

# THE TASKMASTER



Artwork by the incredible Alex Garner!

Mountain Dog 2.0 Program - The Taskmaster  
"The Taskmaster is coming for you!"

The Taskmaster was a supervillain who trained many criminals in the Marvel world. I am going to train you to be extra nasty and superbly muscular, but I am hoping you don't use your new strength and power to enhance criminal activities ?

This program can be used for growing or dieting down into contest shape. The difference is merely how you eat.

In this high frequency program, you will be going hard for 16 weeks!!!

I have structured this very carefully to ensure you don't get hurt, and to ensure you get periods of time to focus on ALL bodyparts.

The split looks like this.

Here is how the high frequency blocks look:

Week 1-4 – Back high frequency

Week 5-8 – Chest and Shoulders high frequency

Week 9-12 – Legs high frequency

Week 13-16 – Arms high frequency

Now if you have done my programs in the past you are probably wondering what in the world, an arm block? Yes, I have added an arm block. Notice how I put it away from the Back and Chest blocks as those blocks create a lot of arm stress as well. I put it after a leg block to best avoid developing tendonitis.

I also put a block in between the leg and back blocks to ensure your lower back doesn't get fried.

This is intelligent sequencing that 99% of programs miss.

## How to customize:

If you want to customize the program for weak bodyparts and not go through high frequency on ALL bodyparts, simply follow this guide:

1. Legs – Do legs, then your choice of either chest and shoulders, or arms, then legs again.
2. Chest and shoulders – Do chest and shoulders, and then your choice of back or legs, then chest and shoulders again.
3. Back – Do back, then your choice of arms or chest and shoulders, then back again.
4. Arms – Do the arms, and then legs, and then back to arms.

So basically, you pick your focus block and do it in the first in the rotation, and then do another bodypart block before returning to your focal block. Do not repeat a block back to back or you will likely overtrain that bodypart.

Rest breaks – Generally I like 60-90 seconds. When doing very heavy explosive work (typically your 2<sup>nd</sup> exercise), and doing crazy nasty high intensity sets you may need 3 minutes. I don't want you out of breath starting a set, but it's ok to be breathing a little hard. Don't wait for your pulse to go down to 60 bpm ☐

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 orange micro mini (for face pulls and for women to use on chest press machines often but order 2 in this case)
- 2 red long pro minis (for chest presses and pullovers)
- 1 red short pro mini (for spidercrawls)

***Following this will be CRUCIAL to your success!!!!!!!!!!***

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

## Monday

Back – 4 exercises – 12 sets

Abs – 1 exercise – 4 sets

Calves – 1 exercise – 4 sets

---

6 exercises – 20 sets

### Back

**Meadows row** – Do some warm up sets here working up to a tough 8 reps. Once there do 3 total sets of 8. In the video below I am using a landmine. You can also use a t-bar as demonstrated in the video below that! **3 total work sets**

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

or

[https://www.youtube.com/watch?v=QrB4QO1E\\_AU&index=46&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=QrB4QO1E_AU&index=46&list=PLA808445EA052D63A)

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

***Goal – Activation and start pump***

**One arm barbell row** – This is another ballbuster. Your grip is different and the focus is more on lats here. The pronated grip in the Meadows rows really engages rhomboids and traps and rear delts to a degree in addition to lats. Do 3 hard sets of 8 here too. **3 total work sets**

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

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

***Goal – Supramax pump***

**Pullovers** – We are doing these banded. Do 3 sets of 10 here. Most of your pullovers will be done this style throughout the entire program. I love these. One thing you might want to try is to get deep tissue work done in your back the day BEFORE training it. You

will especially notice how well everything moves on this exercise and get a better pump. This has been one of my mainstays the last few years. Deep tissue work followed the next day by back work. **3 total work sets**

<https://www.youtube.com/watch?v=pR47sxwYFi4&list=PLA808445EA052D63A&index=92>

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

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

Lat pulldowns with a forced stretch - These are flat out nasty. Your partner only pushes down on the stack at the top once you are in a stretched position and then they quickly let go. Watch very carefully how I am executing this with Fouad. Do 3 sets of 12 here. **3 total work set**

<https://www.youtube.com/watch?v=-pj-1n9X3P0&index=59&t=7s&list=PLA808445EA052D63A>

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

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

NOTE: I know this is only 12 sets, but it should have been hard, and remember, you are doing back 3 times this week!!!!

## **Abs**

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

<https://www.youtube.com/watch?v=jwQGUD1wxDg&index=10&list=PL512BBB0C927A91DC>

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

## **Calves**

Standing raises – Do 4 sets where you do 10 full range reps, followed by 10 partials out of the bottom, followed by a 10 second stretch to end the set. **4 total work sets.**

<https://www.youtube.com/watch?v=Qhdlw51Xjsc&list=PLD5A37C01FC6D4C0D&index=68>

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

## ***Goal – Supramax pump***

---

### ***Tuesday***

Legs – 5 exercises – 13 sets

Abs – 1 exercises – 4 sets

Calves – 1 exercise – 1 set

---

7 exercises – 18 sets

#### ***Legs***

Legs – 13 sets:

Lying leg curls – Do 3 to 4 warm up sets. Do 2 sets of 8 with extra resistance applied during the eccentric phase per the video below. On your 3<sup>rd</sup> set, do the same thing, and then stop adding extra resistance at 8, have your partner give you another 5 forced reps, and finally do another 10 partials out of the stretch position. If you do not have a partner just slow down the eccentric for 4 to 5 seconds. **3 total work sets.**

<https://www.youtube.com/watch?v=wVnqtdzMUGo&noredirect=1>

**These sets are RPE of 10-13**

#### ***Goal – Activate and pump***

Note: If you do not have a partner shoot for a 5 second eccentric.

***How's that for coming out of the gate on legs!***

Barbell squats – This is simple hard and heavy straight sets in which you drive the bar up as hard as you can. Work your way up doing sets of 8 as warm ups. You are going to do explosive sets of 8 and just keep going up until you can barely get your 8. We will count the last 3 sets as work sets. **3 total work sets.**

**These sets are RPE of 8-10. 8 on the first set and 10 on the last set.**

#### ***Goal – Train explosively***

Bulgarian split squats – This is the legendary “Dropset of Death” I have made famous. Buckle our seatbelt and get your puke bucket ready.

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

Here is what I did so you can what to replicate.

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

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

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

### ***Goal – Supramax pump***

Hack squat – You are going to be blitzed after the last exercise, so on this we do something very simple. I want 2 feeder sets of only 4 reps. This is just so you can get to a weight that is a tough 8 while using a low amount of energy. Your set of 8 is the only work set. The 8<sup>th</sup> rep should be brutal. **1 total work set.**

Note: If you do not have a hack squat you can do leg presses with a narrow and low stance here.

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

**This set is RPE of 9-10**

### ***Goal – Supramax pump***

Dumbbell stiff legged deadlift – Don't force the stretch. Just go a little lower each set. Keep the dumbbells in nice and tight against you and push your hips back as you



descend. Go down nice and slow. Come up  $\frac{3}{4}$  of the way and then go right back down. Do 2 working sets of 8. **2 total work sets.**

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

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

## **Abs**

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

<https://www.youtube.com/watch?v=JwQGUD1wxDg&index=10&list=PL512BBB0C927A91DC>

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

## **Calves**

Standing raises – Do 2 warm up sets and then do 1 set of 10, where you barely get 10, step off and shake your legs out and then go to failure again, then step off again, now get back in there and go to failure again. So it's 1 long set today. **1 total work set.**

**This set is an RPE of 11.**

***Goal – Supramax pump***

-

---

## **Wednesday**

Chest – 4 exercises – 12 sets

Shoulders – 2 exercises – 8 sets

---

6 exercises – 20 sets

Machine press – Work your way up doing sets of 8 here. Take these to full lockout with a 1 second squeeze. Do 3 sets of 8 here with a tough weight once you are good and warmed up. The 8<sup>th</sup> rep should be tough but you should be able to do it with good form. No sloppy reps! I attached a link below so you can see the machine I love. Try to use one like this. **3 total work sets**

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

<https://www.youtube.com/watch?v=FfqfvOWyz7s&index=45&list=PL2955620A11D03694>

***Goal – Activate and pump***

Incline barbell bench press on slight angle – This my favorite upper body movement here. Notice the angle. Do sets of 8 all the way up until you can barely get 8. Take these to  $\frac{3}{4}$  lockout and then come back down to about 2 inches above chest. Stay in that range of motion and drive up explosively. We will count the last 3 sets as work sets. **3 total work sets**

**These sets are an RPE of 8-10.**

<https://www.youtube.com/watch?v=xmD9VxBqCLO&index=52&list=PL2955620A11D03694>

***Goal – Train explosively***

Incline dumbbell press – Use a slight incline on these also. Take these to  $\frac{3}{4}$  lockout. On the last work set do a drop set. Go to failure, and then take a nice drop and go to failure again, and then do it again. Reps should be 8 to 10. **3 total work sets**

**This is an example of what it might look like:**

**85 lbs – 4 reps – RPE 6 – just a feeder set**

**105 – 8 reps – RPE 7-9**

**115- 8 reps – RPE 8-9**

**130 – 8 reps – RPE 10, then drop to 100 and get 8, and then drop to 70's and get 9. Dropset.**

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

***Goal – Supramax pump***

Pronated incline dumbbell fly – I really dig these. Sometimes normal flyes make my rotators ache. These keep tension on the upper chest too. You can feel it. Keep your chest flexed the whole time and try to generate a ton of tension on these. Your last rep should be tough. Don't do the press as seen below in the video, I only wanted to show you the pronated grip and form on these. **3 total work sets**

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

<https://www.youtube.com/watch?v=UUzOt7oDdm0&index=51&list=PL2955620A11D03694>

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

Machine rear laterals/reverse peck deck – Use medium weight on these. I want 4 sets of 20 here to BLOW UP your rear delts. Do 4 sets. I am putting an alternate way to do these also if you want to give this version a shot. Very cool but painful variation. **4 total work sets**

<https://www.youtube.com/watch?v=PUxztoB1RkY&index=19&list=PL1F60A60A3E4E2E83>

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

***Goal – Supramax pump***

Dumbbell side laterals – This is just your standard dumbbell side lateral here for 4 sets of 8. I want you to use small rest breaks here (45 seconds) to really fire up your delts even more. **4 total work sets.**

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

***Goal – Supramax pump***

---

***Thursday***

Back – 4 exercises – 12 sets

Abs – 1 exercise – 4 sets

Calves - 1 exercise – 4 sets

---

6 exercises – 20 sets

**Back**

Supinated pulldown variation – Do a few warm up sets really focusing on feeling your lower lats squeeze hard. Today do 3 sets of 10 here. Leave a rep or two in the tank on all sets. **3 total work sets**

**NOTE: This is where the RPE scale becomes of utmost importance. When I say leave reps in the tank, I mean it. There is a method here. We can't slaughter our**

**back all three workouts. We need to stimulate it, but keep it fresh for Saturday as well as we will be hitting back AGAIN!**

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

**IF YOU HAVE YOUR BANDS READY DO THIS VERSION!! TENSION**

<https://www.youtube.com/watch?v=ivlfZV4a558&index=21&list=PL2F8A4BD406176C34>

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

***Goal – Activation and Supramax pump***

Smith machine row – I love these rows. Now in the video I am going way too heavy, and remember you must leave reps in the tank. In the video, I am doing rest pause style. I do want you to use that style and explode the weight up flexing your entire back hard! Do 3 sets of 8. **3 total work sets**

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

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

***Goal – Supramax pump***

Dumbbell shrugs – Do 3 sets of 10 here. Do a 2 second pause at the top of each rep. **3 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

NOTE: For women who don't want big gnarly traps I want you to do my version of face pulls here – 3 sets of 12.

[https://www.youtube.com/watch?v=Q6shuaJl\\_A&index=52&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=Q6shuaJl_A&index=52&list=PLA808445EA052D63A)

Hyperextensions – Do 3 sets to failure here with only bodyweight. **3 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 9.**

<https://www.youtube.com/watch?v=ZHSeF-SDrH4&list=PL512BBB0C927A91DC&index=3>

### **Calves**

Seated toe raises – Simply do 4 sets of 15 here. Get a nice deep stretch on all reps. **4 total work sets.**

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

---

## ***Friday***

Triceps – 3 exercises – 12 sets

Biceps – 3 exercises – 9 sets

Calves – 1 exercise – 4 sets

Abs -1 exercise – 4 sets

---

8 exercises – 29 sets

### **Triceps**

Tricep pushdowns – Use the handles I am using in the video. I prefer the spongy type grip handle as you can squeeze hard and this will drill your triceps. Nothing fancy here just warm up good and work your way up to something that is a hard 10 and do 4 sets with it. **4 total work sets.**

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

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

## ***Goal – Activate and Supramax pump***

Reverse grip pushdowns – Use the same handles here. These feel awesome Do 4 sets of 10 here. **4 total work sets.**

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

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

***Goal – Supramax pump***

Decline skullcrusher/extensions – Do 4 sets of 10 here. Do these nice and slow and feel the stretch at the bottom! **4 total work sets.**

[https://www.youtube.com/watch?v=q0bzH7j\\_mjw&index=29&list=PL04BB5F1BC0300483](https://www.youtube.com/watch?v=q0bzH7j_mjw&index=29&list=PL04BB5F1BC0300483)

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

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

Barbell curls – Do 3 sets of 10 here with a 3 second decent on all reps! Squeeze hard at the top. **3 total work sets.**

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

***Goal – Supramax pump***

Pinwheel curls – Do 3 sets of 15 here. Squeeze hard! **3 total work sets.**

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

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

***Goal – Supramax pump***

Preacher curls – Do slow controlled reps here. Do 3 sets of 10 here. **3 total work sets.**

<https://www.youtube.com/watch?v=zCBBuqbHdso&index=30&list=PL04BB5F1BC0300483>

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

***Goal – Supramax pump***

### **Abs**

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

<https://www.youtube.com/watch?v=jwQGUD1wxDg&index=10&list=PL512BBB0C927A91DC>

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

### **Calves**

Standing raises – Do 4 sets where you do 8 full range reps, followed by 15 partials out of the bottom, followed by a 10 second stretch to end the set. **4 total work sets.**

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

***Goal – Supramax pump***

---

## ***Saturday***

Back - 4 exercises – 11 sets

---

4 exercises – 11 sets

### **Back**

Low cable rows – Just your standard cable rows here with a close grip. Hold the contraction for 1 second on all reps! Do 3 sets of 10 here. Leave a few reps in the tank!  
**3 total work sets**

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

***Goal – Activation and start pump***

Chins – I use the assist machine on these so I can maintain perfect form do 3 sets here of around 8 to 10 reps. **3 total work sets**

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

***Goal – Supramax pump***

Iso hold into Smith deads – This is one of my all-time favorite back combos. Do a 10 second isohold with the band as shown, and then do 5 strict reps on the deads with a pause at the bottom. Do 3 rounds of this. **3 total work sets**

<https://www.youtube.com/watch?v=hwCPi8cR0Ak&index=76&list=PLA808445EA052D63A&spfreload=5>

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

***Goal – Supramax pump***

Hyperextensions – Let's do these again today, but beat what you did on Thursday rep-wise. Do only 2 sets to failure here with only bodyweight. **2 total work sets.**

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

***Goal – Supramax pump***

***Now get out of the gym and go enjoy your weekend!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!***

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***



## Week 2 – Back Block

### Monday

Back – 4 exercises – 12 sets

Abs – 1 exercise – 4 sets

Calves – 1 exercise – 4 sets

---

6 exercises – 20 sets

#### Back

Meadows row – Get nice and warmed up. I want you to use the same weight as last week, but instead of doing 8 reps a set, let's see you get 10 reps without breaking form on each set this time! **3 total work sets**

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

or

[https://www.youtube.com/watch?v=QrB4QO1E\\_AU&index=46&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=QrB4QO1E_AU&index=46&list=PLA808445EA052D63A)

**These sets are all RPE of 9-10 (likely to be 10)**

***Goal – Activation and start pump***

One arm barbell row – You might be a little tired from pushing really hard on the first exercise, but it's time to suck it up and do it again. 10 reps here on each set too with the same weight you used last week for 8. **3 total work sets**

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

**These sets are all RPE of 10**

***Goal – Supramax pump***

Pullovers – We have to keep pushing! This means take the reps here up to 12 (up from 10 last week) on each set! **3 total work sets**

<https://www.youtube.com/watch?v=pR47sxwYFi4&list=PLA808445EA052D63A&index=92>

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

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

Rack pulls – Work up to a weight that is pretty tough 5 (maybe one rep left in the tank) and do 3 sets of 5 with it. These should be done rest pause style as demonstrated in the video below. **3 total work set**

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

**These sets are all RPE of 9**

***Goal – Train explosively***

## **Abs**

V ups – Do 4 sets to failure here. **4 total work sets.**

<https://www.youtube.com/watch?v=jj7b3VTA-H0&index=4&list=PL512BBB0C927A91DC>

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

## **Calves**

Standing raises – I want you to work up to a weight that is a tough 8 and just stay there for 4 sets of 8 with it. Remember to maximize the stretch on each rep! **4 total work sets.**

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

***Goal – Supramax pump***

---

## ***Tuesday***

Legs – 5 exercises – 14 sets

Abs – 1 exercises – 4 sets  
Calves – 1 exercise – 1 set

---

7 exercises – 19 sets

## **Legs**

Legs – 13 sets:

Seated leg curls – Do 2 to 3 warm up sets. Next up is 3 sets of 15. The 15<sup>th</sup> rep should be tough on all sets! On the 3<sup>rd</sup> set, tack on 15 partials out of the stretched position to drive an insane amount of blood in your hams. I attached a video so you could see what the partial reps look like. **3 total work sets.**

<https://www.youtube.com/watch?v=vFujdpmp1vk&index=51&list=PLD5A37C01FC6D4C0D>

**These sets are RPE of 10-13**

***Goal – Activate and pump***

Barbell squats – I would like for you to do what you did last week on squats, working up to a tough 8 and then stopping, but I would like for you to either 1) change bars or 2) slightly change stance.

So, for example you could switch to a safety squat bar. If not, you could slightly widen or narrow your stance. Descend with control and then drive the weight up hard. **3 total work sets.**

**These sets are RPE of 8-10. 8 on the first set and 10 on the last set.**

***Goal – Train explosively***

Hack squats – How about a “Dropset of Death” on these!

I want you to do 3 sets here. The first set is a feeder set to grease the groove as we say. The last set is a drop set. **3 total work sets.**

Note: If you do not have a hack squat you can do leg presses with a narrow and low stance here or you can do Smith machine squats with feet out in front. Simulate as best you can.

Here is an example of how it might look.

1 plate per side x 5 (feeder set)  
2 plates per side x 8 (work set)

3 plates per side x 8 (work set)

4 plates per side x 8 (work set and 8 reps is an RPE of 9 – leave a rep or two) – then drop to 3 plates and do 6 or so, then drop to 2 plates per side and do 6 to 8 to finish.

Of course, not everybody can use that much weight, or it might be light for you, but you get the picture.

**These sets are RPE of 7-11 (gets harder each set)**

***Goal – Supramax pump***

Leg extensions – I want you to do 1 brutally hard set of 15 with your toes pointed down (more teardrop emphasis) and 1 brutally hard set of 15 with your toes pointed back toward you/dorsiflexed (more upper thighs – rectus femoris). On all reps hold at the top and flex quads hard for 1 second. **2 total work sets.**

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

**This set is RPE of 10**

***Goal – Supramax pump***

Barbell stiff legged deadlift – These are to be done just like last week, but with a barbell this week. Don't force the stretch. Just go a little lower each set. Keep the bar in nice and tight against you and push your hips back as you descend. Go down nice and slow. Come up  $\frac{3}{4}$  of the way and then go right back down. Do 3 working sets of 8. **3 total work sets.**

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

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

**Abs**

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

<https://www.youtube.com/watch?v=jwQGUD1wxDg&index=10&list=PL512BBB0C927A91DC>

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

## Calves

Seated raises – Do 2 warm up sets and then do 1 set of 100 reps. This means you will do 20-30, have to stop it hurts so bad, and then keep going etc., until you hit 100 reps total! **1 total work set.**

**This set is an RPE of 11.**

***Goal – Supramax pump***

-

---

## Wednesday

Chest – 4 exercises – 12 sets

Shoulders – 2 exercises – 8 sets

---

6 exercises – 20 sets

Flat dumbbell press – Work your way up doing sets of 8 here. Take these to  $\frac{3}{4}$  lockout to keep tension on the pecs. Keep going up until you can barely get 8. We will count this as 3 work sets. **3 total work sets**

**These sets are an RPE of 8-10.**

***Goal – Activate and pump***

Incline barbell bench press on slight angle – I want you to do sets of 6 this week on these (last week you did 8), so use a little more weight than last week for your top set. Take these to  $\frac{3}{4}$  lockout and then come back down to about 2 inches above chest. Stay in that range of motion and drive up explosively. We will count the last 3 sets as work sets. **3 total work sets**

**These sets are an RPE of 8-10.**

***Goal – Train explosively***

Hex dumbbell press – Do these on a flat bench. On the last work set do a drop set. Go to failure, and then take a nice drop and go to failure again, and then do it again. Reps should be 8 to 10. **3 total work sets**

**This is an example of what it might look like:**

**35 lbs – 4 reps – RPE 6 – just a feeder set**

**45 – 8 reps – RPE 7-9**

**55- 8 reps – RPE 8-9**

**65 – 8 reps – RPE 10, then drop to 45 and get 8, and then drop to 35's and go to failure. Dropset.**

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

***Goal – Supramax pump***

Pronated incline dumbbell fly – Let's do these again this week. I am betting since this is 2<sup>nd</sup> time on these they will feel even better this week. Do 3 sets of 8 here this week. The 8<sup>th</sup> rep should be tough on all sets. **3 total work sets**

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

<https://www.youtube.com/watch?v=UUzOt7oDdm0&index=51&list=PL2955620A11D03694>

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

Rear delt swing & Spidercrawl Superset – See the video below. Feel the burn baby. I want 20 reps on the rear delt swings and go up and down the wall 3 times on each set of the Spidercrawls. Do 4 rounds. **4 total work sets**

<https://www.youtube.com/watch?v=HOJR7Hcr1xA&index=12&list=PL1F60A60A3E4E2E83>

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

***Goal – Supramax pump***

Over and back press – I don't do a ton of overhead pressing, but these are excruciating and never seem to cause any banged up shoulders if you keep the weight reasonable. DO NOT try to go heavy on these. Going over and back is 1 rep. Notice how I barely clear my head. Do not lock out on reps. Do 4 sets of 8. **4 total work sets.**

<https://www.youtube.com/watch?v=4ZF9tIPv1Sk&index=3&list=PL1F60A60A3E4E2E83>

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

***Goal – Supramax pump***

---

## ***Thursday***

Back – 4 exercises – 12 sets

Abs – 1 exercise – 4 sets

Calves - 1 exercise – 4 sets

---

6 exercises – 20 sets

### **Back**

Dumbbell rows – Nothing special here. I just want you to bang out 3 hard sets of 8 once you work up to a solid weight. **3 total work sets**

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

***Goal – Activation and Supramax pump***

Pulldowns away facing – I have to admit, this is one of my favorite back exercises. Face away, using single handles (or a rope), and drive our elbows down squeezing your lats as hard as you can! Do 3 sets of 8. **3 total work sets**

<https://www.youtube.com/watch?v=FLfsoU9yYe4&list=PLA808445EA052D63A&index=94>

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

***Goal – Supramax pump***

Barbell shrugs – Do 3 sets of 8 here. Do a 2 second pause at the top of each rep. **3 total work sets.**

**These sets are all RPE of 9**

NOTE: For women who don't want big gnarly traps I want you to do my version of face pulls here – 3 sets of 12.

[https://www.youtube.com/watch?v=Q6shuaJl\\_A&index=52&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=Q6shuaJl_A&index=52&list=PLA808445EA052D63A)

***Goal – Supramax pump***

Stretchers – Do 3 sets of 8 here. Pay very close attention to the form in the video. Duck your head and stretch and then drive weight in flexing back. **3 total work sets.**

[https://www.youtube.com/watch?v=-hWBCW8V\\_U0&index=2&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=-hWBCW8V_U0&index=2&list=PLA808445EA052D63A)

**These sets are all RPE of 9**

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

### **Abs**

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

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

<https://www.youtube.com/watch?v=ZHSeF-SDrH4&list=PL512BBB0C927A91DC&index=3>

### **Calves**

Seated toe raises – Simply do 4 sets of 8 here. Get a nice deep stretch on all reps. Do these nice and slow None of that crazy 100 rep stuff. **4 total work sets.**

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

---

### ***Friday***

Triceps – 3 exercises – 12 sets

Biceps – 3 exercises – 9 sets

Calves – 1 exercise – 4 sets

Abs -1 exercise – 4 sets

---

8 exercises – 29 sets

### **Triceps**



Tricep pushdowns – This is the same as last week. These are 100% my favorite way to do pushdowns, so I hope you enjoy them with the freedom of motion in wrist. Use the handles I am using in the video. I prefer the spongy type grip handle as you can squeeze hard and this will drill your triceps. Nothing fancy here just warm up good and work your way up to something that is a hard 10 and do 4 sets with it. **4 total work sets.**

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

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

***Goal – Activate and Supramax pump***

Bent over extensions – Use the same handles here. The stretch on these feels awesome Do 4 sets of 10 here. **4 total work sets.**

<https://www.youtube.com/watch?v=LSZb34taZsA&index=25&list=PL04BB5F1BC0300483>

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

***Goal – Supramax pump***

Incline skullcrusher/extensions – Do 4 sets of 10 here. Last week we did decline, this actually allows for even more stretch. Do these nice and slow and feel the stretch at the bottom! **4 total work sets.**

<https://www.youtube.com/watch?v=HKbDU850mbE&index=8&list=PL04BB5F1BC0300483>

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

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

Barbell curls – Do 3 sets of 10 here once warmed up with a 3 second decent on all reps! Squeeze hard at the top. Only Rest for 45 seconds between these sets. **3 total work sets.**

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

***Goal – Supramax pump***

Pinwheel curls – Do 3 sets of 8 here. Only rest 45 seconds between sets here. Squeeze hard! **3 total work sets.**

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

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

***Goal – Supramax pump***

Incline hammer curls – Do slow controlled reps here. Feel that stretch at the bottom! Take your time on these, rest 90 seconds between sets. Do 3 sets of 10 here. **3 total work sets.**

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

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

***Goal – Supramax pump***

## **Abs**

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

<https://www.youtube.com/watch?v=jwQGUD1wxDg&index=10&list=PL512BBB0C927A91DC>

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

## **Calves**

Standing raises – Do 4 sets where you do 8 full range reps, followed by a 10 second stretch to end the set. Only rest 45 seconds between sets. **4 total work sets.**

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

***Goal – Supramax pump***

---

## ***Saturday***

Back - 4 exercises – 12 sets

---

4 exercises – 12 sets

### **Back**

Pronated low cable rows – These are for upper back. Check out the video. I want 3 sets of 10 here. **3 total work sets**

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

<https://www.youtube.com/watch?v=FSouIjeznsM&index=85&list=PLA808445EA052D63A>

***Goal – Activation and start pump***

Chins – I use the assist machine on these so I can maintain perfect form. Do 3 sets here of around 8 to 10 reps. This week use a parallel grip (palms facing each other and really try to squeeze your lower lats! **3 total work sets**

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

***Goal – Supramax pump***

Straight arm pushdowns – You don't have to use the attachment I am using in the video (if you have one then go for it!). Do 3 sets of 10 here. **3 total work sets**

[https://www.youtube.com/watch?v=FPsPpA\\_nUoo&list=PLA808445EA052D63A&index=33](https://www.youtube.com/watch?v=FPsPpA_nUoo&list=PLA808445EA052D63A&index=33)

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

***Goal – Supramax pump***

Chest supported row – Do 3 sets of 8 on a machine like this. I want your chest supported. **3 total work sets.**

<https://www.youtube.com/watch?v=Wn1tSwQIAtI&list=PLA808445EA052D63A&index=64>

These sets are all RPE of 9.

*Goal – Supramax pump*

*Now get out of the gym and go enjoy your weekend!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!*

---

*Sunday*

*Off – Family Day*

*Donut day after church with the family or whatever it is you like to do as a family!*

## Week 3 – Back Block

### Monday

Back – 4 exercises – 12 sets

Abs – 1 exercise – 4 sets

Calves – 1 exercise – 4 sets

---

6 exercises – 20 sets

#### **Back**

Meadows row – We are kicking off Week 3 exactly like weeks 1 and 2 but adding challenge sets in for both rowing movements. Get nice and warmed up. I want you to use the same weight as last week, work up doing sets of 10 till you reach your top end weight. Then it's time to go all out without breaking form on your last set! We will count this as 3 total work sets. Really push yourself. **3 total work sets**

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

or

[https://www.youtube.com/watch?v=QrB4QO1E\\_AU&index=46&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=QrB4QO1E_AU&index=46&list=PLA808445EA052D63A)

**These sets are all RPE of 9-10 (likely to be 10)**

***Goal – Activation and start pump***

One arm barbell row – You will be gassed after that challenge set, but we are building champions. Work up doing 10 reps on each set until you reach your top end weight again. It shouldn't take long. As promised, I want another challenge set without breaking form. This is what separates first and second callouts or a little bit of back growth vs slabs of meat hanging off your ribs. We will count this as 3 work sets. **3 total work sets**

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

**These sets are all RPE of 10**

***Goal – Supramax pump***

Pullovers – Today we are beating all our numbers, but with these pullovers I want to stick with the same weight and reps, 12, but use a 3 second negative this week. The amount of tension here will be intense. **3 total work sets**

<https://www.youtube.com/watch?v=pR47sxwYFi4&list=PLA808445EA052D63A&index=92>

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

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

Weighted hyperextensions - Bang out 2 sets of 10 reps getting solid contractions on every rep. Now the 3<sup>rd</sup> set is where we get wild. Do your 10 reps, then drop the weight and do bodyweight hypers to exhaustion. This pump will be unreal and if done right it will be hard to stand up straight. **3 total work set**

<https://www.youtube.com/watch?v=WXyIZU9sKx0&list=PLA808445EA052D63A&index=89>

**These sets are all RPE of 9**

***Goal – Supramax pump***

## **Abs**

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

<https://www.youtube.com/watch?v=ZCaaWIYb61E&list=PL512BBB0C927A91DC&index=1>

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

## **Calves**

Standing raises – I want you to work up to a weight that is a tough 8, then on your last set give me 15 partials out of the stretched position to extend the set further! **4 total work sets.**

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

***Goal – Supramax pump***

---

## ***Tuesday***

Legs – 5 exercises – 14 sets

Abs – 1 exercises – 4 sets

Calves – 1 exercise – 1 set

---

7 exercises – 19 sets

### ***Legs***

Legs – 13 sets:

Standing leg curls – Some single leg hamstring work here. I want sets of 12 each leg working up to a weight where you couldn't complete a 13<sup>th</sup> rep with impeccable form. On your last set give me a 15 second ISO hold to really drive blood in the hams, rest 1 min and then do the other leg. I'm attaching a video of the type of machine I used but if your gym doesn't have one, simply do single leg lying leg curls, the goal is to work them unilaterally. **3 total work sets.**

[https://www.youtube.com/watch?v=Enp\\_RS-7c5Q](https://www.youtube.com/watch?v=Enp_RS-7c5Q)

**These sets are RPE of 10-13**

***Goal – Activate and pump***

Leg press – Pick a stance where you feel as powerful as Thor, the Norse God of Thunder! That could be high and wide, or middle of the platform shoulder width stance to give you a couple examples. I want you to work up to set of 8 where you have no clue if you will have time rack the weight before it crushes you. Make sure you do plenty of warm-ups and feeder sets here. We will count this as 3 total work sets. **3 total work sets.**

**These sets are RPE of 8-10. 8 on the first set and 10 on the last set.**

***Goal – Train explosively***

Barbell squats – Same bar, same stance but we are beating our weight and reps that we got last week. Despite working up to a miserable 8 on Leg Press your legs and nervous system should be primed to move some more iron. Take your time between sets here, no need to rush. I want you to push hard. Attaching a video of me knocking out some Yoke bar squats at EliteFTS so you can see my form. **3 total work sets.**

<https://www.youtube.com/watch?v=rhAx6qdpzXo&list=PLD5A37C01FC6D4C0D&index=38>

**These sets are RPE of 7-11 (gets harder each set)**

***Goal – Supramax pump***

Hack Squat Superset – We have moved some serious weight today, now let's pump the heck out of your quads. Start off with an unloaded hack squat, get deep and up on your toes to stretch out your VMO slowly and carefully, then come up to  $\frac{3}{4}$  lockout. I want 10 reps just like that. If you are taller and have long femurs this form may not be the best for you (injury risk), so just stick with "normal" form. Then have your partner load weight on the machine and crank out 10 regular hack squat reps. I'm attaching a video so you can see the tempo and form I have Ken doing. Going slow is key here. **2 total work sets.**

<https://www.youtube.com/watch?v=qu0SmgkVNgg&list=PLD5A37C01FC6D4C0D&index=67>

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

**This set is RPE of 10**

***Goal – Supramax pump***

Barbell stiff legged deadlift – Finishing up with barbell stiff legs again this week with a slight form tweak, I want you to come all the way up and squeeze your glutes/hamstrings hard for a 2 count, then right back down. No need to push the stretch hard, just let it happen naturally with each passing set. **3 total work sets.**

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

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

**Abs**

Banded Crunches– Do 4 sets to failure here again today. **4 total work sets.**

<https://www.youtube.com/watch?v=b2DpEaxOL04&index=5&list=PL512BBB0C927A91DC>

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



## Calves

Seated raises – Do 2 warm up sets and then do 1 true work set. Work up to a hard 10 but find a way to get 25 reps with it. This will take some heart, but I know you have it in you. Wrap up this great workout, leaving nothing in your tank. **1 total work set.**

**This set is an RPE of 11.**

***Goal – Supramax pump***

-

---

## Wednesday

Chest – 4 exercises – 12 sets  
Shoulders – 2 exercises – 8 sets  

---

6 exercises – 20 sets

Incline dumbbell press – Starting with dumbbells again this week, but put a 45 pound plate under the head of the bench to make it a very SLIGHT incline. Work your way up doing sets of 8 here. Take these to  $\frac{3}{4}$  lockout to keep tension on the pecs. Keep going up until you can barely get 8. We will count this as 3 work sets. **3 total work sets**

<https://www.youtube.com/watch?v=aewj4iEvEJI&index=9&list=PL2955620A11D03694>

**These sets are an RPE of 8-10.**

***Goal – Activate and pump***

Incline barbell bench press on slight angle – I want you to do sets of 8 this week on these (last week you did 6), so use a little less weight than last week for your top set. Take these to  $\frac{3}{4}$  lockout and then come back down to about 2 inches above chest, but this week pause there for 2 seconds before exploding back up. We will count the last 3 sets as work sets. **3 total work sets**

**These sets are an RPE of 8-10.**

***Goal – Train explosively***

Flat bench press – If you can use Chains here (like in the video, do it) If not that's AOK, no worries. I want you to be really powerful here, come down to your chest, slight pause, then explode up for sets of 6. Once at your top end weight try to stay there for all 18 reps (over the course of 3 sets). **3 total work sets**

**This is an example of what it might look like:**

**135 lbs + 2 chains per side – 4 reps – RPE 6 – just a feeder set**

**185 lbs + 2 chains per side – 8 reps – RPE 7**

**225 lbs + 2 chains per side – 6 reps – RPE 8**

**275 lbs + 2 chains per side – 6 reps RPE 9**

**275 lbs + 2 chains per side – 6 reps RPE 9**

**275 lbs + 2 chains per side – 6 reps RPE 10 (spotter may have had to help on the last rep or 2)**

<https://www.youtube.com/watch?v=f2kQS35yqXo&list=PL2955620A11D03694&index=21>

***Goal – Train explosively***

Pronated incline dumbbell fly – Let's do these again this week. Since this is your 3<sup>rd</sup> time on these let's add some manual resistance. Do 3 sets of 8 here this week. The 8<sup>th</sup> rep should be tough on all sets. Now in the video I'm not using a pronated grip, but I want you to. **3 total work sets**

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

[https://www.youtube.com/watch?v=V\\_K7x1YoubM&index=27&list=PL2955620A11D03694](https://www.youtube.com/watch?v=V_K7x1YoubM&index=27&list=PL2955620A11D03694)

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

Reverse Pec-Dec– Let's drive a ton of blood in your rear delts now. 4 total sets of 30 reps with a 2 second squeeze at contraction. This should be awfully painful to nail all 120 reps. **4 total work sets**

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

***Goal – Supramax pump***

Cage Press – 2 shoulder presses in back to back weeks.....this old school favorite will really pump your shoulders and traps up if done right. Come down, pause on the pins,

then ram up it hard, lean forward and contract your traps and shoulders. Work in the 6-8 rep range and nail your form on every single rep. **4 total work sets.**

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

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

***Goal – Train explosively***

---

### ***Thursday***

Back – 4 exercises – 12 sets

Abs – 1 exercise – 4 sets

Calves - 1 exercise – 4 sets

---

6 exercises – 20 sets

### **Back**

Dead stop dumbbell rows – Same as last week except I want to do these dead stop style. This is a great stretch for your lat and allows you to really drive these up powerfully. I just want you to bang out 3 hard sets of 8 once you work up to a solid weight. **3 total work sets**

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

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

***Goal – Activation and Supramax pump***

Supinated Pulldowns – Lets stick with a single arm movement and drive tons of blood into your low lat. Tilt back slightly and then drive your elbow down towards your ribs. Do 3 sets of 8 each arm here. **3 total work sets**

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

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

***Goal – Supramax pump***

Dumbbell shrugs – Do 3 sets of 12 here. Do a 3 second pause at the top of each rep. **3 total work sets.**

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

**These sets are all RPE of 9**

NOTE: For women who don't want big gnarly traps I want you to do my version of face pulls here – 3 sets of 12.

[https://www.youtube.com/watch?v=Q6shuaJl\\_A&index=52&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=Q6shuaJl_A&index=52&list=PLA808445EA052D63A)

***Goal – Supramax pump***

Machine row with stretch – Do 3 sets of 8 here. Pay very close attention to the form in the video. I want a good stretch on the lats before you drive the weight back. The machine you use just needs to be chest supported. You could use a T-bar machine, any Hammer Strength or cable machine.....just looking for a semi-pronated grip with a chest pad. **3 total work sets.**

[https://www.youtube.com/watch?v=E3fu\\_osT39A&index=10&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=E3fu_osT39A&index=10&list=PLA808445EA052D63A)

**These sets are all RPE of 9**

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

**Abs**

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

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

<https://www.youtube.com/watch?v=ZHSeF-SDrH4&list=PL512BBB0C927A91DC&index=3>

**Calves**

Standing Calf raises – Simply pyramid up doing sets of 8 here. Get a nice deep stretch on all reps. Do these nice and controlled. So, watch the video for our 4<sup>th</sup> working set here. After you reach a weight where you can barely get 8, take a 2-min rest, lighten load 50% and do 10 reps, pause at the top of the 10<sup>th</sup> rep and hold the contraction for 10

seconds, then drop right back into doing 10 more reps, then a hold and then give me 1 more time through. This pump will light you up!! **4 total work sets.**

[https://www.youtube.com/watch?v=kCpOy\\_btftw&feature=share](https://www.youtube.com/watch?v=kCpOy_btftw&feature=share)

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

---

## ***Friday***

Triceps – 3 exercises – 12 sets

Biceps – 3 exercises – 9 sets

Calves – 1 exercise – 4 sets

Abs -1 exercise – 4 sets

---

8 exercises – 29 sets

## **Triceps**

Tricep pushdowns – These have felt so good, it is the same as the last two weeks. These are 100% my favorite way to do pushdowns, so I hope you enjoy them with the freedom of motion in wrist. Use the handles I am using in the video. I prefer the spongy type grip handle as you can squeeze hard and this will drill your triceps. Nothing fancy here just warm up good and work your way up to something that is a hard 10 and do 4 sets with it. **4 total work sets.**

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

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

## ***Goal – Activate and Supramax pump***

Dip Machine – Ok let's go lock into a dip machine and really push hard! I want you to control the negatives (3 seconds), ram the handles down and then squeeze the tris as hard as you can. I'm attaching a video for the type of machine I want you to use and the negative control. If you do not have one of these machines, just set up two benches, load weight on your lap and use the same form. **4 total work sets.**

<https://www.youtube.com/watch?v=pYJQuPUwEPU&list=PL04BB5F1BC0300483&index=4>

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

***Goal – Supramax pump***

Flat Bench Skullcrusher/extensions – Do 4 sets of 12 here. Last week we did incline, and the week before that decline, this allows for a little more load. Do these nice and slow and feel the stretch at the bottom! **4 total work sets.**

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

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

Alternating Dumbbell curls – Do 3 sets of 10 here once warmed up! Squeeze hard at the top on each arm. Only Rest for 45 seconds between these sets. **3 total work sets.**

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

***Goal – Supramax pump***

Spider hammer curls – Do 3 sets of 8 here. Only rest 45 seconds between sets here. Squeeze hard! **3 total work sets.**

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

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

***Goal – Supramax pump***

Preacher curls – Simply flip around on the bench and lets knock out my favorite bicep exercise. Remember do NOT fully straighten your arms. Do 3 sets of 10 here. **3 total work sets.**

<https://www.youtube.com/watch?v=ZSB9JdskZXc&index=32&list=PL04BB5F1BC0300483>

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

***Goal – Supramax pump***

**Abs**

Decline bench leg raises – Do 4 sets to failure here. Feel free to hold a 10 pound weight behind your head here to crank up intensity. **4 total work sets.**

<https://www.youtube.com/watch?v=jwQGUD1wxDg&index=10&list=PL512BBB0C927A91DC>

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

## **Calves**

Standing raises – Do 4 sets where you do 10 full range reps, followed by 15 partials out of the stretched position. Only rest 60 seconds between sets. **4 total work sets.**

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

***Goal – Supramax pump***

---

## ***Saturday***

Back - 4 exercises – 12 sets

---

4 exercises – 12 sets

## **Back**

Hammer Strength Pulldown – These are for upper back. Check out the video. I want 3 sets of 12, 10, and 8 here. If you don't have this exact machine, its ok, feel free to use the Supinated Pulldown or just regular Shoulder width neutral grip pulldowns. **3 total work sets**

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

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

***Goal – Activation and start pump***

Pullovers – These have felt so good, let's hit them again in the same week, but this time let's do them in a machine. In the video, it's the Nautilus (the best on the planet) but you could do dumbbell, cable straight arm pulldowns or the Hammer Strength one. Really focus on opening your lats up and getting a full stretch. **3 total work sets**

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

<https://www.youtube.com/watch?v=qIdY8Rda4no&list=PLA808445EA052D63A&index=80>

***Goal – Supramax pump***

Assisted pull-ups – Your back should be full up blood and primed for these pull-ups. Don't simply go through the motions, I want you to feel every single inch of this movement. Keep your chest lifted, control the negative and squeeze your back hard at the top. Do 3 sets of failure here. **3 total work sets**

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

***Goal – Supramax pump***

Seated Cable row – Let's finish off this 3<sup>rd</sup> back day with some seated cable rows. So, I want you to be able to supinate your wrists and work the low lats. The D-Handles or the narrow supinated Mag-Grip are great options here. In addition, sit on a box or a couple 45-pound plates to slightly change the angle. Check the video to see what I mean. **3 total work sets.**

[https://www.youtube.com/watch?v=stm\\_abA5Rao&index=50&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=stm_abA5Rao&index=50&list=PLA808445EA052D63A)

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

***Goal – Supramax pump***

***Now get out of the gym and go enjoy your weekend!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!***

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***



# Week 4 – Back Block

## Monday

Back – 4 exercises – 12 sets

Abs – 1 exercise – 4 sets

Calves – 1 exercise – 4 sets

---

6 exercises – 20 sets

### Back

One arm barbell row/meadows row superset – Last week of our back training block.....that means we have to get a little nutso! We have really been nailing these two exercises so your form should be flawless. Do them in reverse order and in a superset fashion. Watch the video for what I'm looking for. For your work sets I want 6 reps of one arm barbell rows, then walk to the end of the bar and do 6 meadows rows. Switch arms and repeat. This will blow your entire back up. **3 rounds for 6 total work sets**

<https://www.youtube.com/watch?v=FY5YxDfkvLY&index=18&list=PLA808445EA052D63A>

**These sets are all RPE of 9-10 (likely to be 10)**

***Goal – Activation and Supramax pump***

Pullovers – You should know what's next! Your arms will need a slight break after that killer superset. Knock out 3 sets of 10 reps here on the pullover. **3 total work sets**

<https://www.youtube.com/watch?v=pR47sxnYFi4&list=PLA808445EA052D63A&index=92>

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

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

ISO Hold into Smith deadlifts - To kick off every set here, take a pro mini band and drive your elbows back. Now when doing these I want you to think about getting your elbows back but also in, do not flare. So, drive back and envision touching your elbows to your spine to get maximum lat recruitment. From there go right into Smith Machine deadlifts. Work up to a heavy set of 3, drop the weight and do 6, then drop the weight

1 more time and get 6. Listen to my ques to Ken in the video. I want your lats working hard here, not just your low back. **3 total work set**

<https://www.youtube.com/watch?v=hwCPi8cR0Ak&index=76&list=PLA808445EA052D63A>

**These sets are all RPE of 9**

***Goal – Supramax pump***

## **Abs**

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

<https://www.youtube.com/watch?v=ZHSeF-SDrH4&list=PL512BBB0C927A91DC&index=3>

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

## **Calves**

Standing raises – I want you to work up to a weight that is a tough 10 and then give me a triple drop set. 10 reps per drop and try and reduce the weight by about 30% each time. Remember to maximize the stretch on each rep! **4 total work sets.**

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

***Goal – Supramax pump***

---

## ***Tuesday***

Legs – 5 exercises – 14 sets

Abs – 1 exercises – 4 sets

Calves – 1 exercise – 1 set

---

7 exercises – 19 sets

## **Legs**

Legs – 13 sets:

Lying leg curls – We are kicking off with some Rest-Pause lying leg curls. Watch the video to see the form. Control the weight down, let it rest for a split second (this does NOT mean let tension off your hams) then fire the weight up. I want 3 work sets of 10 reps here. You will love this technique as you will feel very powerful. **3 total work sets.**

<https://www.youtube.com/watch?v=kYZd7YLLg4E&list=PLD5A37C01FC6D4C0D&index=87>

**These sets are RPE of 10-13**

***Goal – Activate and pump***

Leg Press – I want to really focus on quad sweep, so turn your toes out and drive your knees outside your ribs. Watch the form in the video and bang out 3 work sets of 10 reps. **3 total work sets.**

<https://www.youtube.com/watch?v=shfjAySnCo4&index=74&list=PLD5A37C01FC6D4C0D>

**These sets are RPE of 8-10. 8 on the first set and 10 on the last set.**

***Goal – Train explosively***

Front Squats – Lets continue to work on that sweep. Put 5-pound plates or a small lift under your heels like in the video. And I also want to push the reps here, 3 sets of 15 with a challenging weight. **3 total work sets.**

[https://www.youtube.com/watch?v=dwB\\_IggYS-w](https://www.youtube.com/watch?v=dwB_IggYS-w)

**These sets are RPE of 7-11 (gets harder each set)**

**Note: on your last set if you want to take it to the next level, do what I did in the video, hit 15 front squats, rack it, take 5 deep breaths, then do as many back squats as you can.**

***Goal – Supramax pump***

Leg extension with dorsi flexion – Your quads should be like a road map of vascularity at this point, so let's target some Rec Fem (upper quad). Dorsi flex your foot and really squeeze at the top of each rep. 2 sets here with a moderate/heavy weight. I got 18 reps on the first set then 14.5 on the second, beat those numbers!!! **2 total work sets.**

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

**This set is RPE of 10**

***Goal – Supramax pump***

Banded barbell stiff legged deadlift – What a good finisher coming your way. Banded stiff legs. Watch my form in the video, this is exactly what I want for 3 sets of 10 reps. **3 total work sets.**

<https://www.youtube.com/watch?v=90lWhg1YOxQ&index=23&list=PL2F8A4BD406176C34>

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

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

## **Abs**

Hanging Leg Raises – Do 4 sets to failure here again today. **4 total work sets.**

<https://www.youtube.com/watch?v=ZCaaWIYb61E&list=PL512BBB0C927A91DC&index=1>

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

## **Calves**

Seated raises – Do 2 warm up sets and then do 1 true work set. So pick a weight where you fail around 15 with, rest for 15 seconds, go to failure, rest 15 seconds, then go to failure with partials. **1 total work set.**

**This set is an RPE of 11.**

***Goal – Supramax pump***

-

---

***Wednesday***

Chest – 4 exercises – 12 sets  
Shoulders – 2 exercises – 8 sets  
6 exercises – 20 sets

---

Machine press – Kicking off this day with a machine press. Take a look at the video to see the type of machine I'm using. Ignore the drop set and partials, we will get to plenty of that in the chest block. I want you lock into this machine, pin your shoulders back and press solely with your chest. 3 sets of 10 should get you pumped and ready for incline BB. **3 total work sets**

<https://www.youtube.com/watch?v=FfqfvOWyz7s&index=45&list=PL2955620A11D03694>

**These sets are an RPE of 8-10.**

***Goal – Activate and pump***

Incline barbell bench press on slight angle – Pauses were used last week but I want to get back to moving a heavier load with flawless form. I uploaded a video to my IG on July 31 of the form I expect with every single rep. Let's do 3 working sets of 6 reps here today. **3 total work sets**

**These sets are an RPE of 8-10.**

***Goal – Train explosively***

High cable cross-over superset with dips – Going to finish chest off with this killer superset. With the crossovers, nail 10 reps with a hard contraction on every rep, then walk over to the dip station and go to failure. Do NOT get sloppy with these, control the negative and come up to  $\frac{3}{4}$  lockout. Protect your shoulders here and really feel the stretch on your chest fibers. **3 rounds for 6 total work sets**

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

<https://www.youtube.com/watch?v=H3TjY48yiu0&list=PL2955620A11D03694&index=50>

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

Dumbbell hang and swing– Feel free to do these free-standing like in the video or face down on an incline bench if you have a fragile low back. Grab some moderately heavy dumbbells, keep your arms straight, and do NOT stop till you get 35 reps. I want 4 sets like this. **4 total work sets**

<https://www.youtube.com/watch?v=hKLR7hV3A6g&list=PL1F60A60A3E4E2E83&index=7>

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

***Goal – Supramax pump***

Dumbbell side laterals – Stay at the dumbbell rack and it's time to get some side delt work. 4 work sets in the 8-12 rep range. Keep your traps out of this movement by thinking about taking the dumbbells out, not up. **4 total work sets.**

<https://www.youtube.com/watch?v=oe5h5auBSIo&index=6&list=PL1F60A60A3E4E2E83>

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

***Goal – Train explosively***

---

### ***Thursday***

Back – 4 exercises – 12 sets

Abs – 1 exercise – 4 sets

Calves - 1 exercise – 4 sets

---

6 exercises – 20 sets

### **Back**

D.Y. rows – One of my favorite machines for back to start the day here. After a handful of warm ups and feeder sets I want to do a true work set. Watch the video of Fouad, I intended on him getting 10ish, but he crushes 15, then I strip 50 pounds from each side, he gives me another 10 reps, I pull 25 pounds from each side and he does an ISO hold at the contraction point. You will love this pump! **3 total work sets**

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

**These sets are all RPE of 8-9, last set is a 10**

***Goal – Activation and Supramax pump***

Smith machine rows – Back should be full of blood and ready for more rows! Imagine the slabs of muscle we are earning today with all this rowing. Now onto some smith

rows, come down controlled then ram up hard into your abs. 3 sets of 10 once you find the perfect weight. **3 total work sets**

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

***Goal – Train explosively***

Deadlift shrugs – You are going to think I'm crazy but you wanted more back!! For every deadlift, do 3 shrugs. 8 total reps per set (so that's 8 deadlifts and 24 shrugs per set). Feel free to use chains like I'm doing in the video if you want to feel like a warrior!. **3 total work sets.**

<https://www.youtube.com/watch?v=XmcV0TFacgA&index=26&list=PLA808445EA052D63A>

**These sets are all RPE of 9**

NOTE: For women who don't want big gnarly, lets do high rep deads. Sets of 20 to be exact!

***Goal – Supramax pump***

Supinated Pulldowns – Do 3 sets of 10 here. After all the rows and deadlifts, this should stretch you out some but also put more blood in your lower lats. **3 total work sets.**

<https://www.youtube.com/watch?v=FLfsoU9yYe4&index=94&list=PLA808445EA052D63A>

**These sets are all RPE of 9**

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

## **Abs**

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

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

<https://www.youtube.com/watch?v=ZHSeF-SDrH4&list=PL512BBB0C927A91DC&index=3>

## **Calves**

Standing Calf raises – This is just too good to change!! Simply pyramid up doing sets of 8 here. Get a nice deep stretch on all reps. Do these nice and controlled. So, watch the video for our 4<sup>th</sup> working set here. After you reach a weight where you can barely get 8, take a 2-min rest, lighten load 50% and do 10 reps, pause at the top of the 10<sup>th</sup> rep and hold the contraction for 10 seconds, then drop right back into doing 10 more reps, then a hold and then give me 1 more time through. This pump will light you up!! **4 total work sets.**

[https://www.youtube.com/watch?v=kCpOy\\_btftw&feature=share](https://www.youtube.com/watch?v=kCpOy_btftw&feature=share)

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

---

### ***Friday***

Triceps – 3 exercises – 12 sets

Biceps – 3 exercises – 9 sets

Calves – 1 exercise – 4 sets

Abs -1 exercise – 4 sets

---

8 exercises – 29 sets

### **Triceps**

Dual rope tricep pushdowns – Attach 2 ropes to the cable pulley and really drive back to full contraction. This pump will blow your mind. 4 sets of 12 to after 3 warm-ups will get the blood flowing. **4 total work sets.**

[https://www.youtube.com/watch?v=LYv\\_Ww0WC0E&index=18&list=PL04BB5F1BC0300483](https://www.youtube.com/watch?v=LYv_Ww0WC0E&index=18&list=PL04BB5F1BC0300483)

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

### ***Goal – Activate and Supramax pump***

Overhead rope extensions – Remove one rope, grab a bench and it's time to stretch them out. Don't force your elbows in, but don't let them flare either. Come down feel the stretch then come up to  $\frac{3}{4}$  lockout. 4 sets of 12 here and your tris will be jumping off the bone. **4 total work sets.**

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



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

***Goal – Supramax pump***

Kettlebell skullcrusher/extensions – Do 4 sets of 10 here. There is just something about the kettlebells that light me up. If you don't have access to them, just use dumbbells, not a big deal. **4 total work sets.**

[https://www.youtube.com/watch?v=e9MJsKw\\_Eg&list=PL04BB5F1BC0300483&index=12](https://www.youtube.com/watch?v=e9MJsKw_Eg&list=PL04BB5F1BC0300483&index=12)

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

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

E-Z bar curls – Do 3 sets of 10 here once warmed up! Watch the video closely to Amit and my form. We aren't lifting the world as far as weight goes, but every single rep is killing our biceps. **3 total work sets.**

<https://www.youtube.com/watch?v=Z9KBAV3Ng2Q&index=19&list=PL04BB5F1BC0300483>

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

***Goal – Supramax pump***

Preacher curls – Doing this 2<sup>nd</sup> in rotation today so you should be able to a little heavier. Remember do NOT fully straighten your arms. Do 3 sets of 10 here. **3 total work sets.**

<https://www.youtube.com/watch?v=ZSB9JdskZXc&index=32&list=PL04BB5F1BC0300483>

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

***Goal – Supramax pump***

Incline hammer curls – Do 3 sets of 12 here. Only rest 30 seconds between sets here. Squeeze hard! In the video just pay attention to the very first exercise we are doing. That's all I want here. No need for the extra intensity since this is back block.....killing your arms will come later in Taskmaster. **3 total work sets.**

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

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

***Goal – Supramax pump***

### **Abs**

Decline bench leg raises – So I want you to do 100 reps and I don't care how many sets it takes, get all 100. **4 total work sets.**

<https://www.youtube.com/watch?v=JwQGUD1wxDg&index=10&list=PL512BBB0C927A91DC>

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

### **Calves**

Standing raises – Do 4 sets where you do 8 full range reps, followed by a 30 seconds body weight stretch. Only rest 60 seconds between sets. **4 total work sets.**

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

***Goal – Supramax pump***

---

## ***Saturday***

Back - 4 exercises – 12 sets

---

4 exercises – 12 sets

### **Back**

Single arm cable row – Kicking off old school today baby. You will love these, if done right it makes your lat feel like it's going to cramp. 3 work sets of 10 each arm. **3 total work sets**

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

<https://www.youtube.com/watch?v=OvnG0VJnR4E&list=PLA808445EA052D63A&index=4>

***Goal – Activation and start pump***

Shoulder width pulldown superset – Start with away facing pulldowns really driving your elbows down squeezing hard, then flip around and do partner assisted stretch pulldowns. I am looking for 10 or so reps on both for 3 total sets. Try and use a shoulder width, neutral grip attachment here. **3 total work sets**

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

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

***Goal – Supramax pump***

Face pulls – I want 3 sets of 15 reps here with the rope attachment. **3 total work sets**

[https://www.youtube.com/watch?v=Q6shuaJl\\_A&list=PLA808445EA052D63A&index=52](https://www.youtube.com/watch?v=Q6shuaJl_A&list=PLA808445EA052D63A&index=52)

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

***Goal – Supramax pump***

Exercise X – Last exercise for the back block. Take a look at the video for the exact form. This is a great way to finish off the all cable day considering the first 2 days of this week were ball busters. **3 total work sets.**

[https://www.youtube.com/watch?v=hbGZ\\_peaKso&list=PLA808445EA052D63A&index=81](https://www.youtube.com/watch?v=hbGZ_peaKso&list=PLA808445EA052D63A&index=81)

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

***Goal – Supramax pump***

***Now get out of the gym and go enjoy your weekend!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!***

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***

# Week 5 – Chest & Shoulder Block

## Monday

Chest – 4 exercises – 12 sets

Shoulders – 2 exercises – 6 sets

Abs – 1 exercise – 4 sets

---

7 exercises – 22 sets

### **Chest**

Dumbbell press – Do these on a slight incline if possible (see video below for correct angle). Do sets of 12 until you barely can get the 12<sup>th</sup> rep. Take the reps to  $\frac{3}{4}$  lockout and then come right back down. Keep your chest flexed during the whole movement. Generate as much tension as humanly possible. We will count this as 3 working sets. Do not go up so fast that you cheat yourself out of volume. This is a lot of reps, you should be pumped when complete. **3 total work sets**

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

**These sets are all RPE of 8-10**

***Goal – Activation and start pump***

Incline barbell press – If you can use the low angle on these please do. Do sets of 6 explosively going up until you can just barely get 6. Use a good controlled descent and then drive the weight up hard to  $\frac{3}{4}$  lockout before coming back down. Always stop about 1-2 inches above your chest to save your rotator cuff from unnecessary strain! We will count this as 3 sets. **3 total work sets**

<https://www.youtube.com/watch?v=xmD9VxBqCLo&list=PL2955620A11D03694&index=52>

**These sets are all RPE of 8-10**

***Goal – Train explosively***

Machine press – I want to 2 sets of 8 here, on both of those sets the 8<sup>th</sup> rep should be your last rep with good form. On your 3<sup>rd</sup> set do 8 reps, and then drop the weight and shoot for 8 more, and then immediately drop the weight just a tad and pump out 15 partials out of the bottom. **3 total work sets**

<https://www.youtube.com/watch?v=FfqfvOWyz7s&index=45&list=PL2955620A11D03694>

**These sets are all RPE of 10-12. The last set is the 12**

***Goal – Activation and start pump***

Front flyes – I have no idea what to call these but I really dig them. You have to really focus on squeezing your chest the entire time or your lats will take over. You can actually do these for lats on that day and focus on them. Really get your mind into the muscle here though and blast your chest. Do 3 sets of 10. **3 total work sets**

<https://www.youtube.com/watch?v=cIBAw5BiDaY&index=59&list=PL2955620A11D03694>

**These sets are all RPE of 9**

***Goal – Train muscle with stretch emphasis***

## **Shoulders**

*We keep shoulder exercises at 2 today because we will be going to 3 later in the week.*

Reverse peck deck – Ok let's crank some blood into your rear delts now. I want 3 sets of 30 here. Pump these, you don't have to hold and flex on every rep. Just keep the weight moving. **3 total work sets**

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

***Goal – Supramax pump***

Seated side laterals – Do 3 heavy sets of partials here. Only bring the weight up 1/3 of the way, and do 3 sets of 15. This will smoke your shoulders. Keep only a tiny bend at elbow. Just swing the heavy weight. It'll hurt. **3 total work sets**

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

***Goal – Supramax pump***

## **Abs**

V ups – Do 4 sets to failure here. **4 total work sets.**

<https://www.youtube.com/watch?v=Jj7b3VTA-H0&index=4&list=PL512BBB0C927A91DC>

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

---

## ***Tuesday***

Biceps – 3 exercises – 12 sets

Triceps – 3 exercises – 12 sets

Calves – 1 exercise – 4 sets

---

7 exercises – 28 sets

## **Biceps**

Barbell curls – Do 4 sets of 8 here with a full range of motion and then extend the set by doing 4 more partials only coming up halfway. Do this on all 4 sets. **4 total work sets.**

<https://www.youtube.com/watch?v=Z9KBAV3Ng2Q&list=PL04BB5F1BC0300483&index=19>

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

***Goal – Supramax pump***

Hammer curls – Do 4 sets of 8 here. Squeeze hard! Do these nice and controlled. **4 total work sets.**

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

***Goal – Supramax pump***

Single arm preacher curls – Do 8 reps with each arm. Really work the contraction and squeeze at the top here! **4 total work sets.**

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

### ***Goal – Supramax pump***

#### **Triceps**

Dual arm tricep pushdowns – See the video below. Use 2 ropes like in the video if you can. Step back and crank away. Do 4 sets of 12 on each set. **4 total work sets.**

[https://www.youtube.com/watch?v=LYv\\_Ww0WC0E&list=PL04BB5F1BC0300483&index=18](https://www.youtube.com/watch?v=LYv_Ww0WC0E&list=PL04BB5F1BC0300483&index=18)

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

### ***Goal – Activate and Supramax pump***

Bent over extensions – Try to use the handles I am using in the video. Do 4 sets of 12 here. Work the stretch hard. **4 total work sets.**

<https://www.youtube.com/watch?v=LSZb34taZsA&index=25&list=PL04BB5F1BC0300483>

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

### ***Goal – Supramax pump***

Overhead rope extensions – Do 4 sets of 10 here as seen in the video. Do these nice and slow and feel the stretch at the bottom! **4 total work sets.**

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

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

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

#### **Calves**

Seated raises – Do 2 warm up sets and then do 4 sets of 12 reps. Get a nice big stretch on all reps here. The 12<sup>th</sup> rep should be excruciating if you are using the right weight. **4 total work sets.**

**This sets are an RPE of 10.**



## ***Goal – Supramax pump***

---

### ***Wednesday***

Back – 5 exercises – 20 sets

Abs – 1 exercise – 4 sets

---

6 exercises – 24 sets

#### ***Back***

Meadows rows – Work up to a tough 8, and grind out 4 nasty sets of 8 with it. **4 total work sets**

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

## ***Goal – Activation and Supramax pump***

Pullovers – Again, use a band if you can! Do 4 sets of 8 here. **4 total work sets.**

**These sets are all RPE of 9**

<https://www.youtube.com/watch?v=mrmljFUcavA&list=PLA808445EA052D63A&index=87>

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

Rack pull and chin superset – 4 rounds of this is a bit crazy. I want a tough 5 on the rack pulls. Pull from mid shin. Then I want 6 to 8 chins. If you can't do them right get a spot or use an assist machine. **8 total work sets.**

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

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

## ***Goal – Supramax pump***

Banded hyperextensions – Do 4 slow sets of 10 here! Hold at the top for half a second. **4 total work sets.**

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

**These sets are all RPE of 9**

***Goal – Supramax pump***

## **Abs**

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

<https://www.youtube.com/watch?v=jwQGUD1wxDg&index=10&list=PL512BBB0C927A91DC>

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

---

## ***Thursday***

Chest – 3 exercises – 9 sets

Shoulders – 3 exercises – 9 sets

Calves - 1 exercise – 4 sets

---

7 exercises – 22 sets

## **Chest**

Dumbbell twist press – I really like these but you can't go too heavy or you'll notice you lose the ability to twist your wrist. Use a medium weight. You will notice a crazy hard contraction on these. Do 3 sets of 10 here. **3 total work sets.**

[https://www.youtube.com/watch?v=a4LNK8W\\_9-g&index=8&list=PL2955620A11D03694](https://www.youtube.com/watch?v=a4LNK8W_9-g&index=8&list=PL2955620A11D03694)

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

***Goal – Activation and Supramax pump***

Incline dumbbell press – Do these on a low angle. Work up to a weight that you could probably do 10 with and do sets of 8. I want you to leave reps in the tank. Remember, we have to do chest again Saturday! We are on 1 day of rest. **3 total work sets**

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

***Goal – Supramax pump***

Banded hammer press – You could also rig this up on a machine too. If you don't have bands that's ok. I really like them on this exercise because they force an insane contraction and train you to be more explosive. Do 3 sets of 8 here. Do a 2 second pause at the top of each rep. Do 3 sets of 8. Don't let your elbows go back to past 90 degrees, especially if using bands. **3 total work sets.**

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

***Goal – Supramax pump***

## **Shoulders**

6-ways – This is the most sneakily destructive shoulder exercise you can imagine. Do 3 sets of 8 here. The full motion counts as 1 rep. See the video below for exact form. **3 total work sets.**

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

**These sets are all RPE of 9**

***Goal – Supramax pump***

Dumbbell rear laterals – This is the basic exercise where bend over and do rear lateral raises. As basic as it gets with this. Do 3 sets of 15. **3 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

Spidercrawls and overbacks – Here is your finisher, another really sneaky one. I like this because it helps tremendously with shoulder health too. Do 3 rounds. **3 total work sets.**

<https://www.youtube.com/watch?v=Vcxy7fmzv7E&index=20&list=PL1F60A60A3E4E2E83>

**These sets are all RPE of 9**

***Goal – Supramax pump***

### **Calves**

Standing calve raises – Pyramid up to a tough 8 and stay there and do 4 sets of 8. Remember to focus on the stretch too, no bouncing! **4 total work sets.**

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

---

***Friday***

Legs – 5 exercises – 16 sets

Abs -1 exercise – 4 sets

---

6 exercises – 20 sets

Seated leg curls – Do 2 to 3 warm up sets. Next up is 3 sets of 10. The 10<sup>th</sup> rep should be tough on all sets! On the 3<sup>rd</sup> set, tack on 15 partials out of the stretched position, and then toss in a 10 second isohold. **3 total work sets.**

**These sets are RPE of 10-13**

***Goal – Activate and pump***

Leg press – Do these sets with a 3 second decent. Just keep going up until you can barely get 8. We will count the last 3 sets as work sets. **3 total work sets.**

**These sets are RPE of 8-10. 8 on the first set and 10 on the last set.**

***Goal – Supramax pump***

Front and back squat – See the video below. I am standing on a skinny board in the vid, but you don't have too. For me, I like the feel better with it. It is a really thin board. Do

10 reps on the front version and then then do 10 reps on the back version but do those with a 3 second decent. Get ready to breath hard and get the puke bucket ready if you are pushing hard. Do 3 ROUNDS once you find a good weight. You want to leave a rep or two in tank on front squats. **6 total work sets.**

[https://www.youtube.com/watch?v=dwB\\_IggYS-w&index=41&list=PLD5A37C01FC6D4C0D](https://www.youtube.com/watch?v=dwB_IggYS-w&index=41&list=PLD5A37C01FC6D4C0D)

**Intra-set stretching - After the last working set, I want you to do a 60 second hard quad stretch.**

**This set is RPE of 8-9**

***Goal – Supramax pump***

Barbell stiff legged deadlift – Do 3 sets of 8 here. Come up all the way and squeeze your glutes. Push your hips back, and keep your chest arched to really help with the hamstring stretch here. Don't force the stretch. Let it come each set. **3 total work sets.**

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

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

## **Abs**

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

<https://www.youtube.com/watch?v=jwQGUD1wxDg&index=10&list=PL512BBB0C927A91DC>

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

---

## ***Saturday***

Chest – 3 exercises – 9 sets

Shoulders – 3 exercises -9 sets

Calves - 1 exercise – 4 sets

---

7 exercises – 22 sets

## **Chest**

Machine press – Work your way up doing sets of 8. I want you to do rest pause reps here. I attached a vid so you can see my pause. Do 3 sets of 8. Leave a few reps in the tank ok. Again, you only have 1 day of rest until the next chest workout, which is the toughest one of the week. **3 total work sets.**

<https://www.youtube.com/watch?v=FfqfvOWyz7s&list=PL2955620A11D03694&index=45>

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

***Goal – Activation and Supramax pump***

Hex press – Do 3 sets of 8 here. Leave a few reps in the tank! **3 total work sets**

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

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

***Goal – Supramax pump***

Machine flye – I attached a vid below so you could see the machine I use and the form. Try to simulate it. Do 3 sets of 10. Leave a few reps in the tank! **3 total work sets.**

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

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

## **Shoulders**

Machine/reverse pec deck rear laterals – Do 3 sets of 15 here again, but give each rep a hard 1 second contraction. **3 total work sets.**

**These sets are all RPE of 8**

***Goal – Supramax pump***

Dumbbell side laterals – Do 3 sets of 8 here. **3 total work sets.**

**These sets are all RPE of 8**

***Goal – Supramax pump***

Barbell front raises – Do 3 sets of 8 here. Bring the barbell up to eye level. **3 total work sets.**

**These sets are all RPE of 8**

***Goal – Supramax pump***

## **Calves**

Standing calve raises – Pyramid up to a tough 8 and stay there and do 4 sets of 8 with an additional 8 partials out of the bottom on each set as well. Remember to focus on the stretch too, no bouncing!

**4 total work sets.**

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

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***

# Week 6 – Chest & Shoulder Block

## Monday

Chest – 3 exercises – 9 sets

Shoulders – 2 exercises – 8 sets

Abs – 1 exercise – 4 sets

---

6 exercises – 21 sets

### **Chest**

Decline dumbbell press – Do these on a slight decline if possible (see video below for correct angle). Do sets of 8 until you barely can get the 8<sup>th</sup> rep. Take the reps to  $\frac{3}{4}$  lockout and then come right back down. Keep your chest flexed during the whole movement. Generate as much tension as humanly possible. We will count this as 3 working sets. Do not go up so fast that you cheat yourself out of volume. This is a lot of reps, you should be pumped when complete. **3 total work sets**

<https://www.youtube.com/watch?v=c8cyBm4j0H4&list=PL2955620A11D03694&index=3>

**These sets are all RPE of 8-10**

***Goal – Activation and start pump***

Flat barbell press – These are very humbling. See the video below to see where the pause is. You want it 3-4 inches above chest before descending all the way down. Do 3 sets of 8 here. That is a TON of tension. The last rep should be tough, but you need to be able to get it with good form. **3 total work sets**

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

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

***Goal – Train explosively***

High Smith machine press – Those barbell presses are pretty taxing so I want to limit today to 3 exercises for chest. This is also a ton of shoulder. I actually love these for thick delts and that upper pec shelf. Find a good weight and do 3 sets of 10 with it. **3 total work sets**

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



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

***Goal – Supramax pump***

## **Shoulders**

Standing side laterals – Your shoulders should already be nice and pumped from the last exercise, so let's get right into these for 4 sets of 10. **4 total work sets**

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

***Goal – Supramax pump***

Reverse peck deck – I want to go moderately heavy on these. Do 10 hard reps, and the do 6 partials out of the stretched position. Do this on all 4 sets! **4 total work sets**

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

***Goal – Supramax pump***

## **Abs**

V ups – Do 4 sets to failure here. **4 total work sets.**

Your reps should be increasing here, as we have been doing these every week for the most part.

<https://www.youtube.com/watch?v=jj7b3VTA-H0&index=4&list=PL512BBB0C927A91DC>

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

---

## ***Tuesday***

Biceps – 3 exercises – 12 sets

Triceps – 3 exercises – 12 sets

Calves – 1 exercise – 4 sets

---

7 exercises – 28 sets

## **Biceps**

Seated dumbbell curls – Do 4 sets of 8 here with a full range of motion and then extend the set by doing 4 more partials only coming up halfway. Do this on all 4 sets. Twist the dumbbell as you come up on all the full range reps, but once you get to the partials, keep your palms up but only come up halfway. This will burn! **4 total work sets.**

<https://www.youtube.com/watch?v=Z9KBAV3Ng2Q&list=PL04BB5F1BC0300483&index=19>

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

***Goal – Supramax pump***

Concentration curls on incline – Do 8 reps on each set here. Flex really hard at the top. The key is to smash the dumbbells together as you curl them up to create massive tension. Do 4 sets. **4 total work sets.**

<https://www.youtube.com/watch?v=3Y7wWx8xGAw&index=7&list=PL04BB5F1BC0300483>

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

***Goal – Supramax pump***

Ez bar reverse curls – Do 4 sets of 10 here. Squeeze hard! Do these nice and controlled. **4 total work sets.**

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

***Goal – Supramax pump***

## **Triceps**

Pushdowns with single handles – Back to these for 4 sets of 12! **4 total work sets.**

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

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

***Goal – Activate and Supramax pump***

Tate press – You can do these with kettlebells or dumbbells. This is something I picked up years ago from the powerlifters I was training with. I prefer to do these strict with kettlebells. Do 4 sets of 12 here. Work the stretch hard. Don't go to complete failure, I don't want you to knock your teeth out. **4 total work sets.**

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

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

***Goal – Supramax pump***

Overhead rope extensions – I want to repeat this from last week. Do 4 sets of 10 here as seen in the video. Do these nice and slow and feel the stretch at the bottom! **4 total work sets.**

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

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

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

**Calves**

Seated raises – Do 2 warm up sets and then do 4 sets of 25 reps. Get into a nice rhythm here and pump these out. I am not saying to bounce them, I am just saying to keep the reps moving without pausing. **4 total work sets.**

**This sets are an RPE of 10.**

***Goal – Supramax pump***

---

***Wednesday***

Back – 5 exercises – 19 sets

Abs – 1 exercise – 4 sets

6 exercises – 23 sets

---

## **Back**

Lat pulldown – I want you to start with standard pulldowns here. Really arch your chest and drive your elbows down squeezing your lats. Do 4 sets of 8. **4 total work sets**

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

***Goal – Activation and Supramax pump***

Chins – Now we go to the chin machine. If you are really strong on these do them without aid, but I typically use the assist machine so I can use perfect form. Use a pronated grip here (the same as on pulldowns. It looks the same, but it will feel different. Do 4 sets of around 8 reps per set. **4 total work sets.**

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

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

Low cable row – Do 4 sets of 10 here with a massive squeeze in the flexed position. If you are able, sit on something to elevate yourself. See the video below so you can see what I mean. **4 total work sets.**

[https://www.youtube.com/watch?v=stm\\_abA5Rao&list=PLA808445EA052D63A&index=50](https://www.youtube.com/watch?v=stm_abA5Rao&list=PLA808445EA052D63A&index=50)

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

***Goal – Supramax pump***

Dumbbell rows – Do 3 hard sets of 8 here. On your 4<sup>th</sup> set I want a drop set. Do 8, then drop and do 8 again, and then drop and do 8 again. **4 total work sets.**

[https://www.youtube.com/watch?v=\\_HyU5Je\\_Ch8&index=39&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=_HyU5Je_Ch8&index=39&list=PLA808445EA052D63A)

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

***Goal – Supramax pump***

Dumbbell pullovers – No bands on these today, just use the dumbbell. Do 3 sets of 10. **3 total work sets.**

**These sets are RPE of 9**

***Goal – Supramax pump***

NOTE: No lower back work today as we smoked lower back last week with the rack deads and hypers.

## **Abs**

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

<https://www.youtube.com/watch?v=JwQGUD1wxDg&index=10&list=PL512BBB0C927A91DC>

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

---

## **Thursday**

Chest – 3 exercises – 10 sets

Shoulders – 3 exercises – 12 sets

Calves - 1 exercise – 4 sets

---

7 exercises – 26 sets

## **Chest**

Dumbbell twist press – let's repeat this form last week but I want to add a little more volume, so we'll do 4 sets. I really like these but you can't go too heavy or you'll notice you lose the ability to twist your wrist. Use a medium weight. You will notice a crazy hard contraction on these. Do sets of 8. **4 total work sets.**

[https://www.youtube.com/watch?v=a4LNK8W\\_9-g&index=8&list=PL2955620A11D03694](https://www.youtube.com/watch?v=a4LNK8W_9-g&index=8&list=PL2955620A11D03694)

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

***Goal – Activation and Supramax pump***

Cable crossover and dip superset – We didn't do any stretch movements on Monday so I want you to combine these for your chest today. Do 3 rounds. Shoot for 8 reps on both again! **6 total work sets**

<https://www.youtube.com/watch?v=H3TjY48yiu0&list=PL2955620A11D03694&index=50>

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

***Goal – Supramax pump***

## **Shoulders**

*Triset alert!*

Barbell front raises and then side laterals, and then rear delt flyes with band – Do 4 rounds of this. Your shoulders will be numb, like wasps are stinging them. Fire!! **12 total work sets.**

<https://www.youtube.com/watch?v=vOW3cXkLMw&index=16&list=PL1F60A60A3E4E2E83>

**These sets are all RPE of 9**

***Goal – Supramax pump***

## **Calves**

Standing calve raises – Ok, let's do it. This is the triset where you do 10 reps, and then hold at the top for 10 seconds, repeating 2 more times until you have done 30 reps and 3 holds at the top. Here is the kicker. I want you to do 4 rounds. I know I know, isn't that a bit extreme? Yes, it is so you can do 8 reps instead of 10 reps on the sets. **4 total work sets.**

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

---

***Friday***

Legs – 5 exercises – 15 sets

Abs -1 exercise – 4 sets

---

6 exercises – 19 sets

Lying leg curls – Do 2 to 3 warm up sets. Today we are just doing normal straight heavy sets. Work up to a tough 8, and then do 3 sets of 8 with it. **3 total work sets.**

**These sets are RPE of 10**

***Goal – Activate and pump***

Leg extension and leg press and stretch set – Alright let's get NASTY. Do 8 reps on leg extension to start. Walk over to the leg press and do 1 leg at a time. You need to do 6 reps with one leg and then switch, and do 2 more times for 18 total reps on each leg. Next stretch out each quad for 20 seconds. Do 3 hard rounds. If you aren't HURTING, you went to easy. **6 total work sets.**

<https://www.youtube.com/watch?v=Uk0OXUo9z9I&index=28&list=PLD5A37C01FC6D4C0D>

**These sets are RPE of 8-10. 8 on the first set and 10 on the last set.**

***Goal – Supramax pump***

Squat – Ok I am going to trust you on these. I don't usually let people do many drop sets on squats, because they lose their mind and their form gets bad (injury risk). Work your way up doing sets of 8. Once you get to your tough 8 I want you to do that, and then drop the weight and do 8 more, and then drop the weight and do 8 more ok. PLEASE keep tight form! This should knock you for a loop though. We will count this as 3 work sets. **3 total work sets.**

**This set is RPE of 8-9**

***Goal – Supramax pump***

Barbell stiff legged deadlift – Do 3 sets of 8 here. Come up all the way and squeeze your glutes. Push your hips back, and keep your chest arched to really help with the hamstring stretch here. Don't force the stretch. Let it come each set. **3 total work sets.**

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

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

## **Abs**

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

<https://www.youtube.com/watch?v=jwQGUD1wxDg&index=10&list=PL512BBB0C927A91DC>

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

---

## ***Saturday***

Chest – 3 exercises – 9 sets  
Shoulders – 3 exercises -9 sets  
Calves - 1 exercise – 4 sets

---

7 exercises – 22 sets

## **Chest**

Machine press – Work your way up doing sets of 12. Just get into a rhythm and pump your reps out here. Take them to  $\frac{3}{4}$  lockout only. Go up until you can barely get 12. We will call this 3 work sets. **3 total work sets.**

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

***Goal – Activation and Supramax pump***

Hex press – I want to test your pain tolerance here. You should feel a searing pain across your sternum these burn so bad. Fight through it to get your reps! Do 3 sets of 20 here. **3 total work sets**

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

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

***Goal – Supramax pump***



Machine flye – lets stretch your pecs hard now with all that blood in them. Do 3 sets of 10. Leave a few reps in the tank! **3 total work sets.**

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

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

## **Shoulders**

Machine/reverse pec deck rear laterals – Do 3 sets of 15 here again, but give each rep a hard 1 second contraction. **3 total work sets.**

**These sets are all RPE of 8**

***Goal – Supramax pump***

Dumbell side laterals – Do 3 sets of 12 here. **3 total work sets.**

**These sets are all RPE of 8**

***Goal – Supramax pump***

Barbell front raises – Do 3 sets of 12 here. Bring the barbell up to eye level. **3 total work sets.**

**These sets are all RPE of 8**

***Goal – Supramax pump***

## **Calves**

Standing calve raises – Hopefully your calves healed up from Thursday. That was nasty. Pyramid up to a tough 8 and stay there and do 4 sets of 8. Remember to focus on the stretch too, no bouncing!

**4 total work sets.**

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

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***

# Week 7 – Chest & Shoulder Block

## Monday

Chest – 3 exercises – 9 sets

Shoulders – 2 exercises – 8 sets

Abs – 1 exercise – 4 sets

---

6 exercises – 21 sets

### **Chest**

Flat dumbbell press – So we have done slight incline on Week 5, and decline on Week 6, let's take it to flat and grind. Do sets of 8 until you barely can get the 8<sup>th</sup> rep. Take the reps to  $\frac{3}{4}$  lockout and then come right back down. Keep your chest flexed during the entire movement and generate as much tension as humanly possible. We will count this as 2 working sets. For your 3<sup>rd</sup> set, take 80% of the weight you used on your last set (so if you did the 100's, use the 80's) and go to absolute failure. Do not go up so fast that you cheat yourself out of volume. **3 total work sets**

**These sets are all RPE of 8-10, last set is RPE of 12**

***Goal – Activation and start pump***

Reverse band incline barbell press – You get to feel super human with these! You will be pumped beyond belief after the dumbbell pressing, then get to load up the bar for incline. Attached bands to the top of the power rack and work in the 8-rep range. Build up to a good weight and stick there for 3 sets of 8 reps. Notice my form and the thickness of the bands in the video. If you don't have bands, you can do regular low incline bench press for sets of 8 the same way we always pyramid up. **3 total work sets**

<https://www.youtube.com/watch?v=KCKv3h-EFwE&index=18&list=PL2F8A4BD406176C34>

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

***Goal – Train explosively***

High smith machine press – Repeat from last week here. So, we hit a flat press, a low incline, now a high incline. Those barbell presses are pretty taxing so I want to limit today to 3 exercises for chest. This is also a ton of shoulder work. I love these for thick delts and that upper pec shelf. Find a good weight and do 3 sets of 12 with it. **3 total work sets**

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

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

***Goal – Supramax pump***

## **Shoulders**

Machine side laterals – Your shoulders should already be nice and pumped from the last exercise, so let's get right into these for 4 sets of 20, 18, 16, 14 on the side lateral machine. I attached a video so you could see what piece I was using. No need to do the partials as shown in the video. If for some reason your gym doesn't have this piece do cable side laterals in the cable cross-over station. **4 total work sets**

<https://www.youtube.com/watch?v=EqqwOYn-nMI&index=17&list=PL1F60A60A3E4E2E83>

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

***Goal – Supramax pump***

Reverse peck deck – Use the same weight as last week but I'm upping the reps here. Do 12 hard reps, and the do 8 partials out of the stretched position. Do this on all 4 sets! **4 total work sets**

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

***Goal – Supramax pump***

## **Abs**

V ups – Do 4 sets to failure here. **4 total work sets.**

Your reps should be increasing here, as we have been doing these every week for the most part.

<https://www.youtube.com/watch?v=Jj7b3VTA-H0&index=4&list=PL512BBB0C927A91DC>

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

---

## ***Tuesday***

Biceps – 3 exercises – 12 sets  
Triceps – 3 exercises – 12 sets  
Calves – 1 exercise – 4 sets

---

7 exercises – 28 sets

### ***Biceps***

Cable reverse curls – I want to start you off with a forearm and bicep pump that kicks you in the teeth. Use an E-Z bar attachment to the low cable and give me 4 sets of 20 reps. Make these controlled and a huge squeeze with every rep. Fight hard, I want your arms ready to explode. **4 total work sets.**

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

### ***Goal – Supramax pump***

1-arm machine preacher curls – Let's focus on each bicep and push even more blood into the belly of that muscle. I want 10 reps each arm really focusing on the contraction of each and every rep. Do 4 sets going back to back with no rest. This won't take a ton of weight. **4 total work sets.**

[https://www.youtube.com/watch?v=q8XH\\_xmpyt4&index=3&list=PL04BB5F1BC0300483](https://www.youtube.com/watch?v=q8XH_xmpyt4&index=3&list=PL04BB5F1BC0300483)

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

### ***Goal – Supramax pump***

Incline Dumbbell curls – Do 4 sets of 10 here. Squeeze hard, keep your palms up the entire time and use a 3 second negative on every rep. This will really stretch out your biceps after all the pump work. A cool little trick I use to get a little more intense stretch is at the bottom of the rep, flex your triceps hard. This will put your biceps into the fully lengthened position and increase time under tension. **4 total work sets.**

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

### ***Goal – Supramax pump***

## Triceps

Single arm cable pushdown and extension superset – I want to start you off with a ton of blood in your tris and what better way than a superset and focusing on 1 arm a time. Grab the ball of the cable, take a big step back, then press down to full contraction. After knocking down 10 reps, flip around and do extensions really getting a good stretch for 10 reps. After a couple warm up rounds, give me 4 sets. The pump will be big going into the dumbbell work! **4 total work sets.**

<https://www.youtube.com/watch?v=OEL4U3VL6cM&index=17&list=PL04BB5F1BC0300483>

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

***Goal – Activate and Supramax pump***

Pronated dumbbell kickbacks – Watch the form close here. This old school favorite if done right, will pack tissue on your tris. Use a pronated grip, control the negative, then ram the dumbbells up hard. Give me 4 sets of 8 reps here. **4 total work sets.**

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

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

***Goal – Supramax pump***

Reverse grip pushdowns – Time to take your pump to the next level! Use the E-Z bar attachment, bend forward at the waist and let these ride high above your head. Think big stretch here, press down then big stretch on every rep. I want 4 sets of 15 full reps followed by 10 partials out of the stretch position on every set. **4 total work sets.**

<https://www.youtube.com/watch?v=-8kocH0ZjrY&list=PL04BB5F1BC0300483&index=10>

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

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

## Calves

1.5 Seated raises – Do 2 warm up sets and then do 4 sets of 10, 1.5 reps. So, do a full rep, come down to a full stretch, come up half way, then back to full stretch, then up for a full rep. That's 1 rep.....give me 9 more of those. **4 total work sets.**

**This sets are an RPE of 10.**

***Goal – Supramax pump***

---

***Wednesday***

Back – 5 exercises – 19 sets

Abs – 1 exercise – 4 sets

---

6 exercises – 23 sets

### **Back**

Chain 1-arm barbell row – Last week we did a lot of cable work.....not this week. Starting off with chain 1 arm rows. Attach to 2 chains to the end of the barbell and get to rowing. I want 4 hard sets of 10 here after you knock down some warm up sets. If you don't have chains, that is ok. **4 total work sets**

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

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

***Goal – Activation and Supramax pump***

Rack pulls – It's time to add some thickness to the entire posterior chain. I want these mid shin, pause every rep on the rack before powering up. Do not get sloppy, make sure you are staying tight and feeling this from traps to glutes. Even your lats should be cramping here. Pyramid up doing sets of 6 reps till you know if you added one more pound your form would break. Do not make big jumps, I want you to get some volume in on this exercise. **4 total work sets.**

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

***Goal – Train Explosively***

Hammer strength supinated pulldown – Let's give your low back a break and do some pulldowns. Make sure you are using your lats and not pulling with your arms. Get a full stretch, then drive your elbows down to maximum contraction. 4 sets of 10 reps

here. If you don't have this piece, attach an E-Z bar to the cable pulldown and mimic this form. **4 total work sets.**

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

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

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

Dumbbell rows – Repeat from last week because it felt too good to pass up. Do 3 hard sets of 8 here. On your 4<sup>th</sup> set I want a drop set. Do 8, then drop and do 8 again, and then drop and do 8 again. **4 total work sets.**

[https://www.youtube.com/watch?v=HyU5Je\\_Ch8&index=39&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=HyU5Je_Ch8&index=39&list=PLA808445EA052D63A)

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

***Goal – Supramax pump***

Dumbbell pullovers – Lets add the band back in to increase the tension. Do 3 sets of 10. **3 total work sets.**

<https://www.youtube.com/watch?v=pR47sxwYFi4>

**These sets are RPE of 9**

***Goal – Supramax pump***

## **Abs**

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

<https://www.youtube.com/watch?v=jwQGUD1wxDg&list=PL512BBB0C927A91DC&index=10>

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

---



## ***Thursday***

Chest – 3 exercises – 10 sets

Shoulders – 3 exercises – 12 sets

Calves - 1 exercise – 4 sets

---

7 exercises – 26 sets

### **Chest**

Hex press – Mix up this week.....kicking off with Hex press and saving twist press for later in the week. Really ram the dumbbells together and when you reach lock out, flex as hard as you can. This won't take a lot of weight if done right. I want you to think about creating as much tension as possible. 4 sets of 10 reps. **4 total work sets.**

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

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

***Goal – Activation and Supramax pump***

Dip and stretch pushup superset – The superset last week felt so good, let's just change the dips to first and then throw in stretch push-ups. Do both of these very controlled but take them both to failure for all 3 rounds! **6 total work sets**

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

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

***Goal – Supramax pump***

### **Shoulders**

*Crazy pump alert!*

Barbell front raises superset with spider crawls – Ok here is what I want, 15 reps on barbell front raises, then do spider crawls for 1 minute, rest one 1 minute and repeat. Do 2 rounds of this and then onto side delts. **4 total work sets.**

<https://www.youtube.com/watch?v=IeKQCX-qvp8&index=15&list=PL2F8A4BD406176C34>

**These sets are all RPE of 9**

### ***Goal – Supramax pump***

Dumbbell side raises superset with spider crawls – Same as above but do dumbbell side laterals for 12 reps, then 1 minute of spider crawls. Rest 1 minute and repeat. Do 2 rounds of this. **4 total work sets.**

**These sets are all RPE of 9**

### ***Goal – Supramax pump***

Dumbbell bent over rear lateral raises superset with spider crawls – Lastly, some rear delt love. So, let's do 25 reps here, then spider crawls for 1 minute, rest 1 minute and repeat. The second set of this will be absolutely brutal. Do 2 rounds of this. **4 total work sets.**

**These sets are all RPE of 9**

### ***Goal – Supramax pump***

## **Calves**

Calves superpump – Ok check the video out for what I'm looking for. The first exercise can be a leg press or really any calf machine of your choice. I just want you to load it up and fight to get 20 reps, then stand up and bang 8 body weight standing calf raises, then finish with some banded tibia work. Give me 4 rounds of this. **4 total work sets.**

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

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

### ***Goal – Supramax pump***

---

## ***Friday***

Legs – 5 exercises – 15 sets

Abs -1 exercise – 4 sets

6 exercises – 19 sets

---

Lying leg curls – Last week we went heavy, let's hammer reps this week. See below for an example of what I have in mind. **3 total work sets.**

**These sets are RPE of 10**

**60 x 20 – warm up**

**70 x 20 – warm up**

**90 x 15 – warm up**

**100 x 8 – feeder set**

**120 x 6 – feeder set**

**140 x 15 – 1<sup>st</sup> working set**

**160 x 12 – 2<sup>nd</sup> working set**

**180 x 10 + 8 forced reps – 3<sup>rd</sup> working set**

***Goal – Activate and pump***

Leg press death set – Alright let's get NASTY. I want you to work up to a hard 8 reps. Once there the fun starts. In the video I have 11 plates per side and I bang out 8 reps, without racking it, have your training partners pull 2 plates per side and do 8 reps, pull another 2 plates and hit 8 reps, then pull two more plates. Here is where you test your heart. With 5 plates a side I got 11 reps pausing on the pins, then did 7 continuous tension reps then 5 more pause reps. This is awful, just rewatching the video I remember the pain in my quads after this set. **3 total work sets.**

<https://www.youtube.com/watch?v=tjJ5ptP7Ijw&t=4s&list=PLD5A37C01FC6D4C0D&index=14>

**These sets are RPE of 8-10. 8 on the first set and 13 on the last set.**

***Goal – Supramax pump***

Dumbbell walking lunges – In the video I'm using chains, but feel free to use dumbbells or kettle bells. I want you to do all reps going down on 1 leg, then switch legs and lunge back. Aim for 12 steps per leg for 3 sets. **3 total work sets.**

[https://www.youtube.com/watch?v=\\_z4ZQFNd6fg](https://www.youtube.com/watch?v=_z4ZQFNd6fg)

**These sets are RPE of 8-10. 8 on the first set and 10 on the last set.**

***Goal – Supramax pump***

Kettlebell squats – Let's get some sweep focus and more glute work. After that drop set and lunges these deep controlled squats will feel amazing. 3 working sets of 10 reps here. Stand on plates or aerobic steps to increase your ROM. Pay very close attention to my form here. I want all of your focus on your sweep and glutes, think quality reps here. **3 total work sets.**

<https://www.youtube.com/watch?v=IGpHeghDUw8&index=54&list=PLD5A37C01FC6D4C0D>

**This set is RPE of 8-9**

***Goal – Supramax pump***

Dumbbell stiff legged deadlift – Do 3 sets of 8 here. Come up all the way and squeeze your glutes. Push your hips back, and keep your chest arched to really help with the hamstring stretch here. Don't force the stretch. Let it come each set. **3 total work sets.**

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

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

## **Abs**

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

<https://www.youtube.com/watch?v=jwQGUD1wxDg&index=10&list=PL512BBB0C927A91DC>

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

---

## ***Saturday***

Chest – 3 exercises – 9 sets

Shoulders – 3 exercises -9 sets

Calves - 1 exercise – 4 sets

---

7 exercises – 22 sets

## Chest

Banded decline hammer strength machine press – I want you to really focus on nailing the contraction here. Do NOT over stretch (this means coming back past 90 degrees in your elbow) and place your shoulders in a risky position. The goal with the bands are to generate extreme tension at lockout. 3 sets of 8 reps and every single rep should be a 10 out 10 on the contraction. If you cannot do this, lighten the weight. **3 total work sets.**

<https://www.youtube.com/watch?v=HbogGzXcAXo&list=PL2F8A4BD406176C34&index=5>

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

***Goal – Activation and Supramax pump***

Dumbbell twist press – Nail flawless form here and really get more blood in those pecs. 3 sets of 10 reps here. **3 total work sets**

[https://www.youtube.com/watch?v=a4LNK8W\\_9-g](https://www.youtube.com/watch?v=a4LNK8W_9-g)

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

***Goal – Supramax pump***

Pronated machine flye – lets stretch your pecs hard now with all that blood in them. Do 3 sets of 12. Leave a few reps in the tank! If you don't have this machine, use a pec-dec flye but use the handles we would normally do rear delts with. **3 total work sets.**

<https://www.youtube.com/watch?v=78m5bRCO69I&index=62&list=PL2955620A11D03694>

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

## Shoulders

Machine/reverse pec deck rear laterals –Last week we did 15 with a 1 second squeeze, let's do 20 with a 2 second squeeze this week. **3 total work sets.**

**These sets are all RPE of 8**

***Goal – Supramax pump***

Dumbbell side laterals – Do 3 sets of 8 here, its ok to use some body English here. I want you to move some weight and fight the negative on each rep. **3 total work sets.**

**These sets are all RPE of 8**

***Goal – Supramax pump***

Hang and swing destroyer set – We will count this as 3 sets but it's actually 1 large triple drop set. Get your straps you use for back and strap into a moderately heavy set of dbs. Lay face down on an incline bench, leave your arms straight and just raise them out to the side in a controlled manor. I need you to get 60 reps with this weight. Just keep fighting, there will be multiple times you will want to quit. After you get your 60 (the last 10 or so will most likely be partials) cut the weight in half and give me 30 more reps. Then cut the weight in half again and do 10 full range of motion rear laterals. 100 total reps to finish the day off. **3 total work sets.**

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

**These sets are all RPE of 8**

***Goal – Supramax pump***

## **Calves**

Standing calve raises – Straight sets here. Pyramid up to a tough 10 and stay there and do 4 sets of 10. Remember to focus on the stretch too, no bouncing!

**4 total work sets.**

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

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***

# Week 8 – Chest & Shoulder Block

## Monday

Chest – 4 exercises – 12 sets  
Shoulders – 2 exercises – 8 sets  
Abs – 1 exercise – 4 sets

---

7 exercises – 24 sets

### **Chest**

Incline dumbbell press – Back to incline this week. Take a note of the angle in the video, this is my favorite in case you haven't realized that by now. Notice the form, slow/controlled negatives and a flex at contraction. Work up to a hard 8 then give me a drop set. Below is a sample of how it might look. **3 total work sets.**

**25's x 15 – warm up set**  
**45's x 15 – warm up set**  
**65's x 10 - feel set**  
**85's x 8 – feel set**  
**105's x 6 – work set**  
**115's x 8 – work set**  
**120's x 8, drop to 90's x 5, drop to 60's x 5 full ROM + 4 bottom half partials – work set**

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

**These sets are all RPE of 8-10, last set is RPE of 12**

***Goal – Activation and start pump***

Pronated dumbbell flyes superset with incline barbell press – Ready to get choked out by your upper chest pump! Give me 10 reps on pronated dumbbell flyes then right into 6 reps on the incline barbell press. Control both these exercises but try to build weight on all 3 working sets. **3 rounds so 6 total work sets**

<https://www.youtube.com/watch?v=UUzOt7oDdm0&list=PL2955620A11D03694&index=51>

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

***Goal – Supramax pump***

Machine flye – Give me 2 sets of 12 reps with perfect form. Chest lifted, slight arm bend and huge squeeze at contraction. This is priming our chest for what I do in the video for your 3<sup>rd</sup> set. So, get 10 full reps + 5 partner assisted reps + 10 second ISO Hold + 9 bottom half partials. **3 total work sets**

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

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

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

## **Shoulders**

High cable rear laterals – Nothing is more impressive than rear delts that just hang off the back of your arm from the side, but if we can build your rear delts, it will actually add width to your front shots, thus improving your taper. Let's do 15 full range of motion reps and 15 partials out of the stretched position on all 4 sets. **4 total work sets**

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

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

***Goal – Supramax pump***

Forward leaning seated side laterals – watch how Ken and I are doing these here. This is killer for your side delt! I want 4 sets of 12 reps here. **4 total work sets**

<https://www.youtube.com/watch?v=CpDBdo3U-dI&list=PL1F60A60A3E4E2E83&index=14>

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

***Goal – Supramax pump***

## **Abs**

V ups – Do 4 sets to failure here. **4 total work sets.**

Your reps should be increasing here, as we have been doing this every week for the most part.



<https://www.youtube.com/watch?v=Jj7b3VTA-H0&index=4&list=PL512BBB0C927A91DC>

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

---

### ***Tuesday***

Biceps – 3 exercises – 12 sets

Triceps – 3 exercises – 12 sets

Calves – 1 exercise – 4 sets

---

7 exercises – 28 sets

### ***Biceps***

E-Z bar curls – 3 second negatives on all reps here to start off biceps, this will limit your weight you use but the pump is next level. 4 sets of 10 once you warm up and find the right working weight. **4 total work sets.**

<https://www.youtube.com/watch?v=feSrwxsfmV4&index=2&list=PL04BB5F1BC0300483>

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

### ***Goal – Supramax pump***

Spider curls – Use the back side of the preacher bench and bring the bar all the way up to above your head, then squeeze your biceps as hard as you can for 10 reps. Do 4 sets. **4 total work sets.**

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

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

### ***Goal – Supramax pump***

Dumbbell hammer curls – Do 4 sets of 10 here and just like the first exercise of the day, do 3 second negatives on all reps. **4 total work sets.**

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

### ***Goal – Supramax pump***

## Triceps

Rope pressdowns – Your standard rope pressdowns working down the stack. The working rep ranges I want are 15, 12, 12, 10 with hard squeezes on every rep. **4 total work sets.**

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

***Goal – Activate and Supramax pump***

Reverse grip pushdowns with single handles – simply switch the rope out for the d-handles and give me 4 sets of 15 reps. These will feel amazing after the rope pushdowns. **4 total work sets.**

<https://www.youtube.com/watch?v=0Hwypj3KND0&list=PL04BB5F1BC0300483&index=27>

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

***Goal – Supramax pump***

Decline skull crushers– Now let's stretch these triceps out. Get on a slight decline, let the bar come behind your head, then drive up. 4 sets of 12 will be all you need. **4 total work sets.**

[https://www.youtube.com/watch?v=q0bzH7j\\_mJw&list=PL04BB5F1BC0300483&index=29](https://www.youtube.com/watch?v=q0bzH7j_mJw&list=PL04BB5F1BC0300483&index=29)

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

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

## Calves

Seated raises – Do 2 warm up sets and then do 4 sets of 8 reps as heavy as you can go. **4 total work sets.**

**This sets are an RPE of 10.**

## ***Goal – Supramax pump***

---

### ***Wednesday***

Back – 5 exercises – 19 sets

Abs – 1 exercise – 4 sets

---

6 exercises – 23 sets

#### **Back**

1-arm supinated pulldowns – Bouncing back and forth between lots of cable work and free weights week to week. This week back to cables. Strap in, tilt your upper body back and drive your elbow down hard. These feel amazing when you do them fresh. 4 sets of 10 each arm. **4 total work sets**

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

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

## ***Goal – Activation and Supramax pump***

Forced stretch pulldowns – Now that we have a good lat pump, I want to hit some partner forced stretch pulldowns. Use an attachment that is neutral grip outside of shoulder width. 4 sets of 8 is what we are looking for. Let the weight pull you out of the seat, then drive down hard and squeeze your lats on every rep. **4 total work sets.**

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

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

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

Seated cable rows – Here I want you to drive your elbows back hard and fast, flex everything in your back, then control the negative for 2 seconds. Generate so much tension your lats cramp. If you can use a shoulder width neutral grip here that would be ideal, if not the close grip neutral will work well too. 4 sets of 10 reps is the goal. **4 total work sets.**

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

### ***Goal – Train explosively***

D.Y. rows – Lock in to this machine and drive your elbows back hard. Give me 8 reps then 3 partials out of the stretch position for all 4 sets. **4 total work sets.**

<https://www.youtube.com/watch?v=ll1jiYdjNAQ&index=79&list=PLA808445EA052D63A>

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

### ***Goal – Supramax pump***

Seated rope rows – Watch the video very closely because I want this form to be perfect. Stretch with every rep, then drive back to contraction without using your arms. This should be all upper back and a great way to finish up this session. Do 3 sets of 12. **3 total work sets.**

[https://www.youtube.com/watch?v=cN\\_t711\\_Hgs&list=PLA808445EA052D63A&index=84](https://www.youtube.com/watch?v=cN_t711_Hgs&list=PLA808445EA052D63A&index=84)

**These sets are RPE of 9**

### ***Goal – Supramax pump***

**NOTE: we are going to squat heavy later this week, so no low back work today.**

### **Abs**

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

<https://www.youtube.com/watch?v=JwQGUD1wxDg&list=PL512BBB0C927A91DC&index=10>

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

---

### ***Thursday***

Chest – 3 exercises – 12 sets

Shoulders – 3 exercises – 12 sets

Calves - 1 exercise – 4 sets

---

7 exercises – 28 sets

## Chest

*Pec-tacular Tri-set to start*

Banded decline hammer strength press – The second week in a row of this exercise but this time it's part of a tri-set. Drive up and squeeze every rep for a 2 count. Give me 8 perfect reps. If you don't have the bands that's ok.

*Superset with*

Hex Press – Now walk over to a flat bench and give me 8 on hex presses. After all the contractions on the machine press, these will really light you up.

*Superset with*

Stretch Push-ups - Finish the set strong!!! All about the stretch here. Sink these down low, keep your chin up and then come up to  $\frac{3}{4}$  lockout. Give me as many reps as you can muster here.

**4 rounds for 12 total work sets.**

<https://www.youtube.com/watch?v=HhTBLrBc9uQ&index=32&list=PL2955620A11D03694>

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

***Goal – Activation and Supramax pump***

## Shoulders

Rear delt swing superset with over and backs – This is going to be a great transition into shoulders. Bang out 25 reps on rear delt swings, then right into banded over and backs to stretch out your chest more and move all the blood to your shoulders. Do 10 over and backs per set. **4 total work sets.**

<https://www.youtube.com/watch?v=yIvDTNk9-qA&list=PL1F60A60A3E4E2E83&index=15&t=1s>

**These sets are all RPE of 9**

***Goal – Supramax pump***

Smith machine shoulder press superset with dumbbell side laterals – There is going to be so much blood in your upper body that your shirt may rip. One more superset to finish the day, standing smith machine press, where you ram the weight up and squeeze your shoulders for 6 reps (think cage presses) then right into standing side laterals for 10 reps. Give me 4 rounds here for this second chest/shoulder day. **4 rounds for 8 total work sets.**

<https://www.youtube.com/watch?v=aIpBj-m5UE&list=PL1F60A60A3E4E2E83&index=18>

**These sets are all RPE of 9**

***Goal – Supramax pump***

### **Calves**

Calves superpump – Let's roll this again since we have been doing tons of volume/pump work today. Ok check the video out for what I'm looking for. The first exercise can be a leg press or really any calf machine of your choice. I just want you to load it up and fight to get 20 reps, then stand up and bang 8 body weight standing calf raises, then finish with some banded tibia work. Give me 4 rounds of this. **4 total work sets.**

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

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

***Goal – Supramax pump***

---

### ***Friday***

Legs – 5 exercises – 15 sets

Abs -1 exercise – 4 sets

---

6 exercises – 19 sets

Seated leg curls – after 2-3 warm up sets, just keep doing sets of 10 till you miss 10. When this happens, let the weight rest on the stack for 10 seconds, take 2 deep breaths and give me 20 ultra-controlled partials out of the stretched position. **3 total work sets.**

**These sets are RPE of 10**

***Goal – Activate and pump***

Adductor machine – Give me 3 work sets after you do a couple feel sets and you will be primed for some heavy squatting. **3 total work sets.**

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

***Goal – Supramax pump***

Squats – Work up doing sets of 6 reps. These should feel amazing with pumped hams and adductors. Keep your form really tight, we don't need any injuries today. Once you reach your top end set of 6, rest 2 mins, strip 1 plate per side and nail 10-12 reps with it. This will take guts but I have faith in you. **3 total work sets.**

**These sets are RPE of 8-10. 8 on the first set and 10 on the last set.**

***Goal – Supramax pump***

Leg press machine – The attached video is so you can see the kind of machine I'm talking about, if you don't have this or something similar a vertical leg press or standard 45 degree will work well too. I want you to take a different stance than you used on squats. So, if you are a wide squatter, do narrow stance leg press. If you are a narrow squatter, take a wide stance and give me 3 sets of 30 with continuous tension. NO PAUSES. **3 total work sets.**

[https://www.youtube.com/watch?v=\\_mzI1mRDfHA&list=PLD5A37C01FC6D4C0D&index=2](https://www.youtube.com/watch?v=_mzI1mRDfHA&list=PLD5A37C01FC6D4C0D&index=2)

**This set is RPE of 8-9**

***Goal – Supramax pump***

Dumbell stiff legged deadlift – Do 3 sets of 10 here this week but only come up  $\frac{3}{4}$  of the way. I want constant tension on those hamstrings. **3 total work sets.**

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

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

## **Abs**

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

<https://www.youtube.com/watch?v=JwQGUD1wxDg&index=10&list=PL512BBB0C927A91DC>

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

---

## ***Saturday***

Chest – 3 exercises – 9 sets

Shoulders – 3 exercises -9 sets

Calves - 1 exercise – 4 sets

---

7 exercises – 22 sets

## **Chest**

Machine press with pec focus – Watch this video twice before heading to the gym today. The form here makes or breaks this exercise. Ideally you would use a neutral grip machine press, but if can't that's fine too. Use this form either way. This is 100% chest, do it for 10 reps per set. **3 total work sets.**

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

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

## ***Goal – Activation and Supramax pump***

High incline smith press – We have been doing these 3<sup>rd</sup> in rotation, but I'm moving them up one slot today. In the video look at the angle of the bench for your reference. Come down 2 inches above your chest, really feel it open up and stretch, then press to  $\frac{3}{4}$  lockout. Give me 10 reps here for 3 sets. **3 total work sets**

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

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



### ***Goal – Supramax pump***

Dumbbell flye/press – This is a hybrid movement, kind of a flye, but kind of a press. Watch the form I'm using in the video and you do the exact same for 10 reps, okay. **3 total work sets.**

<https://www.youtube.com/watch?v=u7qKtYIgsUY&index=58&list=PL2955620A11D03694>

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

## **Shoulders**

Machine/reverse pec deck rear laterals – We have been smashing reps here, well not today. Work your way down (meaning heavier weight) the stack doing sets of 10 with a 1 second flex at contraction. Just keep doing sets till you miss 10. **3 total work sets.**

**These sets are all RPE of 8**

### ***Goal – Supramax pump***

Dumbbell side laterals – Do 3 sets of 10 here, but we are changing form slightly. Instead of raising them directly to your sides, take them to 10 and 2. So it's not a true side lateral and it's not a front raise, but right in the middle. **3 total work sets.**

**These sets are all RPE of 8**

### ***Goal – Supramax pump***

Seated dumbbell press – Last exercise of the chest/shoulder block. Do these with a moderate weight but keep your form tight. 3 sets of 8 will be all you need. **3 total work sets.**

**These sets are all RPE of 8**

### ***Goal – Supramax pump***

## **Calves**

Standing calve raises – Straight sets here. Pyramid up to a tough 10 and stay there and do 4 sets of 10. Remember to focus on the stretch too, no bouncing!

**4 total work sets.**

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

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***

# Week 9 – Leg Block

## Monday

Legs – 4 exercises – 12 sets

Calves – 1 exercise – 6 sets

---

5 exercises – 18 sets

### **Legs**

Lying leg curl – Do 4 warm up sets to get started. Find a weight that is a hard 10, and do this – see below. **3 total work sets.**

Set #1 – 10 reps ending with a 30 second isohold (flex while doing all these)

Set #2 – 10 reps ending with a 25 second isohold (flex while doing all these)

Set #3 – 10 reps ending with a 20 second isohold (flex while doing all these)

**These sets are all RPE of 8-10**

***Goal – Activation and start pump***

Squats – Let's work our squats hard today. Go up doing sets of 8 until you can barely get 8. After this set I want you to cut your weight about 30-40% and finish with a set of 20 reps. We will call this 3 work sets. **3 total work sets.**

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

***Goal – Train explosively***

Leg extensions – On these you are going to do 3 sets of 15. With each rep, you hold at the top for a 3-count flexing hard. Slightly change your foot position on each set. What I did was toes back toward you on first set (dorsiflexed foot), and then toes down (plantar flexed) and then normal. **3 total work sets.**

**After each set stretch each quad for 15 seconds.**

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

***Goal – Supramax pump***

Dumbbell stiff legged deadlifts – Do these very slow and with a slight bend in your knees. Do 3 sets of 8. Don't come up all the way, come up  $\frac{3}{4}$  of the way and keep tension on your hams. **3 total work sets.**

**The RPE on all these sets is 8-9.**

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

## **Calves**

Standing calve raises – Pyramid up to a tough 10 and stay there and do 6 sets. Remember to focus on the stretch. **6 total work sets.**

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

***Goal – Supramax pump***

---

## ***Tuesday***

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

---

7 exercises – 28 sets

## **- Back**

Supinated pulldown single arm – I love these. Nothing like getting those low lats fired up to start your back workout. Do 4 good hard sets of 8 here. **4 total work sets.**

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

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

***Goal – Activate and start pump***

Cable low row – What I would like to see here is a bar that allows you to get your elbows back far. I attached a picture of what I mean below. With your pumped lower lats, now if we can drive elbows back far and hard, you'll freaking love this sequence. Do 4 hard sets of 10. **4 total work sets.**

<https://www.elitefts.com/double-stirrup-handle.html>

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

***Goal – Supramax pump***

Chins – Ok now let's move on to upper lats. Use an assist machine if you like. I do. Do 4 sets of 8 or so reps. Remember- perfect form here! **4 total work sets.**

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

***Goal – Supramax pump***

Banded pullovers – Finish by working these hard. I want your upper lats trashed ok. Don't slack here. The last rep of every set should be extremely tough. Flex your lats hard throughout the entire pull back over you. Do 4 sets of 8. **4 total work sets.**

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

***Goal – Supramax pump***

## **Biceps**

Ez bar curls – Ok now it's blowtorch time. I want 4 sets of 10. I only want you to rest 15 seconds between sets. This means your first set needs to be a weight light enough that you don't struggle on your last rep. Obviously this will get more and more nasty each set. **4 total work sets.**

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

***Goal – Supramax pump***

Ez bar preacher curl – Ok now slow it down and do 4 good sets of 8 here. **4 total work sets.**

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

***Goal – Supramax pump***

## **Abs**

Incline sit ups – Do 4 sets to failure here. **4 total work sets.**

**This sets are an RPE of 9-10.**

***Goal – Supramax pump***

---

### ***Wednesday***

Chest – 4 exercises – 15 sets

Shoulders – 2 exercises – 6 sets

Triceps – 2 exercises – 8 sets

---

8 exercises – 29 sets

#### **Chest**

Machine press – Get to a tough weight here and do 3 sets of 8 with it. The 8<sup>th</sup> rep should be very hard, but you should be able complete it with perfect form. **3 total work sets**

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

***Goal – Activation and Supramax pump***

Incline barbell press – Back to ole faithful here and my favorite exercise. Work your way up doing sets of 8 until you can't get 8. We will call this 3 work sets. **3 total work sets.**

**These sets are all RPE of 8-10**

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

Incline dumbbell press – Do 3 set of 8 here, and then on the 4<sup>th</sup> set do 8 and then drop the weight down and go to failure but don't drop the dumbbells, let them stretch you for 10 seconds as shown in the video below. **3 total work sets.**

<https://www.youtube.com/watch?v=lqOLdMXbHPg&list=PL2955620A11D03694&index=39>

**These sets are all RPE of 8-11**

### ***Goal – Supramax pump***

Dip and stretch pushup superset – Do 3 rounds of this. Check out the video below to see proper form. Do 8 to 10 dips and then 8 to 10 stretch pushups. **6 total work sets.**

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

### **Shoulders**

Dumbbell side laterals – We did a ton of chest work and your shoulders have done quite a bit, but let's just pump an insane amount of blood in them. Let's do 2 sets of 8 and then do a drop set. Do 8 side laterals and drop the weight and do 8 more, and then do it 1 more time! **3 total work sets.**

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

### ***Goal – Supramax pump***

Bent over Dumbbell side laterals – Now we do the same thing for rear delts! Let's do 2 sets of 8 and then do a drop set. Do 8 side laterals and drop the weight and do 8 more, and then do it 1 more time! **3 total work sets.**

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

### ***Goal – Supramax pump***

### **Triceps**

Rope pushdown – You are probably starting to suck a little wind now, but hang in there. We have to finish off triceps too! Do 4 sets of 12 here. **4 total work sets.**

**These sets are all RPE of 9**

### ***Goal – Supramax pump***

Lying extension/skullcrusher – No need to worry about elbow issues doing these at this point! Do 4 sets of 8. **4 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

---

***Thursday***

Legs – 4 exercises – 12 sets

Calves - 1 exercise – 4 sets

---

5 exercises – 16 sets

**Legs**

Seated leg curl – Do a few warm up sets and then simple straight sets. Do 3 sets of 8. Don't quite hit failure. Remember this is a high frequency block for legs so we need to leave a few reps in the tank later on in the week. **3 total work sets.**

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

***Goal – Activate and pump***

Barbell stiff legged dead – Do a couple warmups and then do 3 sets of 10 here. Take these all the way up flex your glutes. **3 total work sets**

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

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

Smith machine lunges – Do a couple warmups and then do 3 sets of 10 here. Get a nice deep stretch on glute. I like to put an aerobic step bench under my lead leg to give me more stretch. Start the lift by flexing your glutes. These will hammer your glutes if done right. **3 total work sets**

[https://www.youtube.com/watch?v=fiysDfA\\_sZg&list=PLD5A37C01FC6D4C0D&index=46](https://www.youtube.com/watch?v=fiysDfA_sZg&list=PLD5A37C01FC6D4C0D&index=46)

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

***Goal – Supramax pump***



Leg press – Do several feeder sets to get up to a good weight and do 3 sets of 15 with it. Use a narrow stance on the medium part of the platform. Let's blow up your teardrop to finish your legs off. Leave reps in the tank! **3 total work sets**

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

***Goal – Supramax pump***

## **Calves**

Standing calve raises – You shouldn't be drained or dead, so let's go hard on calves. This is the triset where you do 10 reps, and then hold at the top for 10 seconds, repeating 2 more times until you have done 30 reps and 3 holds at the top. I want you to do 4 rounds. **4 total work sets.**

**These sets are all RPE of 11**

---

## ***Friday***

I added in a rest day because high frequency leg blocks really tax your body. I did this by adding in arm work on torso days as you may have noticed. This rest day is important. Guess what we are doing tomorrow? Yes, legs again.

OFF

---

-

## ***Saturday***

Legs – 4 exercises -15 sets

Abs - 1 exercise – 4 sets

---

5 exercises – 19 sets

## **Legs**

**Tri-set time!**

Glute press and then stiff legged dead and then leg curl – We are just pumping today. Don't absolutely kill yourself ok. Remember, Monday is the hard leg today! On the glute work, just simulate this as best you can if you don't have a machine. On the stiff legged deads, you don't have to use kettlebells, I just enjoy using them. Do 10 reps on all 3 exercises. For 4 rounds. **12 total work sets.**

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

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

***Goal – Activation and Supramax pump***

Walking lunges – I want to walk 10 steps down and then 10 steps back on each set. Do 3 sets here and you are done. One little thing I like to do is to do all the lunges with one leg on the way down, and then switch legs and do the other leg on the way back. **3 total work sets**

**These sets are all RPE of 8**

***Goal – Supramax pump***

**Abs**

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

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

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***

# Week 10 – Leg Block

## Monday

Legs – 4 exercises – 13 sets

Calves – 1 exercise – 6 sets

---

5 exercises – 19 sets

Hopefully you enjoyed last week, now let's get back to work on those legs!

### Legs

Seated leg curl – Do 2-3 good warm up sets to get started. Today we are going to back to straight sets. Do sets of 12 until you can barely hit 12. That is set 1. Then add a little weight and go to failure (probably 8-9 reps), and then add weight again for your 3<sup>rd</sup> set and go to failure (probably 6-7 reps). **3 total work sets.**

**These sets are all RPE of 10**

***Goal – Activation and start pump***

Squats – Lets go a tad heavier this week then last week. I want sets of 7 this week all the way up until you can barely get 7, and that will be your last set. We will count the last 3 sets as working sets. Drive the weight up explosively. **3 total work sets.**

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

***Goal – Train explosively***

Leg press – Do a few feeder sets of 5 reps to get up to your working weight. I want you to use a narrow and medium foot placement on the leg press. We are going to absolutely drive a ton of blood into your quads now. I want 4 sets of 20 with 60 second rest breaks. **3 total work sets.**

**After each set stretch each quad for 10 seconds.**

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

***Goal – Supramax pump***

Banded barbell stiff legged deadlifts – Stand on a band as you did earlier in this program. These are so nasty. Do 4 sets of 8 here. Come up all the way so we maximize tension in the band. **4 total work sets.**

**The RPE on all these sets is 8-9.**

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

### **Calves**

Standing calf raises – Pyramid up to a tough 8 and stay there and do 6 sets. On the 6<sup>th</sup> set cut the weight in half after hitting your 8 and then do 20 partials out of the bottom to extend the set. Remember to focus on the stretch. **6 total work sets.**

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

***Goal – Supramax pump***

---

### ***Tuesday***

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

---

7 exercises – 28 sets

### **Back**

Meadows row – Ok, row to grow! Doing these to get kicked off today. Work up to a tough 8 and nail 4 sets with it. **4 total work sets.**

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

***Goal – Activate and start pump***

Smith row – Move on to the Smith machine now. I want you to set up the stops so that you can rest pause the reps from midshin. Set the weight down for a second and then drive up hard. Focus on driving elbows up hard and flexing your entire back throughout the movement. Do 4 sets of 8. **4 total work sets.**

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

***Goal – Supramax pump***

Scapulae stretch pulldowns – On these I like to go heavy, but as you can see in the video I only go down to the top of my head. I am flexing my back as hard as I can throughout the entire range of motion. Do 4 sets of 8. **4 total work sets.**

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

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

***Goal – Supramax pump***

Banded pullovers – Just like last week, finish by working these hard. I want your upper lats trashed ok. Don't slack here. The last rep of every set should be extremely tough. Flex your lats hard throughout the entire pull back over you. Do 4 sets of 8. **4 total work sets.**

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

***Goal – Supramax pump***

## **Biceps**

Hammer curls – Do 4 sets of 15 here. This rep range is going to crush your bis since you just hit back. **4 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

Ez bar preacher curl – Do 4 good sets of 12 here. **4 total work sets.**

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

***Goal – Supramax pump***

## **Abs**

Incline sit ups – Do 4 sets to failure here. **4 total work sets.**

**This sets are an RPE of 9-10.**

## ***Goal – Supramax pump***

---

### ***Wednesday***

Chest – 4 exercises – 13 sets  
Shoulders – 2 exercises – 6 sets  
Triceps – 2 exercises – 8 sets

---

8 exercises – 27 sets

#### **Chest**

Flat dumbbell press – Work your way up doing sets of 8 until you can barely get 8. Don't take these to lockout this week. Go 3.4 of the way and then come right back down. We will count the last 3 sets as work sets. **3 total work sets**

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

## ***Goal – Activation and Supramax pump***

Incline barbell press – We will go a little heavier on our top end set this week. Work your way up doing sets of 6 until you can't get 6. We will call this 3 work sets. **3 total work sets.**

**These sets are all RPE of 8-10**

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

Incline dumbbell press – Do 3 set of 8 here, and then on the 4<sup>th</sup> set do 8 and then drop the weight down and go to failure but don't drop the dumbbells, let them stretch you for 10 seconds as shown in the video below. **3 total work sets.**

<https://www.youtube.com/watch?v=lqOLdMXbHPg&list=PL2955620A11D03694&index=39>

**These sets are all RPE of 8-11**

## ***Goal – Supramax pump***

Dips – Finish with 4 sets to failure on dips. I use the assist machine on these. **4 total work sets.**

**These sets are all RPE of 10**

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

## **Shoulders**

Dumbbell press – Find a weight that is a tough 10, and do 3 sets with it. Take these up about 4/5 of the way and then come right back down so we keep tension on the delts. **3 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

Bent over Dumbbell side laterals – Do these swing style. Let your arms hang straight and swing 3 sets of 30 here. Get ready for fire! **3 total work sets.**

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

***Goal – Supramax pump***

## **Triceps**

Pushdown – Use the single handles here and do 4 sets of 12. **4 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

Incline lying extension/skullcrusher – No need to worry about elbow issues doing these at this point! Use an incline so you can let the bar get behind your head and really stretch the belly of your tricep. Do 4 sets of 8. **4 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

---

## ***Thursday***

Legs – 4 exercises – 13 sets

Calves - 1 exercise – 4 sets

---

5 exercises – 17 sets

### **Legs**

Here we go again!

Seated leg curl – Fire time this week. I want 1-2 warm up sets and then 4 sets of 20. Take 90 seconds between sets. **4 total work sets.**

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

***Goal – Activate and pump***

Barbell stiff legged dead – Do a couple warmups and then do 3 sets of 15 here. Only come up  $\frac{3}{4}$  of the way here. **3 total work sets**

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

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

Walking lunges – Grab some dumbbells and get to walking. I want 20 total steps on set (10 with each leg). Do 3 sets. **3 total work sets**

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

***Goal – Supramax pump***

Leg extensions – Ok you can do a little heavier weight now, as you should have a crazy pump. Do 3 sets of 10 holding at the top for 3 seconds on every rep you do. **3 total work sets**

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

***Goal – Supramax pump***



## Calves

Standing calve raises – Do 4 sets of 25 here. Get a good stretch every rep. This is a ton of reps. Prepare to burn. **4 total work sets.**

**These sets are all RPE of 11**

---

## *Friday*

I added in a rest day because high frequency leg blocks really tax your body. I did this by adding in arm work on torso days as you may have noticed. This rest day is important. Guess what we are doing tomorrow? Yes, legs again.

OFF

---

## *Saturday*

Legs – 4 exercises -11 sets

Abs - 1 exercise – 4 sets

---

5 exercises – 19 sets

## Legs

Adductor machine – I do like this machine a lot for inner thigh development. Do 4 sets of 12 here. **4 total work sets.**

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

***Goal – Activation and Supramax pump***

One legged press – Do these nice and slow. Don't go heavy either. I want a nice controlled rhythm on the reps. Do 3 sets of 10 on each leg once you feel you are warmed up. **3 total work sets**

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

***Goal – Supramax pump***

One legged extension – I know we did extensions Thursday, but these are one legged so you can focus extremely hard on each leg. Again, remember the RPE, don't go to failure. Do 3 sets of 12 with each leg. **3 total work sets.**

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

***Goal – Supramax pump***

Squats – Take a weight that you can normally do for about 20-25 and just do 1 set to failure. **1 total work set**

**This set is an RPE of 10**

***Goal – Supramax pump***

**Abs**

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

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

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***

# Week 11 – Leg Block

## Monday

Legs – 4 exercises – 13 sets

Calves – 1 exercise – 6 sets

---

5 exercises – 19 sets

Hopefully you enjoyed week 10 as much as week 9, now let's get back to work on building freaky legs!

### Legs

Lying leg curls – Do 2-3 good warm up sets to get started. Today we are bringing the pain. Do sets of 15 until you can barely hit 15. Once you do that, reduce the weight by one hole and get 10, reduce by one hole again and do 8 reps, then one last reduction for 25 partials. Watch in the video at around 15 partials I want to quit, I don't, I get 10 more. This is what builds hamstrings!! See chart below for the weights I'm looking for. **3 total work sets.**

**50 pounds x 15 reps – warm up**

**65 pounds x 15 reps – warm up**

**80 pounds x 12 reps – feel set**

**95 pounds x 10 reps – feel set**

**110 pounds x 15 reps – Working Set #1**

**125 pounds x 15 reps – Working Set #2**

**140 pounds x 15 reps, drop to 125 pounds for 10 reps, drop to 110 pounds for 8 reps, drop to 95 pounds for 25 partials out of the stretch position – Working Set #3**

<https://www.youtube.com/watch?v=VZlt4Bp37-U&index=13&list=PLD5A37C01FC6D4C0D>

**These sets are all RPE of 10, last set is RPE of 12**

***Goal – Activation and start pump***

Leg press – We have started the last 3 base leg days with squatting, time for a mix up. I want you to work your way up doing sets of 10 reps with a shoulder width, toes out foot position, midways up on the platform. Once you get to that max weight, do your set of 10, rack it but stay seated in the machine. Rest 30 seconds and go again, rack it. Rest 60 seconds and go ape-shit. See below for what I did. **3 total work sets.**

**2 pps (plates per side) x 15 – warm up**

**3pps x 15 – warm up**

5 pps x 12 – warm up  
7 pps x 10 – feel set  
8 pps x 10 – feel set  
9 pps x 10 – Working Set #1 (starting to be hard)  
10 pps x 10 – Working Set #2 (had to work here, but knew I had some more in me)  
11 pps x 10, Rested 30 seconds, got 8 reps, Rested 60 seconds, got 13 reps –  
Working Set #3

These sets are all RPE of 9-10, last set is RPE of 12

*Goal – Supramax pump*

Squats – If you have the ability to change the bar to a yoke, spider, buffalo, cambered, etc please do it. If not, switch to front squats or a Smith Machine today. I want you to work in the 12 rep range today to really get a ton of blood in those quads. Work your way up to a hard 12, grind on these reps today. We will count this as 3 work sets. **3 total work sets.**

These sets are all RPE of 7-10

*Goal – Supramax pump*

Dumbbell stiff legged deadlifts – 4 sets of 10, only coming up  $\frac{3}{4}$  of the way today. **4 total work sets.**

The RPE on all these sets is 8-9.

*Goal – Work muscle from a stretched position*

**Calves**

Seated calve raises – It's going to feel nice to sit down after today's session, but that doesn't mean take it easy. Ankle mobility is huge when we are talking building monster legs. So, with every rep I want you to pause in the stretched position for 2 seconds before firing up. 6 sets of 10 like this. The time under tension is real. **6 total work sets.**

These sets are all RPE of 9-10

*Goal – Supramax pump*

---

## ***Tuesday***

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

---

7 exercises – 28 sets

### **Back**

Dumbbell row – I want you to move some weight here today. Even though I'm rowing the 190 my form is spot on. Notice the angle of my body and how I stretch the lat with every rep. Just work up to a hard 8 reps. **4 total work sets.**

<https://www.youtube.com/watch?v=wyqV2X73TZw&index=29&list=PLA808445EA052D63A>

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

***Goal – Activate and start pump***

T-bar row with a rest pause – Ram a barbell in the corner, grab a close grip attachment and get to rowing. Look how I have the plates loaded on the bar and how every rep is started with a rest pause. Let it rest on the ground, but keep tension on the lats, then fire up and squeeze every rep. Do 4 sets of 8. **4 total work sets.**

[https://www.youtube.com/watch?v=HpTchIh4M\\_c&index=16&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=HpTchIh4M_c&index=16&list=PLA808445EA052D63A)

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

***Goal – Train explosively***

Stretchers– With all that heavy rowing this will feel great to stretch everything out. Do 4 sets of 10. Watch the form closely. Full stretch, duck your head, the sit back and squeeze your lats. **4 total work sets.**

[https://www.youtube.com/watch?v=-hWBCW8V\\_U0&list=PLA808445EA052D63A&index=2](https://www.youtube.com/watch?v=-hWBCW8V_U0&list=PLA808445EA052D63A&index=2)

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

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

Reverse Hypers – To conclude the back portion let's get after those erectors. If you don't have access to this machine, do banded hypers. Not only is this a great exercise for back development but also spinal decompression. Do 4 sets of 10. **4 total work sets.**

<https://www.youtube.com/watch?v=2I1roHT8agM&index=27&list=PLA808445EA052D63A>

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

***Goal – Supramax pump***

## **Biceps**

Grip4orce curls – Do 4 sets of 10 here. If you have the Grip4orce this will take your contractions to the next level. If you don't, FatGripz or just squeezing the barbell really tight will simulate this well. **4 total work sets.**

[https://www.youtube.com/watch?v=\\_mhTOQpjggs&index=11&list=PL04BB5F1BC0300483](https://www.youtube.com/watch?v=_mhTOQpjggs&index=11&list=PL04BB5F1BC0300483)

**These sets are all RPE of 9**

***Goal – Supramax pump***

One-arm dumbbell preacher curl – Do 4 good sets of 10 here each arm. **4 total work sets.**

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

***Goal – Supramax pump***

## **Abs**

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

**This sets are an RPE of 9-10.**

***Goal – Supramax pump***

---

## ***Wednesday***

Chest – 4 exercises – 13 sets  
Shoulders – 2 exercises – 6 sets  
Triceps – 2 exercises – 8 sets

---

8 exercises – 27 sets

### **Chest**

Incline dumbbell press – Work your way up doing sets of 10 until you can barely get 10. Don't take these to lockout this week. Go 3/4 of the way and then come right back down. We will count the last 3 sets as work sets. **3 total work sets**

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

***Goal – Activation and Supramax pump***

Flat barbell bench press – Let's take the reps down to 6 after you do a couple of feel sets. Lower the weight very controlled, pause for a split second on your chest, then press the bar up as fast as possible. I want you to generate tons of force here. Once you find your working weight, give me 3 sets of 6 with it. You will lose some speed on your final set and that's ok. **3 total work sets.**

**These sets are all RPE of 8-10**

***Goal – Train explosively***

Decline smith machine press – I want to get silly with reps here to really enhance your pump. 3 sets of 30, 25 and 20. Just get in the groove and pump these reps out. Watch the video so you can see the slight angle I am using and the tempo of the reps. **3 total work sets.**

**Women – go slight INCLINE**

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

**These sets are all RPE of 8-11**

***Goal – Supramax pump***

Incline flyes with manual resistance – Finish with 4 sets of 8 on flyes. Have your training partner apply resistance where you typically lose tension on the dumbbell flye. This will totally wreck your chest after the high rep smith pressing. **4 total work sets.**

[https://www.youtube.com/watch?v=V\\_K7x1YoubM&list=PL2955620A11D03694&index=27](https://www.youtube.com/watch?v=V_K7x1YoubM&list=PL2955620A11D03694&index=27)

**These sets are all RPE of 10**

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

## **Shoulders**

Dumbbell side laterals – Find a weight that is a tough 10, and do 3 sets with it. On your 3<sup>rd</sup> set here give me 20 bottom ½ partials out of the stretch position. **3 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

Bent over Dumbbell side laterals – Same as last week, except I want you to get 40 reps with the exact same weight you used. Do these swing style. Let your arms hang straight and swing 3 sets of 40 here. Get ready for fire! **3 total work sets.**

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

***Goal – Supramax pump***

## **Triceps**

V-bar pushdown – Use the v-bar handle here and do 4 sets of 15. **4 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***



Rope overhead extensions – Lower the cable, put the rope attachment on and grab a bench to sit on. 4 sets 12 here. On your last set, after your 12<sup>th</sup> rep, sink down deep into the stretched position and hold that stretch for 20 seconds. **4 total work sets.**

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

**These sets are all RPE of 9**

***Goal – Supramax pump***

---

### ***Thursday***

Legs – 4 exercises – 13 sets

Calves - 1 exercise – 4 sets

---

5 exercises – 17 sets

### **Legs**

Guess what's up.....more legs!

Lying leg curl – Pump time!! After 3 warm up sets, I want to switch to doing these single leg. So, do 12 reps on the right leg, then go right into 12 reps on the left leg. Without resting go back to the right leg and go to failure, then switch to the left and go to failure. Do this 4 total times (so 8 mini sets). You will lose reps here and that's ok. Keep your hips driven into the pad and do not sacrifice form for reps. **4 total work sets.**

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

***Goal – Activate and pump***

Ham killers – These are tricky, but once you nail the form your hams will get pumped and feel like every rep they may cramp. Give me 3 sets to failure with your body weight. Keep your hips forward and don't get your lower back into this movement, all HAMS. **3 total work sets.**

<https://www.youtube.com/watch?v=K0o-3Ii3Blc&list=PLD5A37C01FC6D4C0D&index=4>

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

***Goal – Supramax pump***

Leg Press – More hamstring work here, put your feet high and wide on the platform. Sink these deep, but not so low that your low back rounds and comes off the pad. 3 sets of 15 reps here. Make sure you are driving with your heels and at the top of the rep actually pull your toes off the sled. Then on the way down, track your knees outside of your rib cage. **3 total work sets**

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

***Goal – Supramax pump***

Hamstring iso tension – Get on a decline bench, put a dumbbell between your feet, find the point of where your hamstrings are maximally contracted and hold it there for 30 seconds. Do 3 sets here. **3 total work sets**

[https://www.youtube.com/watch?v=-h\\_I9E4WIOE&list=PLD5A37C01FC6D4C0D&index=39](https://www.youtube.com/watch?v=-h_I9E4WIOE&list=PLD5A37C01FC6D4C0D&index=39)

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

***Goal – Supramax pump***

## **Calves**

Standing calf raises – You thought last week was high rep lets bump the reps to 35 here. Get a good stretch every rep. This is a ton of reps. Prepare to burn and make sure you use the same weight as last week so you really have to push yourself. **4 total work sets.**

**These sets are all RPE of 11**

---

## ***Friday***

I added in a rest day because high frequency leg blocks really tax your body. I did this by adding in arm work on torso days as you may have noticed. This rest day is important. Guess what we are doing tomorrow? Yes, legs again.

OFF

---

-

## ***Saturday***

Legs – 4 exercises -11 sets

Abs - 1 exercise – 4 sets

---

5 exercises – 19 sets

### **Legs**

Adductor machine – Starting off on the adductor machine again. Do 4 sets of 10 this week but I want you to fully pause in the stretched position of every rep. This will only enhance the burn/pump. **4 total work sets.**

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

***Goal – Activation and Supramax pump***

Butt blaster – This machine if you take it serious can really add to your physique. Drive through your heel and really squeeze your glute on every rep. 3 sets of 12 each leg. If you don't have this machine you can do barbell glute bridge for a similar effect. **3 total work sets**

<https://www.youtube.com/watch?v=WuknU-10NIU&list=PLD5A37C01FC6D4C0D&index=52>

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

***Goal – Supramax pump***

Bulgarian split squat – Don't get nervous.....not the death set with iso holds today! I want you to use a moderate weight, really control the negative, let each rep sink deep then up for a glute contraction. 3 sets of 10 each leg here. **3 total work sets.**

<https://www.youtube.com/watch?v=I1Ee3M6SDgQ&index=49&list=PLD5A37C01FC6D4C0D>

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

***Goal – Supramax pump***

Leg extensions – All I need is your all-out effort for 1 set here. Watch how I am pushing Ken. Here is what I had him do and I need this same intensity from you today. 10 full range of motion reps, then 4 manual resistance reps, then onto 5 forced reps and finally a 10 second iso hold. You will be smoked after this if you really push. **1 total work set**

<https://www.youtube.com/watch?v=xewJc8lS6R4&list=PLD5A37C01FC6D4C0D&index=83>

**This set is an RPE of 10**

***Goal – Supramax pump***

**Abs**

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

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

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***

# Week 12 – Leg Block

## Monday

Legs – 4 exercises – 12 sets

Calves – 1 exercise – 6 sets

---

4 exercises – 18 sets

Last week of the Leg Block, let's make this one count!

### Legs

Banded stiff leg deads – WHAT? I know I'm breaking my own rules here, but you will feel fresh and locked in for this exercise today. I gave you Saturday off from hamstring work so you could really work hard on these today. Do 2-3 good warm up sets without the band to get warmed up. Add the band then start pyramiding up in weight till you reach a VERY hard 8 reps. We will call this 3 sets **3 total work sets**.

<https://www.youtube.com/watch?v=90lWhg1YOxQ&index=23&list=PL2F8A4BD406176C34>

**These sets are all RPE of 10**

***Goal – Activation and start pump***

Leg press round #1– So using the same template as last week but without the drop and we are going to get 1 more plate per side for 10 reps since we don't have to do the drop set after. See the chart below for an example of what I want this to look like. **3 total work sets**.

**2 pps (plates per side) x 15 – warm up**

**3pps x 15 – warm up**

**5 pps x 12 – warm up**

**7 pps x 10 – feel set**

**8 pps x 10 – feel set**

**10 pps x 10 – Working Set #1 (starting to be hard)**

**11 pps x 10 – Working Set #2 (had to work here, but knew I had some more in me)**

**12 pps x 10 – Working Set #3 (all I could do to get this racked)**

**These sets are all RPE of 9-10, last set is RPE of 12**

***Goal – Supramax pump***

Leg Press round #2 – So pull some weight off the sled (I took 2 plates per side off personally for your reference). I want to do a descending drop set. So, the goal is to hit 8 reps, without racking. Have your training partner unload 1 plate per side, hit 8 more reps and repeat 5 more times. See chart below for exactly what I want. **1 total work sets.**

**10 pps (plates per side) x 8, don't rack it,  
9pps x 8, don't rack it,  
8 pps x 8, don't rack it,  
7 pps x 8, don't rack it  
6 pps x 8, one more drop here  
5 pps x failure (I got 14 reps)**

**This set is RPE of 12**

***Goal – Supramax pump***

Leg Press round #3 – People are going to start glaring at you to get off the leg press, ignore them!! We have quads to grow. We are going to do the exact opposite, so an ascending set. Start with the weight you finished with (for me it was 5 plates a side) and knock down 6 reps, don't rack it, have your training partners load 1 plate per side and give me another 6 reps. Repeat this process till you miss 6 reps. See below for what I did. **1 total work sets.**

**5 pps (plates per side) x 6, don't rack it,  
6pps x 6, don't rack it,  
7 pps x 6, don't rack it,  
8 pps x 6, don't rack it  
9 pps x 6, one more jump here  
10 pps x 4....that's all I could get so the set was over**

Lying Leg Curls – 4 sets of 10, with a moderately heavy load here. Really squeeze the hams hard at contraction here. **4 total work sets.**

**The RPE on all these sets is 8-9.**

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

## **Calves**

Seated calve raises – Repeat from last week today. It's going to feel nice to sit down after today's session, but that doesn't mean take it easy. Ankle mobility is huge when we are talking building monster legs. So with every rep I want you to pause in the

stretched position for 2 seconds before firing up. 6 sets of 10 like this. The time under tension is real. **6 total work sets.**

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

***Goal – Supramax pump***

---

## ***Tuesday***

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

---

7 exercises – 28 sets

### **Back**

One-arm barbell row – This is a great angle in the video of Andrew doing 1 arm barbell rows. Do you see the incredible stretch he is getting on the lat? Nail this form here. Work up to a hard 10 and stay there for 4 sets. **4 total work sets.**

[https://www.youtube.com/watch?v=BjN0T9G\\_yo4&index=72&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=BjN0T9G_yo4&index=72&list=PLA808445EA052D63A)

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

***Goal – Activate and start pump***

Seated cable rows – Using the close grip, neutral attachment, I want you to execute with flawless form. Feel every fiber of your back light up as you pull the weight back towards your belly button. Do 4 sets of 10 once you find your working weight. **4 total work sets.**

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

***Goal – Supramax pump***

D.Y. row– 3 rows in and no pulldown or pullover?!?! Yes, you read that right. Get those elbows back and pump those low lats hard. 4 set of 10 before we move onto some low back work. **4 total work sets.**

<https://www.youtube.com/watch?v=ll1jiYdjNAQ&list=PLA808445EA052D63A&index=79>

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

***Goal – Supramax pump***

Banded good mornings – These are going to feel amazing, trust me. Get a gray band from EliteFTS and do 12 reps with perfect form. You are going to feel this on the entire backside of your body. Do 4 working sets. If you do not have this band, feel free to do them with a barbell. **4 total work sets.**

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

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

***Goal – Supramax pump***

## **Biceps**

E-Z bar curls superset with rope hammer curls – I want your biceps screaming at me. Take a fixed e-z bar over to the cable station and give me 10 perfect form reps with your elbows pinned to your rib cage. After that, grab the rope (attached to the low cable) and drive the handle up to your eyes for 10 reps. Use 90 second rest periods to push this even harder. **4 rounds for 8 total work sets.**

[https://www.youtube.com/watch?v=\\_mhTOQpjggs&index=11&list=PL04BB5F1BC0300483](https://www.youtube.com/watch?v=_mhTOQpjggs&index=11&list=PL04BB5F1BC0300483)

**These sets are all RPE of 9**

***Goal – Supramax pump***

## **Abs**

Incline sit-ups – Do 4 sets to failure here. **4 total work sets.**

**This sets are an RPE of 9-10.**

***Goal – Supramax pump***

---



## ***Wednesday***

Chest – 4 exercises – 13 sets  
Shoulders – 2 exercises – 6 sets  
Triceps – 2 exercises – 8 sets

---

8 exercises – 27 sets

### **Chest**

Flat hammer strength machine press – Work your way up doing sets of 8 until you can barely get 8. Take these all the way to lockout and squeeze your chest hard on every single rep. We will count the last 3 sets as work sets. **3 total work sets**

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

***Goal – Activation and Supramax pump***

Incline barbell bench press – Keeping with the 8-rep theme, do my favorite chest exercise how I love them. Stop 2 inches above your chest and press up to  $\frac{3}{4}$  lockout. Keep going up till you miss 8 reps. **3 total work sets.**

**These sets are all RPE of 8-10**

***Goal – Train explosively***

Flat dumbbell press – Last week we did ultra-high rep smith declines, this week I want 3 working sets of 15 reps on dumbbell press. **3 total work sets.**

**These sets are all RPE of 8-11**

***Goal – Supramax pump***

Feet elevated stretch push-ups – Finish with 4 sets to failure on these. I want your feet slightly higher than your hands, keep your chin up and stretch with every rep. **4 total work sets.**

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

**These sets are all RPE of 10**

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

## **Shoulders**

Heavy dumbbell side lateral partials – Strap into some heavy dumbbells and do the bottom half of the motion. Keep your chin up to minimize trap engagement and do 3 sets of 25 reps here. **3 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

Cable rear delt flies – New exercise for you here. Use the seated cable row for your rear delts. This does not require a lot of weight but the contraction is great. I want 3 sets of 15 reps here. If for some reason you don't have the equipment for this exercise just do reverse pec-deck. **3 total work sets.**

<https://www.youtube.com/watch?v=PUxztoB1RkY&list=PL1F60A60A3E4E2E83&index=19>

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

***Goal – Supramax pump***

## **Triceps**

Occluded rope pushdown– Watch the video on how to wrap your upper arm for these. Once you have the wraps on give me 5 sets to failure with 30 second rest periods. Each set you will lose reps but the pump will grow and the burn will get next level. **5 total work sets.**

[https://www.youtube.com/watch?v=jw92W6m1dq4&index=3&list=PLNAUreWTt\\_ShX51sm1DEoKyt9aVXVHOnI](https://www.youtube.com/watch?v=jw92W6m1dq4&index=3&list=PLNAUreWTt_ShX51sm1DEoKyt9aVXVHOnI)

**These sets are all RPE of 9**

***Goal – Supramax pump***

Incline skullcrushers – Now that you have a massive pump lets stretch it out. 3 sets of 10 to wrap up this pushing muscles today. **3 total work sets.**

<https://www.youtube.com/watch?v=HKbDU850mbE&index=8&list=PL04BB5F1BC0300483>

**These sets are all RPE of 9**

***Goal – Supramax pump***

---

### ***Thursday***

Legs – 4 exercises – 13 sets

Calves - 1 exercise – 4 sets

---

5 exercises – 17 sets

### **Legs**

Today is a fun day!

Seated leg curl – Nothing fancy here, give me 2-3 warm up sets then 4 sets of 15 with your working weight. **4 total work sets.**

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

***Goal – Activate and pump***

Adductor machine – Learning to love these yet? 3 sets of 20 here today will get the blood pumping. **3 total work sets.**

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

***Goal – Supramax pump***

Explosive squats – With blood packed in your hams and adductors this is going to feel great. I want small weight jumps here because I want a lot of sets. The goal with every rep is controlled descent, then fire up fast and hard out of the hole. It should feel like the bar is going to fly off your back. We will call this 3 working sets but I want you to really take your time with weight jumps and not get ahead of yourself. In addition to

the small weight increases, I want rest periods of 60 seconds between sets. Or if you have a training partner, you go, he goes, load weight, repeat till you reach a weight where you begin to grind. Once that happens, stop the set and move on to the next exercise. **3 total work sets**

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

***Goal – Train explosively***

Hack squat – I want 3 sets of 20 reps, pumping like a piston. Sink these deep and only come up  $\frac{3}{4}$  of the way. No pausing either, get all 20 without stopping. Take a narrow stance on the platform. **3 total work sets**

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

***Goal – Supramax pump***

**Calves**

Standing calve raises – Back to heavy weight this week. 4 sets of 10 reps. **4 total work sets.**

**These sets are all RPE of 11**

---

- ***Friday***

I added in a rest day because high frequency leg blocks really tax your body. I did this by adding in arm work on torso days as you may have noticed. This rest day is important. Guess what we are doing tomorrow? Yes, legs again.

OFF

---

-

***Saturday***

Legs – 4 exercises -11 sets

---

Abs - 1 exercise – 4 sets

5 exercises – 19 sets

---

## Legs

Adductor machine – Didn't we just do this on Thursday? Yes, we sure did. But today I want 4 heavy sets of 10 reps. **4 total work sets.**

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

***Goal – Activation and Supramax pump***

Butt blaster – This felt so good last week let's keep it in there for 3 sets of 10 reps each leg. **3 total work sets**

<https://www.youtube.com/watch?v=WuknU-10NIU&list=PLD5A37C01FC6D4C0D&index=52>

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

***Goal – Supramax pump***

Smith machine lunges – Elevate your front leg so you can really get a deep stretch on the glute. Find a good working weight for 10 reps and do 3 sets with it. **3 total work sets.**

[https://www.youtube.com/watch?v=fiysDfA\\_sZg&list=PLD5A37C01FC6D4C0D&index=46](https://www.youtube.com/watch?v=fiysDfA_sZg&list=PLD5A37C01FC6D4C0D&index=46)

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

***Goal – Supramax pump***

Smith machine squat drop set – do 2 or 3 feel sets to get to your working weight and then it's time for your final set. In the video I got 10 reps, dropped the weight, got 7 reps, dropped the weight, then pumped 9 before racking it. Beat my numbers!!!. **1 total work set**

<https://www.youtube.com/watch?v=81IFPUDIgc8&index=32&list=PLD5A37C01FC6D4C0D>

**This set is an RPE of 10**

***Goal – Supramax pump***

## **Abs**

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

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

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***

# Week 13 – Arm Block

## Monday

Biceps – 3 exercises – 12 sets

Triceps – 3 exercises – 12 sets

Calves – 1 exercise – 6 sets

---

7 exercises – 30 sets

### **Biceps and Triceps**

**We are doing supersets for arms today for maximal pump. We will do 3 different combinations. We will be doing supersetting every Monday throughout the arm block!**

Seated dumbbell curl and tricep pushdown – Do plenty of warm ups to get your elbows greased up. I want sets of 8 on the dumbbell curls with your palms facing up the whole time and sets of 10 on the pushdowns. On the pushdowns, I want you to use the single handles that allow for freedom of wrist rotation. Do 4 rounds. **8 total work sets.**

**These sets are all RPE of 9**

***Goal – Activation and start pump***

Hammer curl and bent over tricep extension – Do sets of 10 on the hammer curls squeezing the dumbbells hard, and then on the extension, use the single handles again. **8 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramx pump***

Barbell curl and lying extension/skullcrusher – Do sets of 10 on the barbell curls, and then do sets of 10 on the lying extensions! Your arms should be jacked now! **8 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

**Calves**

Standing calve raises – Pyramid up to a tough 10 and stay there and do 6 sets.  
Remember to focus on the stretch. **6 total work sets.**

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

***Goal – Supramax pump***

---

***Tuesday***

***OFF today!***

---

***Wednesday***

Back – 4 exercises – 16 sets

Biceps – 2 exercises – 8 sets

Abs – 1 exercise – 4 sets

---

7 exercises – 28 sets

**Back**

Supinated pulldown single arm – Do 4 good hard sets of 8 here after a good warm up.  
**4 total work sets.**

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

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

***Goal – Activate and start pump***

Rack pull – Something I used to do a lot of and I enjoyed was doing rack pulls right after the supinated pulldowns. It always felt like my lower lats got great stimulation from this. Do these rest pause style, and pull from midshin. I also want you to flex your lats hard, and THEN start the rep. I want you to think lat tension in your head on every rep. Do 4 sets of 6 here. **4 total work sets.**



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

***Goal – Supramax pump***

Chins – Ok now let's get back to upper lats. Use an assist machine if you like. I do. Do 4 sets of 8 or so reps. Remember- perfect form here! **4 total work sets.**

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

***Goal – Supramax pump***

Banded pullovers – Finish by working these hard. I want your upper lats trashed ok. Don't slack here. The last rep of every set should be extremely tough. Flex your lats hard throughout the entire pull back over you. Do 4 sets of 8. **4 total work sets.**

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

***Goal – Supramax pump***

## **Biceps**

Seated Ez bar curls – I want you to literally sit down with an ez curl bar and do curls. It's obviously on the top half of the rep, but I want 4 sets of 15 here. **4 total work sets.**

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

***Goal – Supramax pump***

Ez bar preacher curl – Ok now do 4 good sets of 8 here flexing hard at the top of every rep. **4 total work sets.**

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

***Goal – Supramax pump***

## **Abs**

Incline sit ups – Do 4 sets to failure here. **4 total work sets.**

**This sets are an RPE of 9-10.**

### ***Goal – Supramax pump***

---

#### ***Thursday***

Chest – 4 exercises – 14 sets  
Shoulders – 2 exercises – 8 sets  
Triceps – 2 exercises – 8 sets

---

8 exercises – 30 sets

#### **Chest**

Machine press – Get to a tough weight here and do 3 sets of 8 with it. The 8<sup>th</sup> rep should be very hard, but you should be able complete it with perfect form. **3 total work sets**

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

### ***Goal – Activation and Supramax pump***

Flat barbell press – I am moving to some standard bench press work here, and this will also give you a little more indirect tricep work to blow up your arms. Do 5 sets of 5. Make note of the RPE for these reps. **5 total work sets.**

**These sets are all RPE of 8**

### ***Goal – Train explosively***

Flat dumbbell press – Do 3 set of 8 here, and then on the 4<sup>th</sup> set do 8 and then drop the weight down and go to failure but don't drop the dumbbells, let them stretch you for 10 seconds as shown in the video below. **3 total work sets.**

<https://www.youtube.com/watch?v=lqOLdMXbHPg&list=PL2955620A11D03694&index=39>

**These sets are all RPE of 8-11**

### ***Goal – Supramax pump***

Dips – Do 3 sets to failure here. I use the assist machine to ensure perfect form. **3 total work sets.**

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

## **Shoulders**

*We did a lot of heavy work that stresses shoulders, and we need to get to your focus area, triceps, so we move quick on our delt work.*

Dumbbell side laterals – Do 4 sets of 8 with 30 second breaks. **4 total work sets.**

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

***Goal – Supramax pump***

Bent over Dumbbell side laterals – Do 4 sets of 12 with 30 second breaks. **4 total work sets.**

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

***Goal – Supramax pump***

## **Triceps**

Rope extension – Sit on a bench and do rope extensions like in the video below. Your elbows are more than warmed up enough at this point. Do 4 sets of 10. **4 total work sets.**

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

**These sets are all RPE of 9**

***Goal – Supramax pump***

Lying extension/skullcrusher – No need to worry about elbow issues doing these at this point! Do 4 sets of 8. **4 total work sets.**

**These sets are all RPE of 9**

### ***Goal – Supramax pump***

---

#### ***Friday***

Legs – 5 exercises – 16 sets

Calves - 1 exercise – 4 sets

---

6 exercises – 20 sets

Seated leg curl – Do a few warm up sets and then simple straight sets. Do 4 sets of 15. This is a lot of total reps. You should have a very good pump pretty quickly. **4 total work sets.**

**These sets are all RPE of 9**

### ***Goal – Activate and pump***

Barbell squats – Let's knock out some big-time squats here. Do sets of 8 all the way up until you can barely get 8. We will call this 3 total work sets. **3 total work sets**

**These sets are all RPE of 8-10.**

### ***Goal – Train explosively***

Smith machine lunges – Do a couple warmups and then do 3 sets of 15 here on each leg. Get a nice deep stretch on glute. I like to put an aerobic step bench under my lead leg to give me more stretch. Start the lift by flexing your glutes. These will hammer your glutes if done right. **3 total work sets**

[https://www.youtube.com/watch?v=fiysDfA\\_sZg&list=PLD5A37C01FC6D4C0D&index=46](https://www.youtube.com/watch?v=fiysDfA_sZg&list=PLD5A37C01FC6D4C0D&index=46)

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

### ***Goal – Supramax pump***

Leg press – Do 1-2 feeder sets to get up to a moderate weight and do 3 sets of 30 with it. Rest 2 minutes between sets. That was not a typo. **3 total work sets**

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

***Goal – Supramax pump***

Banded stiff legged deadlifts – Do 3 sets of 8 here. These are brutal, my favorite stiff legged version. **3 total work sets**

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

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

**Calves**

Standing calve raises – This is the triset where you do 10 reps, and then hold at the top for 10 seconds, repeating 2 more times until you have done 30 reps and 3 holds at the top. I want you to do 4 rounds. **4 total work sets.**

**These sets are all RPE of 11**

---

-

***Saturday***

Biceps – 3 exercises – 12 sets

Triceps – 3 exercises – 12 sets

Abs - 1 exercise – 4 sets

---

7 exercises – 28 sets

**We are doing supersets for arms on Saturdays also for maximal pump. We will do 3 different combinations.**

Ezbar curl and tricep pushdown – Do plenty of warm ups to get your elbows greased up. I want sets of 8 on the EZ bar curls and sets of 15 on the pushdowns. On the pushdowns, I want you to use the single handles that allow for freedom of wrist rotation. Do 4 rounds. **8 total work sets.**

**These sets are all RPE of 9**

***Goal – Activation and start pump***

Incline dumbbell concentration curl and pronated tricep kickback – Do sets of 8 on the curls squeezing the dumbbells hard, and then sets of 8 on the kickbacks. **8 total work sets.**

<https://www.youtube.com/watch?v=3Y7wWx8xGAw&index=7&list=PL04BB5F1BC0300483>

and

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

**These sets are all RPE of 9**

***Goal – Supramax pump***

Ez bar preacher curl and shoulder width pushups – Do sets of 8 on the preacher curls, and then do sets to failure on the pushups. **8 total work sets.**

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

***Goal – Supramax pump***

**Abs**

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

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

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***

# Week 14 – Arm Block

## Monday

Biceps – 3 exercises – 12 sets

Triceps – 3 exercises – 12 sets

Calves – 1 exercise – 6 sets

---

7 exercises – 30 sets

### **Biceps and Triceps**

**We are doing supersets for arms today for maximal pump. We will do 3 different combinations. We will be doing supersetting every Monday throughout the arm block!**

Seated hammer curl and dual rope tricep pushdown – Do plenty of warm ups to get your elbows greased up. I want sets of 8 on the hammer curls and sets of 12 on the pushdowns. Pay really close attention to video below for the tricep exercise. Note where the arms are pinned against the side to isolate tris. Do 4 rounds. **8 total work sets.**

[https://www.youtube.com/watch?v=LYv\\_Ww0WC0E&list=PL04BB5F1BC0300483&index=18](https://www.youtube.com/watch?v=LYv_Ww0WC0E&list=PL04BB5F1BC0300483&index=18)

**These sets are all RPE of 9**

***Goal – Activation and start pump***

Barbell curl and bench dips – We are going old school here. Do 8 curls and then place your feet on a bench and do bench dips. If you can add weight and still get 10, please do. I want you to get hard sets of 10 on the bench dips. **8 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

Preacher curl and incline lying extension/skullcrusher – Do sets of 8 on the preach curl and sets of 10 on the skullcrushers. I attached a video below so you can see form on the tricep exercise. **8 total work sets.**

<https://www.youtube.com/watch?v=HKbDU850mbE&list=PL04BB5F1BC0300483&index=8>

**These sets are all RPE of 9**

***Goal – Supramax pump***

### **Calves**

Standing calf raises – Pyramid up to a tough 8 and stay there and do 6 sets.  
Remember to focus on the stretch. **6 total work sets.**

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

***Goal – Supramax pump***

---

***Tuesday***

***OFF today!***

---

***Wednesday***

Back – 4 exercises – 15 sets  
Biceps – 2 exercises – 8 sets  
Abs – 1 exercise – 4 sets

---

7 exercises – 27 sets

### **Back**

Parallel grip pulldowns – Do 4 good hard sets of 10 here after a good warm up. In the video below note the bar Fouad is using. That is what I want you to use. Drive the bar down as close to your chest as possible and squeeze hard! **4 total work sets.**

<https://www.youtube.com/watch?v=-pj-1n9X3P0&t=13s&index=59&list=PLA808445EA052D63A>

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

***Goal – Activate and start pump***



Rack pull – Lets keep up with the rack pulls but bump your reps a bit. This should give you an even better pump if you are really locking your lats in and flexing them hard throughout the set. I want these done rest pause style. Do 3 hard sets of 8. **3 total work sets.**

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

***Goal – Supramax pump***

Chins – Back to chins now, to rest lower back if it fatigued. Use a pronated grip this time, as we used the parallel grip on the first exercise. Hit 4 sets of 8 here. **4 total work sets.**

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

***Goal – Supramax pump***

Dumbbell rows – Ok these should be brutal. I want 4 hard sets of 8 here. I want these to be heavy! **4 total work sets.**

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

***Goal – Supramax pump***

## **Biceps**

Cable curls – Your arms should be warmed up after the heavy rows! Do 4 sets of 8 here, but I want a 3 second decent on each rep. Lower it slow, feel the burn! **4 total work sets.**

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

***Goal – Supramax pump***

Incline hammer curl – Ok now do 4 good sets of 8 here flexing hard at the top of every rep. Feel the stretch at the bottom too. See the video below for a form refresher. **4 total work sets.**

<https://www.youtube.com/watch?v=FdzmjIiHIPw&t=5s&list=PL04BB5F1BC0300483&index=21>

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

***Goal – Supramax pump***

**Abs**

Incline sit ups – Do 4 sets to failure here. **4 total work sets.**

**This sets are an RPE of 9-10.**

***Goal – Supramax pump***

---

***Thursday***

Chest – 4 exercises – 13 sets

Shoulders – 2 exercises – 8 sets

Triceps – 2 exercises – 8 sets

---

8 exercises – 30 sets

**Chest**

Flat dumbbell press – Get to a tough weight here and do 3 sets of 8 with it. The 8<sup>th</sup> rep should be very hard, but you should be able complete it with perfect form. We will count this as 3 work sets. Remember not to go up to fast or you'll cheat yourself ou of some volume.**3 total work sets**

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

***Goal – Activation and Supramax pump***

Flat barbell press –Let's keep to the standard bench press work here for one more week, and again this will also give you a little more indirect tricep work to blow up your arms. Do 4 sets of 8. Make note of the RPE for these reps. **4 total work sets.**

**These sets are all RPE of 8**

***Goal – Train explosively***

Machine flyes – Do 3 set of 10 here. Flex your pecs hard upon contraction and try to get a nice stretch on each rep as well. **3 total work sets.**

<https://www.youtube.com/watch?v=lqOLdMXbHPg&list=PL2955620A11D03694&index=39>

**These sets are all RPE of 9**

***Goal – Supramax pump***

Dips – Do 3 sets to failure here. I use the assist machine to ensure perfect form. **3 total work sets.**

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

## **Shoulders**

*Same as last week:*

*We did a lot of heavy work that stresses shoulders, and we need to get to your focus area, triceps, so we move quick on our delt work.*

Cable side laterals – Do 4 sets of 10 one arm at a time. Do one arm, and then the other, and then go back, so nonstop until the 4 sets are done. **4 total work sets.**

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

***Goal – Supramax pump***

Bent over cable side laterals – Do 4 sets of 15 with 60 second breaks. **4 total work sets.**

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

***Goal – Supramax pump***

## **Triceps**

Cable extensions – See below for form. I want to 10 full reps and then then 10 partials as shown in the video (from stretched position). Do 4 sets like this. **4 total work sets.**

[https://www.youtube.com/watch?v=cV1S7j32u\\_M&list=PL04BB5F1BC0300483&index=14](https://www.youtube.com/watch?v=cV1S7j32u_M&list=PL04BB5F1BC0300483&index=14)

**These sets are all RPE of 11**

***Goal – Supramax pump***

Pushdowns with single handles – Lets finish with our bread and butter here. Do 4 hard sets of 8. **4 total work sets.**

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

**These sets are all RPE of 9**

***Goal – Supramax pump***

---

***Friday***

Legs – 5 exercises – 14 sets

Calves - 1 exercise – 4 sets

---

6 exercises – 18 sets

Lying leg curl – Do a few warm up sets and then knock out 3 sets of 10 with a good weight. I want you to do a 4<sup>th</sup> set where you do 10, drop the weight for 8 more, and then drop the weight for 8 more, followed by a 30 second isohold. **4 total work sets.**

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

***Goal – Activate and pump***

Barbell squats – Same thing this week, but now let's hit sets of 10. If you can do the same weight as last week, but get 10, you are in business! We will call this 3 total work sets. **3 total work sets**

**These sets are all RPE of 8-10.**

***Goal – Train explosively***

Smith machine squat – Ok time for some more squats. Move your feet out in front of you so we really drill your quads. I want 3 sets of 15 here. **3 total work sets**

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

***Goal – Supramax pump***

Walking lunge – Grab some light dumbbells and walk until you drop. You are only doing 1 set so you have to give this your all. Do these slow to as your quads will be pumped so the stretch will feel great. **1 total work set**

**This set is an RPE of 10**

***Goal – Supramax pump***

Banded stiff legged deadlifts – Do 3 sets of 8 here. These are brutal, my favorite stiff legged version. **3 total work sets**

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

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

## **Calves**

Standing calve raises – This is the triset where you do 10 reps, and then hold at the top for 10 seconds, repeating 2 more times until you have done 30 reps and 3 holds at the top. I want you to do 4 rounds. **4 total work sets.**

**These sets are all RPE of 11**

---

-

## ***Saturday***

Biceps – 3 exercises – 12 sets

Triceps – 3 exercises – 12 sets

Abs - 1 exercise – 4 sets

---

7 exercises – 28 sets

**We are doing supersets for arms on Saturdays also for maximal pump. We will do 3 different combinations.**

**Rep time...**

Ezbar curl and tricep pushdown – Do plenty of warm ups to get your elbows greased up. I want sets of 15 on the EZ bar curls and sets of 20 on the pushdowns. On the pushdowns, I want you to use the single handles that allow for freedom of wrist rotation. Do 4 rounds. **8 total work sets.**

**These sets are all RPE of 9**

***Goal – Activation and start pump***

Cable curl and pronated tricep kickback – Do sets of 15 on the curls squeezing hard, and then sets of 15 on the kickbacks. **8 total work sets.**

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

**These sets are all RPE of 9**

***Goal – Supramax pump***

Dumbbell preacher curl and single arm pushdowns – Do sets of 8 on the preacher curls, and then do sets of 8 on the pushdowns. **8 total work sets.**

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

***Goal – Supramax pump***

**Abs**

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

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

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***

# Week 15 – Arm Block

## Monday

Biceps – 3 exercises – 12 sets

Triceps – 3 exercises – 12 sets

Calves – 1 exercise – 6 sets

---

7 exercises – 30 sets

### **Biceps and Triceps**

**Sticking with supersets but mixing how we order it up to give your arms some new stimulus!**

Standing E-Z bar curls wide grip and e-z bar curls narrow grip – Do plenty of warm ups to get your elbows greased up. Grab the bar at the wide bend and nail 10 reps, re-grip on the narrow handles and give me 10 more reps with the same weight. This will get the blood flowing fast. Do 4 rounds. **8 total work sets.**

**These sets are all RPE of 9**

***Goal – Activation and start pump***

Dumbbell hammer curls and rope pushdowns – Take a set of dumbbells over to the cable station and give me 8 hammer curls, doing both arms at the same time. Superset this with rope pushdowns in the 15 rep range. Your arms will look massive after 4 rounds of this. **8 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

Pushdowns on the assisted pull-up machine and decline lying extension/skullcrusher – A unique exercise but the contraction is amazing. Watch both attached videos for the form I'm looking for. Start with 12 reps on the assisted pull-up machine pressdown, then right into decline skull crushers. Feel free to use the e-z bar, dumbbells or kettlebells. I want 10 reps there. Do 4 rounds. **8 total work sets.**

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

and



[https://www.youtube.com/watch?v=q0bzH7j\\_mjw&list=PL04BB5F1BC0300483&index=29](https://www.youtube.com/watch?v=q0bzH7j_mjw&list=PL04BB5F1BC0300483&index=29)

**These sets are all RPE of 9**

***Goal – Supramax pump***

### **Calves**

Standing calve raises – Pyramid up to a tough 10 and stay there and do 6 sets. Remember to focus on the stretch. **6 total work sets.**

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

***Goal – Supramax pump***

---

***Tuesday***

***OFF today!***

---

***Wednesday***

Back – 4 exercises – 15 sets  
Biceps – 2 exercises – 8 sets  
Abs – 1 exercise – 4 sets

---

7 exercises – 27 sets

### **Back**

Smith machine rows – I cannot stress the importance of using straps doing this arm block enough!! The goal is to keep the biceps out of all the back movements as much as possible. I need 4 sets of 10 once you find your working weight here. **4 total work sets.**

[https://www.youtube.com/watch?v=pBd\\_LB5MJPC&index=9&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=pBd_LB5MJPC&index=9&list=PLA808445EA052D63A)

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

***Goal – Activate and start pump***

Rack pull – Lets keep up with the rack pulls but lower the pins one hole for an increased range of motion this week. This should give you an even better pump if you are really locking your lats in and flexing them hard throughout the set. I want these done rest pause style. Do 3 hard sets of 8. **3 total work sets.**

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

***Goal – Supramax pump***

Seated cable rows – Use the d-handles here so when you drive the weight back towards your body you can pull them apart. Lock your lock back in stone and just pump blood in the lats today. 4 sets of 10 reps here. **4 total work sets.**

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

***Goal – Supramax pump***

Dumbbell pullovers – I want your biceps fresh and a stretch in those lats, so let's hit some pullovers. Same form as always, big arch, keep your elbows in a fixed position and just pull with your lats. 4 sets of 10 here as well! **4 total work sets.**

<https://www.youtube.com/watch?v=CVz8KjQtXho&index=47&list=PLA808445EA052D63A>

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

***Goal – Supramax pump***

**Biceps**

Cable reverse curls – I want to get right into burning these babies up. 4 sets of 15! **4 total work sets.**

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

***Goal – Supramax pump***

Preacher curl – Ok now do 4 good sets of 8 here flexing hard at the top of every rep. Feel the stretch at the bottom, but don't go super deep. **4 total work sets.**

<https://www.youtube.com/watch?v=ZSB9JdskZXc&list=PL04BB5F1BC0300483&index=32>

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

***Goal – Supramax pump***

## **Abs**

Hanging Leg Raises – Do 4 sets to failure here. **4 total work sets.**

**This sets are an RPE of 9-10.**

***Goal – Supramax pump***

---

## ***Thursday***

Chest – 4 exercises – 13 sets

Shoulders – 2 exercises – 8 sets

Triceps – 2 exercises – 8 sets

---

8 exercises – 30 sets

## **Chest**

Incline dumbbell press – Get to a tough weight here and do 3 sets of 8 with it. The 8<sup>th</sup> rep should be very hard, but you should be able complete it with perfect form. We will count this as 3 work sets. Remember not to go up to fast or you'll cheat yourself out of some volume. Another keep factor is NOT locking out. We are on the arm block and want to minimize tricep involvement as much as possible on pressing movements. **3 total work sets**

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

***Goal – Activation and Supramax pump***

Incline barbell press –Let's get back to the incline barbell, because it's amazing for chest and shoulder thickness! **4 total work sets.**

**These sets are all RPE of 8-10**

***Goal – Train explosively***

Dumbbell press/flyes – Do 3 set of 10 here. Flex your pecs hard upon contraction and try to get a nice stretch on each rep as well. Watch the video closely for form. Use a slight incline here as well. **3 total work sets.**

<https://www.youtube.com/watch?v=u7qKtYIgsUY&list=PL2955620A11D03694&index=58>

**These sets are all RPE of 9**

***Goal – Supramax pump***

Pronated cable flyes – After all the incline work, these will feel great. Do 3 sets of 12 here to finish off the chest portion of today. **3 total work sets.**

<https://www.youtube.com/watch?v=78m5bRCO69I&list=PL2955620A11D03694&index=62>

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

## **Shoulders**

*Same as the last 2 weeks:*

*We did a lot of heavy work that stresses shoulders, and we need to get to your focus area, triceps, so we move quick on our delt work.*

Dumbbell side laterals – 4 sets of 12 here with a moderate weight. Think out with the dumbbells, not up! This will help minimize trap recruitment. **4 total work sets.**

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

***Goal – Supramax pump***

Reverse pec-deck flyes – Do 4 sets of 25 with 30 second breaks. This may sting a little bit. **4 total work sets.**

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

***Goal – Supramax pump***

## Triceps

Dual rope extensions – See below for form. I want 12 reps here with a monster contraction. These just feel amazing. **4 total work sets.**

[https://www.youtube.com/watch?v=LYv\\_Ww0WC0E&index=18&list=PL04BB5F1BC0300483](https://www.youtube.com/watch?v=LYv_Ww0WC0E&index=18&list=PL04BB5F1BC0300483)

**These sets are all RPE of 11**

***Goal – Supramax pump***

Dip machine – I need 4 sets of 10 with 3 second negatives on all reps. There should be tons of tension created here. Let it ride up high and really feel that stretch, then ram it down. **4 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

---

## ***Friday***

Legs – 5 exercises – 14 sets

Calves - 1 exercise – 4 sets

---

6 exercises – 18 sets

Seated leg curl – Do a few warm up sets and then give me 4 sets of this triple drop set. So, its 6 reps, drop the weight, 6 reps, drop the weight and 6 more reps. That's one set, I want 4 of those. This should allow you to use some heavy weight, do it! But don't get to swinging the weight and using your low back. **4 total work sets.**

<https://www.youtube.com/watch?v=4ga6XIkimbQ&index=11&list=PLD5A37C01FC6D4C0D>

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

***Goal – Activate and pump***

Leg press – We squatted 2 different ways last week, so we are going to kick off with some hard leg press to start quads. I want you to use a hip width stance and your toes slightly out. Sink these down with your knees coming outside of your ribs. This should feel great once your hips get warmed up. Just do sets of 10 till you miss 10. Only jump one plate per side because I want some volume even though we will only count your final 3 sets as work. **3 total work sets**

**These sets are all RPE of 8-10.**

***Goal – Train explosively***

Hack squat – Give me 2 feel sets to get into the groove of the exercise and to find your right weight. I want your feet as medium to low on the platform with a shoulder width stance. Then I need 3 HARD grinder sets of 20 reps. If you have to stop and couple times mid-set, that's fine. I don't want ultra-light weight here. Push yourself. **3 total work sets**

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

***Goal – Supramax pump***

Sissy squats – You will be breathing hard after that hack squat. On to one death set of sissy squats. Just lock in and pump. I got 23 reps, beat that number!! If you do not have a sissy squat, just unload the sled of the hack squat and do them there. I will attach a video for this modification. **1 total work set**

<https://www.youtube.com/watch?v=T4baMWT8MLs&list=PLD5A37C01FC6D4C0D&index=58>

**This set is an RPE of 10**

***Goal – Supramax pump***

Dumbbell stiff legged deadlifts – Do 3 sets of 10 here. Come all the way up and squeeze your glutes on every rep. **3 total work sets**

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

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

**Calves**

Standing calve raises – Same triset as last week where you do 10 reps, and then hold at the top for 10 seconds, repeating 2 more times until you have done 30 reps and 3 holds at the top. I want you to do 4 rounds. **4 total work sets.**

**These sets are all RPE of 11**

---

-

### ***Saturday***

Biceps – 3 exercises – 12 sets

Triceps – 3 exercises – 12 sets

Abs - 1 exercise – 4 sets

---

7 exercises – 28 sets

**We are doing supersets for arms on Saturdays also for maximal pump. We will do 3 different combinations.**

### **Rep time...**

Rope pushdown and overhead rope extensions – Do plenty of warm ups to get your elbows greased up. I want a hard 12 reps on the rope pushdown where you stand tall. Then simply just bend over at the waist and bang out 12 reps of overhead rope extensions. This pump is unreal and one of my favorites. Work the contraction on the pushdown and then the stretch on the extensions. Do 4 rounds. **8 total work sets.**

**These sets are all RPE of 9**

### ***Goal – Activation and start pump***

E-Z bar skull crushers and dumbbell curls – Now that you have a huge pump its onto skull crushers. Really push here to get all you can out of your ticeps. Stay in the 12 rep range for these. Then stand up, grab some dumbbells and do curls. Keep your palms up the entire time and use 3 second negatives. Do sets of 8 reps on the curls for 4 rounds. **8 total work sets.**

**These sets are all RPE of 9**

### ***Goal – Supramax pump***

Dumbbell incline concentration curls and hammer curls – Do sets of 8 on the incline curls, watch my form in the video. Ram those dumbbells together hard and squeeze every rep. Then just stand up and give me dumbbell hammer curls for 15 reps. Do both arms at the same time and create tons of tension. **8 total work sets.**

<https://www.youtube.com/watch?v=3Y7wWx8xGAw&list=PL04BB5F1BC0300483&index=7>

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

***Goal – Supramax pump***

**Abs**

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

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

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***



# Week 16 – Arm Block

## Monday

Biceps – 3 exercises – 12 sets

Triceps – 3 exercises – 12 sets

Calves – 1 exercise – 6 sets

---

7 exercises – 30 sets

### Biceps and Triceps

**Back to the format of weeks 13 and 14 but reversing the order!**

Single handle tricep pushdowns and pronated dumbbell kickbacks – Do plenty of warm ups to get your elbows greased up. Take a look at the video to see my body position and how hard I am squeezing every rep. Do 15 reps there, then step back, grab some dumbbells and do pronated kick back for sets of 8. Do 4 rounds. **8 total work sets.**

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

and

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

**These sets are all RPE of 9**

***Goal – Activation and start pump***

Incline L-extensions and cable curls – Really watch the form in the video here. These will feel great in your triceps for 10 reps each arm. Then just pick the cable attachment you like the most of biceps and do sets of 10 on cable curls. This could be the short straight bar, e-z bar wide or narrow or even the rope. 4 rounds of this. **8 total work sets.**

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

**These sets are all RPE of 9**

***Goal – Supramx pump***

Preacher curls and standing e-z bar curls – So onto my favorite bicep builder, preacher curls, for 8. Then stand up and grab the bar in the wide handles and do 3 second negative curls for 8 reps. Do 4 rounds. **8 total work sets.**

<https://www.youtube.com/watch?v=ZSB9JdskZXc&index=32&list=PL04BB5F1BC0300483>

and

<https://www.youtube.com/watch?v=feSrwxsmfV4&index=2&list=PL04BB5F1BC0300483>

**These sets are all RPE of 9**

***Goal – Supramax pump***

### **Calves**

Standing calve raises – Pyramid up to a tough 8 and stay there and do 6 sets. Remember to focus on the stretch. **6 total work sets.**

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

***Goal – Supramax pump***

---

***Tuesday***

***OFF today!***

---

***Wednesday***

Back – 4 exercises – 15 sets  
Biceps – 2 exercises – 8 sets  
Abs – 1 exercise – 4 sets

---

7 exercises – 27 sets

### **Back**

Assisted pull-ups – After 2 warm up sets, give me 2 sets wide grip and 2 sets narrow/neutral grip on pull ups. Shoot for 8-10 reps per set. **4 total work sets.**

[https://www.youtube.com/watch?v=pBd\\_LB5MJPc&index=9&list=PLA808445EA052D63A](https://www.youtube.com/watch?v=pBd_LB5MJPc&index=9&list=PLA808445EA052D63A)

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

***Goal – Activate and start pump***

Rack pulls – Work up to a HARD 6 reps here. Now it's time to work. Keep your form flawless, do not bounce the weight off the pins and use your entire back to move the weight. Once you get there, I want 6 hard reps, stay strapped in, have your training partners pull 30% of the load off and give me 10 reps. Then pull another 30% off and go to failure. We will call this 3 working sets. **3 total work sets.**

**The set is an RPE of 13.**

***Goal – Supramax pump***

D.Y. rows – After those rack pulls, let's have a seat with a chest supported machine and knock down some rows. 4 sets of 10 reps here. If you don't have this exact machine, just use something with a chest pad here because we are going back to working erectors next. **4 total work sets.**

<https://www.youtube.com/watch?v=Il1jiYdjNAQ&list=PLA808445EA052D63A&index=79>

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

***Goal – Supramax pump***

Banded hyperextensions – Lets smash your back today. I want a 3 second contraction on every single rep with banded hypers. Pick the band tension so that you fail around 12 reps each set. On your last set, drop the band and go body weight hypers to failure! **4 total work sets.**

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

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

***Goal – Supramax pump***

**Biceps**

Seated dumbbell curls – If you need to go foam roll your back before doing biceps, I completely understand. Palms up the entire time here for 4 sets of 10! **4 total work sets.**

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

***Goal – Supramax pump***

Preacher curl – Ok now do 4 good sets of 10 here flexing hard at the top of every rep. Feel the stretch at the bottom, but don't go super deep. **4 total work sets.**

<https://www.youtube.com/watch?v=ZSB9JdskZXc&list=PL04BB5F1BC0300483&index=32>

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

***Goal – Supramax pump***

## **Abs**

Hanging Leg Raises – Do 4 sets to failure here. **4 total work sets.**

**This sets are an RPE of 9-10.**

***Goal – Supramax pump***

---

## ***Thursday***

Chest – 4 exercises – 13 sets

Shoulders – 2 exercises – 8 sets

Triceps – 2 exercises – 8 sets

---

8 exercises – 30 sets

## **Chest**

Flat hammer strength machine press – Just give me a slow pyramid up to a top in weight of 8 reps. After you do your 8, give me 15 partials out of the stretched position on your last working set. Be careful and do not go back too far back with your elbows. **3 total work sets**

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

***Goal – Activation and Supramax pump***

Incline barbell press – Same as last week but bumping reps to 10 with the goal of using the same weights as last week. Do 4 sets of 10. Make note of the RPE for these reps. **4 total work sets.**

**These sets are all RPE of 8**

***Goal – Train explosively***

Decline dumbbell press – Do 3 set of 10 here. Flex your pecs hard upon contraction and try to get a nice stretch on each rep as well. Watch the video closely for form. Use a slight decline here as well. **3 total work sets.**

**Note: Women use a slight incline**

<https://www.youtube.com/watch?v=c8cyBm4j0H4&list=PL2955620A11D03694&index=3>

**These sets are all RPE of 9**

***Goal – Supramax pump***

Pronated cable flyes – These felt so good last week, I'm keeping them in there but for higher reps. Do 3 sets of 15 here to finish off the chest portion of today. **3 total work sets.**

<https://www.youtube.com/watch?v=78m5bRCO69I&list=PL2955620A11D03694&index=62>

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

## **Shoulders**

*Same as the last 2 weeks:*

*We did a lot of heavy work that stresses shoulders, and we need to get to your focus area, triceps, so we move quick on our delt work.*

Dumbbell bent rear laterals – 4 sets of 15 here with a moderate weight. Think out with the dumbbells, not up! This will help minimize trap recruitment. **4 total work sets.**

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

***Goal – Supramax pump***

Reverse pec-deck flyes – 2 rear delt movements today is in order. Do 4 sets of 15 with a pause in the contracted position for 2 seconds. **4 total work sets.**

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

***Goal – Supramax pump***

**Triceps**

Supinated pushdowns with single handles – We did semi-pronated on Monday, flip that grip over and let's start tris with this pushdown for 10 reps. **4 total work sets.**

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

**These sets are all RPE of 11**

***Goal – Supramax pump***

V-bar pushdowns – Lets stay in the cable station and do 4 sets of 15 reps with the v-bar attachment. After your 15<sup>th</sup> rep of every set, do a 10 second ISO hold at the mid-range. If your training partner can push down on the weight stack even better!! **4 total work sets.**

**These sets are all RPE of 9**

***Goal – Supramax pump***

---

***Friday***

Legs – 5 exercises – 14 sets

Calves - 1 exercise – 4 sets

---

6 exercises – 18 sets

Lying leg curl – Straight sets here in the 8-10 rep range. Give me 2 warm ups, 2-3 feeder. Then 4 work sets with a heavy weight. **4 total work sets.**

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

***Goal – Activate and pump***

Pause squats– Back to squats this week but a fun little technique. Come down, pause in the bottom position for a split second, then fire the weight up. Pyramid up doing sets of 8 like this till you know you couldn't do one more rep with perfect form and with the pause. **3 total work sets**

**These sets are all RPE of 8-10.**

***Goal – Train explosively***

Leg Press – Time for some sweep work on the leg press. Watch the video for the form and do 3 sets of 30. This will blow your legs up and fast. **3 total work sets**

<https://www.youtube.com/watch?v=shfjAySnCo4&index=74&list=PLD5A37C01FC6D4C0D>

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

***Goal – Supramax pump***

Bulgarian split squat death set – You know what's up!! 8 reps, 8 second ISO hold, drop the weight, 8 reps, 8 second ISO hold, then one more drop, 8 reps, 8 second ISO hold..  
**1 total work set**

<https://www.youtube.com/watch?v=I1Ee3M6SDgQ&list=PLD5A37C01FC6D4C0D&index=49>

**This set is an RPE of 10**

***Goal – Supramax pump***

Dumbbell stiff legged deadlifts – Do 3 sets of 8 here. Only come up 3/4 's of the way on these reps today to keep all the tension on the hams. **3 total work sets**

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

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

## Calves

Seated calve raises – I want 4 sets of 10 reps where you pause in the hole for a 2 count and then a 2 count at the contraction. This will feel amazing. **4 total work sets.**

**These sets are all RPE of 11**

---

-

## *Saturday*

Biceps – 3 exercises – 18 sets

Triceps – 3 exercises – 18 sets

Abs - 1 exercise – 4 sets

---

7 exercises – 40 sets

**Last day of Task Master.....I want to get WILD!!!**

**Crazy 8's: we are going to do 6 exercises in a giant set fashion. So do a few warm-ups sets of pushdowns and curls before getting into our 6 working rounds. Every exercise your goal is to pick a weight where 8 reps is the perfect amount. As you progress through this workout you will have to adjust the weight as the pump sets in.**

V-bar pushdown – Good squeeze here working the contraction.

*Then...*

Pronated dumbbell kickbacks – second time this week doing these! Old school and great for your medial tricip head.

*Then....*

Cross-bench dips – Just bodyweight is all you will need. Sink these as deep as your shoulders can safely and the up to a full contraction.

*Now onto biceps with NO rest!!!*

E-z bar curls – 8 perfect form reps here.

*Then.....*



Db hammer curls – both arms at the same time here.

*Last exercise here.....*

Cable rope curls – finish off with a hard squeeze on the brachialis.

**6 rounds for 36 work sets.**

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

[https://www.youtube.com/watch?v=ajZ3u\\_P2LFA&index=9&list=PL04BB5F1BC0300483&t=51s](https://www.youtube.com/watch?v=ajZ3u_P2LFA&index=9&list=PL04BB5F1BC0300483&t=51s)

***Goal – Supramax pump***

## **Abs**

Hanging leg raises – Do 4 sets to failure here. Good luck holding your body weight up with that arm pump!! **4 total work sets.**

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

---

***Sunday***

***Off – Family Day***

***Donut day after church with the family or whatever it is you like to do as a family!***