

A man with a beard and short hair, wearing a dark tank top, is shown from the chest up. A large, dark biohazard symbol is superimposed over his chest. The text "28 DAYS LATER" is written in a bold, white, distressed font across the center of the biohazard symbol.

**28
DAYS
LATER**

**JOHN MEADOWS
MOUNTAIN DOG TRAINING 2.0**

You have been selected for a top secret project for being 1 of the first 30 people attending the Granite Supplements Product Launch.

This will be a 28-day experiment: no days off, no volume waving, no breaks from the intensity. There will be days where you will be broken, days where you literally crawl to your car and just sit there thinking "What did I get myself into?"

However, when it's over, not only will your body be bigger and stronger, you will look back and remember those days where you had to dig deep to finish each grueling session. Let the fun begin.

Test Subject: Norrrin Raddss

General Diet Protocols for Every Workout

Pre-workout Meal

Men

50g whey isolate, 1/2 cup cream of rice, 1 tbs almond butter

OR

1 JM Best Bar Ever, 20g whey isolate, 1/2 cup oats

Women

25g whey isolate, 1/4 cup cream of rice, 1 tbs almond butter

OR

1 JM Best Bar Ever

20 mins pre-workout

1 scoop Arc Reactor mixed in 8 to 12 ozs of water.

10 mins pre-workout (drink throughout your workout)

Recovery Factor – 2 scoops if training large body part | 1 scoop for smaller bodyparts

OR

Keto Factor – 1 scoop if you don't want carbs while training

note* - many people prefer to start drinking this 30 minutes prior as it takes a little while for ketone bodies to kick in.

Post-workout (60 mins after the last set)

Men

6oz cooked 96% Lean grass fed ground beef, 2 cups jasmine rice

OR

7 oz cooked chicken breast, 10oz potatoes

Women

3 oz cooked 96% Lean grass fed ground beef, 2 cups jasmine rice

OR

3.5 oz cooked chicken breast, 5 oz potatoes

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

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

Week 1 – Rest/Pause sets

Monday

Quads – 4 exercises – 12 sets

Hams – 1 exercise – 4 sets

5 exercises – 16 sets

Seated leg curl

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

Total Work Sets: 4

Goal: Activate and pump

Leg press

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

Total Work Sets: 3

Goal: Train explosively

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

Machine squat

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

Total Work Sets: 4

Goal: Supramax Pump

Note: Stretch quads hard for 30 seconds each after the dropset

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

Bulgarian split squat - drop set of death

I only want one purely insane set here. It is our typical drop set. Do 8 reps and then an 8-second isohold, and then drop weight and repeat, and then again, and then again for 32 total reps.

Total Work Sets: 1

Goal: Supramax Pump

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

Leg extensions – drop set of death

You will do 4 sets here. Pick a weight and do 8 reps with it. On the next set go heavier and do 8. On the 3rd set go heavier and do 8. On the 4th set start heavier as well. After you do 8, pause at lockout and do a 5-second isohold then drop down to the next weight and repeat. Keep repeating until you get down to the weight you used on the first set. This is going to test you mentally. It may even be worse than the Bulgarians last week, we'll see. Can you get all your reps and do all your isoholds. Most people just can't handle the pain.

Total Work Sets: 4

Goal: Supramax Pump

RPE: 8-12, last set is the obvious 12

Stretching

After your last set I want you to stretch each quad for 30 seconds. Do each leg twice. I put my ankle on a bench and drop down into the stretch. As you get more flexible, you can push your pelvic girdle forward to feel it really hit your hip flexors.

Tuesday

Chest – 5 exercises – 18 sets

Calves – 1 exercise – 4 sets

6 exercises – 22 sets

Flat dumbbells press

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

Total Work Sets: 4

Goal: Activation & Supramax Pump

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

Incline barbell bench press

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

Total Work Sets: 3

Goal: Train explosively

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

Barbell bench press

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

Total Work Sets: 4

Goal: Supramax Pump

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

Slight incline cable flyes

Do 3 of 15 here with a full range of motion and squeezing for 1 second in the contracted position.

Total Work Sets: 3

Goal: Work muscle from stretched position

Assisted Chest Dips

Only want to work the bottom half range here. Tuck your chin to your chest, pitch your upper body forward and hit 4 sets to failure with 30 second rest periods.

Total Work Sets: 4

Goal: Work muscle from stretched position

Calf Raises on Leg Press

I want you to put 2 plates per side here and then bang out 4 sets in the following manner. Simply start a stopwatch and do them for 1 min non-stop. Rest for 1 min, then calf raises for a minute, rest a min and then 1 minute, etc. This sounds super easy, just wait

Total Work Sets: 4

Goal: PUMP

Machine rear delt laterals/reverse pec deck

Do these rest pause style. Take the weight back and flex hard, then lower it until the weight stops and then fire it back up and hold the flex again. This is tough if you are flexing hard in the contracted part as I am suggesting. Do 4 sets of 15.

Total Work Sets: 4

Goal: Supramax Delt Pump

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

Dumbbell side laterals

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

Total Work Sets: 4

Goal: Supramax Delt Pump

Barbell front raise

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

Total Work Sets: 3

Goal: Supramax Delt Pump

Wednesday

Back – 7 exercises – 30 sets

7 exercises – 30 sets

One arm barbell rows

We are going to grind on these today! I want you to really let your lats stretch at the bottom of your reps too. Get a nice full range of motion. I want you to do 4 sets of 8 here.

Total Work Sets: 4

Goal: Activate and pre-pump lats

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

Swiss bar pulldown

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

Total Work Sets: 6

Goal: Supramax pump

Video: https://www.youtube.com/watch?v=ETUxTT3_SbI

Prone rows w/ cambered bar

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

Total Work Sets: 4

Goal: Train explosively

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

Prone shrugs

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

Total Work Sets: 4

Goal: Supramax pump

Video: https://www.youtube.com/watch?v=_t51eIHp6Ro&index=68&list=PLA808445EA052D63A

TRISSET

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

Straight arm pulldown: 10 reps

Then

Pulldown with individual handles: 8 reps

Then

Plate Shrugs: 20 reps

Total Work Sets: 12 (4 rounds)

Goal: Supramax pump

Video: <https://www.youtube.com/watch?v=F2urjV2JudE&list=PLA808445EA052D63A&index=67>

Thursday

Hams – 4 exercises – 11 sets

Abs – 1 exercise – 4 sets

Calves – 1 exercise – 2 sets

6 exercises – 17 sets

Hams

Standing leg curls

Do a few warm up sets. Work your way up to as much as you can handle for 10 reps. I want ALL reps to be perfect form. Get your feet back far on the contraction and really squeeze your hams hard. The last 10 should be tough. We will count the last 3 sets as work sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8-10. It gets harder as you go.

Lying leg curl

Do 1 set of 30 here. This is a drop set. Do 10 hard reps and then drop the weight and do 10 more, and then drop the weight and do 10 more. After your last set, I want you to stretch each hamstring for 30 seconds. I usually place on leg out in front of the other or put my leg up on something and simply lean forward. It is critical that you keep your back flat and tight though to keep strain off it.

Total Work Sets: 1

Goal: Supramax pump

RPE: 11

Stretching

After your last set I want you to stretch each hamstring for 30 seconds. I usually place on leg out in front of the other or put my leg up on something and simply lean forward. It is critical that you keep your back flat and tight though to keep strain off it.

Leg Press

I want you to work up to the maximum amount of weight you can do for 8 reps. I want you to descend in a very controlled manner with your feet high and wide on the platform. Then drive the weight up hard as always during this phase. When you hit about $\frac{3}{4}$ lockout come right back down to keep tension on your legs. Once you get to a weight, you barely get for 8 reps, that will be the last set. We will call this 3 work sets. Don't get to your weight too fast or you will cheat yourself out of volume.

Total Work Sets: 3

Goal: Train explosively

RPE: 8-10. It gets harder as you go.

Dumbbell stiff legged deadlift

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

Total Work Sets: 4

Goal: Work muscle from stretched position

Abs

Decline leg raises

Do 4 sets of 10-20 here. Strength varies wildly amongst people on these. Come close to failure on each set, but leave a few reps in the tank for the next set.

Total Work Sets: 4

Goal: Activation, and pump

RPE: 8-9

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

Calves

Standing raises

Do 2 warm up sets first. I want you to do 10 reps with a full range of motion and then stand on your toes and do a 10-second isohold. Then immediately do 10 more reps (these may turn into partials), and again do a 10-second isohold at the top, finally do a final 10 reps (this will definitely turn into partials), and a final 10-second isohold. This week you get 2 sets!

Total Work Sets: 2

Goal: Supramax pump

RPE: 11

Friday

Shoulders – 4 exercises – 15 sets

Abs – 2 exercise – 8 sets

6 exercises – 23 sets

Machine rear delt laterals/reverse pec deck

Do these rest pause style. Take the weight back and flex hard, then lower it until the weight stops and then fire it back up and hold the flex again. This is tough if you are flexing hard in the contracted part as I am suggesting. Do 4 sets of 15.

Total Work Sets: 4

Goal: Supramax Delt pump

Dumbbell side laterals

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

Total Work Sets: 2

Goal: Supramax Delt pump

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

Barbell front raise

Raise the barbell up a few inches above your head out in front of you. Do these very controlled. Do 4 sets of 12.

Total Work Sets: 4

Goal: Supramax Delt pump

Db Shoulder Press

Good old fashion shoulder pressing here with a huge pump. Work your way up doing sets of 8 till you miss 8 reps. We will count the last 3 sets as work.

Total Work Sets: 2

Goal: Push even more blood into shoulders

Hanging Leg Raises: 4 sets of 15 reps.

Super set with

Plank: 4 sets of 45 seconds.

Total Work Sets: 8 (4 rounds)

Saturday

Triceps – 3 exercises – 12 sets
Biceps – 3 exercises – 12 sets
6 exercises – 24 sets

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

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

Rope Pushdowns

Do 12 reps flexing triceps hard

Supersetted with

Incline seated dumbbell curls

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

Total Work Sets: 8 (4 rounds)

Dips machine

For the dips, if you do not have a dip machine, add a 45 lb plate each set using the old school dips with feet on a bench. Every set do 10 reps. If you can't do 3 plates on your third or 4 plates on your fourth, just stick to what you were doing the previous set.

Supersetted with

Standing barbell curls

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

Total Work Sets: 8 (4 rounds)

EZ bar reverse curls

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

Supersetted with

Lying dumbbells extensions/skullcrushers

Your elbows should be nice and warmed up for these. Do sets of 12 with a good full range of motion.

Total Work Sets: 8 (4 rounds)

Sunday

Legs – 3 exercises – 11 sets
Calves – 2 exercises – 8 sets

5 exercises – 19 sets

Glute kickback machine

Look at the first exercise I do in the video below. If you don't have one of those, just try to simulate the movement as best you can. Let's crush your glutes today. Do 4 sets of 12.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9

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

Frog squats

See the video below. Do the best you can to simulate this. Notice how the knees are traveling. Start the upward contraction by flexing your glutes. Do 4 sets of 12 here.

Total Work Sets: 4

Goal: Supramax pump

RPE: 8-9

Video: https://www.youtube.com/watch?v=hBLeae_OiFg&list=PLD5A37C01FC6D4C0D&index=79

Smith machine lunge

Do 3 sets of 8 here. Do not come close to failure. Start the contraction (going up) again by flexing glutes.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Calves

Seated calve raises

Do 10 hard reps here using a full range of motion.

Supersetted with

Seated calve raises

Now do 10 more, here again, trying to use a full range of motion.

Total Work Sets: 8 (4 rounds)

RPE: 8-9

Week 2 – Emphasis on drop sets and iso holds

Monday

Chest – 4 exercises – 11 sets

Shoulders – 3 exercises – 9 sets

7 exercises – 20 sets

Flat dumbbell press

Work up and keep doing sets of 8 until you can barely get 8. We'll count the last 3 sets as working sets. On your very last set, you are going to do a massive drop set. I want you to use 3 sets of dumbbells.

Here is an example:

25's x 10 – Warm up

45's x 10 – Warm up

65's x 10 – Warm up

85's x 8 – Working set (weight starts to feel a bit heavy)

105's x 8 – Working set

115's x 8 – drop to 75's x 8 – drop to 55's x 8.

Total Work Sets: 3

Goal: Activation & Supramax pump

Decline smith bench press

Lower the weight to your chest, pause for a split second, and then drive to $\frac{3}{4}$ lockout for sets of 6. Keep increasing weight until you can barely get 6. I do want lower reps here because you will be feeling some fatigue from the last dropset on dumbbells.

Here is an example:

135 x 6 (warm up set)

225 x 6 (warm up set)

235 x 6 (work set)

245 x 6 (work set)

255 x 6 (work set) – barely got 6 on this one.

Total Work Sets: 3

Goal: Train explosively

Note: Women use a slight incline on these

Machine flyes

Use a good full range of motion on these and do 3 sets of 10. Get a good stretch at the bottom, and then bring hands together and flex pecs. At the end of each set do a 10-second isohold. I want these to be done at the midpoint of the range of motion, and I would like it especially if you can have a partner apply additional resistance so that you have to actually push back hard to keep in the stationary isohold position.

Total Work Sets: 3

Goal: Work a pumped muscle from a stretched position

Dips

I prefer that you use an assist machine on these so that you can maintain perfect form and it doesn't put crazy stress on shoulder joints and pec insertions. Simply do as many as you can to failure. I am hoping you do around 12-15 on each set, so set the weight accordingly.

Total Work Sets: 2

Goal: Supramax pump

Db Front Raises

Only front delts today, as we will be hitting shoulders again on Wednesday. Do 3 sets of 15 here. Take 30 seconds between sets. Flex each rep for a split second in the contracted position. Your shoulders should already have a nice pump.

Total Work Sets: 3

Goal: Supramax delt pump

Barbell over and back press

Please see video below for the proper form. You want to barely clear your head and not lower the weight too low in the front or back. Keep constant pressing tension. Over and back counts as 1 rep. Do 3 sets of 10.

Total Work Sets: 3

Goal: Supramax delt pump

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

6-Ways

Do 10 reps nice and controlled to finish the day off. Do 3 total sets.

Total Work Sets: 3

Goal: Supramax delt pump

Tuesday

Back – 3 exercises – 18 sets

7 exercises – 18 sets

Dead stop Db row

Do plenty of warm up sets working your way to a good working weight. Once you find the right weight, do 3 sets of 10. Just grind away on these. Get a good stretch on every rep. As always keep your hip up a little higher on the side you are working so that your lower lat is stretched harder as well.

Total Work Sets: 3

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

T-bar row

If you don't have a standard T-bar, you could also do these old school with a barbell put into the corner or in a landmine. I have a video of all these versions on you YouTube back playlist. Quickly get to a set that is a hard 8 and stay there doing 3 total sets of 8 with it. Try to use a grip (if possible) that is more pronated since you just used a neutral grip. This will get us some more rhomboid and lower trap activation to go with lats.

Total Work Sets: 3

Goal: Supramax pump

Dumbbell pullover

Do 3 sets of 12 here. On your last rep on each set, if you have a partner lower the weight about half way and have them push down gently why you hold the weight in position (isohold) for 7 seconds.

Total Work Sets: 3

Goal: Work muscle from a stretched position

Stretchers

If these are new to you, you will find them on my YouTube channel. Get a nice upper lat stretch, keep your head while stretching, and let your arms completely straighten out. Do 3 sets of 8 here.

Total Work Sets: 3

Goal: Supramax pump

Barbell shrugs

Do 3 sets of 8 here using a 3-second hold and flex at the top of each rep.

Total Work Sets: 3

Goal: Supramax pump

Banded hyperextensions

Do 3 sets of 10 with a 2-second flex on every rep using a band. On your last (3rd) set do this and then drop the band and just pump out as many more as you can get with bodyweight only.

Total Work Sets: 3

Goal: Supramax pump in your spinal erectors

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

Wednesday

Shoulders – 4 exercises – 12 sets

Calves – 1 exercise – 4 sets

Abs – 2 exercises – 8 sets

7 exercises – 24 sets

Machine rear delt raises (in crossover rack)

We will do these bent over in a cable crossover rack this week to give you a little more range of motion in the stretched position. Do 3 sets of 20 here. Take 45 seconds between sets. Flex each rep for a split second in the contracted position. Your shoulders will be pumped fast from this.

Total Work Sets: 3

Goal: Supramax delt pump

Seated dumbbell side laterals

Do these one arm at a time so you can really focus on flexing each delt. Do 10 reps on one side then 10 on the other. Do 3 total sets.

Total Work Sets: 3

Goal: Supramax delt pump

Note: After every set (for both arms) here do 10 over and back stretches – see the video for proper form.

Video: <https://www.youtube.com/watch?v=vI5Fy-jIVH0&list=PL2F8A4BD406176C34&index=19>

Band Pull Aparts

Time to push some blood in those rear delts, 3 sets with perfect form to failure. You will lose reps, set to set, but push hard here.

Total Work Sets: 3

Goal: Supramax delt pump

Machine side laterals

if you don't have a machine, feel free to do these with cables. 2 sets of 12, followed by 1 set of 10 and then 30 bottom-half partials.

Total Work Sets: 3

Goal: Supramax delt pump

Standing Calf Raises

After a few warm-ups, 4 heavy sets of 8 reps here. Do NOT bounce out of the bottom. Control these, and your calves will grow.

Total Work Sets: 4

Goal: Gaint calves

Cable Crunches

4 sets of 12-15 reps.

Total Work Sets: 4

V-Ups

4 sets of 10.

Total Work Sets: 4

Thursday

Quads – 3 exercises – 10 sets

Hams – 1 exercise – 4 sets

4 exercises – 14 sets

Lying leg curls

Do 3 to 4 warm up sets. On your work sets, you are going to go up to a weight that is a tough 8 with perfect form. On your 4th and final set, I want you to do a drop set. Do your 8, then drop the weight and do 8 more, and then drop the weight and go balls out to failure.

Total Work Sets: 3

Goal: Activate and pump

Barbell Squats

If you have access to a Spider Bar, SS Bar or Buffalo Bar, use that this week for squats. Work your way up doing sets of 8 after 1-2 higher rep warmups. I want you to do these explosively, but once you lose that explosiveness, and are grinding, we will move to a drop set. Do your 8 reps or so, then drop the weight and shoot for 8 to 10, and then do one more drop. It is crucial on the drop set that you do not do any with bad form. If you feel like your form is about to go, STOP. Drop the weight right then, even if it is only 4 reps. We will count this as three work set total

This is an example of how this might look:

135 x 15

185 x 15

225 x 8 (good speed)

275 x 8 (still good speed)

315 x 8 (8 is tough to get), then 225 x 8, then 135 x 15.

NOTE: To enhance the effect of these you can add chains. This will create even more explosiveness. Put 1-3 chains on the inside of the weight (on both sides). This is optional. If you do not have chains, you could reverse band these for a similar effect.

Total Work Sets: 3

Goal: Train explosively and Supramax pump

Hack squats

Take a narrow stance on the platform. On these we are doing straight sets working up to a HARD 8 reps, then cutting the weight in half and doing a set to absolute failure. You are going to have to dig deep on the final set. I wanna see some impressive rep numbers..

Here is what I did as a reference:

1 set with 1 plate per side x 10 reps

1 set with 2 plates per side x 10 reps

1 set with 3 plates per side x 10 reps

1 set with 4 plates per side x barely got 8 reps

1 set with 2 plates per side x 32 reps...Absolute Failure!!

The isoholds are done at about $\frac{3}{4}$ lockout, not deep in stretch position. Rest about 90-120 seconds between sets.

Total Work Sets: 3

Goal: Supramax pump

Leg Press

Stay with the narrow stance, but let's move our feet low on the platform and turn your toes slightly out to smash quad sweep. Let's make sure walking out of the gym today will not be an easy task. 4 sets of 25 pumping style reps. No lockouts, no pauses, straight reps. Do not quit. Fight the pain and dominate 4 sets like this.

Total Work Sets: 4

Friday

Triceps – 3 exercises – 11 sets
Biceps – 3 exercise – 12 sets
6 exercises – 23 sets

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

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

Dual Rope Pushdowns

Lean forward a bit, and go into full extension at the bottom flexing your triceps hard. See the video below. Do sets of 10.

Supersetted with

Ez bar curls

Just a standard curl here for 8 reps, but drop the weight on each set and do another 6 reps.

Total Work Sets: 9 (3 rounds)

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

Now just go with straight sets!

Seated incline dumbbell curl

You are going to alternate arms on these. Do a supinated curl on one side, and then switch. Alternate to failure. Make this somewhere around 12-15 reps. Do 2 sets to failure. On your 3rd set once you hit failure stand up and do more reps hammer style to failure! Now on your 4th set, go to failure but do not stand up. Just curl one arm up about 1/3 of the way and hold the weight as long as you can. If you have a partner, have them actually pushing down a tad on these as well for 7 seconds to increase the isotension. If not, just do a slow negative on this last rep. Now do that with the other arm. This HURTS.

Total Work Sets: 4

Pushdowns

More isotension work here. Use a straight bar if you can on these. After a few warm-ups, I want you to do 2 sets of 30 reps. Now on the 3rd set do 30 reps and then have your partner help you do 5 more, and then almost lock the weight out and hold it. This is the isohold. If it's too easy, have your partner push down on the stack. You want to hold this for 10 seconds. Have your partner actually push down on the stack while doing these. On your 4th set do the same thing but shoot for 10 forced reps instead of 5.

Total Work Sets: 4

EZ Preacher curl

Use a lighter weight and just pump. Do sets of 12. Take plenty of time in between sets because I want 5 sets.

Total Work Sets: 5

Seated rope extensions

Do 4 sets of 12 with solid form. Try to get a little bit more of a stretch each set you do, as your elbows will feel better and better.

Total Work Sets: 4

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

Saturday

Chest – 3 exercises – 12 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 5 sets

6 exercises – 25 sets

Note: This is very upper chest heavy.

Incline dumbbell press

Use a slight incline on this if you can. See the video below to see the angle I prefer. Do sets of 8 until you get to a weight that you can barely do for 8. Take these to $\frac{3}{4}$ lockout. We will count this as 4 work sets.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 8-10 increasing as you go

Video: https://www.youtube.com/watch?v=BZWIfncVw_c&list=PL2955620A11D03694&index=48

Incline bench press

Work your way up doing sets of 8 until you can barely hit 8. Drive the bar up hard to $\frac{3}{4}$ lockout but take your time and lower it slowly keeping massive tension on pecs. We will count this as 4 sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Incline pronated flyes

Do 4 sets of 10 here to stretch everything good.

Total Work Sets: 4

Goal: Train muscle with stretch emphasis

RPE: 9-10

Abs

Ab combination #2

This is a hanging leg raise and a rope crunch combo. Do 4 rounds for 8 total work sets.

Total Work Sets: 8

Goal: Activate and pump

RPE: 9-10

Video: <https://www.youtube.com/watch?v=aKPkjWGEc7E&index=6&list=PL512BBB0C927A91DC>

Calves

Calve program #4

These are those nasty sets where you do 10, hold at top for 10, and repeat 2 more times. NASTY.

Total Work Sets: 5

Goal: Supramax pump

RPE: 10

Video: <https://www.youtube.com/watch?v=ITkcQ8PgNFM&list=PLD5A37C01FC6D4C0D&index=69>

Sunday

Legs – 5 exercises – 19 sets
Calves – 1 exercise – 4 sets
Abs – 1 exercise – 4 sets

7 exercises – 27 sets

Hams

Standing leg curls

Do a few warm up sets. Find a weight that you can do 10 reps. Do 2 sets of 10 with it. Do a 3rd set where you do a drop followed by an isohold at the midpoint of the range of motion. Do this isohold following each 10 reps before dropping the weight. Do 2 drops, so the last set totals 30 reps. This should completely fill your hams full of blood.

Total Work Sets: 3

Goal: Activation & Supramax pump

RPE: 10, and then the last one is 13

Adductor machine

Don't laugh! Big adductors make for a massive leg! Do 4 sets of 12 here. Take these serious and really work for me.

Total Work Sets: 4

Goal: Activation & Supramax pump

RPE: 8

Stationary Lunges

Grab a dumbbell and stand near the smith machine to hold for balance. Hit 10 perfect reps, then switch legs and give me 10 more perfect reps. From there, step inside the smith machine.

Superset with

Banded Smith Machine Squats

wrap long red band from EliteFTS around the bar to create tons of load at the top where we are going to do a 2-second glute squeeze with every rep. Get ready for some serious pump in your glutes. 10 reps here. Rest 90 seconds and do 3 more rounds.

Total Work Sets: 8 (4 rounds)

Goal: Supramax pump

RPE: 7-8

BB stiff legged deadlift

Get a slight bend in knees and only come up $\frac{3}{4}$ of the way on these. Do 4 sets of 10 nice and slow.

Total Work Sets: 4

Goal: Work a pumped muscle from a stretched position

Calves

Seated toe raises

Do 4 sets to failure here. Each set should be about 25 reps.

Total Work Sets: 4

Goal: Stretch and pump

RPE: 10

Abs

Leg raise

Do 4 sets to failure here.

Total Work Sets: 4

Goal: Activation and pump

RPE: 9

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

Monday

Back – 7 exercise – 23 sets

7 exercises – 23 sets

Meadows rows

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

Total Work Sets: 4

Goal: Activation and pump

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

Rack dead

Start with rack deads and hit an explosive 5 reps.

Supersetted with

Chins

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

Total Work Sets: 8 (4 rounds)

Goal: Train explosive and Supramax pump

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

Dumbbell pullovers

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

Total Work Sets: 4

Goal: Work muscle from stretched position

Low rows with elevation

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

Total Work Sets: 4

Goal: Supramax pump

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

Banded Hypers

Let's really put the finishing touches on your back. Using 2 red bands let's hammer 3 sets to failure with a 4-second hold at contraction. Don't get sloppy, and squeeze those erectors.

Total Work Sets: 3

Weighted hang

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

Tuesday

Chest – 5 exercises – 18 sets

Calves – 1 exercise – 10 sets

6 exercises – 28 sets

Decline dumbbell press

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

Total Work Sets: 3

Goal: Activate pump

Incline bench press

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

Total Work Sets: 4

Goal: Train explosively

Incline dumbbell flies w/ eccentric resistance

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

Total Work Sets: 3

Goal: Supramax pump

Video: <https://www.youtube.com/watch?v=Ajj8U7wObTw&index=33&list=PL2955620A11D03694>

Machine Press

Now that your chest has a great pump, let's get in a machine of your choice and blow it out. I'm looking for perfect tempo, hard contractions, nothing sloppy. 4 sets of 10 reps. Make your chest do all the work here.

Total Work Sets: 4

Ladder Pushups

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

Total Work Sets: 3

Goal: Work muscle from stretch position

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

Standing Calf Raises

Simple straight sets of 10 here, but a lot of volume, 10 sets.

Total Work Sets: 10

Wednesday

Quads – 5 exercises – 13 sets

Hams – 1 exercise – 4 sets

6 exercises – 17 sets

Lying leg curl

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

Total Work Sets: 5

Goal: Activate and pump

Leg press

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

Total Work Sets: 3

Goal: Train explosively

Squats

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

Total Work Sets: 4

Goal: Supramax pump

Leg extensions

want 3 sets of 8 here. On each rep lockout and flex for 3 seconds. Try to use a pretty heavy weight too! On your 3rd set after you hit your 8 reps, tack on 20 bottom-half partials to destroy your tear drop!

Total Work Sets: 3

Goal: Supramax pump

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

Hack Squat 1.5's

What a great way to finish legs.....so go all the way down, come halfway up, go all the way down, and then come all the way up. That's 1 rep, now just do 9 more, and your first set is in the books.

Total Work Sets: 3

Goal: Work a pumped muscle with a full ROM

Thursday

Back – 5 exercises – 20 sets

Calves – 1 exercise – 6 sets

Abs – 1 exercise – 4 sets

7 exercises – 30 sets

Dumbbell row

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

Total Work Sets: 4

Goal: Activate and pump

RPE: 11

Supinated pulldown

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

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Cable Straight Arm Pulldowns

Do 4 sets of 12 here. Leave a rep or two in the tank on each set.

Total Work Sets: 4

Goal: Work muscle from stretched position

RPE: 8-9

Rack pulls

This will be your second time in the same week. Wear a belt and follow the instructions closely. This is not a max effort pull, it's a maximum tension set. I want 4 sets of 6 here. Squeeze your entire back, lock it in, and then start the set. Keep your back like this through the entire set. If you lose this tightness, then you are going to heavy. Lower the bar slowly and with control on every rep. Do these rest/pause style, DO NOT bounce them off the pins.

Total Work Sets: 4

Goal: Supramax pump

RPE: 8-9

Barbell shrugs

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

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Standing toe raise

After a few warm ups do 6 sets of 15. Go heavy and good a great stretch at the bottom. You don't have to get all the way up on your toes on all the reps.

Total Work Sets: 6

Goal: Stretch and pump

RPE: 10

Abs

Decline leg raises

Do 4 sets to failure here.

Total Work Sets: 4

Goal: Activation and pump

RPE: 10

Friday

Shoulders – 5 exercises – 19 sets

Abs – 2 exercise – 8 sets

7 exercises – 27 sets

Machine rear delt laterals/reverse pec deck

Do 4 sets of 15 here with very slow rep execution. Go slow throughout the whole rep and focus entirely on flexing rear delts and using only them, do not allow traps and lats to engage.

Total Work Sets: 4

Goal: Supramax pump

Ultra wide overhead presses

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

Supersetted with

Dumbbell side laterals

Do these standing and do 10 reps. Nothing fancy here.

Total Work Sets: 8 (4 rounds)

Goal: Supramax pump

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

Hammer Strength Shoulder Press

2 shoulder press of the day, be smart and smash your delts. 4 work sets here of 8-10 reps per set.

Total Work Sets: 4

Goal: Press up with Force, control the negative

Db rear lateral

Lay face down on an incline bench, and let's finish shoulders up with 3 sets of 30 reps.....this will burn a tad.

Total Work Sets: 3

Goal: Supramax pump

Hanging Leg Raises

sets of 15 here

Superset with

Rope Crunches

sets of 10 here

Saturday

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

7 exercises – 24 sets

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

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

Standing dumbbell curls

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

Total Work Sets: 3

Preacher curls

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

Total Work Sets: 3

EZ bar reverse curls

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

Total Work Sets: 3

Barbell curls

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

Total Work Sets: 3

Rope Pushdowns

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

Total Work Sets: 4

Dips between benches

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

Total Work Sets: 4

EZ bar close grip bench press

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

Total Work Sets: 4

Sunday

Legs – 4 exercises – 16 sets
Calves – 1 exercise – 4 sets
Abs – 1 exercise – 4 sets

5 exercises – 24 sets

Lying leg curls

Do a few warm up sets. I want you to then do 12 solid reps and then..

Superset this with

Seated Leg Curls

Do 8 nice slow reps here. Push your hips back into the pad. We want your hams screaming at us

Total Work Sets: 8 (4 rounds)

Goal: Activation and Supramax pump

RPE: 8

Adductor machine

Do 4 sets of 12 here. Leave a few reps in the tank here too.

Total Work Sets: 4

Goal: Activation and Supramax pump

RPE: 8

Leg Press

Today we are doing this 1 leg at a time. Really push full ROM, these should feel great with pumped hams and adductors. Work your way up slow in warm-ups then 4 sets of 10 once you get to a good working weight.

Total Work Sets: 4

RPE: 8

Standing calf raises

Do 6 sets to failure here. Each set should be about 10 reps. Work the stretch hard at the bottom.

Total Work Sets: 4

Goal: Stretch and pump

RPE: 10

Abs

Leg raise

Do 4 sets to failure here.

Total Work Sets: 4

Goal: Activation and pump

RPE: 9

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

Monday

Chest – 4 exercises – 13 sets
Shoulders – 3 exercises – 9 sets
Triceps – 2 exercises – 7 sets
9 exercises – 29 sets

Slight Incline Db press

I prefer to use a very slight incline on these Db presses. Take your time warming up and then give me 4 sets of 8 reps progressing up in weight each set. Do NOT make a big jump, I want each of the last 4 sets to push you.

Total Work Sets: 4

Goal: Activation

Incline barbell press

Just like last week here. I bet you anything you will be stronger this week, though. The explosive band work seems to provide neurological benefit done in this order. On these, we are going heavy as well. Do sets of 6 until you can barely do 6 with perfect form. As always don't touch your chest on these and take to $\frac{3}{4}$ lockout. We will count this as 3 working sets.

Total Work Sets: 3

Machine flye

On these, you are going to do 10 reps on your first set with a hard flex on every single rep. On your 2nd set increase the weight a little and do 8 reps, and then 5 partials out of the bottom (stretched position). On your 3rd set again add a little weight and do 6 reps and then 10 partials out of the stretched position. Remember on every single full rep you do flex hard for 1 second.

Total Work Sets: 3

Goal: Work muscle from stretched position

Stretch Pushups

Do 3 sets to failure here.

Total Work Sets: 3

Machine rear delt/reverse pec deck

Do 3 sets of 20 here. Let's get an insane amount blood in your rear delts fast!

Total Work Sets: 3

Goal: Supramax delt pump

Over and back press

Remember to take these behind the head and to the front for 1 rep. Only lower the bar to just behind the head and in the front just lower to nose level. Keep the rhythm going pumping these. Do 3 sets of 10.

Total Work Sets: 3

Goal: Supramax delt pump

Dumbbell side laterals

Bring these much higher than usual. Try to get these as high as 10 o'clock and 2 o'clock position. Do 3 sets of 12 here. Control the weight on the way down. Make these hurt.

Total Work Sets: 3

Goal: Supramax delt pump

Close grip bench

I use an EZ bar on these, and I lower down to a few inches above mouth. Your triceps are going to be a bit tired from all the chest work and shoulder pressing, so just focus on tension and burning here. Slightly flare your elbows out at the bottom to put a really good stretch on the belly of your triceps too. Do 4 sets of 8.

Total Work Sets: 4

Goal: Supramax delt pump

Seated overhead rope extension

Do these nice and slow. Do 3 sets of 12. Try to lower the weight with a 3 second decent.

Total Work Sets: 3

Goal: Supramax pump

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

Tuesday

Back – 5 exercises – 22 sets
Biceps – 2 exercises – 7 sets
7 exercises – 29 sets

Single arm pulldowns with isometric tension

This is an excellent way to really increase tension in your lower lats. This requires bands, and some experimenting to find the right tension. I have done these for maybe 6 to 8 weeks now and for me, using two long red pro minis are about perfect. This could be too much for you, or not enough. Also, some lat machines are taller than others which creates more tension in the band itself.

Here is the key. The arm that is not doing the pulldown has to be locked into contraction hard, and you hold it there in an isometric contraction until you finish your 8 reps on the other side. Then immediately switch arms and put the other arm through the band. On the next set start with your other arm. You are going to do 4 sets. So start two of the sets with your left arm in the band, and two with your right arm in the band. See the video below for explanation.

Total Work Sets: 4

Goal: Get some blood flowing and pre-pump your lats (very intense on lower lats)

Video: <https://www.youtube.com/watch?v=ivlfZV4a558&list=PLA808445EA052D63A&index=60>

One arm barbell rows

Ok now that your lower lats are a pumped and activated let's hammer some one arm barbell rows. This will demolish your entire lat, and drive your lower lats to an even deeper level of fatigue. Do 4 sets of 8. Remember to keep the hip up a little higher on the side you are rowing with to get a nice pre-stretch on your lats. All sets should be tough.

Total Work Sets: 4

Goal: Supramax pump

Rack pulls

I want you to do 5 sets of 3 here. Flex your entire back before you start the lift, and then keep all tension in it as you go through the range of motion. Pull from mid shin in a power rack off pins. So find a weight that is a pretty tough 3, and do 5 sets with it. You should get all reps, though. I don't want form to break.

Total Work Sets: 5

Goal: Strength

Dumbbell pullover

Do 3 sets of 10 here laying on bench not across it per our usual form.

Total Work Sets: 3

Goal: Work muscle from stretched position

Chin up death

Use an assist machine if you have to, to keep good form. 90% of people do on this. Do 2 sets to failure out wide with a pronated grip. Do 2 sets with a medium grip also pronated to failure. Lastly, do 2 sets with a close neutral grip to failure. Failure means you can't do any more good reps. Don't do sloppy chins.

Total Work Sets: 6

Goal: Supramax pump

Spider curls

Do 4 sets of 10 here. If you don't have a bench with the flat pad, then just do regular preacher curls. This is an oldie but goody. See the video below for a form refresher.

Total Work Sets: 4

Goal: Supramax pump

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

Hammer curls

Ok let's finish up with 3 sets of 12 here.

Total Work Sets: 3

Goal: Supramax pump

Wednesday

Quads – 3 exercises – 9 sets

Hams – 2 exercises – 8 sets

5 exercises – 17 sets

Lying leg curl

After a few warm up sets find a weight that is a pretty tough 10. Do 3 sets of 10, and then on the 4th set I want someone to assist you and give you 5 extra forced reps, and then I want you to do 20 partials out of the stretched position.

Total Work Sets: 4

Goal: Activate and pump hams

Barbell squat

Work your way up doing sets of 10 here. I simply want you to keep adding weight until you barely get 10. Make sure your jumps aren't so big that only 1 or 2 of your sets are hard. I want 3 of your sets to be really tough.

Total Work Sets: 3

Goal: Activate and pump quads

Note: If you have a safety squat bar, use it this week.

Leg press

Put your feet in real close on these and on the middle of the platform. I want you to do a feeder set or two of low reps just to get you to your working weight. I want you to do 3 sets of 25 reps with nonstop continuous tension here.

Total Work Sets: 3

Goal: Supramax pump

Bulgarian split squats

Do 3 sets of 10 here, and on each set, add 5 small pulses at the bottom to extend the set on each leg. You don't have to rush from one leg to the other. Your first leg should be burning so bad you need a minute to recover and do the other leg.

Total Work Sets: 3

Barbell stiff legged deadlift

Do 4 sets of 10 here. Come up all the way and flex your glutes hard on every rep.

Total Work Sets: 4

Thursday

Chest – 3 exercises – 12 sets
Shoulders – 3 exercises – 12 sets
Abs – 2 exercises – 8 sets

8 exercises – 32 sets

Chest

Hammer press

I want you to do these with bands if you can. See the video below on how to set it up. This will give you an insane contraction. Do 4 sets of 8 here. Drive hard and squeeze hard once warmed up.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9-10

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

Bench press

Do these with a pause 2-3 inches above your chest as seen in the video. These generate a ton of tension. Do 4 sets of 8 like this.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

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

Flat pronated flyes

Do 4 sets of 10 here to stretch everything good.

Total Work Sets: 4

Goal: Train muscle with stretch emphasis

RPE: 9-10

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

Shoulders

Dumbbell bent over rear laterals

Do a few warm up sets and then do 4 sets of 20 here.

Total Work Sets: 4

Goal: Activation and pump

RPE: 9

Dumbbell side lateral partials

Do these a little lighter this week. Sometimes that pause benching we just did can drain your shoulders for a day or two. They have to work to stabilize in that movement. Do 4 sets of 15.

Total Work Sets: 4

Goal: Activation and pump

RPE: 9

Dumbbell front raises

Do 4 sets of 12 here.

Total Work Sets: 4

Goal: Activation and pump

RPE: 9

Abs

Ab combination #2

This is a hanging leg raise and a rope crunch combo. Do 4 rounds for 8 total work sets.

Total Work Sets: 8 (4 rounds)

Goal: Activation and pump

RPE: 9-10

Video: <https://www.youtube.com/watch?v=aKPkJWGEc7E&index=6&list=PL512BBB0C927A91DC>

Calves

Calve program #4

These are those nasty sets where you do 10, hold at top for 10, and repeat 2 more times. NASTY.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Video: <https://www.youtube.com/watch?v=ITkcQ8PgNFM&list=PLD5A37C01FC6D4C0D&index=69>

Friday

Back – 5 exercises – 20 sets

Calves – 1 exercise – 4 sets

6 exercises – 24 sets

Neutral grip pulldowns

Keep your back straight with just a slight arch and really drive elbows down hard. Try to get your lats to cramp when you are doing these. Do 4 sets of 8.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 8-9

Chest supported row

Use a machine that allows you to use an overhand/pronated grip and that also supports your chest to keep pressure off your lower back. Do 4 sets of 10 here. Try to get a really good full range of motion with a nice stretch on each rep. These are to crush your lower traps and rhomboids in the center of your back. Keep your grip medium width, if you go out too wide, it will change the stress of the movement.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Seated Cable Rows

If you have a supinated Mag grip, use that here to really pound your lower lats, if now use 2 single handles here and make them semi-supinated. Sit really tall and drive into your belly button. This should fry your lats. 4 sets of 10 reps per set.

Total Work Sets: 4

RPE: 9

Hammer Strength High Row

If you do not have this machine, just try and find one that closely resembles the movement. Another 4 sets of 10 here, big stretch at the top and then pull back hard to the contraction.

Total Work Sets: 4

RPE: 9

Seated dumbbell shrugs

Do these seated for 4 sets of 15 reps.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Calves

Calve program #1

Do 1 warm up set and then do 4 sets as seen in the video. Each set is 10 full reps, 10 partial reps out of the bottom, and a 10-second stretch.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

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

Saturday

Legs – 4 exercises – 14 sets
Calves – 2 exercises – 8 sets
6 exercises – 22 sets

Legs

Glute kickback machine

Look at the first exercise I do in the video below. We are doing these again this week. Let's go higher reps this week. Do 4 sets of 15 here. Crank on those glutes.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9

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

Smith machine lunge

I want to move these up this week to our number 2 exercise, BUT I want you to take your time warming up, so your knees feel good doing these. Once you have done plenty of warm up sets, do 3 sets of 8 here. Do not come close to failure. Start the contraction (going up) again by flexing glutes.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Adductor Machine

Do 4 sets of 10 here.....after a couple warm-ups. Don't do these sloppy, 2-second squeeze at contraction and 2-second pause at the bottom of the movement. You will fill these tomorrow!!

Total Work Sets: 4

Goal: Activation and pump

RPE: 8

Hack Squats

Do 3 sets of 10 here. I want you to do a 5 second eccentric here. This means lower the weight very slow, before driving it up. The weight should not feel heavy, but the burn should be extremely nasty. Leave a few reps in the tank.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8-9

Calves

Seated calf raises

Do 20 hard reps here using a full range of motion.

Supersetted with

Standing calf raises

Now do 6 more, here again, going really heavy and only working the bottom of the range of motion.

Total Work Sets: 8 (4 rounds)

RPE: 8-9

Sunday

Biceps- 3 exercises – 12 sets
Triceps – 4 exercises – 13 sets
Abs – 1 exercises – 4 sets

9 exercises – 29 sets

EZ bar curl

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

Total Work Sets: 5

Hammer curls

Same thing - 5 sets of 10 with 10-second breaks. On these, I actually took the dumbbells to my ears (I did them both at same time) and flexed as hard as I could.

Total Work Sets: 5

EZ Bar Preacher Curls

can't use a ton of weight on these - 2 sets of 10. I do these real slow on the eccentric phase. I don't like dropping these at the bottom for fear of bicep injury...so don't be afraid to use a moderate weight. I let my arms straighten very gently, and curl up with deliberate form.

Total Work Sets: 2

Rope pushdowns

2 sets of 12 to warm up

Then this tri-set 3 times

TRISSET

Rope pushdowns: 15 reps

Superset with

Dips between benches

(I know, old school) with 45 or 25 pound (depending on how strong you are) plates on lap for 10

Superset with

Dumbbell pronated kickbacks

heavy - for 6 reps - kick up hard and contract

Total Work Sets: 9 (3 rounds)

Then superset these two last for 2 sets

E-Z bar skull crushers

10 reps - keep elbows in, and stretch at bottom real good

Superset with

Seated overhead dumbbell extensions using one dumbbell
sets of 8.

Total Work Sets: 4 (2 rounds)

Hanging Leg Raises

4 sets of 20 reps here

Total Work Sets: 4

YOU SURVIVED!!!

Without a doubt, it's time for either a week off or Deload

