add a set on top of what we did last week. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

-

Thursday

Abs – 2 exercises – 6 sets
Calves – 2 exercises – 6 sets
Hams – 2 exercises – 6 sets
Quads – 3 exercises – 9 sets

9 exercises – 27 sets

This was nasty.....

You can also do calves and abs Friday on its own if time is limited.

Calves

Standing toe raises – Get warmed up and then do 3 sets to failure here. Each set should be about 15 reps. Go hard on these. **3 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Seated toe raises – Do 3 sets to failure here. Each set should be about 12 reps. Go hard on these also. **3 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Abs

Leg raise – Do 3 sets to failure here. Go hard! **3 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Rope crunch – Do 3 sets to failure here. When you come up to the top, stretch your abdominal wall before coming back down. **3 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Hams

Lying leg curls – This is identical to last week – squeeze even harder this week! Do a few warm up sets. Find a weight that you can do 8 reps. Do 2 sets of 8 with it. Do a 3rd set where you do a drop followed by an isohold. Do 8 reps, then drop the weight and do 8 more, then drop the weight and do 8 more, then hold the weight up a few inches out of the stretch position and squeeze your hams for 30 seconds. This should completely fill your hams full of blood. **3 total work sets**

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

These sets are all RPE of 10, and then the last one is 13.

Goal – Activation and Supramax pump

Stiff legged deadlift – Do these nice and slow. Your hams should be full of blood. See the video for the form. Keep the bar in very close to your body. Make sure you descend by allowing hips to move backwards (don't just bend over at waist), and bend your knees a little at the bottom to not overstress attachments. Do 3 sets of 8 where you only have maybe 1-2 reps left in the tank. **3 total work sets**

<https://www.youtube.com/watch?v=VwMsYE0ErwQ>

These sets are all RPE of 9

Goal – Work muscle from stretched position

Quads

Leg press – Do all sets using the quad sweep technique in the video below for this week. Do sets of 10 working up to a weight that you can barely get for 10. Once you get this weight, you will be doing a drop set with it. I want you to do 10 reps, then drop the weight and do 10 more, and then drop the weight and pump out 20 as fast as you can. Don't change form, let's really focus on sweep today on these. We will call this 3 work sets. **3 total work sets.**

<https://www.youtube.com/watch?v=shfjAySnCo4>

The RPE will vary on this. It will probably start at around a 7 but it will definitely end up being an 13.

Goal – Supramax pump

Hack squat 1.5s – This is where you go deep, then come up half way, go back down, then come up all the way. That is 1 rep. Do 3 sets of 8 like this. All 3 sets should be brutal and the last rep should be close to failure. Look at the last 10 reps in the video to see this in action. **3 total work sets.**

<https://www.youtube.com/watch?v=y435wSWnHSw>

These sets are all RPE of 9-10.

Goal – Supramax pump

Bulgarian split squat – This is what we refer to as the Bulgarian Drop set of Death. Do 2 sets with medium weight of 8 reps. Now on the 3rd set you will do the drop set. You are going to start with the heaviest dumbbell, do 8 reps then at the top, at about $\frac{3}{4}$ lockout do an 8 second isohold. Now drop the dumbbell and get a lighter one and repeat, and then do it one more time. This should absolutely destroy you. I used 85, 55, and 25 lb dumbbells on my drop set jus to give you an idea of weight used. **3 total work sets.**

<https://www.youtube.com/watch?v=4txl-hdcpjs>

Challenge set to finish the day – give it your ALL.

These sets are all RPE of 7, and then the last one is 12.

Goal – Supramax pump

-

Friday

This is an off day. If you would rather do the calves and abs yesterday on Friday though, you can do that as an option.

Saturday

Back – 4 exercises – 12 sets
Chest – 3 exercises – 12 sets
Shoulders – 2 exercises – 6 sets

9 exercises – 30 sets

Today we are adding in some more chest volume to further push!

Back

Single arm pulldowns – After warming up do 4 sets of 10 here. Remember to leave a few reps in the tank. **3 total work sets.**

These sets are all RPE of 9.

Goal – Activation and start pump

Dumbbell row – Do 3 sets of 10 here. Take your time, and leave 1-2 reps in the tank again. **3 total work sets.**

These sets are all RPE of 9.

Goal – Activation and start pump

Machine or Hammer row – Do 3 sets of 10 here. Hold the flex for 1 second. In the video this is the machine we used, so you can see what I am looking for. **3 total work sets.**

<https://www.youtube.com/watch?v=Wn1tSwQIAtI>

These sets are all RPE of 8.

Goal – Supramax pump

Bodyweight hyperextensions – We did stiff legged deads yesterday so these should be easy. Don't scorch your back. Do 3 sets of about 10 here with bodyweight only. **3 total work sets.**

These sets are all RPE of 8.

Goal – Supramax pump

Chest

Dumbbell fly – Do 8 reps here.

Supersetted with

Dips – Do 8-10 reps here.

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

https://www.youtube.com/watch?v=_GFmgItxFVI&list=PL2955620A11D03694&index=53

These sets are all RPE of 9.

Goal – Activation and start pump and stretch.

Incline dumbbell press – Use a weight that is going to allow you to have 2 to 3 reps in the tank. Remember we are hitting chest again Monday, so don't go too nuts! Do 4 sets of 8. Don't lock these out. Take these to $\frac{3}{4}$ lockout and then come right back down. **4 total work sets**

These sets are all RPE of 8.

Goal – Supramax pump

Shoulders

Dumbbell side laterals – Go to failure on these! It's near the end, and you are probably really tired, but hang on and push through here hard ok. The reps are a little lower this week than last. Do 3 sets of 10. Raise the dumbbells up to eye level. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Reverse pec deck/rear delt flyes – Go to failure on these also. Do 3 sets of 10 flexing your rear delts as hard as you can throughout the movement. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Sunday

Off – Family Day

Donut day after church with the family!

Week 3

Monday

Back – 3 exercises – 12 sets
Biceps – 2 exercises – 8 sets
Chest – 3 exercises – 12 sets
Triceps – 1 exercise – 4 sets

9 exercises – 36 sets

This week we are adding another work set to the chest and tricep exercises we do. Remember last week we added some back and bicep volume. This is another increase in workload.

I am going to continue to back first on these days for now, but may flip this around in a few weeks.

Next week we will increase the RPE on many sets further increasing intensity – everything we are doing, is very calculated and for a reason!

Back

Medium grip chins – Drive your elbows down and flex your lats as hard as you can. Try not to pull with your bis, think of all the good action happening by driving elbows ok! Do 4 sets of 8 here. We need to do these perfectly and get a great pump in your lats, because we are doing pulldowns with a forced stretch next, and those work best when your lats are jacked full of blood. **4 total work sets.**

These sets are all RPE of 8.

Goal – Activation and start pump

Forced stretch pulldowns – See the video below. Your partner should apply some extra resistance ONLY at the top. That's it, and it's just to load the stretch harder. Do 4 sets of 8 like this. **4 total work sets.**

<https://www.youtube.com/watch?v=-pj-1n9X3P0&index=59&list=PLA808445EA052D63A>

These sets are all RPE of 8.

Goal – Supramax pump

Exercise X – Let's do these again this week. They feel so awesome why not. Do 4 sets of 10 here. **4 total work sets.**

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

These sets are all RPE of 8.

Goal – Work muscle from stretched position

Biceps

Preacher curls – Go to failure on these. Do 4 sets of 8 flexing your bis as hard as you can throughout the movement. Keep your rest breaks low. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Cross body hammer curls – Do 4 sets of 8 here. Squeeze hard! Keep your rest breaks low here too. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Warm up for chest - to add a little shoulder volume

Superset Dumbbell Side laterals and front raises with a light weight. Do 15 reps to the side and then immediately out front. Do 2 rounds.

Chest

Incline dumbbell press – Use a slight angle here, not a steep one. I want some higher reps on these today as well to really facilitate a fast and mind blowing pump. Do 4 sets of 15 like this. **4 total work sets**

These sets are all RPE of 8.

Goal – Activation and start pump

Flat barbell bench press – These should be FUN! We are not moving big weight. I want you to use a weight you can really drive with acceleration and produce a ton of force. Do 4 sets of 6 here. Again, notice the RPE below. These should not be close to failure, but I would move pretty quick between sets. **4 total work sets**

These sets are all RPE of 8.

Goal –Train explosively

Incline flyes – I really like doing these with a pronated grip. You can see it in the video and I bet you'll love it. Do 4 sets of 8 here. **4 total work sets**

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

These sets are all RPE of 8.

Goal – Work muscle from stretched position

Triceps

Tricep pushdowns with a rope– Go to failure on these. Do 4 sets of 15, where around 15 is failure. **4 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

Tuesday

Hamstrings – 2 exercises – 8 sets

Glutes – 3 exercises – 9 sets

Abs – 2 exercises – 8 sets

Calves – 2 exercises – 8 sets

9 exercises – 33 sets

Hams

Seated leg curls – Do a few warm up sets. Find a weight that you can do 15 reps and leave about 2-3 reps in the tank on each set. Do 4 sets of 15 like this. **4**

total work sets

These sets are all RPE of 8.

Goal – Activation and start pump

Stiff legged deadlift – Do these with a barbell this week to keep them nice, slow, and controlled. Remember we did these heavy on Thursday of last week, so keep the weight much lower. I did 275 for my reps Thursday but on this day I stuck with 225. Again, use a weight that is going to allow you to have 4-6 reps in the tank at least here too. Do 4 sets. Lock these out and flex your glutes this week. Do 4 sets of 8. **4 total work sets**

These sets are all RPE of 7.

Goal – Work muscle from stretched position

Glute kickback or glute bridges – You can use either exercise, just depends on the machines you have available. Do 3 sets of 8 here. GO a little heavier than usual. **3 total work sets**

These sets are all RPE of 8.

Goal – Activation and start pump

Stationary lunges – Stand in one place and do all your reps on one leg, and then switch. Do these slow and use your glute to raise back up. It takes concentration to lift yourself up by flexing your glute, but you can do it. Do 3 sets of 12. Remember the RPE. **3 total work sets**

These sets are all RPE of 8.

Goal – Supramax pump

Squats – I want you to really focus on your glutes on these. Go down nice and slow and actually try to flex your glutes as you come up. Do 3 sets of 10. This weight should not crush you. I only used 225. I just want extra glute volume. We will destroy your legs Thursday. Remember that. **3 total work sets**

These sets are all RPE of 6-7.

Goal – Supramax pump

Calves

Standing toe raises – Get warmed up and then do 4 sets to failure here. Each set should be about 15 reps. Go hard on these. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Seated toe raises – Do 4 sets to failure here. Each set should be about 12 reps. Go hard on these also. One thing I did today you should try, is move your feet out wide just to hit your calves a little differently. **4 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Abs

Leg raise – Do 4 sets to failure here. Go hard! **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Rope crunch – Do 4 sets to failure here. When you come up to the top, stretch your abdominal wall before coming back down. I did these a little different too. I twisted a little at the bottom to train obliques a bit more. Experiment with this. **4 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Wednesday

Chest – 3 exercises – 10 sets
Triceps – 1 exercise – 5 sets
Back – 3 exercises – 12 sets
Biceps – 1 exercise – 5 sets
Shoulders – 1 exercise – 4 sets

9 exercises – 36 sets

Today we are adding a tad more chest volume.

Back

Neutral grip pulldowns – Do 4 sets of 10 here with palms facing in. I prefer to not have an extremely wide grip, but you may be limited by the attachments you have available. I like a slightly wider than shoulder width grip. **4 total work sets.**

These sets are all RPE of 8.

Goal – Activation and start pump

Deadstop dumbbell rows – I want you to crank hard on these with some heavy weight. It's ok to loosen form up SLIGHTLY. Still leave 2-3 reps in the tank though. Do 4 sets of 10. **4 total work sets.**

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

These sets are all RPE of 8.

Goal – Train explosively

One-arm barbell row – Do 4 sets of 8 here. If you haven't done these before, see video below for a form refresher! These may look similar to the dumbbell rows, and they are, but the TENSION will feel different. **4 total work sets.**

<https://www.youtube.com/watch?v=ExuDK5iWKM8&list=PLA808445EA052D63A&index=7>

These sets are all RPE of 8.

Goal – Supramax Pump

Warm up - to add a little shoulder volume

Superset Dumbbell Side laterals and front raises with a light weight. Do 15 reps to the side and then immediately out front. Do 2 rounds.

Chest

Machine press – Do 2 warm up sets and then get right to work. Do 4 sets of 10 here using the RPE of 8. I want you to try and keep rest periods low (under a minute) on these so we can fill your pecs full of blood fast though. Take these to $\frac{3}{4}$ lockout and come right back down. **4 total work sets**

These sets are all RPE of 8.

Goal – Activation and start pump

Smith decline press – These are done with a slight decline only. Do 4 sets of 10 again moving fast. I could only do about 210 with this pace and making sure I had 2 reps left in the tank. **4 total work sets.**

***Women use slight incline.**

<https://www.youtube.com/watch?v=rGNVKshBtgM&list=PL2955620A11D03694&index=10>

Next week we go back to barbell inclines.

These sets are all RPE of 8.

Goal – Supramax pump

Machine flye – Finish your chest with 2 sets of 1 here. **2 total work sets.**

These sets are all RPE of 8.

Goal – Supramax pump

Shoulders

Rear delt raises – Do 4 sets of 25 here. These should burn worse than anything you do all day by far. Straight torture here. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Triceps

Tricep pushdowns with single handles – Go to failure on these. Shoot for around 15 reps.

These sets are all RPE of 10.

Supersetted with

Biceps

Cable curls – Squeeze your bis as hard as you can. Shoot for 10 reps here. Blow your arms up fast!

These sets are all RPE of 10.

Do 5 supersets!

Goal – Supramax pump

-

Thursday

Abs – 2 exercises – 6 sets

Calves – 2 exercises – 6 sets

Hams – 1 exercises – 3 sets

Quads – 5 exercises – 17 sets

9 exercises – 32 sets

Or 20 sets if you do abs and calves tomorrow.

Hams

Seated leg curls – This is identical to last week except we did these in the seated machine today. Do a few warm up sets. Find a weight that you can do 8 reps. Do 2 sets of 8 with it. Do a 3rd set where you do a drop followed by an isohold. Do 8 reps, then drop the weight and do 8 more, then drop the weight and do 8 more, then hold the weight up a few inches out of the stretch position and squeeze your hams for 30 seconds. This should completely fill your hams full of blood. **3 total work sets**

These sets are all RPE of 10, and then the last one is 13.

Goal – Activation and Supramax pump

Quads

Leg press – This is the same as last week to kick off the quad work. After this, it gets a little whacky. Do all sets using the quad sweep technique in the video below for this week. Do sets of 10 working up to a weight that you can barely get for 10. Once you get this weight, you will be doing a drop set with it. I want you to do 10 reps, then drop the weight and do 10 more, and then drop the weight and pump out 20 as fast as you can. Don't change form, let's really focus on sweep today on these. We will call this 3 work sets. **3 total work sets.**

<https://www.youtube.com/watch?v=shfjAySnCo4>

The RPE will vary on this. It will probably start at around a 7 but it will definitely end up being an 13.

Goal – Supramax pump

Barbell squats – I want you to use a weight you can probably normally do for about 20 reps. We are going to do 4 sets of 10 here with 90 second breaks. Your quads should blow up by the 4th set. Don't lock these out., Just pump them, drive as much blood in there as you can. **4 total work sets.**

These sets are all RPE of 6-7.

Goal – Supramax pump

Frog squat – These are much worse than they look. You may not have this exact machine, but you can see what I am trying to accomplish here with the form. Wide stance and dropping in low while making legs travel outside the body. Do 3 sets of 8, and then on the 4th set do a drop set in which you do 8, drop weight and do 8, then drop weight and do 8 again. **4 total work sets.**

These sets are all RPE of 7-12.

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

Goal – Supramax pump

Leg extensions – This is pure insanity. On your first set to 10 reps with a 2 second squeeze on each one at the top. On your second set use the same weight but just pump out 20. On your 3rd set pump out 20 and then do 15 partials out of the bottom. BOOM – quad pump-o-rama. **3 total work sets.**

These sets are all RPE of 7-12.

Goal – Supramax pump

Lunge – On this Picked up 2 18 lb kettlebells and I lunged until I literally dropped. It is just one set. I made it about 30 steps with each leg. This is the end. **1 total work set.**

This set is RPE of 10.

Goal – Supramax pump

You can also do calves and abs Friday on its own if time is limited. I did.

Calves

Standing toe raises – I did the old one legged calve raise version of these today. I cant even remember when I actually pushed these hard. Get warmed up and then do 3 sets to failure hereon each leg. Each set should be about 15 reps. Go hard on these. **3 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Seated toe raises – Do 3 sets to failure here. Each set should be about 12 reps. Go hard on these also. Place your feet out a little wider than usual today also. **3 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Abs

Leg raise – Do 3 sets to failure here. Go hard! **3 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Rope crunch – Do 3 sets to failure here. When you come up to the top, stretch your abdominal wall before coming back down. I actually am starting to alternate reps with a slight twisting at the bottom to work obliques here now as well. **3 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

-

Friday

This is an off day. If you would rather do the calves and abs yesterday on Friday though, you can do that as an option.

Saturday

Back – 4 exercises – 12 sets
Chest – 2 exercises – 8 sets
Shoulders – 1 exercise – 4 sets
Biceps – 1 exercise – 4 sets
Triceps – 1 exercise – 4 sets

9 exercises – 32 sets

Today we pushed our back sets a little harder, and also our chest especially. This is why we reduced exercises for chest down to 2, knowing we are hitting this all again on Monday. Overall this felt absolutely awesome today.

Back

Medium pulldowns – After warming up do 3 sets of 10 here. We used the Swiss bar with a medium grip. With this bar your palms facing in. Remember to leave a rep or two in the tank. **3 total work sets.**

These sets are all RPE of 9.

Goal – Activation and start pump

Tbar row – Do 3 sets of 8 here. This is the one where we use the makeshift tbar. We place a barbell in a landmine and use a wide grip attachment and do these squeezing really hard. **3 total work sets.**

These sets are all RPE of 9.

Goal – Supramax pump

Low cable row – Do 3 sets of 10 here. Hold the flex for 1 second. **3 total work sets.**

These sets are all RPE of 9.

Goal – Supramax pump

Bodyweight hyperextensions – We actually used a reverse hyper for these today, but if you don't have one you can rep on the hypers. Do 3 sets to failure.

You can go harder on low back as our Monday is all vertical pulling. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Chest

Floor press – We hadn't done these in years. What I wanted to do was do higher reps on something that really emphasized flexing and not so much stretching today. These do build depth and mass in your chest. Do 4 sets of 12 here. At the top of every rep flex hard for 1 second, and pause for a split second at the bottom so you can kill the momentum. These are going to cook, and your pecs will fill full of blood. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Supramax pump

Incline barbell press – Now do sets of 6 here explosively. Work up to where your last set of 6 is hard. Use perfect form! Do not do one sloppy rep. Don't take too big of weight jumps or you won't be able to get enough work sets in. **4 total work sets**

These sets are all RPE of 7-10.

Goal – Train explosively

Shoulders

Dumbbell side laterals – Go to failure on these! DO 4 sets of 10-12 reps. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Arms

Preacher curls – Do 10 reps here

Supersetted with

Tricep pushdowns – Do 15 reps here.

You should hit failure on these sets. **Do 4 rounds for 8 total work sets.**

Sunday

Off – Family Day

Donut day after church with the family!

Week 4

Monday

Back – 3 exercises – 12 sets
Biceps – 2 exercises – 8 sets
Chest – 3 exercises – 12 sets
Triceps – 1 exercise – 4 sets

9 exercises – 36 sets

Ok, here comes some higher intensity. You should be feeling really good now, and getting into the groove. I got an absolutely wicked pump today doing this.

Back

Medium grip chins – Same as last week here. Drive your elbows down and flex your lats as hard as you can. Try not to pull with your bis, think of all the good action happening by driving elbows ok! Do 4 sets of 8 here. On your 4th set go to failure this time! Ah yes, finally we get to go to failure! **4 total work sets.**

These sets are all RPE of 8 except 4th is 10.

Goal – Activation and start pump

One arm supinated pulldowns – On these, do 3 sets of 8 with an RPE of 8, then on your 4th set go to failure! One thing I did this week on these for a variation is I used a pretty heavy weight and kept my hands supinated the whole time (no twisting) and really did the eccentric phase slowly. I could feel my lats pulling apart really well. Do 4 sets of 8. **4 total work sets.**

These sets are all RPE of 8 except 4th is 10.

Goal – Supramax pump

Dumbell pullovers – Do 4 sets of 10 here. **4 total work sets.**

These sets are all RPE of 8 except 4th is 10.

Goal – Work muscle from stretched position

Biceps

Preacher curls – Go to failure on these. Do 4 sets of 8 flexing your bis as hard as you can throughout the movement. Keep your rest breaks low. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Barbell reverse curls – Do 4 sets of 12 here. Bring the barbell up to forehead. Keep your rest breaks low here too. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Warm up for chest - to add a little shoulder volume

Superset Dumbbell Side laterals and front raises with a light weight. Do 15 reps to the side and then immediately out front. Do 2 rounds.

Chest

Machine press – Back to our favorite machine presses. Do 4 sets of 8 here. Like with back, we are now taking the last set to failure. Take all the reps to lockout and flex for a second. Drive the blood out of your back and into your chest! **4 total work sets**

These sets are all RPE of 8 except 4th is 10.

Goal – Activation and start pump

Incline dumbbell press – Use a slight angle here again this week, not a steep one. Last week went with sets of 15 here, today go with sets of 12. Now keep a good pace so that without any increase in weight you still end up failure on the last set. I only used 75's here, but we went fast and by the last set I could barely get my 12. **4 total work sets**

These sets are all RPE of 8 except 4th is 10.

Goal – Supramax pump

Dips – Work the bottom half of the movement here for a great stretch. Stop a few reps shy of failure again except on last set. Finish strong on that 4th set. You should have a crazy upper body pump. **4 total work sets**

These sets are all RPE of 8 except 4th is 10.

Goal – Work muscle from stretched position

Triceps

Tricep pushdowns on the chin/dip assist machine – Go to failure on these. Do 4 sets of 15, where around 15 is failure. **4 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

Tuesday

Hamstrings – 2 exercises – 8 sets

Glutes – 3 exercises – 9 sets

Abs – 2 exercises – 8 sets

Calves – 2 exercises – 8 sets

9 exercises – 33 sets

This will now turn into a harder ham and glute day.

Hams

Lying leg curls – Do a few warm up sets. Find a weight that you can do 8 reps with and leave about 2-3 reps in the tank on the first 3 sets. On the 4th set do a drop set. Do 8 reps, drop the weight and do 8 more, and then drop it and do 8 more. We now will make the high rep leg curls the pre-quad work on full leg day. **4 total work sets**

These sets are all RPE of 8 except 4th is 12.

Goal – Activation and start pump

Stiff legged deadlift – Do 4 sets of 10 here. Only come up $\frac{3}{4}$ of the way. I want the first 3 sets to be about a 9 on the RPE scale, and then a 10 on the final set. **4 total work sets**

These sets are all RPE of 9 except 4th is 10.

Goal – Work muscle from stretched position

Glute kickback or glute bridges – Now on these this week go higher reps. Do 3 sets of 20 here with a hard flex on every rep! **3 total work sets**

These sets are all RPE of 8.

Goal – Activation and start pump

Squats – Let's move the squats up this week. Again, these are not meant to be heavy. I want you to really focus on your glutes on these. Go down nice and slow and actually try to flex your glutes as you come up. Do 3 sets of 12. This weight should not crush you. I only used 225 again this week, I do want you to move fast though. I just want extra glute volume. **3 total work sets**

These sets are all RPE of 6-7.

Goal – Supramax pump

Walking lunges – This week we are walking on these. I want you to take 10 steps with each leg on each set. You can use dumbbells or kettlebells as you walk. Go nice and slow so these don't turn into a momentum exercise. **3 total work sets**

These sets are all RPE of 8-9.

Goal – Supramax pump

Calves and abs are the same as last week.

Calves

Standing toe raises – Get warmed up and then do 4 sets to failure here. Each set should be about 15 reps. Go hard on these. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Seated toe raises – Do 4 sets to failure here. Each set should be about 12 reps. Go hard on these also. One thing I did today you should try, is move your feet out wide just to hit your calves a little differently. **4 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Abs

Hanging leg raise – Do 4 sets to failure here. Go hard! **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Rope crunch – Do 4 sets to failure here. When you come up to the top, stretch your abdominal wall before coming back down. I did these a little different too.

I twisted a little at the bottom to train obliques a bit more. Experiment with this.
4 total work sets.

These sets are all RPE of 10.

Goal – Stretch and pump

Wednesday

Chest – 3 exercises – 12 sets
Triceps – 2 exercises – 8 sets
Back – 3 exercises – 12 sets
Biceps – 1 exercise – 4 sets
Shoulders – 1 exercise – 4 sets

10 exercises – 40 sets

Today we are adding a little more volume and a little bit more intensity! This is a long one, but an awesome one!

Back

One arm barbell rows – Do 2-3 warm up sets and then 4 sets of 8. You now have permission to go to failure on the 4th set! Feel free to fire up some chains on this if you like. **4 total work sets.**

<https://www.youtube.com/watch?v=ER8Tt5r49DU&list=PLA808445EA052D63A&index=30>

These sets are all RPE of 8 except 4th is 10.

Goal – Activation and start pump

Chest supported rows – Use a machine in which your chest is supported and a pronated/overhand grip to hit rhomboids, lower traps, rear delts, and lats. Do 4 sets of 10 here using the same RPE that we used on the first exercise. **4 total work sets.**

These sets are all RPE of 8 except 4th is 10.

Goal – Supramax Pump

Smith machine row – Do 4 sets of 8 here. All reps should be done dead-stop style. You rest the bar at midshin level on the hooks in the Smith machine and then drive your elbows up hard and flex your whole back. Get close to failure on all sets. Below is an old video of me using rest pause technique so you can see it. I was going a little too heavy in the vid though, and not explosive enough! **4 total work sets.**

<https://www.youtube.com/watch?v=e0AeJcdB-w&list=PLA808445EA052D63A&index=22>

These sets are all RPE of 9.

Goal – Train explosively

Warm up - to add a little shoulder volume

Superset Dumbbell Side laterals and front raises with a light weight. Do 15 reps to the side and then immediately out front. Do 2 rounds.

Chest

Flat dumbbell press – Do plenty of warm up sets and then do 4 sets of 10 leaving a few reps in the tank on each set. Take these to $\frac{3}{4}$ lockout. **4 total work sets**

These sets are all RPE of 8.

Goal – Activation and start pump

Barbell incline press – We did some barbell work on Saturday so we can't go too nutso here or it will bang our shoulders up too much. Do 4 sets of 12 here and move relatively quickly. This is extremely difficult and you may have to reduce weight as you go. That is a lot of reps we aren't use to on this exercise, and lower rest breaks makes it even tougher. It will blow your pecs and delts up though and keep you healthy. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Machine flye – Finish your chest with 4 sets of 8 here. **4 total work sets.**

These sets are all RPE of 8.

Goal – Supramax pump

Shoulders

Facepulls – Use a band and do 4 sets of 35 here. Flex hard on all reps! **4 total work sets.**

These sets are all RPE of 8-9. It is harder to estimate with bands.

Goal – Supramax pump

Triceps

Tricep pushdowns with single handles – Go to failure on these. Shoot for around 15 reps.

These sets are all RPE of 10.

Supersetted with

Biceps

Barbell curls – Squeeze your bis as hard as you can. Shoot for 8 reps here.

These sets are all RPE of 10.

Do 4 supersets!

Goal – Supramax pump

Tate press – I like kettlebells on these but you can use dumbbells. Do 4 sets of 10. **4 total work sets.**

These sets are all RPE of 10.

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

Goal – Supramax pump

-

Thursday

Abs – 2 exercises – 6 sets

Calves – 2 exercises – 6 sets

Hams – 1 exercises – 4 sets

Quads – 4 exercises – 16 sets

9 exercises – 32 sets

Or 20 sets if you do abs and calves tomorrow.

Hams

Lying leg curls – Do a few warm up sets and then do 3 good sets of 10 on which the last rep is the last rep you can do with perfect form. Now on your 4th set, let's get nasty. Do 8 reps with the same weight, and drop the weight and do 8 more, and then drop the weight and don't stop until you hit 15 reps. **4 total work sets**

These sets are all RPE of 10, and then the last one is 13.

Goal – Activation and Supramax pump

Quads

Leg press – Ok I hope you are ready for some reps today as we are doing sets of 20. We are going to just use your standard foot position that you are strongest and grind out sets of 20, increasing the weight each set until you can barely get 20. Don't take huge weight jumps because I want a good 4 sets that work you semi hard. They don't all have to be a 9 or 10 on the RPE scale, but we need some volume here. We will call this 4 sets. **4 total work sets.**

The RPE will vary on this. It will probably start at around a 7 but it will definitely end up being a 10.

Goal – Supramax pump

Leg extensions – Let's get deep into your quads here. Lock these out, pull your toes back toward you (dorsiflex your foot) and flex hard on all 4 sets. I want you to do 4 sets of 12, but only take 60 seconds breaks here between sets. The first set the 10th rep should be solid, but by the 4th set, it should be torture to get. **4 total work sets.**

These sets are all RPE of 8-10.

Goal – Supramax pump

Barbell squats – Last week we went high reps here, but now we go low reps. Do these slow with your quads so full of blood. You might be surprised actually at how strong you are. I want you to do 4 sets of 8 with a good controlled speed. Do not lock out. Keep tension on the legs. I don't want these sets to be close to failure. I do want you to try and explode out of the bottom after the slow descent though. **4 total work sets.**

These sets are all RPE of 6-7.

Goal – Train explosively

Stationary lunge – This is 4 sets, but really it's all wrapped up into one big set. Your quads will be smoked after this. Do a stationary lunge holding one dumbbell for 8 reps, then switch to the other leg. Immediately then go back to other leg. So in other words, don't stop. Just keep alternating legs until you have done 4 sets with each leg. **4 total work set.**

I would spend a lot of time stretching quads after this. Do 4 good quad stretches for 30 seconds each after you finish.

This set is RPE of 7-10.

Goal – Supramax pump

You can also do calves and abs Friday on its own if time is limited. I did again this week, and will likely keep doing that.

Calves

Standing toe raises – I did something kind of cool on these today. I subbed in toe presses on a chest press. It was a machine where you step on a lever to start the weight for you. Well you can just do toe presses on that lever and get a crazy stretch, AND you can pull the weight back to get more eccentric work by pulling on the level arms that go up to grip for chest. I could also when fatigued give myself forced reps by doing this. Pretty cool. I did 3 really hard sets of 30 reps with a lot of forced negatives and forced reps. **3 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Seated toe raises – Do 3 sets to failure here. Each set should be about 12 reps. Go hard on these also. Place your feet out a little wider than usual today also. **3 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Abs

Leg raise – Do 3 sets to failure here. Go hard! **3 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Rope crunch – Do 3 sets to failure here. When you come up to the top, stretch your abdominal wall before coming back down. I actually am starting to alternate reps with a slight twisting at the bottom to work obliques here now as well. **3 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

-

Friday

This is an off day. If you would rather do the calves and abs yesterday on Friday though, you can do that as an option.

Saturday

Back – 4 exercises – 16 sets

Chest – 2 exercises – 8 sets

Shoulders – 2 exercises – 8 sets

8 exercises – 32 sets

The intensity of the sets went up quite a bit more today and we did more shoulder work and less arm work!

Back

Tbar row – Do 4 sets of 8 here. This is the one where we use the makeshift tbar. This week I attached a link just so you can see it. We place a barbell in a landmine and use this attachment and do these squeezing really hard. The 8th rep should be nasty on all sets this week, as we are using more intensity! **4 total work sets.**

<http://www.elitefts.com/core-blaster-handle-t-bar-row-1-1.html>

These sets are all RPE of 9-10.

Goal – Activate and train explosively

One arm barbell row – Do 4 sets of 8 here. Once again, go hard on these! These feel so awesome, do 4 sets of 10. **4 total work sets.**

<https://www.youtube.com/watch?v=IDP6Qs0v2IU>

This is the attachment we are using in the video. It is of course optional.

<http://www.elitefts.com/core-blaster-handle-meadows-single-row-1-1.html>

These sets are all RPE of 9-10.

Goal – Supramax pump

Lat pulldowns – See the bar we used below. What we did was 1 set with each grip. So you will do 4 sets. Now I know you may not have this attachment, but look at the bars and how the grip should be each set. You can start in and work your way out. You can simulate this. Do 4 sets of 10 here, where the 10th rep is really tough now. **4 total work sets.**

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

These sets are all RPE of 9-10.

Goal – Supramax pump

Reverse hypers – As I mentioned last week, most gyms don't have these, so you can replace with banded hypers. Do 4 sets with enough band tension to make this a tough 12 reps per set. Go hard, remember we stay off lower back on Mondays. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Chest

Floor press – Ok we went from not doing these in years to 2 weeks in a row. We went slightly lower in reps today. We did 4 sets of 10 as opposed to 12 last week. The intensity was high and that last rep was tough on all sets. These do build depth and mass in your chest. At the top of every rep flex hard for 1 second, and pause for a split second at the bottom so you can kill the momentum. These are going to cook, and your pecs will fill full of blood. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Supramax pump

Flat dumbbell press – Lets crank the reps back up now. I want these to go to failure this week! I want these to burn like fire. Your sternum should feel like someone put hot coals on it where the pec fibers attach. Do 4 sets of about 15 reps, where your 15th rep is no doubt your last rep with good form. Take these to $\frac{3}{4}$ lockout. **4 total work sets**

These sets are all RPE of 10.

Goal – Train explosively

Shoulders

Seated dumbbell side laterals – Go to failure on these! Do 4 sets of 10-12 reps. Let the dumbbells come underneath you and stretch your shoulders ok. Keep your chest arched high as you lift the dumbbells up though. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Machine rear laterals – Go to failure on these! Do 4 sets of 25 reps. I want you to absolutely smoke your rear delts. These sets should burn like fire. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Sunday

Off – Family Day

Donut day after church with the family!

Week 5

Monday

Back – 3 exercises – 12 sets
Biceps – 2 exercises – 8 sets
Chest – 3 exercises – 12 sets
Triceps – 1 exercise – 4 sets
Abs – 2 exercises – 6 sets

11 exercises – 42 sets

A little bit more volume! Creeping it up.

Back

Wide grip chins – Same as last week here but went back out wide. Drive your elbows down and flex your lats as hard as you can. Try not to pull with your bis, think of all the good action happening by driving elbows ok! Do 4 sets of 8 here. On your 4th set go to failure this time! Take that last set to failure again this week. **4 total work sets.**

These sets are all RPE of 8 except 4th is 10.

Goal – Activation and start pump

Hammer pulldowns – I linked the video below so you could see which Hammer machine I am using. I am doing 4 sets of 10 here, and the last set is taken to failure. **4 total work sets.**

<https://www.youtube.com/watch?v=iy0Ud-GvhWw&list=PLA808445EA052D63A&index=61>

These sets are all RPE of 8 except 4th is 10.

Goal – Supramax pump

Exercise X – Do 4 sets of 8 here. Remember to not let your arms come up past parallel. **4 total work sets.**

These sets are all RPE of 8 except 4th is 10.

https://www.youtube.com/watch?v=hbGZ_peaKso&list=PLA808445EA052D63A&index=81

Goal – Supramax pump

Biceps

Preacher curls – Go to failure on these. Do 4 sets of 8 flexing your bis as hard as you can throughout the movement. Keep your rest breaks low. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Barbell curls – Ok just so you can get a good laugh here. We did these with the Giant plates that only weigh 10 lbs in the squat rack. Some heavy duty curling there. Really it was 4 sets of 15 and 15 was pretty much failure. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Warm up for chest - to add a little shoulder volume

Superset Dumbbell Side laterals and front raises with a light weight. Do 15 reps to the side and then immediately out front. Do 2 rounds.

Chest

Machine press – This is the same as last week. Do 4 sets of 8 here. Like with back, we are now taking the last set to failure. Take all the reps to lockout and

flex for a second. Drive the blood out of your back and into your chest! **4 total work sets**

These sets are all RPE of 8 except 4th is 10.

Goal – Activation and start pump

Incline barbell press – This is done on a low incline per the video below. Do 4 sets of 6 here. Don't go to failure as we did some barbell work on Saturday. Let's not get carried away and kill our shoulders. **4 total work sets**

<https://www.youtube.com/watch?v=x29mRyOC1ns&index=57&list=PL2955620A11D03694>

These sets are all RPE of 8.

Goal – Supramax pump

Machine flys – Do 4 sets of 10 here. Turn your hand into a pronated position at the top so you can get some additional upper chest work where it attaches to your clavicle. Take the last 2 sets to failure. **4 total work sets**

These sets are all RPE of 8 except the 3rd and 4th is 10.

Goal – Work muscle from stretched position

Triceps

Tricep pushdowns using two ropes – See the video below for a form refresher. Go to failure on these. Do 4 sets of 15, where around 15 is failure. **4 total work sets**

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

These sets are all RPE of 10.

Goal – Supramax pump

Abs

Rope crunch – Do 3 sets of 12 here on each oblique. I am doing these twisting at the bottom as I mentioned last week. **3 total work sets.**

These sets are all RPE of 8.

Goal – Activate and pump

Incline sit ups – I did 3 sets of 10 here. I don't make the incline steep at all. My abs still aren't real strong so this is very challenging as is with only a slight incline. **3 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Tuesday

Hamstrings – 2 exercises – 9 sets

Glutes – 2 exercises – 7 sets

Abs – 2 exercises – 8 sets

Calves – 2 exercises – 8 sets

8 exercises – 32 sets

This will now turn into a harder ham and glute day.

Hams

Seated leg curls – These were done with a heavy mindset today. We simply did sets of 10 all the way down the stack until we could barely get 10. I actually only got 8 on last set. Don't take too big of weight jumps or you'll lose out on volume.

We did 2-3 warm up sets, and then a good 5 work sets I'd call it. Also, we did these very slow and controlled squeezing as hard as possible, even on the heaviest set. **5 total work sets**

These sets are all RPE of 7-10, they get harder as you go.

Goal – Activation and start pump

Stiff legged deadlift – I did these with bands. Check out the link below. This will make the contraction at the top really hard, and you will feel a ton of eccentric load as the band pulls you back down. This is a killer way to do hams. Do 4 sets of 8. On the last set you should barely be able to get 8. Just come up $\frac{3}{4}$ of the way here. **4 total work sets**

Insert video

These sets are all RPE of 7-9 except 4th is 10.

Goal – Work muscle from stretched position

Squats – I wanted to try the squats today before the glute kickbacks. The way I did these was to go down deep into the hole but only come up half way. Now the trick is to actually try to flex your glutes to fire you out of the whole. This was to build glutes. As you do each set you will get better and better at this. Do 2 warm up sets and then do 3 sets of 15. Notice the RPE, don't go crazy here or you will pay for it on Thursday. **3 total work sets**

These sets are all RPE of 6-7.

Goal – Supramax pump

Glute kickback or glute bridges – I was wondering how these would feel after squats, and I gotta say it was pretty crazy. These felt awesome, even better then when doing them more fresh and before squats. I felt much stronger contractions, and had more strength in general. Do 4 sets of 12 here. **4 total work sets**

These sets are all RPE of 8-9.

Goal – Activation and start pump

Calves

Seated toe raises – We did this heavy today. We did 4 work sets of 8 reps. We used a full range of motion though on every set. And got a good squeeze at the top. **4 total work sets.**

These sets are all RPE of 10.

Standing toe raises – Get warmed up and then do 4 sets of 20 here. Each set should be about 15 reps. The high reps will smoke your calves after doing the heavy seated raises. **4 total work sets.**

These sets are all RPE of 10.

Abs

Rope crunch – Do 4 sets to failure here. When you come up to the top, stretch your abdominal wall before coming back down. I did these a little different too. I twisted a little at the bottom to train obliques a bit more. Experiment with this. **4 total work sets.**

These sets are all RPE of 8-9.

Lat pulldown crunches – This is where you sit in a lat pulldown station, and suck in your stomach stretching at the top, and then blow air out and contract abs hard. See the video below for form, it is the second exercise. **4 total work sets.**

https://www.youtube.com/watch?v=FDcigeU12_k&list=PL512BBB0C927A91DC&index=8&nohtml5=False

These sets are all RPE of 8-9.

Wednesday

Chest – 3 exercises – 12 sets
Triceps – 2 exercises – 8 sets
Back – 3 exercises – 12 sets
Biceps – 1 exercise – 4 sets
Shoulders – 1 exercise – 4 sets

10 exercises – 40 sets

Here we go....a little more intensity..building it up!

Back

Ok as usual Monday was all vertical pulling, so today we work in more rows.

Supinated pulldowns – Do 2-3 warm up sets and then 4 sets of 12. I linked a video below to show you what machine I used so you can see what I want you to do or simulate. I actually used both hands today. I want you to take your last set to failure, like we did last week, and then let's add an intensity technique! Let's start with a forced stretch. So just let the weight stretch you for a 20 count. If you can have someone create more resistance, then hold the stretch for a 10 count. **4 total work sets.**

<https://www.youtube.com/watch?v=TCf3IPDPvSw&list=PLA808445EA052D63A&index=75&nohtml5=False>

These sets are all RPE of 8 except 4th is 11.

Goal – Activation and start pump

Meadows rows – Really simple here, grind out 4 hard sets of 8. Make your last a weight that causes failure at 8 reps! **4 total work sets.**

These sets are all RPE of 8 except 4th is 10.

Goal – Supramax Pump

Low cable row – DO 3 sets of 10 here to get us started leaving a few reps in the tank. On the 4th set we are going to add a high intensity technique. Let's do a drop set. Do 10 reps, and drop the weight and do 8 reps, and then drop it again and do 8 more reps! **4 total work sets.**

https://www.youtube.com/watch?v=e0AeJcdB_-w&list=PLA808445EA052D63A&index=22

These sets are all RPE of 8 except 4th is 11.

Goal – Supramax Pump

Warm up - to add a little shoulder volume

Superset Dumbbell Side laterals and front raises with a light weight. Do 15 reps to the side and then immediately out front. Do 2 rounds.

Chest

All dumbbell work today as the last 2 workouts have included barbell work.

Decline dumbbell press – Do plenty of warm up sets and then do 4 sets of 10 leaving a few reps in the tank on each set. Take these to full lockout and squeeze your pecs. On the last set use a weight where you hit failure at 10. Women use a slight incline. **4 total work sets**

These sets are all RPE of 8 except 4th is 10.

Goal – Activation and start pump

Incline fly – Use a slight incline. This is the version where we keep hands pronated. Do 10 reps here leaving a few reps in the tank and then pick up heavier weight and do sets of 6.

These sets are all RPE of 8-9.

Supersetted with

Incline dumbbell press – After doing the fly pick up heavier dumbbells and knock out 6 reps here not taking these reps to lockout. Keep constant tension on pecs.

These sets are all RPE of 8-9.

Do 4 rounds for 8 total work sets.

Shoulders

Bent over rear lateral raises – Most people lay on a bench doing this. Do 3 sets of 15 here. On your 4th set, well it's about to get nasty. Do 50 swings, and then drop the weight and do 10 more, and then have your partner eccentrically load your rear delts as seen in video for another 10 reps. Lights out rear delts. **4 total work sets.**

<https://www.youtube.com/watch?v=HxFs72mYYsM&index=4&list=PL1F60A60A3E4E2E83&nohtml5=False>

These sets are all RPE of 8 except 4th is 11.

Goal – Supramax pump

Triceps

Machine dips – Go to failure on these. This is where you sit in a machine where you drive handles down to simulate a dip. Do these slowly so you feel a tremendous amount of tension in your triceps. Shoot for around 15 reps per set.

These sets are all RPE of 10.

Supersetted with

Biceps

Barbell curls – Squeeze your bis as hard as you can. Shoot for 8 reps here.

These sets are all RPE of 10.

Do 4 supersets!

Goal – Supramax pump

Lying extension – I did these lying on a decline bench. I just like that angle. Do 4 sets of 10. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

-

Thursday

Abs – 2 exercises – 6 sets

Calves – 2 exercises – 6 sets

Hams – 1 exercises – 6 sets

Quads – 4 exercises – 16 sets

9 exercises – 32 sets

Or 22 sets if you do abs and calves tomorrow.

Hams

Lying leg curls – We went hard on hams Tuesday so now we back off intensity some. We are going to add some more sets, but our RPE must stay at 8-9. Do 6 sets of 10 after warm ups. Squeeze each rep hard! **6 total work sets**

These sets are all RPE of 8-9.

Goal – Activation and Supramax pump

Quads

Barbell squats – All those leg curls should have you greased up pretty good for these. Now let me tell you what I used. I used a bamboo type bar ☐

<http://www.bandbell.com/product/e-maxx-bar/>

I use this bar for a few reasons. My lower back can only handle squatting rarely, but on these I can sink in deep, and do high reps with no back pain. These absolutely destroy my quads. Anyways, we hang 4 25 lb plates off of this on each side with bands and we get deep into the hole and explode out. We also do this for high reps. We do 4 x 20. I can't explain to you how much this burns. It's like doing 100 reps on the leg press. Now I know you all don't have this bar, so use the barbell, and do 4 sets of 15, using a weight you can explode with. I just wanted to let you know what I was doing as I thought you might find it interesting. My quads were pretty much murdered after 4 sets here.

4 total work sets.

These sets are all RPE of 8-9.

Goal – Train explosively

Leg press – With an insane pump in your quads, now you head over to the leg press. You should be very warmed up and be able to jump right into some decent weight. I started with 6 plates right out of the gate, and it was perfect 10. My legs were so pumped I had to lower the carriage very slowly. It felt like the skin on my quad sweep was going to tear. Do sets of 10 here.

Supersetted with

Sissy squats – We actually had one of those traditional sissy squats that used to be very popular. There are a lot of variations to this exercise you can find on YouTube. Do 8 reps here.

Do 5 supersets for **10 total work sets**. At this point a few of my partners were dry heaving.

These sets are all RPE of 8-9.

Hack squats – Just do 2 sets of 10 here. Use a weight you can take down and get very deep with and drive up to $\frac{3}{4}$ lockout. This will finish you off if you had anything left. **2 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

You can also do calves and abs Friday on its own if time is limited. I did again this week, and will likely keep doing that.

Calves

Standing toe raises – I did something kind of cool on these today. I subbed in toe presses on a chest press. It was a machine where you step on a lever to start the weight for you. Well you can just do toe presses on that lever and get a crazy stretch, AND you can pull the weight back to get more eccentric work by pulling on the level arms that go up to grip for chest. I could also when fatigued give myself forced reps by doing this. Pretty cool. I did 3 really hard sets of 30 reps with a lot of forced negatives and forced reps. **3 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Seated toe raises – Do 3 sets to failure here. Each set should be about 12 reps. Go hard on these also. Place your feet out a little wider than usual today also. **3 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Abs

Leg raise – Do 3 sets to failure here. Go hard! **3 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Rope crunch – Do 3 sets to failure here. When you come up to the top, stretch your abdominal wall before coming back down. I actually am starting to alternate reps with a slight twisting at the bottom to work obliques here now as well. **3 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

-

Friday

This is an off day. If you would rather do the calves and abs yesterday on Friday though, you can do that as an option.

Saturday

Back – 4 exercises – 16 sets
Chest – 2 exercises – 8 sets
Shoulders – 2 exercises – 8 sets

8 exercises – 32 sets

Back

Low cable row – I did very basic cable rows here. What I did do different, is that on the negative, I do it slow, but here is the kicker. I do not really focus on lats; I focus on my spinal erectors. You can actually channel the tension into this area if you really focus. I picture crazy thick striated spinal erectors when I do this. Do 4 sets of 10. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Activate and pump

Rack pulls – I did these very heavy. This was old school rack pulls from mid shin. We did sets of 5 until we could barely get 5. Try to get 4 sets in that are pretty tough. So as you are approaching your heavier sets, take smaller weight jumps to give you more volume and overall total number of reps. **4 total work sets.**

These sets are all RPE of 7-10.

Goal – Train explosively

Lat pulldowns – We did these with a neutral grip bar. This is a bar that places your hands a little wider than shoulder width and you have palms facing in toward each other. Do 4 sets of 10 with a great stretch at the top, and a hard contraction at the bottom. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Dumbbell shrugs – Do 4 sets of 8 with a 3 second hold at the top on each rep. **4 total work sets.**

These sets are all RPE of 8-10.

Goal – Supramax pump

Chest

Machine press – I wanted to give our shoulders a little break today so I avoided barbells on chest. I also kept the reps higher here. I don't usually do higher reps here. The burn was nasty. It took 2 sets to get a crazy pump in my chest. Do 4 sets of 15, where you are flexing hard at lockout for 1 second on all reps. The burn on these should be crazy if you do them right. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Supramax pump

High incline dumbbell press – I set the incline up pretty high on these to get some really hard front delt work in as well. I tried to go medium heavy here. It felt great with the crazy pump from the first exercise. Find a good weight and do 4 sets of 8 with it. Keep a rep or two in the tank. **4 total work sets**

These sets are all RPE of 9.

Goal – Train explosively

Shoulders

Seated dumbbell side laterals – I did partials (swings) here only raising the dumbbells up about half way. Do 4 sets of 20. Only take 1 minute rest between sets. **4 total work sets.**

These sets are all RPE of 8-10. Each set will get hard and you will hit a 10 at the end I am guessing.

Goal – Supramax pump

Machine rear laterals – Go to failure on these! Do 4 sets of 15 reps. Make sure you get an awesome contraction at the end of each rep here! We want quality reps! **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Sunday

Off – Family Day

Donut day after church with the family!

Week 6

Monday

Back – 4 exercises – 16 sets

Biceps – 2 exercises – 8 sets

Chest – 2 exercises – 8 sets

Triceps – 1 exercise – 4 sets

Abs – 2 exercises – 6 sets

11 exercises – 42 sets

A little bit more intensity this week..just sneaking it up on you...

Back

Neutral grip chins – Chins again but with a neutral grip this week. Drive your elbows down and flex your lats as hard as you can. Try not to pull with your bis, think of all the good action happening by driving elbows ok! Do 4 sets of 8 here. On your 3rd and 4th set go to failure this time! Take that last TWO sets to failure this week. **4 total work sets.**

These sets are all RPE of 8 except 3rd and 4th is 10.

Goal – Activation and start pump

Hammer pulldowns – This is the same as last week but I want you to go a little heavier and do sets of 8 with a powerful squeeze at the bottom. I linked the video below so you could see which Hammer machine I am using. I am doing 4 sets of 8 here, and the last 2 sets are taken to failure. One other thing that I want you to try, drop the seat down low so when you are stretched out, your partner can actually push up a little on the handles to force even more of a stretch for 2 seconds. **4 total work sets.**

<https://www.youtube.com/watch?v=iy0Ud-GvhWw&list=PLA808445EA052D63A&index=61>

These sets are all RPE of 8 except 3rd and 4th is 10.

Goal – Supramax pump

Dumbbell pullovers – Do 4 sets of 12 here. Take the last 2 sets to failure! **4 total work sets.**

These sets are all RPE of 8 except 3rd and 4th is 10.

Goal – Work muscle from a stretched position

Chest supported rows – Do 4 sets of 8 here. Do these with chest on a pad and really stretch your lower traps and rhomboids in the middle of your back. Keep your elbows up high to ensure you keep tension on these areas plus rear delts and as always squeeze hard at the top. Take the last 2 sets to failure. **4 total work sets.**

These sets are all RPE of 8 except 3rd and 4th is 10.

Goal – Supramax pump

Biceps

Preacher curls – Go to failure on these. Do 4 sets of 8 flexing your bis as hard as you can throughout the movement. Keep your rest breaks low. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Incline dumbbell curls – So now let's stretch those pumped bis out even more. Lean back and let your arms hang down. Keep dumbbells supinated the entire time. Do 4 sets of 10 here and on all of these, you should hit failure. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Warm up for chest - to add a little shoulder volume

Superset Dumbbell Side laterals and front raises with a light weight. Do 15 reps to the side and then immediately out front. Do 2 rounds.

Chest

Incline dumbbell press – Do these on a slight incline. Once you are warmed up do 4 sets of 8 here. The last set should be taken to failure. Don't take too big of jumps in weight toward the end. We want 4 good solid sets. **4 total work sets**

These sets are all RPE of 8 except 4th is 10.

Goal – Activation and start pump

Incline barbell press – Last week we did these on a low angle, today go back to a normal higher angle. Do 4 sets of 8 here. The last set should be taken to failure here too as we did on the last exercise. Remember to stop an inch or two above your chest and drive the weight back up explosively. **4 total work sets**

These sets are all RPE of 8 except 4th is 10.

Goal – Train explosively

Triceps

Rope pushdowns – Do a few sets to warm up and let's hit this heavy today. I want 4 sets of 8 taken to lockout, and I want all 4 sets to reach failure. **4 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

Abs

This is the same as last Monday.

Rope crunch – Do 3 sets of 12 here on each oblique. I am doing these twisting at the bottom as I mentioned last week. **3 total work sets.**

These sets are all RPE of 8.

Goal – Activate and pump

Incline sit ups – I did 3 sets of 10 here. **3 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Tuesday

Hamstrings – 2 exercises – 8 sets

Quads – 3 exercises – 13 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

8 exercises – 33 sets

Ok, just to make sure you are paying attention, we are going to switch things up a bit the rest of the week. Today is the hard leg day.

Hams

Seated leg curls – Do these all to failure today. This means you will need a lot of warm ups. Do 4 sets of 8 where you can barely get the last rep with good form, on each set. **4 total work sets**

These sets are all RPE 10.

Goal – Activation and start pump

Quads

Squats – Surprise. Work your way up here doing sets of 7. Keep going until you can barely get 7. Don't take huge jumps because I want quite a bit of work sets here. I want 5 good sets. The last one if the only one where you get close to failure though. Do these explosively, drive the bar up hard on every rep. **5 total work sets**

These sets are all RPE of 7-9.

Goal – Train explosively

Leg press – You shouldn't need to many feeder sets to get to your working weight here. I did a set with 4 plates and 5 for 6 reps and then started work sets. I did them all with 7 plates. Do 15 reps, and only rest long enough for partner to go. Let's push a crazy amount of blood in your quads. The sets should leave reps in the tank initially but the last set or two you may find you have to stop periodically to get all your reps. That is ok. Do 4 sets. **4 total work sets**

These sets are all RPE of 8-10.

Goal – Supramax pump

Squats – Surprise #2. Ok now we are going to go with a lighter weight for higher reps. Your quads should be BLOWN up. I want 5 sets of 10 here. You don't have to hit failure or close to it. Try to really go nice and slow and get a full range of motion. I only used 225 on these to give you an idea of weight. **5 total work sets**

These sets are all RPE of 7-9.

Goal – Supramax pump

Stiff legged deadlift – Go up a little each set until you can barely get 10 reps. I want 4 good quality sets. Do not lock these out. Keep tension on the hams. Get those hips back as you descend and feel the stretch in your hams. **4 total work sets**

These sets are all RPE of 7-9 except 4th is 10.

Goal – Work muscle from stretched position

Calves

Standing toe raises – Do 4 sets of 20 here today. Get at least 10 with a full range of motion, and then as you need do partials to hit your target number of 20 on each set. **4 total work sets.**

These sets are all RPE of 10.

Abs

Rope crunch – Do 4 sets to failure here. When you come up to the top, stretch your abdominal wall before coming back down. **4 total work sets.**

These sets are all RPE of 8-9.

Lat pulldown crunches – This is where you sit in a lat pulldown station, and suck in your stomach stretching at the top, and then blow air out and contract abs hard. See the video below for form, it is the second exercise. **4 total work sets.**

These sets are all RPE of 8-9.

Wednesday

Back – 3 exercises – 12 sets

Chest – 4 exercises – 14 sets

Shoulders – 1 exercise – 6 sets

8 exercises – 32 sets

We did a little more back work then chest on Monday so today we reverse that! Also you will see more sets going to failure.

Also, my legs are pretty crushed from Tuesday so let's shake everything up some more. We'll move arms to tomorrow plus some extra shoulders.

Back

Ok as usual Monday was all vertical pulling, so today we work in more rows.

One arm machine row – I really dig these. You may not have this exact machine, but you can see what I am looking for here. The contraction is tremendous and you can reach and stretch too! Do 4 sets of 8. I want all 4 sets to failure with good form this time! **4 total work sets.**

https://www.youtube.com/watch?v=VWit1P_e4yk

These sets are all RPE of 10.

Goal – Activation and start pump

Pronated cable row – Another great exercise here that really hammers the middle of your back. Make sure you really open up the middle of your back and then as you pull the weight back squeeze extremely hard and hold for 1 second. I want all of these sets to go to failure with good form too! See the video below for proper form. **4 total work sets.**

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

These sets are all RPE of 10.

Goal – Supramax Pump

Banded pullovers – Do 4 sets of 10 here. I am using the long red pro mini band from EliteFTS. Take these just shy of failure. You can make the contraction harder by having your spotter simply step back from you. You will see what I mean in the video below. Do 4 sets of 10. **4 total work sets.**

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

These sets are all RPE of 9.

Goal – Work muscle from a stretched position.

Warm up - to add a little shoulder volume

Superset Dumbbell Side laterals and front raises with a light weight. Do 15 reps to the side and then immediately out front. Do 2 rounds.

Chest

Machine press – Do plenty of warm ups getting to your working weight. Do 4 sets of 8 with it. Leave a rep or two in the tank. Lock these out and flex your chest hard on every rep. **4 total work sets**

These sets are all RPE of 9.

Goal – Activation and start pump

Flat dumbbell press – Do 4 sets of 10 here. Again, leave a rep or two in the tank on all 4 sets. **4 total work sets.**

These sets are all RPE of 9.

Goal – Supramax pump

Dips – I use the assist machine here. What I want is for all sets to be taken to failure with PERFECT form. Don't come all the way, and work the stretch. You can do these with bodyweight, with help from a machine, or even add weight. The rep range I want is for you to fail at 10 to 12 reps. Do 3 sets. **3 total work sets.**

These sets are all RPE of 10.

Goal – Work muscle from a stretched position.

Bench press – I actually loved these. Pecs were demolished. Just do 3 sets of 8 here. I used 225. Touch the bar to your chest and drive up $\frac{3}{4}$ of the way. Keep tension on your pecs. Leave a rep or two in the tank on these. **3 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Shoulders

Machine rear lateral raises (reverse pec deck) – Do 6 sets of 20 here. You will be on fire here. Leave a few reps in the tank here. Move at a good pace. **6 total work sets.**

These sets are all RPE of 8.

Goal – Supramax pump

Thursday

Biceps – 3 exercises - 9 sets
Triceps – 3 exercises – 9 sets
Shoulders – 2 exercises – 8 sets
Abs – 1 exercises – 6 sets

9 exercises – 32 sets

Biceps

Barbell curls – Squeeze your bis as hard as you can on these. Do 3 sets of 12. All these should be to failure with good form. **3 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

EZ bar reverse curls – Bring the bar all the way up and squeeze your forearms and biceps. Do 3 sets of 12 on these as well, going to failure on all of them, with good form. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

EZ bar preacher curls – Bring the bar all the way up and squeeze hard here too. Do 3 sets of 8 on these going to failure on all of them, with good form. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Triceps

Straight bar pushdowns – Use a straight bar on these just for a little different wrist angle than we normally use. Do 3 sets of 15 here. Each set should be to failure with good form. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Machine dips – Go to failure on these again. This is where you sit in a machine where you drive handles down to simulate a dip. Do these slowly so you feel a tremendous amount of tension in your triceps. Shoot for around 15 reps per set. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Seated overhead rope extensions – This is where you sit facing away from pulley stack with a back support, and extend arms overhead with a rope. Do

3sets of 20 here. I want 10 good reps and then 10 partials out of the stretch position on each set. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Shoulders

Dumbell side laterals – Just going basic here. Crush 4 sets of 10 here, going to failure with good form. **4 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

Barbell front raises – Raise the bar to eye level. Flex your front delts hard! Do 4 sets of 10. Once again, failure with goof form. **4 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

Abs

Leg raise – This is ones lying on the slightly declined bench holding a rope. Do 6 sets to failure here. **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

-

Friday

Calves – 2 exercises – 8 sets

Abs – 2 exercises – 8 sets

4 exercises – 16 sets

Calves

Standing toe raises – Do a few warm ups and then do 4 sets of 25 here. Do 10-12 with a full range of motion, and then get to 25 reps by doing partials out of the bottom with a really good stretch. Your calves should be jacked after 4 sets like this. **4 total work sets.**

These sets are all RPE of 11.

Goal – Stretch and pump

Seated toe raises – Do 4 sets of 10 here. Do these slow. Lower slow, stretch, and get up your toes and stretch. Use weight that allows this exact tempo. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Abs

Rope crunches – Do 4 sets to failure here. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Lat pulldown crunches – Do 4 sets to failure here. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Saturday

Back – 4 exercises – 16 sets
Chest – 3 exercises – 10 sets
Shoulders – 2 exercises – 8 sets

9 exercises – 34 sets

The intensity continues to build as we take more sets to failure using perfect form.

Back

Low cable row – I used the handle listed below. It allows you to really get your elbows back far. After a few warm up sets, do 4 sets to failure with good form! **4 total work sets.**

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

These sets are all RPE of 10.

Goal – Activate and pump

Supported chest row – I did these on a t-bar row that has a chest pad. I wanted to really stretch and open up the rhomboids here. Use a pronated grip so that upper back does most of the work here. Drive the weight back hard squeezing your upper back. Do 4 sets of 8 here with perfect form. Perfect form stops when you can't pull the weight up high enough to really squeeze your lower traps and rhomboids. **4 total work sets.**

These sets are all RPE of 10.

Goal – Train explosively

Dumbbell pullovers – We actually did kettlebells here. You can use either. Do 4 sets of 12 here. Leave a rep or two in the tank on each set. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Work muscle from stretched position

Rack pulls – I wanted this to be more spinal erector and to leave the glutes and hams out of it, so I pulled a little higher than midshin. Normally I pull from midshin. This was up 2 inches from there. Do 4 sets of 8. Leave a couple of reps in the tank, but move at a good pace, like 90 second rest breaks, so your spinal erectors get a great pump here. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Chest

Dumbbell press – We did these on a slight incline and used a full range of motion, locking out and squeezing at the tip for a second on every rep. Do 3-4 warm ups and then do 4 sets of 15 here. Hopefully around 15 reps you fail with good form. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Supramax pump

Incline press – Do these pause style today. Stop the bar 2 inches off your chest, hold for 1 second and then drive up hard and actually flex your chest for a second. You will a crazy pump from the tension doing these this way. Do 4 sets of 8 here. Leave 1-2 reps in the tank on these. **4 total work sets**

These sets are all RPE of 9.

Goal – Train explosively

Incline flyes – Do 2 sets of 15 here. Use a pronated grip, not the normal grip most use on flyes. Stop when good form ends. I want that to be around 15 reps.
2 total work sets

These sets are all RPE of 9-10.

Goal – Work muscle from stretched position

Shoulders

One arm dumbbell laterals – Hold onto a pole and lean away from it. With the other hand do the side lateral. Let the dumbbell come behind your back for a good stretch and then take it up to about eye level. Do 4 sets of 12 on each side. This had my shoulders scorching. The last rep should be failure with good form (of course you can cheat more). **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Dumbbell rear laterals – This is just the basic bend over and do rear delts exercise. Do 4 sets of 15 here. Try to use a weight that allows for you to really use a full range of motion for all 15 reps. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Sunday

Off – Family Day

Donut day after church with the family!

Week 7

Ok now we are past the half way point. You will notice some changes in the split, with a separate arm and shoulder day, and quad day. Chest and back are still getting hit 3 times also. Now we have 6 really hard days and not just 5. It's another way of gradually scaling up intensity! Ok let's crush this last 6 weeks!!!

Monday

Back – 4 exercises – 14 sets
Shoulders – 1 exercises – 6 sets
Chest – 3 exercises – 11 sets
Triceps – 1 exercise – 6 sets
Abs – 1 exercise – 6 sets

10 exercises – 43 sets

I switched the order around a little today and did chest first, as we had been doing back first.

Chest

Machine press – Do sets of 8 here working up until you get to a weight you can barely get 8 with. We call this 3 working sets. **3 total work sets**

These sets are all RPE of 8 except 4th is 10.

Goal – Activation and start pump

Smith decline press – Find a weight that is a pretty tough set of 12, but you know you still have 2 reps left. Do 3 sets with that. On your 4th set, yes you can rejoice – it's drop set time, do 8 reps with the same weight, drop it and do around 8, and then drop it again and shoot for 8 again. Do nice slow reps. Touch your chest at the bottom, pause for a split second so you don't bounce the weight and drive to full lockout and flex pecs. Your pecs will be screaming! This is the first high intensity technique we have used for chest in this high frequency split. Man it felt good to this set. **4 total work sets**

These sets are all RPE of 8 except 4th is 12.

Goal – Supramax pump

Dips – We did these on the assist machine, but set it on 20 lbs. so it really doesn't help, it just allows you to put your knees upon the pad and maintain ultra-strict form. Do 4 sets here. I want you to do around 12 reps on all sets, and I want you to stop 1-2 reps shy of failure. Work the stretch at the bottom, and only come up $\frac{3}{4}$ of the way. **4 total work sets**

These sets are all RPE of 9.

Goal – Supramax pump

Triceps

Pushdowns on the dip machine – Now we just stay on the assist machine and push the pad down and flex tris. Do 6 sets to failure. On these use a weight that allows for around 10 perfect reps. **6 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

Back

Neutral grip pulldown – Sit up straight and drive your elbows down on these pulldowns. Use an attachment that allows for a neutral grip. Squeeze as hard as humanly possible at the bottom, and let the weight come up very slow. Do 4 sets of 10 here. All of these should be to failure with good form. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and start pump

Dumbbell pullovers – Now let's stretch those upper lats out even more. Do 4 sets of 10 here leaving a rep or two in the tank on all sets. **4 total work sets.**

These sets are all RPE of 9.

Goal – Work muscle from a stretched position

Wide grip chins – Do 4 sets of about 8 reps here per set. The last rep should be failure with good form. Don't do any sloppy reps. **4 total work sets.**

These sets are all RPE of 10

Goal – Supramax pump

Hyperextensions – On these we are just doing a few high reps sets to pump blood in your spinal erectors. Don't go crazy as we have legs tomorrow! Do 2 x 20 with bodyweight only. **2 total work sets.**

These sets are all RPE of 7-8.

Goal – Supramax pump

Shoulders

Dumbbell side lateral swing version – We are supersetting these with rope crunches. Use a heavy weight and swing 15 reps. **6 total work sets.**

These sets are all RPE of 8 to 9.

Supersetted with

Abs

Rope crunch – Do 6 sets of 15 here. **6 total work sets.**

These sets are all RPE of 8.

Tuesday

Hamstrings – 1 exercise – 6 sets

Quads – 4 exercises – 20 sets

Calves – 1 exercise – 6 sets

6 exercises – 32 sets

Get ready for pain.

Hams

Seated leg curls – Do these all to failure today. We added 2 sets from last week and are doing more reps also. Do 6 sets of 10 once you are very warmed up where you can barely get the last rep with good form, on each set. **6 total work sets**

These sets are all RPE 10.

Goal – Activation and start pump

Squats

Squats – Ok on these I used a specialty bar called the EMAXX bar. The link is down below so you can it. I know you probably don't have one, but this is a great bar that puts zero pressure on my lower back. Ken Jackson, Fouad, and many of my other pro's do have this bar and use it often. These smash your quads. The goal here is to drop down with some speed, as the weights will come flying down and put maximum pressure on you at the bottom as they too gain speed, then you ram the bar back up hard. You feel these specifically in outer sweep, and it is rare to be able to feel a movement so pinpointed to that area. For you, you can use a regular bar, but try to some degree descend a LITTLE fast and come up hard. After warm ups, simply do 4 sets of 12. Leave 1-2 reps in the tank on each set. **6 total work sets**

https://www.youtube.com/watch?v=2DRoV2_Sj0

These sets are all RPE of 9.

Goal – Train explosively

Front squats – Now we slightly elevate your heels. I use a very thin board. Do 4 sets of 8 here leaving a rep in the tank on each set. Do 4 sets. **4 total work sets**

These sets are all RPE of 9.

Goal – Supramax Pump

Leg press – Do 10 deep reps here. You won't need more than 1-2 warm up sets. I go right to working weight on these which is 5 plates for me. Leave plenty of reps in the tank. We are driving a massive amount of blood in your quads now.

These sets are all RPE of 8.

Supersetted with

Sissy squats – Watch my form on these and how I stand up and lean back. Go to failure here no matter how many reps it is. For me it is 6 to 8. You will be shocked at how bad these hurt. If you don't have one of these units, you can hold a 10 or 25 lb plate on your chest and do the classical version that everybody used to do back in the old days! You could also do the hack squat where you get up on the balls of your feet, the Tom Plats style I call them.

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

These sets are all RPE 10.

Goal – Work muscle from stretched position

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

Calves

Standing toe raises – Do 6 sets of 15 here today. Get at least 10 with a full range of motion, and then as you need do partials to hit your target number of 15 on each set. **6 total work sets.**

These sets are all RPE of 10.

Wednesday

Back – 4 exercises – 16 sets
Chest – 2 exercises – 10 sets
Shoulders – 2 exercise – 8 sets
8 exercises – 34 sets

Crazy connection with back today. Every exercise literally felt perfect from the first warm up set.

Back

One arm supinated pulldown – Remember to lean back slightly, and drive your elbow down hard and contract your lower lats really hard at the bottom for 1 second on all reps. Do 4 sets of 10 here. Do these to failure with good form. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and start pump

One arm machine row – Ok let's crank on these again this week. Do 4 sets of 8 here. Stretch hard, and squeeze hard on all reps! Go to failure with good form. **4 total work sets.**

https://www.youtube.com/watch?v=VWit1P_e4yk

These sets are all RPE of 10.

Goal – Supramax pump

Meadows row – Let's wrap up our rows with some ball busting Meadows's rows. Do 4 sets of 8. Leave 1 rep in the tank on all sets. I don't want these to be sloppy today. **4 total work sets.**

These sets are all RPE of 9.

Goal – Supramax Pump

Rack pulls – We are doing these heavy and hard today. Find a weight that is a tough 5. I want you to do 4 sets of 5 with it. I want all the reps to be done with

perfect form even though it's ok. Remember that! Make sure you flex your lats hard throughout the sets. **4 total work sets.**

These sets are all RPE of 9.

Goal – Supramax pump

Chest

Machine press – Do 10 reps here. Use a full range of motion. Flex hard at the top. Get your pecs burning and pumped fast and then proceed to the machine fly.

Supersetted with

Machine flies – Do sets of 8 here. Go nice and slow. Stretch and really squeeze hard in the contracted position. The last rep should be failure.

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

These sets are all RPE of 9.

Goal – Supramax pump

Shoulders

Dumbbell side laterals – Do 4 sets of 12 here. Use a weight that is challenging, and it's ok if you have to cheat a little to get to 12. **4 total work sets.**

These sets are all RPE of 10-11

Goal – Supramax pump

Spidercrawls – Go up and down the wall 3 times for 1 set. Push your hands as far apart as possible. You should feel an insane amount of tension. Stand back also, don't get too close to wall. Do 4 rounds. **4 total work sets.**

<https://www.youtube.com/watch?v=LOd1ISnTCFg&index=22&list=PL2F8A4BD406176C34>

These sets are all RPE of 9-10.

Goal – Supramax pump

Thursday

Biceps – 3 exercises - 9 sets
Triceps – 3 exercises – 9 sets
Calves – 1 exercise – 6 sets
Abs – 1 exercise – 6 sets

8 exercises – 30 sets

Biceps

Barbell curls – Squeeze your bis as hard as you can on these. Do 3 sets of 8 once you are warmed up good. All these should be to failure with good form. **3 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

Pinwheel curls – Do 3 sets of 12 here. On the last set do a drop set, but only drop down one time. Do 12, and then drop and shoot for another 8. **3 total work sets.**

<https://www.youtube.com/watch?v=21eLS5ZNBxQ&index=31&list=PL04BB5F1BC0300483>

These sets are all RPE of 10-12

Goal – Supramax pump

EZ bar preacher curls – Got to do these! These are the best bicep builder IMO. Do 3 sets of 8 here. At the end of each set do a 7 second isohold at the midway point in the rep. **3 total work sets.**

These sets are all RPE of 10-12.

Goal – Supramax pump

Triceps

Single handle pushdowns – These are awesome. Do 3 sets of 12 here flexing hard at the bottom of each rep. Your last rep should be failure with good form on all sets. On the last set do a drop set. Drop the weight two times and shoot for an additional 6 reps on each drop. **3 total work sets.**

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

These sets are all RPE of 10-12

Goal – Supramax pump

Tate press – This will crush the lateral head of your tricep. Do 3 sets of 12 here. **3 total work sets.**

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

These sets are all RPE of 10.

Goal – Supramax pump

Seated overhead rope extensions – This is where you sit facing away from pulley stack with a back support, and extend arms overhead with a rope. Do 3 sets of 10 here. **3 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Calves

Standing calve raise – Do 10 full reps and then 10 partial reps out of the stretch position here. Do 6 sets like this! **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Abs

Leg raise – This is ones lying on the slightly declined bench holding a rope. Do 6 sets to failure here. **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

-

Friday

Hams – 2 exercises – 8 sets

Quads – 2 exercises – 8 sets

Abs – 2 exercises – 8 sets

6 exercises – 24 sets

Hams

Lying leg curls – Get warmed up as usual and then we are going to crank on some reps. I want 4 sets of 15. Use the same weight. The first set I want to be a hard 15. After that just try to get 15. I could not get all 15 with good form on my sets, but I tried! **4 total work sets**

These sets are all RPE 10.

Goal – Activation and start pump

Banded good mornings – Do 4 sets of 20 here. Flex your glutes at the top, and as you go down, push your hips back and stretch your hammies. **4 total work sets**

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

These sets are all RPE 8-9.

Goal – Supramax pump

Quads

Leg extensions – Do 4 sets of 25 here after 3-4 good warm up sets. I want these to hurt, and to hurt bad. 25 reps should set your quads on fire. Flex hard on every rep, but you don't have to hold the contracted position. Keep the weight moving. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Activation and start pump

Leg press – Use a close stance with feet in the middle of the platform. I want you to go deep and get a great full range of motion. You don't need to load the press to the max on these. I only used 5 plates on mine. Do 4 sets of 25 here too. Again, keep the weight moving, and use a good full range of motion. No cutting these short and doing half reps. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Supramax pump

Calves

Standing toe raises – Ok let's go back to some heavy calve work here today. After a few warm ups do 4 sets of 10. Go heavy and good a great stretch at the bottom. You don't have to get all the way upon your toes on all the reps. **4 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Seated toe raises – Do 4 sets of 10 here. Do these slow. Lower slow, stretch, and get up your toes and stretch. Use weight that allows this exact tempo. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Abs

Rope crunches – Do 4 sets to failure here. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Lat pulldown crunches – Do 4 sets to failure here. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Saturday

Back – 4 exercises – 16 sets
Chest – 2 exercises – 10 sets
Shoulders – 2 exercises – 8 sets

8 exercises – 34 sets

Back

Meadows row – Lets start off with a ball busting exercise. I used a landmine to do these. I linked a video below so you can see the form. Work up to a weight that is a tough 8, and do 4 sets of 8 with it. The last rep should be really hard, but not sloppy, maybe a tad loose in form. **4 total work sets.**

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

These sets are all RPE of 10.

Goal – Activate and pump

Kettlebell row – You can do these with dumbbells but the kettlebells allow for a great range of motion and contraction. Do 3 sets of 15 here, where 15 is really tough, and then do a drop set. On your 4th set do 15, then drop the weight and shoot for another 8. Squeeze really hard at the top ok. **4 total work sets.**

The first 3 sets are all RPE of 10. The 4th is 12.

Goal – Supramax pump

Dumbbell pullovers – We actually did kettlebells here again. You can use either. Do 4 sets of 12 here. Leave a rep or two in the tank on each set. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Work muscle from stretched position

Rack pulls – I want to do these pretty heavy here. Find a weight that is a pretty tough 5, but if you really bared down you could probably do another 2-3 reps with. On every rep, flex your back, everything, keep it extremely tight and do the reps slowly. Lower it slow and feel the tension in your lats, and then drive it up and pull your shoulder blades together to get traps and midback. Do 4 sets like this. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Chest

Decline dumbbell press – We did these on a slight decline this week and used a full range of motion, locking out and squeezing at the tip for a second on every rep. Do 3-4 warm ups and then do 4 sets of 8 here. Hopefully around 8 reps you fail with good form. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Supramax pump

Flat bench press – Do these pause style today. Rest the bar on your chest for 1 second and then drive up explosively. You should have 3-4 reps in the tank here when you finish, but I want you to only take 1-minute rest breaks and pound out 6 sets. This is actually alot of reps and will feel really god without beating up your rotator cuff. **6 total work sets**

These sets are all RPE of 9.

Goal – Train explosively

Incline flyes – Do 2 sets of 15 here. Use a pronated grip, not the normal grip most use on flyes. Stop when good form ends. I want that to be around 15 reps. **2 total work sets**

These sets are all RPE of 9-10.

Goal – Work muscle from stretched position

Shoulders

Dumbbell rear laterals – This is just the basic bend over and do rear delts exercise. Do 4 sets of 15 here. Try to use a weight that allows for you to really use a full range of motion for all 15 reps. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Seated dumbbell press – Sit in a seat that has a back support. Find a weight that is a tough 10, and do 4 sets of 10 with it. Take these to $\frac{3}{4}$ lockout, but try to flex your delts throughout the whole rep ok, don't just go through the motions. Make sure shoulders burn like fire. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Sunday

Off – Family Day

Donut day after church with the family!

Week 8

Ok now we are past the half way point. You will notice some changes in the split, with a separate arm and shoulder day, and quad day. Chest and back are still getting hit 3 times also. Now we have 6 really hard days and not just 5. It's another way of gradually scaling up intensity! Ok let's crush this last 6 weeks!!!

Monday

Back – 4 exercises – 14 sets
Shoulders – 1 exercises – 6 sets
Chest – 3 exercises – 11 sets
Triceps – 1 exercise – 6 sets
Abs – 1 exercise – 6 sets

10 exercises – 43 sets

Chest

Dumbell twist press – Do sets of 10 here working up until you get to a weight you can barely get 10 with. We call this 3 working sets. You have to take small jumps because you will not be able to go nearly as heavy as you do with a standard press. If you go too heavy, you will notice you can't twist the bells and squeeze as hard. This exercise is meant to invoke a nasty contraction and it will burn intensely when done right. **3 total work sets**

https://www.youtube.com/watch?v=a4LNK8W_9-g&list=PL2955620A11D03694&index=8

These sets are all RPE of 8 except 3th is 10.

Goal – Activation and start pump

Machine flye or cable crossover – I want to stay on your lower pecs here. Bring your hands together across the lower part of your pecs so you feel it there. Normally we use this as a stretch exercise but I am more interested in driving blood primarily in lower pecs here and getting an insane pump. I want all 4 sets to go to failure, and the reps to be around 8 here. **4 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

Dips – Ok now we will stretch out your pecs since they have a crazy pump going. Go very deep here, I use the assist machine personally. The reps should be around 8 here too, and maybe a rep or two in the tank. Feel the stretch and only come up 3/4 of the way. **4 total work sets**

These sets are all RPE of 9.

Goal – Work muscle from stretch position

Triceps

Pushdowns on the dip machine – Now we just stay on the assist machine and push the pad down and flex tris. Do 6 sets to failure. On these use a weight that allows for around 20 perfect reps. This is a big jump in reps from last week, and your triceps will be completely shot after this. **6 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

Back

Chins – If you are at the chin dip assist you can stay right there, now we are doing medium grip chins. I want your sets to be around 8 reps here. Do a set or two nice and easy to get warmed up. These should not quite be to failure. **4 total work sets.**

These sets are all RPE of 9.

Goal – Activation and start pump

Supinated pulldowns – You can do both arms at once or one at a time. I did both at once and I used the single handles to have more freedom of movement in my wrists. Tilt back a hair and just forcefully drive your elbows down and flex your lats hard, Do 4 sets of 10 here. **4 total work sets.**

These sets are all RPE of 9.

Goal – Supramax pump

Supported chest row – On these keep your elbows high and grip pronated. I want to focus on rhomboids, lower traps, and rear delts here. Do higher reps here, 4 sets of 12. Squeeze hard, and finish strong. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Hyperextensions – On these we are just doing a few high reps sets to pump blood in your spinal erectors. Don't go crazy as we have legs tomorrow! Do 2 x 20 with bodyweight only. **2 total work sets.**

These sets are all RPE of 7-8.

Goal – Supramax pump

Shoulders

Dumbbell side laterals – Use a moderate weight and do 10 perfect reps per set. Do 6 sets and try to stay very strict today on these. **6 total work sets.**

These sets are all RPE of 8 to 9.

Supersetted with

Abs

Rope crunch – Do 6 sets of 15 here. **6 total work sets.**

These sets are all RPE of 8.

Tuesday

I went back and did a workout that I documented 3 years ago, and made some minor tweaks to it. This was gut wrenching. Dry heave city.

Hamstrings – 2 exercises – 8 sets

Quads – 3 exercises – 9 sets

Calves – 1 exercise – 6 sets

6 exercises – 23 sets

Lying leg curls – Do 2-3 warm up sets of 12 then I want 4 really strong sets of 8. You don't have to do any partials or drop sets this week, just make sure every rep is perfect and you do the eccentric part slowly. Try to use a weight that at 8 reps it's hard to maintain good form, and then you stop, so 6-7 with perfect form, then 1-2 where it's tough to execute perfectly strict form. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activate and pump hams

Squat – Take plenty of warm up sets here. We are going to work our way up doing work sets of 6. We are doing these explosively ok, so don't use a weight that is so heavy you can't get good acceleration out of the bottom. If you have chains, or bands, see my note below. If not, not a big deal, I just thought I would add this in just in case it is an option for you! **4 total work sets.**

For example:

135 x 15 (warm up)

185 x 10 (warm up)

225 x 6

275 x 6

315 x 6

365 x 6 (weight starting to feel heavy and speed is compromised)

NOTE: If you have chains, I would like for you to add 3 on each side (1 for women) for all work sets. It would look like this for the person who did the above reps roughly.

135 x 15 (warm up) + 1 chain on each side

185 x 10 (warm up) + 2 chains on each side

225 x 6 + 3 chains on each side

245 x 6 + 3 chains on each side

265 x 6 + 3 chains on each side

275 x 6 + 3 chains on each side (weight starting to feel heavy and speed is compromised)

If you do not have chains, but have bands, use Reverse banding technique. Reps might look like this for the above person.

135 x 15 (warm up) - set up long orange EliteFTS Bands (light) prior to first set

185 x 10 (warm up)

225 x 6

315 x 6

365 x 6

405 x 6 (weight starting to feel heavy and speed is compromised)

These sets are all RPE of 7-9.

Goal – Train explosively

Leg press – Do 2-3 feeder sets to get to tough weight. Once there do 3 work sets of 25. Use constant tension, do not lockout. Place your feet where you are the strongest. **3 total work sets.**

For example:

4 plates a side x 5 (feeder set)

5 plates a side x 5 (feeder set)

6 plates a side x 25 for 3 sets

These sets are all RPE of 9.

Goal – Supramax pump

Lunge – Use wrist straps to hold onto a moderately heavy weight and walk until you drop alternating legs. Try to get at least 15 steps with each leg. Do this twice. If you aren't crushed you held back. **2 total works set.**

These sets are all RPE of 11.

Goal – Supramax pump

Stiff legged deadlifts w/ barbell - Use 25 lb plates to get a good stretch. Do these nice and slow on the eccentric phase. Do 4 sets of 8. Pyramid up taking small jumps. You might need 1-2 feeder sets of 5. **4 total work sets.**

1 25lb plate a side x 5 (feeder set)
2 25lb plates a side x 5 (feeder set)
3 25lb plates a side x 8
3 25lb plates a side x 8
3 25lb plates a side x 8
3 25lb plates a side x 8

These sets are all RPE of 7-9.

Goal – Work a pumped muscle from stretch position.

Calves

Standing toe raises – Do 6 sets of 15 here today. Get at least 10 with a full range of motion, and then as you need do partials to hit your target number of 15 on each set. **6 total work sets.**

These sets are all RPE of 10.

Wednesday

Back – 4 exercises – 16 sets
Chest – 3 exercises – 13 sets
Shoulders – 2 exercise – 8 sets

8 exercises – 37 sets

Back

Supinated pulldowns – I used the single handles on these. Really drive your elbows down hard and flex your lats. Do 4 sets of 10 here leaving maybe 1 rep in the tank assuming failure is when you can't keep perfect form. **4 total work sets.**

These sets are all RPE of 9.

Goal – Activation and start pump

Smith barbell rows – Set the stops up so you are pulling from midshin. Do all rest-pause reps here. Set the weight down and then fire the weight up hard by driving your elbows up and at the same time squeezing your entire back hard. Do 4 sets of 8. Go to failure with good form on all sets. **4 total work sets.**

These sets are all RPE of 10.

Goal – Train explosively

Dumbell row – I want you to really emphasize the stretch here. Let your arm hang and feel your lat pulling hard. Do 4 sets of 8 here also going to failure with good form on all sets. You should be really breathing hard and feeling it after doing these. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax Pump

Barbell shrugs – Do 4 sets of 12 with a 3 second pause at the top of every rep. Leave maybe 1 or 2 reps in the tank. Your traps are going to blow up after the first set. You'll see. **4 total work sets.**

These sets are all RPE of 9.

Goal – Supramax pump

Chest

Machine press – Do 8 reps here. Use a full range of motion. Flex hard at the top. Get your pecs burning and pumped fast and then proceed to the dips.

Supersetted with

Dips – Do sets of 8-10 here on the assist machine. Go nice and slow. Stretch really hard at the bottom and only come up $\frac{3}{4}$ of the way.

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

These sets are all RPE of 9.

Goal – Supramax pump

Bench press – Lower the weight slow, pause on your chest for 1 second and then drive to $\frac{3}{4}$ lockout and then come right back down. Do 3 sets of 8 here. You should be very close to failure on all sets. **4 total work sets.**

These sets are all RPE of 9-10

Goal – Train explosively

Shoulders

Dumbbell side laterals – Do 4 sets of 20 here. Go a little lighter than usual but keep a good pace. Let's fill your delts full of blood fast. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Spidercrawls – Go up and down the wall 3 times for 1 set. Push your hands as far apart as possible. You should feel an insane amount of tension. Stand back also, don't get too close to wall. Do 4 rounds. **4 total work sets.**

<https://www.youtube.com/watch?v=LOd1ISnTCFg&index=22&list=PL2F8A4BD406176C34>

These sets are all RPE of 9-10.

Goal – Supramax pump

Thursday

Biceps – 3 exercises - 12 sets

Triceps – 3 exercises – 12 sets

Calves – 1 exercise – 6 sets

Abs – 1 exercise – 6 sets

8 exercises – 36 sets

Biceps

Superset #1

I brought out the old Grip4orce grips today. You can use those, or just some sponges if you don't have any, or just do them normal!

Barbell curls w/ Grip4orce – Do the bottom half only on these. Bring the barbell up to 90 degrees only. Do 10 reps.

Superset with

Seated barbell curls – On these, work the top half of the movement and do not use the Grip4orce attachment. On these do 8 reps. Squeeze hard at the top.

Do 4 rounds. This is **8 total work sets**.

Superset #2

Hammer curls – Do 8 reps on these. Do not use the Grip4orce this time.

Superset with

Rope pushdowns w/ Grip4orce attachments – Do a few sets to get warmed up first. Do 10 hard reps with a flex at the bottom of every rep like last week.

Do 4 rounds. This is **8 total work sets**.

Superset #3

Dumbbell lying extensions – Do sets of 12 reps.

NOTE: I actually kettlebells for these. They work awesome.

Superset with

Bench dips – Use a 3 second negative on these. It will be really hard to do more than 6 to 8 reps on these, especially after following the extensions.

Do 4 rounds.

Calves

Standing calf raise – Do 10 full reps and then 10 partial reps out of the stretch position here. Do 6 sets like this! **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Abs

Leg raise – This is ones lying on the slightly declined bench holding a rope. Do 6 sets to failure here. **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

-

Friday

Hams – 2 exercises – 8 sets

Quads – 2 exercises – 8 sets

Abs – 2 exercises – 8 sets

6 exercises – 24 sets

Hams

Seated leg curls – Get warmed up as usual and then we are going to crank on some ultra-high reps. I want 4 sets of 25. Use the same weight. The goal here is I want your hamstrings to be so pumped you can't even pick your heel off the ground when you stand up. Use a weight that allows you to get all your reps! **4 total work sets**

These sets are all RPE 8-9.

Goal – Activation and start pump

Banded hyperextensions – I use one long red pro miniband here. Use your glutes and hamstrings to pull yourself up. Try not to flex your lower back. DO 4 slow sets of 10 with a 1 second glute squeeze at the top. **4 total work sets**

These sets are all RPE 8-9.

Goal – Supramax pump

Quads

Leg extensions – Do 2-3 very high rep sets to move the blood around into your quads and then we are going to go semi heavy on these today. Use a weight that you can barely get 8 reps with. I want all reps to have a 2 second hard flex at the to. Do 4 sets. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Activation and start pump

Lunge – Use fairly heavy dumbbells on these too. Use wrist straps to help hold the dumbbells. I want you to do these very slowly so you can maintain perfect form. I am looking for 8 steps on each leg per set. Do 4 sets. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Supramax pump

Calves

Standing toe raises – After a few warm ups do 4 sets of 15. Go heavy and good a great stretch at the bottom. You don't have to get all the way upon your toes on all the reps. **4 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Seated toe raises – Do 4 sets of 10 here. Do these slow. Lower slow, stretch, and get up your toes and stretch. Use weight that allows this exact tempo. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Abs

Rope crunches – Do 4 sets to failure here. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Lat pulldown crunches – Do 4 sets to failure here. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Saturday

Back – 4 exercises – 16 sets
Chest – 3 exercises – 12 sets
Shoulders – 2 exercises – 4 sets

9 exercises – 32 sets

Back

One arm barbell row – Let's grind! Work up to a weight that is a tough 8, and do 4 sets of 8 with it. The last rep should be really hard, but not sloppy, maybe a tad loose in form. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activate and pump

One arm supinated pulldown – We usually do these early in the workout but I wanted to mix it up a little. Do 4 sets of 10 here. Go to failure with good form on all sets. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Dumbbell pullovers – Do 4 sets of 12 here. Leave a rep or two in the tank on each set. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Work muscle from stretched position

Hyperextensions – I want you to only do your bodyweight for high reps here. Shoot for 30 reps a set ok! This is going to make your lower back so pumped you will need to rest a bit before moving onto chest. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Chest

Flat dumbbell press – We did these on a flat bench this week and used a full range of motion, locking out and squeezing at the tip for a second on every rep. Do 3-4 warm ups and then do 4 sets of 8 here. Hopefully around 8 reps you fail with good form. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Activate and pump

Machine fly – Do 4 sets of 8 here. Do these slow and flex as hard as you can in the contracted position on each rep. **4 total work sets**

These sets are all RPE of 9.

Goal – Work muscle from a stretched position

Incline barbell press – Do not attempt to do these heavy. You are fatigued anyway so you will have to use lighter weight. I simply want 4 sets of 6, here but stay at a good pace. Don't rush, but don't sit around too long either. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Supramax pump

Shoulders

Dumbbell rear laterals – This is just the basic bend over and do rear delts exercise. Do 2 sets of 25 here. Try to use a weight that allows for you to really use a full range of motion for all 25 reps. **2 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Seated dumbbell side lateral – Do 2 sets of 25 here too. **2 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Sunday

Off – Family Day

Donut day after church with the family!

Week 9

Ok I have been experimenting a lot, and I believe that now is the time to ease up on all the pec and shoulder banging. We now go back to 2 days of chest and shoulders which is still a fair amount, but we do the traditional ball busting Mountain Dog style. This will feel so good after holding back so many sessions. Now you can unleash for the last 4 weeks of the program!

Monday

Chest – 4 exercises – 12 sets
Triceps – 1 exercise -6 sets
Back – 1 exercises – 4 sets
Shoulders – 2 exercises – 8 sets
Abs – 1 exercise – 4 sets

9 exercises – 34 sets

I did this workout with IFBB Pro Ken Jackson while he was in town visiting.

Chest

Incline dumbbell press – Use a slight angle on these. Work up and keep doing sets of 8 until you can barely get 8. We'll count the last 3 sets as working sets. On your very last set, get 8 or close to it, and then drop the weight and shoot for 8 more. Get a great stretch and drive to $\frac{3}{4}$ lockout, and then come right back down. **3 total work sets**

These sets are all RPE of 8 except 3th is 10-12(on the last set).

Goal – Activation and start pump

Incline bench press – Use a slight angle on these too. Let's keep smashing upper pecs. Mondays will be more upper pec emphasis and Friday will be lower pec fyi. On these get 3 good solid heavy sets of 8 in. Don't touch your chest on these, stop about 1-2 inches shy and then drive up hard to $\frac{3}{4}$ lockout and come right back down. Keep going up until you can barely get 6. **3 total work sets**

These sets are all RPE of 9-10.

Goal – Train explosively

Dips – Ok now we will stretch out your pecs since they have a crazy pump going. Go very deep here, I use the assist machine personally. The reps should be around 8 here too, and maybe a rep or two in the tank. Feel the stretch and only come up 3/4 of the way. **4 total work sets**

These sets are all RPE of 9.

Goal – Work muscle from stretch position

Incline dumbbell fly/press – Use a slight incline here. Do 15 nice full reps where around 15 you have trouble keeping perfect form, and then do 10 SLOW partials out of the bottom only coming up about ¼ of the way. **2 total work sets**

<https://www.youtube.com/watch?v=u7qKtYIgsUY>

These sets are all RPE of 12.

Goal – Work muscle from stretch position

Triceps

Rope pushdowns – Let's immediately jack your tris full of blood. Do 6 sets of 10 with only 30 second rest breaks. Shoot for 10, and if you can't get full reps it's ok to get partials. I had to use partials the last 3 sets. **6 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

Back

Close grip pulldowns – Do 1-2 warm up sets and then do 4 sets of 12 here flexing your lats as hard as you can and on the last 2 sets make sure you get a crazy stretch at the top. Get a few sets in before stretching this hard though. **4 total work sets.**

These sets are all RPE of 9.

Goal – Activation pump

Shoulders

Now we hit front delts to compliment chest. We will be doing side and rear delts later in the week.

Dumbbell front raises laterals – Do 4 sets of 10 here with perfect form. **4 total work sets.**

These sets are all RPE of 8 to 9.

Goal – Supramax pump

Smith military press – Use a seat with a back to support your back. Do 4 sets of 6 very slow. Lower the weight with a 4 second count and then drive to $\frac{3}{4}$ lockout and come right back down. The 6th rep should be really hard here. **4 total work sets.**

These sets are all RPE of 9 to 10.

Goal – Supramax pump

Abs

Leg raises – These are the ones I do on a decline bench head facing the other way. Do 4 sets of 15-20 here. **4 total work sets.**

These sets are all RPE of 8-10.

Tuesday

I did this workout with IFBB Pro Ken Jackson while he was in town visiting also.

Hamstrings – 2 exercises – 8 sets

Quads – 3 exercises – 12 sets

Calves – 1 exercise – 6 sets

6 exercises – 26 sets

Lying leg curls – Do 2-3 warm up sets of 12 then I want 4 really strong sets of 8 like we did last week, but this week I want your partner to push down on the footpad during the negative to load the eccentric part of the exercise. This is to be done on all sets. This demolishes hamstring fibers in a little different way. I linked a video below so you can see the technique. **4 total work sets.**

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

These sets are all RPE of 12.

Goal – Activate and pump hams

Pause squats – Take plenty of warm up sets here. We are going to do sets of 8. When you get to the bottom pause for 2 seconds. I wouldn't do these ROCK BOTTOM. You don't want to put pressure on your knees like that. Keep these about parallel where the pause feels right. Find a weight that is a very tough 8 and do 4 sets of 8 with it. Make sure you are in a squat rack with safety pins in case you fail. Sometimes pauses can sneak up on you. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Train explosively

Leg press – Do 2-3 feeder sets to get to tough weight. Once there I want you to use a high and wide stance and do 3 sets of 10 using a 3 second eccentric. The 10th rep should be very hard. Once you do that, add some more weight and move your feet in closer and in the middle of the plate where you are stronger and now do another 3 sets of 10. So this is 6 sets total. **6 total work sets.**

These sets are all RPE of 9.

Goal – Supramax pump

Leg extensions – Do 2 sets of 30 here. Try not to stop one time. This will hurt so bad, it'll feel like your quads are tearing. **2 total works set.**

These sets are all RPE of 10.

Goal – Supramax pump

Stiff legged deadlifts w/ barbell - Do these as you did last week, just bump the reps up some. Use 25 lb plates on the bar to get a good stretch. Do these nice and slow on the eccentric phase. Do 4 sets of 10. Pyramid up taking small jumps. You might need 1-2 feeder sets of 5. **4 total work sets.**

These sets are all RPE of 9.

Goal – Work a pumped muscle from stretch position.

Calves

Standing toe raises – Do 6 sets of 15 here today. Get at least 10 with a full range of motion, and then as you need do partials to hit your target number of 15 on each set. **6 total work sets.**

These sets are all RPE of 10.

Wednesday

Back – 5 exercises – 20 sets

Shoulders – 2 exercise – 8 sets

Abs – 1 exercise – 4 sets

8 exercises – 32 sets

Back

Supinated pulldowns – I used the single handles on these. Really drive your elbows down hard and flex your lats. Do 4 sets of 10 here leaving maybe 1 rep in the tank assuming failure is when you can't keep perfect form. **4 total work sets.**

These sets are all RPE of 9.

Goal – Activation and start pump

Rack pulls – Yep, you read that right. We are doing these again. Lock in your lats ok, we are doing these for lower lats predominantly, and of course some spinal erector action. Do 5 sets of 8 here. Use a weight that allows you to stay flexed the whole time. If it gets too heavy, you'll notice you can't keep everything tight and it becomes a move the weight from point A to point B exercise. Your lats should actually be very pumped after these. **5 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Dumbbell pullover – Try these on a decline bench, that is how I did them today. Do 4 sets of 12. Go slow and stretch out big time at the bottom. **4 total work sets.**

These sets are all RPE of 9.

Goal – Supramax Pump

Chest supported row – Use a rowing apparatus that allows you to row with your chest against a pad. I prefer you use a pronated grip to hit your rhomboids and lower traps hard. Flex every rep hard. Do 4 sets of 8 here. **4 total work sets.**

These sets are all RPE of 9.

Goal – Supramax pump

Hyperextensions – Just do 3 sets of 20 here using only your bodyweight to get some blood in your spinal erectors and to keep them nice and healthy. **3 total work sets.**

These sets are all RPE of 7-8.

Goal – Supramax pump

Shoulders

The focus today is on rear and side delts as we hit front delts very hard on Monday.

Dumbbell side laterals – Do 4 sets of 12 here. Use perfect form and take these to failure with good form. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Rear delt flyes (reverse pec dec) – Do 4 sets of 20 here flexing every rep for 1 second in the contracted position. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Abs

I am digging doing so many of these as I notice my lower abs sucking in better and better the more of these I do.

Leg raises – These are the ones I do on a decline bench head facing the other way. Do 4 sets of 15-20 here. **4 total work sets.**

These sets are all RPE of 8-10.

Thursday

Biceps – 3 exercises - 12 sets
Triceps – 3 exercises – 12 sets
Calves – 1 exercise – 6 sets
Abs – 1 exercise – 6 sets

8 exercises – 36 sets

Biceps

Superset #1

Let's do the Grip4orce grips again today if you have them, if not, no worries!

Barbell curls w/ Grip4orce – Do 12 full reps here.

Superset with

Hammer curls – DO NOT use the Grip4orce on these, just stand up and do 8 perfect reps.

These sets are all RPE of 9-10.

Do 4 rounds. This is **8 total work sets**.

Superset #2

Hammer curl variation – I guess you would call these Spider Hammer curls? Anyways, do 8 perfect reps here squeezing hard without the Grips.

<https://www.youtube.com/watch?v=xf5hbF4Ro8o&index=33&list=PL04BB5F1BC0300483>

Superset with

Rope pushdowns w/ Grip4orce attachments – Do a few sets to get warmed up first. Do 10 hard reps with a flex at the bottom of every rep like last week.

These sets are all RPE of 9-10.

Do 4 rounds. This is **8 total work sets**.

Superset #3

Seated dip machine – Do sets of 10 reps and on the negative use a 4 second count. This slow tempo will set your triceps on fire.

Superset with

Close grip pushups – Nothing fancy here, just get on the floor and do close grip pushups. When I say close grip I mean about shoulder width apart. The main thing is to tuck your elbows in to put the brunt of the action on the triceps and not the pecs. Go to failure here. It won't be as many reps as you think!

These sets are all RPE of 9-10.

Do 4 rounds. This is **8 total work sets**.

Calves

Seated calf raise – Do 10 full reps and then 10 partial reps out of the stretch position here. Do 6 sets like this! **6 total work sets**.

These sets are all RPE of 10.

Goal – Activation and pump

Abs

Leg raise – This is ones lying on the slightly declined bench holding a rope. Do 6 sets to failure here. **6 total work sets**.

These sets are all RPE of 10.

Goal – Activation and pump

-

Friday

Chest – 3 exercises – 11 sets

Shoulders – 2 exercises – 8 sets (front and side)

Abs – 1 exercise – 6 sets

6 exercises – 25 sets

Chest

We did more upper pec work Monday so today we will do more flat and decline work. I do think this is key in keeping shoulders healthy. Doing the same heavy movements to close together beats up your shoulders and rotator cuff if you are not careful.

Machine press – Do your standard pyramid here, going up in weight until you hit failure with 8 reps. One you get to this last set, and hit failure, tack on 15 partials out of the bottom. PUSH HARD! Take all these reps to $\frac{3}{4}$ lockout as your triceps may be a bit tired from yesterday, so don't make them fail too soon. We will count the last 3 sets as work sets. **3 total work sets**

These sets are all RPE 8-10.

Goal – Activation and start pump

Flat bench press – I want you to put a weight on here you can do for 10 reps and do 4 sets of 10 with it. Take these to $\frac{3}{4}$ lockout. I want to drive a ton of blood in your pecs. Use a medium grip and drop your elbows down so your pecs get elongated and stretch, as opposed to going wide and using a short range of motion. You should have $\frac{1}{2}$ reps in the tank on all sets. **3 total work sets**

These sets are all RPE 8-9.

Goal – Supramax pump

Decline dumbbell press – Just use a very slight decline here. I do want you to take these to lockout and squeeze hard for 1 second on all reps. You will feel an awesome pec contraction. Do 3 sets of 10, and then on your 3rd set, do a drop set. Do your 10, then drop the weight and do 6 more, then drop the weight and do 6 more! **4 total work sets**

These sets are all RPE of 9-10.

Goal – Supramax pump

Shoulders

Machine rear delt fly – Do 4 sets of 15 here, and on each set, once you hit failure (which should be around 15) tack on 10 partials. Just move the weight 3 or 4 inches out of the bottom and keep tension rear delts. Do all 4 sets like this. **4 total work sets**

These sets are all RPE 12.

Goal – Supramax pump

Seated side laterals– Just do 4 sets of 6 here, but on each rep hold it at the top for a 5 second count flexing your delts as best you can. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Supramax pump

Abs

Rope crunches – Do 6 sets to failure here. **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Saturday

Back – 5 exercises – 18 sets

Calves – 1 exercise – 6 sets

Abs – 1 exercise – 4 sets

7 exercises – 28 sets

Back

Meadows row – Work your way up slowly on these. Get to a weight that is a tough 10 and do 4 sets of 10 here. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Activate and pump

Supinated pulldown – I used a Hammer machine on these, but you can use any attachment you want (I really like single handles) as long as you can supinate properly and really drive elbow down squeezing lats. You can do one arm at a time or both also, do whichever feels best for you. Do 4 sets of 10. Go to failure with good form. **4 total work sets.**

<https://www.youtube.com/watch?v=NVVODGCd5xE&list=PLA808445EA052D63A&index=83>

These sets are all RPE of 10.

Goal – Supramax pump

Dumbbell pullovers – Do 4 sets of 12 here. Leave a rep or two in the tank on each set. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Work muscle from stretched position

Barbell good mornings – I just wanted a lower back change of pace on these today. Don't turn this into an insanely heavy exercise. Just use perfect form and do 4 sets of 8. You will hit your hams and glutes hard on this also, so it's just bonus work! **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Chins – Do 2 sets here. Do your first set with a wide grip and go to failure. On your next set use a closer neutral grip and go to failure. Use an assist machine so you can keep perfect form. **2 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Calves

Standing toe raises – After a few warm ups do 6 sets of 15. Go heavy and good a great stretch at the bottom. You don't have to get all the way upon your toes on all the reps. **6 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Abs

Decline leg raises – Do 4 sets to failure here. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

-

Sunday

Off - Family Day

Donut day after church with the family!

Week 10

Monday

Chest – 4 exercises – 15 sets
Triceps – 1 exercise -6 sets
Shoulders – 2 exercises – 8 sets
Abs – 1 exercise – 4 sets

8 exercises – 28 sets

Chest

Incline hammer press – I would like for you to do these with bands if you can. You can use any machine that allows for an incline angle. I use the red long pro mini bands for these. Drive these to lockout and squeeze hard for 1 second. Keep the reps low on these, as the bands will make these contractions very intense. Do 5 sets of 5 where you can barely lock out the last rep. **5 total work sets**

These sets are all RPE of 10.

Goal – Activation and start pump

Incline bench press – Use a slight angle on these too. On these get 4 good solid heavy sets of 8 in. Don't touch your chest on these, stop about 1-2 inches shy and then drive up hard to $\frac{3}{4}$ lockout and come right back down. Keep going up until you can barely get 8. The last rep should be hard, but smooth and not sloppy in the slightest. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Train explosively

Flat dumbbell press – Just flat out nail 4 sets of 8 here. Drive these to $\frac{3}{4}$ lockout but really focus on keeping flexed even on way down. Generate as much tension as you can. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Supramax Pump

Machine fly – Do 2 sets of 12 here. Do 12 full reps and then do 10 slow partials out of the bottom. On the last set also throw in a 7 second isohold in midrange position after completing partials. **2 total work sets**

These sets are all RPE of 12.

Goal – Work muscle from stretch position

Triceps

Single handle pushdowns – Do 6 sets of 10 with only 30 second rest breaks. Shoot for 10, and if you can't get full reps it's ok to get partials. **6 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

Shoulders

Now we hit front delts to compliment chest. We will be doing side and rear delts later in the week.

Dumbell front raises laterals – Do 4 sets of 10 here with perfect form. **4 total work sets.**

These sets are all RPE of 8 to 9.

Goal – Supramax pump

Seated dumbell press – Do these nice and controlled. Take to lockout and squeeze delts on every rep. Do 4 sets of 8 here. **4 total work sets.**

These sets are all RPE of 9 to 10.

Goal – Supramax pump

Abs

Leg raises – These are the ones I do on a decline bench head facing the other way. Do 4 sets of 15-20 here. **4 total work sets.**

These sets are all RPE of 8-10.

Tuesday

Hamstrings – 2 exercises – 6 sets

Quads – 3 exercises – 9 sets

Calves – 1 exercise – 6 sets

6 exercises – 21 sets

Legs – 15 sets

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. Fill those hams full of 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 (toes pointed out slightly) 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. This was one of my favorite sequences on the leg press in prepping for the Arnold Classic earlier this year. **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 front squats – Use a weight you can get a tough 10 with. Do 3 sets of 10 once you do a feeder set to “grease the groove” for the movement. **3 total work sets.**

The RPE on all these sets is 9-10.

Goal – Supramax pump

Smith machine lunges – Do 12 reps per side. Don’t rush to do the other leg once you complete one. Catch your breath so you don’t lose reps. Do 3 rounds. **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

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

Calves

Standing toe raises – Do 6 sets of 15 here today. Get at least 10 with a full range of motion, and then as you need do partials to hit your target number of 15 on each set. **6 total work sets.**

These sets are all RPE of 10.

Wednesday

Back – 5 exercises – 19 sets

Shoulders – 2 exercise – 8 sets

Abs – 1 exercise – 4 sets

8 exercises – 31 sets

Back

Dumbell rows – These are just standard dumbell row. Work up to a weight that is a tough 8, and stick with it. You should have a rep or two in the tank after each set (assuming good form). On your 4th set you are going to do a drop set. Do 8, then drop the weight and do 8 more, then drop the weight and do 8 more! **4 total work sets.**

These sets are all RPE of 9-12

Goal – Activation and start pump

Close grip pulldown – Yok now that you have some blood in your lats, let's do these with a crazy stretch. Let your arms straighten and then have your partner pushdown gently on the weight stack on all reps of all sets! He is only applying pressure for that 1-2 second in the stretch, that is all. Do 4 sets of 8 like this. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Dumbbell pullover – Try these on a decline bench like we did last week if you liked those. If not, you can go back to flat. If you are lucky enough to have a pullover machine use that! Do 4 sets of 12. Go slow and stretch out big time at the bottom. **4 total work sets.**

These sets are all RPE of 9.

Goal – Work muscle from a stretched position

Chest supported row – Use a rowing apparatus that allows you to row with your chest against a pad. I prefer you use a pronated grip to hit your rhomboids and lower traps hard. Flex every rep hard. Do 4 sets of 8 here. **4 total work sets.**

These sets are all RPE of 9.

Goal – Supramax pump

Banded hyperextensions – Use a set of bands and hold the contraction at the top of 1 second on all reps. Do 3 sets of 15 here. **3 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Shoulders

The focus today is on rear and side delts as we hit front delts very hard on Monday.

Cable side laterals – Do 4 sets of 12 here. Use perfect form and take these to failure with good form. Stand away from the machine so that your arm is crossing your body and you are getting extra range of motion. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Rear delt flyes (reverse pec dec) – Do 4 sets of 20 here but just keep the weight moving. Don't worry about crazy hard contractions. The constant tension will be enough to set your delts on fire. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Abs

Leg raises – These are the ones I do on a decline bench head facing the other way. Do 4 sets of 15-20 here. **4 total work sets.**

These sets are all RPE of 8-10.

Thursday

Biceps – 3 exercises - 10 sets

Triceps – 3 exercises – 11 sets

Calves – 1 exercise – 6 sets

Abs – 1 exercise – 6 sets

8 exercises – 33 sets

Biceps

Standing dumbbell curls - Do 2-3 warm up sets of 15 and then 3 sets of 8. Do these with a 3 second count lowering it. Keep your palms up the entire time. **3 total work sets.**

These sets are all RPE of 9-10.

Barbell curls - This was a fun technique I used a lot in my early programs. Do 3 sets of 8 with perfect controlled form. On your 4th set, do 8 again, but extend the set. Here is how you do the fourth set. Do 8 and then set the weight down, count to 20, and do 4 more. Set the weight down and count to 10, and then do 3-4 more. **4 total work sets.**

These sets are all RPE of 10-12.

Hammer curls - I want you to do 8 full range of motion reps, then grind out another 8 partials out of the bottom. These 3 sets should light your arms up pretty good. **3 total work sets.**

-

Triceps

Rope pushdowns - After a couple of warm up sets do sets of 10. Flex each rep at the bottom for 1 second.

supersets with

Pronated dumbbell kickbacks - Do sets of 6 - try this for your inner/long head - turn your hands so that your palms are facing up toward ceiling when you get to the contracted part of the movement. Your triceps will feel like it's cramping it contracts so hard. Normally kickbacks are useless, but I find this variation to be really good at hitting the medial head of your triceps.

These sets are all RPE of 10-12.

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

Decline EZ bar lying extension - Let's finish with 3 straight sets of 15 here. **3 total work sets.**

These sets are all RPE of 10-12.

Calves

Standing calve raise – Do 10 full reps and then 10 partial reps out of the stretch position here. Do 6 sets like this! **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Abs

Leg raise – This is ones lying on the slightly declined bench holding a rope. Do 6 sets to failure here. **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

-

Friday

Chest – 3 exercises – 10 sets

Shoulders – 2 exercises – 8 sets

Abs – 1 exercise – 6 sets

6 exercises – 24 sets

Chest

Decline dumbbell press – Use a slight decline on these. Larger decline angles are very hard on your rotator cuff. Do your standard pyramid here, going up in

weight until you hit failure with 8 reps. Once you get to this last set, I want you to do a drop set. Drop the weight and do another 6, and then repeat one more time for another 6 reps. We will count the last 3 sets as work sets. **3 total work sets**

These sets are all RPE 8-12.

Goal – Activation and start pump

Machine flye – You can use a cable crossover here as well. I want you to try to pull across your body at an angle that puts the most stress on lower and outer pecs, so across lower pecs when you bring hands across. Do 3 sets of 10 keeping massive tension on the pecs through the whole movement. **3 total work sets**

These sets are all RPE 9-10.

Goal – Supramax pump

Dips – I want you to do these with your hands close together if you can use a dip station. So instead of wide grip dips, keep hands in close. This actually feels great on lower pecs and is easy on shoulders. Do 4 sets of 10 here. Do these reps nice and slow squeezing throughout. Generate tension! **4 total work sets**

These sets are all RPE of 9-10.

Goal – Supramax pump

Shoulders

Spidercrawls – Use a short red mini band. Go up and down the wall 3 times. That is 1 set. Stand back, and try to keep arms close to locked. Do 4 rounds. This will produce crazy intense pain. **4 total work sets**

<https://www.youtube.com/watch?v=LOd1ISnTCFg&index=22&list=PL2F8A4BD406176C34>

These sets are all RPE 10.

Goal – Supramax pump

Standing side laterals– Do 4 sets of 12 here. I want you to use a weight that allows for 8 to 10, and then cheat a few extra reps on every set! **4 total work sets**

These sets are all RPE of 11.

Goal – Supramax pump

Abs

Rope crunches – Do 6 sets to failure here. **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Saturday

Back – 5 exercises – 20 sets

Calves – 1 exercise – 6 sets

Abs – 1 exercise – 4 sets

7 exercises – 30 sets

Back

Dumbbell row – Just good old fashioned grinder sets here on dumbbell rows. Do sets of 8. Go as heavy as you can with good form, and you can cheat just a tad on your last rep or two. Do 4 hard work sets once you find the right weight. **4 total work sets.**

These sets are all RPE of 11.

Goal – Activate and pump

Supinated pulldown – We are doing these second in the rotation again, but let's tighten up form now and do slower reps with intense squeezing in the contracted position. I want impeccable form for 4 sets of 10 here. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Dumbbell pullovers – Do 4 sets of 12 here. Leave a rep or two in the tank on each set. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Work muscle from stretched position

Rack pulls – I want 4 sets of 6 here. Squeeze your entire back, lock it in, and then start the set. Keep your back like this through the entire set. If you lose this tightness, then you are going to heavy. Lower the bar slowly and with control on every rep. Do these rest/pause style, DO NOT bounce them off the pins. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Barbell shrugs – You may be able to use the same weight you just did on your rack pulls here. Do these strict also. Do 4 sets of 8 with a 2 second pause at the top on each rep. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Calves

Standing toe raises – After a few warm ups do 6 sets of 15. Go heavy and good a great stretch at the bottom. You don't have to get all the way upon your toes on all the reps. **6 total work sets.**

These sets are all RPE of 10.

Goal – Stretch and pump

Abs

Decline leg raises – Do 4 sets to failure here. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

-

Sunday

Off – Family Day

Donut day after church with the family! I had some extra donuts today ☐

Week 11

Monday

Chest – 4 exercises – 13 sets
Triceps – 1 exercise -6 sets
Shoulders – 3 exercises – 12 sets
Abs – 1 exercise – 4 sets

9 exercises – 35 sets

Chest

Incline dumbbell press – Use a slight incline angle. Work up to a heavy weight on these! Take these to $\frac{3}{4}$ lockout and keep going up doing sets of 8 until you fail at 7 or 8. We will call this 3 work sets. Don't take too big of jumps in weight or you'll miss out on some volume. **3 total work sets**

These sets are RPE of 7-10.

Goal – Activation and start pump

Incline bench press – We are going even heavier this week on these but do not compromise form. I want a good solid 3 sets of 6 with a weight that is a tough 6th rep without getting sloppy. **3 total work sets**

These sets are all RPE of 9-10.

Goal – Train explosively

Front dumbbell chest fly – These feel outstanding. Do 4 sets of 10 here. Don't go heavy on these unless you want to rip your shoulders out of socket. Keep your chest flexed the whole time and squeeze very hard at the top! **4 total work sets**

<https://www.youtube.com/watch?v=cIBAw5BiDaY>

These sets are all RPE of 8-9.

Goal – Supramax Pump

Dips – Do 3 sets to failure here only doing the bottom half of the movement to really stretch pecs out. **3 total work sets**

These sets are all RPE of 10.

Goal – Work muscle from stretch position

Triceps

Single handle pushdowns w/ reverse grip – Do 6 sets of 10 with only 45 second rest breaks. Shoot for 10, and if you can't get full reps it's ok to get partials. **6 total work sets**

These sets are all RPE of 10.

Goal – Supramax pump

Shoulders

Dumbbell front raises laterals – I actually did these leaning face forward onto an incline bench today just to make them ultra-strict. Do 4 sets of 10. **4 total work sets.**

These sets are all RPE of 8 to 9.

Goal – Supramax pump

Seated side laterals – Do these nice and controlled. Take to lockout and squeeze delts on every rep. Do sets of 8 here.

These sets are all RPE of 8 to 9.

Supersetted with

Banded face pulls – Do sets of 15 here. Do these very slow and flex rear delts. Check out the old video below!

<https://www.youtube.com/watch?v=uQzpzidq-3U&index=6&list=PL2F8A4BD406176C34>

These sets are all RPE of 8 to 9

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

Goal – Supramax pump

Abs

Leg raises – These are the ones I do on a decline bench head facing the other way. Do 4 sets of 15-20 here. **4 total work sets**.

These sets are all RPE of 8-10.

Tuesday

Hamstrings – 2 exercises – 8 sets

Quads – 3 exercises – 9 sets

Calves – 1 exercise – 6 sets

6 exercises – 23 sets

Legs – 15 sets

Seated leg curls – Do a good 3 to 4 sets to warm up, and then do 4 sets of 10 reps. The 10th rep should be very hard. After the 10th rep do an isohold for 20 seconds before stopping the set. **4 total work sets**.

The RPE on all these work sets is 12.

Goal – Activate and pump

I thought I would mix it up today and get these done while hams had max pump, and especially since we are not squatting if lower back should happen to fatigue.

Stiff legged deadlifts – Do these with a barbell. Use a rack like you are doing rack pulls. I want you to keep the bar in right against your quads and really push hips back as you descend to hit glutes and hams. Go down to the rack pins (just below midshin) pause it in rack, and then come up just short of lockout and then go right back down. Do 4 sets of 8 here leaving about 1 rep in the tank on each set. **4 total work sets.**

The RPE on all these sets is 9.

Goal – Work muscle from a stretched position

Leg press – We actually did these banded today. Honestly, I haven't done a banded leg press in at least a year or two. Do sets of 10 with a 3 second eccentric working your way up until you can barely hit 10. Use whatever stance you are most powerful in. We will count this as 3 work sets. **3 total work sets.**

The RPE will increase as you go up 7-10.

Goal – Supramax pump

Hack squats – Do 3 sets of 25 here. This sucks, it hurts, do it. **3 total work sets.**

The RPE on all these sets is 9-10.

Goal – Supramax pump

Leg extensions – Your quads are almost shot now, but try to do these heavy. Do 3 sets of 6 with a 3 second hold and flex on each rep of all 3 sets! **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

Calves

Standing toe raises – Do 6 sets of 15 here today. Get at least 10 with a full range of motion, and then as you need do partials to hit your target number of 15 on each set. **6 total work sets.**

These sets are all RPE of 10.

Wednesday

Back – 5 exercises – 18 sets

Shoulders – 2 exercise – 7 sets

Abs – 1 exercise – 4 sets

8 exercises – 29 sets

Back

One arm supinated rows – These will get your back workout off to a great start. What I want you to do, is on the negative do it really slow and keep your lower lat tight the entire time. Now this week, don't come up all the way, stop just short and come back down. The name of the game here is tension. Squeeze as much blood in there as you can! Go to failure with good form on all 4 sets. Do sets of 9 reps. My lats were extremely pumped after these. **4 total work sets.**

These sets are all RPE of 10

Goal – Activation and start pump

One arm barbell row – Now with your lats pumped, we keep grinding. Do sets of 7 here with perfect form. The 7th rep should be very difficult to maintain good form. On these use smaller plates so you can get a better stretch to. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Dumbbell pullover – Ok let's rest the arms up a bit and do 4 sets of 10 here. I used a kettlebell on these. **4 total work sets.**

These sets are all RPE of 9.

Goal – Work muscle from a stretched position

Chest supported row – We did this last week but this week bumps your reps up to 15 and really try to get your elbows as high as you can. This absolutely crushed my midback. Do 3 sets. **3 total work sets.**

These sets are all RPE of 9.

Goal – Supramax pump

Banded hyperextensions – Use a set of bands and hold the contraction at the top of 1 second on all reps. Do 3 sets of 15 here. **3 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Shoulders

Seated side laterals – Do 4 sets of 8 here. Use perfect form and take these to failure with good form. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Rear delt flyes (reverse pec dec) – Do 3 sets of 30 here but just keep the weight moving. Don't worry about crazy hard contractions. The constant tension will be enough to set your delts on fire. **3 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Abs

Leg raises – These are the ones I do on a decline bench head facing the other way. Do 4 sets of 15-20 here. **4 total work sets.**

These sets are all RPE of 8-10.

Thursday

Biceps – 3 exercises - 11 sets

Triceps – 3 exercises – 11 sets

Calves – 1 exercise – 6 sets

Abs – 1 exercise – 6 sets

8 exercises – 34 sets

Biceps

Cable curls - Do 2-3 warm up sets of 15 and then 3 sets of 12. Use a full range of motion, straighten your arms out completely, but SLOWLY start the curl. DO not jerk the weight or you can hurt yourself. Take the bar all the way to your forehead and squeeze with everything you have for all 12 reps. **3 total work sets.**

These sets are all RPE of 9-10.

Hammer curls - I absolutely love these. Watch the video below for proper form. Do 4 sets of 10 here. **4 total work sets.**

<https://www.youtube.com/watch?v=xf5hbF4Ro8o&list=PL04BB5F1BC0300483&index=33>

These sets are all RPE of 9-10

Barbell reverse curls – Lower these all the way down, but only bring these up to the halfway point. Do 4 sets of 15. Your lower bis and brachioradialis will be FULL of blood! **4 total work sets.**

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Triceps

Rope pushdowns – After plenty of warm ups, do 4 sets of 12 here. Don't lock out. Pump these hard. Keep constant tension on the muscle. Your tris should be in fire during the set. **4 total work sets.**

These sets are all RPE of 10.

Bent over extensions – This is when you bend over at waist facing away from machine, and extend arms. Don't lock these out either. I do want you to focus on bringing the rope back and really stretching your pumped tris out though. Again, crank 4 sets of 12 here. **4 total work sets.**

These sets are all RPE of 10.

Reverse grip single arm pushdowns – See the video below for form. Now let's finish off your tris with 3 sets of 10 here. This time take them down to lockout and squeeze, although it will be hard because they are so full of blood. **4 total work sets.**

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

These sets are all RPE of 10.

Calves

Standing calve raise – Do 10 full reps and then 10 partial reps out of the stretch position here. Do 6 sets like this! **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Abs

Leg raise – This is ones lying on the slightly declined bench holding a rope. Do 6 sets to failure here. **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

-

Friday

Chest – 3 exercises – 10 sets

Shoulders – 2 exercises – 8 sets

Abs – 1 exercise – 6 sets

6 exercises – 24 sets

Chest

Flat dumbbell press – Nothing fancy here, just higher reps than normal. After a good warm up do 3 sets of 15 here. The 15th rep should be really hard. If you happen to not get all 15 on the next 2 sets, don't worry, I am after effort here, and perfect form. Do not lock these out. Keep tension on your pecs. **3 total work sets**

These sets are all RPE 10.

Goal – Activation and start pump

Smith machine high incline – Do these nice and slow as I am doing in the video. I want 3 hard sets of 10 here. The 10th rep should be the last rep you can complete with good form. **3 total work sets**

<https://www.youtube.com/watch?v=9-Q3NDX-FL8&list=PL2955620A11D03694&index=55>

These sets are all RPE 9-10.

Goal – Supramax pump

Dips – Do 4 sets to failure. Crank out as many reps as you can! Get your pecs jacked with blood! **4 total work sets**

These sets are all RPE of 10.

Goal – Work muscle from stretched position

Shoulders

Spidercrawls – I want you to do these again, but instead of going up and down the wall 3 times, now do FOUR!!! Do 4 sets like this. This should cause extreme pain. **4 total work sets**

<https://www.youtube.com/watch?v=LOd1ISnTCFg&index=22&list=PL2F8A4BD406176C34>

These sets are all RPE 10.

Goal – Supramax pump

Standing side laterals– Do 4 sets of 8 here. You can go a little heavier and cheat just a bit now on these. **4 total work sets**

These sets are all RPE of 10-11.

Goal – Supramax pump

Abs

Rope crunches – Do 6 sets to failure here. **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Saturday

Back – 5 exercises – 18 sets

Calves – 1 exercise – 6 sets

Abs – 1 exercise – 4 sets

7 exercises – 28 sets

Back

Close grip pulldowns – I used the close grip supinate Mag grip on these. My range of motion is just so much better since I went to two deep tissue sessions a week. I have been doing videos talking about this, but bottom line is if you have the time and money, it's a great investment. I was able to drive my fists actually into my chest and hold there squeezing in a full contraction. This is very good for me. Do 4 sets of 10 here. Each rep should be the last rep you can get with good form. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activate and pump

Rack pulls – Yep, rack pulls from midshin again. I only use 225. Lock in lats, squeeze and keep them tight as you do 4 slow sets of 8. If you lose that tightness, you are going to heavy! I want you to feel an actual pump from these in your lats! **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Front dumbbell chest flies – Chest flies? Yep. On these instead of really squeezing pecs, use your lats primarily. Still use a light weight, and don't overstretch but just really feel the lats and serratus cranking on these. If you do this right, you'll feel your lats popping out. Do 4 sets of 10. **4 total work sets.**

<https://www.youtube.com/watch?v=cIBAw5BiDaY>

These sets are all RPE of 8-9.

Goal – Work muscle from stretched position

Chest supported row – Ok now use any machine where you can use a pronated grip for mid back and traps and do 4 sets of 8. Get a really good stretch on these. Let your arms straighten and just feel the your midback opening up from the stretch. Do this on all reps. Once you can only come about halfway, that is really what I call failure on these. That is how your last rep should look. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Banded hyperextensions – Do 2 bodyweight only sets to failure! **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Calves

Standing toe raises – After a few warm ups do 6 sets of 8. Go heavy and good a great stretch at the bottom. I do want you to get all the way up on your toes and flex your calves this week. With the lower rep count, you should be using heavier weight too. **6 total work sets.**

These sets are all RPE of 9-10.

Goal – Stretch and pump

Abs

Decline leg raises – Do 4 sets to failure here. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

-

Sunday

Off - Family Day

Donut day after church with the family! I had some extra donuts today ☐

Week 12

Monday

Chest – 4 exercises – 13 sets
Shoulders – 2 exercises – 9 sets
Abs – 1 exercise – 6 sets

7 exercises – 28 sets

Chest

Flat dumbbell press – On these I actually wrapped a red band around my back so make the contraction harder. You still take these to $\frac{3}{4}$ lockout and keep going up doing sets of 8 until you fail at 7 or 8. We will call this 3 work sets. Don't take too big of jumps in weight or you'll miss out on some volume. **3 total work sets**

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

These sets are RPE of 7-10.

Goal – Activation and start pump

Incline bench press – The banded dumbbell presses usually take a lot of top end strength out of you, so now hit these for reps. You are not used to sets of 10, so we are doing 10, and I also want a 2 second pause about 2 inches off your chest on every rep. This generates a ton of tension in your pecs and front delts and really helps with thickness in that area. Do 4 sets. **4 total work sets**

These sets are all RPE of 9-10.

Goal – Supramax Pump

Front dumbbell chest fly – One more time on these! Do 4 sets of 10 here. Don't go heavy on these unless you want to rip your shoulders out of socket. Keep your chest flexed the whole time and squeeze very hard at the top! **4 total work sets**

<https://www.youtube.com/watch?v=cIBAw5BiDaY>

These sets are all RPE of 8-9.

Goal – Supramax Pump

Dips – We are doing 2 sets here. You may need to add additional weight. We are doing negatives (only eccentric contractions). I want you to lower yourself very slow. I used a 6 to 8 second count. Do these until you start to lose control and then stop so you don't hurt yourself. Remember, just do 2 sets, this causes a lot of muscle damage (the good kind). **2 total work sets**

These sets are all RPE of 10.

Goal – Supramax Pump

Shoulders

Cable laterals – Pick a weight you can do about 20 with. What I want you to do, is do 20 on each side, but only rest for 15 seconds and then go back to other side and start over. Now you won't be able to keep getting 20, but just do your best and do 6 sets for each shoulder. My reps were as follows 20 – 14 -10 – 9- 8 -7. They were on fire and blown up after this. **6 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Machine rear laterals – Do 3 sets of 25 here flexing hard on as many reps as you can get. Each set I had to use some partials to get to 25 as I couldn't get the full flex for all 25 reps. **3 total work sets.**

These sets are all RPE of 10-12.

Abs

Leg raises – These are the ones I do on a decline bench head facing the other way. Do 6 sets of 15-20 here. **6 total work sets.**

These sets are all RPE of 8-10.

Tuesday

Hamstrings – 2 exercises – 7 sets

Quads – 3 exercises – 11 sets

Calves – 1 exercise – 6 sets

Abs – 1 exercise – 4 sets

7 exercises – 28 sets

Legs – 15 sets

Lying leg curls – Do a good 3 to 4 sets to warm up, and then do 4 sets of 12. After 12, I want 8 slow partials to finish each set. **4 total work sets.**

The RPE on all these work sets is 12.

Goal – Activate and pump

Leg press – Back to regular leg presses today. Nothing fancy here just keep going up doing sets of 10 until you can barely hit 10. Don't lock these out, keep tension on the quads. We will count this as 3 working sets. **3 total work sets.**

The RPE will increase as you go up 7-10.

Goal – Supramax pump

Walking dumbbell lunges – Take 10 steps with each leg and then...

Supersetted with

Squats – Do 6 slow reps. Take 4 seconds down and then drive up. Do a few lighter sets here before you start the lunges so you are ready for your working weight.

Stretch – Do a hard 20 second quad stretch on each leg after each round

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

The RPE on all these sets is 9-10.

Goal – Supramax pump

Stiff legged deadlifts – Come up all the way on these and squeeze your glutes and hams. Do 3 sets of 15. The 15th rep should be very tough. **3 total work sets.**

The RPE on all these sets is 9-10.

Goal – Work muscle from a stretched position

Calves

Seated toe raises – Do 6 sets of 20 here today. Get at least 12-15 with a full range of motion, and then as you need do partials to hit your target number of 20 on each set. **6 total work sets.**

These sets are all RPE of 10.

Abs

Leg raises – These are the ones I do on a decline bench head facing the other way. Do 6 sets of 15-20 here. **6 total work sets.**

These sets are all RPE of 8-10.

Wednesday

Back – 4 exercises – 16 sets
Shoulders – 2 exercise – 8 sets
Abs – 1 exercise – 4 sets

7 exercises – 28 sets

Back

Rack pull – This is a fun combination! Squeeze your lats throughout the rep on these as usual. Also, dead stop every rep and pull from midshin off pins. Obviously do several warm up sets first. Remember, if you go to heavy you will lose the lat tension. I want crazy squeezing on these.

These sets are all RPE of 8

Supersetted with

Chins – Now use the assist machine and shoot for about 8 to 10 reps here. Squeeze your lats the entire time here too. Don't stretch all the way out at the bottom on this today.

These sets are all RPE of 9

Do 4 supersets for **8 total worksets!**

Goal – Activation and start pump

Low row – I want you to use single handles and keep your grip pronated (palms facing down) and squeeze your midback hard to nail lower traps and rhomboids here! Do 4 sets of 10. **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Dumbbell pullover – Ok let's rest the arms up a bit and do 4 sets of 10 here. **4 total work sets.**

These sets are all RPE of 9.

Goal – Work muscle from a stretched position

Shoulders

6 ways – Do 4 sets of 8 here. Use perfect form and take these to failure with good form. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Face pulls – You could say this is more back, but I want you to really try and squeeze your rear delts on these. Do 4 sets of 10. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Abs

Leg raises – These are the ones I do on a decline bench head facing the other way. Do 4 sets of 15-20 here. **4 total work sets.**

These sets are all RPE of 8-10.

Thursday

Biceps – 3 exercises - 12 sets
Triceps – 3 exercises – 12 sets
Calves – 1 exercise – 6 sets
Abs – 1 exercise – 6 sets

8 exercises – 36 sets

Biceps

Barbell curls - Do 2-3 warm up sets. Now you are going to do 5 sets of 10 with 30 second breaks. You should get all the reps on your first 2-3 sets, and then when you can't get the bar all the way up resort to partials out of the bottom. This will get them scorching fast. **5 total work sets.**

These sets are all RPE of 7-12.

Ez bar concentration curls - On these, look at how I am positioned in the video. Instead of dumbbells I want you to use an EZ curl bar though. Squeeze hard. These are fantastic. Do 4 sets of 10 here. **4 total work sets.**

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

These sets are all RPE of 9-10

Hammer curls – Do 3 sets of 15 here. Do 10 reps with a full range of motion and then only come up half way on the last 5 and squeeze as hard as you possibly can. **3 total work sets.**

-

Triceps

Rope pushdowns – After plenty of warm ups, do 4 sets of 12 here. Don't lock out. Pump these hard. Keep constant tension on the muscle. Your tris should be in fire during the set. **4 total work sets.**

These sets are all RPE of 10.

Dumbell lying extensions – Do these very slow and try to keep your elbows tucked in to your side. Do 4 sets of 10 here. **4 total work sets.**

These sets are all RPE of 10.

Seated rope overhead extensions – See the video below for form. Now let's finish off your tris with 3 sets of 12 here. Work the stretch slow and hard on every rep! **4 total work sets.**

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

These sets are all RPE of 10.

Calves

Standing calve raise – Do 10 full reps and then 10 partial reps out of the stretch position here. Do 6 sets like this! **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Abs

Leg raise – This is ones lying on the slightly declined bench holding a rope. Do 6 sets to failure here. **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

-

Friday

Chest – 3 exercises – 11 sets
Shoulders – 2 exercises – 7 sets
Abs – 1 exercise – 6 sets

6 exercises – 24 sets

Chest

Machine press – Just do sets of 10 going up until you can barely get your 10th rep. Lock out and flex your pecs hard on every rep. We will count this as 3 work sets. **3 total work sets**

These sets are all RPE 10.

Goal – Activation and start pump

Incline dumbbell press – These are done with only a slight incline. Find a weight that is a tough 8, and then stay there and do 4 sets with it. Take these to $\frac{3}{4}$ lockout. Keep tension on your pecs. **4 total work sets**

These sets are all RPE 9-10.

Goal – Supramax pump

Dips – Do 4 sets to failure. Crank out as many reps as you can! Get your pecs jacked with blood! **4 total work sets**

These sets are all RPE of 10.

Goal – Work muscle from stretched position

Shoulders

Seated side laterals – Take these out to the side and pause for 1 second and then lower slowly. Obviously you can't use as much weight with this technique but it will really isolate and crush your side delts. Do 4 sets of 8. **4 total work sets**

These sets are all RPE 9-10.

Goal – Supramax pump

Bent over side laterals– I want these done using a partial range of motion, "swing" reps. Do 3 sets of 30 here. **3 total work sets**

These sets are all RPE of 10-11.

Goal – Supramax pump

Abs

Rope crunches – Do 6 sets to failure here. **6 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

Saturday

Back – 5 exercises – 18 sets

Calves – 1 exercise – 6 sets

Abs – 1 exercise – 4 sets

7 exercises – 28 sets

Back

Single grip supinated pulldowns – Let's get your lower lats activated and pumped. After a few warm up do 4 good solid sets of 10 here with a very hard contraction at the bottom of every rep. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Activate and pump

Dumbbell row – These are just standard heavy dumbbell rows. With your lower lat pumped, these will feel unbelievable if you also really work the stretch here. Do 4 sets of 8. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Supramax pump

Dumbbell pullover – Let's give your arms a break now and do 4 sets of 10 here very strictly. **4 total work sets.**

These sets are all RPE of 8-9.

Goal – Work muscle from stretched position

Smith bent over row – As usual do these rest pause style, resting the bar on pins at mid-shin level. I want you to drive these up and really focus hard on getting elbows up as high as you can so your entire back gets demolished. Do 4 sets of 8 here. **4 total work sets.**

These sets are all RPE of 9-10.

Goal – Supramax pump

Banded hyperextensions – Do 2 bodyweight only sets to failure! **4 total work sets.**

These sets are all RPE of 10.

Goal – Supramax pump

Calves

Standing toe raises – After a few warm ups do 6 sets of 8. Go heavy and good a great stretch at the bottom. I do want you to get all the way up on your toes and flex your calves this week. With the lower rep count, you should be using heavier weight too. **6 total work sets.**

These sets are all RPE of 9-10.

Goal – Stretch and pump

Abs

Decline leg raises – Do 4 sets to failure here. **4 total work sets.**

These sets are all RPE of 10.

Goal – Activation and pump

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Sunday

Off – Family Day

Donut day after church with the family! I had some extra donuts today ☐

