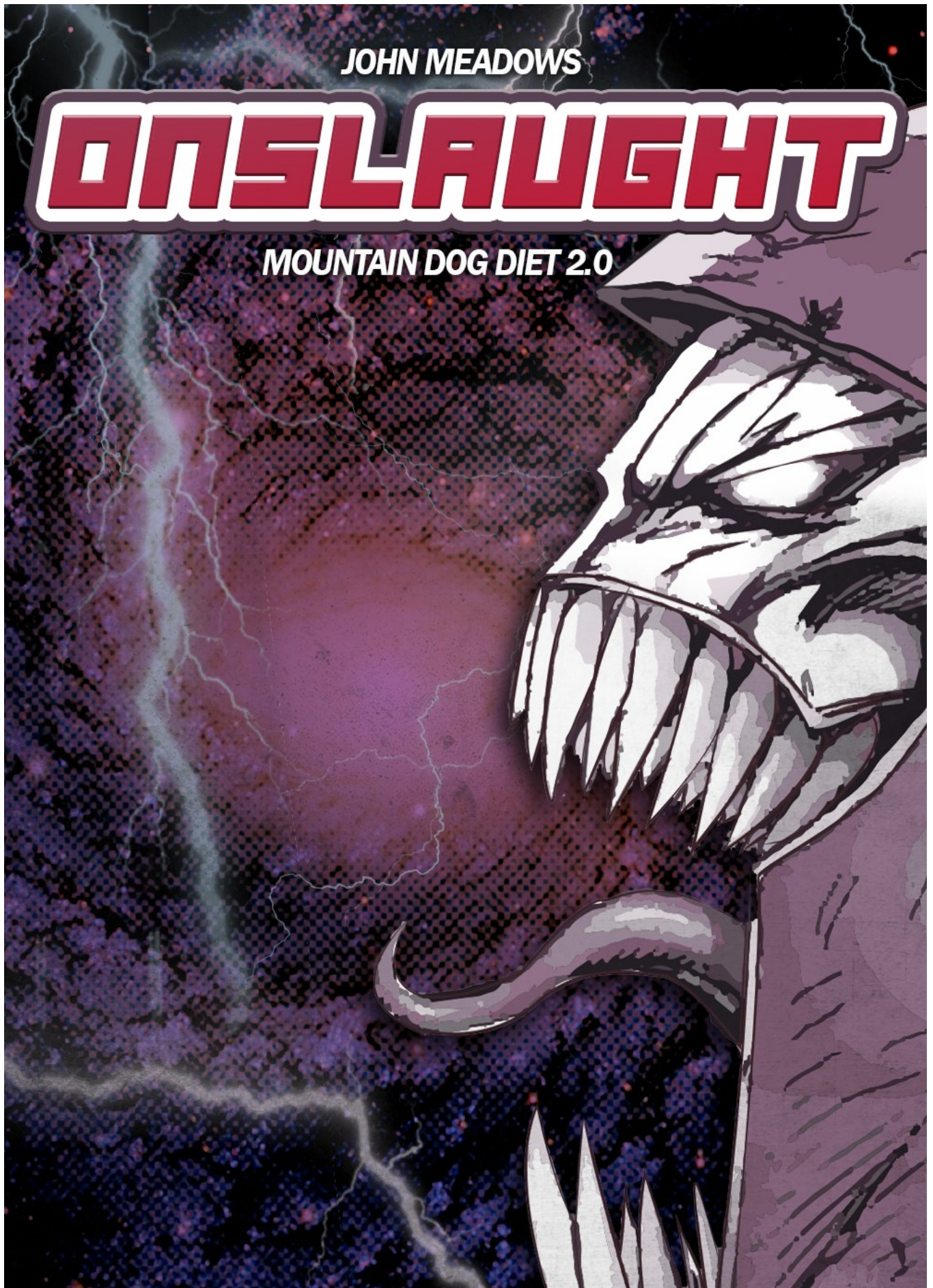


JOHN MEADOWS

ONSLAUGHT

MOUNTAIN DOG DIET 2.0



Onslaught, a supremely powerful entity that decided to obliterate humanity. We aren't going to kill everyone, but we are going to obliterate a few muscle fibers in your training sessions.

The feedback I have been getting on these high frequency programs has been unbelievable so I decided to create a new one similar to the first two.

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

In this program I wanted to actually make some of the workouts a little shorter, but even more brutal. You'll notice there are days where you are in and out in 45 minutes, but trust me when I say you will be hurting.

I also build up intensity as we go. In some programs I come out of the gate firing, but in this one you will notice the weeks get more extreme as you go.

The split remains the same and I continue to rotate through bodyparts on the high frequency plan to prevent overtraining.

Here is how it will look:

Week 1-4 – Legs high frequency

Week 5-8 – Back high frequency

Week 9-12 – Chest and Shoulders high frequency

I opted to put legs first because if you are in a cutting phase, you will likely be hitting more cardio, on less calories, etc. toward the end and this is not when you want to be cranking out 3 leg workouts a week, they will disintegrate.

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 back, 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 legs or chest and shoulders, then back again.

So basically you pick your weakness and do it in the first and last rotation, and take your second weakness and put it in the middle. Very simple.

Rest breaks – Generally I like 60-90 seconds. When doing very heavy explosive work, and doing crazy nasty intense 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:

- 2 grey average bands IF you want to do reverse band work. This is not written into the program but it's great for squatting with a fragile lower back and benching with bad shoulders.
- 1 orange micro mini (for face pulls and women use on chest press machines often)
- 2 red long pro minis (for chest presses)
- 1 red short pro mini (for spidercrawls)

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

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

Week 1

Monday

Legs – 4 exercises – 11 sets

Abs – 1 exercise – 4 sets

Calves – 1 exercise – 3 sets

6 exercises – 18 sets

Legs

This is a very quad heavy session for your first leg session of the week.

Lying leg curls

Do a few warm up sets. Work your way up until you have a nice pump and then I want you to do 3 hard sets of 10 using rest-pause technique. See the video below for a demonstration.

The 10th rep on your 3 work sets should be very hard. Keep your form perfect!

Total Work Sets: 3

Goal: Activation and start pump

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

Video: <https://www.youtube.com/watch?v=kYZd7YLlg4E>

Leg press

On these I want you to work your way up doing sets of 8 until you can barely do 8. When you find this weight/set, this will be the last set and it will be a drop set. I want two drops. So do 8 reps, drop the weight about 20% and shoot for 8 more, and then drop the weight another 20% and shoot for 15 more. We will count your last 3 sets as work sets. The two previous, and the drop set.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-12

Squats

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, and then drive the weight up hard. 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.

Bulgarian Split squats in Smith machine

I want 2 sets here. I want you to do 10 reps on each leg taking a nice slow 3 second descent on every rep for 1 set, and then after a 2-minute break I want you to do the same weight, but do not do the slow decent and do 20 reps like a piston going up and down. This will not be easy. It is meant to be excruciating.

Total Work Sets: 2

Goal: Supramax pump

RPE: 9-10

Video: <https://www.youtube.com/watch?v=9LwvDA5qK8U>

Abs

Rope crunches

Do 4 sets of 20 here. 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=ZHSef-SDrH4>

Calves

Coaching point: I believe calves grow best from repeated stimulation, doing them as often as you can, and also placing emphasis on the stretch part of the movement.

Standing raises

Do 2 warm up sets first. I want you to do 3 sets of 15 here. I want you to use a medium to heavy weight and go down into the stretch slowly on each rep, stretch for 1 second and then come back up $\frac{3}{4}$ of the way. Do 3 sets of 15 like this.

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Tuesday

Chest – 4 exercises – 9 sets
Triceps – 2 exercises – 8 sets
Abs – 1 exercises – 4 sets
Calves – 1 exercise – 4 sets

8 exercises – 25 sets

Chest

Machine press

Do these on a machine as similar as you can to the one in the link below. I want you to work your way up the stack doing sets of 8. I want all the reps to be rest-pause though. So let the weight come down and bottom out (if you are flexible enough), and then drive it up to lockout and flex your pecs hard. Do a few high reps sets first to get blood in your pecs before you start doing this though. Keep going up until you can barely get 8. We will count the last 3 sets of work sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8-10

Video: <https://www.youtube.com/watch?v=FfqfvOWyz7s>

Incline barbell press

Do sets of 6 explosively going up in weight until you can just barely get 6. I want these all to be paused 2 inches above your chest before driving it up to $\frac{3}{4}$ lockout. Control the weight, increase the tension, and grow! We will count the last 3 sets as work sets.

Total Work Sets: 3

Goal: Train explosively

RPE: 9-10

Dumbbell press

You should not need a lot of warming up here, so just do a feeder set or two of 4 reps until you get to a weight you can do for 10 reps. I want you to do 10 on your first work set. On your next set do around 10 reps (which should be failure) and then drop the weight 30% and go to failure, and then drop it another 20-30% and go to failure again. Go apeshit on these. Go hard.

Total Work Sets: 2

Goal: Supramax pump

RPE: 10-12. The last set is the 12.

Incline flyes

Notice the hand position I am using – a pronated grip NOT neutral. You will feel this all across your upper pec and it is actually much more comfortable on rotators. Do 1 set of 15. Get a massive stretch on these.

Total Work Sets: 1

Goal: Train muscle with stretch emphasis

RPE: 9

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

Triceps

Pushdowns

Your elbows and tris will be plenty warm so you can dive right in. Do 3 sets of 10 here and then on your 4th set do 10 then drop the weight and shoot for another 10, and then hold the weight midpoint for 30 seconds as you execute a perfect isohold. This will be nasty. Try to use the handles I am using in the link below.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10-12

Video: <https://www.youtube.com/watch?v=QMVRFB83CSk>

Reverse grip pushdown

Now do the same thing but flip your hands over and do these "reverse" style. Also repeat the 3 sets of 10 and then the same dropset here too with the isohold that you did on the previous exercise! Your tris should be blasted.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10-12

Video: <https://www.youtube.com/watch?v=0HwypJ3KND0>

Stretch: After your last set here I want you to grab a pole or something (hand behind head) and do a traditional triceps stretch for 30 seconds 2 x on each arm. I squat down and grab a pole and then stand up to create the stretch.

Abs

Leg raises

Do 4 sets to failure here or close to it.

Total Work Sets: 4

RPE: 8-9

Calves

Seated calve raises

Do 2 warm up sets first. Do 4 sets of 15 here. On each rep sit in the stretch position for 1 second like you did yesterday on the standing raises. The 15th rep should cause a searing pain in your calves. They will be on fire.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Wednesday

Shoulders – 3 exercises – 12 sets

Abs – 1 exercise – 6 sets

Calves – 1 exercise – 6 sets

5 exercises – 24 sets

It's all about the burn today.

The pauses on the incline barbell press yesterday can be taxing to your stabilizers, so we are going to keep your shoulders healthy by working in spidercrawls and over and backs today. We must stay healthy in order to progress!

Shoulders

Reverse peck deck

I started another program with these, and people hated me so much I decided start today with these as well. Face into a pec deck machine to do these. If you don't have one you can use cable pulleys and do your rear delt flyes. I want 4 sets of 30 here with only 60 second breaks. The goal here is for your rear delts to swell up like you have never had them before. You will have to fight through a lot of pain here. That is what makes rear delts nasty and round. Get it done.

Total Work Sets: 4

Goal: Activation and pump

RPE: 9-10

Seated side laterals

Ok now we move that burn around to the side. Sit down and do 4 ultra-strict sets of 15 reps. Take the weight up to ear level. The 15th rep should be hard to do with perfect form.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Spidercrawls & over and backs

On these you will go up and down 3 times for 1 set. Do this 4 times. Go up above head and then down to waistline approximately. Stand back from the wall, don't get too close. Also, try to keep your arms straight and pull your hands as far apart as possible creating tremendous tension. Then do 10 over and backs with the band as well after each set of spidercrawls.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Video: <https://www.youtube.com/watch?v=Vcxy7fmzv7E>

Abs

Decline leg raises

Do 6 sets of 10-20 here. Come close to failure on each set, but leave a few reps in the tank for the next set.

Total Work Sets: 6

Goal: Activation and pump

RPE: 8-9

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

Calves

Standing raises

The first 2 workouts for calves you did this week had heavy focus on the stretch. Keep doing this but now get up high on the balls of your feet in the contracted position and hold each flex for 3 seconds. I want 6 sets of 10 like this.

Total Work Sets: 6

Goal: Supramax pump

RPE: 10

Thursday

Legs – 3 exercises – 13 sets

Calves – 1 exercise – 1 set

Abs – 1 exercise – 4 sets

5 exercises – 18 sets

We demolished quads on Monday. Today's focus is a little more on hams as you will see.

Hams

Lying leg curls

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

Total Work Sets: 3

Goal: Activation and Supramax pump

RPE: 10, and then the last one is 13

Banded stiff legged deadlifts

These are insane. They crush your hams and glutes. Make sure you push your hips back as you do these. I am using a red pro mini band in the video, but lately I have been using the orange average band, it is HARD! Do 5 sets of 8.

Total Work Sets: 5

Goal: Work muscle from stretched position

RPE: 10

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

Coaching point: We are doing back tomorrow so really try to limit how much your lower back is working during these. Hams and glutes, hams and glutes!

Leg press

Go high and wide on these and use a 3 second eccentric (lowering the weight should take 3 seconds on each rep). Do plenty of warm ups. You should feel these a lot on hams and glutes to if you focus hard on these areas (which is what I want you to do). Do 5 working sets of 10 here. Again, leave a few reps in the tank on each set.

Total Work Sets: 5

Goal: Supramax pump

RPE: 8

Calves

Standing toe raises

Put a weight on there you can probably do 20 with. Keep going until you hit 100 reps. Stop as you need to shake out calves, as it's going to be a long set.

Total Work Sets: 1

Goal: Stretch and pump

RPE: 12

Abs

Leg raise

Do 4 sets to failure here.

Total Work Sets: 4

Goal: Activation and pump

RPE: 9

Friday

Back – 4 exercises – 15 sets

Biceps – 2 exercises – 8 sets

6 exercises – 23 sets

Back

Meadows rows

Of course we have to start your back program with these. I also want you to try this little handle I was using at some point. I don't get any financial compensation for these, I just really like how well it works. Work your way up to a tough 8 here and do 4 sets of 8.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9

Video: <https://www.youtube.com/watch?v=pXou8yx4INA>

Away facing pulldowns with a rope

I started doing this version of these pretty recently, and I am really happy with how well they feel and work. Do 4 good sets of 10 here. Drive your elbows down and squeeze your lats as hard as you can.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=FLfsoU9yYe4>

Banded dumbbell pullover

I know this looks crazy but trust me these work! You want the last half of the rep coming up to be really hard. You will notice you lock your lats in place and just squeeze them hard if you do this right. Do 4 sets of 10 here.

Total Work Sets: 4

Goal: Train the muscle from stretched position

RPE: 9

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

Dumbbell shrugs

Do 3 sets of 10 holding each rep at the top for a 3 count. This will light you up.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Biceps

Preacher curls

If you follow me you know I generally don't like to start biceps with this exercise, I like to do it last, however, your bis are good and warmed up from all the back work, so let's hit my favorite bicep exercise first! Do 4 sets of 8. Do the reps very slow and controlled. Squeeze as much blood in them as you can. Contract at the top of each rep for 2 seconds.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Hammer curls

Lets crank on your brachialis now. Do 4 sets of 8 squeezing your arms hard through every rep!

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Saturday

Legs – 3 exercises – 10 sets
Calves – 2 exercises – 8 sets

5 exercises – 18 sets

Legs

Sorry guys, we have to do some extra glute work just like the ladies. Besides, no lady wants to see a saggy a\$\$ anyway.

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>

Breathing squats

This is my twist on breathing squats (there are many variations). I want you to warm up properly and then pick a weight you can do about 10 with. I want you to take 3 deep breaths at the top between every single rep and make it to 15 reps. You are going to do 3 sets of these. So execute a rep, and then pause at the top and take 3 deep breaths. Repeat until you hit 15. Do this in a squat rack in case you pass out.

Total Work Sets: 3

Goal: Supramax pump

RPE: 12

Walking lunge

Use dumbbells on these. I want you to walk 10 steps on each leg and then turn around and walk 10 back. Do 3 sets like this.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9 -10

Calves

Standing calf raises

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

Supersetted with

Seated calf raises

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

Total Work Sets: 8 (4 supersets)

RPE: 8 – 9

Sunday

Off – Family Day

Donut day after church with the family!

Week 2

Monday

Legs – 4 exercises – 10 sets

Abs – 1 exercise – 4 sets

Calves – 1 exercise – 3 sets

6 exercises – 18 sets

Legs

Seated leg curls

Do a few warm up sets. Work your way up doing sets up 15. Pump these out like a piston driving blood in your hams. Don't do any rest-pause reps like we did last week. When you barely get 15, stay there and do 3 sets total with it.

Total Work Sets: 3

Goal: Activation and start pump

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

Leg press

Hopefully your legs aren't trashed from the breathing squats last week, but let's stick to close stance leg presses here. Put your feet in the middle of the platform and close together. Keep that piston tempo going here as well, up and down constant tension and pumping. Do sets of 15 here to and keep going up until you can barely get 15. That will be your last set. We will count the last 3 sets as work sets.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9 - 10

Leg extensions

Guess what, yes more piston reps. Get into a rhythm here and pump out 3 sets of 15 again. I want these to be full range of motion, so if you can't do full reps due to fatigue, stop for a second and keep going until you nail all 15 reps perfectly.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10. It gets harder as you go.

Post set stretch: After each set stretch each quad out for 30 seconds.

Bulgarian Split squats in Smith machine

Today I want you to do 1 set of 30 reps. You should be dying at 20 reps, and have to take breathers as you go. The perfect set would be 15 straight, and then little sets of 5 with short breaks until you hit 30. Rest for 3 minutes before doing the other leg.

Total Work Sets: 1

Goal: Supramax pump

RPE: 10-11

Abs

Rope crunches

Do 4 sets of 25 here. This beats your reps from last week.

Total Work Sets: 4

Goal: Activation and pump

RPE: 8-9

Video: <https://www.youtube.com/watch?v=ZHSef-SDrH4>

Calves

Standing raises

Do 2 warm up sets first. I want you to do 3 sets of 15 here like you did last week, but use more weight this week! Go down into the stretch slowly on each rep, stretch for 1 second and then come back up $\frac{3}{4}$ of the way. Do 3 sets of 15 like this.

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Tuesday

Chest – 4 exercises – 14 sets

Triceps – 2 exercises – 8 sets

Abs – 1 exercises – 4 sets

Calves – 1 exercise – 4 sets

8 exercises – 30 sets

Chest

Flat dumbbell press

Just some good old fashioned dumbbell presses to start. Take these down slowly and drive up to about 3/4 lockout and come right back down. I don't want your triceps gassed before you get to the barbell inclines coming up. Do sets of 8 going up until you can barely 8. We will call the last 3 sets work sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8-10

Incline barbell press

Do sets of 8 explosively going up in weight until you can just barely get 8. Don't pause these this week, just take them to 2 inches above your chest before driving it up to ¾ lockout. Also, I would like for you to work off a lower angle today, notice the angle is not as steep as the typical 45-degree angle. We will count the last 3 sets as work sets.

Total Work Sets: 3

Goal: Train explosively

RPE: 8-10

Video: <https://www.youtube.com/watch?v=x29mRyOC1ns>

Dip and Stretch pushup superset

Do 4 rounds here. Do the dips nice and controlled. Get a good stretch at the bottom and come up ¾ of the way. Shoot for 8 to 10 perfect reps. On the stretch push up try to really stretch hard and go to failure.

Total Work Sets: 8 (4 rounds)

Goal: Supramax pump and training muscle with stretch emphasis

RPE: 10-12

Video: <https://www.youtube.com/watch?v=Qv0ebDw1x6U>

Triceps

Bent over extensions

Normally we do stretch movements last but your tris have taken a good beating from that last superset and are plenty pumped. Do 4 sets of 12 here. Notice I am using those soft handles again in the video.

Total Work Sets: 4

Goal: Train muscle with a stretch emphasis

RPE: 10-12

Video: <https://www.youtube.com/watch?v=LSZb34taZsA>

Kettlebell Tate press

You can do these with dumbbells too if you do not have kettle bells. It is a bit of a short range of motion but it really digs into the inner head of your triceps well. Do 4 sets of 10 here. Do the reps slow and controlled.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10-12

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

Stretch: After your last set here I want you to grab a pole or something (hand behind head) and do a traditional triceps stretch for 30 seconds 2 x on each arm. I squat down and grab a pole and then stand up to create the stretch.

Abs

Leg raises

Do 4 sets to failure here or close to it.

Total Work Sets: 4

RPE: 8-9

Calves

Seated calve raises

Do 2 warm up sets first. Do 4 sets of 10 here today. I want you to go heavier than last week. On each rep sit in the stretch position for 1 second.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Wednesday

Shoulders – 4 exercises – 10 sets

Abs – 1 exercise – 6 sets

Calves – 1 exercise – 6 sets

6 exercises – 22 sets

The burn won't be quite as bad as last week...probably only 99% as bad.

Shoulders

Side laterals

After a few warm up sets simply do 4 sets of 10 with a challenging weight here. Take the dumbbells up to ear level.

Total Work Sets: 4

Goal: Activation and pump

RPE: 8-9

Partial side laterals

Whatever weight you used on your side laterals, I want you to increase by 40-50%. So, if you did 40's, then on these you will do 60's. I want you to tilt your head back, straighten your arms and just do "swings". This is simply partials done out of the bottom. You will do 3 sets of 30.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

Spidercrawls & over and backs

I wanna do these again this week but only 2 sets. On these you will go up and down 3 times for 1 set. Go up above head and then down to waistline approximately. Stand back from the wall, don't get too close. Also, try to keep your arms straight and pull your hands as far apart as possible creating tremendous tension. Then do 10 over and backs with the band as well after each set of spidercrawls.

Total Work Sets: 2

Goal: Supramax pump

RPE: 9-10

Video: <https://www.youtube.com/watch?v=Vcxy7fmzv7E>

Hang and swing destroyer set

This is where you lay face down on an incline utility bench as shown in the video. Do 60 swings and then cut the weight in half and do 30 swings, and then cut the weight in half and do 10 swings to finish. Good night.

Total Work Sets: 1

Goal: Supramax pump

RPE: 9-10

Video: <https://www.youtube.com/watch?v=HxFs72mYYsM&t=1s>

Abs

Decline leg raises

Do 6 sets of 10-20 here. Come close to failure on each set, but leave a few reps in the tank for the next set.

Total Work Sets: 6

Goal: Activation and pump

RPE: 8-9

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

Calves

Standing raises

Get up high on the balls of your feet in the contracted position and hold each flex for 1 second. I want 6 sets of 10 like this with 45 second breaks between sets.

Total Work Sets: 6

Goal: Supramax pump

RPE: 10

Thursday

Legs – 3 exercises – 15 sets

Calves – 1 exercise – 1 set

Abs – 1 exercise – 4 sets

5 exercises – 20 sets

We demolished quads on Monday again. Today's focus is a little more on hams as it was last week.

Hams

Lying leg curls

Do a few warm up sets. This week I want you to focus on going heavier as opposed to reps. That's not an excuse to use crappy form, I just want you thinking heavy. Find a weight that is a tough 8 and stick with it for 4 sets!

Total Work Sets: 4

Goal: Activation and Supramax pump

RPE: 10

Banded stiff legged deadlifts

We are going to go heavier on these as well. Last week you did sets of 8. This week use more weight and do 6 sets of 6 with perfect form.

Total Work Sets: 6

Goal: Work muscle from stretched position

RPE: 9

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

Coaching point: We are doing back tomorrow so really try to limit how much your lower back is working during these. Hams and glutes, hams and glutes!

Adductor machine

Do 5 sets of 10 here. Warm up nice and slow, don't go straight to heavy weight and tear your nuts off (guys).

Total Work Sets: 5

Goal: Activation and Supramax pump

RPE: 8

Calves

Standing toe raises

Put a weight on there you can probably do 10 with. Keep going until you hit 50 reps. Stop as you need to shake out calves, as it's going to be a long set.

Total Work Sets: 1

Goal: Stretch and pump

RPE: 12

Abs

Leg raise

Do 4 sets to failure here.

Total Work Sets: 4

Goal: Activation and pump

RPE: 9

Friday

Back – 5 exercises – 16 sets

Biceps – 2 exercises – 8 sets

Abs – 1 exercise – 3 sets

7 exercises – 27 sets

Back

Dumbbell rows

Nothing fancy here, just do sets of 8 until you get to a weight you can barely do 8 with. We will count the last 3 sets as working sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8-10

Away facing pulldowns with a rope

I know you loved these last week, so do them again! Do 4 good sets of 10 here. Drive your elbows down and squeeze your lats as hard as you can.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=FLfsoU9yYe4>

Smith machine rows

Check out the OLD video below! These are to be done rst pause style. Drive the weight up harder though. I am driving it up like a wuss in the video. Get aggressive. Do 4 sets of 8.

Total Work Sets: 4

Goal: Train explosively

RPE: 9

Video: https://www.youtube.com/watch?v=pBd_LB5MJPc

Banded dumbbell pullover

Let's do 2 sets of 10 of these this week. I am betting you will be able to execute them even better after doing them last week.

Total Work Sets: 2

Goal: Train the muscle from stretched position

RPE: 9

Rack pulls

Pull from midshin. Wear a belt. Do sets of 3 all the way up until you can barely get 3. We will count the last 3 sets as work sets.

Total Work Sets: 3

RPE: 9

Biceps

Barbell curls

Do 4 sets here. On each set do 6 reps with a full range of motion and then do 4 partials where you only come up halfway. Do the partials nice and slow. These will BURN.

Total Work Sets: 4

Goal: Supramax pump

RPE: 11-12

Hammer curls

Do the same thing here. Do full range of motion for 6 and then partial reps for another 4 reps only bringing the dumbbells up half way.

Total Work Sets: 4

Goal: Supramax pump

RPE: 11-12

Abs

Incline sit ups

Do 3 sets to failure.

Total Work Sets: 4

RPE: 10

Saturday

Legs – 3 exercises – 10 sets
Calves – 2 exercises – 8 sets

5 exercises – 18 sets

This has been a brutal week. Today's workout is pretty short.

Legs

More glute work to start off.

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>

Leg extensions

Do 2-3 warm up here. Get the blood flowing. I want 3 sets of 10 here. Hold the weight in the flexed position for 2 seconds and flex as hard as you can. Drive blood in there!

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Leg press

Work your way up doing sets of 8 here. This is nothing fancy. Just go until you struggle to get 8. We will count the last 3 sets as work sets.

Total Work Sets: 3

Goal: Supramax pump

RPE: 7-10

Calves

Standing calf raises

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

Supersetted with

Seated calf raises

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

Total Work Sets: 8 (4 supersets)

RPE: 8-9

Sunday

Off – Family Day

Donut day after church with the family!

Week 3

Monday

Legs – 4 exercises – 8 sets

Abs – 1 exercise – 4 sets

Calves – 1 exercise – 3 sets

6 exercises – 15 sets

Legs

Lying leg curls

Do a few warm up sets. Work your way up doing sets up 8. Once you get to a weight that is pretty challenging for 8, I want you to do 30 total reps with it. Just do as many reps as you can, and take 10 second breaks as you go until you hit 30. This is a long set. If this sounds crazy and really difficult, it is. We will count the last 3 sets though as work sets. total work sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8-12. It gets harder as you go.

Leg press

Work your way up doing sets of 10 until you can barely hit 10. Once you get to this weight, get 20 reps with it. This means you will have to take breaks again just like on your leg curls. We will still count the last 3 sets as work sets.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8-12. It gets harder as you go.

Squats

Do easy sets of 6 reps, feeder sets, until you get to a set that is pretty tough (you could probably do 8-10 with it). On this set I want you to do 6, and then drop the weight 25% and do another 8, and then drop another 25% and do 10 reps.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8-12. It gets harder as you go.

Post set stretch: After the last set stretch each quad out for 30 seconds.

Walking lunges

I want you to grab a typical dumbbell that you would use for maybe 10 steps with each leg and do that, and then drop the dumbbells when you are failing, rest for 20 seconds, and keep going with bodyweight only until you drop. Don't leave ANYTHING in the tank.

Total Work Sets: 1

Goal: Supramax pump

RPE: 12

Abs

Rope crunches

Do 4 sets of 30 here. This beats your reps from last week.

Total Work Sets: 4

Goal: Activation and pump

RPE: 8-9

Video: <https://www.youtube.com/watch?v=ZHSef-SDrH4>

Calves

Standing raises

Do 2 warm up sets first. I want you to do 3 sets of 12 here like you did last week, but use more weight this week! Go down into the stretch slowly on each rep, stretch for 1 second and then come back up $\frac{3}{4}$ of the way. Do 3 sets of 12 like this.

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Tuesday

Chest – 4 exercises – 11 sets

Triceps – 2 exercises – 8 sets

Abs – 1 exercises – 4 sets

Calves – 1 exercise – 3 sets

8 exercises – 26 sets

Chest

Slight incline dumbbell press

Do a few sets of 5 to warm up and then go up doing sets of 6 until you can barely get 6. On all the reps I want you to drive the weight up to full lock powerfully into a peak contraction. If you can't lock the weight out this week, it's too heavy. We will count the last 3 sets as work sets. Don't go up too fast and cheat yourself out of work sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8-10

Video: <https://www.youtube.com/watch?v=8civGOJ8R14>

Incline barbell press

Do sets of 6 explosively going up in weight until you can just barely get 6. Take them to 2 inches above your chest before driving it up to $\frac{3}{4}$ lockout forcefully. Also, I would like for you to continue to work off a lower angle today. We will count the last 3 sets as work sets.

Total Work Sets: 3

Goal: Train explosively

RPE: 8-10

Barbell bench press

These are done with the painfully fun pause style you see in the video below. Lower the weight to about 6 inches above chest and pause for a second, then lower all the way to chest and drive up. That is 1 rep. Do 4 sets of 8 like this. The 8th rep should be really hard.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Video: <https://www.youtube.com/watch?v=8civGOJ8R14>

Machine flyes

Do 1 set to find the right weight. I want 1 set to failure, which should be around 10 reps, and then do 10 partial reps in the stretch position nice and slow, and then do 1 isohold for 20 seconds in the stretch position.

Total Work Sets: 1

Goal: Supramax pump and training muscle with stretch emphasis

RPE: 12

Triceps

Seated overhead rope extensions

Normally we do stretch movements last but your tris have taken a good beating from the chest workout so let's go right into one of my favorite stretch exercises. Do 4 sets of 10 here. Every set should be taken to failure.

Total Work Sets: 4

Goal: Train muscle with a stretch emphasis

RPE: 10

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

Dual tricep rope pushdown

Finish off your tris with 4 sets of 10 here. Notice how I am standing away from the stack and using 2 different ropes! These are awesome!

Total Work Sets: 4

Goal: Supramax pump

RPE: 10-12

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

Stretch: After your last set here I want you to grab a pole or something (hand behind head) and do a traditional triceps stretch for 30 seconds 2 x on each arm. I squat down and grab a pole and then stand up to create the stretch.

Abs

Leg raises

Do 4 sets to failure here or close to it.

Total Work Sets: 4

RPE: 8-9

Calves

Seated calf raises

Do 2 warm up sets first. Do 2 sets of 10 here today and then a drop set. Do 10 and then drop the weight and shoot for another 12-15 reps.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-12

Wednesday

Shoulders – 3 exercises – 12 sets

Abs – 1 exercise – 6 sets

Calves – 1 exercise – 4 sets

4 exercises – 22 sets

Shoulders

Side laterals

After a few warm up sets do sets of 10 here.

RPE: 8-9

Supersettted with

Over and back presses

Don't go heavy on these. Use a light to medium weight and just FILL your delts with blood. You should feel searing pain. Do sets of 12 here.

RPE: 9-10

Total Work Sets: 8 (4 supersets)

Goal: Supramax pump

Video: <https://www.youtube.com/watch?v=4ZF9tIPv1Sk>

Spidercrawls & over and backs

I want do these again this week but go back to 4 sets. On these you will go up and down 3 times for 1 set. Go up above head and then down to waistline approximately. Stand back from the wall, don't get too close. Also, try to keep your arms straight and pull your hands as far apart as possible creating tremendous tension. Then do 10 over and backs with the band as well after each set of spidercrawls.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Video: <https://www.youtube.com/watch?v=Vcxy7fmzv7E>

Abs

Decline leg raises

Do 6 sets of 10-20 here. Come close to failure on each set, but leave a few reps in the tank for the next set.

Total Work Sets: 6

Goal: Activation and pump

RPE: 8-9

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

Calves

Standing raises

Get up high on the balls of your feet in the contracted position and hold each flex for 1 second. I want 4 sets of 10 like this with 60 second breaks between sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Thursday

Legs – 3 exercises – MYSTERY NUMBER OF SETS

Calves – 1 exercise – 1 set

Abs – 1 exercise – 4 sets

5 exercises – 20 sets

We demolished quads on Monday again. Today's focus is a little more on hams as it was last week.

Hams

Tri-set

Lying leg curls

Do a few warm up sets to get your hams full of blood. Then do 10 solid reps here.

RPE: 8-9

Goal: Activation and Supramax pump

Go to these immediately

Dumbbell stiff legged deadlifts

Keep the dumbbells right beside the leg curl and go right into these immediately for 8 reps.

RPE: 8-9

Goal: Work muscle from stretched position

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

Go to these immediately

Stationary lunge

This is simply dropping down into a lunge without taking steps. Do 5 reps on one leg, and then 5 on the other, and then repeat for 10 total reps on each leg per set here.

RPE: 8-9

Goal: Activation and Supramax pump

I want you to do this for 40 minutes straight and let me know how many sets you do. Take a 3 minute rest break in-between all sets. Set a timer.

Calves

Standing toe raises

Put a weight on there you can probably do 10 with. Keep going until you hit 50 reps. Stop as you need to shake out calves, as it's going to be a long set.

Total Work Sets: 1

Goal: Stretch and pump

RPE: 12

Abs

Leg raise

Do 4 sets to failure here.

Total Work Sets: 1

Goal: Activation and pump

RPE: 9

Friday

Back – 4 exercises – 17 sets

Biceps – 2 exercises – 7 sets

Abs – 1 exercise – 3 sets

7 exercises – 27 sets

Back

Away facing pulldowns with a rope

I want to start with these this week to get your lower lats really full of blood. Do 4 good sets of 12 here. Drive your elbows down and squeeze your lats as hard as you can.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9-10

Video: <https://www.youtube.com/watch?v=FLfsoU9yYe4>

Rack pull

Hopefully yesterday's dumbbell deads weren't too bad on you. The good news is we are just doing slow sets of 3 here squeezing your lats as hard as you can all sets. Do 5 sets of 3 here. If you can't feel your lats squeezing hard you have went too heavy. I want you to pull from a different pin height this week than you used last week. Set the pins slightly higher this week. So, last week was mid shin, this could be knee level.

Total Work Sets: 5

Goal: Supramax pump

RPE: 8-9

Chins

Use an assist/cheater machine if you need. Let's get stress of lower back and really stretch your lats out now. I do these on the assist machine so I can execute perfect form. Do 4 sets of around 8 to 10.

Total Work Sets: 4

Goal: Train the muscle from stretched position

RPE: 9

Banded dumbbell pullover

Sorry, we have to do more of these. Let's do 4 sets of 10 of these this week.

Total Work Sets: 4

Goal: Train the muscle from stretched position

RPE: 9

Biceps

Spider curls

See if you can do these in your gym. You may not have this exact pad but might be able to rig something. Do 4 sets of 10. I like to pull the bar behind my head!

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Video: <https://www.youtube.com/watch?v=PWhIhFut6Tc>

Hammer curls

Do 3 sets of 20 here.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

Abs

Incline sit ups

Do 3 sets to failure.

Total Work Sets: 3

RPE: 10

Saturday

Legs – 3 exercises – 10 sets
Calves – 2 exercises – 8 sets

5 exercises – 18 sets

This has been another brutal week. Today's workout is pretty short again.

Legs

Glute work to start off.

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>

Leg extensions

Do 2-3 warm up here. Get the blood flowing. I want 3 sets of 8 here. Hold the weight in the flexed position for 5 seconds and flex as hard as you can. Drive blood in there!

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Front squat

Work your way up doing sets of 8 here. This is nothing fancy. Just go until you struggle to get 8. We will count the last 3 sets as work sets. I like to SLIGHTLY elevate my heel on these.

Total Work Sets: 3

Goal: Supramax pump

RPE: 7-10

Calves

Standing calf raises

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

Supersetted with

Seated calf raises

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

Total Work Sets: 8 (4 supersets)

RPE: 8-9

Sunday

Off – Family Day

Donut day after church with the family!

Week 4

Monday

Legs – 4 exercises – 9 sets
Abs – 1 exercise – 4 sets
Calves – 1 exercise – 3 sets

6 exercises – 15 sets

Ok so here we are on your last week of the high frequency leg block. You will no doubt be approaching overtraining at this point, but when we pull back starting next week you will see some solid changes!

Legs

Lying leg curls

Do a few warm up sets. Work your way up doing sets up 10. I want you to keep going until you can barely get 10. On the last set do 10, and then 30 partials out of the bottom, just small pulses, and then hold the weight in position (iso-hold) for 30 seconds. We will count the last 3 sets as work sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8-12. It gets harder as you go.

Squats

Do easy sets of 6 reps, feeder sets, until you get to your 6 rep max. I want you to descend with control for 3 seconds and then fire back up on all sets. We will just count the last 2 sets here as work sets.

Total Work Sets: 2

Goal: Train explosively

RPE: 8-10

Leg press

Take a wide stance and turn toes out on these. I do not want feet high on platform, more like the middle. Do these nice and slow and feel your outer quad sweep working. Work up to a weight that you can do for 10reps and stay there for 3 sets with it.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

Leg extensions

Put a weight on here you think you can do 5 with. I want you to do all reps with a 2 second flex at the top until you can't take the pain anymore. When that happens, get out of the machine and shake your legs out and then get right back in and do reps to failure just pumping the weight and not holding it. See if you can get around 40 to 50 reps total.

Total Work Sets: 1

Goal: Supramax pump

RPE: 12

Abs

Rope crunches

Do 4 sets of 30 here. This beats your reps from last week.

Total Work Sets: 4

Goal: Activation and pump

RPE: 8-9

Video: <https://www.youtube.com/watch?v=ZHSef-SDrH4>

Calves

Standing raises

Do 2 warm up sets first. I want you to do 4 sets of 10 here like you did last week, but use more weight this week! Go down into the stretch slowly on each rep, stretch for 1 second and then come back up $\frac{3}{4}$ of the way. Do 4 sets of 10 like this.

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Tuesday

Chest – 4 exercises – 10 sets

Triceps – 2 exercises – 8 sets

Abs – 1 exercises – 4 sets

Calves – 1 exercise – 4 sets

8 exercises – 26 sets

Chest

Machine press

If you have bands I want you to use them today for your machine presses. In the link below you can see how easy they are to set up. You may not have this exact machine, but you'll get the idea. I want you to take plenty of sets to warm up because we are going to do a lot of explosive work today. I really enjoyed these today, as I hadn't done them in a long while. Do sets of 6 firing the weight up and flexing your chest. Don't let your elbows come back past 90 degrees or it's hard on your rotator cuff. Find a tough but manageable 6 and do 4 sets of explosive work with it.

Total Work Sets: 4

Goal: Activation and train explosively

RPE: 8-10

Video: <https://www.youtube.com/watch?v=2qe6zhjNVK4>

Incline barbell press

We continue the explosive work here doing sets of 8. Keep going up until you can barely get 8. Take these to $\frac{3}{4}$ lockout and drive up with speed! We will count the last 3 sets as work sets.

Total Work Sets: 3

Goal: Train explosively

RPE: 8-10

Dip machine

Hopefully you have an assist machine like below or one you sit in. I want 2 sets done to complete failure. Do the reps nice and slow and only come up to $\frac{3}{4}$ lockout.

Total Work Sets: 2

Goal: Supramax pump

RPE: 10

Video: <https://www.youtube.com/watch?v=Qv0ebDw1x6U>

Machine flyes

Do 1 set to find the right weight. I want 1 set to failure, which should be around 10 reps, and then do 10 partial reps in the stretch position nice and slow, and then do 1 isohold for 20 seconds in the stretch position.

Total Work Sets: 1

Goal: Supramax pump and training muscle with stretch emphasis

RPE: 12

Triceps

Dual triceps rope pushdown

This week we are starting off your triceps work with these. Notice how I am standing away from the stack and using 2 different ropes! Do 4 sets of 12 here.

Total Work Sets: 4

Goal: Supramax pump

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

Seated overhead rope extensions

Now we do these second. So, we basically flip flopped last week's triceps plan, and it felt awesome. Do 4 sets of 10.

Total Work Sets: 4

Goal: Train muscle with a stretch emphasis

RPE: 10

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

Stretch: After your last set here I want you to grab a pole or something (hand behind head) and do a traditional triceps stretch for 30 seconds 2 x on each arm. I squat down and grab a pole and then stand up to create the stretch.

Abs

Leg raises

Do 4 sets to failure here or close to it.

Total Work Sets: 4

RPE: 8-9

Calves

Seated calf raises

Do 2 warm up sets first. Do 3 sets of 10 here today and then a drop set. Do 10 and then drop the weight and shoot for another 12-15 reps.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-12

Wednesday

Shoulders – 3 exercises – 12 sets

Abs – 1 exercise – 6 sets

Calves – 1 exercise – 4 sets

4 exercises – 22 sets

Shoulders

Side laterals

After a few warm up sets do sets of 10 here.

RPE: 8-9

Supersetted with

Dumbbell front raises

Lighten the dumbbells up and front raises now. Do these very slow and controlled. Do sets of 12 here.

RPE: 9-10

Total Work Sets: 8 (4 supersets)

Goal: Supramax pump

Spidercrawls & over and backs

I want do these again this week but stay at 4 sets. I am having you do these a ton because I believe it is not only great for building delts, and is awesome for keeping your shoulders healthy. You can never have joints that are TOO healthy. On these you will go up and down 3 times for 1 set. Go up above head and then down to waistline approximately. Stand back from the wall, don't get too close. Also, try to keep your arms straight and pull your hands as far apart as possible creating tremendous tension. Then do 10 over and backs with the band as well after each set of spidercrawls.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Video: <https://www.youtube.com/watch?v=Vcxy7fmzv7E>

Abs

Decline leg raises

Do 6 sets of 10-20 here. Come close to failure on each set, but leave a few reps in the tank for the next set.

Total Work Sets: 6

Goal: Activation and pump

RPE: 8-9

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

Calves

Standing raises

Get up high on the balls of your feet in the contracted position and hold each flex for 1 second. I want 4 sets of 10 like this with 60 second breaks between sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Thursday

Legs – 4 exercises – 12 sets

Calves – 1 exercise – 1 set

Abs – 1 exercise – 4 sets

6 exercises – 17 sets

No mystery sets this week 😊

Hams

Seated leg curls

Do a few warm up sets. This week on this I want you to go heavy. Do sets of 8 going up until you can barely get 8, and then stay with it for 3 sets!

Total Work Sets: 3

Goal: Activation and Supramax pump

RPE: 10

Barbell stiff legged deadlifts

Do these with ultra-tight form and do 3 sets of 10 here. Push your hips back and keep your chest arched so we are putting you're a good stretch on your hams and glutes.

Total Work Sets: 3

Goal: Work muscle from stretched position

RPE: 9

Adductor machine

Do 3 sets of 10 here. Warm up nice and slow, don't go straight to heavy weight and tear your nuts off (guys).

Total Work Sets: 5

Goal: Activation and Supramax pump

RPE: 8

Leg press

Go high and wide for 3 sets of 10 here. Leave a few reps in the tank on each set.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Calves

Standing toe raises

Put a weight on there you can probably do 10 with. Keep going until you hit 50 reps. Stop as you need to shake out calves.

Total Work Sets: 1

Goal: Stretch and pump

RPE: 12

Abs

Leg raise

Do 4 sets to failure here.

Total Work Sets: 4

Goal: Activation and pump

RPE: 9

Friday

Back – 5 exercises – 15 sets

Biceps – 2 exercises – 9 sets

Abs – 1 exercise – 3 sets

8 exercises – 27 sets

Back

Meadows row

Do plenty of warm up sets working your way to a good working weight. Once you find the right weight, do 3 sets of 8. Just grind away on these. Get a good stretch on every rep. As always keep your hip up a little higher on the side you are working so that your lower lat is stretched harder as well.

Total Work Sets: 3

Goal: Activate and Supramax pump

RPE: 9

Chest supported row

I want you to really focus hard on getting your elbows back as far as you can. Concentrate on your lower traps and rhomboids. Use a medium pronated grip on this, don't go wide. The video below is just to show you what machine I like to do these on, you don't have to use bands (although you are welcome too on these). Do sets of 12.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=AblaK5znA2c>

Dumbbell pullover

Now let's go back to regular pullovers without the bands. I am guessing your strength will be up significantly on these now. Do 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Video: <http://www.youtube.com/watch?v=CVz8KjQtXho>

Front pulldown w/ forced stretch

I love these! If you have a partner, then have him/her push down on the weight when you are in the stretch position at the top. That is the only time they apply pressure, and it needs to be done gradually and not just jumping on the weight all at once. Do 3 sets of 10 here.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=-pj-1n9X3P0&t=6s>

Banded hyperextensions

Do 3 sets of 15 using a band. Your hams are likely sore from yesterday so try to only use lower back, try to not use hams at all.

Total Work Sets: 3

Goal: Supramax pump in your spinal erectors

RPE: 9

Video: <https://www.youtube.com/watch?v=UNdS4CEAMsw>

Biceps

Barbell curls

Do 6 sets of 10 with 10 second breaks. You need to use a weight that is not awful for your first 3 sets because your biceps are going to be SCREAMING the last 3 sets.

Total Work Sets: 6

Goal: Supramax pump

RPE: 8-11

Preacher curls

Now let's slow it down and do nice controlled reps here and not rush. Do 3 sets of 10 here.

Total Work Sets: 6

Goal: Supramax pump

RPE: 9-10

Abs

Incline sit ups

Do 3 sets to failure.

Total Work Sets: 3

RPE: 10

Saturday

Legs – 3 exercises – 14 sets
Calves – 2 exercises – 8 sets

5 exercises – 22 sets

Ok here is your final leg workout for the leg specialization block. Congrats on not dying.

Legs

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. Do 4 sets of 12.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9

Video: <https://www.youtube.com/watch?v=BslhLxka0As>

Squats

After getting warmed up I want 10 reps here. It shouldn't kill you. Leave 4 to 5 reps in the tank at the start. It'll get harder as you go.

RPE: 7-10

Supersetted with

Leg extensions

On this start with 8 reps but add weight every single set you do so it gets harder and harder. Your quads should be in fire.

RPE: 8-10

Total Work Sets: 10 (5 supersets)

Goal: Supramax pump

Calves

Standing 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 supersets)

RPE: 8-9

Sunday

Off – Family Day

Donut day after church with the family!

Week 5

Monday

Back – 4 exercises – 12 sets

Abs – 1 exercise – 3 sets

Calves – 1 exercise – 3 sets

6 exercises – 18 sets

Now we come to the back training high frequency block. Hopefully your back isn't sore from the weekend, but if it is, time to go anyway!

Mondays are going to be your big nasty back days and Thursdays and Saturdays won't be as bad, as you don't have much time to recuperate from those sessions. The intensity will increase as you go on Mondays.

I also want to mention bicep training a little. Now I personally cease all direct bicep work when I do a high frequency block for back as there is so much indirect training. I wrote biceps into this plan though if you want to do them.

If you want to make this 5 days a week for this block you could easily add 1 exercise for biceps after each back workout and do triceps with chest and shoulders to allow for Fridays off. That is up to you!

Back

One arm barbell 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 chains, you don't have to do that, but it is awesome way to make the contraction even harder at the top.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 9-10

Video: <https://www.youtube.com/watch?v=ER8Tt5r49DU>

Pullovers

We are back to doing these banded. Do 3 sets of 10 here. Most of your pullovers will be done this style throughout this entire program. I think I am addicted to 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.

Total Work Sets: 3

Goal: Train muscle from a stretched position

RPE: 8-9

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

Supinated pulldowns

Lets dig into your lower lats now. Simulate this movement as best you can. Drive your elbows down hard and flex your lower lats on each rep. Do 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

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

Face pulls

These you don't really pull to your face, you pull into your chest so you can really squeeze your lower traps and rhomboids. Do 3 sets of 12 here.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Video: https://www.youtube.com/watch?v=Q6shuaJl_A

Abs

Decline bench leg raises

Do 3 sets to failure here.

Total Work Sets: 3

RPE: 10

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

Calves

Standing raises

Do 3 sets where you do 10 full range reps, followed by 10 partials out of the bottom, followed by a 10 second stretch.

Total Work Sets: 3

Goal: Supramax pump

RPE: 11-12

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

Tuesday

Legs – 4 exercises – 10 sets

Abs – 1 exercises – 4 sets

Calves – 1 exercise – 1 set

8 exercises – 15 sets

Legs

Seated leg curl

Put a weight on here you can do for about 15 after a few warmups and then do 5 sets taking 45 second breaks. Go to failure on each set. Your reps might be something like 15, 12, 10, 8, and 6. You will be shocked at how quickly yours hams pump if you really squeeze hard. Make every rep count!

Total Work Sets: 5

Goal: Supramax pump

RPE: 10

Adductor machine

I did a few warm ups and then 4 sets of 10 here with 45 second rest breaks. None of these were to failure as I want you to leave a few reps in the tank on all sets here.

Total Work Sets: 4

Goal: Activate and pump

RPE: 8

Barbell squat

Do sets of 8 up until your 8 is a little hard. I do want you to leave some reps in the tank here as well. You just annihilated legs so we need to pull back some while we annihilate your back. I think you will find that these squats feel awesome after the adductor and glute work! We will count the last 3 sets as work sets.

Total Work Sets: 3

Goal: Train explosively

RPE: 8

Leg press

Do a feeder set or two to get to your working weight. I simple want 3 sets of 15 here. I want these to burn, but not totally destroy you.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Abs

Hanging leg raises

Do 4 sets to failure here.

Total Work Sets: 4

RPE: 8-9

Calves

Standing calve raises

Do 2 warm up sets first. Do 1 set of 30 here. Here is what you do. Do 10 reps followed by a 10 second pause at the top, and then repeat and then repeat again. Obviously as you progress you won't be able to get up on your toes as much.

Total Work Sets: 3

Goal: Supramax pump

RPE: 12

Video: <https://www.youtube.com/watch?v=lTkcQ8PgNFM>

Wednesday

Chest – 4 exercises – 12 sets

Shoulders – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

7 exercises – 24 sets

Machine press

I would like to see a neutral grip on these. It's not essential however if your machines don't offer that. Do 3 sets of 8 here with a tough weight once you are good and warmed up. Take these to full lockout and squeeze your pecs for 1 second on each rep.

Total Work Sets: 3

Goal: Activate and pump

RPE: 9-10

Incline barbell bench press

As you probably expected, my favorite upper body movement here. 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.

Total Work Sets: 3

Goal: Train explosively

Incline dumbbell press

Use a slight incline on these. 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.

Total Work Sets: 3

Goal: Supramax pump

This is an example of what it might look like:

85 lbs – 6 reps – RPE 6

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.

Dips on assist machine

I typically set the dip/chin assist machine on 30-40 lbs, more for a balance thing as this barely helps at all. I like my body position with my knees on the pad. Do 3 sets to failure here, and do them all nice and slow emphasizing the stretch and coming up $\frac{3}{4}$ of the way.

Total Work Sets: 3

Goal: Work muscle from stretched position

RPE: 10

Machine rear laterals/reverse peck deck

Go a little heavy on these. I don't usually go below 15 reps on these but we'll do 12's today. Do 4 sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Seated dumbbell side laterals

Do 3 sets of 15 reps here. Do these ultra-strict bringing the dumbbells up to 10 and 2 o'clock positions. Lower the weights nice and slow. On the 3rd set, continue the set by doing an extra 10 partials out of the bottom.

Total Work Sets: 3

Goal: Supramax pump

RPE: On the first 2 sets is 10 | On the last set is 11

Calves**Standing raises**

Get up high on the balls of your feet in the contracted position and hold each flex for 1 second. I want 4 sets of 10 like this with 60 second breaks between sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Thursday

Back – 4 exercises – 12 sets

Abs – 1 exercise – 4 sets

Calves - 1 exercise – 4 sets

5 exercises – 20 sets

Back

Supinated pulldown variation

Do a few warm up sets. Today do 3 sets of 10 here. Leave a rep or two in the tank on all sets.

Total Work Sets: 3

Goal: Activation and Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=FLfsoU9yYe4>

Chest supported row

Use a machine where your chest is supported and use a pronated grip so you can really focus on rhomboids here. Drive your elbows back as far as possible. Do 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8-9

Dumbbell shrugs

Do 3 sets of 10 here. Do a 2 second pause at the top of each rep.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Hyperextensions

Do 3 sets to failure here with only bodyweight.

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Abs

Rope crunches

Do 4 sets to failure here.

Total Work Sets: 4

RPE: 9

Calves

Seated toe raises

Simply do 4 sets of 5 here. Get a nice deep stretch on all reps.

Total Work Sets: 4

RPE: 9-10

Friday

Triceps – 3 exercises – 12 sets

Biceps – 3 exercises – 9 sets

6 exercises – 21 sets

Triceps

Rope pushdowns

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.

Total Work Sets: 4

Goal: Activate and Supramax pump

RPE: 9

Reverse grip pushdowns

Try to use the handles I am using in the video below. These feel awesome Do 4 sets of 10 here.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=0HwypJ3KND0>

Decline skullcrusher/extensions

Do 4 sets of 10 here. Do these nice and slow and feel the stretch at the bottom!

Total Work Sets: 4

Goal: Work muscle from a stretched position

RPE: 9

Video: https://www.youtube.com/watch?v=q0bzH7j_mJw

Barbell curls

Do 3 sets of 10 here with a 3 second decent on all reps! Squeeze hard at the top.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Pinwheel curls

Do 3 sets of 15 here. Squeeze hard!

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=21eLS5ZNBxQ>

Preacher curls

Do slow controlled reps here. Do 3 sets of 10 here.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

Saturday

Back – 3 exercises – 12 sets

Abs – 1 exercise – 4 sets

4 exercises – 16 sets

Back

Chins

I use the assist machine on these so I can maintain perfect form do 4 sets here of around 8 to 10 reps.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9

Smith rows

I want you to hold these for a split second in the contracted position to drive blood in your lats hard! Do 4 sets of 8 here. Drive the weight up hard.

Total Work Sets: 4

Goal: Train explosively

RPE: 9

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 4 rounds of this.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=hwCPi8cR0Ak>

Abs

Hanging leg raises

Do 4 sets to failure here.

Total Work Sets: 4

RPE: 10

Sunday

Off – Family Day

Donut day after church with the family!

Week 6

Monday

Back – 5 exercises – 17 sets

Abs – 1 exercise – 3 sets

Calves – 1 exercise – 3 sets

7 exercises – 23 sets

Back

Dumbbell rows

Do some warm up sets here working up to a tough 10 reps. Once there do one all out set to failure. I want you to dig deep and really give it your all. This should be a ball busting set. Do one arm, rest 3 mins, then smash the other side. We will call this 3 sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 11

Pullovers

We stay with these banded. But do 3 sets of 12 here with the same weight you used last week for 10. The goal here is to give your arms a break after that crazy set of db rows.

Total Work Sets: 3

Goal: Train muscle from a stretched position

RPE: 8-9

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

Hammer Strength D.Y. Row

Let's dig into your lower lats now. Simulate this movement as best you can if you do not have this exact machine. Drive your elbows back hard and flex your lower lats on each rep. Do 4 sets of 10.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=gLUYTs5973o>

Smith Machine Rows

I want flawless form, lock into the position and drive those elbows up hard. Do 4 sets of 8-10 here with an insane squeeze at contraction.

Total Work Sets: 4

Goal: Train explosively

RPE: 9

Seated Cable Rows

Last exercise of the day here, sit up tall and I want 2 second contractions on every single rep. We don't have to row the world here, feel every single fiber of your back firing. Do 3 sets 12,10, then 8 reps here with an solid squeeze at contraction.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Abs

Rope Crunches

Do 3 sets to failure here.

Total Work Sets: 3

RPE: 9

Calves

Standing raises

Do 3 top end sets where you fail around 10 reps. Go down, let them stretch out, then go up to contraction. Make sure you do 3-4 feeder sets before jumping into the work sets.

Total Work Sets: 3

Goal: Supramax pump

RPE: 11-12

Tuesday

Legs – 4 exercises – 15 sets

Abs – 1 exercises – 4 sets

Calves – 1 exercise – 4 set

6 exercises – 23 sets

Legs

Lying leg curl

If you have ever done one of my programs you know this is my favorite way to train hams and kick off a leg day. Work up to a hard 8 reps, where if you went for a 9th your hips would come up or you couldn't get to full contraction. Once you hit that set, rest 2 mins, do NOT change the weight.....it's time to gear up to annihilate your hams. If you aren't walking funny to the adductor machine, you did not do this right. So hit that weight you did 8 with again, but this time do forced reps to get to 10, drop the weight 2 holes and get 6-8 reps, then drop the weight another 2 holes and do 30+ partials. It's not a race to 30, take your time and enjoy the pain.

Total Work Sets: 4

Goal: Supramax pump

RPE: last set is RPE of 12. It feels like RPE of 1 million..ha.

Adductor machine

I did a few warm ups and then started doing sets where I paused at the stretch position for a 1 count, then held the contraction for 1 second. Count your first work set at 15 reps, then the 2nd at 12 reps, 3rd at 10 reps, then the 4th set a heavy 8 reps.

Total Work Sets: 4

Goal: Activate and pump

RPE: 9

Leg Press

Do sets of 10 up until your 10 is a moderately hard. Again, you just trashed legs so we need to pull back some while we annihilate your back. Really control the negative here and focus on perfect reps, forcing blood into your quads. I want a lower stance on the leg press with your feet close together in a V. We will count the last 3 sets as work sets.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Video: <https://www.youtube.com/watch?v=bV3VVQG-sXw>

Hack Squat

Do a feeder set or two of 6 reps to get to your working weight. I want 4 sets of 12 here. Put your feet right in the middle of the platform, but really wide. Sink these DEEP and only come up to $\frac{3}{4}$ lockout. Constant tension is the name of the game here. If you don't have a good hack try to simulate as best you can.

Total Work Sets: 4

Goal: Supramax pump

RPE: 8

Abs

Hanging leg raises

Do 4 sets to failure here.

Total Work Sets: 4

RPE: 8-9

Calves

Seated calve raises

Do 2 warm up sets first. Then get right into some work. I want these reps perfect form focusing on the stretch. Knock out sets of 10 here for 4 sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Wednesday

Chest – 4 exercises – 12 sets

Shoulders – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

7 exercises – 24 sets

Flat dumbbell press

Another staple movement for a powerful Arnold-like chest. Take your time warming up and do not make huge jumps here. Work your way up doing sets of 8 until you can barely get 8. We will call this 3 work sets. Come down get a nice stretch on the chest and then power up to $\frac{3}{4}$ lockout.

Total Work Sets: 3

Goal: Activate and pump

RPE: 9-10

Incline barbell bench press

Just like last week except I want 2 second pauses in the bottom of the movement. 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.

Total Work Sets: 3

Goal: Train explosively

Incline Pronated Flyes

Use a slight incline on these. Again another one of my favorites, really keep your chest up, get a nice stretch and contraction at the top. Your upper chest should be Jacked after 2 incline movements. 3 total work sets for 10-12 reps.

Total Work Sets: 3

Goal: Supramax pump

Stretch Push-ups

Now that you are beyond pumped, lets stretch everything out. Keep your chin up the entire time and do 3 sets to failure here, and do them all nice and slow emphasizing the stretch and coming up $\frac{3}{4}$ of the way.

Total Work Sets: 3

Goal: Work muscle from stretched position

RPE: 10

Video: <https://www.youtube.com/watch?v=09kPkRM8In4>

Bent over dumbbell rear laterals

We are gonna get some reps here. Sets of 30 here, strap into the weight and make sure ONLY your rear delts are working. Let your arms hang and swing these, do your best to not turn this into a trap exercise. Your shoulders should be blown up after this. Do 4 sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Banded dumbbell side laterals

You can do these seated or standing, completely up to you. Take the micro mini band, stand on it and loop it around each wrist. Then pick up a light set of dumbbells and crank away for sets of 12. On the 3rd set, do your set of 12, then drop the dumbbells and go to complete failure with just the band.

Total Work Sets: 4

Goal: Supramax pump

RPE: On the first 2 sets is 10 | On the last set is 11.

Calves

Standing raises

Get up high on the balls of your feet in the contracted position and hold each flex for 1 second. I want 4 sets of 10 like this with 60 second breaks between sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Thursday

Back – 5 exercises – 15 sets

Abs – 1 exercise – 4 sets

Calves - 1 exercise – 4 sets

6 exercises – 23 sets

Back

Straight arm pulldown superset with Neutral grip pulldowns

Lets kick off today with a crazy pump. Use a rope or straight bar attachment and hit sets of 12-15 of straight arm pulldowns. Then walk right over to the pulldown station and knock out sets of 10 reps of shoulder width, neutral grip pulldowns. Really drive those elbows down by your rib cage.

Total Work Sets: 6 (3 rounds)

Goal: Activation and Supramax pump

RPE: 8-9

Video: <https://www.youtube.com/watch?v=aXBYm8HYBn0>

Meadows row

With your lats full of blood these felt amazing. Drive your elbows back as far as possible. Do 3 sets of 10 each arm.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8-9

Dumbbell shrugs

Do 3 sets of 10 here. Do a 2 second pause at the top of each rep.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Banded Good Mornings

Do 3 sets of 10 reps with a 4 second hold at the contraction. This should light you up in a great way.

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Video: https://www.youtube.com/watch?v=BdO-_CM7AW0

Abs

V-ups

Do 4 sets to failure here.

Total Work Sets: 4

RPE: 9

Video: <https://www.youtube.com/watch?v=Jj7b3VTA-H0>

Calves

1-leg Standing calf raises

Simply do 4 sets of 20 each leg here. Get a nice deep stretch on all reps, this will not take a lot of weight.

Total Work Sets: 4

RPE: 9-10

Friday

Triceps – 3 exercises – 12 sets

Biceps – 3 exercises – 9 sets

6 exercises – 21 sets

Biceps

Dumbbell curls

Do 3 sets of 10 here alternating reps. Turn that pinky out at the top and Squeeze hard.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Preacher curls

Do slow controlled reps here. Do 3 sets of 10 here.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

Hammer curls

Nothing fancy, 3 sets of 10 to finish off biceps.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

Triceps

V-bar pushdowns

Lots of warm up and feeder sets to get blood in your tris and around your elbows. Once you find a good working weight, nail 4 sets of 10.

Total Work Sets: 4

Goal: Activate and Supramax pump

RPE: 9

Overhead Rope extensions

Really think about the stretch here, pause in the hole, feel the tension and then press to $\frac{3}{4}$ lock out. Do 4 sets of 10 here.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

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

Incline skullcrusher/extensions

Do 4 sets of 10 here. Do these nice and slow and feel the stretch at the bottom just like the rope extensions!

Total Work Sets: 4

Goal: Work muscle from a stretched position

RPE: 9

Saturday

Back – 4 exercises – 16 sets

Abs – 1 exercise – 4 sets

5 exercises – 20 sets

Back

Supinated Pulldowns

If you want to use the Hammer Strength Pulldown or the cables, it does not matter here, I want you to choose the one you feel the most in your lats. I want 4 sets here of around 8 to 10 reps done one arm at a time.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9

Seated rows

Back to these again for the second time this week, but prop yourself up to change the angle. I want you to hold these for a split second in the contracted position to drive blood in your lats hard! Do 4 sets of 8 here. Drive the weight up hard.

Total Work Sets: 4

Goal: Train explosively

RPE: 9

Video: https://www.youtube.com/watch?v=stm_abA5Rao

Chins superset with Rack Deadlift

This is another one of my all-time favorite back combos. You may remember it in one of my old programs! Do as many perfect form chins as you can with your chest lifted, and then do 5 strict reps on the deads with a pause on the rack, then drive up and tense your entire back.

Total Work Sets: 48 (4 rounds)

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=oBtTRdbFX7k>

****An old video where I did it the other way around!**

Abs

Hanging leg raises

Do 4 sets to failure here.

Total Work Sets: 4

RPE: 10

Sunday

Off – Family Day

Donut day after church with the family!

Week 7

Monday

Back – 5 exercises – 17 sets

Abs – 1 exercise – 3 sets

Calves – 1 exercise – 3 sets

7 exercises – 23 sets

Back

Smith Machine Rows

Do some warm up sets to get into the groove. Now for these I want you to set the safety stops so each rep you pause in the bottom and then can ram your elbows up hard to get a great contraction. Work your way up in weight to find a hard set of 8 and stick with it for 3 sets. We will call this 3 sets. Ignore the drop set in the video, I just wanted you to see the form and execution.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 11

Video: https://www.youtube.com/watch?v=3UMF8T_7q1Y

Dumbbell Row

Your back should be firing on all cylinders now, so what better time to knock out some hard db rows. Just like the smith machine, find a heavy weight that you can execute perfect reps with and do 4 sets of 10.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Banded Pullovers

These have felt so good, why change a thing. Do 3 sets of 10 here a really focus on lowering really controlled. The goal here is to give your arms a break after that crazy set of db rows. Now onto some fun stuff for the 3rd set, after you have hit your 10 reps, drop the db and have your partner do a 10 second ISO Hold at the midpoint. After the hold, do banded reps to failure.

Total Work Sets: 3

Goal: Train muscle from a stretched position

RPE: 11

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

Hammer Strength High Row

Lock in the seat here, push your chest into the pad and crank. Try to get your elbows as far behind you as possible. This will feel great after those pullovers. There is a video I just posted to my IG (mountaindog1) – this is my sneaky way to ensure you are following me on Instagram, check it out for the form!! Do 4 sets of 10.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Trap Bar Rows

Ok back to a free weight exercise, get inside the trap bar and we are focusing all on the contraction here. If you don't have one that is fine, I just think it is a great variation. Do 4 sets of 8-10 here with an insane squeeze at contraction.

Total Work Sets: 4

Goal: Train explosively

RPE: 9

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

Stretchers

Last exercise of the day here, all about the stretch. This will really open you up after all the rowing. Hit 3 sets of 10. After each set of stretchers, hit and hold (for 30 seconds) a front double bicep pose and feel how pumped your lats are. Don't cheat this last part, you should feel like Dorian Yates.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Video: https://www.youtube.com/watch?v=-hWBCW8V_U0

Abs

Decline Sit-ups

Do 3 sets to failure here.

Total Work Sets: 3

RPE: 10

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

Calves

Standing raises

Do 3 top end sets where you fail around 10 reps. Go down, let them stretch out, then go up to contraction. Make sure you do 3-4 feeder sets before jumping into the work sets.

Total Work Sets: 3

Goal: Supramax pump

RPE: 11-12

Tuesday

Legs – 4 exercises – 16 sets

Abs – 1 exercises – 4 sets

Calves – 1 exercise – 1 set

6 exercises – 21 sets

Legs

Standing leg curl

Last week we smashed intensity right off the bat, this week I want you to find a weight that you can make your hams cramp with and hit 5 sets of 10 with it each leg.

Total Work Sets: 5

Goal: Supramax pump

RPE: 8-9

Adductor machine

You should be growing fond of this exercise by now and not getting sore from it, and maybe even blew out a couple inseams in your pants. Just bang out 4 sets of 10 today and we are moving onto some squats.

Total Work Sets: 4

Goal: Activate and pump

RPE: 9

Reverse Band Squats

You will not only love squatting with full pumps in your adductors and hams but these reverse band squats you will love. Just work your way up doing sets of 6 till you lose speed. Don't make crazy big jumps, I want you to get some good sets in. It is FINE if you don't have reverse bands. I just really like driving out of the bottom with some help (plus extra low back help) plus you can use heavier weight so loading o the top of the rep is brutal.

Total Work Sets: 3

Goal: Train explosively

RPE: 8

Video: <https://www.youtube.com/watch?v=KB1bNO5FXMc>

*Check out this old video at EliteFTS!

Leg Press

Let's get these quads absolutely screaming at us. 4 sets of 30 but I don't want you to choose a light weight. Envision Tom Platz, and his mentality. Train like a champion here, no locking out, just pump them like a piston till you reach 30.

Total Work Sets: 4

Goal: Supramax pump

RPE: 8

Abs

Hanging leg raises

Do 4 sets to failure here.

Total Work Sets: 4

RPE: 8-9

Calves

Standing calve raises

Do 2 warm up sets first. Then get right into some work. I want 1 set of 100, find a way to get there, I don't care if its rest pause.....find a way!!

Total Work Sets: 1

Goal: Supramax pump

RPE: 12

Wednesday

Chest – 4 exercises – 12 sets

Shoulders – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

7 exercises – 24 sets

Incline Dumbbell press

Same outline as last week except we are raising the bench up. Take your time warming up and do not make huge jumps here. Typically I will do 3 light warm ups, 3 feeder sets, then my 3 work sets of 10 reps. This is different then just going up to your tough 10 and stopping, it's 3 sets there. Come down get a nice stretch on the chest and then power up to $\frac{3}{4}$ lockout.

Total Work Sets: 3

Goal: Activate and pump

RPE: 9-10

Incline smith machine press

Try to use a slight inline here, just like with the barbell version, stop the bar 2 inches shy of your chest and then blast up to $\frac{3}{4}$ lockout. 3 sets of 8 reps here.

Total Work Sets: 3

Goal: Train explosively

Flat barbell bench Press

Now that you are good and warmed up, I want 3 sets of 6 reps with a 2 second pause on your chest. So lower the bar controlled, pause on your chest, then fire the bar up. You will be surprised at how much weight you can use here.

Total Work Sets: 3

Goal: Train explosively

Pec-Dec Flye

Now that you are beyond pumped, lets stretch everything out. Keep your chest lifted the entire time to isolate the chest, squeeze hard at contraction for a 2 count. 3 sets of 10.

Total Work Sets: 3

Goal: Work muscle from stretched position

RPE: 10

Reverse Pec-Dec

Simply adjust the handles and it's time for some shoulders. After a couple warm ups, 4 sets of 20, trying to push as much blood into your rear delts as possible. Do 4 sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

6-ways

Grab a pair of 10s and do as many reps as you can without pausing at the bottom. Rest 60 seconds and repeat 3 more times.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Video: <https://www.youtube.com/watch?v=E-cCXkSi7IQ>

Calves

Standing raises

Get up high on the balls of your feet in the contracted position and hold each flex for 1 second. I want 4 sets of 10 like this with 60 second breaks between sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Thursday

Back – 5 exercises – 15 sets

Abs – 1 exercise – 4 sets

Calves - 1 exercise – 4 sets

7 exercises – 23 sets

Back

Seated Cable Rows

We have been doing these when your back is about smoked, let's do them first in rotation today and generate some power. If you have a Mag Grip Supinated, the close one, use it. If not, just attach some D-handles and simulate the attachment. 4 sets of 10 after some warm up will have your back pumped.

Total Work Sets: 4

Goal: Activation and Supramax pump

RPE: 8-9

One-arm Bb rows

You will love this second in rotation after the mag grip. Drive your elbows back as far as possible. Do 4 sets of 10 each arm.

Total Work Sets: 4

Goal: Supramax pump

RPE: 8-9

Video: <https://www.youtube.com/watch?v=ER8Tt5r49DU>

Wide grip stretch pulldowns

Do 4 sets of 10 here. Have your partner push down on the weight stack to overload the negative and help stretch your pumped lats out. Only pull the bar down to your nose here.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=oC7UICUkfhc>

Banded Hypers

Do 4 sets of 20 reps with a 1 second hold at the contraction. Back should be pumped from traps to glutes today!

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Abs

Machine Crunches

Do 4 sets to failure here.

Total Work Sets: 4

RPE: 9

Calves

Seated Calf Raises

Lets finish strong, 4 sets of 10 reps but here is the kicker. I want a 5 second pause in the bottom and a 5 second hold at the contraction for every rep. This is crazy TUT (time under tension).

Total Work Sets: 4

RPE: 9-10

Friday

Triceps – 4 exercises – 15 sets

Biceps – 3 exercises – 9 sets

7 exercises – 24 sets

Triceps

Rope pushdowns

Just like last week except using the rope. Once you find a good working weight, nail 4 sets of 10.

Total Work Sets: 4

Goal: Activate and Supramax pump

RPE: 9

Overhead Rope extensions

These felt so good after pushdowns last week I kept them in again. Really think about the stretch here, pause in the hole, feel the tension and then press to $\frac{3}{4}$ lock out. Do 4 sets of 12 here.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Dip machine

So if you don't have a machine, you can do them between benches with plates on your lap. What I want here is a 3 second negative, then blast to contraction and FLEX!! Do 3 sets of 12 here.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Kettle Bell/Db Skullcrusher/extensions

Do 4 sets of 10 here. Do these nice and slow and feel the stretch at the bottom, if you have kettle bells use them, if not dumbbells work well too.

Total Work Sets: 4

Goal: Work muscle from a stretched position

RPE: 9

Biceps

Cable curls

After 3-4 warm up, let's do 3 sets of 15 to really get the blood pumping. Feel free to use the short straight bar or ez attachment.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Preacher curls

Do slow controlled reps here. Do 3 sets of 10 here.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

E-Z bar curls

Do 10 full ROM reps and then tack on 10 bottom half partials for 3 sets.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

Saturday

Back – 5 exercises – 17 sets

Abs – 1 exercise – 4 sets

6 exercises – 21 sets

Back

Away Facing Pulldowns

All about contraction here, face away from the weight stack, tilt your body back and drive the elbows HARD. I want 4 sets here of 10 reps done with a neutral grip close handle.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9

Video: <https://www.youtube.com/watch?v=fAxC5YuZrrg>

Close Grip Pulldowns

Just flip around, stay tall and bang out some pulldowns. Do 4 sets of 8 here..

Total Work Sets: 4

Goal: Train explosively

RPE: 9

Dumbbell rows

Now that you are pumped let's get some reps on a single arm free weight movement. I want 3 sets of 12, 10 and 8 here.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Hammer Strength Supinated Pulldown

We have hammered away at neutral grip with the first 3 exercises, now time for some underhand. 3 sets of 10 reps, really reaching up to get a good stretch then pulldown and squeezing that low lat.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=NVVODGCd5xE>

Smith machine deads

Find a good weight and get 3 sets of 8 here. Let the weight come to a complete stop, then using your entire back, not just erectors, come up to contraction.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Abs

Hanging leg raises

Do 4 sets to failure here.

Total Work Sets: 4

RPE: 10

Sunday

Off – Family Day

Donut day after church with the family!

Week 8

Monday

Back – 6 exercises – 18 sets

Abs – 1 exercise – 3 sets

Calves – 1 exercise – 3 sets

8 exercises – 26 sets

Back

Dumbbell row drop set

Do some warm up sets (4-5) to get to our work set. The first set with the 150s I am more or less just grinding. As I lighten the weight though, I am doing all the pulling by driving my elbow up. If you can really learn this technique and focus, you will feel an intense burn and pump in your lats. So grind with the heavy dumbbells, then lighten up and really focus on perfect execution by driving with elbows and flexing lat.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 11

Video: <https://www.youtube.com/watch?v=mrlijSPI7ks>

D.Y. Row

This started out hard and now is going up another notch. Do 2 feeder sets then do as follows: 6-8 reps + 6 forced, really trying to drive those elbows back with power. This is a drop set. While your partner is unloading the weight, STRETCH those lats. After the drop nail another 6 reps + 4 forced, again while your partner unloads the weight stretch your lats. On this drop, pull your elbows back to full contraction and hold that position for 10 seconds. DONE!!!!!!

Total Work Sets: 1

Goal: Supramax pump

RPE: 11

Video: <https://www.youtube.com/watch?v=gLUYTs5973o>

Banded Pullovers

After the drop set lets rest the arms and do 3 sets of 10 on banded pullovers. At this point you should be nailing form and loving this exercise.

Total Work Sets: 3

Goal: Train muscle from a stretched position

RPE: 11

Face Pulls

Let's hammer that upper back, perfect form and big squeeze. Do 4 sets of 10.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Video: https://www.youtube.com/watch?v=Q6shuaJl_A

Kettle Bell Rows

Ok back to a free weight exercise, now if you don't have access to kettle bells, just simulate this with dumbbells, but I prefer KBs if you have them. Do 3 sets of 8-10 here with an good squeeze at contraction.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=Gim8gbrTiac>

Low Cable Rows

Last exercise of the day here, all about the contraction. Use an EZ bar attachment and really nail squeezing your lats. Do NOT work the stretch here. Just give me 3 sets of 10 to finish the day.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Video: https://www.youtube.com/watch?v=-hWBCW8V_U0

Abs

Hanging Leg Raises

Do 3 sets to failure here.

Total Work Sets: 3

RPE: 10

Video:

Calves

Standing raises

Do 3 top end sets where you fail around 15 reps. Go down, let them stretch out, then go up to contraction. Make sure you do 3-4 feeder sets before jumping into the work sets.

Total Work Sets: 3

Goal: Supramax pump

RPE: 11-12

Tuesday

Legs – 4 exercises – 10 sets

Abs – 1 exercises – 3 sets

Calves – 1 exercise – 1 set

6 exercises – 16 sets

Legs

Seated leg curl

Work your way up to a solid 8, then stay there and bang out 3 sets with it. On your 3rd and final set tack on as many top half partials as you can muster. I had a guy manage to get 42, see if you can beat that number.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8-9 until set 3 which is a 12.

Adductor machine

Let's put a fun spin on this exercise. Every rep I want to be a 1.5 like we do on hack squats often, so that means do one full rep, then spread your knees 4 inches or so then go to contraction again (that's one rep) then do a full rep and another partial till you get to 10 total reps.

Total Work Sets: 3

Goal: Activate and pump

RPE: 9

Leg Press

Today we are doing 3 second negatives on all reps including your warm-ups. Just keep going up till if you added 1 more plate you would miss 8 reps. We will count this as 3 work sets.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Video: <https://www.youtube.com/watch?v=nRqPv7k1pu0>

Smith machine squats

After 2 feeder sets to get to a working weight lets add some intensity back to our leg day. Hit a solid set of 10, rack it, pull a plate from each side, bang out 8-10 more, rack it, pull another plate and crank.

Total Work Sets: 1

Goal: Supramax pump

RPE: 11

Video: <https://www.youtube.com/watch?v=81IFPUDIgc8>

Abs

Hanging leg raises

Do 3 sets to failure here.

Total Work Sets: 3

RPE: 8-9

Calves

Standing calve raises

Do 2 warm up sets first. Then get right into some work. I want 1 set done as follows: 10 slow, controlled reps, pause in the top position for 10 seconds, 10 more reps, pause for 10 seconds in the stretched position, 10 more reps, then 10 second pause where your feet are parallel to the floor.

Total Work Sets: 1

Goal: Supramax pump

RPE: 12

Wednesday

Chest – 4 exercises – 12 sets

Shoulders – 2 exercises – 8 sets

Calves – 1 exercise – 3 sets

7 exercises – 23 sets

Machine press

Full ROM here. I want you to start with a great pump in your chest. Lock into the machine, pull your shoulders back and a massive contraction in your chest. After a few warm-ups, pyramid your way down the stack till you miss 10, if you can do the entire stack for more than 10, go to failure. We will count this as 3 work sets.

Total Work Sets: 3

Goal: Activate and pump

RPE: 9-10

Incline barbell press

Try to use a slight inline here, stop the bar 2 inches shy of your chest and then blast up to $\frac{3}{4}$ lockout. 3 sets of 6 reps here once you get to a good working weight.

Total Work Sets: 3

Goal: Train explosively

Pronated cable chest flyes

Now that your chest is full of blood lets stretch it out. Nail perfect form here, nothing sloppy. I want 3 sets of 12, drive blood into that chest. You can do these on a cable rack too.

Total Work Sets: 3

Goal: Supramax pump

Video: <https://www.youtube.com/watch?v=78m5bRCO69I>

Hex Press

One last attempt to get even more blood in your pecs. Smash the dumbbells together. You won't need a ton of weight. 3 sets of 10.

Total Work Sets: 3

Goal: Work muscle from stretched position

RPE: 10

Video: <https://www.youtube.com/watch?v=oL7Tb4ofKUI>

Dumbbell side laterals

After a set to warm up, pick a weight that is a hard 15. I want you to do 4 sets to failure with it with only 30 second rest breaks. My sets looked like this 17, 14, 13, 10. Do 4 sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Dumbbell bent over rear laterals

Using a little lighter dumbbells do the exact same thing but bent over. 30 second rest breaks, 4 sets to failure.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Calves**Standing raises**

Get up high on the balls of your feet in the contracted position and hold each flex for 1 second. I want 4 sets of 10 like this with 60 second breaks between sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Thursday

Back – 5 exercises – 18 sets

Abs – 1 exercise – 4 sets

Calves - 1 exercise – 3 sets

7 exercises – 25 sets

Back

Supinated pulldowns

The more I do this exercise the more I love it. It allows me to pin point each low lat and really squeeze hard. You guys do the same, every rep with the idea of filling your lats with as much blood as humanly possible. 4 set of 10 reps.

Total Work Sets: 4

Goal: Activation and Supramax pump

RPE: 8-9

Assisted chins

The reason this exercise is so effective is it allows for perfect form, nothing sloppy. I want you to do a controlled negative, pull up using your lats, not biceps and then FLEX. Think a front or rear double bicep pose. I want 4 sets in the 8-10 rep range.

Total Work Sets: 4

Goal: Supramax pump

RPE: 8-9

Stretchers with Mag Grip

Using the short, supinated mag grip, do 4 sets of 10 here. You should feel like you are about to rip out of shirt at this point. If you don't have a Mag grip use a close grip of some sort.

Total Work Sets: 4

Goal: Work muscle from the stretch position

RPE: 9

Chest supported T-Bar rows

Just want you to lock in and focus on getting your elbows behind your body. This should only take 3 sets of 10 to nail the back the way I need you too.

Total Work Sets: 3

Goal: Supramax pump

Weighted hypers

Another great lower back exercise that should finish off your back but also give a little ham/glute action. 3 sets of 10 reps.

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Video: <https://www.youtube.com/watch?v=WCYiZU9sKx0>

Abs

Rope Crunches

Do 4 sets to failure here.

Total Work Sets: 4

RPE: 9

Calves

Leg Press Calf Raises

I want to get some reps in today. 3 sets of 30 should get them burning a little.

Total Work Sets: 3

RPE: 9-10

Friday

Triceps – 3 exercises – 12 sets

Biceps – 3 exercises – 9 sets

6 exercises – 21 sets

Triceps

Single Handle pushdowns

This week we are using the single handles, tons of wrist freedom and great way to pump the tris. Once you find a good working weight, nail 4 sets of 10.

Total Work Sets: 4

Goal: Activate and Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=QMVRFB83CSk>

Dumbbell pronated kick backs

Control the negative, and then ram the dumbbells up. 4 sets of 8 reps and your tris will be jacked up.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=WQRJacR4tuc>

Pushdown on assisted chin machine

Just when you thought your tris were going to explode, lets tack on 4 more sets of pushdowns for sets of 12-15.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

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

Biceps

E-Z bar curls

After 3-4 warm up, bang out 3 working sets of 8 to get some blood into the biceps.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Dumbbell preacher curls

Some single arm curling here, go down slow and squeeze hard at the top.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

Pinwheel curls

Another single arm movement that will take your pump to the next level. 3 sets of 10 to finish.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

Saturday

Back – 4 exercises – 16 sets

Abs – 1 exercise – 4 sets

5 exercises – 20 sets

Back

Single arm cable rows

What a great way to start the session, big stretch and very hard contraction. Nail 4 sets of 10 once you find the perfect weight.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9

Video: <https://www.youtube.com/watch?v=OvnG0VJnR4E>

Dead Stop Dumbbell rows

One single arm movement after another. No reason your lats won't be pumped after this. Do 4 sets of 8 here..

Total Work Sets: 4

Goal: Train explosively

RPE: 9

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

Narrow Grip Pulldowns

Good old fashion pulldowns. Use only your lats to get the attachment down to your chest. This should feel awesome after the two rows. 4 sets of 10 reps.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Deadlift Shrugs

Now if you can use chains, do it!!! If not, no big deal. So we want 1 deadlift, then 3 shrugs (that's 1 rep) I want 4 sets of 8 to finish off the back spec.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=XmcV0TFacgA>

Hanging leg raises

Do 4 sets to failure here.

Total Work Sets: 4

RPE: 10

Sunday

Off – Family Day

Donut day after church with the family!

Week 9

So your legs need baby powder to prevent chaffing, your back can double for a parachute, let's take your chest and shoulders to the next level!

We hit those groups on Monday, Thursday, and Saturday as we have been doing for all the areas that are under the high frequency plan.

I spread out legs and back to keep your lower back fresh. Your back will need a break after destroying it for the last 4 weeks, so I think you will also find this to be a welcome change from that perspective.

I cannot stress this enough..... we must keep to the RPE chart on Thursday and Saturday so we don't murder your shoulders and rotator cuff. REMEMBER THAT!!! Be smart! You can't get better if you are recovering from a serious injury.

Monday

Chest – 3 exercises – 11 sets

Shoulders – 3 exercises – 12 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

9 exercises – 36 sets

Chest

Incline Dumbbell press

Slow pyramid here today, after a few warm ups in the 12-15 range, start doing sets of 8 till you miss 8. Get a good stretch, then drive up to $\frac{3}{4}$ lockout. As usual we will count this as 3 working sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 9

Reverse band incline barbell press

Do these with a pause 2-3 inches above your chest as seen in the video. These generate a ton of tension, and are really easy on your shoulders (mine have been aching lately) Do 4 sets of 8 like this. This is probably one of my top 3 things I love to do in the gym. If you don't have bands that's ok just do normal barbell press.

Total Work Sets: 4

Goal: Explosive work

RPE: 9

Video: <https://www.youtube.com/watch?v=KCKv3h-EFwE>

*How to attach bands: <https://www.youtube.com/watch?v=Q-dE-09mVbE>

Cable pronated flyes

Do 4 sets of 10 here to stretch everything good. After 2 free weight presses, let's lock into a machine with a back support and nail perfect reps.

Total Work Sets: 4

Goal: Train muscle with stretch emphasis

RPE: 9-10

Video: <https://www.youtube.com/watch?v=78m5bRCO69I>

Shoulders

Dumbbell bent over rear laterals

Do a few warm up sets and then do 4 sets of 30 here, if you cannot get to 30 with full ROM sets, just keep them moving and do partials till reaching the target.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Dumbbell side laterals

Raise your arms to 10 and 2 o'clock. Raise them up, contract hard, then right back down. Do 4 sets of 12.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Barbell front raises

What a great way to finish off workout 1 of chest/shoulder specialization. Do 4 sets of 12 here.

Total Work Sets: 4

Goal: Supramax 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

Goal: Activate and pump

RPE: 9-10

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

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>

Tuesday

Back – 4 exercises – 15 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

7 exercises – 28 sets

Back

Meadows rows

Work your way up to a tough set of 8 and stick with it for 4 total sets. Keep perfect form. Don't forget to get a good stretch at the bottom. Using 25lb plates will help give you more range of motion. In the video take a look at all 3 guys form. All slightly different, but all 3 smashing the back.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9

Video: https://www.youtube.com/watch?v=QrB4QO1E_AU

Assisted pull-ups

The name of the game here is perfect form. Keep your chest lifted, drive your elbows down, squeeze for a 1 count at contraction, then feel the negative the entire way down. Do 4 sets of 8.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Cable low rows

On these use a weight that you hit about 12 reps with. Hold the contraction and squeeze every rep as if your life depended on it for 1 second. Do 4 sets like this with individual handles so you can really get your elbows back.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Hyperextensions

Do these holding a dumbbell or plate, do 2 second hold at contraction of every rep and try to get at least 15-20 reps. Do 3 sets.

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Abs

Ab combination #1

This is a hanging leg raise and incline sit up combo. Do 4 rounds for 8 total work sets.

Total Work Sets: 8

RPE: 8-9

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

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 half reps out of the bottom, and a 10 second stretch.

Total Work Sets: 4

RPE: 10

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

In between each set add in a set of 10 like this for tibia.

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

Wednesday

Triceps – 3 exercises – 9 sets
Biceps – 3 exercises – 12 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets

9 exercises – 33 sets

Just like with the back specialization, I will be pulling some tricep volume but adding in some bicep work. We have to take care of your elbows.

Triceps

V-bar pushdowns

I want major pump here, just ramp these babies full of blood after 3-4 warm up sets. Do 3 sets of 15 here also.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

Rope pushdowns

Now switch out for the rope and do pushdowns for 3 sets of 20.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

Seated rope extensions

Finish with these for a massive stretch and pump! Do 4 sets of 12 here.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

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

Biceps

Dumbbell curls

Do 4 sets of 10 palms up the entire time but I want a 3 sec negative on every rep.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Hammer curls

Do 4 sets of 10 here but we are only working the bottom half of the motion. Come down get a full stretch, then up to the midrange, SQUEEZE, then right back down.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

EZ bar preacher curls

Do 4 sets of 8 here, remember do not go all the way down. If this exercise is done properly it is my absolute favorite for bicep growth.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Abs

Ab combination #3

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

Total Work Sets: 8

RPE: 9-10

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

Calves

Seated raises

Do 2 warm up sets first. Do 4 sets of 15 reps. On each rep pause at the top and squeeze for 8 seconds. These are LONG painful sets of 15.

Total Work Sets: 4

RPE: 10

In between each set add in a set of 10 like this for tibia.

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

Thursday

Chest – 3 exercises – 9 sets
Shoulders – 3 exercises – 12 sets
Abs – 1 exercise – 3 sets
Calves – 1 exercise – 1 set

8 exercises – 25 sets

Chest

Decline Hammer Strength press

Work your way up to a weight that is tough for 8, but you know you could do 2-3 more reps if you pushed yourself. This starter exercise is all about the contraction, so don't go deep with the stretch and hurt your shoulders. Do 3 sets with it. USE THE RPE chart! if you do not have this machine feel free to use dumbbells.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8

Flat dumbbell press

Do 3 sets of 10 here really opening up your chest in the bottom of the movement. The goal of the first exercise was contraction, here I want the stretch to be your focus and only come up to $\frac{3}{4}$ lockout. Leave a few reps in the tank on every set.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Pec-Dec flyes

Do 3 sets of 15 here to stretch everything good but also get an incredible contraction. You should be moving onto shoulders with a great pump but not feel beat up at all.

Total Work Sets: 3

Goal: Train muscle with stretch emphasis

RPE: 8

Shoulders

Nothing to failure!

Reverse Pec Dec

Do a few warm up sets and then do 4 sets of 20 here. This won't take a ton of weight if you are getting quality contractions.

Total Work Sets: 4

Goal: Supramax pump

RPE: 8

Dumbbell side laterals

Do 4 sets of 10.

Total Work Sets: 4

Goal: Supramax pump

RPE: 8

Dumbbell side raise partials

Now simply sit down with the same dbs you just used for the sets of 8 and give me very controlled sets of 15 here.

Total Work Sets: 4

Goal: Supramax pump

RPE: 8

Calves

Seated calf raises

Do 1 set of 100. Stop as often as you need, but never rest more than 10 seconds. Don't stop until you hit all 100 reps. Every week start with a little heavier weight.

Total Work Sets: 1

Goal: Stretch and pump

RPE: 12

Abs

Hanging leg raise

Do 3 sets to failure here.

Total Work Sets: 3

RPE: 9

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

Friday

Legs – 6 exercises – 19 sets

Abs – 3 exercises – 9 sets

9 exercises – 28 sets

Legs

Lying leg curls

Do 3-4 warm up sets and then do 4 heavy sets of 10 + 10 bottom half partials using constant tension pumping the reps out.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 11

Adductor machine

Do 3 sets of 10 here. Leave a few reps in the tank on all sets.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Leg extensions

For your quad warm up I want 3 sets of 30 with light weight (this will get a quick pump for you) Then move the pin down 5 holes or so and give me 3 sets of 10 with a 3 second hold at the contraction.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Leg press

Now that your hams, adductors and quads are all swollen, time to get to work. Keep going up doing sets of 8 until you can barely get 8. We will call this 3 work sets. Don't take too big of jumps, we need a little volume. Do these with a narrow stance low on the platform to nail your quad sweep.

Total Work Sets: 3

Goal: Supramax pump

RPE: 7-10

Hack Squats

Keep going up doing sets of 8 until you can barely get 8. Do these explosively. We will call this 3 work sets. Don't take too big of jumps, we need a little more volume. Come down, pause in the hole for 1 count, then fire up.

Total Work Sets: 3

Goal: Train explosively

RPE: 7-10

Stretching: Stretch each quad hard for 15 seconds after each set.

Dumbbell stiff legged deadlift

Do 3 sets of 10 here coming up to $\frac{3}{4}$ lockout. Keep tension on your hams.

Total Work Sets: 3

Goal: Train muscle with a stretch emphasis

RPE: 8-9

Abs

Ab combination #4

This is a leg raise, rope crunch, and incline sit-up combo. Do 3 rounds for 9 total work sets.

Total Work Sets: 9

RPE: 10

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

Saturday

Chest – 3 exercises – 9 sets

Shoulders – 3 exercises – 8 sets

Calves – 1 exercise – 4 sets

7 exercises – 21 sets

Chest

Slight incline Smith machine press

Do 3 sets of 12 here once you are good and warmed up. Pump your pecs full of blood here. Do not hit failure! Treat your range of motion the same as you do with barbells. Do not touch chest and come to $\frac{3}{4}$ lockout.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8

Chest dips superset with stretch pushups

Remember our goal, PUMP not total annihilation. This is a great super set to pump your chest like crazy. Feel free to do assisted dips if you need to then move onto stretch pushups. Keep your chin up and get a good stretch.

Total Work Sets: 6 (3 rounds)

Goal: Supramax pump

RPE: 8

Video: <https://www.youtube.com/watch?v=Qv0ebDw1x6U>

Shoulders

Nothing to failure!

Machine rear laterals

Do a few warm up sets and then do 3 sets of 12 here.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

6 ways

Do 3 sets of 10 here.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Video: <https://www.youtube.com/watch?v=E-cCXkSi7IQ>

Dumbbell side laterals

Do 2 sets of 10. You only have 2 sets so make sure they are perfect form and you are feeling it in the target muscle.

Total Work Sets: 2

Goal: Supramax pump

RPE: 8

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 half reps out of the bottom, and a 10 second stretch.

Total Work Sets: 4

RPE: 10

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

Sunday

Off – Family Day

Donut day after church!

Week 10

Week 2 of the high frequency for chest and shoulders! Your shirts should be feeling tighter at this point.

Monday

Chest – 3 exercises – 10 sets

Shoulders – 3 exercises – 11 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

9 exercises – 33 sets

Chest

You can never have too much upper chest. Today even though all the exercises are incline, I want them to all be slightly different angles. Ideally you would just move up 1 hole on the adjustable bench with each exercise. So the dumbbell press would be the least amount of incline, the barbell would be in the middle and the flye would be at the steepest angle.

Incline dumbbell press

Just like last week 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 3 work sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8-10 increasing as you go

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

Incline bench press

No bands this week, but still focus on generating tons of tension in your upper chest. 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 3 sets.

Total Work Sets: 3

Goal: Train explosively

RPE: 9

Incline db flyes

Do 4 sets of 10 here to stretch everything good, remember to change the angle of the incline.

Total Work Sets: 4

Goal: Train muscle with stretch emphasis

RPE: 9-10

Shoulders

Dumbbell Side laterals

Do a few warm up sets and then do 4 sets of 10 here.

Total Work Sets: 4

Goal: Activation and pump

RPE: 9

*Do 10 over and backs with a rope between sets here for some extra FIRE!

High cable rear laterals

Stand away from the machine a little so your arm is crossing in front of you before you pull the weight back. This will give you some extra range of motion. Do 4 sets of 20 with a big squeeze on every rep.

Total Work Sets: 4

Goal: Activation and pump

RPE: 9

Video: <https://www.youtube.com/watch?v=7n9sLre9pss>

Band pull aparts

Using an orange micro or red give me 15 pull aparts to finish off shoulders. Do 3 sets.

Total Work Sets: 3

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

RPE: 9-10

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

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>

Tuesday

Back – 4 exercises – 16 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

7 exercises – 28 sets

Back

Deadstop dumbbell rows

Work your way up to a tough set of 8 and stick with it for 4 total sets. Keep perfect form.

Don't forget to get a good stretch at the bottom. There is just something about this exercise that gets my back pumped.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9

Single arm supinated pulldowns

I want you to do 4 sets of 10 here with each arm. Remember to drive the elbow down hard and flex your lower lat until it feels like it is cramping.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

DY or Seated Mag Grip Rows

Staying with the underhand grip, get those elbows back and keep driving blood into your low lats. Do 4 sets of 10.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Hyperextensions

Do these without bands this week to failure. Do 4 sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Abs

Ab combination #1

This is a hanging leg raise and incline sit up combo. Do 4 rounds for 8 total work sets.

Total Work Sets: 8

RPE: 8-9

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

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 half reps out of the bottom, and a 10 second stretch.

Total Work Sets: 4

RPE: 10

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

In between each set add in a set of 10 like this for tibia.

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

Wednesday

Triceps – 3 exercises – 12 sets

Biceps – 3 exercises – 12 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

9 exercises – 36 sets

Triceps

all about crazy pump then onto bis, bringing back an old favorite of mine Crazy 8's

V-bar pushdown/Pronated Kickback/Dips

ok so after 4 or so sets of pushdowns to warm up here is what I want. Everything is done for reps of 8 and very controlled. So we start with V Bar pushdowns for 8 reps, then pronated db kick backs for 8 then bodyweight cross bench dips for 8 reps. The pump here is out of this world!!

Total Work Sets: 12 (4 rounds)

Goal: Supramax pump

RPE: 9-10

Video: https://www.youtube.com/watch?v=ajZ3u_P2LFA

Stretching: After the last set, squat down some, reach around and grab a pole or something, now gently stand up to stretch your triceps. Hold the max stretch for 30 seconds. Do each arm 1 time.

Biceps

Incline Db Curls

Do 4 sets of 12 here with perfect form. Feel the stretch then squeeze hard at the top. This is a great exercise that delivers one hell of a punch.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Spider curls

Do 4 sets of 10 here with a straight bar or EZ curl bar, whichever is easiest on your wrist. Drop your head at the top and really squeeze this.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=PWhIhFut6Tc>

EZ bar reverse curls

Do 4 sets of 15 here.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Abs

Ab combination #3

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

Total Work Sets: 8

RPE: 9-10

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

These sets are all RPE of 9-10.

Calves

Seated raises

Do 2 warm up sets first. Do 4 sets of 15 reps. On each rep pause at the top and squeeze for 8 seconds. These are LONG painful sets of 15.

Total Work Sets: 4

RPE: 10

In between each set add in a set of 10 like this for tibia.

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

Thursday

Chest – 3 exercises – 9 sets
Shoulders – 3 exercises – 12 sets
Abs – 1 exercise – 3 sets
Calves – 1 exercise – 1 set

8 exercises – 25 sets

Chest

Pec-Dec Flye

Little old school pre-exhaust method here. After a few warm-ups, I want you to really get your chest full of blood. This will make both the presses we do next much harder, but your mind-muscle connection should be off the charts. 3 sets of 15 reps here.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8

Hex dumbell press

Do 3 sets of 10 here flexing hard at the top. Leave a few reps in the tank on every set.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Video: <https://www.youtube.com/watch?v=oL7Tb4ofKUI>

Machine Press

Pick a machine that you absolutely love and give me 3 solid sets here using a full ROM and nailing peak contraction. Do 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Shoulders

Nothing to failure!

Rear Delt Swings

Do 4 sets of 20 here, pay attention to the form in the video.

Total Work Sets: 4

Goal: Supramax pump

RPE: 8

Video: <https://www.youtube.com/watch?v=hKLR7hV3A6g>

Machine side laterals

Do 4 sets of 12. Really focus on the negative of this motion. Do not rush the set.

Total Work Sets: 4

Goal: Supramax pump

RPE: 8

Spidercrawls

This is a great exercise for shoulder health and give a wicked pump in your delts as well. Do 4 sets of 3 passes here.

Total Work Sets: 4

Goal: Supramax pump

RPE: 8

Video: <https://www.youtube.com/watch?v=IeKQCX-qvp8>

Calves

Seated calve raises

Do 1 set of 100. Stop as often as you need, but never rest more than 10 seconds. Don't stop until you hit all 100 reps. Every week start with a little heavier weight.

Total Work Sets: 1

RPE: 12

Abs

Hanging leg leg raise

Do 3 sets to failure here.

Total Work Sets: 3

RPE: 9

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

Friday

Legs – 6 exercises – 20 sets

Abs – 3 exercises – 9 sets

9 exercises – 29 sets

Legs

Seated leg curls

Do 3-4 warm up sets and then do 4 sets of 8 + 3 forced reps on each set.. This should have your hams screaming.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 11

Butt Blaster

Let's take a week off adduction and get a pump in your glutes. 3 sets of 12 here.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=WuknU-10NIU>

1 Leg Leg Press

So I want you to start with 1 plate per side and just keep going up till you miss 10 reps on each leg. Ideally you would get 4-5 sets here, so if you aren't strong enough to do that, use 25 pound plates.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Leg Press

So we are going to start where you left off. Meaning if you finished with 5 plates per side on 1 leg leg press, our first set of leg press is going to be with 6 plates per side. Pick a foot position where you are your strongest and keep adding plates till you miss 12 reps. We will call this 3 working sets.

Total Work Sets: 3

Goal: Supramax pump

RPE: 7-10

Video:

Walking Lunges superset with Sissy Squats

Grab a pair of 50 pound dbs and try to get 20 or so steps alternating each leg. After you do that give me 10 reps on the sissy squat, this may sting a little.

Total Work Sets: 3

Goal: Supramax pump

RPE: 10-12

Barbell stiff legged deadlift

Do 3 sets of 8 here coming up to $\frac{3}{4}$ lockout. Keep tension on your hams.

Total Work Sets: 3

Goal: Train muscle with a stretch emphasis

RPE: 8-9

Abs**Ab combination #4**

This is a leg raise, rope crunch, and incline sit-up combo. Do 3 rounds for 9 total work sets.

Total Work Sets: 9

RPE: 10

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

Saturday

Chest – 3 exercises – 9 sets

Shoulders – 3 exercises – 9 sets

Calves – 1 exercise – 4 sets

7 exercises – 22 sets

Chest

Dumbbell press

Do 3 sets of 15 here once you are good and warmed up. Pump your pecs full of blood here. Do not to hit failure! Take these to $\frac{3}{4}$ lockout. Simply put a 45 pound plate under the head of the bench to give just a very slight incline.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8

Video: <https://www.youtube.com/watch?v=aewj4iEvEJI>

Flyes with special form

I am not really sure what to call these, but really focus on your pecs and you will feel a crazy contraction. Watch the video closely. Pay attention to how I am not overstretching and also only coming up so far, as you don't want to lose tension on your pecs. Do 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

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

Pec-Minor Dips

Do 3 sets to failure. This is one of my favorites. It is done for your pec minor. You do not bend your arms. Keep them straight and lower your body. Then flex your chest to bring yourself back up.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=IerK6jDwJN0>

Shoulders

Nothing to failure!

Over and Back Press

Do a few warm up sets and then do 3 sets of 10 here. Remember over and back is 1.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Video: <https://www.youtube.com/watch?v=4ZF9tIPv1Sk>

Dumbbell side laterals

Do 3 sets of 12.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Reverse Pec Dec

Do 3 sets of 25 here.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

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 half reps out of the bottom, and a 10 second stretch.

Total Work Sets: 4

RPE: 10

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

Sunday

Off – Family Day

Donut day after church with the family!

Week 11

Week 3 of the high frequency for chest and shoulders! 2 weeks left to get some progress before the deload.

Monday

Chest – 3 exercises – 9 sets
Shoulders – 3 exercises – 9 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets

9 exercises – 30 sets

Chest

This is very upper chest heavy.

Incline Hammer Strength press

This is how I prefer to do incline hammer strength machine presses most of the time. Go to full stretch, relax, drive up hard explosively, and flex. Really work this piece to start and your upper chest will be slammed with blood.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8-10 increasing as you go

Video: https://www.youtube.com/watch?v=ww_-M66MQ9A

Incline bench press

Work your way up doing sets of 6 until you can barely hit 6. This is the same as last week but I lowered the reps to allow you to handle a little more weight. 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 3 sets.

Total Work Sets: 3

Goal: Train explosively

RPE: 9

Flat bench press with a pause

This should feel amazing after the first 2 movements. It won't take a ton of weight if done correctly. Come to a complete stop 3 inches above your chest, then lower all the way and press back up. 3 sets of 8 reps here will be the perfect amount.

Total Work Sets: 3

Goal: Train explosively

RPE: 9-10

Video: <https://www.youtube.com/watch?v=8civGOJ8R14>

Shoulders

6-ways

Let's start with these today. Watch the video for a refresher if needed. I want 3 sets of 10 reps. My goal with these are to not pause at any position of the rep for all 3 sets of 10. Check out the cool shirt 😊.

Total Work Sets: 3

Goal: Activation and pump

RPE: 9

Video: <https://www.youtube.com/watch?v=E-cXkSi7IQ>

*Do 10 over and backs with a rope between sets here for some extra FIRE!

Seated dumbbell side laterals with forward lean

We are going to stay with the same seat but just need some heavier dbs. Watch the video for the exact execution of what I want here. Do 3 sets of 10.

Total Work Sets: 3

Goal: Activation and pump

RPE: 9

Video: <https://www.youtube.com/watch?v=CpDBdo3U-dI>

Cage Presses

Not looking to break PR's here, put a belt on, drive the bar into the power rack and explode up. Another one of my favorites. Do 3 sets or 8.

Total Work Sets: 3

Goal: Train explosively

RPE: 9

Video: <https://www.youtube.com/watch?v=iCYS8Y44n8w>

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

RPE: 9-10

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

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

RPE: 10

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

Tuesday

Back – 4 exercises – 15 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

7 exercises – 27 sets

Back

Dumbbell rows

Work your way up doing sets of 10. Once you get to a hard 10, I want you to do a dropset with it. Do 10, then drop the weight and do 10 more, then drop the weight and do 10 more. We will count this as 3 work sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 9

Video: <https://www.youtube.com/watch?v=mrlijSPI7ks>

Seated cable rows

I need 4 perfect form sets of 10 here. You may have used some body English on that final set of db rows, so I want flawless form here.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Swiss bar Pulldowns

If you don't have access to the swiss bar, I want shoulder width and neutral grip. This allows for a free shoulder girdle and a great contraction in the lats. 4 sets of 10 with hard flexes on this exercise.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9-10

Video:

Banded Good Mornings

Time to finish your back off here. The goal is 100 total reps rest pause style. So do as many as you can, take a seat, take 8 deep breaths and start back. Repeat this process till you get to 100. Good night posterior chain. We will call this 4 sets.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

Video: https://www.youtube.com/watch?v=BdO-_CM7AW0

Abs

Ab combination #1

This is a hanging leg raise and incline sit up combo. Do 4 rounds for 8 total work sets.

Total Work Sets: 8

RPE: 8-9

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

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 half reps out of the bottom, and a 10 second stretch.

Total Work Sets: 4

RPE: 10

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

In between each set add in a set of 10 like this for tibia.

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

Wednesday

Triceps – 3 exercises – 9 sets

Biceps – 3 exercises – 9 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

9 exercises – 30 sets

Triceps and Biceps

Single arm triceps pushdowns

Do these as seen in the video below for 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=ERdBCPP08wk>

Superset with

Db Curls w/Grip4orce

So just take some dbs over to the cables, slap your Grip4orce (if you have them) on them and time to curl. 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Incline lying extensions

Do 3 sets of 15 really getting a good stretch on the tris.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Superset with

E-Z Bar curls

After your extensions, just stand up and knock out 10 reps on curls. 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Pushdowns on dip/chin machine

Try to really let your elbows ride up high so you put a massive stretch on the inner head of your triceps here. Try to turn this really into a stretch movement more than a "contraction" movement. Do 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

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

Superset with

Cross body Hammer curls with Grip4orce

Just like with sequence #1, take the dbs over to the assisted pull up and after your pushdowns bang out cross body hammer curls with the Grip4orce attached. 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Abs

Ab combination #3

This is a rope crunch and a pulldown 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=FDCigeU12_k

Calves

Seated raises

Do 2 warm up sets first. Do 4 sets of 15 reps. On each rep pause at the top and squeeze for 8 seconds. These are LONG painful sets of 15.

Total Work Sets: 4

Goal: Supramax pump

RPE: 10

In between each set add in a set of 10 like this for tibia.

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

Thursday

Chest – 3 exercises – 9 sets
Shoulders – 3 exercises – 9 sets
Abs – 1 exercise – 3 sets
Calves – 1 exercise – 1 set

8 exercises – 22 sets

Chest

Nothing to lockout today since we had a good arm day yesterday

Machine press

Work your way up until you barely hit 8 on last set only going to 3/4s lockout. We will call this 3 work sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8

Flat dumbbell press

Do 3 sets of 12 here taking these to $\frac{3}{4}$ lockout. Leave a few reps in the tank on every set.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Stretch Pushups

With every rep, pause in the hole for a 2 count, then blast up, remember NO LOCKOUT. Do 3 sets of 10-15, if that is too easy, throw some chains on your back.

Total Work Sets: 3

Goal: Train muscle with stretch emphasis

RPE: 8

Shoulders

All rear delt today – Nothing to failure!

Reverse Pec Dec

Do 3 sets of 20.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Dumbbell bent over rear laterals

Do 3 sets of 12. Again, notice the RPE, leave reps in the tank.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Band Pull Aparts

Do 3 sets of 30 using the micro mini band.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Calves**Seated calf raises**

Do 1 set of 100. Stop as often as you need, but never rest more than 10 seconds. Don't stop until you hit all 100 reps. Every week start with a little heavier weight.

Total Work Sets: 1

Goal: Stretch and pump

RPE: 12

Abs**Hanging leg leg raise**

Do 3 sets to failure here.

Total Work Sets: 3

RPE: 9

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

Friday

Legs – 6 exercises – 19 sets

Abs – 3 exercises – 9 sets

9 exercises – 28 sets

Legs

Standing leg curls

Do 2-3 warm up sets and then do 4 sets of 12 here each leg.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9-10

Adductor machine

Do 3 sets of 10 here after a week off you probably missed doing these. Time for redemption, attack these hard today.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

Front squats

Time to place all that blood into the quads now. If for some reason you don't like or feel front squats, use a Safety Squat Bar or spider bar here. Do sets of 8 till you miss 8.

Total Work Sets: 3

Goal: Train explosively

RPE: 9

Leg extensions

Do a few warm ups and then do sets of 12 with 3 second holds at the top of every rep, until you hit a weight that you just barely get this with. We will call this 3 work sets.

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Hack Squat 1.5's

3 sets of 8 here doing 1.5 reps per rep. Great quad finisher and I want you to use a narrow stance here as well. Remember this means going down all the way, coming up half way and immediately going back down and then going up to full lockout. That is 1 rep.

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Dumbbell stiff legged deadlift

Do 3 sets of 8 here coming up to $\frac{3}{4}$ lockout. Keep tension on your hams.

Total Work Sets: 3

Goal: Train muscle with a stretch emphasis

RPE: 8-9

Abs**Ab combination #4**

This is a leg raise, rope crunch, and incline sit-up combo. Do 3 rounds for 9 total work sets.

Total Work Sets: 9

RPE: 10

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

Saturday

Chest – 3 exercises – 9 sets

Shoulders – 3 exercises – 9 sets

Calves – 1 exercise – 4 sets

7 exercises – 22 sets

Chest

Neutral Grip Machine press

Do 3 sets of 10 here once you are good and warmed up. Pump your pecs full of blood here. Do not hit failure! Take these to full lockout and flex.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8

Video: <https://www.youtube.com/watch?v=RYn6cDupJ5w>

Incline dumbbell flyes

Do 3 good hard sets of 10 here. After your last rep on each set, hold the stretch position for 10 seconds. Keep your chest tall and feel your rip cage expand and more blood rush into your chest.

Total Work Sets: 3

Goal: Train muscle with a stretch emphasis

RPE: 9-10

Decline Smith machine press

Do 3 working sets of 10 reps here on a slight decline.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Shoulders

Nothing to failure!

Dumbbell front raises

I want these done face down on an incline bench so they are ultra strict. 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Dumbbell side laterals

Do 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

*Do 10 over and backs with a rope/band in between sets here!

Reverse Pec-Dec

Do 3 sets of 15 here. Do these nice and slow flexing HARD.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

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 half reps out of the bottom, and a 10 second stretch.

Total Work Sets: 4

RPE: 10

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

Sunday

Off – Family Day

Donut day after church with the family!

Week 12

Ok this is the last week, time to get a little nutty. Just like with the Sentinel I want this last week to really overreach a bit so that after this program a 2 week deload with very low intensity works perfectly.

Monday

Chest – 4 exercises – 11 sets
Shoulders – 3 exercises – 9 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets

10 exercises – 32 sets

Chest

This is very upper chest heavy.

Incline dumbbell press

I want to create a ton of tension. Watch the video closely to see what Im talking about. Do sets of 10 going up, and then when you hit your top weight for 10, do a drop set. I want 2 drops, so 30ish reps on the last set. We will call this 3 work sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8-11 increasing as you go

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

Incline Flyes with manual Resistance

After that drop set this will feel great to stretch everything out. So grab some dbs and knock out 8 reps on flyes, reduce the weight by 20 pounds or so and then get your partner to give you manual resistance for another 6-8 reps. Give me 3 sets like that.

Total Work Sets: 3

Goal: Train muscle with stretch emphasis

RPE: 9-11

Video: <https://www.youtube.com/watch?v=Ajj8U7wObTw>

Incline bench press

You won't be pressing your normal load here, but that doesn't mean to go light. Get to a solid weight and try to nail 8, 6, 5 with it. Don't rush these sets.

Total Work Sets: 3

Goal: Train explosively

RPE: 9

Video:

Feet elevated stretch push-ups

All we need is 2 sets to failure. Keep your chin up, big stretch in the hole.

Total Work Sets: 2

Goal: Stretch and pump

RPE: 10

Shoulders

Dumbbell rear laterals

Do 3 sets of 10 here getting your shoulders ready for some pain. After your 3rd set, rest for 90 seconds. Get your straps out and I want a death set of hang swings. DO NOT stop I want to see if you can get more than 35 reps without quitting. Push your mental toughness here.

Total Work Sets: 4

Goal: Activation and pump

RPE: 9, then 13

Dumbbell side laterals

Do 3 sets of 10 reps.

Total Work Sets: 3

Goal: Activation and pump

RPE: 9

Spidercrawls

I want your first set to be done for 1 minute. Up and down the wall for one straight minute. On your last set go until you lose all tension on the band and can no longer raise your arms.

Total Work Sets: 2

Goal: Supramax pump

RPE: 9-12

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

RPE: 9-10

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

Calves

Calve program #4

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

Total Work Sets: 4

RPE: 10

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

Tuesday

Back – 5 exercises – 15 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

8 exercises – 27 sets

Back

1 arm bb rows/meadows row superset

Throw back to OG Creeping Death. This is brutal if done right. So after some warm ups I want you to find a solid weight, nail 6 1-arm bb rows with your right arm, switch grips and do 6 meadows rows with your right arm. Immediately do the exact same for your left arm.

Hello back pump.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 10

Video: <https://www.youtube.com/watch?v=FY5YxDfkvLY>

Seated Cable Rows

Time for even more blood flow to your back. I want that thing cramping and locking up on you (in a good way). Do 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Banded Dumbbell pullovers

You will be in need of a good stretch here after the first 3 exercises. Do 3 sets of 10 here.

Total Work Sets: 3

Goal: Train muscle with a stretch emphasis

RPE: 9

Assisted Pull-ups

Do 3 sets of 12 here. Hold every rep for a 2 second count in the contracted position and flex as hard as you can.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

Hyperextensions

Do these with bands this week. Do 3 sets of 12 using very hard band tension.

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Abs

Ab combination #1

This is a hanging leg raise and incline sit up combo. Do 4 rounds for 8 total work sets.

Total Work Sets: 8

RPE: 8-9

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

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 half reps out of the bottom, and a 10 second stretch.

Total Work Sets: 4

RPE: 10

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

In between each set add in a set of 10 like this for tibia.

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

Wednesday

Triceps – 3 exercises – 12 sets

Biceps – 3 exercises – 9 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

9 exercises – 33 sets

Triceps

Single handle pushdowns

After a few arm up sets for the elbows knock out 4 sets of 15 here. Take these to lockout and flex tris.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=QMVRFB83CSk>

Reverse Grip pushdowns with single handles

Simply flip the handles around and smash another 4 sets of 15 here.

Total Work Sets: 4

Goal: Supramax pump

RPE: 9

Video: <https://www.youtube.com/watch?v=0HwypJ3KND0>

Decline Skull Crushers

Let's finish triceps with 4 sets of 12 here. Really work the stretch ok.

Total Work Sets: 4

Goal: Train muscle from stretch position

RPE: 9-10

Video: https://www.youtube.com/watch?v=q0bzH7j_mJw

Biceps

21's with an E-Z bar

Old school movement here. 7 top half's, 7 full range of motion reps, then 7 bottom half reps. After 3 just regular curl warm ups do 3 sets of 21.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

EZ bar Preacher curls

This will give you even more blood in the biceps. Do 3 sets of 10.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Hammer Curls curls

Do 3 sets of 8 + 8 bottom half partials here.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9

Abs

Ab combination #3

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

Total Work Sets: 8

RPE: 9-10

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

Calves

Seated raises

Do 2 warm up sets first. Do 4 sets of 15 reps. On each rep pause at the top and squeeze for 8 seconds. These are LONG painful sets of 15.

Total Work Sets: 4

RPE: 10

In between each set add in a set of 10 like this for tibia.

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

Thursday

Chest – 3 exercises – 9 sets
Shoulders – 3 exercises – 9 sets
Abs – 1 exercise – 3 sets
Calves – 1 exercise – 1 set

8 exercises – 22 sets

Chest

Machine press

Work your way up doing sets of 8, once you hit your top in weight, reduce the weight by 40% and I want PERFECT form reps to positive failure. We will call this 3 work sets.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8-10

Incline Neutral Grip press

Do 3 sets of 10 here lowering controlled to a good stretch then ram them up.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Video: <https://www.youtube.com/watch?v=3YT5jQS9bAQ>

Pec-Dec flye

Do 3 sets of 15 here. On your 3rd set let's do a 20 second ISO hold. Get to the mid-range, keep your chest up and try to force your partner's hands together.

Total Work Sets: 3

Goal: Train muscle with stretch emphasis

RPE: 9-10

Shoulders

Nothing to failure!

Reverse Pec-Dec

Do 3 sets of 15 here with a huge flex at contraction.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Dumbbell side laterals

Do 3 sets of 8 with flawless form.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Slightly pronated dumbbell front raises

Do 3 sets of 8-10 here.

Total Work Sets: 4

Goal: Supramax pump

RPE: 8

Calves**Seated calve raises**

Do 1 set of 100. Stop as often as you need, but never rest more than 10 seconds. Don't stop until you hit all 100 reps. Every week start with a little heavier weight.

Total Work Sets: 1

RPE: 12

Abs**Hanging leg leg raise**

Do 3 sets to failure here.

Total Work Sets: 3

RPE: 9

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

Friday

Legs – 6 exercises – 21 sets

Abs – 3 exercises – 9 sets

9 exercises – 30 sets

Legs

Last leg day of the program, let's make it memorable

Lying leg curls

Do 2-3 warm up sets and then do 3 good sets of 8. On your 4th set stick with that same weight but find a way to get 10. Then I want a drop set where you do get 15 reps (half or more can be partials if need be) then one last drop where it's slow and controlled for 8, you are going to want to go fast, don't, relish in the pain.

Total Work Sets: 4

Goal: Activation and start pump

RPE: 9-11

Adductor machine

Do 3 sets of 10 here. Leave no reps in the tank here. Pause at the contraction and pause in the stretch, this will increase time under tension and create even more blood flow. On your last set tack on 5 forced reps using your hands.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-11

Squats

Do a few warm ups and then crank out sets of 8 all the way up until you lose explosiveness. From here, rest 2 mins and then reapproach the bar, it's time to get wacky. Challenge set time.....grit your teeth, find your happy place and go to war. We will call this 4 work sets.

Total Work Sets: 4

Goal: Train explosively

RPE: 10

Leg Press

Ascending set here. Start with 3 plates per side and see how many mini sets of 4 you can get before racking it. We will call this 3 sets. If you need to see a video of how this is done fast forward to 8:12 and there it is.

Total Work Sets: 3

Goal: Supramax pump

RPE: 10

Video: <https://www.youtube.com/watch?v=A0QYYTRNjQ&t=687s>

Walking Lunges

Grab some moderately heavy dbs and I want you to take 8 strides with your right leg, turn around and come back striding out with your left leg. Each set alternate which leg you start with.

Total Work Sets: 4

Goal: Supramax pump

RPE: 11

Stretching: at the end of the lunges I want you to stretch your quads hard for 30 seconds, then stand up and flex your quads as hard as you can for 10 seconds. Repeat this 2 more times and then move onto stiff legs.

Dumbbell stiff legged deadlift

Do 3 sets of 10 here coming up to $\frac{3}{4}$ lockout. Keep tension on your hams.

Total Work Sets: 3

Goal: Train muscle with a stretch emphasis

RPE: 8-9

Abs

Ab combination #4

This is a leg raise, rope crunch, and incline sit-up combo. Do 3 rounds for 9 total work sets.

Total Work Sets: 9

RPE: 10

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

Saturday

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

7 exercises – 22 sets

Chest

High incline Smith press

Get a few warm-ups in and then time to work. Do 3 sets of 10.

Total Work Sets: 3

Goal: Activation and start pump

RPE: 8

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

Dumbbell twist press

Do 3 good hard sets of 10 here. Double check the form on the video, this should make your chest cramp if done properly.

Total Work Sets: 3

Goal: Train muscle with a stretch emphasis

RPE: 9-10

Video: https://www.youtube.com/watch?v=a4LNK8W_9-g

Ladder Push-ups

Last thing for chest in this program. 3 rounds of this drop set. This is going to BURN like fire.

Total Work Sets: 3

Goal: Supramax pump

RPE: 9-10

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

Shoulders

Nothing to failure!. Your shoulders will probably be cooking from the push-ups.

Machine rear laterals

Do a few warm up sets and then do 3 sets of 10 here. Hold the contracted position for 1 second on each rep.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

Dumbbell side laterals

Do 3 sets of 8.

Total Work Sets: 3

Goal: Supramax pump

RPE: 8

*Do 10 over and backs with a rope/band in between sets here!

Cage press

Do 3 sets of 5 here. Do these nice and slow on the negative, pause on the pins, then ram up and FLEX hard.

Total Work Sets: 3

Goal: Train explosively

RPE: 8

Video: <https://www.youtube.com/watch?v=iCYS8Y44n8w>

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 half reps out of the bottom, and a 10 second stretch.

Total Work Sets: 4

RPE: 10

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

Sunday

Off – Family Day

Donut day after church with the family!

Heed this advice.....rest, recover, and get some tissue work done. Your body will need it. Do not take this lightly as it will pay dividends in your future and longevity in this sport.

