

This is a variation of the program I employ in the off season to build mass. There is no reason why you couldn't use it in a cutting phase as well. You would simply adjust calories so that you are in a caloric deficit most of the week to burn fat. Whether you are burning fat as your primary focus or building muscle, the main factor is energy balance at the end of the day. Are you in a caloric surplus or deficit?

This program involves giving more body parts a high frequency blast. I do not believe it is wise to do more than 2 body parts as "high frequency" if your goal is purely hypertrophy (mine is).

Here is how the variation will look:

Week 1-4 – Legs and glutes; high frequency

Week 5-10 – Back; high frequency*

Week 11-14 – Legs/glutes and Shoulders; high frequency

**The back has an extra 2 weeks because it is a larger group of muscles and has a large variety of angles to work.*

If you want to customize the program for your weakest bodyparts and not go through the high frequency waves as prescribed, simply follow this guide:

- 1. Legs – Do legs, then your choice of either shoulders, OR back, then legs again, as written.*
- 2. Shoulders – Do shoulders, and then your choice of back or legs, then shoulders again.*
- 3. Back – Do back, then your choice of legs or shoulders, then back again.*

You simply pick your weakness and do it in the first and last rotation, while taking your second weakness and putting it in the middle. Very simple.

Rest breaks – Generally I like 60-90 seconds. When doing very heavy explosive work, and while doing crazy, nasty, intense sets you may need 3 minutes. I don't want you out of breath starting a set. 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. 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	
<i>Fairly easy like a warm-up weight</i>	<i>@ 6.0</i>
<u><i>You can do 4-6 more reps</i></u>	<i>@ 7.0</i>
<u><i>You can do 2-3 more reps</i></u>	<i>@ 8.0</i>
<u><i>You have 2 more reps left in the tank</i></u>	<i>@ 8.5</i>
<u><i>You have 1 more rep left in the tank</i></u>	<i>@ 9.0</i>
<u><i>Went to failure at perfect form</i></u>	<i>@ 10</i>
<u><i>Went to failure with loose form after perfect reps completed</i></u>	<i>@ 11</i>
<u><i>Used a high intensity technique to push beyond failure</i></u>	<i>@ 12</i>
<u><i>Used multiple high intensity techniques/go apeshit set!</i></u>	<i>@13</i>
<i>Click on any one of the tags for an example</i>	

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

Week 1

Monday

Legs/Glutes – 4 exercises – 12 sets

Abs – 1 exercise – 4 sets

Calves – 1 exercise – 1 set

6 exercises – 17 sets

Legs

Coaching point: Remember, this is a high frequency program (legs right now), so don't do a crazy amount of sets as legs will be worked on Thursday and Saturday also. There are 2 days of rest after this day, so heavy squats are placed here as to not tax the lower back excessively (give it sufficient rest).

Hip Thrusts – Do a few warm up sets. Work your way up to as much as you can handle for 8 reps. I want ALL reps to be rest pause. Make sure that your heels are directly under your knees in the lockout position. Use a hip width foot placement or slightly wider, and do not allow your knees to travel outside of your feet. The last 8 should be very difficult. **We want your glutes doing the work, not the muscles of your lower back or hamstrings.** To that effect, keep your lower back flat or slightly arched through the entire range of motion. If descending all the way down, or to a certain depth forces you to round your lower back, then stop just short of that range of motion and pause there for a split second. As the reps pile up, your range of motion and mobility should improve. We will count the last 3 sets as work sets.

3 total work sets

These sets are all RPE of 8-10. It gets harder as you go

Goal – Activation and start pump

Single Leg, Alternating, Lying leg curl – Do 2 sets of 20 here. This is pump insurance. I want to make sure your hams are loaded with blood. I want you to do all 20 reps on one leg, then all 20 on the other. Rest thirty seconds. Now do it again. **Squeeze the glute of the working leg as tightly as you can through the entire range of motion.** It may decrease the amount of weight you can do in this movement, but it will decrease the lower back recruitment so the work you are doing will be all hams. The glute isometric is great too! It is very hard to get 20 reps here with a lot of weight. You will see.

2 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Squats – Wear a belt. 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.

We are going to use a specific form for these. I want you to keep head and chest facing forwards through the entire rep. Bend at the hips first. **HIPS. NOT WAIST.** Then push your butt backwards. As you near the limit of your balance, bend at the knees and descend downwards but continue pushing your hips backwards. Your lower back should be flat or arched during the entire movement, head and chest upright and facing forwards. **Do not hunt for depth.** I want you to descend until just before your lower back begins to round, and then forcefully contract your glutes and fire up. Keep your feet hip width, don't let your knees travel outside of your feet. Keep your center of gravity just in front of your heels. Rinse and repeat.

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. Don't let the desire to go heavy negatively affect your form. The form is more important the weight.

3 total work sets

These sets are all RPE of 8-10. It gets harder as you go

Goal – Train explosively

Bulgarian Split squats – drop set of death – You will do 4 sets here. Pick a weight and do 8 reps with it. On the next set go heavier and do 8. On the 3rd set go heavier and do 8. On the 4th set start heavier as well. After you do 8, pause at $\frac{3}{4}$ lockout and do a 7 second isohold then drop down to the next weight and repeat. Keep repeating until you get down to the lightest dumbbells. This is going to test you mentally. Can you get all your reps and do all your isoholds. Most people just can't handle the pain. Make sure you keep your head and chest up, and use a forceful contraction in the glute to drive yourself upwards.

4 total work sets

These sets are RPE of 8-12. The last set is the obvious 12

Goal – Supramax pump

<https://www.youtube.com/watch?v=I1Ee3M6SDgQ&index=49&list=PLD5A37C01FC6D4C0D>

Abs

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

4 total work sets

These sets are all RPE of 8-9

Goal – Activation and pump

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

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 10 reps with a full range of motion and then stand on your toes and do a 10 second isohold. Then immediately do 10 more reps (these may turn into partials), and again do a 10 second isohold at the top, lastly, do a final 10 reps (this will definitely turn into partials), and a final 10 second isohold. This is nasty and I only want 1 set to start.

1 total work set

This set is an RPE of 11

Goal – Supramax pump

Tuesday

Chest – 4 exercises – 12 sets
Triceps – 3 exercises – 9 sets
Abs – 1 exercises – 4 sets
Calves – 1 exercise – 4 sets
9 exercises – 29 sets

Chest

Dumbbell press – Do these on a slight incline if possible (see video below to see correct angle). Do sets of 8 until you barely can get the 8th rep. Take the reps to $\frac{3}{4}$ lockout and then come right back down. Keep your chest flexed during the whole movement. Generate as much tension as humanly possible. We will count this as 3 working sets. Again, do not go up so fast that you cheat yourself out of volume.

3 total work sets

These sets are all RPE of 8-10

Goal – Activation and start pump

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

Incline barbell press – If you have done my programs before you know this is my bread and better chest exercise. I simply love these on a lower angle (when possible – see video below). Do sets of 6 explosively going up until you can just barely get 6. Like your squats yesterday, use a good controlled descent and then ram the weight up hard to $\frac{3}{4}$ lockout before coming back down. Always stop about 1-2 inches above your chest to save your rotator cuff from unnecessary strain! We will count this as 3 sets.

3 total work sets

These sets are all RPE of 8

Goal – Train explosively

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

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

3 total work sets

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

Goal – Activation and start pump

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

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 3 sets of 10. Leave a rep or two in the tank on each set. STRETCH it out!

3 total work sets

These sets are all RPE of 9

Goal – Train muscle with stretch emphasis

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

Triceps

Coaching point: You have done a lot of indirect triceps work already so we keep the volume medium here.

Pushdowns – Your elbows and tris will be plenty warm so you can dive right in. Do 3 sets of 12 here. Notice the handles and grip I am using in the video below! These are awesome. Go to failure on each set.

3 total work sets.

These sets are all RPE of 10

Goal – Supramax pump

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

Reverse grip pushdown – Now do the same thing but flip your hands over and do these “reverse” style. Do 3 sets to failure here. Each set should be about 12 reps.

3 total work sets.

These sets are all RPE of 10

Goal – Supramax pump

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

Decline lying extension – Do 3 sets of 10 here. Really work the stretch. Get your hands back and stretch hard!

3 total work sets.

These sets are all RPE of 10

Goal – Train muscle with stretch emphasis

https://www.youtube.com/watch?v=q0bzH7j_mJw&list=PL04BB5F1BC0300483&index=29

Abs

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

4 total work sets.

These sets are all RPE of 9-10

Goal – Stretch and pump

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

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. These will be slow painful sets.

4 total work sets

This set is an RPE of 10

Goal – Supramax pump

Wednesday

Shoulders – 3 exercises – 10 sets

Abs – 1 exercise – 6 sets

Calves – 1 exercise – 6 sets

5 exercises – 22 sets

Not a long day today, so make the most out of each set! Try to do some extra stretching, or hit the hot tub after and get some extra recovery modality time in if possible!

Shoulders

Reverse peck deck – 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 3 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.

3 total work sets

These sets are all RPE of 9-10

Goal – Activation and pump

Seated side laterals – Ok now we move that burn around to the side. Sit down and do 4 ultra-strict sets of 10 reps. Take the weight up to ear level. The 10th rep should be hard to do with perfect form.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Spidercrawls – On these you will go up and down 3 times for 1 set. Go up above head and then down to waistline approximately. Do 3 sets. 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.

3 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

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.

6 total work sets.

These sets are all RPE of 8-9

Goal – Activation and pump

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

Calves

Standing raises – Do 2 warm up sets first. I want you to do 6 sets of 20. What I want is for each set to look like this – get 10 full reps and then 10 partials out of a deep stretch.

6 total work set

This set is an RPE of 10

Goal – Supramax pump

Thursday

Legs – 3 exercises – 14 sets

Calves – 1 exercise – 4 sets

Abs – 1 exercise – 4 sets

5 exercises – 22 sets

Hams

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

3 total work sets

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

Goal – Activation and Supramax pump

Coaching point: We are doing back tomorrow so really try to limit how much your back is working during these. Glutes glutes glutes! If done properly, you won't feel any lower back doing these at all, just glutes.

Dumbbell Romanian deadlifts – Use a medium weight and do 6 sets of 10 here with 60 second breaks. Leave a few reps in the tank on each set! This is crucial! We need you to recover for Saturday. Don't force the stretch. You will get more flexible as you go. Keep your head and chest up, and an arch in your lower back. Push your hips/butt backwards, and bend your knees when necessary. These are not stiff legged deadlifts. If you keep your head and chest up and an arch in your back, you should feel your glutes load up. When you approach the limits of your flexibility, mindfully squeeze those glutes as hard as you can and drive your torso upwards. Don't just stand up with the weight, make your glutes lever your torso up.

6 total work sets

These sets are all RPE of 8

Goal – Activation and Supramax pump

Quads & Hams

Leg press – Go high and wide on these. 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). When you setup in the seat, do not round your lower back. Keep a bit of an arch or a flat back at the very least. This will assist in keeping your glutes involved in the movement. Do 5 working sets of 10 here. Again, leave a few reps in the tank on each set.

5 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Calves

Seated toe raises – Do 4 sets to failure here. Each set should be about 12 reps.

4 total work sets

These sets are all RPE of 10

Goal – Stretch and pump

Abs

Leg raise – Do 4 sets to failure here.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Friday

Back – 5 exercises – 18 sets
Biceps – 2 exercises – 6 sets
Abs – 1 exercise – 4 sets
8 exercises – 28 sets

Back

Hammer strength pulldowns – If you don't have this Hammer machine, no worries. I am looking for a pulldown that simulates the motion in the video below. Don't pay any attention to the variations, I just want you to see what the machine is. After warming up, do 4 sets of 8 once you work up to a weight that is a tough 8 with perfect form. I want you to really control the negative too. Flex your back hard as you eccentrically contract.

4 total work sets.

These sets are all RPE of 9

Goal – Activation and start pump

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

Smith rows – I want to do these as they are less hard on your lower back. Remember you did legs yesterday and again you will do some leg work tomorrow so we need to program accordingly. Do 4 sets of 10 here. I like to set the weight down on stops and drive the weight up explosively. Every rep is a rest pause rep.

4 total work sets

These sets are all RPE of 9

Goal – Train explosively

Seated cable row – Use a pronated grip here with individual handles. Do 4 sets of 10 here to nail lower traps and mid back. Squeeze your reps hard!

4 total work sets.

These sets are all RPE of 9

Goal – Supramax pump

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

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

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Banded hyperextensions – Do 3 sets of about 10 here. Do these very slow and feel your spinal erectors contracting hard. Hold the flex at the top for 1 second. I prefer to hold a long red pro mini band while doing these to enhance the contraction at the top.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

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 3 sets of 10. 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.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Incline dumbbell curls – Now that we have your bis loaded with blood we do these on an incline. Sit down and lean back a bit so when your arms are hanging straight down it's putting a good stretch on your biceps. Do 3 slow sets of 10 here again squeezing as hard as you can at the top. Try to keep your grip supinated throughout all the reps.

3 total work sets

These sets are all RPE of 9

Goal – Train the muscle from a stretched position

Abs

Incline sit ups – Let's hit some upper ab work today as most of what we do is lower ab. Curl up slowly, and blow all your air out forcing your abs to contract hard, and then sort of unwind/uncurl your body slowly on the way down. Do 4 sets to failure.

4 total work sets

These sets are all RPE of 10

Saturday

Legs – 3 exercises – 11 sets
Calves – 2 exercises – 8 sets
5 exercises – 19 sets

Legs

Single leg hip thrust – Let's crush your glutes today. I want a 3 second descent, a 2 second hold at the stretch position, an explosive concentric, and a 2 second contracted hold at the top prior to descending again. Each rep should take about 7.5 seconds. This means if you do the tempo correctly, you will have more than enough rest in between each leg. So don't rest. Just alternate back and forth until you hit all 4 sets on both legs. Heel directly beneath knee at the contracted position. Do 4 sets of 12.

4 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

Smith Machine Seated Deadlifts – See the video below. Do the best you can to simulate this, however set it up in a Smith machine. This will keep the bar off your shins somewhat. Keep an arch in your low back, and keep your knees out wide. You pull the bar up to your knees first, then stop, and then drive your feet apart while contracting your glutes as hard as you can. Start the upward contraction by flexing your glutes. Do 4 sets of 12 here. Each rep comes up to the knees and pauses, and then goes all the way up.

4 total work sets

These sets are all RPE of 8-9

Goal – Supramax pump

<https://www.youtube.com/watch?v=DnEsI7uf4f0>

Seated Good Morning – Do 3 sets of 8 here. Do not come close to failure. I want you to set up sitting on a surface that is slightly above parallel. With a bar on your back, you will rotate your pelvis forward, **maintaining an arch in your lower back and keeping your head and chest up**. You should be able to look yourself in the eye in a mirror for this entire movement. When you reach the maximum depth just prior to having to round your lower back, start the contraction (going up) again by flexing glutes.

3 total work sets

These sets are all RPE of 8

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.

Do 4 supersets for 8 total work sets

These sets are all RPE of 8-9

Sunday

Off – Family Day

Donut day after church with the family!

Week 2

Monday

Legs – 4 exercises – 11 sets

Abs – 1 exercise – 4 sets

Calves – 1 exercise – 2 sets

6 exercises – 17 sets

Coaching point: This week we are going to work in a lot of stretching. Also notice the built in progression for hams. We are shooting for the same weight in exercise 1 but doing added reps. There is more than one way to progress. Getting extra reps with the same weight is an excellent progress gauge, not just lifting heavier (although that is nice too).

Legs

Hip Thrust – Do a few warm up sets. This is the same as last week but now we bump it up to 10 reps. Work your way up to as much as you can handle for 10 reps. I want ALL reps to be rest pause. Give me a really strong contraction at the top of each rep. The last 10 should be very difficult. We will count the last 3 sets as work sets. What would be great is if you can use the same weight as you did last week and get the extra reps without compromising form.

3 total work sets

These sets are all RPE of 8-10. It gets harder as you go

Goal – Activation and start pump

Single Leg. Alternating. Lying leg curl – Do 1 set of 30 here. This is a drop set. Do 10 hard reps and then drop the weight and do 10 more, and then drop the weight and do 10 more. Keep the working glute contracted hard during the full range of motion. Alternate legs from set to set. After your last set I want you to stretch each hamstring for 30 seconds. I usually place on leg out in front of the other or put my leg up on something and simply lean forward. It is critical that you keep your back flat and tight though to keep strain off it.

1 total work sets

This set is an RPE of 11

Goal – Supramax pump

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

Box Squats – This week we're going to squat onto a box or bench, an inch or two above parallel, or more if you are limited by mobility. Use the same form that we used last week. Sit back onto the box keeping your chest and head up through the entire descent. It is important that you do not just plop down onto the box. Your descent should be completely controlled.

Do not rock forward when coming off the box. We want the emphasis of the movement to be on your glutes, if you rock forward you turn the box squat into a leg press + back extension. Think of the box squat as a hip thrust with a bar on your back. 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 as always during this phase. When you hit about $\frac{3}{4}$ lockout come right back down to keep tension on your legs. Once you get to a weight you barely get for 8 reps, that will be the last set. We will call this 3 work sets. Don't get to your weight too fast or you will cheat yourself out of volume.

3 total work sets

These sets are all RPE of 8-10. It gets harder as you go

Goal – Train explosively

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

4 total work sets

These sets are RPE of 8-12. The last set is the obvious 12

Goal – Supramax pump

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

Abs

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

4 total work sets.

These sets are all RPE of 8-9

Goal – Activation and pump

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

Calves

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

2 total work sets

This set is an RPE of 11

Goal – Supramax pump

Tuesday

Chest – 4 exercises – 12 sets
Triceps – 2 exercises – 8 sets
Abs – 1 exercises – 4 sets
Calves – 1 exercise – 4 sets
9 exercises – 29 sets

Chest

Hammer press (with bands) – Check out the video below to see how to attach bands. I prefer the Hammer Flat press. This works on all their presses though. If you do not have a hammer press you can put these on a machine press. Do 4 sets of 6 here once you find a weight that you can do 6 solid reps with. Drive hard and squeeze hard on every rep. The contraction should feel unreal. Generate as much tension as humanly possible.

4 total work sets

These sets are all RPE of 9-10

Goal – Activation and start pump

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

Coaching point: One of things I have learned over the years with this sequence is that certain exercises tax you more than others and impact the strength of your incline presses differently. This does not matter; it is just good information for you to know as you do these. I generally feel very powerful after doing the banded presses, and much more drained after doing heavy dumbbell work. Machine presses are somewhere in the middle. As you go through the program pay attention to this and see how you are impacted!

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

3 total work sets

These sets are all RPE of 8

Goal – Train explosively

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

Machine/assisted dips – This is where we use an assisted dip/chine machine. If you have elbow or shoulder problems, this is a Godsend. These feel great. Set up the counter balance weight so that you can get about 8 good reps. Get a nice deep stretch at the bottom and come up $\frac{3}{4}$ of the way on all reps. Do 3 sets.

3 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

Incline flyes – This is a repeat from last week. With a week of doing these, see if you can nail the form even better and feel them even better this week! 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 3 sets of 10. Leave a rep or two in the tank on each set. STRETCH it out!

3 total work sets

These sets are all RPE of 9

Goal – Train muscle with stretch emphasis

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

Triceps

Coaching point: You have done a lot of indirect triceps work already (especially the dips) so we keep the volume medium here - just a tad lower than last week.

Pushdowns – Your elbows and tris will be plenty warm so you can dive right in. Do 4 sets of 20 here. Notice the handles and grip I am using in the video below! These are awesome. Go to failure on each set.

4 total work sets.

These sets are all RPE of 10

Goal – Supramax pump

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

Incline lying extensions – These are just good old fashioned skull crushers. Now your elbows are warmed up and this is a productive safe exercise though instead of an elbow destroyer. Do 4 sets of 10 here.

4 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

Stretching: After each set here squat down some, reach around and grab a pole or something, now gently stand up to stretch your tricep. Hold the max stretch for 30 seconds. Do each arm 2 times.

Abs

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

4 total work sets.

These sets are all RPE of 9-10

Goal – Stretch and pump

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

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. These will be slow painful sets. Try to use more weight than you used last week!

4 total work sets

This set is an RPE of 10

Goal – Supramax pump

Wednesday

Shoulders – 3 exercises – 12 sets

Abs – 1 exercise – 6 sets

Calves – 1 exercise – 6 sets

5 exercises – 24 sets

Shoulders

Reverse peck deck – 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. This week I want you to go heavier. Do a set of 30, then go up and do 20, then go up and do 2 more sets of 10 for 4 total sets. The last rep should be very difficult.

4 total work sets

These sets are all RPE of 9-10

Goal – Activation and pump

Standing side laterals – We are going heavier on these also this week. You can use a little momentum here. I want a weight that is a tough 10 reps and do 4 sets with it.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Barbell front raises – Raise the bar straight out in front of you to eye level. Do 4 sets of 12 here.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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.

6 total work sets.

These sets are all RPE of 8-9

Goal – Activation and pump

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

Calves

Standing raises – Do 2 warm up sets first. This time we go heavy. At the bottom of each rep I want you to pause and stretch for 1 second. I want you to do 6 sets of 8.

6 total work set

This set is an RPE of 10

Goal – Supramax pump

Thursday

Legs – 3 exercises – 10 sets
Calves – 1 exercise – 4 sets
Abs – 1 exercise – 4 sets
5 exercises – 18 sets

Hams

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

3 total work sets

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

Goal – Activation and Supramax pump

Coaching point: Leave plenty of reps in the tank. The reason why is when you first do these they result in crazy DOMS, we need to work the intensity of slowly on these. Also, remember this is a high frequency phase for legs and you have to do them again Saturday!

Abductor machine – We are going to hit glutes using the abductor machine. Sit up in the machine with a big arch in the low back, torso leaning forward, and keep your chest up high. I want you to push the arms of the machine open using your feet **NOT your knees**. Keep your weight planted on your heels, and drive those feet outward. Hold the contraction for a solid 1-2 count, and then lower the weight slowly. This should really fire up the glute max. Do 3 sets of 12 here. Don't come close to failure though.

3 total work sets

These sets are all RPE of 8

Goal – Activation and Supramax pump

Hack Squats – I want 4 sets of 20 here. Don't bury them, and keep your lower back from rounding. Come down to just above parallel, or as deep as you can while maintaining an arch, and stop for a 1-2 count. Then I want you to actively contract your glutes and drive through your heels until you come all the way up. Rinse and repeat. Leave 4-5 reps in the tank on each set. It's about stimulating but leaving something for another stimulation on Saturday! Your legs and glutes should be FULL of blood though.

4 total work sets.

These sets are all RPE of 7-8

Goal – Supramax pump

Stretching: After you last set here, stretch your glutes, piriformis etc. Lay down flat and have some bring your leg (while straight) across your body. Your lower back may even crack. This is also a great stretch for your QL (quadratus) in your lower back. Hold the max stretch for 30 seconds and do each leg two times.

Calves

Seated toe raises – Do 4 sets to failure here. Each set should be about 25 reps.

4 total work sets

These sets are all RPE of 10

Goal – Stretch and pump

Abs

Leg raise – Do 4 sets to failure here.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Friday

Back – 5 exercises – 19 sets
Biceps – 2 exercises – 6 sets
Abs – 1 exercise – 4 sets
8 exercises – 29 sets

Back

One arm supinated pulldowns – Ok, you want to try something nasty check this out. You may have to get creative on how to rig a band up. It's pretty easy. The arm that is in the band, you have to drive that elbow down hard and maintain it through the set while you work the other lat. Your lower lats are going to get trashed. Do 4 sets of 8 here.

4 total work sets.

These sets are all RPE of 9

Goal – Activation and start pump

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

Meadows rows – Ok now that we have your lats jacked up, lets hit some hard and heavy rowing. You can use a tbar for these, or a landmine. Both work well. Grind out 4 sets of 10. Your 10th rep should be very hard!

4 total work sets.

These sets are all RPE of 9-10

Goal – Supramax pump

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

Rack Dead – Do these from mid-shin. I want 5 solid reps here. Leave 2-3 reps in the tank though.

Supersetted with

Chins – You can use an assist machine here. I would like to see a minimum of 6 reps, preferably 8.

Do 4 rounds for 8 total worksets

These sets are all RPE of 9

Goal – Supramax pump

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

Dumbbell pullovers – Do 3 sets of 15 here. Really stretch those lats out now!

3 total work sets.

These sets are all RPE of 9

Goal – Supramax pump

<https://www.youtube.com/watch?v=LfC0SwxAkho&index=3&list=PLA808445EA052D63A>

Biceps

Incline concentration curls – Remember to smash the dumbbell together during the whole rep on these! If you do these right it almost feels like a cramp in your biceps. Do 3 sets of 10.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

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

Hammer curls – Do 3 sets of 12 here. Squeeze the dumbbells hard as you curl to activate as much muscle fiber as you can.

3 total work sets

These sets are all RPE of 9

Goal – Train the muscle from a stretched position

Abs

Incline sit ups – Let's hit some upper ab work today as most of what we do is lower ab. Curl up slowly, and blow all your air out forcing your abs to contract hard, and then sort of unwind/uncurl your body slowly on the way down. Do 4 sets to failure.

4 total work sets

These sets are all RPE of 10

Saturday

Legs – 3 exercises – 10 sets
Calves – 2 exercises – 8 sets
5 exercises – 18 sets

Legs

Single leg hip thrust – Starting off with these again this week. I want a 3 second descent, a 2 second hold at the stretch position, an explosive concentric, and a 2 second contracted hold at the top prior to descending again. Each rep should take about 7.5 seconds. This means if you do the tempo correctly, you will have more than enough rest in between each leg. So don't rest. Just alternate back and forth until you hit all 4 sets on both legs. Heel directly beneath knee at the contracted position. Do 4 sets of 15.

4 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

Smith Machine Seated Deadlifts – See the video below. Do the best you can to simulate this, however set it up in a Smith machine. This will keep the bar off your shins somewhat. Keep an arch in your low back, and keep your knees out wide. You pull the bar up to your knees first, then stop, and then drive your feet apart while contracting your glutes as hard as you can. Start the upward contraction by flexing your glutes. Do 3 sets of 8 here. Each rep comes up to the knees and pauses, and then goes all the way up.

3 total work sets.

These sets are all RPE of 8

Goal – Supramax pump

<https://www.youtube.com/watch?v=DnEsI7uf4f0>

Short Step Lunges – Do 3 sets of 10 here. I want you to do a 5 second eccentric here. This means lower the weight very slow, before driving it up. The weight should not feel heavy, but the burn should be extremely nasty. For this movement, you are going to set up with one foot about 12-18 inches behind the other foot. Then lower yourself straight down, keeping your weight on the heel of your front leg. This is not a walking lunge, so hit all 10 reps on one leg, and then all 10 on the other leg. Leave a few reps in the tank.

3 total work sets

These sets are all RPE of 8-9

Goal – Supramax pump

Calves

Seated calf raises – Do 20 hard reps here using a full range of motion.

Supersettted with

Standing calve raises – Now do 6 more here again going really heavy and only working the bottom of the range of motion.

Do 4 supersets for 8 total work sets
These sets are all RPE of 8-9

Sunday

Off – Family Day

Donut day after church with the family!

Week 3

Monday

Legs – 4 exercises – 11 sets
Abs – 1 exercise – 4 sets
Calves – 1 exercise – 3 sets
6 exercises – 18 sets

Legs

Hip Thrust – Do a few warm up sets. Now we are bumping the reps up to 12 this week! Work your way up to as much as you can handle for 12 reps. I want ALL reps to be rest pause, so give me a strong contraction with a 1+ second squeeze at the top of each rep. The last 12 should be very difficult. We will count the last 3 sets as work sets. What would be great is if you can use the same weight as you did last week and get the extra reps without compromising form. Again, progressing with reps.

3 total work sets

These sets are all RPE of 8-10. It gets harder as you go

Goal – Activation and start pump

Coaching point: Your muscles are stronger during the eccentric contraction. This is where you are lowering the weight. This means we can add some resistance during this part of the range of motion to jack our intensity up even more, and trash some muscle fibers. This phase is also what creates the most muscle damage, setting you up to repair and get bigger and stronger.

Single Leg, Alternating, Lying leg curl – Do 1 set of 20 here. This is an eccentric loading set. I want your training partner to push down on the negative giving you more tension there. They are going to do this on all 20 reps. This will not be easy. Make sure your partner stops applying pressure when you bring the weight back up. If you do not have a partner you can use a heavier weight, and raise it with both legs, and then lower it with one. If you have to lower the weight mid-set, so be it. Remember, keep that glute squeezed tight through the entire set.

1 total work sets

This set is an RPE of 11

Goal – Supramax pump

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

Squats – Ok now go back to how you squatted in week 1. I want you to do sets of 8 again up to a weight you can barely get 8 with, with good form. Work hard to beat what you did in week 1! We will count this as 3 sets total. Don't rush your way up in weight. Work up gradually.

3 total work sets

These sets are all RPE of 8-10. It gets harder as you go

Goal – Train explosively

Hack squats – drop set of death – Use the same form we used when we did these last week. Don't bury them, come to a full stop and hold, then active glute squeeze and drive through your heels. You will do 4 sets here. Pick a weight and do 8 reps with it. On the next set go heavier and do 8. On the 3rd set go heavier and do 8. On the 4th set start heavier as well. After you do 8, pause at lockout and do a 5 second isohold then drop down to the next weight and repeat. Keep repeating until you get down to the weight you used on the first set. This is going to test you mentally.

4 total work sets

These sets are RPE of 8-12. The last set is the obvious 12

Goal – Supramax pump

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

Abs

Decline leg raises – Do 4 sets of 10-20 here. You should be getting stronger on these. Push for higher reps! Come close to failure on each set, but leave a few reps in the tank for the next set.

4 total work sets.

These sets are all RPE of 8-9

Goal – Activation and pump

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

Calves

Standing raises – Do 2 warm up sets first. I want you to do 10 reps with a full range of motion and then stand on your toes and do a 10 second isohold. Then immediately do 10 more reps (these may turn into partials), and again do a 10 second isohold at the top, finally do a final 10 reps (this will definitely turn into partials), and a final 10 second isohold. This week you get 3 sets!

3 total work sets

This set is an RPE of 11

Goal – Supramax pump

Tuesday

Chest – 4 exercises – 16 sets
Triceps – 1 exercise – 8 sets
Abs – 1 exercises – 4 sets
Calves – 1 exercise – 4 sets
7 exercises – 32 sets

Chest

Hex press – Check out the video below to see how to do these perfectly. You smash the dumbbells together as you drive them up and flex your chest as hard as you can. Work up to a weight that is a tough 8, and do 4 total sets of 8 with it.

4 total work sets

These sets are all RPE of 9-10

Goal – Activation and start pump

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

Incline barbell press – I want you to do these a little differently this week. I want you to pause at the point where you usually end the descent (a few inches above your chest). Do a 2 count and then drive the weight up hard. I want you to find a weight that is a good hard 6 and do 4 sets of 6 with it. You won't be able to do quite as much as last week with this pause. This is creating massive tension, and well, I just love rest-pause work.

4 total work sets

These sets are all RPE of 9-10

Goal – Train explosively

Machine/assisted dips – Do 8 or so reps here, and then...

Superset this with

Stretch pushups – Do 8 to 10 here as well. Work hard! Grind out these reps and stretch your chest hard.

Do 4 supersets for 8 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

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

Triceps

Coaching point: You have done a lot of indirect triceps work already (especially the dips and pushups) so we continue to keep the volume medium here.

Pushdowns – Your elbows and tris will be plenty warm so you can dive right in. I want 8 sets of 12 with 45 second breaks.

8 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

Stretching: After sets 5-8, squat down some, reach around and grab a pole or something, now gently stand up to stretch your tricep. Hold the max stretch for 10 seconds. Do each arm 1 time.

Abs

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

4 total work sets.

These sets are all RPE of 9-10

Goal – Stretch and pump

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

Calves

Seated calf raises – Do 2 warm up sets first. Do 4 sets of 8 here. On each rep sit in the stretch position for 4 seconds. These will be slow painful sets. Try to use more weight than you used last week!

4 total work sets

This set is an RPE of 10

Goal – Supramax pump

Wednesday

Shoulders – 3 exercises – 12 sets
Abs – 1 exercise – 6 sets
Calves – 1 exercise – 6 sets
5 exercises – 24 sets

Shoulders

Ok, let's jump right into nastiness.

Rear delt swings – Watch the video. Let your arms hang and just pivot with your delts. Don't contract your traps and lats to move the weight. Burn the hell out of your rear delts. Do 20 reps here and then do 10 over and backs with a rope. Do 4 sets of this combo.

4 total work sets

These sets are all RPE of 9-10

Goal – Activation and pump

<https://www.youtube.com/watch?v=yIvDTNk9-qA&index=15&list=PL1F60A60A3E4E2E83>

Standing side laterals – Now that your shoulders are on fire, let's keep the weight up here and do 4 heavy sets of 8.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Dumbbell front raises – Raise the dumbbells straight out in front of you and another 6 inches or so over your head flexing your front delts hard into the peak contraction. Do 4 sets of 12 here.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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.

6 total work sets

These sets are all RPE of 8-9

Goal – Activation and pump

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

Calves

Standing raises – Do 2 warm up sets first. Stay heavy this week on these. At the bottom of each rep I want you to pause and stretch for 1 second. I want you to do 6 sets of 10.

6 total work set

This set is an RPE of 10

Goal – Supramax pump

Thursday

Legs – 3 exercises – 12 sets
Calves – 1 exercise – 4 sets
Abs – 1 exercise – 4 sets
5 exercises – 20 sets

Hams

Lying leg curls – Do a few warm up sets. I want you to then do 12 solid reps, keeping your glutes tight through the entire set, (leaving a few reps in the tank) and then..

Superset this with

Barbell Romanian deadlifts – Do 8 nice slow reps here. Push your hips back. Head and chest up, tension in the glutes and not in the hams. Do not go to failure. Leave a few reps in the tank here as well. Remember, this is a high frequency phase for legs!

Do 4 rounds for 8 total work sets
These sets are all RPE of 8
Goal – Activation and Supramax pump

Abductor machine – Do 4 sets of 12 here. Drive out with your feet, not your knees. Keep your arch, torso forward, and chest up high. Leave a few reps in the tank here too.

4 total work sets
These sets are all RPE of 8
Goal – Activation and Supramax pump

Calves

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

4 total work sets
These sets are all RPE of 10
Goal – Stretch and pump

Abs

Leg raise – Do 4 sets to failure here.

4 total work sets
These sets are all RPE of 9
Goal – Activation and pump

Friday

Back – 5 exercises – 19 sets
Biceps – 2 exercises – 6 sets
Abs – 1 exercise – 4 sets
8 exercises – 29 sets

Back

One arm supinated pulldowns – We are going to do these again this week, but this week do not use the band like we did last week for the isohold variation. Just do 4 solid sets of 10. Squeeze as hard as you can at the bottom.

4 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

One arm barbell rows – Time for more hard and heavy rowing. Grind out 4 sets of 8. Your 8th rep should be very hard!

4 total work sets.

These sets are all RPE of 9-10

Goal – Supramax pump

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

Barbell shrugs – Do 4 sets of 10 here with a 2 second pause at the top of each rep. If you want to try a really cool variation with bands, check out the video.

4 total work sets.

These sets are all RPE of 10

<https://www.youtube.com/watch?v=5iirZlO8MFc&list=PLA808445EA052D63A&index=41>

Dumbbell pullovers – Do 4 sets of 12 here. Really stretch those lats out now!

4 total work sets.

These sets are all RPE of 9

Goal – Work muscle from a stretched position

<https://www.youtube.com/watch?v=LfC0SwxAkho&index=3&list=PLA808445EA052D63A>

Chest supported rows – Use a machine where your chest is supported and try to use one that allows for a pronated grip (palms down) as you row. I want to target mid back and lower traps here. Do 3 sets of 15.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Biceps

Incline concentration curls – Last week with did these with dumbbells (like in the video below). This week with do these with an EZ curl bar. Do 3 sets of 10, squeezing hard!

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

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

Preacher curls – Do 3 sets of 8 here. I generally use an EZ bar for these.

3 total work sets

These sets are all RPE of 9

Goal – Train the muscle from a stretched position

Abs

Incline sit ups – Let's hit some upper ab work today as most of what we do is lower ab. Curl up slowly, and blow all your air out forcing your abs to contract hard, and then sort of unwind/uncurl your body slowly on the way down. Do 4 sets to failure.

4 total work sets

These sets are all RPE of 10

Saturday

Legs – 3 exercises – 10 sets
Calves – 2 exercises – 8 sets
5 exercises – 18 sets

Legs

Single leg hip thrust – Once again, we are starting off with these again this week. I want a 3 second descent, a 2 second hold at the stretch position, an explosive concentric, and a 2 second contracted hold at the top prior to descending again. Each rep should take about 7.5 seconds. This means if you do the tempo correctly, you will have more than enough rest in between each leg. So don't rest. Just alternate back and forth until you hit all 4 sets on both legs. Heel directly beneath knee at the contracted position. Do 4 sets of 15 here. Continue to crank on those glutes.

4 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

Dumbbell walking lunge – I want to move these up this week to our number 2 exercise, BUT I want you to take your time warming up so your knees feel good doing these. The way I like to do these is lunge about 20 steps first. Use same leg on the way down. So it will get all its reps at once. Then turn around and lunge back on the other leg. Do 3 sets.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Hack squats – Do 3 sets of 20 here. I want you to use light weight but place feet lower on platform by an inch or two so we hit your teardrop hard. Do NOT try to go heavy with this style or you will hurt your knees. Go nice and slow on all reps, especially on the first set.

3 total work sets

These sets are all RPE of 8-9

Goal – Supramax pump

Calves

Seated calve raises – Do 10 hard reps here using a full range of motion.

Supersettted with

Standing calve raises – Now do 6 more here again going really heavy and only working the bottom of the range of motion.

Do 4 supersets for 8 total work sets

These sets are all RPE of 8-9

Sunday

Off – Family Day

Donut day after church with the family!

Week 4

Monday

Legs – 4 exercises – 10 sets
Abs – 1 exercise – 4 sets
Calves – 1 exercise – 4 sets
6 exercises – 18 sets

This is our final week of this high frequency block for legs – enjoy!

Legs

Hip Thrust – Do a few warm up sets. Now we are bumping the reps up to an insane 20 this week! Work your way up to as much as you can handle for 20 reps. I want ALL reps to be continuous pumping up and down but don't forget to squeeze. I want 3 solid sets of 20 once you are warmed up. This rep range should really load your glutes with blood.

3 total work sets

These sets are all RPE of 9-10

Goal – Activation and start pump

Single Leg, Alternating, Lying leg curl – Do 3 sets of 8 here. Ok you want to throw your legs for a loop now, now go heavy on these for 3 sets of 8 using all rest-pause reps. Hamstring devastation will ensure. Keep that glute tight!

3 total work sets

This set is an RPE of 9-10

Goal – Supramax pump

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

Squats – Let's go out in style this week on squats. Use the same form as week 1. Today do sets of 6 all the way up to where you can barely get 6. I then want a set of 4-5. This is very heavy. It's ok to get a little crazy this week though as our frequency winds back next week. Let's make this last week count, and actually get close to overtraining so we know we used this 4-week phase well. We will count this pyramid as 3 work sets.

3 total work sets

These sets are all RPE of 8-10. It gets harder as you go

Goal – Train explosively

Leg press – drop set of death – Go immediately to something you can probably do for 30. I'll give you an example of what I do. I generally go up to 9 to 10 plates on leg press for 8 to 10. When I did this, I just put 5 plates on and did the set. So what is the set? You do 30 reps and then pull a plate off, and then do 20 reps, and then pull a plate off and do 10 reps. It's just one nasty drop set. Remember to keep your back flat or slightly arched, we want to drive the sled with the glutes. Push through your heels, and don't descend to a depth that forces you to round your lower back.

1 total work set

This set is an RPE of 12

Goal – Supramax pump

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

Abs

Decline leg raises – Do 4 sets of 10-20 here. You should be getting stronger on these. Push for higher reps! Come close to failure on each set, but leave a few reps in the tank for the next set.

4 total work sets.

These sets are all RPE of 8-9

Goal – Activation and pump

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

Calves

Standing raises – Do 2 warm up sets first. I want you to do 10 reps with a full range of motion and then stand on your toes and do a 10 second isohold. Then immediately do 10 more reps (these may turn into partials), and again do a 10 second isohold at the top, finally do a final 10 reps (this will definitely turn into partials), and a final 10 second isohold. This week you get 4 sets!

4 total work sets

This set is an RPE of 11

Goal – Supramax pump

Tuesday

Chest – 4 exercises – 16 sets
Triceps – 1 exercise – 10 sets
Abs – 1 exercises – 4 sets
Calves – 1 exercise – 4 sets
7 exercises – 34 sets

Chest

Dumbbell press – Work your way up doing sets of 8. Take your time, and get some good quality sets in. Once you hit your max weight for 8 reps it becomes a drop set. Shoot for about 8, and then drop the weight 30-40 percent and go to failure, and then drop it another 15-20% and go to failure. Between each drop – rest for 10 seconds. See the video to get a better idea. We will call this 3 work sets.

3 total work sets

These sets are RPE of 8-12, as the last set is the 12

Goal – Activation and start pump

<https://www.youtube.com/watch?v=AYFGq1amMuQ&index=28&list=PL2955620A11D03694>

Flat barbell press – Yes, good ole flat benches! I want you to do 5 sets of 5 explosively. I only want you to rest 60 seconds between sets. Use a weight that you can get a few more reps with on set 1. What will happen is you will fatigue each set and the last set should be really hard to get 5. Take the bar down to your chest and pause it for a split second to killing the momentum. This is how I love to bench.

5 total work sets

These sets are all RPE of 8-10

Goal – Train explosively

Machine/assisted dips – Do 8 or so reps here, and then...

Superset this with

Machine (or dumbbell) flyes – Do 8 to 10 here as well. Work hard! Grind out these reps and stretch your chest hard.

I actually like doing the fly last on these as I still have some decent strength on the dips.

Do 4 supersets for 8 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

Coaching point: This is a variation I love to throw in for bis or tris every once in awhile. I just stick with an exercise and crank out a ton of sets with it moving fairly fast. Feel the pump!

Triceps

Pushdowns – Your elbows and tris will be plenty warm so you can dive right in. I want 10 sets of 10 with 45 second breaks. Once you can't use a full range of motion just shorten the reps up and don't lockout, nothing wrong with this at all.

10 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

Abs

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

4 total work sets.

These sets are all RPE of 9-10

Goal – Stretch and pump

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

Calves

Seated calve raises – Do 2 warm up sets first. Do 4 sets of 25 here. On each rep sit in the stretch position for 4 seconds. These will be slow painful sets. Try to use more weight than you used last week!

4 total work sets

This set is an RPE of 10

Goal – Supramax pump

Wednesday

Shoulders – 4 exercises – 16 sets
Abs – 1 exercise – 6 sets
Calves – 1 exercise – 4 sets
5 exercises – 24 sets

Shoulders

Giant Sets after warming up thoroughly!

Rear delt swings – Do 20 reps here.

Go immediately to

Dumbell side laterals – Do 10 reps here.

Go immediately to

Dumbell front raises – Do 10 reps here.

Go immediately to

Dumbell presses (seated) – Do 8 reps here.

Leave a rep or two in the tank on each set. Don't go all out to failure. This is volume driven not intensity driven for hypertrophy.

Rest 3 minutes and repeat 3 more times for 4 total giant sets.

16 work sets

Goal – Complete destruction of deltoids

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.

6 total work sets.

These sets are all RPE of 8-9

Goal – Activation and pump

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

Calves

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

4 total work set

This set is an RPE of 10

Goal – Supramax pump

Thursday

Legs – 3 exercises – 12 sets
Calves – 1 exercise – 5 sets
Abs – 1 exercise – 4 sets
5 exercises – 19 sets

Hams

Lying leg curls – Do a few warm up sets. I want you to work up to a weight that is a tough 10. Now here is where it gets fun. I want you to all the good clean reps you can get (zero cheating), then stop. Count to 15 and then resume. Again go until you hit failure with good form. These may get to sets of 3 or 4 reps. Well you DO NOT stop until you do 40 reps total. I have no idea how to count this as sets so we will say 4 work sets. Keep your glutes squeezed tight to keep the loading in your hamstrings and out of your lower back. If your hips are coming up off the pad at the top of the movement you are doing it wrong.

4 total work set

These sets are all RPE of 10

Goal – Supramax pump

Barbell Romanian deadlifts – Today we are going to double pump these at the top. So you will descend using the Romanian form we have been using for the past three weeks – head and chest up, lower back arched, pushing the hips back with the knees bending to keep the tension in the glutes – then, at the top, you are going to do another half rep. So you will come down, up, then halfway down, and back up. One rep. Every time you come up, you do so by making a conscious, mindful contraction of your glutes. Don't just stand up. Come down, stop, GLUTES, and you are back up. Do 4 sets of 8. Do not come up all the way, but come close.

4 total work set

These sets are all RPE of 9

Goal – Supramax pump

Abductor machine – Do 4 sets of 15 here. Leave a few reps in the tank here too.

4 total work sets

These sets are all RPE of 8

Goal – Activation and Supramax pump

Calves

Standing calve raises – Do 5 sets to failure here. Each set should be 10 full range of motion reps and then 10 partials out of the bottom. Work the stretch hard at the bottom as usual.

5 total work sets

These sets are all RPE of 10

Goal – Stretch and pump

Abs

Leg raise – Do 4 sets to failure here.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Friday

Back – 5 exercises – 18 sets
Biceps – 2 exercises – 6 sets
Abs – 1 exercise – 4 sets
8 exercises – 28 sets

Back

Low rows with a rope – I know I am not using a rope in the video but it shows you how I want you to execute this movement for lower traps and rhomboids. Do 4 sets of 12. Squeeze very hard in the contracted position.

4 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

https://www.youtube.com/watch?v=cN_t711_Hgs&list=PLA808445EA052D63A&index=84

T-bar rows – Time for more rhomboid hammering. If you do not have a t-bar you can use a chest supported machine. Try to use a machine or apparatus that allows for a semi pronated grip like the old school t-bar rows do. This will keep mid back engaged. Do 4 gut busting sets of 8. The 8th rep should be very difficult.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Dumbbell pullovers – Ok let's rest your arms now after all the heavy rows. Do 4 sets of 12 here. Really stretch those lats out now!

4 total work sets.

These sets are all RPE of 9

Goal – Work muscle from a stretched position

<https://www.youtube.com/watch?v=LfC0SwxAkho&index=3&list=PLA808445EA052D63A>

Dumbbell rows – Now let's get back to grinding using dumbbells as now the grip is neutral so you will engage lats. Do 4 gut busting sets of 10.

4 total work sets

These sets are all RPE of 10

Dumbbell shrugs – You don't have to pause these this week. Just get into a rhythm and pump out 2 sets of 25 here to finish off your back. Do 2 sets of 25.

2 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Biceps

Barbell curls – You can use a barbell or an EZ curl bar. Do 3 sets of 10 with a 3 second descent on all reps.

3 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Preacher curls – Do 3 sets of 12 here. I generally use an EZ bar for these.

3 total work sets

These sets are all RPE of 9

Goal – Train the muscle from a stretched position

Abs

Incline sit ups – Let's hit some upper ab work today as most of what we do is lower ab. Curl up slowly, and blow all your air out forcing your abs to contract hard, and then sort of unwind/uncurl your body slowly on the way down. Do 4 sets to failure.

4 total work sets

These sets are all RPE of 10

Saturday

Legs – 3 exercises – 12 sets
Calves – 2 exercises – 8 sets
5 exercises – 20 sets

Legs

Single leg hip thrust – Special treat on these this week. I want a 3 second descent, a 2 second hold at the stretch position, an explosive concentric, and a **FIVE SECOND** contracted hold at the top prior to descending again. Each rep should take about **10.5 seconds**. This means if you do the tempo correctly, you will have more than enough rest in between each leg. So don't rest. Just alternate back and forth until you hit all 4 sets on both legs. Heel directly beneath knee at the contracted position. Do 4 sets of 15 here. Continue to crank on those glutes.

4 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

Short Step Lunges – Bringing these back from week 2. We are going to pump these really hard today. First set, come straight down and straight back up. Focus on driving the movement with the glute. Second set, go down, come up 1/3rd of the way, then back down, then all the way up. Third set, pump it twice on each rep. Fourth set, you got it, pump it 3 times. Do 10 reps per set. Do 4 sets.

4 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Pause squats – Ok let's finish this leg cycle in style. With your glutes trashed these will bring particular enjoyment. Using our same Week 1 form, go down to a few inches above parallel and pause for 2 seconds then drive up hard through your heels, with a conscious glute contraction. Do 4 sets of 8 like this. DO not go heavy. Leave a few reps in the tank on each set but DO pick up the pace on these. Only rest 1 minute between sets.

4 total work sets

These sets are all RPE of 8-9

Goal – Supramax pump

Calves

Seated calve raises – Do 10 hard reps here using a full range of motion.

Supersetted with

Standing calve raises – Now do 6 more here again going really heavy and only working the bottom of the range of motion.

Do 4 supersets for 8 total work sets
These sets are all RPE of 8-9

Sunday

Off – Family Day

Donut day after church with the family!

Week 5

Monday

Back – 4 exercises – 14 sets

Abs – 1 exercise – 4 sets

Calves – 1 exercise – 4 sets

6 exercises – 22 sets

This is our first week of high frequency for back – enjoy!

Back

Seated cable rows – Do a few warm up sets to get the blood flowing. I actually did these elevated. See the video below to give you a better idea. You don't have to elevate yourself, but it's a nice angle that I employ often. Do 4 sets of 10 here. The 10th rep should be very hard, and the last rep you can do with good form.

4 total work sets

These sets are all RPE of 9-10

Goal – Activation and start pump

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

Smith bent over row– Do 1-2 feeder sets of 4 to 5 reps to get you to your working weight. I want 3 sets of 8 all done rest pause style as shown in the video below. Drive your elbows up hard and try to flex your entire back!

3 total work sets

This set is an RPE of 9-10

Goal – Train explosively

https://www.youtube.com/watch?v=pBd_LB5MJPC&list=PLA808445EA052D63A&index=9

Chest supported row – Find any machine that allows you to simulate what I am doing in the video. The key here, is I want you to really focus on stretching hard at the bottom. I mean hard. Let your arms straighten and let your back stretch. I want 4 sets of 8. This is the same grip as the rows above, but now we are working the stretch much harder. This is a different stimulus.

4 total work sets

This set is an RPE of 9-10

Goal – Train muscle with a stretch emphasis

https://www.youtube.com/watch?v=E3fu_osT39A&index=10&list=PLA808445EA052D63A

Dumbbell pullover – Ok let's give your arms a break and finish off your lats. Do 3 sets of 10 on dumbbell pullovers.

3 total work sets

These sets are an RPE of 8-9

Goal – Train muscle with a stretch emphasis

Abs

Decline leg raises – Do 4 sets of 10-20 here.

4 total work sets.

These sets are all RPE of 8-9

Goal – Activation and pump

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

Calves

Standing raises – Do 1 warm up set and then so 4 sets of 35 reps. Try to get high on your toes on all reps, but the reality is you will probably at some point have to finish the set with partials. That is A-OK. Just don't neglect the stretch!

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

Incline dumbbell press – Work your way up doing sets of 8. Keep going until you hit a weight that you can barely complete 8 perfect reps with. We will call this 3 work sets. Don't take too big of jumps or you will cheat yourself out of work sets/volume. Take these to $\frac{3}{4}$ lockout this week.

3 total work sets

These sets are RPE of 8-10, as the last set is the 10

Goal – Activation and start pump

Incline barbell press – Ok I am sure you had fun benching last week, so let's get back to my favorite chest builder now, the incline. Remember I like to do this on a small incline when possible that is. Do sets of 8 here working up slowly so we get some quality sets in. Go until the 8th rep is really tough. We will count this as 3 work sets.

3 total work sets

These sets are all RPE of 8-10

Goal – Train explosively

Machine/assisted dips – Do 8 or so reps here, and then...

Superset this with

Machine (or dumbbell) flyes – Do 8 to 10 here as well. Work hard! Grind out these reps and stretch your chest hard.

We did this last week, and it's worth a revisit. This is an awesome combo to totally jack up your pecs full of blood!

Do 4 supersets for 8 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

Triceps

Pushdowns – Your elbows and tris will be plenty warm so you can dive right in. I want 4 sets of 20 with 60 second breaks. Once you can't use a full range of motion shorten the reps up and don't lockout, nothing wrong with this at all.

5 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Lying extensions/skullcrushers – Do 4 sets of 8 right here. Try to get the bar behind your head even for a massive stretch.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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.

Abs

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

4 total work sets

These sets are all RPE of 9-10

Goal – Stretch and pump

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

Calves

Seated calf raises – Do 2 warm up sets first. Do 4 sets of 25 here. On each rep sit in the stretch position for 4 seconds. These will be slow and painful sets. Try to use more weight than you used last week!

4 total work sets

This set is an RPE of 10

Goal – Supramax pump

Wednesday

Shoulders – 3 exercises – 10 sets

Abs – 1 exercise – 6 sets

Calves – 1 exercise – 4 sets

5 exercises – 20 sets

Shoulders

Reverse peck deck – 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 3 sets of 30 here with only 60 second breaks. To make this even more fun, I want you to do a 10 second isohold after the last rep on all 3 sets. Hold the weight in the midrange position. Lights out rear delts.

3 total work sets

These sets are all RPE of 12

Goal – Activation and pump

Standing side laterals – Let's do a classic pyramid here. Do 15 reps on your first set. Next up the weight and do 12. On your 3rd set up the weight and do 10. On your final set up the weight and do 8. Take your time now. Your delts will be on fire anyway.

4 total work sets

These sets are all RPE of 9-11. The last heavy set, you can use a little momentum

Goal – Supramax pump

Spidercrawls – On these you will go up and down 3 times for 1 set. Go up above head and then down to waistline approximately. Do 3 sets. 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.

3 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

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.

6 total work sets

These sets are all RPE of 8-9

Goal – Activation and pump

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

Calves

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

4 total work set

This set is an RPE of 10

Goal – Supramax pump

Thursday

Back – 3 exercises – 12 sets
Calves – 1 exercise – 5 sets
Abs – 1 exercise – 4 sets
5 exercises – 19 sets

Back

Coaching point – We have legs tomorrow so we need to steer clear of lower back today. We will pound everything else though. Remember, the 2nd and 3rd sessions for back, should not be taken to the intensity level as the Monday back workouts. There is only 1 day of rest after this workout until you hit it again, and then on Sat there is only 1 day of rest before you blast on Monday.

One arm supinated pull-downs – Do a few warm up sets. I want you to do 4 sets of 10 here, holding the contraction at the bottom for 1 second and squeezing hard on every rep.

4 total work set

These sets are all RPE of 9

Goal – Activate and pump

Stretchers – If you haven't done these bad boys, they provide an insane stretch. Notice how in the video I dip my head down and let my arms straighten. This is hard on tight shoulders, but as you go through your sets, you will feel them start to loosen up. Do 4 sets of 8 here.

4 total work set.

These sets are all RPE of 9

Goal – Train muscle with a stretch emphasis

https://www.youtube.com/watch?v=-hWBCW8V_U0&list=PLA808445EA052D63A&index=2

Barbell shrugs – Do 4 sets of 8 here. Leave a few reps in the tank. Hold the contraction for 2 seconds on all reps.

4 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Calves

Standing calf raises – Do 5 sets to failure here. Each set should be 10 full range of motion reps and then 10 partials out of the bottom. Work the stretch hard at the bottom as usual.

5 total work sets

These sets are all RPE of 10

Goal – Stretch and pump

Abs

Leg raises– Do 4 sets to failure here.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Friday

Legs – 4 exercises – 13 sets

Abs – 1 exercise – 4 sets

5 exercises – 17 sets

Legs

Seated leg curls- Do 2-3 warm up sets of 15 to get started. I want 3 hard work sets of 12 reps where each rep is continuous tension with a squeeze. For the 4th and final set use the same weight but do 10 reps, and use the 3 second down rule for each rep (on the negative only). Drop the weight and do 8 more reps the same way, then drop the weight one more time for another 8 reps. This should be a brutal set. Your hams will be pumped.

4 total work sets

These sets are a RPE of 8-12. The last set is the 12

Goal – Activation and start pump

Leg press – Do as many sets of 10 as you need, moving up in weight as you need to get extremely warm. Your first set is a really hard set of 8 reps. Use a 3 second down tempo when lowering (eccentric only), then drive up like a piston firing but do not lock out. Do one more set with the same weight for 8 again. For 3rd and last set, do the exact same weight and 3 second negative for 8 reps, then drop the weight and do 8 more reps with 3 second negative, then drop the weight and do 8 more reps with 3 second negative...then drop more weight, and lower at regular speed (no more 3 second descents), but go real deep to stretch out the teardrop at the bottom for 15 reps. Hello fire.

3 total work sets

These sets are all RPE of 10-12

Goal – Train explosively and supramax pump

Cable Belt Squat March – Put on your belt loosely. We are going to attach the low pulley cable to your belt. You are then going to march in place for 2 minutes straight, for 3 sets. Try to use a weight that is about half of your body weight or heavier. When done properly, this will annihilate your glutes.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

<https://www.youtube.com/watch?v=PtshjV56huM>

Stretching: Stretch each glute hard for 30 seconds after each set.

Glute Extensions – These are done on a 45 degree back raise or back hyperextension bench. We are going to drive the entire extension movement with your glutes alone. To accomplish this you must keep a lower back arch, or a flat back at the least. Come down to the lowest point of the movement, keep your back arched, and let your hamstrings relax to free them of tension. Then squeeze your glutes as hard as you can to raise yourself up. Keep your toes pointed straight ahead on this movement. As you fatigue, they will want to flare out to the sides. Put them back. Hold a dumbbell and squeeze each rep hard at the top for 15 reps. For sets 2 and 3 do the same reps, but after 15 drop the weight and do 10 more without weight.

3 total work sets

These sets are all RPE of 9-11

Goal – Supramax pump and working muscle from stretched position

Abs

Incline sit ups – Let's hit some upper ab work today as most of what we do is lower ab. Curl up slowly, and blow all your air out forcing your abs to contract hard, and then sort of unwind/uncurl your body slowly on the way down. Do 4 sets to failure.

4 total work sets

These sets are all RPE of 10

Saturday

Back – 3 exercises – 12 sets
Biceps – 2 exercises – 8 sets
Calves – 2 exercises – 8 sets
7 exercises – 28 sets

Back

Coaching Point – We hit our upper lats pretty hard Wednesday so today we will focus on lower lats. We lay off lower back because of the hypers we did yesterday, we must be careful to avoid overtaxing our lower back.

Also, with all the back work we are doing, we are indirectly doing a lot of bicep work so on this day we will do some bicep work, but during this phase we will not be adding in a lot of bicep work as it would likely result in tendonitis.

One arm supinated pull-downs – Let's do these again. You should be getting really good at these and being able to get a nice pump in your lower lats. We did some pretty hard stretching on upper lats Wednesday so today do not let your arm straighten out into a full stretch. Do 4 sets of 8.

4 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

Dumbbell row– This is just a classic dumbbell row. With your lower lats pumped these should feel especially good there. Do 4 sets of 8.

4 total work sets

These sets are all RPE of 8-9

Goal – Supramax pump

Chins – Use an assist machine on these to help you get perfect sets of 8 reps. Use a neutral grip so we can really work the entirety of your lats hard as well. Do 4 sets. Always remember to drive your elbows down hard when doing these, don't think about using your arms to pull yourself up.

4 total work sets

These sets are all RPE of 10

Goal – Supramax pump

Biceps

Preacher curls – Ah yes, my favorite bicep exercise. Since your elbows and biceps are nice and warm, we don't have to do these last. Do 4 sets of 8.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Hammer curl – Do 4 sets of 12 here giving each rep a very hard squeeze at the top.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Calves

Seated calve raises – Do 10 hard reps here using a full range of motion.

Supersettted with

Standing calve raises – Now do 6 more here again going really heavy and only working the bottom of the range of motion.

Do 4 supersets for 8 total work sets

These sets are all RPE of 8-9

Sunday

Off – Family Day

Donut day after church with the family!

Week 6

Monday

Back – 4 exercises – 14 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

7 exercises – 26 sets

Back

One-arm barbell rows – Take your time going up. Do these nice and strict. Let's get your lats full of blood doing sets of 10. Keep your hip a little higher on the side you are rowing with to create a really good stretch on your entire lat. 4 sets of 10 here.

4 total work sets

These sets are all RPE of 9-10

Goal – Activation and start pump

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

Smith bent over row – I want to do these again and since you did them last week, you should know what you did, so beat it this week! Let's progress on this meat and potato exercise. Stay with rest-pause technique and do 4 hard sets of 8 again! We also added a work set here fyi.

4 total work sets

This set is an RPE of 9-10

Goal – Train explosively

https://www.youtube.com/watch?v=pBd_LB5MJPC&list=PLA808445EA052D63A&index=9

Straight arm pulldown – You can do these with a rope if you like. I want to give your arms a break and keep pumping your lats. Do 3 sets of 10.

3 total work sets

This set is an RPE of 9-10

Goal – Supramax pump

https://www.youtube.com/watch?v=FPsPpA_nUoo&list=PLA808445EA052D63A&index=33

Rack pulls – Let's have some fun now. Set the pins at mid-shin. Do 3 hard sets of 5. That's it. Just do doubles up to the weight that is a tough 5. 15 hard reps are actually a lot of reps. I DO NOT want you to do any sloppy reps with a rounded back ok. Remember that.

3 total work sets

These sets are an RPE of 9-10

Goal – Train explosively

Abs

Ab combination #1 – This is a hanging leg raise and incline sit up combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 8-9

<https://www.youtube.com/watch?v=Qe8HIJv5fWs&index=7&list=PL512BBB0C927A91DC>

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.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

Tuesday

Chest – 3 exercises – 9 sets
Triceps – 3 exercises – 12 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
9 exercises – 33 sets

Chest

Decline dumbbell press – Do these on a very slight decline. More than that is hard on your rotator cuff. Work your way up doing sets of 8. Keep going until you hit a weight that you can barely complete 8 perfect reps with. We will call this 3 work sets. Don't take too big of jumps or you will cheat yourself out of work sets/volume. Take these to full lockout this week and squeeze hard.

3 total work sets

These sets are RPE of 8-10, as the last set is the 10

Goal – Activation and start pump

Incline barbell press – I want you to try to use the same weight you did last week for 8's this week, but I want you to try to hit 9 or 10 reps with it ok. Do your best! Do 3 sets.

3 total work sets

These sets are all RPE of 10

Goal – Train explosively

Machine (or dumbbell) flies – Let's get some crazy blood in your chest now. Do 3 sets of 25 here. After the 25 I want you to sit on the stretch for a 30 second count.

3 total work sets

These sets are all RPE of 11

Goal – Train muscle with stretch emphasis

Triceps

Rope pushdowns – Do 4 sets of 8 here nice and slow really flexing hard at the bottom.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Dips – Although we are continuing triceps work, we are still doing some more chest work here, so don't worry about the lower number of sets above for chest. I did set the pushdowns first so triceps would be a bit fatigued and have to work harder here. Use an assist machine. Do 4 sets of 8.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Incline lying extensions/skullcrushers – Do 4 sets of 8 right here. This week we do these laying back on an incline utility bench. It will enable you to stretch even better this time. Try to get the bar behind your head even for a massive stretch.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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.

Abs

Ab combination #2 – This is a hanging leg raise and a rope crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and pump

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

Calves

Calve program #4 – These are those nasty sets where you do 10, hold at top for 10, and repeat 2 more times. NASTY.

4 total work sets.

These sets are an RPE of 10

Goal – Supramax pump

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

Wednesday

Shoulders – 3 exercises – 11 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

5 exercises – 23 sets

Shoulders

Machine side laterals – Make sure you do plenty of warm ups here. If you don't have a good machine to do these, that's fine, just do dumbbells. What I want, once you are warmed up, is to do sets of 8 where your partner pushes down on your elbows and you resist. Basically we are just increasing the eccentric load here. Do 4 sets of 8. This is a lot of eccentric load, which means a lot of muscle breakdown.

4 total work sets

These sets are all RPE of 11

Goal – Activation and pump

<https://www.youtube.com/watch?v=whgM8YU39OM&list=PL1F60A60A3E4E2E83&index=5>

Bent over rear delt swings – Let your arms hang straight and just swing the weight. It's gonna hurt. Do 4 sets of 20.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

Spidercrawls – On these you will go up and down 3 times for 1 set. Go up above head and then down to waistline approximately. Do 3 sets. 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.

3 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

Abs

Ab combination #3 – This is a rope crunch and a pulldown crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and pump

https://www.youtube.com/watch?v=FDCigeU12_k&list=PL512BBB0C927A91DC&index=8

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.

4 total work set

This set is an RPE of 10

Goal – Supramax pump

Thursday

Back – 3 exercises – 12 sets
Calves – 1 exercise – 1 set
Abs – 1 exercise – 3 sets
5 exercises – 16 sets

Back

Coaching point – We have legs tomorrow so we need to steer clear of lower back today. We will pound everything else though. Remember, the 2nd and 3rd sessions for back, should not be taken to the intensity level as the Monday back workouts. There is only 1 day of rest after this workout until you hit it again, and then on Sat there is only 1 day of rest before you blast on Monday.

Neutral grip pulldowns – This is a grip where your hands are facing each other. Go about medium width. Keep your elbows in tight and drive them down hard flexing your lats in the contracted position. I like to hold the squeeze for a half second at the bottom of each rep. Do 4 sets of 10.

4 total work set

These sets are all RPE of 9

Goal – Activate and pump

Scapulae stretch pulldowns – On these you go very heavy but you maintain perfect form and only pull down to the top of your head. Squeeze your whole back hard as you pull through the range of motion. The tension on this should be sky high. Do 4 sets of 8.

4 total work set.

These sets are all RPE of 10

Goal – Train muscle with a stretch emphasis

<https://www.youtube.com/watch?v=cvhlITSWimE&index=1&list=PLA808445EA052D63A>

Face pulls – I use the term “face” pull very loosely. It’s more like a chest pull. This angle I believe works your rhomboids and lower traps best without putting your shoulder in a compromising situation. Do 4 sets of 15 here. Hold the contraction for 1 second on all reps.

4 total work sets

These sets are all RPE of 8

Goal – Supramax pump

https://www.youtube.com/watch?v=Q6shuaJl_A&index=52&list=PLA808445EA052D63A

Calves

Standing 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.

1 total work set

This set is an RPE of 12

Goal – Stretch and pump

Abs

Decline bench leg raise – Do 3 sets to failure here.

3 total work sets.

These sets are all RPE of 9

Goal – Activation and pump

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

Friday

Legs – 4 exercises – 16 sets

Abs – 3 exercises – 9 sets

7 exercises – 25 sets

Legs

Alternating Single Leg Lying leg curls- Do 3-4 warm up sets of 10 to get started. I want 4 hard work sets of 8 reps where your partner gives you added eccentric resistance on all reps. See the video below for a demo. If you don't have a partner, use a heavier weight, and use both legs to raise it, and one leg to lower it. Keep those glutes tight.

4 total work sets

These sets are a RPE of 11

Goal – Activation and start pump

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

Leg press – Check out the video below for form. The form on these is more quad sweep focused. I love using this technique. Do sets of 10 all the way up until you can barely get 10. We'll say that is 3 work sets. Now after this, change your foot position to where you are simply strongest and add some more weight and do 2 more sets of 8 with a heavier weight. So this is 5 total work sets.

5 total work sets.

These sets are all RPE of 10-12

Goal – Supramax pump

<https://www.youtube.com/watch?v=bV3VVQG-sXw&index=53&list=PLD5A37C01FC6D4C0D>

Barbell squats – If you have a safety squat bar use it this week, if not just use a regular bar. Do 4 sets of 10 here. Take your time. I want you to be strong on all these sets.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Stretching: Stretch each quad hard for 30 seconds after each set.

Glute Extensions – We are doing these again this week. We are going to drive the entire extension movement with your glutes alone. To accomplish this you must keep a lower back arch, or a flat back at the least. Come down to the lowest point of the movement, keep your back arched, and let your hamstrings relax to free them of tension. Then squeeze your glutes as hard as you can to raise yourself up. Keep your toes pointed straight ahead on this movement. As you fatigue, they will want to flare out to the sides. Put them back. Hold a dumbbell and squeeze each rep hard at the top for 15 reps. For sets 2 and 3 do the same reps, but after 15 drop the weight and do 10 more without weight.

3 total work sets

These sets are all RPE of 9-11

Goal – Supramax pump and working muscle from stretched position

Abs

Ab combination #4 – This is a leg raise, rope crunch, and incline sit-up combo. Do 3 rounds for 9 total work sets.

9 total work sets

These sets are all RPE of 10

<https://www.youtube.com/watch?v=DNOb3S7fBS4&list=PL512BBB0C927A91DC&index=9>

Saturday

Back – 3 exercises – 12 sets
Biceps – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
6 exercises – 24 sets

Back

Coaching Point – We hit our upper lats pretty hard Wednesday so today we will focus on lower lats. We lay off lower back because of the hypers we did yesterday, we must be careful to avoid overtaxing our lower back.

Also, with all the back work we are doing, we are indirectly doing a lot of bicep work so on this day we will do some bicep work, but during this phase we will not be adding in a lot of bicep work as it would likely result in tendonitis.

Neutral grip chins– Feel free to use an assist machine on these. Keep your back straight with just a slight arch and really drive elbows down hard like we did Wednesday on the pulldowns. Try to get up high into the movement when you come up. Do 4 sets of 8.

4 total work sets

These sets are all RPE of 8-9

Goal – Activation and start pump

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

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Seated dumbbell shrugs – Do these seated for 4 sets of 15 reps.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Biceps

Reverse curls – Let's crush your forearms too with 4 sets of 12 here to get us started.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Barbell curl – Now let's change over to regular curls and knock 4 sets of 1 here.

4 total work sets

These sets are all RPE of 10

Goal – Supramax pump

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.

4 total work sets.

These sets are an RPE of 10

Goal – Supramax pump

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

Sunday

Off – Family Day

Donut day after church with the family!

Week 7

Monday

Back – 4 exercises – 15 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

7 exercises – 27 sets

Back

Neutral grip chins – Do a few warm ups here before hitting your work sets. I want 4 sets of 10. Drive your elbows down hard when you are going to the contracted part of the movement. Don't get a full stretch this time. Keep some bend in your elbows and keep the tension directly in your lats. We will hit stretch movement later.

4 total work sets

These sets are all RPE of 9-10

Goal – Activation and start pump

Dumbbell deadstop row – Do 4 sets of 8 here. Drive your elbow up hard. Try to not pull with your arms, engage lats!

4 total work sets

This set is an RPE of 9

Goal – Train explosively

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

Pulldown with a stretch – I love these, been doing them since the late 90's. Have your partner provide more force at the top only. You are just forcing more of a stretch. Your partner needs to do this smoothly like in the video and not just jump onto the bar and rip your arms off. Do 4 sets of 8 like this.

4 total work sets

This set is an RPE of 9-10

Goal – Train muscle with a stretch emphasis

<https://www.youtube.com/watch?v=XNAwRhCcemI&index=8&list=PLA808445EA052D63A>

Hyperextensions – Do these banded to provide extra resistance at the top. Do 3 sets of 10.

3 total work sets

These sets are an RPE of 9-10

Goal – Supramax pump

Abs

Ab combination #1 – This is a hanging leg raise and incline sit up combo. Do 4 rounds for 8 total work sets.

8 total work sets.

These sets are all RPE of 8-9

<https://www.youtube.com/watch?v=Qe8HIJv5fWs&index=7&list=PL512BBB0C927A91DC>

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.

4 total work sets.

These sets are an RPE of 10

Goal – Supramax pump

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

Tuesday

Chest – 3 exercises – 11 sets
Triceps – 3 exercises – 10 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
9 exercises – 33 sets

Chest

Incline dumbbell press – Do these on a very slight incline. Work your way up doing sets of 8. Keep going until you hit a weight that you can barely complete 8 perfect reps with. We will call this 3 work sets. Don't take too big of jumps or you will cheat yourself out of work sets/volume. Take these to 3/4 lockout this week.

3 total work sets

These sets are RPE of 8-10, as the last set is the 10

Goal – Activation and start pump

Incline barbell press – Let's hit some unusually high reps this week on this. Do 4 sets of 12. Find a weight you can do for 12 with the 12th rep being very tough, and do it a total of times. Do 4 sets.

4 total work sets

These sets are all RPE of 10

Goal – Train explosively

Incline flyes – Ok let's get back to our pronated flyes this week. Do 4 slow controlled sets of 8.

4 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

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

Triceps

Reverse grip pushdowns – Do these with individual handles as shown in the video. I love these. Do 4 sets of 15 here nice and slow really flexing hard at the bottom.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

Tate press – I like doing these with kettle bells but you can use dumbbells too. Do 4 sets of 10 here. Take your time on these, don't rush the reps, stay in control.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

Decline lying extensions/skullcrushers – Do 2 sets of 15 here.

2 total work sets.

These sets are all RPE of 9-10

Goal – Supramax pump

https://www.youtube.com/watch?v=q0bzH7j_mJw&list=PL04BB5F1BC0300483&index=29

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.

Abs

Ab combination #2 – This is a hanging leg raise and a rope crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and pump

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

Calves

Calve program #4 – These are those nasty sets where you do 10, hold at top for 10, and repeat 2 more times. NASTY.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

Wednesday

Shoulders – 3 exercises – 15 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
5 exercises – 23 sets

Shoulders

Machine rear laterals – Do a few warm up sets and then do 5 sets of 15 here. On all reps hold and flex for a second in the contracted position.

5 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Overhead press – Shoot for 8 reps. Notice I am pushing the weight against the top of the Smith machine to effectively add in isoholds on each rep.

Supersetted with

Dumbbell side laterals – Do 10 reps here.

Do 5 rounds for 10 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

<https://www.youtube.com/watch?v=aIpBj-m5UE&list=PL1F60A60A3E4E2E83&index=18>

Abs

Ab combination #3 – This is a rope crunch and a pulldown crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and pump

https://www.youtube.com/watch?v=FDCigeU12_k&list=PL512BBB0C927A91DC&index=8

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.

4 total work set

This set is an RPE of 10

Goal – Supramax pump

Thursday

Back – 3 exercises – 16 sets
Calves – 1 exercise – 1 set
Abs – 1 exercise – 3 sets
5 exercises – 20 sets

Back

Coaching point – We have legs tomorrow so we need to steer clear of lower back today. We will pound everything else though. Remember, the 2nd and 3rd sessions for back, should not be taken to the intensity level as the Monday back workouts. There is only 1 day of rest after this workout until you hit it again, and then on Sat there is only 1 day of rest before you blast on Monday.

Cable rows w/ single pulleys – Let's do something a little unique here and hit lower traps and rhomboids first. Do 4 sets of 12 here with form as shown in video. Notice the hard squeeze.

4 total work set

These sets are all RPE of 9

Goal – Activate and pump

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

Pulldowns w/ single pulleys – Ok change out the attachment on the pulldown to use the same single pulleys you just used. Supinate as you drive your elbows down hard here. Do both arms at once this time, not separate. Do 4 sets of 8. I like to do these pretty heavy and do a slower negative and just really feel crazy tension in my lats. Since your lats have a good pump at this point, let's reach up and get a great stretch on these as well.

4 total work set

These sets are all RPE of 9-10

Goal – Train muscle with a stretch emphasis

Rack pulls – We will go easy on low back the next 2 workouts, but let's crank on it today. What I want you to do is 8 sets of 5. Pull from mid-shin. Use a weight you could probably hit 10-12 with, and do 5 reps, step back and count to 10, and then get back in and go. If you fatigue fast and the pulls become grinders increase your rest break to 30 seconds ok! This is brutal.

8 total work sets

These sets are all RPE of 7-10

Goal – Supramax pump

Calves

Standing 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.

1 total work set

This set is an RPE of 12

Goal – Stretch and pump

Abs

Decline bench leg raise – Do 3 sets to failure here.

3 total work sets

These sets are all RPE of 9

Goal – Activation and pump

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

Friday

Legs – 4 exercises – 14 sets

Abs – 3 exercises – 9 sets

7 exercises – 25 sets

Legs

Alternating Single Leg Lying leg curls - Do 3-4 warm up sets of 10 to get started. I want 3 hard sets of 10 once warmed up. On the last set I want 10, then a drop and do 8, then another drop and do 8 followed by a 30 second iso-hold just a little shy of the stretch position. TIGHT GLUTES!

4 total work sets

These sets are a RPE of 9-11

Goal – Activation and start pump

Leg press – Place your feet in the strongest possible position and work up doing sets of 10 until you can just barely hit 10. Work these hard. Concentrate on all your reps and make your quads pump full of blood fast. We will call this 3 work sets.

3 total work sets

These sets are all RPE of 8-10

Goal – Supramax pump

Hack squat 1.5's – Oh yea, these are nasty. Time to bring them back. Go down to parallel, complete stop, 1 second pause, strong glute contraction, up halfway, immediately then go back down to parallel, stop, 1 second pause, strong glute contraction, and then come up all the way to lockout. That is one rep. Do 4 sets of 10 here.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

Leg extensions – Do 3 sets of 25 here. I don't want you to lockout. I want you to use pretty heavy weight but only come up $\frac{3}{4}$ of the way. Just pump like a madman here and get more blood in your quads than ever before.

3 total work sets

These sets are all RPE of 10

Goal – Supramax pump and working muscle from stretched position

Abs

Ab combination #4 – This is a leg raise, rope crunch, and incline sit-up combo. Do 3 rounds for 9 total work sets.

9 total work sets

These sets are all RPE of 10

<https://www.youtube.com/watch?v=DNOb3S7fBS4&list=PL512BBB0C927A91DC&index=9>

Saturday

Back – 3 exercises – 12 sets
Biceps – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
6 exercises – 24 sets

Back

Coaching Point – Now we steer clear of lower back work as we did hard rack pulls Wednesday. Also, with all the back work we are doing, we are indirectly doing a lot of bicep work so on this day we will do some bicep work, but during this phase we will not be adding in a lot of bicep work as it would likely result in tendonitis.

Chest supported row – Use a machine that allows you to use a neutral grip and allows you to really keep your elbows in close and tight. We are focusing on your lats here. Get your elbows back as far as you can and squeeze. Do 4 hard sets of 10.

4 total work sets

These sets are all RPE of 9-10

Goal – Activation and start pump

Dumbbell pullovers– Do 4 sets of 10 here.

4 total work sets

These sets are all RPE of 8-9

Goal – Train muscle with a stretch emphasis

Dumbbell shrugs – Do 4 sets of 12 here. Hold the contracted position for 2 seconds on all reps.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Biceps

Hammer curls – Grip the dumbbells hard and do 4 sets of 15 here. They will pump extremely fast.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Barbell curl 1.5's –Lower the bar all the way, and only come up halfway, then lower it down, then come up all the way. That is 1 rep. Do 4 sets of 10 like this!

4 total work sets

These sets are all RPE of 10

Goal – Supramax pump

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.

4 total work sets.

These sets are an RPE of 10

Goal – Supramax pump

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

Sunday

Off – Family Day

Donut day after church with the family!

Week 8

Monday

Back – 4 exercises – 15 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

7 exercises – 27 sets

Back

Semi supinated pulldowns – I love this machine, but you may not have it. The real point here is to use a grip that is semi-supinated. You can use individual handles on the pulldown to simulate this. Drive your elbows back and really focus on the lats here. Do 4 sets of 10 once warmed up.

4 total work sets

These sets are all RPE of 9-10

Goal – Activation and start pump

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

Cable iron cross – Do 4 sets of 10. As I say in the video, do not let your arms come up past parallel, as it is too hard on shoulders and rotator cuffs. Do this safely and it is awesome for the lats.

4 total work sets

This set is an RPE of 9

Goal – Supramax pump

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

T-bar – I am just looking for some heavy ball busting tbar rows. I prefer you use a pronated grip so you hit the lower traps and rhomboids as much as possible. Do 4 sets of 8 here.

4 total work sets

This set is an RPE of 9-10

Goal – Train muscle with a stretch emphasis

Hyperextensions – Do these banded to provide extra resistance at the top. Do 3 sets of 10.

3 total work sets

These sets are an RPE of 9-10

Goal – Supramax pump

Abs

Ab combination #1 – This is a hanging leg raise and incline sit-up combo. Do 4 rounds for 8 total work sets.

8 total work sets.

These sets are all RPE of 8-9

<https://www.youtube.com/watch?v=Qe8HIJv5fWs&index=7&list=PL512BBB0C927A91DC>

Calves

Calf 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.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

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

<https://www.youtube.com/watch?v=IMbhfK-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

Tuesday

Chest – 3 exercises – 11 sets
Triceps – 2 exercises – 8 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
8 exercises – 31 sets

Chest

Flat dumbbell press – Work your way up doing sets of 8. Keep going until you hit a weight that you can barely complete 8 perfect reps with. We will call this 3 work sets. Don't take too big of jumps or you will cheat yourself out of work sets/volume. Take these to 3/4 lockout this week.

3 total work sets

These sets are RPE of 8-10, as the last set is the 10

Goal – Activation and start pump

Incline barbell press – If you can do these in a power rack, with a utility bench, please do. I just want you to change your angle from what you have been doing. You can make the bench a little lower, or even a little higher (means bigger delts). Do 4 sets of 8. Find a weight you can do for 8 with the 8th rep being very tough and do it a total of times. Do 4 sets.

4 total work sets

These sets are all RPE of 9-10

Goal – Train explosively

Flat flyes – Ok let's get back to our pronated flyes this week, but do them on a flat bench! Do 4 slow controlled sets of 8.

4 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

Triceps

Rope pushdowns – Do 4 sets of 15 here nice and slow really flexing hard at the bottom.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

Tate press – I like doing these with kettle bells but you can use dumbbells too. Do 4 sets of 20 here. This is a lot of volume, and last week you did sets of 10, this will blow them up. Take your time on these, don't rush the reps, stay in control.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

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.

Abs

Ab combination #2 – This is a hanging leg raise and a rope crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and pump

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

Calves

Calve program #4 – These are those nasty sets where you do 10, hold at top for 10, and repeat 2 more times. NASTY.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

Wednesday

Shoulders – 4 exercises – 16 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

7 exercises – 28 sets

Shoulders

Machine rear laterals – Do a few warm up sets and then do 4 sets of 25 here. On all reps hold and flex for a second in the contracted position.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Seated dumbbell press – Use a bench with a back support so your low back is supported. Find a weight that is a tough 8 and try to gut out 4 sets of 8 with it.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Dumbbell side laterals – Do 4 sets of 10 here.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Barbell front raises – Do 4 sets of 10 here.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Ab combination #3 – This is a rope crunch and a pulldown crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and pump

https://www.youtube.com/watch?v=FDCigeU12_k&list=PL512BBB0C927A91DC&index=8

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.

4 total work set.

This set is an RPE of 10

Goal – Supramax pump

<https://www.youtube.com/watch?v=IMbhfk-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

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

Thursday

Back – 3 exercises – 14 sets
Calves – 1 exercise – 1 set
Abs – 1 exercise – 3 sets
5 exercises – 20 sets

Back

Coaching point – We have legs tomorrow so we need to steer clear of lower back today. We will pound everything else though. Remember, the 2nd and 3rd sessions for back, should not be taken to the intensity level as the Monday back workouts. There is only 1 day of rest after this workout until you hit it again, and then on Sat there is only 1 day of rest before you blast on Monday.

Cable rows w/ single pulleys – Go back to a normal neutral grip on these this week (palms facing each other). Do 4 sets of 10.

4 total work set

These sets are all RPE of 9

Goal – Activate and pump

Wide grip behind the back pulldowns – On these I only want you pulling to the back of your head. Don't try for an extreme range of motion here or it will fry your shoulders. Just get the weight to behind your head and squeeze your entire back throughout all the reps. Do 4 sets of 10 here.

4 total work set

These sets are all RPE of 9-10

Goal – Train muscle with a stretch emphasis

Rack pulls – What I want you to do this week is change the pin height from last week. We used to do this at Westside barbell all the time (rotate pin heights each week). Instead of midshin, pull from knee, so you will be able to use a little more weight. We will go easy on low back the next 2 workouts, but let's crank on it today. I want you to do 6 sets of 5. Use a weight you could probably hit 12 with, and do 5 reps, step back and count to 10, and then get back in and go. If you fatigue fast and the pulls become grinders increase your rest break to 30 seconds ok! This is brutal.

6 total work sets

These sets are all RPE of 7-10

Goal – Supramax pump

Calves

Standing 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.

1 total work set

This set is an RPE of 12

Goal – Stretch and pump

Abs

Decline bench leg raise – Do 3 sets to failure here.

3 total work sets.

These sets are all RPE of 9

Goal – Activation and pump

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

Friday

Legs – 4 exercises – 15 sets

Abs – 3 exercises – 9 sets

7 exercises – 24 sets

Legs

Seated leg curls - Do 3-4 warm up sets and then do 3 sets of 25. Just pump these out fast and hard. Squeeze the whole time so you are really driving blood in there. 25 rep sets on these, with this much tension, is insane for pump.

3 total work sets

These sets are a RPE of 9-10

Goal – Activation and start pump

Leg press – Place your feet in the strongest possible position and work up doing sets of 10 until you can just barely hit 10. That is it. Just straight sets to the heaviest 10 you can get. I do want you to do 2 sets at that weight this time. Normally we just do one, but add on more set at that top weight this week. We will call this 4 total work sets.

4 total work sets

These sets are all RPE of 8-10

Goal – Supramax pump

Hack squat 1.5's – Remember how great these felt last week, it is even more awful this week. Do 8 reps here first.

Superset this with

Short Step Walking lunges – Use a weight that allows you to take 10 steps with each leg. Use dumbbells on these so you can just drop them when done.

Do 4 rounds of this for 8 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Take your time in between sets. Get your wind back and don't rush it.

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

Abs

Ab combination #4 – This is a leg raise, rope crunch, and incline sit-up combo. Do 3 rounds for 9 total work sets.

9 total work sets

These sets are all RPE of 10

<https://www.youtube.com/watch?v=DNOb3S7fBS4&list=PL512BBB0C927A91DC&index=9>

Saturday

Back – 3 exercises – 12 sets
Biceps – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
6 exercises – 24 sets

Back

Coaching Point – Now we steer clear of lower back work as we did hard rack pulls Wednesday again.

Also, with all the back work we are doing, we are indirectly doing a lot of bicep work so on this day we will do some bicep work, but during this phase we will not be adding in a lot of bicep work as it would likely result in tendonitis.

Chins – Just do basic chins here. Use an assist machine if needed. I want 4 sets of 10 here. If 10 is too easy, strap some weight onto you while you do these.

4 total work sets

These sets are all RPE of 9-10

Goal – Activation and start pump

Dumbbell pullovers– Do 4 sets of 10 here.

4 total work sets

These sets are all RPE of 8-9

Goal – Train muscle with a stretch emphasis

Smith barbell rows – Let's crank on these. Do 4 sets of 10 here. All reps are rest pause style. Drive those elbows up hard!

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Biceps

Reverse ez bar curls – Do 4 sets of 15 here.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Barbell curl 1.5's – These felt so awesome last week, thought we'd do them again this week! Lower the bar all the way, and only come up half way, then lower it down, then come up all the way. That is 1 rep. Do 4 sets of 10 like this!

4 total work sets

These sets are all RPE of 10

Goal – Supramax pump

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.

4 total work sets.

These sets are an RPE of 10

Goal – Supramax pump

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

Sunday

Off – Family Day

Donut day after church with the family!

Week 9

Monday

Back – 4 exercises – 15 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
7 exercises – 27 sets

Back

Dumbbell rows – Come out of the gates cranking on this. On your last set we are going to pick up the intensity. Do 3 sets of 10 with a weight that you could probably get 12 with, and then on the 4th set unleash, do 10, and then drop the weight and do 8, and then drop the weight and do 8 more!

4 total work sets

These sets are all RPE of 9-11

Goal – Activation and start pump

Wide grip pulldowns – Do 4 sets of 8 here with a very wide grip to the front. Reach up and stretch on all reps! Drive your elbows down and squeeze your lats as hard as you can on all reps.

4 total work sets

This set is an RPE of 9

Goal – Supramax pump

Cable low rows – Another very basic movement. Nail 4 sets of 10 here with a weight where the 10th rep is the last one you can get with perfect form!

4 total work sets

This set is an RPE of 9-10

Goal – Supramax pump

Hyperextensions – Do these banded to provide extra resistance at the top. Do 3 sets of 10.

3 total work sets

These sets are an RPE of 9-10

Goal – Supramax pump

Abs

Ab combination #1 – This is a hanging leg raise and incline sit up combo. Do 4 rounds for 8 total work sets.

8 total work sets.

These sets are all RPE of 8-9

<https://www.youtube.com/watch?v=Qe8HIJv5fWs&index=7&list=PL512BBB0C927A91DC>

Calves

Calf 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.

4 total work sets.

These sets are an RPE of 10

Goal – Supramax pump

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

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

<https://www.youtube.com/watch?v=IMbhfk-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

Tuesday

Chest – 3 exercises – 12 sets
Triceps – 2 exercises – 8 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
8 exercises – 32 sets

Chest

Machine press – Get to a tough weight here and do 4 sets of 8 with it. The 8th rep should be very hard, but you CAN complete it with perfect form.

4 total work sets

These sets are RPE of 9-10

Goal – Activation and start pump

Smith incline barbell press – I don't think we have done these the whole program! Form is the same, take the bar to about 2 inches of chest before driving to $\frac{3}{4}$ lockout. Also set the bench so that this is a low incline. Do a set of 20. On 2nd set add weight and do 15. On 3rd set add weight and do 10. On 4th set add weight and do 6.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Machine flyes – Remember to lift your sternum high and really open up your pecs and stretch on these. Do 4 sets of 10. In between each set I want you to do 10 over and backs with a rope as shown in the video.

4 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

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

Triceps

Rope pushdowns – Do 4 sets of 10 here nice and slow but not locking out all the way. Keep these heavy and with continuous tension. Here is a variation I love in the video below. This or pressing down on the pad in the chin/dip assist if you have a pad.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

Tricep extensions – Check this single handle variation out. I love the stretch! Do 4 sets of 15 here.

4 total work sets.

These sets are all RPE of 9-10

Goal – Supramax pump

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

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.

Abs

Ab combination #2 – This is a hanging leg raise and a rope crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and pump

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

Calves

Calve program #4 – These are those nasty sets where you do 10, hold at top for 10, and repeat 2 more times. NASTY.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

Wednesday

Shoulders – 4 exercises – 16 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
7 exercises – 28 sets

Shoulders

Machine rear laterals – Do a few warm up sets and then do 4 sets of 15 here. On all reps hold and flex for a second in the contracted position.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Ultra-wide overhead presses – I do these on occasion. They are much harder than they look. Use a really wide grip...I mean wide. Do NOT try to go heavy on these. Do 4 sets of 10.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

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

Dumbbell side laterals – Do 4 sets of 20 here. When you are done here, I want your shoulders to be completely numb.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Barbell front raises – Do 4 sets of 10 here.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Ab combination #3 – This is a rope crunch and a pulldown crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and Pump

https://www.youtube.com/watch?v=FDCigeU12_k&list=PL512BBB0C927A91DC&index=8

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.

4 total work set.

This set is an RPE of 10

Goal – Supramax pump

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

<https://www.youtube.com/watch?v=IMbhfK-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

Thursday

Back – 3 exercises – 14 sets
Calves – 1 exercise – 1 set
Abs – 1 exercise – 3 sets
5 exercises – 20 sets

Back

One arm barbell rows – We are going to do some grinders here. Do 4 sets of 8 with a tough weight.

4 total work set

These sets are all RPE of 9

Goal – Activate and pump

Chins – I want you to do these with a neutral grip and using an assist machine. Set the weight so that you can get 4 sets of 10. Remember to really drive your elbows down to engage lats on these. You don't have to hang all the way and get a massive stretch this time.

4 total work set

These sets are all RPE of 9-10

Goal – Supramax pump

Rack pulls – Ok this is the last week of our mini rack pull cycle changing the pin height. On these go up another 1-2 inches from where you were last week so you can go even heavier. Do 6 sets of 4. The 4th rep should be perfect form, but very difficult. Don't rush the sets. Take your time.

6 total work sets

These sets are all RPE of 8-9

Goal – Supramax pump

Calves

Standing 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.

1 total work set

This set is an RPE of 12

Goal – Stretch and pump

Abs

Decline bench leg raise – Do 3 sets to failure here.

3 total work sets

These sets are all RPE of 9

Goal – Activation and pump

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

Friday

Legs – 5 exercises – 19 sets

Abs – 3 exercises – 9 sets

8 exercises – 28 sets

Legs

Lying leg curls- Do 3-4 warm up sets and then do 4 heavy sets of 8 using rest-pause reps on all reps! I actually was able to do these with the whole stack today which is pretty good for me! Keep your glutes squeezed tight during the full range of motion.

4 total work sets

These sets are a RPE of 9-10

Goal – Activation and start pump

Abductor machine – Do 4 sets of 10 here. Leave a few reps in the tank on all sets.

4 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Leg press – You should be really strong out of the hole now with your abductors and hams firing. Do sets of 8 all the way up until you can barely get 8. We will count this as 3 work sets.

3 total work sets

These sets are all RPE of 7-10

Goal – Supramax pump

Leg extensions – Do 6 heavy reps here.

Superset this with

Wide stance high box squats – Use a box that is about two inches above parallel. Now do 6 heavy reps here with a wide stance with toes turned out to 10 and 2 o'clock. You will need to do plenty of feeder sets of 3 reps to get to your working weight. The goal is to do these perfectly and pretty heavy. Keep your back arched, and sit back onto the box with control. Drive through the heels and don't rock forward coming off the box. Take your time in between sets. Get your wind back and don't rush it.

Do 4 rounds of this for 8 total work sets

These sets are all RPE of 8-10

Goal – Supramax pump

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

Abs

Ab combination #4 – This is a leg raise, rope crunch, and incline sit-up combo. Do 3 rounds for 9 total work sets.

9 total work sets

These sets are all RPE of 10

<https://www.youtube.com/watch?v=DNOB3S7fBS4&list=PL512BBB0C927A91DC&index=9>

Saturday

Back – 3 exercises – 14 sets
Biceps – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
6 exercises – 26 sets

Back

Coaching Point – We didn't kill lower back this week, so we are going to do some stiff legged deads. This is a double whammy on hams as you just did leg curls yesterday. This is intentional.

Chest supported rows – Do 6 sets of 10 here after getting warmed up. Stretch hard and feel the stretch all the way into the middle of your back! Squeeze hard to. This is a lot of volume at this angle!

6 total work sets

These sets are all RPE of 9-10

Goal – Activation and start pump

Dumbbell pullovers – Do 4 sets of 10 here.

4 total work sets

These sets are all RPE of 8-9

Goal – Train muscle with a stretch emphasis

Stiff legged deads – I want you to do 4 sets of 10 here with a good hard weight. I want you to use your entire posterior chain – your glutes, hams, lower back and upper back, hit it ALL!

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Biceps

Preacher ez bar curls – Do 4 sets of 10 here.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Pinwheel curls – Do 4 sets of 10 here. See the video for form.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

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.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

Sunday

Off – Family Day

Donut day after church with the family!

Week 10

Monday

Back – 4 exercises – 15 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
7 exercises – 27 sets

Back

Meadows rows – I attached a video of the landmine version below for your reference as another way to do these. Work your way up to a tough 8, and stay there for 4 sets with it.

4 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

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

Chest supported row – I want you to mimic the movement I am doing in the video below with Ken. Do 4 sets of 8, and on the last rep of every set have your partner force you into a really hard stretch for 10 seconds.

4 total work sets

This set is an RPE of 10

Goal – Supramax pump and forced stretch

<https://www.youtube.com/watch?v=UnFzVboNgGY&index=44&list=PLA808445EA052D63A>

Away facing lat pulldowns – Now let's do the away facing pulldown as shown in the video. This is an exercise that you focus more on contraction at the bottom. If you use a heavy weight and try to stretch hard it will pull you out of the seat most likely. Drive your elbows down and flex hard! Do 4 sets of 10.

4 total work sets

This set is an RPE of 9-10

Goal – Supramax pump

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

Hyperextensions – Do these banded to provide extra resistance at the top. Do 3 sets of 10.

3 total work sets

These sets are an RPE of 9-10

Goal – Supramax pump

Abs

Ab combination #1 – This is a hanging leg raise and incline sit up combo. Do 4 rounds for 8 total work sets.

8 total work sets.

These sets are all RPE of 8-9

<https://www.youtube.com/watch?v=Qe8HIJv5fWs&index=7&list=PL512BBB0C927A91DC>

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.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

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

<https://www.youtube.com/watch?v=IMbhfK-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

Tuesday

Chest – 3 exercises – 12 sets
Triceps – 2 exercises – 8 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
8 exercises – 32 sets

Chest

Neutral grip incline dumbbell press – Check out the form below. Open your chest up at the bottom and drive the weight up to lockout and get a quick squeeze before coming right back down.

4 total work sets

These sets are RPE of 9-10

Goal – Activation and start pump

<https://www.youtube.com/watch?v=3YT5jQS9bAQ&list=PL2955620A11D03694&index=14>

Smith incline barbell press – Let's do these again this week but with some extra shoulder emphasis, by doing these on a steeper incline. Do a classic pyramid here. Do 12, 10, 8, and 6 reps increasing the weight as you go. The last rep should be very tough on all sets.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

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

Incline pronated flyes – Do 4 sets of 10 here to stretch everything good.

4 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

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

Triceps

Triceps extensions – Let's do these first this week for tris as your elbows should already be nice and warm. Hit 4 sets of 12 here. Really work the stretch!

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

Dual triceps pushdowns – Check out this one. I love these. Stand back and use 2 ropes as seen in the video. You will get a nasty contraction. Do 4 sets of 12 here also.

4 total work sets.

These sets are all RPE of 9-10

Goal – Supramax pump

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

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.

Abs

Ab combination #2 – This is a hanging leg raise and a rope crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and pump

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

Calves

Calf program #4 – These are those nasty sets where you do 10, hold at top for 10, and repeat 2 more times. NASTY.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

Wednesday

Shoulders – 3 exercises – 12 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
6 exercises – 24 sets

Shoulders

Dumbbell bent over rear laterals – Do a few warm up sets and then do 4 sets of 15 here.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Dumbbell side lateral partials – Do these very heavy. These are only partials though. Keep your arms straight and only come up 4 or 5 inches. Do 4 sets of 25 reps like this. Nasty nasty burn to ensue.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Barbell front raises – Do 4 sets of 10 here.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Ab combination #3 – This is a rope crunch and a pulldown crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and pump

https://www.youtube.com/watch?v=FDCigeU12_k&list=PL512BBB0C927A91DC&index=8

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.

4 total work set

This set is an RPE of 10

Goal – Supramax pump

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

<https://www.youtube.com/watch?v=IMbhfK-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

Thursday

Back – 3 exercises – 14 sets
Calves – 1 exercise – 1 set
Abs – 1 exercise – 3 sets
5 exercises – 20 sets

Back

Single arm cable rows – After a few warm up sets do 4 sets of 12 here.

4 total work set.

These sets are all RPE of 9

Goal – Activate and pump

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

Low cable rows – Now I want to use a close grip attachment and do standard low rows. I want these to be pretty heavy, and I want 6 sets of 8.

6 total work set

These sets are all RPE of 9-10

Goal – Supramax pump

Dumbbell pullovers – Let's get your lats stretched now, by doing 4 sets of 10 here.

4 total work sets

These sets are all RPE of 8-9

Goal – Train muscle with a stretch emphasis

Calves

Standing 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.

1 total work set

This set is an RPE of 12

Goal – Stretch and pump

Abs

Decline bench leg raise – Do 3 sets to failure here.

3 total work sets

These sets are all RPE of 9

Goal – Activation and pump

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

Friday

Legs – 5 exercises – 19 sets

Abs – 3 exercises – 9 sets

8 exercises – 28 sets

Legs

Lying leg curls - Do 3-4 warm up sets and then do 4 heavy sets of 15 using constant tension pumping the reps out. After the end of each set do a 20 second isohold. Keep your glutes tight through the entirety of the movement.

4 total work sets

These sets are a RPE of 11

Goal – Activation and start pump

Abductor machine – Do 4 sets of 10 here. Leave a few reps in the tank on all sets.

4 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Leg press – You should be really strong out of the hole now with your abductors and hams firing. Do sets of 8 all the way up until you can barely get 8. We will count this as 3 work sets.

3 total work sets

These sets are all RPE of 7-10

Goal – Supramax pump

Short Step Lunge drop set of death – You know the drill. Do 3 sets moving up in weight. On your 4th set you do 8 reps, and then do an 8 second isohold, and then drop the weight.

Repeat again, and then again, and then one more time. So you are doing a total of 32 reps with 4x 8 second isoholds in between on the last set. Contract that glute and drive through the leading leg's heel. Lights out.

4 total work sets

These sets are all RPE of 7-12

Goal – Supramax pump

Leg extensions – Do 4 heavy sets of 8 where you lockout and squeeze for a half second on each rep. Try to do these as heavy as you can.

4 total work sets

These sets are all RPE of 10

Goal – Supramax pump

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

Abs

Ab combination #4 – This is a leg raise, rope crunch, and incline sit-up combo. Do 3 rounds for 9 total work sets.

9 total work sets

These sets are all RPE of 10

<https://www.youtube.com/watch?v=DNOb3S7fBS4&list=PL512BBB0C927A91DC&index=9>

Saturday

Back – 2 exercises – 16 sets
Biceps – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
5 exercises – 28 sets

Back

Chins – Do 6 sets of 10 here using an assist machine so that at about 10 reps you can't get anymore good reps. This is a lot of reps, 60 reps total. Do these with a medium pronated grip.

6 total work sets

These sets are all RPE of 9-10

Goal – Activation and start pump

Deadlifts – This is all we are doing the rest of the workout. Let's have some fun. Work up to a weight that is a pretty tough triple. I want you to then start a clock. I want you to do singles with it for 10 minutes. You do a rep, and then step back and count slowly to 15, and then repeat. Keep doing this until the timer goes off. If you feel your form is about to go, extend the rest break to 30 seconds ok. Stay healthy and use good judgement. What I personally like to do here is useless bar weight and use chains, so it's not quite as back in the bottom position but it loads as you lift the weight up. We will call this 10 sets, because...well why not, it'll crush you.

10 total work sets

These sets are all RPE of 8

Goal – Complete exhaustion

Biceps

Preacher ez bar curls – Do 4 sets of 10 here. We will sit down so you can rest that back!

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Seated hammer curls – Do 4 sets of 10 here.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Calves

Calf 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.

4 total work sets.

These sets are an RPE of 10

Goal – Supramax pump

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

Sunday

Off – Family Day

Donut day after church with the family!

Week 11

Monday

So now we move into the last phase which is round two for glutes and legs!

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.

Glutes/Legs – 3 exercises – 12 sets

Shoulders – 3 exercises – 12 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

9 exercises – 36 sets

Legs

Hip Thrust – Do several warm up sets. We are going to do some clusters with these this week. I want you to work up to a solid 8-rep weight. We are going to do clusters of 4 reps with this weight, separated by 15 seconds. I want you to continue doing clusters until you cannot get your 4 reps with good form. When you hit failure, I want you to rest for a full 90 seconds, and then go again. Do 4 rounds of clusters. Drive hard and squeeze hard once warmed up.

4 total work sets

These sets are RPE of 9-10

Goal – Activation and start pump

Box Squats – Do these with the same form we started with in Week 1. Set your box 1-2" above parallel, and sit back onto it with control, do not plop down. Keep your head and chest up for the entire duration of the movement. Contract your glutes hard off the box and push through your heels. Keep your head and chest up! These generate a ton of tension. Do 4 sets of 8 like this.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Seated Leg Curls – Do 4 sets of 10 here. Do not allow your lower back to arch at the point of maximal contraction. Keep that low back flat.

4 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

Shoulders

Dumbbell bent over rear laterals – Do a few warm up sets and then do 4 sets of 20 here.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

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

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Dumbbell front raises – Do 4 sets of 12 here.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Abs

Ab combination #2 – This is a hanging leg raise and a rope crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets.

These sets are all RPE of 9-10

Goal – Activate and pump

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

Calves

Calve program #4 – These are those nasty sets where you do 10, hold at top for 10, and repeat 2 more times. NASTY.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

Tuesday

Back – 4 exercises – 16 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

7 exercises – 28 sets

Back

One arm barbell 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 I am using chains. It's not a necessity but a cool way to do these to make the contraction harder.

4 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

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

Front lat pulldowns – I want basic lat pulldowns here but use the stretch technique as seen in the video. Your partner will push down on the weight ONLY while you are in the stretch position. Do 4 sets of 8.

4 total work sets

This set is an RPE of 10

Goal – Supramax pump and forced stretch

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

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.

4 total work sets

This set is an RPE of 9-10

Goal – Supramax pump

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

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

Abs

Ab combination #1 – This is a hanging leg raise and incline sit up combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 8-9

<https://www.youtube.com/watch?v=Qe8HIJv5fWs&index=7&list=PL512BBB0C927A91DC>

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.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

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

<https://www.youtube.com/watch?v=IMbhfK-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

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

Dual triceps pushdowns – Do these again this week, but first. Stand back and use 2 ropes as seen in the video. You will get a nasty contraction. Do 4 sets of 12 here also.

4 total work sets.

These sets are all RPE of 9-10

Goal – Supramax pump

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

Vbar pushdowns – Now switch out your ropes for a v-bar and hit standard pushdowns for 4 sets of 15.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

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

EZ bar curls – Do 3 sets of 12 here using textbook picture perfect form.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Hammer curls – Do 3 sets of 10 here.

3 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

EZ bar preacher curls – Do 3 sets of 10 here.

3 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

Abs

Ab combination #3 – This is a rope crunch and a pulldown crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and pump

https://www.youtube.com/watch?v=FDCigeU12_k&list=PL512BBB0C927A91DC&index=8

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.

4 total work set

This set is an RPE of 10

Goal – Supramax pump

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

<https://www.youtube.com/watch?v=IMbhfK-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

Thursday

Glutes/Legs – 3 exercises – 9 sets

Shoulders – 3 exercises – 12 sets

Abs – 1 exercise – 3 sets

Calves – 1 exercise – 1 set

8 exercises – 25 sets

Legs

Single Leg Hip Thrust – Do several warm up sets. You should have the form down on this by now. Work up to a weight that is tough for 8 reps, and knock out three sets with it.

3 total work sets

These sets are RPE of 8

Goal – Activation and start pump

Goblet Squat – We are going to do a standard goblet squat, but we are going to pause the depth just before the lower back rounds. Come down with control, and pause for a full second just before you lose your lower back arch, then push up through your heels, firing your glutes as hard as you can. Work up to a solid 10 rep weight. Do 3 sets of 10 here flexing those glutes hard. Leave a few reps in the tank on every set.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Leg Extensions – I want you to kick the weight up as hard as you can, come to complete stop just short of lockout, hold for a 1 second contraction, and then lower slowly over a three count. Do 3 sets of 15 here to polish off quads.

3 total work sets

These sets are all RPE of 8

Goal – Train the pumped muscle through a full range of motion

Shoulders

Nothing to failure!

Dumbbell bent over rear laterals – Do a few warm up sets and then do 4 sets of 20 here.

4 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Dumbbell side laterals – Do 4 sets of 8.

4 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Dumbbell front raises – Do 4 sets of 12 here.

4 total work sets

These sets are all RPE of 8

Goal – Supramax pump

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.

1 total work set

This set is an RPE of 12

Goal – Stretch and pump

Abs

Hanging leg raise – Do 3 sets to failure here.

3 total work sets

These sets are all RPE of 9

Goal – Activation and pump

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

Friday

Chest – 6 exercises – 12 sets
Abs – 3 exercises – 9 sets
9 exercises – 21 sets

Chest

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

4 total work sets

These sets are RPE of 9-10

Goal – Activation and start pump

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

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

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

<https://www.youtube.com/watch?v=8civGOj8R14&index=35&list=PL2955620A11D03694>

Flat pronated flyes – Do 4 sets of 10 here to stretch everything good.

4 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

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

Abs

Ab combination #4 – This is a leg raise, rope crunch, and incline sit-up combo. Do 3 rounds for 9 total work sets.

9 total work sets

These sets are all RPE of 10

<https://www.youtube.com/watch?v=DNOb3S7fBS4&list=PL512BBB0C927A91DC&index=9>

Saturday

Glutes/Legs – 3 exercises – 9 sets
Shoulders – 3 exercises – 8 sets
Calves – 1 exercise – 4 sets
7 exercises – 21 sets

Legs

Cable Belt Squat March – Put on your belt loosely. We are going to attach the low pulley cable to your belt. You are then going to march in place for 2 minutes straight, for 3 sets. Try to use a weight that is about half of your body weight or heavier. When done properly, this will annihilate your glutes.

3 total work sets

These sets are all RPE of 8

Goal – Activation and start pump

<https://www.youtube.com/watch?v=PtshJV56huM>

Hip Thrust – Standard form on these. Work up to a solid 10 rep weight. Let's do 5 partials from the top at the end of the set. So you will hit rep number 10, and then come halfway down, and back up to the peak contraction, and repeat that 4 more times. Do 3 sets of 10.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Band Good Mornings – Use a moderate band tension for these. Keep the tension in your glutes and out of your lower back. If you do not have a band, use a light barbell. Do 3 sets to failure.

3 total work sets.

These sets are all RPE of 9

Goal – Supramax pump

<https://www.youtube.com/watch?v=5eh9EAfLPPI>

Shoulders

Nothing to failure!

Machine rear laterals – Do a few warm up sets and then do 3 sets of 20 here.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Dumbbell side laterals – Do 3 sets of 8.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

6 ways – Do 2 sets of 10 here.

2 total work sets

These sets are all RPE of 8

Goal – Supramax pump

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

Calves

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

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

Sunday

Off – Family Day

Donut day after church with the family!

Week 12

Monday

We continue with the last phase which is high frequency for glutes/legs and shoulders!

Glutes/Legs – 3 exercises – 11 sets

Shoulders – 3 exercises – 11 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

9 exercises – 34 sets

Legs

Hip Thrust – Cluster sets again! Do several warm up sets. We are going to do some clusters with these this week. I want you to work up to a solid 8 rep weight. We are going to do clusters of 5 reps with this weight this week, separated again by 15 seconds. I want you to continue doing clusters until you cannot get your 5 reps with good form. When you hit failure, I want you to rest for a full 90 seconds, and then go again. Do 3 rounds of clusters. Drive hard and squeeze hard once warmed up.

3 total work sets

These sets are RPE of 9-10

Goal – Activation and start pump

Box Squats – Do these with the same form we started with in Week 1. Set your box 1-2" above parallel, and sit back onto it with control, do not plop down. Keep your head and chest up for the entire duration of the movement. Contract your glutes hard off the box and push through your heels. Keep your head and chest up! These generate a ton of tension. Do 4 sets of 10 like this. Try to use the same weight as you used last week, but keep that form tight!

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Lying Leg Curls – Do 4 sets of 10 here. I want you to spend an extra 2 seconds on each rep in the stretch position while flexing those glutes tight to keep that low back flat!

4 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

Shoulders

Dumbbell bent over rear laterals – Do a few warm up sets and then do 4 sets of 20 here.

4 total work sets

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

These sets are all RPE of 9

Goal – Activation and pump

Cable side laterals – Stand away from the machine a little so your arm is crossing in front of you before you pull the weight up. This will give you some extra range of motion. Do 4 sets of 12 with each arm.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Spidercrawls – Remember to go up and down 3 times for each set. Do 3 sets.

3 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Abs

Ab combination #2 – This is a hanging leg raise and a rope crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and pump

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

Calves

Calf program #4 – These are those nasty sets where you do 10, hold at top for 10, and repeat 2 more times. NASTY.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

Tuesday

Back – 4 exercises – 16 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 that weight 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.

4 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

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.

4 total work sets

This set is an RPE of 9

Goal – Supramax pump

Pronated cable low rows – Do these as seen in the video below. This will crush your lower traps and rhomboids. Do 4 sets of 10.

4 total work sets

This set is an RPE of 9-10

Goal – Supramax pump

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

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

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

Abs

Ab combination #1 – This is a hanging leg raise and incline sit up combo. Do 4 rounds for 8 total work sets.

8 total work sets.

These sets are all RPE of 8-9

<https://www.youtube.com/watch?v=Qe8HIJv5fWs&index=7&list=PL512BBB0C927A91DC>

Calves

Calf 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.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

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

<https://www.youtube.com/watch?v=IMbhfK-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

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 arm triceps pushdowns – Do these as seen in the video below for 4 sets of 20.
4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

<https://www.youtube.com/watch?v=ERdBCPP08wk&list=PL04BB5F1BC0300483&index=28>

Decline lying extensions – I want you to rep hard on these. Do 4 sets of 20.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

https://www.youtube.com/watch?v=q0bzH7j_mJw&list=PL04BB5F1BC0300483&index=29

Seated rope extensions – Let's finish with these again as this stretch should feel crazy after having done so many reps. Do 4 sets of 12 here.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

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

Hammer curl variation – Do 3 sets of 12 here using the exact form I show in the video below. This is a great exercise I probably don't do enough.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

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

Barbell curls – Do 3 sets of 10 here with a straight bar or EZ curl bar, whichever is easiest on your wrist.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

EZ bar reverse curls – Do 3 sets of 15 here.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Abs

Ab combination #3 – This is a rope crunch and a pulldown crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets.

These sets are all RPE of 9-10

Goal – Activate and pump

https://www.youtube.com/watch?v=FDCigeU12_k&list=PL512BBB0C927A91DC&index=8

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.

4 total work set

This set is an RPE of 10

Goal – Supramax pump

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

<https://www.youtube.com/watch?v=IMbhfK-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

Thursday

Legs – 3 exercises – 9 sets
Shoulders – 3 exercises – 12 sets
Abs – 1 exercise – 3 sets
Calves – 1 exercise – 1 set
8 exercises – 25 sets

Legs

Single Leg Hip Thrust – Do several warm up sets. You should have the form down on this by now. Work up to a weight that is tough for 10 reps, and knock out three sets with it.

3 total work sets

These sets are RPE of 8

Goal – Activation and start pump

Goblet Squat – We are going to do a standard goblet squat, but we are going to pause the depth just before the lower back rounds. Come down with control, and pause for a full second just before you lose your lower back arch, then push up through your heels, firing your glutes as hard as you can. Work up to a solid 12 rep weight this week. Do 3 sets of 12 here flexing those glutes hard. Leave a few reps in the tank on every set.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Short Step Walking Lunges – Do 3 sets of 30 steps, 15 reps each leg. Keep those steps short!

3 total work sets

These sets are all RPE of 8

Goal – Train the pumped muscle through a full range of motion

Shoulders

Nothing to failure!

Banded face pulls – Do 4 sets of 20 here using the long orange micro mini band.

4 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Dumbbell side laterals – Do 4 sets of 8.

4 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Barbell front raises – Do 4 sets of 10 here.

4 total work sets

These sets are all RPE of 8

Goal – Supramax pump

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.

1 total work set

This set is an RPE of 12

Goal – Stretch and pump

Abs

Hanging leg raise – Do 3 sets to failure here.

3 total work sets.

These sets are all RPE of 9

Goal – Activation and pump

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

Friday

Legs – 6 exercises – 19 sets

Abs – 3 exercises – 9 sets

9 exercises – 28 sets

Chest

This is very upper chest heavy.

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

3 total work sets

These sets are RPE of 8-10 increasing as you go

Goal – Activation and start pump

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

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

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Incline pronated flyes – Do 4 sets of 10 here to stretch everything good.

4 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

Dips – I would prefer you use an assist machine here. Sit at the bottom of the last rep on each set for 20 seconds stretching. Do 3 sets of 10-12.

3 total work sets

These sets are all RPE of 8

Goal – Train muscle with stretch emphasis

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.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

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

Stretch push-ups – Do 3 sets to failure.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

<https://www.youtube.com/watch?v=09kPkRM8In4&list=PL2955620A11D03694&index=5>

Abs

Ab combination #4 – This is a leg raise, rope crunch, and incline sit-up combo. Do 3 rounds for 9 total work sets.

9 total work sets

These sets are all RPE of 10

<https://www.youtube.com/watch?v=DNOb3S7fBS4&list=PL512BBB0C927A91DC&index=9>

Saturday

Glutes/Legs – 3 exercises – 9 sets
Shoulders – 3 exercises – 9 sets
Calves – 1 exercise – 4 sets
7 exercises – 22 sets

Legs

Cable Belt Squat March – Are you ready? Put on your belt loosely. We are going to attach the low pulley cable to your belt. You are then going to march in place for 2.5 minutes straight this week, for 3 sets. Try to use a weight that is about half of your body weight or heavier. When done properly, this will annihilate your glutes.

3 total work sets

These sets are all RPE of 8

Goal – Activation and start pump

<https://www.youtube.com/watch?v=PtshJV56huM>

Hip Thrust – Standard form on these. Work up to a solid 10 rep weight. Let's do 8 partials from the top at the end of the set. So you will hit rep number 10, and then come halfway down, and back up to the peak contraction, and repeat that 7 more times. Do 3 sets of 10.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Band Good Mornings – Use a moderate band tension for these. Keep the tension in your glutes and out of your lower back. If you do not have a band, use a light barbell. Do 3 sets to failure. Beat the reps from last week!

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

<https://www.youtube.com/watch?v=5eh9EAfLPPI>

Shoulders

Nothing to failure!

Machine rear laterals – Do a few warm up sets and then do 3 sets of 20 here.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Dumbbell side laterals – Do 3 sets of 12.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

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

6 ways – Do 3 sets of 10 here.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

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

Calves

Calf 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.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

Sunday

Off – Family Day

Donut day after church with the family!

Week 13

Monday

We continue with last phase which is high frequency for glutes/legs and shoulders!

Glutes/Legs – 3 exercises – 11 sets

Shoulders – 3 exercises – 9 sets

Abs – 2 exercises – 8 sets

Calves – 1 exercise – 4 sets

9 exercises – 32 sets

Legs

Hip Thrust – Continuing to build on our clusters this week. Do several warm up sets. We are going to do some clusters with these this week. I want you to work up to a solid 8 rep weight. We are going to do clusters of 6 reps with this weight this week, separated again by 15 seconds. I want you to continue doing clusters until you cannot get your 6 reps with good form. When you hit failure, I want you to rest for a full 90 seconds, and then go again. Do 3 rounds of clusters. Drive hard and squeeze hard once warmed up.

3 total work sets

These sets are RPE of 9-10

Goal – Activation and start pump

Wide Stance Squats – Off the box this week. Remember how to do these? Keep your head and chest up for the entire duration of the movement. Push those hips way back, keep your knees over your heels, and toes in line with your knee caps. Don't hunt for depth, squat down until just before you start to lose your arch. Contract your glutes hard push through your heels. Keep your head and chest up! These generate a ton of tension. Do 4 sets of 10 like this. Try to use the same weight as you used last week, but keep that form tight!

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Barbell Romanian Deadlifts – Do 4 sets of 10 here. I want you to spend an extra 2 seconds on each rep in the stretch position while flexing those glutes tight and keeping that low back arched! Don't forget to keep your head and chest up, you should be able to look yourself in the eye in the mirror while you do these.

4 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

Shoulders

Dumbbell bent over rear laterals/swings – I want you to use the swing technique here which is just letting your arms hang and doing half reps. See the video below for proper form. Man that video is old! Do 3 sets of 30 here.

3 total work sets

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

These sets are all RPE of 9

Goal – Activation and pump

<https://www.youtube.com/watch?v=yIvDTNk9-qA&index=15&list=PL1F60A60A3E4E2E83>

Dumbbell side lateral partials – I want you to sit down on a bench, grab some heavy dumbbells, tilt your head back, and just do little swings here too. You will be able to use more weight than you can using standard form. Don't be afraid to go heavy here. Do 3 sets of 15.

3 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Spidercrawls – Remember to go up and down 3 times for each set. Do 3 sets.

3 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Abs

Ab combination #2 – This is a hanging leg raise and a rope crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets.

These sets are all RPE of 9-10

Goal – Activate and pump

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

Calves

Calf program #4 – These are those nasty sets where you do 10, hold at top for 10, and repeat 2 more times. NASTY.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

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.

3 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

<https://www.youtube.com/watch?v=mrlijSPI7ks&index=42&list=PLA808445EA052D63A>

Neutral grip pulldowns – Use a palms facing each other grip. Do 4 sets of 10 here driving elbows down hard and squeezing lats hard throughout all the reps.

4 total work sets

This set is an RPE of 9

Goal – Supramax pump

Supinated cable low rows – If you have a way to elevate yourself on these as I am in the video, give it a shot. Also notice I am using d-handles to allow for some supination. Do 4 sets of 10 like this with hard flexes.

4 total work sets

This set is an RPE of 9-10

Goal – Supramax pump

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

Hyperextensions – Do these with bands this week. Do 4 sets of 8 using very hard band tension.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

Abs

Ab combination #1 – This is a hanging leg raise and incline sit up combo. Do 4 rounds for 8 total work sets.

8 total work sets.

These sets are all RPE of 8-9

<https://www.youtube.com/watch?v=Qe8HIJv5fWs&index=7&list=PL512BBB0C927A91DC>

Calves

Calf 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.

4 total work sets.

These sets are an RPE of 10

Goal – Supramax pump

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

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

<https://www.youtube.com/watch?v=IMbhfK-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

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 arm triceps pushdowns – Do these as seen in the video below for 4 sets of 10.
4 total work sets.

These sets are all RPE of 9

Goal – Supramax pump

<https://www.youtube.com/watch?v=ERdBCPP08wk&list=PL04BB5F1BC0300483&index=28>

Incline lying extensions – Do 4 sets of 20 like last week but use an incline on these this week.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

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 4 sets of 10.

4 total work sets.

These sets are all RPE of 9-10

Goal – Supramax pump

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

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

Hammer curl variation – I want to start off with these again this week. Do 3 sets of 12 here using the exact form I show in the video below.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

<https://www.youtube.com/watch?v=xf5hbf4Ro8o&index=33&list=PL04BB5F1BC0300483>

Incline concentration curl – Do 3 sets of 10 here with an EZ curl bar or dumbbells as seen in the video. If using dumbbells smash them together throughout the movement to create a ton of tension.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

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

EZ bar preacher curls – Do 3 sets of 8 here.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Abs

Ab combination #3 – This is a rope crunch and a pulldown crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets.

These sets are all RPE of 9-10

Goal – Activate and pump

https://www.youtube.com/watch?v=FDCigeU12_k&list=PL512BBB0C927A91DC&index=8

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.

4 total work set

This set is an RPE of 10

Goal – Supramax pump

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

<https://www.youtube.com/watch?v=IMbhfK-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

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

Legs

Single Leg Hip Thrust – Do several warm up sets. You should have the form down on this by now. Work up to a weight that is tough for 12 reps, and knock out three sets with it. Try to use the same weight as last week!

3 total work sets

These sets are RPE of 8

Goal – Activation and start pump

Hack Squat – Do 3 sets of 15 here flexing those glutes hard. Come down as low as you can *while* maintaining a low back arch. This will keep the tension in your glutes. Descend to the appropriate depth, pause for a 2 count, and then squeeze glutes hard and come up. Don't just stand up the weight, do it with your glutes. Leave a few reps in the tank on every set.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Goblet Squats – Goblet squats move into a supporting position this week. Use the same form we used last week, and for the hack squats. Come down until just before you lose that low back arch, and then squeeze those glutes and drive the weight up hard. Do 3 sets of 15 reps.

3 total work sets

These sets are all RPE of 8

Goal – Train the pumped muscle through a full range of motion

Shoulders

Nothing to failure!

Banded face pulls – Do 3 sets of 30 here using the long orange micro mini band.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Dumbbell side laterals – Do 3 sets of 8. Again, notice the RPE, leave reps in the tank.
3 total work sets
These sets are all RPE of 8
Goal – Supramax pump

Barbell front raises – Do 3 sets of 8 here.
4 total work sets
These sets are all RPE of 8
Goal – Supramax pump

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.
1 total work set
This set is an RPE of 12
Goal – Stretch and pump

Abs

Hanging leg raise – Do 3 sets to failure here.
3 total work sets
These sets are all RPE of 9
Goal – Activation and pump
<https://www.youtube.com/watch?v=JwQGUD1wxDg&list=PL512BBB0C927A91DC&index=10>

Friday

Chest – 5 exercises – 18 sets

Abs – 3 exercises – 9 sets

9 exercises – 27 sets

Chest

This is very upper chest heavy.

Incline dumbbell press – Use the same angle that you used last week and work hard to beat the weight you did last week for 8 reps. So go up doing sets of 8 until you can barely get 8. I am really hoping you hit a PR or get close to it. I don't like to do this on a high frequency bodypart in general, but let's push a little extra as the program winds down.

4 total work sets

These sets are RPE of 8-10 increasing as you go

Goal – Activation and start pump

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

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.

4 total work sets

These sets are all RPE of 9

Goal – Train explosively

Flat dumbbell press – Do 3 sets of 10 here taking these to $\frac{3}{4}$ lockout. Leave a few reps in the tank on every set.

4 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Incline pronated flyes – Do 3 sets of 15 here to stretch everything good and really flush the muscle with blood. I brought the sets down a tad as we pushed the weight a little harder in the first 2 exercises. We have to be smart!

3 total work sets

These sets are all RPE of 9-10

Goal – Train muscle with stretch emphasis

Stretch push ups – Do 3 sets to failure. This week try adding a chain or some extra weight on your back and bring the reps down to 8 or so per set.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

<https://www.youtube.com/watch?v=09kPkRM8In4&list=PL2955620A11D03694&index=5>

Abs

Ab combination #4 – This is a leg raise, rope crunch, and incline sit-up combo. Do 3 rounds for 9 total work sets.

9 total work sets

These sets are all RPE of 10

<https://www.youtube.com/watch?v=DNOb3S7fBS4&list=PL512BBB0C927A91DC&index=9>

Saturday

Chest – 3 exercises – 9 sets
Shoulders – 3 exercises – 9 sets
Calves – 1 exercise – 4 sets
7 exercises – 22 sets

Legs

Cable Belt Squat March – Increase the weight this week! Put on your belt loosely. We are going to attach the low pulley cable to your belt. You are then going to march in place for 2 minutes straight this week, for 3 sets. Try to use a weight that is about half of your body weight or heavier. When done properly, this will annihilate your glutes.

3 total work sets

These sets are all RPE of 8

Goal – Activation and start pump

<https://www.youtube.com/watch?v=PtshJV56huM>

Hip Thrust – Standard form on these. Work up to a solid 10 rep weight. Let's do 10 partials from the top at the end of the set. So you will hit rep number 10, and then come halfway down, and back up to the peak contraction, and repeat that 9 more times. Do 3 sets of 10.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Band Good Mornings – Use a moderate band tension for these. Keep the tension in your glutes and out of your lower back. If you do not have a band, use a light barbell. Do 3 sets to failure. Beat the reps from last week!

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

<https://www.youtube.com/watch?v=5eh9EAfLPPI>

Shoulders

Nothing to failure!

Machine rear laterals – Do a few warm up sets and then do 3 sets of 15 here. Hold the contracted position for 1 second on each rep.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Dumbbell side laterals – Do 3 sets of 12. Do 10 over and backs with a rope/band in between sets here!

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Dumbbell press – Do 3 sets of 15 here. Do these nice and slow taking the dumbbells to full lockout and flexing.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Calves

Calf 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.

4 total work sets.

These sets are an RPE of 10

Goal – Supramax pump

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

Sunday

Off – Family Day

Donut day after church with the family!

Week 14

Monday

Ok this is the last week, and I am going to push the intensity up a little bit more, truthfully probably too much, but I want to push that line between overreaching and overtraining so that after this program a 2 week deload with very low intensity works perfectly.

Glutes/Legs – 3 exercises – 11 sets
Shoulders – 3 exercises – 9 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
9 exercises – 32 sets

Legs

Hip Thrust – It's the last week! Do several warm up sets. The clusters should have prepared you well for this. Work up to your 8 rep weight. **Now I want you to get 50 total reps.** Take tight, but controlled rest periods when necessary, and don't push any reps to failure, always stop just shy of your form breaking down. We will count this as...

3 total work sets

These sets are RPE of 9-10

Goal – Activation and start pump

Squats – Back to our Week 1 form. Keep your head and chest up for the entire duration of the movement. Push those hips way back, keep your knees over your heels, and toes in line with your knee caps. Don't hunt for depth, squat down until just before you start to lose your arch. Contract your glutes hard push through your heels. Keep your head and chest up! These generate a ton of tension. Do sets of 10, going up in weight until you cannot get 10 reps with good form.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Smith Machine Seated Deadlifts – See the video below. Do the best you can to simulate this, however set it up in a Smith machine. This will keep the bar off your shins somewhat. Keep an arch in your low back, and keep your knees out wide. You pull the bar up to your knees first, then stop, and then drive your feet apart while contracting your glutes as hard as you can. Start the upward contraction by flexing your glutes. Do 4 sets of 12 here. Each rep comes up to the knees and pauses, and then goes all the way up.

4 total work sets

These sets are all RPE of 8-9

Goal – Supramax pump

<https://www.youtube.com/watch?v=DnEsI7uf4f0>

Shoulders

Dumbbell side laterals – Do 4 sets of 10 here.

4 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Spidercrawls – Remember to go up and down 3 times for each set. Do 3 sets.

3 total work sets

These sets are all RPE of 9

Goal – Activation and pump

Hang and swing destroyer set – I want you to first do a normal set of 1 here. Now on your next set, if you haven't done these, get ready. You do a heavy weight for 60 swings. Then drop the weight in half and do 30 more reps, then drop the weight way down and try to get 10 full reps. Enjoy.

2 total work sets

These sets are all RPE of 9-12

Goal – Supramax pump

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

Abs

Ab combination #2 – This is a hanging leg raise and a rope crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and pump

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

Calves

Calve program #4 – These are those nasty sets where you do 10, hold at top for 10, and repeat 2 more times. NASTY.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

Tuesday

Back – 5 exercises – 15 sets
Abs – 2 exercises – 8 sets
Calves – 1 exercise – 4 sets
7 exercises – 27 sets

Back

Dumbbell rows – You think you can handle two weeks in a row of these with the drop-set? Good. 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.

3 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

<https://www.youtube.com/watch?v=mrlijSPI7ks&index=42&list=PLA808445EA052D63A>

Front pulldowns – These are just basic front pulldowns with pronated grip. Get the bar down as much as you can toward your chest and flex your whole back hard on each rep. Do 3 sets of 10.

3 total work sets

This set is an RPE of 9

Goal – Supramax pump

Dumbbell pullovers – Do 3 sets of 10 here.

3 total work sets

This set is an RPE of 9

Goal – Train muscle with a stretch emphasis

Supinated cable low rows – 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.

3 total work sets

This set is an RPE of 9-10

Goal – Supramax pump

Hyperextensions – Do these with bands this week. Do 3 sets of 8 using very hard band tension.

3 total work sets

These sets are an RPE of 10

Goal – Supramax pump

Abs

Ab combination #1 – This is a hanging leg raise and incline sit up combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 8-9

<https://www.youtube.com/watch?v=Qe8HIJv5fWs&index=7&list=PL512BBB0C927A91DC>

Calves

Calf 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.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

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

<https://www.youtube.com/watch?v=IMbhfK-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

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

Rope pushdowns – After a few warm up sets for the elbows knock out 4 sets of 12 here. Take these to lockout and flex tris.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Dip machine – You can use a dip machine, or even do old school bench dips here. I want 4 sets of 15 here.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Bent over extensions – Let's finish triceps with 4 sets of 10 here. Really work the stretch ok.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

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

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

Seated dumbbell curl – These are just standard seated curls here. Supinate your wrists as you lift the weight. Do 3 sets of 10.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Incline dumbbell curl – This is where you sit down and lean back on an incline and let your arms hang down. You will feel an intense stretch in your lower biceps doing these. Keep your hands supinated throughout the whole rep, top to bottom. Do 3 sets of 10.

3 total work sets

These sets are all RPE of 9

Goal – Train muscle with a stretch emphasis

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

EZ bar preacher curls – Do 3 sets of 8 here.

3 total work sets

These sets are all RPE of 9

Goal – Supramax pump

Abs

Ab combination #3 – This is a rope crunch and a pulldown crunch combo. Do 4 rounds for 8 total work sets.

8 total work sets

These sets are all RPE of 9-10

Goal – Activate and pump

https://www.youtube.com/watch?v=FDCigeU12_k&list=PL512BBB0C927A91DC&index=8

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.

4 total work set.

This set is an RPE of 10

Goal – Supramax pump

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

<https://www.youtube.com/watch?v=IMbhfK-xUzo&index=44&list=PLD5A37C01FC6D4C0D>

Thursday

Glutes/Legs – 3 exercises – 9 sets

Shoulders – 3 exercises – 9 sets

Abs – 1 exercise – 3 sets

Calves – 1 exercise – 1 set

8 exercises – 22 sets

Legs

Single Leg Hip Thrust – Do several warm up sets. You should have the form down on this by now. Work up to a weight that is tough for 15 reps, and knock out three sets with it. Try to use the same weight as last week!

3 total work sets

These sets are RPE of 8

Goal – Activation and start pump

Wide Stance Squat – Replacing the Hacks with these this week! Do 3 sets of 15 here flexing those glutes hard. Come down as low as you can ***while*** maintaining a low back arch. This will keep the tension in your glutes. Descend to the appropriate depth, pause for a 2 count, and then squeeze glutes hard and come up. Don't just stand up the weight, do it with your glutes. Leave a few reps in the tank on every set.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Goblet Squats – Goblet squats move into a supporting position this week. Use the same form we used last week, and for the hack squats. Come down until just before you lose that low back arch, and then squeeze those glutes and drive the weight up hard. Do 3 sets of 15 reps.

3 total work sets

These sets are all RPE of 8

Goal – Train the pumped muscle through a full range of motion

Shoulders

Nothing to failure! Same as last week here.

Banded face pulls – Do 3 sets of 30 here using the long orange micro mini band.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Dumbbell side laterals – Do 3 sets of 8. Again, notice the RPE, leave reps in the tank.
3 total work sets
These sets are all RPE of 8
Goal – Supramax pump

Barbell front raises – Do 3 sets of 8 here.
4 total work sets
These sets are all RPE of 8
Goal – Supramax pump

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.
1 total work set
This set is an RPE of 12
Goal – Stretch and pump

Abs

Hanging leg raise – Do 3 sets to failure here.
3 total work sets.
These sets are all RPE of 9
Goal – Activation and pump

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

Friday

Chest – 5 exercises – 20 sets

Abs – 3 exercises – 9 sets

9 exercises – 29 sets

Chest

This is very upper chest heavy.

Incline dumbbell press – Last week we tried to push a PR. Chances are you are wearing down a bit, but hang in there. Let's get after it today. Do your sets with a slow eccentric today. Do sets of 8 going up, and then when you hit your top weight for 8, do a drop set. I want 2 drops, so 24ish reps on the last set. We will call this 4 work sets.

4 total work sets

These sets are RPE of 8-11 increasing as you go

Goal – Activation and start pump

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

Incline bench press – You will be a bit tired after that last drop set so now we attack these explosively by lowering reps, and just adding more sets to get us the requisite volume. Do 5 sets of 4. On each set the last rep should be hard, but doable. You may have one more rep left in the tank. That is how you want to end the set.

5 total work sets

These sets are all RPE of 9

Goal – Train explosively

Dumbbell twist press – Do 4 sets of 10.

4 total work sets

These sets are all RPE of 8

Goal – Activation and start pump

Machine flyes – Do 4 sets of 15 here to stretch everything good and really flush the muscle with blood. On the last set I want you to finish with 8 partials also from the stretch position. Do them very slow and controlled.

4 total work sets

These sets are all RPE of 9-11

Goal – Train muscle with stretch emphasis

Smith flat bench – Get in a Smith machine and do 3 sets of 15 reps. Lower the bar slow and drive up $\frac{3}{4}$ of the way before lowering immediately. This is going to BURN like fire.

3 total work sets
These sets are all RPE of 9-10
Goal – Supramax pump

Abs

Ab combination #4 – This is a leg raise, rope crunch, and incline sit-up combo. Do 3 rounds for 9 total work sets.

9 total work sets.

These sets are all RPE of 10

<https://www.youtube.com/watch?v=DNOb3S7fBS4&list=PL512BBB0C927A91DC&index=9>

Saturday

Glutes/Legs – 3 exercises – 9 sets
Shoulders – 3 exercises – 9 sets
Calves – 1 exercise – 4 sets
7 exercises – 22 sets

Legs

Cable Belt Squat March – Stick to the same weight as last week! Put on your belt loosely. We are going to attach the low pulley cable to your belt. You are then going to march in place for 2.5 minutes straight this week, for 3 sets. Try to use a weight that is about half of your body weight or heavier. When done properly, this will annihilate your glutes.

3 total work sets

These sets are all RPE of 8

Goal – Activation and start pump

<https://www.youtube.com/watch?v=PtshJV56huM>

Hip Thrust – Standard form on these. Just straight reps this week for the last hurrah. Do 3 sets of 20. Use the same 10 rep weight that you used last week. Rest pause each set until you hit 20 reps.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Band Good Mornings – Use a moderate band tension for these. Keep the tension in your glutes and out of your lower back. If you do not have a band, use a light barbell. Do 3 sets to failure. Beat the reps from last week!

3 total work sets.

These sets are all RPE of 9

Goal – Supramax pump

<https://www.youtube.com/watch?v=5eh9EAfLPPI>

Shoulders

Nothing to failure! This is the same as last week as well but I adjusted reps downward. Your shoulders will probably be cooking from the higher reps on the Smith machine.

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.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Dumbbell side laterals – Do 3 sets of 8. Do 10 over and backs with a rope/band in between sets here!

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Dumbbell press – Do 3 sets of 8 here. Do these nice and slow taking the dumbbells to full lockout and flexing.

3 total work sets

These sets are all RPE of 8

Goal – Supramax pump

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.

4 total work sets

These sets are an RPE of 10

Goal – Supramax pump

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

Sunday

Off – Family Day

Donut day after church with the family!