

CREEPING DEATH II



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MOUNTAIN DOG 1.0 HYPERTROPHY PROGRAM: CREEPING DEATH II

The most popular program of all time in my arsenal, has been Creeping Death. I think it's time we brought it back with a few twists.

Creeping Death was pretty sadistic in the fact that it didn't wave volume, or intensity, it was just flat out brutal. We will structure this one very similarly however, I will give you some flexibility should you need some deload time during it. There are also some other twists I think you will like.

Let's get into the specifics of the program.

Get ready for ***Creeping Death II***!

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PROGRAM DURATION AND SPLIT

First, this is also an old school push, pull, leg program! As is the case with me normally, I do things a little differently than the norm though.

Notice I do pull before push. That is because it makes more sense to me to give your lower back a break between leg and back training base days. I would hate to schedule squats and a deadlift version on consecutive days. On pump days it's not a big deal.

I also have rear delts on push day even though it's really a pull muscle, simply because I like for the entire delt to be pumped at once.

The original Creeping Death had a heavy emphasis on chest, back, and hams, but this one is going to allow for more focus should you want to focus on other areas.

Here is how it is set up.

The weeks are written as 6 days of training. That is however NOT what I expect most to do. I want most of you to drop one of the pump days. This would make it a 5 day a week program just like the original Creeping Death program. You can drop your biggest strong point to focus on weak points, or heck, drop something you just hate to train if you just get more joy out of other bodyparts!

You could flip flop the pump days too and make the first 3 days pump days and the last 3 days base days. Generally, people rest more on the weekend, so I put base days early in week. Just know you can make that change if you choose to.

Here are your options for training splits:

For true psychos with elite level recovery

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pull	Push	Legs	Pull (pump)	Push (pump)	Legs (pump)	OFF

Push muscle focused (Chest, Triceps, Shoulders) versions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pull	Push	Legs	OFF	Push (pump)	Legs (pump)	OFF

If you are not concerned with legs, this would be even better

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pull	Push	Legs	OFF	Pull (pump)	Push (pump)	OFF

Pull muscle focused (Back, Biceps) versions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pull	Push	Legs	OFF	Pull (pump)	Legs (pump)	OFF

If you are not concerned with legs, this would be even better

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pull	Push	Legs	OFF	Pull (pump)	Push (pump)	OFF

Leg muscle focused (lower body) versions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pull	Push	Legs	OFF	Push (pump)	Legs (pump)	OFF

If you are not concerned with push muscles, this would be even better

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pull	Push	Legs	OFF	Pull (pump)	Legs (pump)	OFF

So, you see you have some really cool options here. Also, you can change as you go! Maybe you want to focus on something for 6 weeks, and then change splits! It's up to you!

DELOADS

In this program, you will have the option of doing a 1-week deload anytime you feel you need it.

If you want to insert a 1-week deload in at any time, do it! Some simple ways to determine if this is the right call:

1. Performance decrements: less power, less explosiveness in lifts (bar moves slower), less endurance, etc.
2. No desire to go to gym persisting in your mind
3. Having a hard time recovering (excessive soreness after the first 4 weeks)

If you are dieting hard, you may want to install another week of lesser intensity as well.

When you deload you can follow any week in the plan, but you have to make the following 2 adjustments:

1. 20% of volume must be removed from day
2. No sets are to be taken to failure. You must use an RPE of 8 or below, nothing higher.

OVERLOAD METHOD

In our last program, The Gamma Bomb, we used training volume increases as our primary overload method couple with heavy duty nasty pump work.

For this program our volume is steady, and we are using increased reps as our primary overload method on given base exercises. These exercises rotate out every 4 weeks roughly. We continue to really hammer bloodflow/pump work to augment this.

RECOVERY NUTRITION

With this volume and intensity, comes the need for hyperfocus on recovery to get maximum results. I highly recommend using an amino, electrolyte, and carb drink intra for maximum recovery. This will stimulate insulin response and you will drive more aminos and carbs into muscle and the recovery process is heightened. It also increases blood flow and supports your immune system fyi.

Most males would do well with 10 grams of aminos, 40-50 grams of carbs. Titrate the carbs up or down depending on your size. The goal is to greatly reduce soreness. When you do this, all of the right things are happening internally.

Most females would do well with 10 grams of aminos and 20-30 of carbs. Again, titrate up or down depending on size and amount of muscle.

Also, make it your mission in life to reduce stress outside of the gym, and to get a full night's sleep every single night. This will greatly enhance recovery as well.

My product choice is Recovery from Granite Supplements, and if you need additional carbs, Intra Carb from Granite Supplements also added in.

BAND WORK

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

Here are the bands you will need from EliteFTS.net if you also want to incorporate them:

- 1 orange micro mini (for face pulls and for women to use on chest press machines often but order 2 in this case)
- 2 red long pro minis (for chest presses and pullovers)
- 1 red short pro mini (for spidercrawls)
- 2 pro light for assisted chins, pullovers, shrugs (need 2), and banded good mornings (might need 2)

REST BREAKS

Rest breaks should be as follows unless I state specifically what I want

Base Work

Phase 1 – Activation and pump – 2 minutes

Phase 2 – Training explosively – 3 minutes

Phase 3 – Supramax pump – 2 minutes (the last set frequently employs a high intensity technique that calls for very little rest during the set).

Phase 4 – Train the muscle from stretch position – 90 seconds









Pump Work (additive volume later in week)

60 seconds unless specified differently, which I do on occasion.

PROPER INTENSITY

It is also critical to work at the right level of intensity regarding going to failure. Going too hard or too easy can compromise results. I have taken the guesswork out of this and will give you an "RPE" on every exercise to tell you how close to failure you should go.

Follow the RPE suggestion for each exercise to ensure you are training at the correct intensity level.

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

Click on any one of the tags for an example

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

WEEK 1

Monday		
Back	5 exercises	16 sets
Abs	1 exercise	4 sets
Biceps	2 exercise	8 sets
8 exercises		28 sets

Thursday - Pump only		
Back	4 exercises	16 sets
Abs	1 exercise	4 sets
Biceps	2 exercises	7 sets
7 exercises		27 sets

PULL WORKOUT

Tuesday		
Chest	4 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		27 sets

Friday - Pump only		
Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

PUSH WORKOUT

Wednesday		
Upper legs	4 exercises	15 sets
Calves	1 exercise	6 sets
5 exercises		21 sets

Saturday – Pump only		
Upper legs	4 exercises	12 sets
Calves	1 exercise	6 sets
5 exercises		18 sets

LEG WORKOUT

Sunday - Off - Family Day

WEEK 1 – MONDAY – PULL WORKOUT

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

This is a sequence I have been playing with for a while now. I think you will find it extremely effective for enhancing mind muscle connection in your lats. Watch the video and enjoy! Do the 2 exercises in the video below, in between warm up sets on the rows. Do 3 rounds of this before starting your working sets.

 [Back Activation | How To Feel Your Lats](#)

1/ Back | One-arm barbell row

This is going to be your exercise that we really focus on progressive overload with the next 4 weeks. With the activation in place, I am confident you will not only be warmed up, but really feel this excellent exercise. I want you to do 4 working sets of 8. This is a fair amount of volume, so leave a rep or two in the tank for this week ok. Next week we are going to use the same weight but add reps. **4 total work sets**

 [1 arm barbell rows with IFBB Pro Andrew Hudson](#)

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

2/ Back | Chins

I want you to use a medium width on this, and a pronated grip. If you cannot do 8 good reps, then use a chin assist machine. I love the machine because it allows you to use perfect form. Now if you are a strong chinner, and can easily do 8 with your bodyweight, then strap on a dip belt and add some weight. I want you to be in the neighborhood of 8 reps on all 3 sets. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

Pro Tip

Keep your sternum arched. In other words, don't let your chest cave in, that engages your biceps more, and your lats less. Drive your elbows down to lift your body, don't think of pulling with your arms. Flex your lats hard throughout the range of motion!

3/ Back | Dumbbell pullover

Let's rest your arms a bit now and hit some pullovers. I prefer you use a band on these. Keep your chest lifted high, don't flatten out your low back on the bench as you do these! Do 3 sets of 10. Side note, I love to use a kettlebell on these too if you want to try something new. **3 total work sets**

📺 [Get Wide lats with this amazing back workout](#)

Go to 4:00 minute mark in video.

These sets are all RPE of 9

Goal – Train muscle from a stretch position

4/ Back | Banded shrugs

I really enjoyed doing these years ago, so I brought them back for you. You rig up heavy bands from something as you can see in video, and simply shrug and hold for 2 seconds per rep. This is deceptively hard. Do 3 sets of 12. If you do not have access to thick bands, use dumbbells! **3 total work sets**

Pro Tip

Moving your arms 30 degrees out wider, increases upper trap recruitment.

📺 [Band shrugs](#)

These sets are all RPE of 9

Goal – Supramax pump

5/ Back | Barbell hypers

These are stupid hard, and a very advanced exercise. Take your time on these. Do slow reps and start LIGHT. Don't be as aggressive as me in the video! If you can't use a barbell, it's ok to hold a dumbbell. I want 3 sets of 10 here taken nowhere near failure. **3 total work sets**

📺 [Weighted hypers](#)

These sets are all RPE of 8

Goal – Supramax pump

Hang from chin up bar

Put a weight belt on with some weight and let's hang and stretch those lats. Stretch for as long as you can, shoot for 60 seconds.

Goal – Loaded stretch

6/ Abs | Decline bench leg raises

Do 4 sets close to failure here. **4 total work sets**

 [Decline bench leg raises](#)

Go to 4:00 minute mark in video.

These sets are all RPE of 9

Pro Tip

I like to put abs in after lower back to get some of that blood out of your lower back and into your abs. If I would have only done this in my younger years instead of driving home with a nasty low back pump after endless reps of hypers!

7/ Biceps | Dumbbell preacher curl

Normally I would never do a preacher curl early in a bicep routine, but you have done a lot of pulling so your bis should be plenty warmed up and ready for these. Do 4 sets of 10. Keep your biceps supinated throughout the whole rep. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

8/ Biceps | Dumbbell hammer curl

Do 4 sets of 8 here, and after you do 8 reps, tack on 5 partials out of the bottom for some nasty pain and a nasty pump on all sets. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

WEEK 1 – TUESDAY – PUSH WORKOUT

Chest	4 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		27 sets

This is a chest sequence I have been playing with for a while now. I think you will find it extremely effective for enhancing the mind muscle connection in your chest. Watch the video and enjoy! Do the 2 exercises in the video below, in between warm up sets on the presses. Do 3 rounds of this before starting your working sets.

 [Chest Activation | How To Feel Your Chest](#)

1/ Chest | Slight incline dumbbell press

I believe the slight incline makes this an incredible pec builder. This is going to be your main progressive overload exercise for the next 4 weeks. Don't worry, we are still going to work the barbell incline hard too! I want you to do 4 sets of 8. We will take the reps up the next few weeks on this! Notice the RPE! Leave a few reps in the tank. **4 total work sets**

These sets are all RPE of 8

Goal – Activation and start pump

2/ Chest | Incline barbell press

I want you to do sets of 6 here moving up in weight as you go. Once you can barely squeeze out 6, that is the last set. Lower the weight under control and drive it up with authority and speed. Even though it's heavy enough that the reps aren't fast, still TRY to lift it up with explosiveness. We call this 3 work sets, so make sure you get some quality sets in near your top end. Don't just go straight there. **3 total work sets**

These sets are RPE of 8-10. They get harder as you go

Goal – Train explosively

Pro Tip

Stopping an inch or two short of touching chest will take away significant stress from rotator cuff and keep shoulders healthier. Women don't generally need to do this.

3/ Chest | Machine press

Your high intensity technique for maximum pump here today is a cluster set. Find a weight that is a tough 8 with a full range of motion including lock out. Now what I want you to do, is go to failure with it, then pause for 30 seconds and go to failure again, and then repeat 2 more times. Your reps will probably look something like this ---> 8, 5, 4, 3 **1 total work set**

This set is RPE of 11

Goal – Supramax pump

4/ Chest | Machine or cable flye

On these I want you to do 3 sets of 8. On the 8th rep of each set, pause in the stretch position and hold for 10 seconds. **3 total work sets**

These sets are all RPE of 10

Goal – Train muscle from a stretch position

5/ Shoulders | Machine rear delts/reverse pec deck

Do 4 sets of 15 reps with the same weight. I want 90 second breaks today. **4 total work sets**

The RPE will climb on this, as you will really have to fight to get to the 15th rep on the last set. The first 1 or 2 won't be as bad. RPE 8-11

Goal – Supramax pump

6/ Shoulders | Cage press

I want you to do these explosively. See the vid for form and execution.

Do 4 sets of 6. **4 total work sets**

 [Exercise Index - Cage Press for Shoulders](#)

These sets are all RPE of 9

Goal – Train explosively

7/ Triceps | Assisted dip/chin pushdown

Do 4 sets of 10 reps with the same weight. Your tris will be plenty warm from all the chest work, so I think 1-2 warm up sets will be plenty. If you do not have this equipment, do regular rope pushdown. I want 90 second breaks on these. **4 total work sets**

 [Exercise Index - Assisted Tricep Pushdown](#)

These sets are all RPE of 9

Goal – Supramax pump

8/ Triceps | Lying extensions/skullcrushers

Do 4 sets of 12 here. I want you to try kettlebells if you have them. You can get a much better stretch. If not stick to dumbbells this week. I want 90 seconds breaks here as well.

4 total work sets

 [Exercise Index - Kettlebell Lying Tricep Extensions Skull Crusher](#)

These sets are all RPE of 9

Goal – Supramax pump

WEEK 1 – WEDNESDAY – LEG WORKOUT

Upper legs	4 exercises	15 sets
Calves	1 exercises	6 sets
5 exercises		21 sets

1/ Upper legs | Seated leg curl

Work your way up doing sets of 10 here. Once you are completely warmed up I want you to do 3 sets of 10. On your 4th set, do 10 again, but then drop the weight a few plates, and shoot for 10 more, and then drop it again and shoot for another 10. **4 total work sets**

These sets are an RPE of 9-12. The last set is the 12.
Goal – Activate and pump

Pro Tip

If you want lower leg hamstring development, specifically the biceps femoris, work leg curls hard as part of this muscle only crosses the knee and is purely a knee flexor.

2/ Upper legs | Barbell pause squats

Lower with a 3 second count, pause for 1 second, and then drive up explosively. Find a weight that is around 60% of your 1 rep max and do 5 sets of 6 with it. We will go up a few % each week. You should be able to nail all the reps. When I do these, my adductors get worked extremely hard as well. **5 total work sets**

Note: *If you are unable to perform regular squats, try front squats, or a machine squat with a back support. Currently, I use a Safety Bar Squat on these.*

These sets are an RPE of 8
Goal – Train explosively

3/ Upper legs | Bulgarian drop set of death

Ok, that was fun, now it's time to die. Do 3 sets of 8 moving up in weight. On the 4th set, we are going to do a drop set. You do 8 reps, and then you do an iso hold (see the video below) for 8 seconds before dropping down to the next dumbbell. **4 total work sets**

 [Bulgarian Drop Set Of Death - Hardcore Leg Workout](#)

Do one leg at a time, and let your partner go before you come back to do the other leg.

These sets are all RPE of 9-10
Goal – Supramax pump

Example:

Set 1 – 20 lb dumbbells x 8 reps
Set 2 – 40 lb dumbbells x 8 reps
Set 3 – 60 lb dumbbells x 8
Set 4 – 60 lb dumbbells x 8 with a 8 second isohold, then repeat with 40's and then repeat with 20's.

4/ Upper legs | Barbell stiff legged deadlift

I want you to descend with a slow 5 second count, sit in the stretch for 1 second, and then come back up 4/5 of the way. Try to get around 10 reps like this with a medium weight. Ensure your back is flat and not rounded as you hold your stretch at the bottom. You won't be able to use a lot of weight with this technique, and there is a massive emphasis on the stretch. Do 2 sets of 10. **2 total work sets**

These sets are all RPE of 8-9

Goal – Work muscle from stretched position

5/ Calves | Standing calve raises

I want you to do 6 sets of 10. I want you to use the same weight on all sets. Use a weight that is fairly tough, but you can get all your reps initially. The first 3 sets I want you to get up on your toes and flex hard for 2 second per rep. On the last 3 sets I want you to sit in the stretch for 2 seconds on each rep. You'll be tired at this point, and not likely able to get up on toes anyway. Rest 90 seconds between sets.

6 total work sets

Note: *In between sets, do tibia raise. This means simply raising your toes (dorsiflexing foot). I like to let my toes hang off an aerobic step bench when doing these to get some tibialis stretch. Do sets of 20.*

Here is a version using a short band if you do not have a tibia machine also.

 [Banded tibia raises](#)

These sets are an RPE of 9-10

Pro Tip

The stretch is a non-negotiable on calves. Your calves are used to walking and flexing, but not stretching. If you really want to grow your calves, you simply cannot ignore the stretch.

WEEK 1 – THURSDAY – PULL WORKOUT – PUMP ONLY

Back	4 exercises	16 sets
Abs	1 exercise	4 sets
Biceps	2 exercises	7 sets
7 exercises		27 sets

Do the 2 exercises in the video below, in between warm up set on the rows. Do 3 rounds of this before starting your working sets.

 [Back Activation | How To Feel Your Lats](#)

1/ Back | Cable row

Once you work up to a solid 10, stay there for 4 sets. Pull the attachment into your abs and really flex your lats hard on each and every rep. **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Supinated pulldowns

Do 4 sets of 10 here. See the video for the setup. This is a little unique. I love the angle because you can drive your elbows straight down and really flex your lats. Don't worry so much about the stretch here, as you are not anchored down, and the weight won't be heavy enough, but this is excellent for continuing to drive blood into and pump up the lats. **4 total work sets**

 [Supinated pull down variation](#)

These sets are all RPE of 9
Goal – Supramax pump

3/ Back | Face pulls

These as you notice, are pulled in more toward your chest and not face. Try to really drive your elbows back and squeeze your rear delts, rhomboids, and lower traps!
Do 4 sets of 10. **4 total work sets**

 [Face pulls](#)

These sets are all RPE of 9
Goal – Supramax pump

4/ Back | Dumbbell pullovers

Let's finish up today with a nice stretch on your lats. Do not use a band today. Just do a good solid 4 sets of 8. **4 total work sets**

These sets are all RPE of 9

Goal – Work muscle from a stretch position

5/ Biceps | Cross body hammer curls (pinwheel curls)

Do 4 sets of 10 here squeezing as hard as you can. Keep rest breaks to 60 seconds on these. **4 total work sets**

 [Pinwheel curls](#)

These sets are all RPE of 8-9

Goal – Supramax pump

6/ Biceps | 21's

Do 3 rounds of these. Check out how I do them in the video. Go just past the 1-minute mark. **3 total work sets**

 [The Thanos Arm Workout | Using The Infinity Gems](#)

These sets are all RPE of 9-10

Goal – Supramax pump

7/ Abs | Rope crunches

Do 4 sets to failure here. **4 total work sets**

 [Rope Crunches](#)

These sets are all RPE of 9

WEEK 1 – FRIDAY – PUSH WORKOUT – PUMP ONLY

Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

Do the 2 exercises in the video below, in between warm up sets on the presses. Do 3 rounds of this before starting your working sets.

 [Chest Activation | How To Feel Your Chest](#)

1/ Chest | Slight decline dumbbell press

Generally I just prop up the bench with 25 lbs plates if I don't have a utility bench that allows for a decline. Do 4 sets of 12 with a good weight. Don't take these to full lockout. Let's just keep pumping these up and down like a piston. **4 total work sets**

These sets are all RPE of 8

Goal – Activation and start pump

Pro Tip

The sternal head of the pec major seems to be most active during a slight decline press.

2/ Chest | Floor dumbbell press

Lay down on a yoga mat or something like that and do sets of 10 with a hard flex at the top here. This is a superset. Then go right into:

Superset with

3/ Chest | Flat dumbbell flies

Do flies with a 3 second descent. Don't come all the way up unless you are using cables.

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

Pro Tip

Doing flies with cables allows you to bring your hands all the way together and not lose tension. If you are using dumbbell cut the range of motion short at the top where you feel the chest tension start to decline.

4/ Shoulders | Dumbbell side laterals

Do 4 sets of 15 reps here. Then proceed directly to:

Superset with

5/ Shoulders | Seated dumbbell press

Do 10 reps here. Don't lock these out, just keep a nice pumping motion to drive blood in your delts.

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

6/ Triceps | Dual handle rope pushdown

Do 4 sets of 10 reps here once you do a set or two to warm up. See the video below for form instruction. **4 total work sets**

 [Dual rope tricep extensions](#)

These sets are all RPE of 9

Goal – Supramax pump

7/ Biceps | Seated overhead rope extensions

Do 4 sets of 10 here now to stretch everything out!

4 total work sets

 [Seated overhead rope extensions](#)

These sets are all RPE of 9

Goal – Train muscle from a stretched position.

Pro Tip

The long head of the tricep (inner head) is most active when your humerus is pointing up. In other words, overhead. This allows for maximal stretch too.

WEEK 1 – SATURDAY – LEG WORKOUT – PUMP ONLY

Upper legs	4 exercises	12 sets
Calves	1 exercise	6 sets
5 exercises		18 sets

1/ Upper legs | Leg extensions

After doing 2-3 sets to warm up, I want you to use a weight that is a tough 20 reps. I want the 20th rep to be excruciating. Rest for 45 seconds only and get 12 more. Do what it takes to get 12. Then rest for 45 more seconds and find a way to dig 10 more reps out. After the last set, stretch each quad hard for 30 seconds before moving onto the next exercise. **3 total work sets**

These sets are all RPE of 10
Goal – Activation and start pump

2/ Upper legs | Leg press

This is something I did a lot of in my 20's to pound my legs. Do 10 reps with feet high and wide on platform and then move feet close together and into the middle and pump out 10 more. Piston style. Rest 90 seconds and repeat. Rest 90 seconds and repeat again. You may have to lower the weight a little on the 2nd and 3rd set. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

3/ Upper legs | Walking lunges

Do these like you are in slow motion. Go down very slow and feel your pumped quads stretch and come up with tight form. Take 8 steps on each leg. After you finish these, lay down and prop your feet up to further pool blood in your legs. Rest 90 seconds and repeat. Rest 90 more seconds and repeat for 1 more set. **3 total work sets**

These sets are RPE of 9
Goal – Supramax pump

4/ Upper legs | Seated leg curl

Do 3 sets of 15 here with 60 second breaks. Light's out legs. **3 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

5/ Calves | Seated calve raises

Do 6 sets of 15. On the last rep of every set, sit in the stretch for 10 seconds.

6 total work sets

These sets are all RPE of 9

Goal – Supramax pump

***SUNDAY
OFF - FAMILY DAY***

WEEK 2

Monday		
Back	5 exercises	17 sets
Abs	1 exercise	4 sets
Biceps	2 exercise	8 sets
8 exercises		29 sets

Thursday- Pump only		
Back	4 exercises	16 sets
Abs	1 exercise	4 sets
Biceps	2 exercises	7 sets
7 exercises		27 sets

PULL WORKOUT

Tuesday		
Chest	4 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		27 sets

Friday - Pump only		
Chest	3 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		27 sets

PUSH WORKOUT

Wednesday		
Upper legs	4 exercises	15 sets
Calves	1 exercise	6 sets
5 exercises		21 sets

Saturday- Pump only		
Upper legs	4 exercises	13 sets
Calves	1 exercise	6 sets
5 exercises		19 sets

LEG WORKOUT

Sunday - Off - Family Day

WEEK 2 – MONDAY – PULL WORKOUT

Back	5 exercises	17 sets
Abs	1 exercise	4 sets
Biceps	2 exercise	8 sets
8 exercises		29 sets

Do the 2 exercises in the video below, in between warm up sets on the rows. Do 3 rounds of this before starting your working sets.

 [Back Activation | How To Feel Your Lats](#)

1/ Back | One-arm barbell row

Last week you did 4 sets of 8 here. This week you use the same weight but grind out 4 sets of 10. **4 total work sets**

 [1 arm barbell rows with IFBB Pro Andrew Hudson](#)

These sets are all RPE of 9
Goal – Activation and start pump


2/ Back | Close grip pulldown

Use a close grip handle here. Remember to drive your elbows down to where the handle goes right to about sternum level. Keep your chest arched and flex your lats hard. I try to keep my elbows close against my side too as I pull. Do 3 sets of 8. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

3/ Back | Dumbell pullover

Let's stick to these as our 3rd exercise again this week! **3 total work sets**

 [Get Wide lats with this amazing back workout](#)
Go to 4:00 minute mark in video.

These sets are all RPE of 9
Goal – Train muscle from a stretch position

4/ Back | Rack pulls

Are you ready for a little twist on the rack pull? So, on these, watch the video – go to 4:30 point. I am dragging the weight up the rack and not locking out. I am trying to keep all the tension in my lats, especially lower lats, and then hold and push elbows back toward the rack. You will love these once you get the hang of it. Do 5 sets of 5. **5 total work sets**

 [Old School Pull Workout | For Mass](#)

These sets are all RPE of 8-9

Goal – Supramax pump

5/ Back | Hyperextensions

After doing the rack pulls, we just rep these today. Do 2 sets of 20 to finish off your back.

2 total work sets

These sets are all RPE of 8

Goal – Supramax pump

Hang from chin up bar

Put a weight belt on with some weight and let's hang and stretch those lats.

Stretch for as long as you can, shoot for 60 seconds.

Goal – Loaded stretch

6/ Abs | Rope crunches

Do 4 sets close to failure here. **4 total work sets**

 [Rope Crunches](#)

These sets are all RPE of 9

7/ Biceps | Barbell curl

Do 4 sets of 8 here. Use a 3 second eccentric on all reps! Try to flex hard even as you are lowering the weight with that 3 second count! **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

8/ Biceps | Incline hammer curl

Let's get a nasty stretch on those bis now. See the video of Fouad in action doing these.
Do 4 sets of 10 here. **4 total work sets**

 [Incline Hammer Curls](#)

These sets are all RPE of 9

Goal – Train muscle from stretch position

WEEK 2 – TUESDAY – PUSH WORKOUT

Chest	4 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		27 sets

Do the 2 exercises in the video below, in between warm up set on the presses. Do 3 rounds of this before starting your working sets.

 [Chest Activation | How To Feel Your Chest](#)

1/ Chest | Slight incline dumbbell press

Ok, let's beat last week's reps by 2. Last week you did 4 x 8, this week let's do 4 x 10!

4 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

2/ Chest | Incline barbell press

I want you to do sets of 8 here moving up in weight as you go. Once you can barely squeeze out 8, that is the last set. Lower the weight under control and drive it up with authority and speed. Even though it's heavy enough that the reps aren't fast, still TRY to lift it up with explosiveness. We will call this 3 work sets, so make sure you get some quality sets in near your top end. Don't just go straight there. **3 total work sets**

These sets are RPE of 8-10. They get harder as you go

Goal – Train explosively

3/ Chest | Dips

Your high intensity technique for maximum pump here today is a cluster set. Feel free to use a dip assist machine on these. This is similar to last week. Don't go to full lockout. Take these to $\frac{3}{4}$ lockout so we keep tension on pecs. Now what I want you to do, is go to failure with it, then pause for 45 seconds and go to failure again, and then repeat 2 more times. **1 total work set**

This set is RPE of 11

Goal – Supramax pump

4/ Chest | Machine or cable flye 1.5s

This means you go down into the stretch, and then come up only halfway and go back down and then back up to lockout. That is 1 rep. Normally we do a lot of 1.5's on leg work, but we will use that technique here today. Do 3 sets of 8. **3 total work sets**

These sets are all RPE of 10

Goal – Train muscle from a stretch position

5/ Shoulders | Machine rear delts/reverse pec deck

Do 4 sets of 20 reps with the same weight. I want 90 second breaks today. **4 total work sets**

The RPE will climb on this as you go RPE 8-11

Goal – Supramax pump

6/ Shoulders | Cage press

I want you to do 1 more week of cage presses. I want you to do these explosively. Try your best to beat the weight you used last week for your 4 sets of 6. See the vid for form and execution. Do 4 sets of 6. **4 total work sets**

 [Exercise Index - Cage Press for Shoulders](#)

These sets are all RPE of 9

Goal – Train explosively

7/ Triceps | Single handle pushdown

Do 4 sets of 10 reps with the same weight. Your tris will be plenty warm from all the chest work, so I think 1-2 warm up sets will be plenty. **4 total work sets**

 [Tricep pushdowns with single handles](#)

These sets are all RPE of 9

Goal – Supramax pump

8/ Triceps | Incline lying extensions/skullcrushers

This is the same as last week but use an incline bench. Do 4 sets of 12 here. Feel free to use kettlebells or an EZ curl bar. I want 90 seconds breaks here as well. **4 total work sets**

 [Incline Skull Crushers](#)

These sets are all RPE of 9

Goal – Supramax pump

WEEK 2 – WEDNESDAY – LEG WORKOUT

Upper legs	4 exercises	15 sets
Calves	1 exercises	6 sets
5 exercises		21 sets

1/ Upper legs | Lying leg curl

Work your way up doing sets of 10 here. Once you are completely warmed up I want you to do 4 sets of 10 using full reps and then tack on 5 slow partials at the end of the last 2 sets to further pump your hams. Do the partials nice and slow and from the stretch position. **4 total work sets**

These sets are an RPE of 9-12. The last 2 sets are 11.
Goal – Activate and pump

2/ Upper legs | Barbell pause squats

Lower with a 3 second count, pause for 1 second, and then drive up explosively. Use a weight that is around 65% of your 1 rep max (as opposed to 60% last week) and do 5 sets of 6 with it. We will go up a few % each week. You should be able to nail all the reps. When I do these, my adductors get worked extremely hard as well. **5 total work sets**

These sets are an RPE of 8
Goal – Train explosively

3/ Upper legs | Leg press drop set of death

Your legs will be good and warmed up, so we can add weight faster and start heavier. Just do feeder sets of 5 reps to work up to a weight that is a tough 10. Once you hit a tough 10, you will do a drop set. So, do 10 reps, drop the weight about 20% and knock out another 10ish, and then drop it another 20% and hit 10 again, and then drop it another 20% and go to failure. We will call this 3 work sets. **3 total work sets**

Note: After the last rep immediately stretch each quad hard for 30 seconds.

These sets are all RPE of 9-10
Goal – Supramax pump

4/ Upper legs | Dumbell stiff legged deadlift

Do 3 of 8 sets of here. Again, lower the weight slow, and then come up about 3/4 of the way to keep tension on the hams. **3 total work sets**

These sets are all RPE of 8-9

Goal – Work muscle from stretched position

5/ Calves | Standing calve raises

I want you to do 6 sets of 10 again this week but see if you can push some more weight this week on these, even if it's just 10lbs. I want you to use the same weight on all sets. Use a weight that is fairly tough, but you can get all your reps initially. The first 3 sets I want you to get up on your toes and flex hard for 2 second per rep. On the last 3 sets I want you to sit in the stretch for 2 seconds on each rep. You'll be tired at this point, and not likely able to get up on toes anyway. Rest 90 seconds between sets. **6 total work sets**

Note: *In between sets, do tibia raise. This means simply raising your toes (dorsiflexing foot). I like to let me toes hang off an aerobic step bench when doing these to get some tibialis stretch. Do sets of 20.*

These sets are an RPE of 9-10

WEEK 2 – THURSDAY – PULL WORKOUT – PUMP ONLY

Back	4 exercises	16 sets
Abs	1 exercise	4 sets
Biceps	2 exercises	7 sets
7 exercises		27 sets

Do the 2 exercises in the video below, in between warm up sets on the rows. Do 3 rounds of this before starting your working sets.

 [Back Activation | How To Feel Your Lats](#)

1/ Back | Cable row

I want you to use single handles if possible. This will allow natural supination. See the video for a demo. Once you work up to a solid 10, stay there for 4 sets. Pull the attachment into your abs and really flex your lats hard on each and every rep. Also, notice in the video I am elevating myself to pull from a slightly different angle. If you can do this, please do! **4 total work sets**

 [Elevated supinated cable rows](#)

These sets are all RPE of 9
Goal – Activation and start pump

Pro Tip

I am a big fan of using single handles as opposed to straight bars when it comes to supination. They allow for natural supination. I believe straight bars heighten the chance of bicep injury and that most males just don't have the wrist flexibility to be locked into supination with heavy weight.

2/ Back | Straight arm pushdowns

Lean into these a little. I like to use single handles, but many like a rope, or even a bar with a small curve in it. Keep your arms straight and as you drive down, flex your lats the whole time. Do 8 reps here. Go immediately to:

Superset with

3/ Back | Parallel grip pulldowns

Use a grip where your palms face each other, and a medium width. Drive your elbows down hard and squeeze your lats. Do 8 reps here too. Your upper lats should be on fire!

Do 4 rounds for 8 total work sets

 [Straight arm pulldowns supersetted with neutral grip pulldowns](#)

These sets are all RPE of 9
Goal – Supramax pump

4/ Back | Chest supported rows

I like to use a machine here that is more t-bar style, but the important thing is that you have no low back stress i.e. the chest support. Do 4 sets of 10 here. Drive those elbows back as far as possible. Every inch in your range of motion for back matters! **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

5/ Biceps | EZ bar preacher curls

Do 4 sets of 8 here squeezing as hard as you can. Keep rest breaks to 60 seconds on these.

4 total work sets

These sets are all RPE of 9

Goal – Train muscle from stretch position

6/ Biceps | Zottman curl

This is just a single arm preacher curl with a hammer grip. Do 3 sets of 12. **3 total work sets**

These sets are all RPE of 9-10

Goal – Supramax pump

7/ Abs | Rope crunches

Do 4 sets to failure here. **4 total work sets**

 [Rope Crunches](#)

These sets are all RPE of 10

WEEK 2 – FRIDAY – PUSH WORKOUT – PUMP ONLY

Chest	3 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		27 sets

Do the 2 exercises in the video below, in between warm up sets on the presses. Do 3 rounds of this before starting your working sets.

 [Chest Activation | How To Feel Your Chest](#)

1/ Chest | Machine press

Use a machine that is more of a flat angle and not decline or incline if possible. Do sets of 8 all the way until you barely get 8. Lock all reps out and flex for 1 second. The name of the game is bloodflow. We will call this 3 work sets. **3 total work sets**

These sets are all RPE of 8-10

Goal – Activation and start pump

2/ Chest | Slight incline smith press

Lower the bar with a 3 second eccentric and stop an inch or two above chest before driving the weight back up. Do sets of 10. Then go right into:

Superset with

3/ Chest | Slight incline dumbbell flies

Do sets of 8 here, and don't come all the way up to lockout.

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

4/ Shoulders | Dumbbell side laterals

Do 4 sets of 15 reps here. Then proceed directly to:

Superset with

5/ Shoulders | Bent over rear dumbbell raises

Let's crush rear delts too. Do 15 reps here.

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

6/ Triceps | Dual handle rope pushdown

We are sticking with these, because I love them. Do 4 sets of 10 reps here once you do a set or two to warm up. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

7/ Biceps | Bent over tricep extension

This is when you bend over at waist, facing away from pulley, and do tricep extensions.

I like to use a rope on these or single handle attachments. **4 total work sets**

These sets are all RPE of 9

Goal – Train muscle from a stretched position.

WEEK 2 – SATURDAY – LEG WORKOUT – PUMP ONLY

Upper legs	4 exercises	13 sets
Calves	1 exercise	6 sets
5 exercises		19 sets

1/ Upper legs | Seated leg curl

After doing 2-3 sets to warm up, I want you to do a set where you fail with 12 reps. Rest 60 seconds and go to failure again. Repeat this 2 more times for 4 total sets. You will lose some reps, but get as many as you can! **4 total work sets**

These sets are all RPE of 10
Goal – Activation and start pump

2/ Upper legs | Leg press

Do a few warm up sets to get the blood moved around and into your quads, and then I want 3 sets of 30 reps with 3-minute breaks. In between each set lay down on your back and prop your legs up the entire rest period. PAIN. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

3/ Upper legs | Hack squat

Do 3 very slow sets of 8 with perfect control and good depth. It won't take much weight at this point. If you do not have a hack squat find a back supported squat machine. **3 total work sets**

These sets are RPE of 9
Goal – Supramax pump

4/ Upper legs | Glute kickback

Let's finish with some glute work. I like the machine where you kick your leg back and flex your glutes. Let do 3 sets of 12 on each glute. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

5/ Calves | Seated calve raises

Do 6 sets of 15. On the last rep of every set, sit in the stretch for 10 seconds. Again, try to use more weight than last week. **6 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

SUNDAY
OFF - FAMILY DAY

WEEK 3

Monday		
Back	5 exercises	18 sets
Abs	1 exercise	5 sets
Biceps	2 exercise	8 sets
8 exercises		31 sets

Thursday- Pump only		
Back	4 exercises	16 sets
Abs	1 exercise	5 sets
Biceps	2 exercises	8 sets
7 exercises		29 sets

PULL WORKOUT

Tuesday		
Chest	4 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		27 sets

Friday - Pump only		
Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

PUSH WORKOUT

Wednesday		
Upper legs	4 exercises	15 sets
Calves	1 exercise	6 sets
5 exercises		21 sets

Saturday- Pump only		
Upper legs	4 exercises	13 sets
Calves	1 exercise	6 sets
5 exercises		19 sets

LEG WORKOUT

Sunday - Off - Family Day

WEEK 3 – MONDAY – PULL WORKOUT

Back	5 exercises	18 sets
Abs	1 exercise	5 sets
Biceps	2 exercise	8 sets
8 exercises		31 sets

Do the 2 exercises in the activation video posted in previous weeks in between warm up sets on the rows.
Do 3 rounds of this before starting your working sets.

1/ Back | One-arm barbell row

Last week you did 4 sets of 10 here. This week it is 4 sets of 12. This is very tough. That is 16 more reps than week 1. **4 total work sets**

These sets are all RPE of 9-10
Goal – Activation and start pump

2/ Back | Single arm supinated pulldown

Lean back a little on these, drive your elbow straight down and flex your lower lat hard on every rep! Do 3 sets of 10 on each side. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

3/ Back | Dumbell pullover

We are sticking with these, but let's skip the bands this week and just use the dumbell or kettlebell by itself. We are going to superset these with negative only chins. Do 10 reps and then immediately go to:

Superset with

4/ Back | Chins (negative only)

Jump up to the top position and lower yourself slowly. Do as many reps as you can!

These sets are all RPE of 9-10
Do 4 rounds for 8 total work sets.
Goal – Train muscle from a stretch position and Supramax pump

5/ Back | Hyperextensions

Do 3 sets of 15-20 slow reps. **3 total work sets**

These sets are all RPE of 8-9

Goal – Supramax pump

6/ Abs | Rope crunches

Do 5 sets close to failure here. **5 total work sets**

These sets are all RPE of 9

7/ Biceps | Dumbbell curl

Keep your arms supinated the whole time (palms up). Do 4 sets of 8 here. Use a 3 second eccentric on all reps! Try to flex hard even as you are lowering the weight with that 3 second count just like we did last week with the barbell. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

8/ Biceps | EZ bar reverse curl

Do 4 sets of 12 here. Grip the bar hard and get those forearms pumped up to go with your bis! **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

WEEK 3 – TUESDAY – PUSH WORKOUT

Chest	4 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		27 sets

Do the 2 exercises in the video below, in between warm up set on the presses. Do 3 rounds of this before starting your working sets.

1/ Chest | Slight incline dumbbell press

Ok, let's beat last week's reps by 2. Last week you did 4 x 8, this week let's do 4 x 10!

4 total work sets

These sets are all RPE of 9

Goal – Activation and start pump

2/ Chest | Incline barbell press

I want you to do sets of 10 here moving up in weight as you go. Once you can barely squeeze out 10, that is the last set. Lower the weight under control and drive it up with authority and speed. Even though it's heavy enough that the reps aren't fast, still TRY to lift it up with explosiveness. We will call this 3 work sets, so make sure you get some quality sets in near your top end. Don't just go straight there. Between the higher reps here and on the first exercise, this is going to be tough! **3 total work sets**

These sets are RPE of 8-10. They get harder as you go

Goal – Train explosively

3/ Chest | Machine press

Your high intensity technique for maximum pump here today is a cluster set. Don't go to full lockout. Take these to $\frac{3}{4}$ lockout so we keep tension on pecs. Now what I want you to do, is go to failure with it for somewhere around 8 reps, then pause for 45 seconds and go to failure again, and then repeat 2 more times. **1 total work set**

This set is RPE of 11

Goal – Supramax pump

4/ Chest | Machine flyes

Do 3 sets of 8 here. After the 8th rep on all 3 sets, I want you to hold the weight in the stretch position for a 15 second isohold. It's even better if you can get someone to give you a little added pressure while you hold it in the stretch. **3 total work sets**

These sets are all RPE of 10

Goal – Train muscle from a stretch position

5/ Shoulders | Bent over dumbbell swings

Do 4 sets of 25 reps with the same weight. I want 2-minute breaks today. On the swings remember to just straighten your arms and swing the weight up. Don't worry, you'll feel it. Rear delt fire coming your way! **4 total work sets**

The RPE will climb on this as you go RPE 8-11

Goal – Supramax pump

6/ Shoulders | Banded seated dumbbell press

Do 4 sets of 8 here. If you can use bands please do! Go the video to see what I mean. Go to the 4-minute mark. **4 total work sets**

 [Get Basketball Size Delts | Shoulder Workout](#)

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Single handle pushdown

Do 4 sets of 20 reps with the same weight. Your tris will be plenty warm from all the chest work, so I think 1-2 warm up sets will be plenty. Let's jam your tris with blood and then stretch them out on the upcoming decline extension. **4 total work sets**

 [Tricep pushdowns with single handles](#)

These sets are all RPE of 9

Goal – Supramax pump

8/ Triceps | Decline lying extensions/skullcrushers

This is the same as last week but use a decline bench. Do 4 sets of 12 here. Feel free to use kettlebells or an EZ curl bar. I want 90 seconds breaks here as well. **4 total work sets**

These sets are all RPE of 9

Goal – Work muscle from stretch position

WEEK 3 – WEDNESDAY – LEG WORKOUT

Upper legs	4 exercises	15 sets
Calves	1 exercises	6 sets
5 exercises		21 sets

1/ Upper legs | Lying leg curl

Work your way up doing sets of 8 here. Once you are completely warmed up I want you to do 4 sets of 8 using full reps and then tack on a 30 second isohold at the end of each set to further the pump in your hams. Do the isohold from the stretch position. **4 total work sets**

These sets are an RPE of 11
Goal – Activate and pump

2/ Upper legs | Barbell pause squats

Lower with a 3 second count, pause for 1 second, and then drive up explosively. Use a weight that is around 70% of your 1 rep max (as opposed to 65% last week) and do 5 sets of 6 with it. Next week we are squatting with a normal tempo and will go heavier! **5 total work sets**

These sets are an RPE of 8
Goal – Train explosively

3/ Upper legs | Leg press

We are doing a very standard pyramid here today. Do sets of 10 all the way up until you barely get 10, then that's it! We will call this 3 work sets. **3 total work sets**

Note: After the last set immediately stretch each quad hard for 30 seconds.

These sets are all RPE of 7-10
Goal – Supramax pump

4/ Upper legs | Barbell stiff legged deadlift

Do 3 sets of 8 here. Again, lower the weight slow, and then come up all the way and flex your glutes hard. If you can do these banded, please do! To see the setup, go to about 2:30 part of video below. **3 total work sets**

 [4 Easy Band Exercises Anyone Can & Should Do](#)

These sets are all RPE of 9
Goal – Work muscle from stretched position

5/ Calves | Standing calve raises

I want you to do 6 sets of 8 this week but see if you can push even more weight this week. You should be able to as we dropped the reps a little. **6 total work sets**

Note: *In between sets, do tibia raise. This means simply raising your toes (dorsiflexing foot). I like to let me toes hang off an aerobic step bench when doing these to get some tibialis stretch. Do sets of 25.*

These sets are an RPE of 9-10

WEEK 3 – THURSDAY – PULL WORKOUT – PUMP ONLY

Back	4 exercises	16 sets
Abs	1 exercise	5 sets
Biceps	2 exercises	8 sets
7 exercises		29 sets

Do the 2 exercises from the activation video posted in previous weeks, in between warm up sets on the rows. Do 3 rounds of this before starting your working sets.

 [Back Activation | How To Feel Your Lats](#)

1/ Back | Front pulldown

I want you to do just your basic good old front pulldowns to start. Keep that sternum raised high, and drive those elbows down hard flexing your lats. Do 4 sets of 10. **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Straight arm pushdowns

Lean into these a little. I like to use single handles, but many like a rope, or even a bar with a small curve in it. Keep your arms straight and as you drive down, flex your lats the whole time. Do 8 reps here. Go immediately to:

Superset with

3/ Back | Low cable row

Just your basic low rows here, but with the pushdown done earlier, this should bring a fire to your lats. Do sets of 8 here.

Do 4 rounds for 8 total work sets

These sets are all RPE of 9
Goal – Supramax pump

4/ Back | T-Bar rows

We are going to finish with some brutality here. Do 4 sets of 15 here. That is a lot of reps, and a lot of volume on this exercise. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

5/ Biceps | Incline concentration curls

Do 4 sets of 8 here squeezing as hard as you can. Mash the dumbbells together as you curl up. Keep rest breaks to 60 seconds on these. **4 total work sets**

 [Incline Concentration Curls](#)

These sets are all RPE of 9

Goal – Supramax pump

Pro Tip

Smashing the dumbbells together from this position will result in greater activation of the short head of the bicep.

6/ Biceps | Incline dumbbell curls

Lay back and keep palms up as you do these. Do 4 sets of 12. **4 total work sets**

These sets are all RPE of 9-10

Goal – train muscle from stretch position

Pro Tip

Having your elbows behind you as you lay in the incline position, makes the long head of your bicep work harder on these.

7/ Abs | Rope crunches

Do 5 sets to failure here. **5 total work sets**

 [Rope Crunches](#)

These sets are all RPE of 10

WEEK 3 – FRIDAY – PUSH WORKOUT – PUMP ONLY

Chest	3 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		27 sets

Do the 2 exercises from the activation video posted in previous weeks, in between warm up set on the presses. Do 3 rounds of this before starting your working sets.

1/ Chest | Decline dumbbell press

Just prop up one end of the bench with 25's. We only need a slight decline. Now hammer out 4 sets of 10 after plenty of good warm ups. **4 total work sets**

These sets are all RPE of 9

Goal – Activation and start pump

2/ Chest | Pec minor dip

Oh yea, remember these (to my OG's)? You don't need weight. It's like a reverse shrug. Relax your pecs, then flex them. In fact, you lift yourself by only flexing them. See the video for proper form. I was going to heavy in the video though. DO as many as you can, then go right into:

 [Pec Minor Dips](#)

Superset with

3/ Chest | Slight incline dumbbell flies

Do sets of 8 here, and don't come all the way up to lockout.

Do 4 rounds for 8 total sets

These sets are RPE of 9-10

Goal – Train muscle from stretch position

4/ Shoulders | Dumbbell side laterals

Do 4 sets of 12 reps here. Then proceed directly to:

Superset with

5/ Shoulders | Face pulls with a band

Do 25 reps here.

 [Get Basketball Size Delts | Shoulder Workout](#)

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

6/ Triceps | Assisted tricep pushdown

Crush 4 sets of 8 here. See the video below if you need a form refresher. **4 total work sets**

 [Exercise Index - Assisted Tricep Pushdown](#)

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Bent over tricep extension

Now let's stretch those tris out again with these. This is when you bend over at the waist, facing away from pulley, and do tricep extensions. I like to use a rope on these or single handle attachments. **4 total work sets**

These sets are all RPE of 9

Goal – Train muscle from a stretched position.

WEEK 3 – SATURDAY – LEG WORKOUT – PUMP ONLY

Upper legs	4 exercises	13 sets
Calves	1 exercise	6 sets
5 exercises		19 sets

1/ Upper legs | Lying leg curl

This look familiar? After doing 2-3 sets to warm up, I want you to do a set where you fail with 12 reps. Rest 60 seconds and go to failure again. Repeat this 2 more times for 4 total sets. You will lose some reps but get as many as you can! **4 total work sets**

These sets are all RPE of 10
Goal – Activation and start pump

2/ Upper legs | Leg press

Do these high and wide with toe turned out a bit for hams and glutes. Lower the weight very slowly, with a 4 second count, and then drive up to lockout. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

3/ Upper legs | Hack squat

Again, go high and wide on these with a 4 second decent. Do 3 very slow sets of 8 with perfect control and good depth. You do not have a hack squat find a back supported squat machine. **3 total work sets**

These sets are RPE of 9
Goal – Supramax pump

4/ Upper legs | Smith lunge

I want you to do these with your lead foot up on an aerobic bench or something to elevate you. This will allow for a nasty stretch at the bottom on your glutes and quads. Let do 3 sets of 12 on each leg. **3 total work sets**

 [Smith machine lunges](#)

These sets are all RPE of 9
Goal – Supramax pump

5/ Calves | Seated calve raises

Do 6 sets of 8 with a heavy weight. On the last rep of every set, sit in the stretch for 10 seconds. **6 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

SUNDAY
OFF - FAMILY DAY

WEEK 4.

Monday		
Back	5 exercises	18 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		32 sets

Thursday- Pump only		
Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

PULL WORKOUT

Tuesday		
Chest	4 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		27 sets

Friday - Pump only		
Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

PUSH WORKOUT

Wednesday		
Upper legs	5 exercises	14 sets
Calves	1 exercise	6 sets
6 exercises		20 sets

Saturday- Pump only		
Upper legs	3 exercises	11 sets
Calves	1 exercise	6 sets
4 exercises		17 sets

LEG WORKOUT

Sunday - Off - Family Day

WEEK 4 – MONDAY – PULL WORKOUT

Back	5 exercises	18 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		32 sets

Use the activation techniques as needed now.

1/ Back | One-arm barbell row

The first 3 weeks we have progressively overloaded your reps on this exercise, going from 8 reps to 12 reps per set. Now we are going to go back down to 8 reps, but you should be able to handle more weight that you started with in week 1, sometimes by a wide margin! So, 4 sets of 8 with your new weight. After this week, we rotate out this exercise to your next exercise you will be overloading on – the Meadows Row! **4 total work sets**

These sets are all RPE of 9-10
Goal – Activation and start pump

2/ Back | Chest supported row

Now we will give your lower back a break but keep rowing for rhomboids and upper lats. Today we are doing 3 sets of 10 on here. I want you to really get your elbows back as I have mentioned before. Make every rep count! **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

3/ Back | Chins

This week we flip flop the order here. Do as many reps as you can and then immediately go to:

Superset with

4/ Back | Pullovers

Just regular dumbbell pullovers again for 8 reps.

If your arms are too tired from the rows and you can't chin, feel free to use an assist machine. We want a minimum of 7 reps per set on the chins.

These sets are all RPE of 9-10

Do 4 rounds for 8 total work sets.

Goal – Train muscle from a stretch position and Supramax pump

5/ Back | Hyperextensions

Do 3 sets of 15-20 slow reps. Next week we move this to rack pulls, and it will also become an overload exercise. **3 total work sets**

These sets are all RPE of 8-9

Goal – Supramax pump

6/ Abs | Rope crunches

Do 6 sets close to failure here. **6 total work sets**

These sets are all RPE of 9

7/ Biceps | Dumbbell curl

Keep your arms supinated the whole time (palms up). Do 4 sets of 8 here. Use a 3 second eccentric on all reps! Try to flex hard even as you are lowering the weight with that 3 second count just like we did last week with the barbell. **4 total work sets**

 [3 Exercises For Bigger Arms | You Aren't Doing](#)

These sets are all RPE of 9

Goal – Supramax pump

8/ Biceps | Barbell curl

You can use an EZ bar also here. Do 4 sets of 8 with 10 SECOND breaks. I use about 60 lbs when I do these, maybe 70. By set 3 your biceps will be on FIRE. **4 total work sets**

These sets are all RPE of 10

Goal – Supramax pump

WEEK 4 – TUESDAY – PUSH WORKOUT

Chest	4 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		27 sets

Use the activation techniques as needed now.

1/ Chest | Slight incline dumbbell press

Just like we did on your first back exercise, we now go back to sets of 8 here, but you should be able to use a weight much better than what you handled week 1 for 8. Next week we rotate out this exercise and overload on something else. **4 total work sets**

These sets are all RPE of 9-10

Goal – Activation and start pump

2/ Chest | Incline barbell press

I want you to do sets of 6 here moving up in weight as you go. Once you can barely squeeze out 6, that is the last set. Lower the weight under control and drive it up with authority and speed. We did sets of 10 last week, I am betting you will be very strong on these this week! Even though it's heavy enough that the reps aren't fast, still TRY to lift it up with explosiveness. We call this 3 work sets, so make sure you get some quality sets in near your top end. Don't just go straight there. Between the higher reps here and on the first exercise, this is going to be tough! **3 total work sets**

These sets are RPE of 8-10. They get harder as you go

Goal – Train explosively

3/ Chest | Hex press

Your high intensity technique for maximum pump here today is a cluster set. Go to full lockout and squeeze! Now what I want you to do, is go to failure with it for somewhere around 8 reps, then pause for 45 seconds and go to failure again, and then repeat 2 more times. **1 total work set**

 [Hex press](#)

This set is RPE of 11

Goal – Supramax pump

4/ Chest | Machine flyes

Do 3 sets of 10 here. After the 10th rep on all 3 sets, I want you to hold the weight in the stretch position for a 30 second isohold. This is awful! **3 total work sets**

These sets are all RPE of 10

Goal – Train muscle from a stretch position

5/ Shoulders | Bent over dumbbell swings

Do 4 sets of 30 reps with the same weight you u used last week for 25. I want 2-minute breaks today. On the swings remember to just straighten your arms and swing the weight up. Don't worry, you'll feel it. Rear delt fire coming your way! **4 total work sets**

The RPE will climb on this as you go RPE 8-11

Goal – Supramax pump

6/ Shoulders | Banded seated dumbbell press

So you liked these last week huh? Good, let's do them again. Do sets of 8 again. Go to the 4-minute mark in video. **4 total work sets**

 [Get Basketball Size Delts | Shoulder Workout](#)

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Lying extensions

Do 4 sets of 10 reps here with kettlebells if you have them, if not use dumbbells this week. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

8/ Triceps | Dumbbell overhead extensions

I don't really do these a lot. It's where you grab one dumbbell and put it over your head, and let the weight go behind your head, and then straighten arms. This is probably the most basic triceps exercise you can do, but I don't do them consistently as I feel they can beat up your elbows if done weekly. Do 4 sets of 10. You can do these seated to with your back against a bench if you prefer to have a back support. **4 total work sets**

These sets are all RPE of 9

Goal – Work muscle from stretch position

WEEK 4 – WEDNESDAY – LEG WORKOUT

Upper legs	5 exercises	14 sets
Calves	1 exercises	6 sets
6 exercises		20 sets

1/ Upper legs | Seated leg curl

Warm up doing sets of 10, and then do a traditional pyramid going up. I want a hard 12, then 10, then 8, then 6. No extra high intensity techniques today. All of those 4 work sets should be too failure. **4 total work sets**

These sets are an RPE of 10
Goal – Activate and pump

2/ Upper legs | Barbell squats

This week forget the slow negative and just squat with a normal tempo. This means go down at a controlled pace and explode up. Last week you used 70% of 1 rep max, but this week I want you to go well beyond that. Do sets of 8, but see if you can hit 75% or 80%, or more. Bottom line is to keep going up until you barely get 8. With the tempo work we have been using, this should feel awesome now. We will count this as 3 total work sets. **3 total work sets**

These sets are an RPE of 8
Goal – Train explosively

3/ Upper legs | Hack squat drop set of death

Do 1-2 feeder sets of 5 reps to get you to a good weight that is a tough 10. Do 2 sets of 10 to start. On your 3rd set shoot for 10, then drop the weight and shoot for another 8 or so, then do one more drop and shoot for another 8 to 10. **3 total work sets**

Note: After the last set immediately stretch each quad hard for 30 seconds.

These sets are all RPE of 9-11
Goal – Supramax pump

4/ Upper legs | Leg extension

On this exercise we are going to do one cluster set. Do 10 reps with a weight that allows for 8 reps. Make sure you lock out and squeeze at the top for the first 8 reps. After that just beat the pain and keep the weight moving. Rest for 30 seconds and go to failure. Then rest for 45 seconds and go to failure again. This is all one big set. **1 total work sets**

Note: After the last set immediately stretch each quad hard for 30 seconds.

This set is an RPE of 11

Goal – Supramax pump

5/ Upper legs | Barbell stiff legged deadlift

Do 3 sets of 8 here. Again, lower the weight slow, and then come up all the way and flex your glutes hard. Do not use bands this week on these. **3 total work sets**

These sets are all RPE of 9

Goal – Work muscle from stretched position

6/ Calves | Standing calve raise

I want you to do 6 sets of 10 this week but see if you can push even more weight this week despite the increase in reps. You should be able to as we dropped the reps a little. **6 total work sets**

Note: In between sets, do tibia raise. This means simply raising your toes (dorsiflexing foot). I like to let me toes hang off an aerobic step bench when doing these to get some tibialis stretch. Do sets of 25.

These sets are an RPE of 9-10

WEEK 4 – THURSDAY – PULL WORKOUT – PUMP ONLY

Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

Do the 2 exercises in the video below, in between warm up set on the rows. Do 3 rounds of this before starting your working sets..

 [Back Activation | How To Feel Your Lats](#)

1/ Back | Dumbell row

Nothing fancy here, just work up to a tough set of 10 and do 4 sets with it! **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

Pro Tip

Keep the hip slightly higher on the side you are row-ing with, so you get a better stretch. Don't rotate your hips at all during the execution of this and turn this into a waist exercise. This is the same form I advise on Meadows' rows and One-arm barbell rows. Go to the 1-minute mark in the video below to see what I mean.

2/ Back | Straight arm pushdowns

Do 8 reps here. Go immediately to:

Superset with

3/ Back | Chins

If you cannot do at least 6, do these first, and then the pullovers 2nd. If you have a partner they can hold your feet and help you get your reps, by assisting you. This is a nasty superset.

Do 4 rounds for 8 total work sets

These sets are all RPE of 9
Goal – Supramax pump

4/ Back | Prone shrugs

This is a specialty exercise for lower traps and rhomboids. This takes some practice, but it's

kind of freaky to feel a pump so specific to this area when you nail it. If you don't have the supported row, there are other ways to simulate this. Many Hammer row machines allow this. Do 4 sets of 12. **4 total work sets**

 [IFBB Pro Andrew Hudson doing Prone Shrugs](#)

These sets are all RPE of 9
Goal – Supramax pump

5/ Biceps | Preacher curls

Do 4 sets of 8 here squeezing as hard as you can. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

6/ Biceps | Hammer curls

Do 4 sets of 12. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

7/ Abs | Rope crunches

Do 6 sets to failure here. **6 total work sets**

These sets are all RPE of 10

WEEK 4 – FRIDAY – PUSH WORKOUT – PUMP ONLY

Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

Use the activation techniques as needed now.

1/ Chest | Flat dumbbell press

Do 4 sets of 12 after plenty of good warm ups. **4 total work sets**

These sets are all RPE of 9

Goal – Activation and start pump

2/ Chest | Pec minor dip

Do 8 reps flexing hard at the top, then go right into:

Superset with

3/ Chest | Dips

Do sets of 8-10 here, and don't come all the way up to lockout. Keep tension on pecs. I literally did this superset today as I write this, man it was awesome! See the vid below for form refresher at 7:32.

 [4 exercise chest workout for mass](#)

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

4/ Shoulders | Dumbbell side laterals

Do sets of 8 reps here. Let's go a bit heavier than we normally do. I am even going to give you the go ahead to cheat a little to use some extra weight! Then proceed directly to:

Superset with

5/ Shoulders | Bent over dumbbell swings

This is where you do rear laterals but simply straighten your arms and swing them. Do 12 reps. Do these nice and slow and see how much of a searing burn you can create.

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

6/ Triceps | Pronated kickbacks

Go to the 8-minute mark in the video for a form refresher. Do 4 sets of 10. **4 total work sets**

 [3 Tips to get Monster Triceps fast](#)

These sets are all RPE of 9

Goal – Supramax pump

7/ Biceps | Lying extensions

Do these with an ez curl bar on the flat bench. I want you to take these below and behind your head for a nice stretch. Do 4 sets of 12. **4 total work sets**

These sets are all RPE of 9

Goal – Train muscle from a stretched position.

WEEK 4 – SATURDAY – LEG WORKOUT – PUMP ONLY

Upper legs	3 exercises	11 sets
Calves	1 exercise	6 sets
4 exercises		17 sets

1/ Upper legs | Lying leg curl

We'll slow it down this week, as last week we did that gnarly 4 fast set thing! So, do a standard pyramid going up slowly until you hit a weight you can barely get 8 reps with. We will count the last 3 sets as work sets. **3 total work sets**

These sets are all RPE of 8-10
Goal – Activation and start pump

2/ Upper legs | Leg press

Work your way up in weight and get plenty warmed up. Once you get to a pretty tough 10, I want you to do a superset with it. Do 10 (you should leave a few reps in the tank) and then go straight to:

These sets are all RPE of 8

Superset with

3/ Upper legs | Dumbell walking lunge

I want 8 slow steps with each leg.

These sets are RPE of 9
Do 4 rounds for 8 total sets
Goal – Supramax pump

4/ Calves | Seated calve raises

Do 6 sets of 15 with a medium heavy weight. On the last rep of every set, sit in the stretch for 10 seconds. **6 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

SUNDAY
OFF - FAMILY DAY

WEEK 5

Monday		
Back	5 exercises	19 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		33 sets

Thursday- Pump only		
Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

PULL WORKOUT

Tuesday		
Chest	4 exercises	14 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		30 sets

Friday - Pump only		
Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

PUSH WORKOUT

Wednesday		
Upper legs	5 exercises	16 sets
Calves	1 exercise	6 sets
6 exercises		22 sets

Saturday- Pump only		
Upper legs	3 exercises	12 sets
Calves	1 exercise	6 sets
4 exercises		18 sets

LEG WORKOUT

Sunday - Off - Family Day

WEEK 5 – MONDAY – PULL WORKOUT

Back	5 exercises	19 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		33 sets

At this point for the activations, I won't post to do them, but please keep doing them if you find them beneficial! Remember, properly activating and establishing a mind muscle connection is our top goal at the beginning of a workout.

1/ Back | Meadows row

Ok, now on to our next exercise in our rotation to progressively overload on – the Meadows Row. It was named after some dude that wears socks with sandals and used to always wear tank tops over top of his t-shirts. Go to just after 2-minute mark in video for form refresher. We start out with a weight that is a pretty tough 8 this week. Do 4 sets of 8 with it after proper warm ups. **4 total work sets**

 [My 3 Favorite Back Rows for Mass](#)

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Rack pulls

I want you to set the bars up at about midshin level. We are going to do 5 sets of 5 here. I want you to stay very tight, and squeeze your entire back while you do these, while trying to explode out of the bottom. Under no circumstance is it ok to round your back or lose perfect form though. We are going to be changing pin heights the next few weeks so enjoy the ride. Leave a few reps in the tank on each set. I also want all these reps to be rest/pause style, no bouncing off the rack. **5 total work sets**

These sets are all RPE of 8-9
Goal – Train explosively

3/ Back | Straight arm pushdowns

Do 8 reps here, and then immediately go to:

Superset with

4/ Back | Pullovers

Regular dumbbell pullovers again for 8 reps.

These sets are all RPE of 9-10

Do 4 rounds for 8 total work sets.

Goal – Train muscle from a stretch position and Supramax pump

5/ Back | Face pulls

Do 2 sets of 12 reps. Drive your elbows back for low traps and rhomboids and squeeze all reps. I guess we should call these chest pulls. **2 total work sets**

 [Face pulls](#)

These sets are all RPE of 9

Goal – Supramax pump

6/ Abs | Hanging leg raises

Do 6 sets close to failure here. **6 total work sets**

These sets are all RPE of 9

7/ Biceps | EZ bar curl

Do 4 sets of 8 here with a 5 second eccentric. Lower the weight slow! **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

8/ Biceps | EZ bar preacher curl

Do 4 sets of 8 here with a 4 second eccentric on all reps! **4 total work sets**

These sets are all RPE of 9-10

Goal – Supramax pump

WEEK 5 – TUESDAY – PUSH WORKOUT

Chest	4 exercises	14 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		30 sets

At this point for the activations, I won't post to do them, but please keep doing them if you find them beneficial! Remember, properly activating and establishing a mind muscle connection is our top goal at the beginning of a workout.

1/ Chest | Machine press

Now we are rotating out the dumbbells for a machine. I want you to use the machine that you feel the absolute best. I attached a video of the machine that I like the most, just so you could see, but it could be any machine like this or hammer, again I want something you feel great! We start off with sets of 8 and will overload via increased reps as we go! Do 3 sets of 8. **3 total work sets**

 [Machine press with drop and partials](#)

These sets are all RPE of 9-10

Goal – Activation and start pump

2/ Chest | Flat bench barbell press

Ok you get a few weeks off inclines, and we'll do some flat benching. If you have issues that keep you from benching, stick with inclines. On these I want you to use a weight you can do for sets of 5 with a rep left in the tank. Do 5 sets of 5. On inclines I do not touch my chest, but on flats, I do want you to touch your chest! **5 total work sets**

These sets are RPE of 8-10. They get harder as you go

Goal – Train explosively

3/ Chest | Dips

Use an assist machine to keep perfect form if you need it. Shoot for around 8 reps then immediately go to:

Superset with

4/ Chest | Stretch pushups

Go to failure. See the video below for form refresher.

 [Dip and Stretch Pushup Superset](#)

These sets are all RPE of 10

Do 3 rounds for 6 total sets

Goal – Supramax pump and train muscle from stretch position

5/ Shoulders | Cage press

Do 4 sets of 8 explosively. **4 total work sets**

 [Exercise Index - Cage Press for Shoulders](#)

These sets are RPE of 9

Goal – Train explosively

6/ Shoulders | Machine rear delt flyes

Do 4 sets of 15 here with a 1 second contraction on all reps. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Pushdowns

Do 4 sets of 12 reps here using your favorite attachment. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

8/ Triceps | Dumbell overhead extensions

We will do these for one more week. Do 4 sets of 10 with a great stretch on all reps.

4 total work sets

These sets are all RPE of 9

Goal – Work muscle from stretch position

WEEK 5 – WEDNESDAY – LEG WORKOUT

Upper legs	5 exercises	16 sets
Calves	1 exercises	6 sets
6 exercises		22 sets

1/ Upper legs | Lying leg curl

This is the same as last week, but we are using the lying version this week. Warm up doing sets of 10, and then do a traditional pyramid going up. I want a hard 12, then 10, then 8, then 6. No extra high intensity techniques today. All of those 4 work sets should be to failure. **4 total work sets**

These sets are an RPE of 10
Goal – Activate and pump

2/ Upper legs | Leg press

This is going to be our go to progressive overload exercise for the next few weeks. Lower the weight under control and drive it up hard and smooth. Work up to a tough set of 8. We will count this as 3 working sets. Take your time and get some good volume in. **3 total work sets**

These sets are an RPE of 9
Goal – Train explosively

3/ Upper legs | Smith lunges

See the video for a form refresher. Do 3 sets of 10 on each leg. **3 total work sets**

 [Smith machine lunges](#)

Note: After the last set immediately stretch each quad hard for 30 seconds.

These sets are all RPE of 9
Goal – Supramax pump

4/ Upper legs | Leg extension

I want you to do 3 sets of 8 here with a hard contraction at the top on each one. On your last set, I want you to then tack on partials to failure. Just kick the weight up a few inches if that is all you can do. Anything less than 15 reps here is not enough effort. **1 total work sets**

These sets are an RPE of 9-11
Goal – Supramax pump

5/ Upper legs | Barbell stiff legged deadlift

Do 3 sets of 8 here. Again, lower the weight slow, and then come up all the way and flex your glutes hard. Do not use bands this week on these. **3 total work sets**

These sets are all RPE of 9

Goal – Work muscle from stretched position

6/ Calves | Standing calve raise

I want you to do 3 sets of 20, then 3 sets of 8 with a heavier weight. Sit in the stretch for 1 second on all sets where you do 8 reps. **6 total work sets**

Note: *In between sets, do tibia raise. This means simply raising your toes (dorsiflexing foot). I like to let me toes hang off an aerobic step bench when doing these to get some tibialis stretch. Do sets of 25.*

These sets are an RPE of 9-10

WEEK 5 – THURSDAY – PULL WORKOUT – PUMP ONLY

Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

1/ Back | Seated cable row

I want you to do 4 sets of 12 here. Just very basic rows with a good hard squeeze on every rep. Drive blood in there. **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Straight arm pushdowns

Do 8 reps here. Go immediately to:

Superset with

3/ Back | Supinated pull down variation

This is a great variation for lats. You can drive your elbows straight down for great tension. Now you are not anchored in, so do not worry about the stretch at the top, we worry about that when we are anchored in with heavier weight. This is all about driving blood in lats. Do 8 reps here.

 [Supinated pull down variation](#)

Do 4 rounds for 8 total work sets
These sets are all RPE of 9
Goal – Supramax pump

4/ Back | Prone shrugs

Let's do the prone shrugs again. Many people tell me the 2nd week they do these, they feel them better as they learn the movement. We will do these next week too, so you can really perfect them. Shoot for 4 sets of 10 here. **4 total work sets**

 [IFBB Pro Andrew Hudson doing Prone Shrugs](#)

These sets are all RPE of 9
Goal – Supramax pump

5/ Biceps | Dumbbell curls

Do 4 sets of 8 here squeezing as hard as you can and keep your palms up the entire time.
Stay supinated from start to finish. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

6/ Biceps | Hammer curls

Do 4 sets of 12. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

7/ Abs | Rope crunches

Do 6 sets to failure here. **6 total work sets**

These sets are all RPE of 10

WEEK 5 – FRIDAY – PUSH WORKOUT – PUMP ONLY

Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

1/ Chest | Machine press

Do 4 sets of 10 after plenty of good warm ups and only take 90 second breaks. You may have to decrease the weight a little as you go. That's ok, I did, but you'll have a great pump to start with. **4 total work sets**

These sets are all RPE of 9

Goal – Activation and start pump

2/ Chest | Pec minor dip

We are doing this combo again. I am really digging it and hopefully your pumps are insane from these. Do 8 reps flexing hard at the top, then go right into:

Superset with

3/ Chest | Dips

Do sets of 8-10 here, and don't come all the way up to lockout. Keep tension on pecs.

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

4/ Shoulders | Smith or cage press

In the video I am going heavy in a Smith, but I do NOT want you to go heavy. I do want that hold at the top though. You can use a Smith or a cage. Do 8 reps with a hard flex at the top. The Smith or cage allows for this contraction. Then proceed directly to:

Superset with

5/ Shoulders | Dumbell side laterals

Just do sets of 8 here too.

 [Shoulder superset - overhead smith press and side lateral](#)

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

6/ Triceps | Pronated kickbacks

Go to the 8-minute mark in the video for a form refresher. Do 4 sets of 10. **4 total work sets**

 [3 Tips to get Monster Triceps fast](#)

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Floor press

See the video below for these. Do sets of 8. **4 total work sets**

 [Exercise Index - Floor Press For Triceps](#)

These sets are all RPE of 9

Goal – Supramax pump

WEEK 5 – SATURDAY – LEG WORKOUT – PUMP ONLY

Upper legs	3 exercises	12 sets
Calves	1 exercise	6 sets
4 exercises		18 sets

1/ Upper legs | Leg press

This is something I did many years ago for pump that I wanted to resurrect. The rep scheme is 50,40,30,20,10. The way you do this is to do a few warm ups and then do 50 reps with a weight. Rest 3 minutes and then add weight and do 40. Continue to rest 3 minutes between sets and adding weight and taking the reps down as noted until you hit 10. This will suck the life out of you, but you will have a NASTY pump. **5 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

2/ Upper legs | Barbell squat

It's not going to take much weight here, but I'm sure you'll figure that out fast. You pick a weight you can do 20 with and do 3 sets of 20. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

3/ Upper legs | Lying leg curl

Doing these last will actually feel great. The blood will move around into your hams very fast. I typically do 2 warm up sets here of 10, then do 4 work sets of 10. **4 total work sets**

These sets are RPE of 9-10
Goal – Supramax pump

4/ Calves | Seated calve raises

Do 6 sets of 15 with a medium heavy weight. On the last rep of every set, sit in the stretch for 10 seconds. **6 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

SUNDAY
OFF - FAMILY DAY

WEEK 6

Monday		
Back	5 exercises	20 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		34 sets

Thursday- Pump only		
Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

PULL WORKOUT

Tuesday		
Chest	4 exercises	14 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		30 sets

Friday - Pump only		
Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

PUSH WORKOUT

Wednesday		
Upper legs	4 exercises	13 sets
Calves	1 exercise	8 sets
5 exercises		21 sets

Saturday- Pump only		
Upper legs	4 exercises	15 sets
Calves	1 exercise	6 sets
5 exercises		21 sets

LEG WORKOUT

Sunday - Off - Family Day

WEEK 6 – MONDAY – PULL WORKOUT

Back	5 exercises	20 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		34 sets

1/ Back | Meadows row

After plenty of warm ups, the weight that you used for sets of 8 last week, you use for sets of 10 this week. Do 4 sets of 10. **4 total work sets**

 [My 3 Favorite Back Rows for Mass](#)

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Rack pulls

Last week we went mid-shin on these. This week we pull from a little lower. If moving the pins doesn't get you to the exact height, you can stand on plates to give you a little lift. These will obviously be tougher this week as you are pulling from closer to the floor, but if you can, I want you to still gut out 5 sets of 5 with what you did last week. I want you to stay very tight, and squeeze your entire back while you do these, while trying to explode out of the bottom. Under no circumstance is it ok to round your back or lose perfect form though. We are going to be changing pin heights the next few weeks so enjoy the ride. I also want all these reps to be rest/pause style, no bouncing off the rack. **5 total work sets**

These sets are all RPE of 8-9
Goal – Train explosively

3/ Back | Straight arm pushdowns

Do 8 reps here, and then immediately go to:

Superset with

4/ Back | Single arm supinated pulldowns

We'll give that lower back a break and crush your lats even more now.

Do 8 reps on each side here.

These sets are all RPE of 9-10

Do 4 rounds for 8 total work sets.

Goal – Train muscle from a stretch position and Supramax pump

5/ Back | Face pulls

We are making a small volume increase here today. Do 3 sets of 12 reps. Drive your elbows back for low traps and rhomboids and squeeze all reps. I guess we should call these chest pulls. **3 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

6/ Abs | Hanging leg raises

Do 6 sets close to failure here. **6 total work sets**

These sets are all RPE of 9

7/ Biceps | EZ bar curl

Do 4 sets of 12 here. Lower the weight with control, but not 5 seconds like last week!

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

8/ Biceps | Hammer curl

Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9-10

Goal – Supramax pump

WEEK 6 – TUESDAY – PUSH WORKOUT

Chest	4 exercises	14 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		30 sets

1/ Chest | Machine press

We started off with sets of 8 last week, this week the reps go to 10 with the same weight! Do 3 sets of 10. **3 total work sets**

These sets are all RPE of 9-10

Goal – Activation and start pump

2/ Chest | Flat bench barbell press

I want you to use what you did last week for 5 sets of 5 but do 5 sets of 6 or even 7 if you can this week. Push hard! **5 total work sets**

These sets are RPE of 8-10. They get harder as you go

Goal – Train explosively

3/ Chest | Dips

Use an assist machine to keep perfect form if you need it. Shoot for around 10 reps. If 10 is easy, wear a belt, if too tough, use the assist machine. Go slow though and feel every rep. Do 3 sets. **3 total work sets**

These sets are RPE of 9-10

Goal – Train muscle from stretch position

4/ Chest | Flat dumbbell press

Nothing fancy here, just finish with 3 sets of 8 here. Don't lock these out, keep tension on the pecs.

These sets are RPE of 9-10

Goal – Supramax pump

5/ Shoulders | Cage press

Bring the reps down a little this week on these so you can use a little heavier weight. Do 4 sets of 6 explosively. **4 total work sets**

 [Exercise Index - Cage Press for Shoulders](#)

These sets are RPE of 9

Goal – Train explosively

6/ Shoulders | Machine rear delt flyes

Do 4 sets of 25 here, let's burn them up. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Pushdowns

Do 4 sets of 8 reps here using your favorite attachment. Try to actually load these up pretty heavy this week! Lean into them so you can use some chest to help. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

8/ Triceps | Lying kettlebell extensions

Do 4 sets of 12 here. **4 total work sets**

These sets are all RPE of 9

Goal – Work muscle from stretch position

WEEK 6 – WEDNESDAY – LEG WORKOUT

Upper legs	4 exercises	13 sets
Calves	1 exercises	8 sets
5 exercises		21 sets

1/ Upper legs | Leg press

Let's shake this up a bit and do these first. Now I still want you to do a few warm ups on the leg curl though, just not work sets. We are going up doing sets of 8 here again today, but I expect you to beat your top end weight from last week for 8. We will count this as 3 work sets. **3 total work sets**

These sets are an RPE of 9
Goal – Train explosively

2/ Upper legs | Squat

We are looking for reps and blood flow on these, in addition to the explosiveness. Find a weight that is a good solid 10 and do 3 sets of 10 with it with perfect form. When I did this workout, I used the Safety bar Squat here fyi. **3 total work sets**

These sets are an RPE of 9
Goal – Train explosively

3/ Upper legs | Leg extension

You are going to do 3 sets of 8 here. On all your reps hold them at the top flexing for 3 seconds. After each set stretch each quad for 15 seconds. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

4/ Upper legs | Lying leg curl

Now let's get to the leg curl. You will be amazed at how quickly the blood flows to your hams. Do 4 sets of 12, with only 45 second breaks. If you lose reps, decrease the weight. I had to on the last 2 sets. **4 total work sets**

These sets are an RPE of 10
Goal – Activate and pump

5/ Calves | Standing calve raise

I want 8 sets of 10 here. Work the stretch hard! **8 total work sets**

Note: *In between sets, do tibia raise. This means simply raising your toes (dorsiflexing foot). I like to let me toes hang off an aerobic step bench when doing these to get some tibialis stretch. Do sets of 25.*

These sets are an RPE of 9-10

WEEK 6 – THURSDAY – PULL WORKOUT – PUMP ONLY

Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

1/ Back | Seated cable row

Use dual handles if your cable row allows. This way you can supinate as you row. Do 4 sets of 10 here to kick things off. **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Straight arm pushdowns

Do 8 reps here. Go immediately to:

Superset with

3/ Back | Supinated pull down variation

I want you to do these again, but I want you to pull the handles down to a higher point on your chest this time. This will engage more upper back and rhomboids and feel different. It is a great variation. Do sets of 12 here and squeeze upper back hard on all reps!

Do 4 rounds for 8 total work sets

These sets are all RPE of 9
Goal – Supramax pump

4/ Back | Dumbell shrugs

Let's move on to a regular dumbell shrug this week. Do 4 sets of 10 with a 2 second pause at the top of every rep. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

5/ Biceps | Barbell curls

Do 4 sets of 8 here squeezing as hard as you can. At the end of every set tack on 3 slow partials out of the bottom only coming up 4 or 5 inches. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

6/ Biceps | Reverse curls

Do 4 sets of 15. Lower the weight with a 3 second eccentric. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

7/ Abs | Rope crunches

Do 6 sets to failure here. **6 total work sets**

These sets are all RPE of 10

WEEK 6 – FRIDAY – PUSH WORKOUT – PUMP ONLY

Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

1/ Chest | Banded machine press

We are going to add bands this week to really force that pec contraction. The video below shows how just in case you are new to this one (I doubt you are). Do 4 sets of 6 after plenty of good warm ups and only take 90 second breaks. **4 total work sets**

 [How to attach bands to a Hammer chest press](#)

These sets are all RPE of 9

Goal – Activation and start pump

2/ Chest | Dumbell or cable flat flye

Only come up about $\frac{3}{4}$ of the way if using dumbbells, do not lose tension in pecs. Give me 8 slow reps, and then go directly to:

Superset with

3/ Chest | Dumbell bench press

Drop the fly weight and pick up some heavier dumbbells and now do 8 good solid reps to full lockout.

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

4/ Shoulders | Seated dumbell press

I don't want you to go real heavy on these, I want reps. We loaded the delts hard earlier this week, now it's time to cook them. Do 15 reps and then proceed directly to:

Superset with

5/ Shoulders | Dumbell bent over side laterals

Do 15 here as well. By the time you finish the last round your shoulders are going to be on fire x 10.

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

6/ Triceps | Rope pushdowns

Do 4 sets of 10. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Floor press

See the video below for these. Do sets of 6 this week, and try to go a little heavier than last week. **4 total work sets**

 [Exercise Index - Floor Press For Triceps](#)

These sets are all RPE of 9

Goal – Supramax pump

WEEK 6 – SATURDAY – LEG WORKOUT – PUMP ONLY

Upper legs	4 exercises	15 sets
Calves	1 exercise	6 sets
5 exercises		21 sets

1/ Upper legs | Leg press

One more time on the leg presses first this week. Again, feel free to do some leg curls and adductor machines also to warm up things. I want you to go to something that is a semi tough 15, but you know you could knock out another 4 or 5 reps with. Do 15, then drop the weight 20% and shoot for 10, then drop the weight another 20% and shoot for really close to failure. We will call this 3 work sets. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

2/ Upper legs | Barbell stiff legged deadlift

I know what you are thinking, what is he doing? Just do it. 10 reps here coming up to ¾ lockout and then go immediately to:

Superset with

3/ Upper legs | Walking lunges

Take 8 slow steps with each leg.
Do 4 rounds for 8 total work sets.
These sets are RPE of 9
Goal – Supramax pump

4/ Upper legs | Seated leg curl

Do 4 sets of 12 here with 90 second breaks. **4 total work sets**
These sets are all RPE of 9-10
Goal – Supramax pump

5/ Calves | Seated calve raises

Do 6 sets of 15 with a medium heavy weight. On the last rep of every set, sit in the stretch for 10 seconds. **6 total work sets**
These sets are all RPE of 9
Goal – Supramax pump

SUNDAY
OFF - FAMILY DAY

WEEK 7

Monday		
Back	4 exercises	17 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
7 exercises		31 sets

Thursday- Pump only		
Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

PULL WORKOUT

Tuesday		
Chest	4 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		28 sets

Friday - Pump only		
Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

PUSH WORKOUT

Wednesday		
Upper legs	5 exercises	16 sets
Calves	1 exercise	8 sets
6 exercises		24 sets

Saturday- Pump only		
Upper legs	4 exercises	16 sets
Calves	1 exercise	6 sets
5 exercises		22 sets

LEG WORKOUT

Sunday - Off - Family Day

WEEK 7 – MONDAY – PULL WORKOUT

Back	4 exercises	17 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
7 exercises		31 sets

1/ Back | Meadows row

After plenty of warm ups, the weight that you used for sets of 10 last week, you use for sets of 12 this week. This is for me, the hardest gut busting week, 12's are tough. Do 4 sets of 12. **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Rack pulls

Last week we went below mid-shin on these, the week prior we went mid-shin. Today we move the pins up to knee level. This should allow for a much heavier weight, as it is a shorter range of motion. Do 5 sets of 5 here as well. I want you to stay very tight, and squeeze your entire back while you do these, while trying to explode out of the bottom. Under no circumstance is it ok to round your back or lose perfect form though. I also want all these reps to be rest/pause style, no bouncing off the rack. **5 total work sets**

These sets are all RPE of 9
Goal – Train explosively

3/ Back | Dumbell pullovers

Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9
Goal – Train muscle from stretch position

4/ Back | Supported chest rows

Let's keep off that lower back and do some supported rows here. I like the t-bar style version of this, but any chest pad works. Keep your hands pronated (palms facing down), so we can really nail your rhomboids and lower traps. Drive those elbows back far! Do 4 sets of 8. **4 total work sets**

These sets are all RPE of 9-10
Goal – Supramax pump

5/ Abs | Hanging leg raises

Do 6 sets close to failure here. **6 total work sets**

These sets are all RPE of 9

6/ Biceps | Dumbell preacher curl

Do 4 sets of 8 here. Lower the weight slowly and in control. **4 total work sets**

These sets are all RPE of 9-10

Goal – Supramax pump

7/ Biceps | EZ bar curl

Do 4 sets of 12 here with 30 second breaks. You may have to decrease weight, this is going to torch your bis. **4 total work sets**

These sets are all RPE of 9-10

Goal – Supramax pump

WEEK 7 – TUESDAY – PUSH WORKOUT

Chest	4 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		28 sets

1/ Chest | Machine press

We started off with sets of 10 last week, this week the reps go to 12 with the same weight! Do 3 sets of 12. **3 total work sets**

These sets are all RPE of 9-10

Goal – Activation and start pump

2/ Chest | Incline barbell press

Time to get back to work on the incline barbell now. Do sets of 6 up until you can barely get 6. We will count this as 3 work sets. **3 total work sets**

These sets are RPE of 8-10. They get harder as you go

Goal – Train explosively

3/ Chest | Dips

I want to repeat these again this week. Use an assist machine to keep perfect form if you need it. Shoot for around 10 reps. If 10 is easy, wear a belt, if too tough, use the assist machine. Go slow though and feel every rep. Work that stretch! Do 3 sets. **3 total work sets**

These sets are RPE of 9-10

Goal – Train muscle from stretch position

4/ Chest | Machine flyes

Give me 3 sets of 10 here. Get a big stretch and contract hard. On your last set, add on 10 partials out of the stretch position. **3 total work sets**

These sets are RPE of 9-10

Goal – Train muscle from stretch position

5/ Shoulders | Dumbell side lateral partials

This is nasty. Tilt your head back and do 4 sets of 20 reps with a heavy weight. Remember you are keeping your arms straight and only coming up 4 or 5 inches. **4 total work sets**

These sets are RPE of 9-10

Goal – Supramax pump

6/ Shoulders | Machine rear delt flyes

Do 4 sets of 25 here, let's light them up. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Pushdowns

Do 4 sets of 12 reps here using your favorite attachment. This is the same as last week, but I want more reps. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

8/ Triceps | Seated rope overhead extensions

Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9

Goal – Work muscle from stretch position

WEEK 7 – WEDNESDAY – LEG WORKOUT

Upper legs	5 exercises	16 sets
Calves	1 exercises	8 sets
6 exercises		24 sets

1/ Upper legs | Lying leg curl

Do 4 sets of 12 here today once you are good and warmed up. **4 total work sets**

These sets are an RPE of 9
Goal – Activate and pump

2/ Upper legs | Leg press

This week we need to again beat last week's numbers. What you went up to 8 for last week, I want 10 with this week. Do sets of 8 until you hit this set, then grind out 10 reps. We will call this 3 work sets. **3 total work sets**

These sets are an RPE of 9
Goal – Train explosively

3/ Upper legs | Squat

We aren't letting up here on the reps. This week its 3 sets of 12 once you find a good weight. Do these more pump style going up and down with smooth form and not locking out at top. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

4/ Upper legs | Hack squat

You are going to do 3 sets of 8 here. Go down nice and slow on these and keep your low back flat against the pad. **3 total work sets**

These sets are an RPE of 9
Goal – Supramax pump

5/ Upper legs | Dumbell stiff legged deadlift

Do 3 sets of 10 here only coming up $\frac{3}{4}$ of the way. **3 total work sets**

These sets are an RPE of 9-10
Goal – Work muscle from stretch position

6/ Calves | Standing calve raise

I want 8 sets of 8 here heavier than last week. Work the stretch hard! **8 total work sets**

Note: In between sets, do tibia raise. This means simply raising your toes (dorsiflexing foot). I like to let me toes hang off an aerobic step bench when doing these to get some tibialis stretch. Do sets of 25.

These sets are an RPE of 9-10

WEEK 7 – THURSDAY – PULL WORKOUT – PUMP ONLY

Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

1/ Back | Pronated low cable rows

After some warm ups do 4 sets of 12 here to kick things off. Take note in the video of the pronated grip. **4 total work sets**

 [Pronated cable rows](#)

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Neutral grip pulldown

This is a pulldown with palms facing in toward each other. Drive those elbows down and squeeze lats. Make sure you get a massive stretch on these at the top. I want you to re-ally reach up and stretch. Do 4 sets of 10. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

3/ Back | Face pulls

Back to some face pulls, where we really pull the rope into our chest for lower traps and rhomboids. See the video below for a form refresher. Do 4 sets of 8 here. Squeeze very hard in the contracted part of the rep. **4 total work sets**

 [Face pulls](#)

These sets are all RPE of 9
Goal – Supramax pump

4/ Back | Banded pullover

Let's finish with our banded pullovers. If you don't have a partner you have to anchor the band onto a rack. Do 4 sets of 8 here to demolish your upper lats. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

5/ Biceps | Pinwheel curls

These are the cross-body hammer curls we occasionally do. Do 4 sets of 12 on each arm.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

6/ Biceps | Preacher curls

Do 4 sets of 8. Lower the weight with a 3 second eccentric. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

7/ Abs | Rope crunches

Do 6 sets to failure here. **6 total work sets**

These sets are all RPE of 9

WEEK 7 – FRIDAY – PUSH WORKOUT – PUMP ONLY

Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

1/ Chest | Dumbell twist press

These are great to start. Now, anatomically it also works to twist in the opposite direction from bottom to top! Either way is really good at lighting up your pecs. Try both to see which you feel best. Do 4 sets of 8. If you can't twist and squeeze, you went to heavy. **4 total work sets**

 [Twist Presses](#)

These sets are all RPE of 9
Goal – Activation and start pump

2/ Chest | Cable decline flye

Only come up about ¾ of the way if using dumbbells, do not lose tension in pecs. Give me 8 slow reps, and then go directly to:

Superset with

3/ Chest | Decline dumbell bench press

This is only on a slight decline. Do sets of 8 without locking out. Keep the tension cranking.

Do 4 rounds for 8 total sets
These sets are RPE of 9
Goal – Supramax pump

4/ Shoulders | Machine rear laterals

Do 15 reps and then proceed directly to:

Superset with

5/ Shoulders | Dumbell bent over swings

Now just swing the dumbbells to completely annihilate your rear delts. This should burn so bad you have tears in your eyes. Do 20 reps each set.

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

6/ Triceps | Vbar pushdowns

Do 4 sets of 15 here. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Narrow grip pushups

Use a shoulder width hand placement and try to tuck elbows in a bit toward your sides to force your triceps to work harder. Do 4 sets to failure. **4 total work sets**

These sets are all RPE of 10

Goal – Supramax pump

WEEK 7 – SATURDAY – LEG WORKOUT – PUMP ONLY

Upper legs	4 exercises	16 sets
Calves	1 exercise	6 sets
5 exercises		22 sets

GIANT SET

1/ Upper legs | Leg extensions

Do 10 reps with a 1 second hold at the top on all reps. Go right to:

Supersetted with

2/ Upper legs | Goblet squats

Use a kettlebell or dumbbell here for 10 deep reps here coming up to ¾ lockout and then go immediately to:

Superset with

3/ Upper legs | Walking lunges

Now just walk 5 steps on each leg away from leg extension machine and turnaround and walk back for 10 total steps on each leg. Next immediately go to:

Superset with

4/ Upper legs | Iso hold on leg extension

Hold the same weight you used on the leg extensions in the flexed position (the top) as long as you can and then lower as slow as you possibly can. It's only 1 rep and the round is then complete.

Do 4 rounds for 16 total work sets.

These sets are all RPE of 9

Goal – Supramax pump

5/ Calves | Seated calve raises

Do 6 sets of 15 with a medium heavy weight. On the last rep of every set, sit in the stretch for 10 seconds. **6 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

SUNDAY
OFF - FAMILY DAY

WEEK 8

Monday		
Back	4 exercises	17 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
7 exercises		31 sets

Thursday- Pump only		
Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

PULL WORKOUT

Tuesday		
Chest	4 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		28 sets

Friday - Pump only		
Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

PUSH WORKOUT

Wednesday		
Upper legs	4 exercises	16 sets
Calves	1 exercise	4 sets
5 exercises		20 sets

Saturday- Pump only		
Upper legs	4 exercises	16 sets
Calves	1 exercise	6 sets
5 exercises		22 sets

LEG WORKOUT

Sunday - Off - Family Day

WEEK 8 – MONDAY – PULL WORKOUT

Back	4 exercises	17 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
7 exercises		31 sets

1/ Back | Meadows row

We have worked our rep range up over 3 weeks, now we go back to sets of 8, but with a heavier weight! See what you can do for 4 sets of 8 now! **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Rack pulls

Ok this is our last week on here, so now let's go back to mid shin level, and beat what you did a few weeks ago for 5 sets of 5! **5 total work sets**

These sets are all RPE of 9
Goal – Train explosively

3/ Back | Stretchers

Do 4 sets of 10 here. See attached video for form refresher. **4 total work sets**

 [Stretchers](#)

These sets are all RPE of 9
Goal – Train muscle from stretch position

4/ Back | Supported chest rows

Let's repeat these from last week. Let's keep off that lower back and do some supported rows here. I like the t-bar style version of this, but any chest pad works. Keep your hands pronated (palms facing down), so we can really nail your rhomboids and lower traps. Drive those elbows back far! Do 4 sets of 8. **4 total work sets**

These sets are all RPE of 9-10
Goal – Supramax pump

5/ Abs | Hanging leg raises

Do 6 sets close to failure here. **6 total work sets**

These sets are all RPE of 9

6/ Biceps | EZ bar preacher curl

Do 4 sets of 8 here. Lower the weight slowly and in control. **4 total work sets**

These sets are all RPE of 9-10

Goal – Supramax pump

7/ Biceps | Standing alternate dumbbell curls

Supinate as you curl the weight up. Twist that pinky in to really squeeze the bicep as hard as possible. Do 4 sets of 10 on each arm. I like to alternate arms during the set.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

WEEK 8 – TUESDAY – PUSH WORKOUT

Chest	4 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		28 sets

1/ Chest | Machine press

Now that we have moved the reps up to 12, we go back to sets of 8 today, but with a weight heavier than what we did 8 with a few weeks ago! We will call this 3 work sets. **3 total work sets**

These sets are all RPE of 9-10

Goal – Activation and start pump

2/ Chest | Incline barbell press

Do sets of 8 up until you can barely get 8. Do your best to use the weight close to what you did with your 6's last week. We will count this as 3 work sets. **3 total work sets**

These sets are RPE of 8-10. They get harder as you go

Goal – Train explosively

3/ Chest | Flat dumbbell press

Do 3 sets of 10 here. Take the reps to $\frac{3}{4}$ lockout to keep tension on the pecs. On your 3rd set do a drop set. Do 8 reps, drop the weight and do another 6 to 8, and then drop the weight again and shoot for a final 6 to 8. **3 total work sets**

These sets are RPE of 9-11

Goal – Supramax pump

4/ Chest | Machine flyes

Give me 3 sets of 10 here. Get a big stretch and contract hard. On your last set, add on 10 partials out of the stretch position. **3 total work sets**

These sets are RPE of 9-10

Goal – Train muscle from stretch position

5/ Shoulders | Dumbell side lateral

Let's go a little heavy on these today. Do 4 sets of 8. You can use a LITTLE bit of momentum.

4 total work sets

These sets are RPE of 9-10

Goal – Supramax pump

6/ Shoulders | Machine rear delt flyes

Do 4 sets of 15 here, doing a 2 second flex in the contracted portion of every rep.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Dual rope pushdowns

Do 4 sets of 12 reps here. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

8/ Triceps | Seated rope overhead extensions

Do 4 sets of 10 here. After each set, sit in the stretch for 15 seconds before stopping the set. **4 total work sets**

These sets are all RPE of 9

Goal – Work muscle from stretch position

WEEK 8 – WEDNESDAY – LEG WORKOUT

Upper legs	4 exercises	16 sets
Calves	1 exercises	4 sets
5 exercises		20 sets

1/ Upper legs | Seated leg curl

Do 4 sets of 12 here today once you are good and warmed up. On your last set I want a drop set. Do 12 reps and then lighten the weight and shoot for 8 to 10 more, then drop the weight and shoot for another 8 to 10. **4 total work sets**

These sets are an RPE of 9
Goal – Activate and pump

2/ Upper legs | Leg press

I want one more week of really pushing hard here. Do sets of 8 until you can barely get 8. Now here is how you do your last set. I am sore from this right now! Go up a little more, not much but only do 3 reps. Do all 3 slow. Drop one plate off of one side NOT both sides, and do 3 more slow reps. Then drop another plate off and do 3more slow reps. What you do is sets of 3 reps, slowly, until you hit 30 reps total for the set. All reps need to be slow, and again, only one plate at a time off of one side. We'll call this 4 work sets. **4 total work sets**

These sets are an RPE of 9-11
Goal – Supramax pump

3/ Upper legs | Machine squat

Squat in a machine where you can support your low back. Do 5 sets of 8 here. On the eccentric, lower all reps with a 3 count. **5 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

4/ Upper legs | Banded good morning

Do 3 sets of 25 here only coming up ¾ of the way. **3 total work sets**

 [Banded Good Mornings](#)

These sets are an RPE of 9
Goal – Work muscle from stretch position

5/ Calves | Standing calve raise

I want 4 sets of 25. Work the stretch hard! **4 total work sets**

Note: In between sets, do tibia raise. This means simply raising your toes (dorsiflexing foot). I like to let me toes hang off an aerobic step bench when doing these to get some tibialis stretch. Do sets of 25.

These sets are an RPE of 9-10

WEEK 8 – THURSDAY – PULL WORKOUT – PUMP ONLY

Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

1/ Back | Banded chin ups

After 2 warm up sets on the lat pulldown, do 4 sets to failure here. **4 total work sets**

Watch the whole video, as all exercises are on this one!

 [4 Exercise Workout | For A Wide Back](#)

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Straight arm pulldown

These are in the same video above. I love this version for upper lats. Do 4 sets of 10.
4 total work sets

These sets are all RPE of 9
Goal – Supramax pump

3/ Back | Hammer pulldowns

Once again in video above. Can you tell I loved that workout? Notice the forced stretch. If you don't have this machine, you can do a regular lat pulldown but have someone push down on the weight stack while in the stretch position. Do 4 sets of 8. **4 total work sets**

These sets are all RPE of 9
Goal – Train muscle from stretch position

4/ Back | Stretchers

Do 4 sets of 10 here. This is also in the same video. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

5/ Biceps | Machine curls

You can use a preacher machine of any variety here. You have done a lot of pulling already so I want these to be lighter for higher reps and faster. Do 4 sets of 15 with 90 second breaks. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

6/ Biceps | Reverse curls

Let's dig into those upper forearms now since your biceps are probably shot. Do 4 sets of 15 here with 90 second breaks. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

7/ Abs | Rope crunches

Do 6 sets to failure here. **6 total work sets**

These sets are all RPE of 10

WEEK 8 – FRIDAY – PUSH WORKOUT – PUMP ONLY

Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

1/ Chest | Dumbell twist press

Do these for 1 more week. You'll be able to do these better since we did them last week. These are great to start. Now, anatomically it also works to twist in the opposite direction from bot-
tom to top! Either way is really good at lighting up your pecs. Try both to see which you feel
best. Do 4 sets of 8. If you can't twist and squeeze, you went too heavy. **4 total work sets**

 [Twist Presses](#)

These sets are all RPE of 9
Goal – Activation and start pump

2/ Chest | Pec minor dip

Give me 8 reps, and then go directly to:

Superset with

3/ Chest | Wide grip dip

Only come up 3/4 of the way here. Make them BURN! Go to 7:30 of video and watch both exercises.

 [4 exercise chest workout for mass](#)

Do 4 rounds for 8 total sets
These sets are RPE of 9
Goal – Supramax pump

4/ Shoulders | Machine rear laterals

I want to repeat this combo as well. This is insane for developing sledgehammer rear
delts. Do 15 reps and then proceed directly to:

Superset with

5/ Shoulders | Dumbell bent over swings

Now just swing the dumbbells to completely annihilate your rear delts. This should burn so bad you have tears in your eyes. Do 20 reps each set.

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

6/ Triceps | Vbar pushdowns

Do 4 sets of 8 here. Go nice and heavy on these with a very slow negative. *4 total work sets*

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Kettlebell lying extensions

Do 4 sets of 12 here. *4 total work sets*

These sets are all RPE of 10

Goal – Supramax pump

WEEK 8 – SATURDAY – LEG WORKOUT – PUMP ONLY

Upper legs	4 exercises	16 sets
Calves	1 exercise	6 sets
5 exercises		22 sets

Giant sets one more time this week, then I have something special in store for next week.

1/ Upper legs | Leg extensions

Do 15 reps with a 1 second hold at the top on all reps. Go right to:

Supersetted with

2/ Upper legs | Goblet squats

Use a kettlebell or dumbbell here for 12 deep reps here coming up to ¾ lockout and then go immediately to:

Superset with

3/ Upper legs | Walking lunges

Now just walk 8 steps on each leg away from leg extension machine and turnaround and walk back for 16 total steps on each leg. Next immediately go to:

Superset with

4/ Upper legs | Iso hold on leg extension

Hold the same weight you used on the leg extensions in the flexed position (the top) as long as you can and then lower as slow as you possibly can. It's only 1 rep and the round is then complete.

Do 4 rounds for 16 total work sets.

These sets are all RPE of 9

Goal – Supramax pump

5/ Calves | Seated calve raises

Do 6 sets of 15 with a medium heavy weight. On the last rep of every set, sit in the stretch for 10 seconds.**6 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

SUNDAY
OFF - FAMILY DAY

WEEK 9

Monday		
Back	5 exercises	18 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		32 sets

Thursday- Pump only		
Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

PULL WORKOUT

Tuesday		
Chest	4 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		28 sets

Friday - Pump only		
Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

PUSH WORKOUT

Wednesday		
Upper legs	4 exercises	15 sets
Calves	1 exercise	4 sets
5 exercises		19 sets

Saturday- Pump only		
Upper legs	4 exercises	16 sets
Calves	1 exercise	6 sets
5 exercises		22 sets

LEG WORKOUT

Sunday - Off - Family Day

WEEK 9 – MONDAY – PULL WORKOUT

Back	5 exercises	18 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		32 sets

1/ Back | Dumbell row

Some of the most difficult back workouts I have had over the last 30 plus years simply re-
volved around really ball busting (or ovary busting for the ladies) sets of dumbell rows. For
our last rotation (last 4 weeks), we are going to use this simple staple to push progression.
You know the drill, we start at 4 heavy sets of 8 this week with perfect form. **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Banded chins

Now we are going to get off that lower back and use this as a sort of secondary progres-
sion exercise. I want you to do a total of 50 reps. Using the thick orange light band. Now
this takes me about 4 sets, but you may need more, or even less. Each week I am bump-
ing the reps on this. Keep your sternum lifted with a slight arch! **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

3/ Back | Low cable rows

Do 4 sets of 10 here flexing your lats hard in the peak contraction, and really trying to lower
the weight slowly with your lats and not arms. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

4/ Back | Banded pullovers

Let's finish off your back by doing 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9-10
Goal – Train muscle from stretch position

5/ Back | Barbell hyperextensions

Be very careful on these. Watch the video, and just follow my lead. This is a BRUTAL exercise. Do 2 sets of 10. **2 total work sets**

 [Exercise Index - Barbell Hyperextensions](#)

These sets are all RPE of 9

Goal – Supramax pump

6/ Abs | Hanging leg raises

Do 6 sets close to failure here. **6 total work sets**

These sets are all RPE of 9

7/ Biceps | EZ bar preacher curl

Do 4 sets of 12 here. Those few extra reps are tough here. Your bis will be torched. Lower the weight slowly and in control. **4 total work sets**

These sets are all RPE of 9-10

Goal – Supramax pump

8/ Biceps | Hammer curls

Let's finish with these to blow up the top of those forearms as well. Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9-10

Goal – Supramax pump

WEEK 9 – TUESDAY – PUSH WORKOUT

Chest	4 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		28 sets

1/ Chest | Flat dumbbell press

Now it's time to rotate out the machine press. We are going to go to flat dumbbell presses for the final 4 weeks. Work up to a tough set of 8 here and nail it. We will call this 3 work sets. **3 total work sets**

These sets are all RPE of 9-10

Goal – Activation and start pump

2/ Chest | Incline barbell press

Do sets of 10 up until you can barely get 10. Make sure you don't take big weight jumps, or you won't get in 3 good sets for enough volume. This is higher reps for this exercise, so you will fatigue pretty fast potentially. We will count this as 3 work sets. **3 total work sets**

These sets are RPE of 8-10. They get harder as you go

Goal – Train explosively

3/ Chest | Hex press

Do 3 sets of 10 here flexing your chest hard throughout the entire range of motion.

3 total work sets

These sets are RPE of 9-11

Goal – Supramax pump

4/ Chest | Machine flyes

Give me 3 sets of 10 here. Get a big stretch and contract hard. On your last set, add on 10 partials out of the stretch position. **3 total work sets**

These sets are RPE of 9-10

Goal – Train muscle from stretch position

5/ Shoulders | Dumbell bent over side lateral swings

Do sets of 20 here. Remember to keep arms straight and just swing the dumbbells up halfway. **4 total work sets**

These sets are RPE of 9

Goal – Supramax pump

6/ Shoulders | Machine rear delt flyes

Do 4 sets of 8 here but do a 5 second eccentric. In other words, take 5 full seconds to lower the weight on each rep. This is brutal. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Bent over extension w/ single handles

Do 4 sets of 10 here. See the video for a form refresher. **4 total work sets**

 [Bent over extensions with single handles](#)

These sets are all RPE of 9

Goal – Supramax pump

8/ Triceps | Seated rope overhead extensions

Do 4 sets of 10 here. After each set, sit in the stretch for 15 seconds before stopping the set. **4 total work sets**

These sets are all RPE of 9

Goal – Work muscle from stretch position

WEEK 9 – WEDNESDAY – LEG WORKOUT

Upper legs	4 exercises	15 sets
Calves	1 exercises	4 sets
5 exercises		19 sets

1/ Upper legs | Seated leg curl

After working your way up to a tough 8, stay there for 4 total sets of 8. **4 total work sets**

These sets are an RPE of 9
Goal – Activate and pump

2/ Upper legs | Squat

Let's finish this last 4 weeks pushing our squats again. If you can't squat, an alternative would be to use a machine to squat with that has a pad supporting your back. Do sets of 8 until you barely hit 8. On your last set, work hard to get your 8, then immediately cut the weight in half and keep going to see how many reps you can get with it. If you think your form is going to go, rack it. This should be an exhausting drop set. We will call this 4 work sets. **4 total work sets**

These sets are an RPE of 9-11
Goal – Supramax pump

3/ Upper legs | Leg press

On these, place your feet close together around the middle of the foot plate. Do sets of 8 here also, and like we just did on squats, on your last set with 8, cut the weight in half and rep it out! **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

4/ Upper legs | Hack squats

Do 3 sets 10 here, using a 3 second eccentric on all reps. **3 total work sets**

These sets are an RPE of 9
Goal – Supramax pump

Note: We will be doing more hamstring work on pump day

5/ Calves | Standing calve raise

I want 4 sets of 10. Work the stretch hard! **4 total work sets**

Note: In between sets, do tibia raise. This means simply raising your toes (dorsiflexing foot). I like to let me toes hang off an aerobic step bench when doing these to get some tibialis stretch. Do sets of 25.

These sets are an RPE of 9-10

WEEK 9 – THURSDAY – PULL WORKOUT – PUMP ONLY

Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

1/ Back | Banded chin ups

This is a repeat from last week and earlier this week. Chins galore the next 4 weeks. After 2 warm up sets on the lat pulldown, do 4 sets to failure here. **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Chest supported rows

Get a nice big stretch on these and knock out 4 heavy sets of 8. **4 total work sets**

These sets are all RPE of 9
Goal – Train muscle from stretch position

3/ Back | Dumbell pullovers

Do 4 sets of 10. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

4/ Back | Farmer’s walks

Walk about 30 yards per set. Do 4 sets. If you don't have a big yolk that people use on these, just carry heavy dumbbells. **4 total work sets**

These sets are all RPE of 9
Goal – Overall strength and endurance

5/ Biceps | Reverse curls

Let's destroy forearms today. Do 4 sets of 15 here. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

6/ Biceps | Hammer curls

Let's dig into those upper forearms now since your biceps are probably shot. Do 4 sets of 15 here with 90 second breaks. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

7/ Abs | Rope crunches

Do 6 sets to failure here. **6 total work sets**

These sets are all RPE of 10

WEEK 9 – FRIDAY – PUSH WORKOUT – PUMP ONLY

Chest	3 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		28 sets

1/ Chest | Smith machine incline press

These are to be crazy high reps sets. I love to sprinkle these in on occasion. Once warmed up your first set is 25 reps. The next set is 20 reps. The 3rd is 15, and the 4th is 10. Don't just assume you can make big jumps in weight. The fatigue is pretty intense here, you'll see. **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Chest | Pec minor dip

Give me 8 reps, and then go directly to:

Superset with

3/ Chest | Wide grip dip

Only come up 3/4 of the way here. Make them BURN! Go to 7:30 of video.

 [4 exercise chest workout for mass](#)

Do 4 rounds for 8 total sets
These sets are RPE of 9
Goal – Supramax pump

4/ Shoulders | Dumbell bent over swings

Do 30 reps and then proceed directly to:

Superset with

5/ Shoulders | Spidercrawls

Go up and down the wall 3 times per set.

 [Rear delt swing superset with spidercrawls.](#)

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

6/ Triceps | Single arm pushdowns

Do 4 sets of 8 here on each side. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Kettlebell lying extensions

Do 4 sets of 12 here. **4 total work sets**

These sets are all RPE of 10

Goal – Supramax pump

WEEK 9 – SATURDAY – LEG WORKOUT – PUMP ONLY

Upper legs	4 exercises	16 sets
Calves	1 exercise	6 sets
5 exercises		22 sets

1/ Upper legs | Stiff legged deadlifts with barbell
Do 10 reps with a 1 second hold at the top on all reps squeezing glutes. Go right to:

Supersettted with

2/ Upper legs | Lying leg curls
Do 10 reps here.

Do 4 rounds for 8 total work sets.

Ok, this is the sneakiest (deadly) thing I have written training wise. Looks easy. We called this the dead body workout about 6 or 7 years ago, because this sequence really tested your will and limits.

3/ Upper legs | Machine press
The machine of choice is a horizontal type leg press. You can see my favorite in the old video that is attached. I am using 1 leg in the video, but ignore that, I am just showing you the type of machine that works. You should have something similar.

So here is the sequence. You work up to a pretty tough 20 rep set. All of the reps have to be continuous. If you have to stop, start over, it's too heavy.

You rest for 3 minutes and then add a selectorized plate or two and do 5 rest pause reps where you stop at the bottom, and literally rest for a split second and then blast the weight up. After the 5 rest pause reps, you do 15 continuous reps to finish.

Your 3rd set is the same thing, but you increase the weight a little more and do 10 rest pause reps, and 10 continuous reps. At this point you should be hurting.

For your final set you will repeat but do 15 rest pause reps, and then pump out 5 to complete the set.

That's it! **4 total work sets**

 [One Leg Machine Press](#)

These sets are RPE of 9-10
Goal – Supramax pump

4/ Upper legs | Smith lunge

Do 4 sets of 10 here focusing on glutes. Do all 8 reps on one leg, then do the other. Go down slow and really focus on driving through heel of foot and flexing glutes to initiate movement at bottom. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

5/ Calves | Seated calve raises

Do 6 sets of 15 with a medium heavy weight. On the last rep of every set, sit in the stretch for 10 seconds. **6 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

SUNDAY
OFF - FAMILY DAY

WEEK 10

Monday		
Back	5 exercises	18 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		32 sets

Thursday- Pump only		
Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

PULL WORKOUT

Tuesday		
Chest	4 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		28 sets

Friday - Pump only		
Chest	3 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		27 sets

PUSH WORKOUT

Wednesday		
Upper legs	4 exercises	13 sets
Calves	1 exercise	4 sets
5 exercises		17 sets

Saturday- Pump only		
Upper legs	4 exercises	12 sets
Calves	1 exercise	6 sets
5 exercises		18 sets

LEG WORKOUT

Sunday - Off - Family Day

WEEK 10 – MONDAY – PULL WORKOUT

Back	5 exercises	18 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		32 sets

1/ Back | Dumbell row

Warm up and then the weight you used last week for 4 sets of 8, you now use for 4 sets of 10. **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Banded chins

Last week we did 50 total reps, this week we do 55 total reps. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

3/ Back | Supported chest rows

I want some big rows here and as always, a nice big stretch. Do 4 sets of 8. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

4/ Back | Single arm supinated rows

Let's finish off your upper back by doing 3 sets of 10 here, hold the flexed position for a half second and flex hard. **3 total work sets**

These sets are all RPE of 9-10
Goal – Train muscle from stretch position

5/ Back | Barbell hyperextensions

Let's bump our volume on this one a little this week. Do 3 sets of 10. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

6/ Abs | Hanging leg raises

Do 6 sets close to failure here. **6 total work sets**

These sets are all RPE of 9

7/ Biceps | Barbell or ez bar curls

Do 4 sets of 8 here, after the 8th rep, tack on 2 slow partials out of the bottom.

4 total work sets

These sets are all RPE of 9-10

Goal – Supramax pump

8/ Biceps | Reverse curls

Let's stay on those forearms. Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9-10

Goal – Supramax pump

WEEK 10 – TUESDAY – PUSH WORKOUT

Chest	4 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		28 sets

1/ Chest | Flat dumbbell press

This week we use the weight we did last week for 8 reps on your final set and we do 10 reps with it. We will call this 3 work sets. **3 total work sets**

These sets are all RPE of 9-10
Goal – Activation and start pump

2/ Chest | Incline barbell press

Let's go back to sets of 6 this week and push some good weight! The trick this week is to pause the weight for 1 second a few inches above your chest before driving it back up! As we normally do, go up until you can barely hit 6 with perfect form. Drive the bar up hard. We call this 3 sets. **3 total work sets**

These sets are RPE of 8-10. They get harder as you go
Goal – Train explosively

3/ Chest | Wide grip dips

Do 3 sets to failure here. Work the bottom half of the movement only. Keep tension on the pecs. You can also use a dip machine that is more for triceps as long as you get a good stretch. **3 total work sets**

These sets are RPE of 10
Goal – Supramax pump

4/ Chest | Incline dumbbell flyes

Do 3 sets of 10 here. Only bring the dumbbells up to the 11 and 1 o'clock position to keep tension on the pecs (unless you are using a pulley/machine). On your last set, add an extra 6 partials out of the bottom stretch position nice and slow. **3 total work sets**

These sets are RPE of 9-11
Goal – Train muscle from stretch position

5/ Shoulders | Over and back press

Do 4 sets of 8 here. Remember that over and back is 1 rep. You just have to clear your head, you don't have to lock out. See the video below for a form refresher. **4 total work sets**

 [Over and Back Presses](#)

These sets are RPE of 9

Goal – Supramax pump

6/ Shoulders | Machine rear delt flyes

Now you finish off delts by cranking out some reps for rear delts. Do 4 sets of 25 here.

4 total work sets

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Pushdowns w/ single handles

Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

8/ Triceps | Seated rope overhead extensions

Let's finish with these again, my absolute favorite triceps finisher. Do 4 sets of 10 here.

After each set, sit in the stretch for 15 seconds before stopping the set. **4 total work sets**

These sets are all RPE of 9

Goal – Work muscle from stretch position

WEEK 10 – WEDNESDAY – LEG WORKOUT

Upper legs	4 exercises	13 sets
Calves	1 exercises	4 sets
5 exercises		17 sets

1/ Upper legs | Lying leg curl

Do a few warm up sets and then 3 sets of 15 with a tough weight. Lower the weight slowly and in control. **3 total work sets**

These sets are an RPE of 9
Goal – Activate and pump

2/ Upper legs | Squat

It's really simple this week, do sets of 8, and try to beat the weight you used last week for your top set of 8! We will count this as 4 work sets, meaning don't make too big of jumps, get your volume in. **4 total work sets**

These sets are an RPE of 9-11
Goal – Train explosively

3/ Upper legs | Leg press

Change your foot placement this week on these, go to high and wide with toes slightly turned out. I want you to do a few low rep feeder sets to get up to the right weight. This should be a tough 10 with a slow decent for all 3 work sets. Always make sure you are extra cautious lowering the weight with this foot placement. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

4/ Upper legs | Hack squats 1.5s

Do 3 sets of 8 here doing 1.5's. This means go down all the way, come up half way, then go back down deep, and come up all the way to lockout. That is 1 rep. **3 total work sets**

These sets are an RPE of 9
Goal – Supramax pump

5/ Calves | Standing calve raise

I want 4 sets of 10. Work the stretch hard! **4 total work sets**

Note: In between sets, do tibia raise. This means simply raising your toes (dorsiflexing foot). I like to let me toes hang off an aerobic step bench when doing these to get some tibialis stretch. Do sets of 25.

These sets are an RPE of 9-10

WEEK 10 – THURSDAY – PULL WORKOUT – PUMP ONLY

Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

1/ Back | Low row

I want you to do 4 sets of 12 here after a few warm ups. Use single handles and supinate if you can, if you don't have that, you can also use an EZ curl shaped attachment as seen in the video below. **4 total work sets**

 [Low cable row w/ EZ curl bar](#)

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Smith machine rows

Do 4 good hard sets of 8 here. **4 total work sets**

These sets are all RPE of 9
Goal – Train muscle from stretch position

3/ Back | Banded shrugs

Do 4 sets of 10 with a pause at the top. If you don't have bands you can use dumbbells. **4 total work sets**

 [Band shrugs](#)

These sets are all RPE of 9
Goal – Supramax pump

4/ Back | Farmer's walks

Walk about 30 yards per set. Do 4 sets. If you don't have a big yolk that people use on these, just carry heavy dumbbells. Try to carry more then you did last week! **4 total work sets**

These sets are all RPE of 9
Goal – Overall strength and endurance

5/ Biceps | Barbell curls w/ Fatgripz

Let's keep pounding on the forearms with biceps. Use either Fatgripz or Grip4orce on the bar to do these so we get some extra forearms here. Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

6/ Biceps | Hammer curls w/ Fatgripz

Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

7/ Abs | Hanging leg raises

Do 6 sets to failure here. **6 total work sets**

These sets are all RPE of 10

WEEK 10 – FRIDAY – PUSH WORKOUT – PUMP ONLY


Chest	3 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		27 sets

1/ Chest | Smith machine incline press
Work your way up to a tough 8. Lock these out this week. We will call this 3 work sets.
3 total work sets
These sets are all RPE of 8-10
Goal – Activation and start pump

2/ Chest | Dumbell flat fly
Give me 8 reps, and then go directly to:

Superset with

3/ Chest | Wide grip dip
Only come up ¾ of the way here. Go to failure.

 [4 exercise chest workout for mass](#)
Do 4 rounds for 8 total sets
These sets are RPE of 9
Goal – Supramax pump and work muscle from a stretch position

4/ Shoulders | Dumbell bent over swings
Do 12 reps and then proceed directly to:

Superset with

5/ Shoulders | Spidercrawls

Go up and down the wall 3 times per set.

After each set of spidercrawls do 10 over and backs with a band also. See video below.

 [Shoulder rehabilitation exercises](#)

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

6/ Triceps | Single arm pushdowns

Do 4 sets of 12 here on each side. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Close grip bench

Do 4 sets of 8 here. **4 total work sets**

These sets are all RPE of 10

Goal – Supramax pump


WEEK 10 – SATURDAY – LEG WORKOUT – PUMP ONLY

Upper legs	4 exercises	12 sets
Calves	1 exercise	6 sets
5 exercises		18 sets

1/ Upper legs | Lying leg curls
After warming up do 4 good sets of 15 here. **3 total work sets**


These sets are all RPE of 9
Goal – Activation and start pump

2/ Upper legs | Frog squats
Do 3 sets of 8 here. You don't need this exact machine but notice the foot position and angle. **3 total work sets**

 [Frog Squats](#)

These sets are all RPE of 9
Goal – Supramax pump

3/ Upper legs | Bulgarian split squat drop set of death
SURPRIZE! You know the drill, but if not do this. Do 3 sets going up in weight for sets of 8 with dumbbells. On your 4th set you do the heaviest dumbell for 8 and continue to drop and go backwards to each dumbell. The key is after your 8 reps you do an isohold for 8 seconds also, before dropping the weight. Check it out in the vid and enjoy. On your 4th set, just do one leg, rest a while before doing the other. **4 total work sets**

 [Bulgarian Drop Set Of Death - Hardcore Leg Workout](#)

These sets are RPE of 9-13
Goal – Supramax pump

4/ Upper legs | Dumbell stiff legged deadlifts
Do 2 sets of 8 here doing these with perfect form. Take your time, your quads will be so full of blood they will seem awkward the first set. **2 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

5/ Calves | Seated calve raises

Do 6 sets of 15 with a medium heavy weight. On the last rep of every set, sit in the stretch for 10 seconds. **6 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

SUNDAY
OFF - FAMILY DAY

WEEK 11

Monday		
Back	5 exercises	19 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		33 sets

Thursday- Pump only		
Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

PULL WORKOUT

Tuesday		
Chest	4 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		28 sets

Friday - Pump only		
Chest	3 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		27 sets

PUSH WORKOUT

Wednesday		
Upper legs	4 exercises	12 sets
Calves	1 exercise	4 sets
5 exercises		16 sets

Saturday- Pump only		
Upper legs	4 exercises	13 sets
Calves	1 exercise	6 sets
5 exercises		19 sets

LEG WORKOUT

Sunday - Off - Family Day

WEEK 11 – MONDAY – PULL WORKOUT

Back	5 exercises	18 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		32 sets

1/ Back | Dumbell row

Warm up and then the weight you used last week for 4 sets of 10, you now use for 4 sets of 12 with it. **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Banded chins

Last week we did 55 total reps, this week we do 60 total reps. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

3/ Back | Supported chest rows

I want to stay on these as well, but I would like for you to change your grip. If you used a pro-nated grip last week, then try to use a neutral or supinated grip this week, and vice versa. Do 4 sets of 8 again with the new grip. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

4/ Back | Dumbell pullovers

Do 3 sets of 12 here to stretch your upper lats hard. **3 total work sets**

These sets are all RPE of 9-10
Goal – Train muscle from stretch position

5/ Back | Barbell hyperextensions

Let's bump our volume on this one final time this week. Do 4 sets of 10. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

6/ Abs | Hanging leg raises

Do 6 sets close to failure here. **6 total work sets**

These sets are all RPE of 9

7/ Biceps | Dumbell supinated curls

Do 4 sets of 8 here with your palms up the whole time. **4 total work sets**

These sets are all RPE of 9-10

Goal – Supramax pump

8/ Biceps | Zottman curls

Actually do the Scott and Zottman mix here. This is where you do hammer grip lowering it, and then supinate it up. Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9-10

Goal – Supramax pump

WEEK 11 – TUESDAY – PUSH WORKOUT

Chest	4 exercises	12 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		28 sets

1/ Chest | Flat dumbbell press

This week we use the weight we did last week for 10 reps on your final set and we do 12 reps with it. We will call this 3 work sets. This is a huge jump from what you were doing a few weeks ago, let's nail it! **3 total work sets**

These sets are all RPE of 9-10
Goal – Activation and start pump

2/ Chest | Incline barbell press

Let's keep the pauses in this week, a 1 second pause at the bottom, but bump the reps to 8. On a side note, I feel like this builds thicker shoulders too adding the pause. Drive the bar up hard. We call this 3 sets. **3 total work sets**

These sets are RPE of 8-10. They get harder as you go
Goal – Train explosively

3/ Chest | Banded hammer press

Lets incorporate some banded pressing now. If you don't have a hammer machine, that's ok, just try to use a machine that you can band. The goal is to lock all the reps out (that's hard against bands) and squeeze the living daylights out of your chest. Do 3 sets of 8 like this. **3 total work sets**

These sets are RPE of 10
Goal – Supramax pump

4/ Chest | Machine flyes

Do 3 sets of 10 here really arching your chest and stretching hard. **3 total work sets**

These sets are RPE of 9
Goal – Train muscle from stretch position

5/ Shoulders | Over and back press

I want to do these another week with slightly higher reps. Do 4 sets of 10 this week. Your delts should be sizzling after this. See the video below for a form refresher. **4 total work sets**

 [Over and Back Presses](#)

These sets are RPE of 9

Goal – Supramax pump

6/ Shoulders | Machine rear delt flyes

Do 4 sets of 25 here again this week. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Incline lying extensions

Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

8/ Triceps | Seated rope overhead extensions

One more time on these this week but hold the stretch after the last set only for 60 seconds. That will be awful! **4 total work sets**

These sets are all RPE of 9-11

Goal – Work muscle from stretch position

WEEK 11 – WEDNESDAY – LEG WORKOUT

Upper legs	4 exercises	12 sets
Calves	1 exercises	4 sets
5 exercises		16 sets

1/ Upper legs | Seated leg curl

Do a few warm up sets and then 4 sets of 12 with a tough weight. Lower the weight slowly and in control. **4 total work sets**

These sets are an RPE of 9
Goal – Activate and pump

2/ Upper legs | Squat

I rarely do this, but I want you to actually do 6's this week on squats. Keep going up until you can barely get 6 with perfect form. This means you will be doing more weigh this week. This is low reps for legs as far as I'm concerned. Don't get sloppy though, remember to use perfect form. Take your time going up too, so we get in some volume. We will call this 3 work sets. **3 total work sets**

These sets are an RPE of 9
Goal – Train explosively

3/ Upper legs | Leg press

Since we did lower rep squats, you should have known higher reps were coming here. Do 3 sets of 30 with 3-minute rest breaks. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

4/ Upper legs | Hack squats 1.5s

Do 2 sets of 15 here doing 1.5's. This means go down all the way, come up half way, then go back down deep, and come up all the way to lockout. That is 1 rep. **3 total work sets**

These sets are an RPE of 9
Goal – Supramax pump

5/ Calves | Standing calve raise

I want 4 sets of 25. Work the stretch hard as usual but fight to get up on those toes and flex on all reps! **4 total work sets**

Note: In between sets, do tibia raise. This means simply raising your toes (dorsiflexing foot). I like to let me toes hang off an aerobic step bench when doing these to get some tibialis stretch. Do sets of 25.

These sets are an RPE of 9-10

WEEK 11 – THURSDAY – PULL WORKOUT – PUMP ONLY

Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

1/ Back | Low row

I want you to do 4 sets of 10 here today with a regular close grip. Drive those elbows back. **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

Pro Tip

Performing the row with full scapular retraction will help with lat activation.

2/ Back | Front pulldowns

Do 4 good hard sets of 8 here. This is a normal lat pulldown with slightly wider than shoulder width hand placement and pronated grip. **4 total work sets**

These sets are all RPE of 9
Goal – Train muscle from stretch position

3/ Back | Banded shrugs

Do 4 sets of 10 with a pause at the top. If you don't have bands you can use dumbbells. **4 total work sets**

 [Band shrugs](#)

These sets are all RPE of 9
Goal – Supramax pump

4/ Back | Farmer's walks

This is our 3rd and last week of these. Walk about 30 yards per set. Do 4 sets. If you don't have a big yolk that people use on these, just carry heavy dumbbells. Try to carry more than you did last week! **4 total work sets**

These sets are all RPE of 9
Goal – Overall strength and endurance

5/ Biceps | Barbell curls w/ Fatgripz

Another week of these as well. Next week we take them off and your arms will be stronger!
Let's keep pounding on the forearms with biceps. Use either Fatgripz or Grip4orce on the bar
to do these so we get some extra forearms here. Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

6/ Biceps | Hammer curls w/ Fatgripz

Do 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

7/ Abs | Hanging leg raises

Do 6 sets to failure here. **6 total work sets**

These sets are all RPE of 10

WEEK 11 – FRIDAY – PUSH WORKOUT – PUMP ONLY

Chest	3 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		27 sets

1/ Chest | Machine press

Work your way up to a tough 12. Lock these out this week. We will call this 3 work sets. **3 total work sets**

These sets are all RPE of 8-10
Goal – Activation and start pump

2/ Chest | Dumbell flat fly

Give me 8 reps, and then go directly to:

Superset with

3/ Chest | Dumbell twist press

Shoot for 8 reps with hard flexes at the top of every rep!

Do 4 rounds for 8 total sets
These sets are RPE of 9
Goal – Supramax pump and work muscle from a stretch position

4/ Shoulders | Dumbell bent over side laterals

Do 15 reps and then proceed directly to:

Superset with

5/ Shoulders | Spidercrawls

Go up and down the wall 3 times per set.

After each set of spidercrawls do 10 over and backs with a band also. See video below.

 [Shoulder rehabilitation exercises](#)

Do 4 rounds for 8 total sets
These sets are RPE of 9
Goal – Supramax pump

6/ Triceps | Close grip pushups

Do 4 sets to failure here with a shoulder width (maybe slightly wider) hand placement).

4 total work sets

These sets are all RPE of 10

Goal – Supramax pump

7/ Triceps | Rope pushdowns

Do 4 sets of 25 here. 100 reps of pain to finish it off! **4 total work sets**

These sets are all RPE of 10

Goal – Supramax pump


WEEK 11 – SATURDAY – LEG WORKOUT – PUMP ONLY

Upper legs	4 exercises	13 sets
Calves	1 exercise	6 sets
5 exercises		19 sets

1/ Upper legs | Seated leg curls
After warming up do 3 good sets of 12 here. **3 total work sets**


These sets are all RPE of 9
Goal – Activation and start pump

2/ Upper legs | Frog squats
Do 3 sets of 12 here. You don't need this exact machine but notice the foot position and angle. We are increasing the reps a bit here this week. Go down nice and slow on these. **3 total work sets**

 [Frog Squats](#)

These sets are all RPE of 9
Goal – Supramax pump

3/ Upper legs | One legged squat in Smith
I want you to also do these nice and slow. Do 4 sets of 8 once you find a good weight. **4 total work sets**

 [One Legged Smith Machine Squats - Mountain Dog Training](#)

These sets are RPE of 9-13
Goal – Supramax pump

4/ Upper legs | Barbell stiff legged deadlifts
Do 3 sets of 8 here doing these with perfect form. Come all the way up and flex your glutes. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

5/ Calves | Seated calve raises

Do 6 sets of 15 with a medium heavy weight. On the last rep of every set, sit in the stretch for 10 seconds. **6 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

SUNDAY
OFF - FAMILY DAY

WEEK 12

Monday		
Back	5 exercises	18 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		32 sets

Thursday- Pump only		
Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

PULL WORKOUT

Tuesday		
Chest	4 exercises	13 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		29 sets

Friday - Pump only		
Chest	3 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		27 sets

PUSH WORKOUT

Wednesday		
Upper legs	4 exercises	15 sets
Calves	1 exercise	4 sets
5 exercises		19 sets

Saturday- Pump only		
Upper legs	4 exercises	13 sets
Calves	1 exercise	6 sets
5 exercises		19 sets

LEG WORKOUT

Sunday - Off - Family Day

WEEK 12 – MONDAY – PULL WORKOUT

Back	5 exercises	18 sets
Abs	1 exercise	6 sets
Biceps	2 exercise	8 sets
8 exercises		32 sets

Ok here we go with your last week! As with the case with all my programs, the last week is brutal. I want you to earn a week or two of taking it a little bit easy after you get done!

1/ Back | Dumbell row

Ok now you go back to sets of 8, but you should be able to do more, maybe substantially more than a few weeks ago when we started with 8's. I want 4 gut busting sets of 8 here to get things started. **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Banded chins

Last week we did 60 total reps, this week we do 70 total reps. We will count this as 4 worksets. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

3/ Back | Dumbell pullovers

We have to give your arms a break, so let's hit 4 sets of 10 here. **4 total work sets**

These sets are all RPE of 9-10
Goal – Train muscle from stretch position

4/ Back | Rack pulls

For your final week, I am going to let you go a little crazy here. Do sets of 3 up until you can barely get 3. Lower the bar, don't just drop it. We will call this 3 work sets. **3 total work sets**

These sets are all RPE of 7-10
Goal – Supramax pump

Pro Tip

Lowering the weight with control enhances the work your erector spinae do as opposed to just dropping the weight. This helps you build a much thicker lower back.

5/ Back | Farmer's walk

You can do these with dumbbells, a yoke, buckets of chalk, or whatever. I want you to keep your back straight and core tight while walking. Take 20 total step each set, 10 on each leg. Do 3 rounds. **3 total work sets**

These sets are all RPE of 8

Goal – Endurance and strength

6/ Abs | Hanging leg raises

Do 6 sets close to failure here. **6 total work sets**

These sets are all RPE of 9

7/ Biceps | Machine curls

Your grip is probably a little rocked, so let's hit some machine curls, any seated machine, for 4 sets of 8 with a very hard flex and 2 second hold at the top on all reps. **4 total work sets**

These sets are all RPE of 9-10

Goal – Supramax pump

8/ Biceps | Ezbar curls

I want to do an unusually high rep range here, so you will have to go lighter than usual. Do 4 sets of 20 to finish things off for the day. You may get cramps in your biceps to-night! **4 total work sets**

These sets are all RPE of 9-10

Goal – Supramax pump

WEEK 12 – TUESDAY – PUSH WORKOUT

Chest	4 exercises	13 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
8 exercises		29 sets

1/ Chest | Flat dumbbell press

Ok now we go back to working up to a tough set of 8. Your strength should be better now, and you should beat the set of 8 you did a few weeks ago. We will call this 3 sets. **3 total work sets**

These sets are all RPE of 9-10
Goal – Activation and start pump

2/ Chest | Incline barbell press

This week you go to a top set of 6, without the pause. We will call this 3 work sets. **3 total work sets**

These sets are RPE of 8-10. They get harder as you go
Goal – Train explosively

3/ Chest | Cable crossover

We are doing these to rest our arms and isolate the chest more. Do 3 sets of 10, and then on the last set I want a triple drop set. Do 10, and drop the weight and do 8more, and do 2 MORE drops. I want your chest pumped to the max! **4 total work sets**

These sets are RPE of 10
Goal – Supramax pump

4/ Chest | Flat dumbbell flyes

Do 3 sets of 10 here really arching your chest and stretching hard. Only come up 3/4 of the way. **3 total work sets**

These sets are RPE of 9
Goal – Train muscle from stretch position

5/ Shoulders | Dumbell leaning side lateral

This is where you hold onto something and lean away from it doing a side lateral with the other arm. Do 4 sets of 12 here. **4 total work sets**

These sets are RPE of 9
Goal – Supramax pump

6/ Shoulders | Spider crawls

Go up and down the wall 3 times per set. After each set do 10 over and backs.
4 total work sets

 [Shoulder rehabilitation exercises](#)

These sets are all RPE of 9
Goal – Supramax pump

7/ Triceps | Tate press

See the video for form. You can do 1 arm at a time too, I have been doing them that way the last few months. Do 4 sets of 10 here. **4 total work sets**

 [Kettlebell Tate Press](#)

These sets are all RPE of 9
Goal – Supramax pump

8/ Triceps | Lying extensions

Just some good old skullcrushers, but higher reps. Do 4 sets of 15 here. **4 total work sets**

These sets are all RPE of 9
Goal – Work muscle from stretch position

WEEK 12 – WEDNESDAY – LEG WORKOUT

Upper legs	4 exercises	15 sets
Calves	1 exercises	4 sets
5 exercises		19 sets

1/ Upper legs | Seated leg curl

Do a few warm up and then 4 sets of 8 with a tough weight. Lower the weight slowly and in control. On the last set do a drop, shoot for another 10 reps, and then do 15 slow partials out of the stretch position. **4 total work sets**

These sets are an RPE of 9
Goal – Activate and pump

2/ Upper legs | Leg extension

Do a few warm up sets and then 4 sets of 10 with a tough weight. Lower the weight slowly and in control. On the last set do a drop, shoot for another 10 reps, and then do 15 slow partials out of the bottom. **4 total work sets**

These sets are an RPE of 9
Goal – Train explosively

3/ Upper legs | Leg press

Do a few feeder sets to get you to a weight that is a tough 15. Now do 4 sets of 15 here with only 2 minutes rest break. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

4/ Upper legs | Hack squats 1.5s

Do 3 sets of 8 here doing 1.5's. This means go down all the way, come up half way, then go back down deep, and come up all the way to lockout. That is 1 rep. **3 total work sets**

These sets are an RPE of 9
Goal – Supramax pump

5/ Calves | Standing calve raise

I want 4 sets of 8. Work the stretch hard as usual but fight to get up on those toes and flex on all reps! **4 total work sets**

Note: In between sets, do tibia raise. This means simply raising your toes (dorsiflexing foot). I like to let me toes hang off an aerobic step bench when doing these to get some tibialis stretch. Do sets of 25.

These sets are an RPE of 9-10

WEEK 12 – THURSDAY – PULL WORKOUT – PUMP ONLY

Back	4 exercises	16 sets
Abs	1 exercise	6 sets
Biceps	2 exercises	8 sets
7 exercises		30 sets

1/ Back | Front pulldowns

These are regular front pulldowns, but make sure you really get a hard lat flex in at the bottom. Do 4 sets of 8. **4 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Back | Chest supported rows

Use a pronated grip on these with elbows up to hit upper back more, traps, rear delts, and rhomboids. Do 4 hard sets of 8. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

3/ Back | Banded shrugs

Let's finish off the program with another round of these. Use the same bands as last week, but bump the reps to 12. Do 4 sets of 12 with a pause at the top. If you don't have bands you can use dumbbells. **4 total work sets**

 [Band shrugs](#)

These sets are all RPE of 9
Goal – Supramax pump

4/ Back | Hyperextensions

These are simply regular hyperextensions. Hold a dumbbell while executing these. Shoot for 4 sets of 12. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

5/ Biceps | Barbell curls

This week you do not use the Fat Gripz. I bet you your arms are stronger curling now!
Do 4 sets of 8. **4 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

6/ Biceps | Hammer curls

No Fat Gripz here either, feel that increased strength! Do 4 sets of 10 here.
4 total work sets

These sets are all RPE of 9
Goal – Supramax pump

7/ Abs | Hanging leg raises

Do 6 sets to failure here. **6 total work sets**

These sets are all RPE of 10

WEEK 12 – FRIDAY – PUSH WORKOUT – PUMP ONLY

Chest	3 exercises	11 sets
Shoulders	2 exercises	8 sets
Triceps	2 exercises	8 sets
7 exercises		27 sets

1/ Chest | Machine press

Work your way up to a tough 8. Lock these out this week. We will call this 3 work sets.

3 total work sets

These sets are all RPE of 8-10

Goal – Activation and start pump

2/ Chest | Dumbell press

Prop one end of the bench up on a 25 lb plate so you have a slight decline. Give me 8 reps, and then go directly to:

Superset with

3/ Chest | Dumbell flat fly

Do these very slow. Use a 4 second eccentric. Come up about ¾ of the way. Keep tension on the pecs.

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump and work muscle from a stretch position

This is a repeat of last week to help keep those shoulders healthy after the beating they took this program

4/ Shoulders | Dumbell bent over side laterals

Do 15 reps and then proceed directly to:

Superset with

5/ Shoulders | Spidercrawls

Go up and down the wall 3 times per set.

After each set of spidercrawls do 10 over and backs with a band also. See video below.

 [Shoulder rehabilitation exercises](#)

Do 4 rounds for 8 total sets

These sets are RPE of 9

Goal – Supramax pump

6/ Triceps | Rope pushdowns

Do 4 sets of 15 here. **4 total work sets**

These sets are all RPE of 9

Goal – Supramax pump

7/ Triceps | Pronated kickbacks

Do 4 sets of 8 here. Stretch your triceps out good after your last set, as they might be cramping or at least very tight. **4 total work sets**

These sets are all RPE of 10

Goal – Supramax pump

WEEK 12 – SATURDAY – LEG WORKOUT – PUMP ONLY

Upper legs	4 exercises	13 sets
Calves	1 exercise	6 sets
5 exercises		19 sets


1/ Upper legs | Lying leg curls
After warming up do 3 sets of 15 here. **3 total work sets**

These sets are all RPE of 9
Goal – Activation and start pump

2/ Upper legs | Leg press
Do plenty of warm ups here. I want you to do 2 good hard sets of 15, and then cut the weight in half, and try to do it for 60 seconds straight on your 3rd set. If you need to stop it's ok, but don't rack it. **3 total work sets**

These sets are RPE of 9-11.
Goal – Supramax pump

3/ Upper legs | One legged squat in Smith
One more time here! I want you to also do these nice and slow. Do 4 sets of 8 once you find a good weight. **4 total work sets**

 [One Legged Smith Machine Squats - Mountain Dog Training](#)

These sets are RPE of 9-13
Goal – Supramax pump

4/ Upper legs | Banded barbell stiff legged deadlifts
Adding the band this week to demolish anything that is left. Do 3 sets of 8 here with perfect form. Come all the way up and flex your glutes. **3 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

5/ Calves | Seated calve raises

Do 6 sets of 8 with a heavy weight. On the last rep of every set, sit in the stretch for 10 seconds. **6 total work sets**

These sets are all RPE of 9
Goal – Supramax pump

SUNDAY
OFF - FAMILY DAY