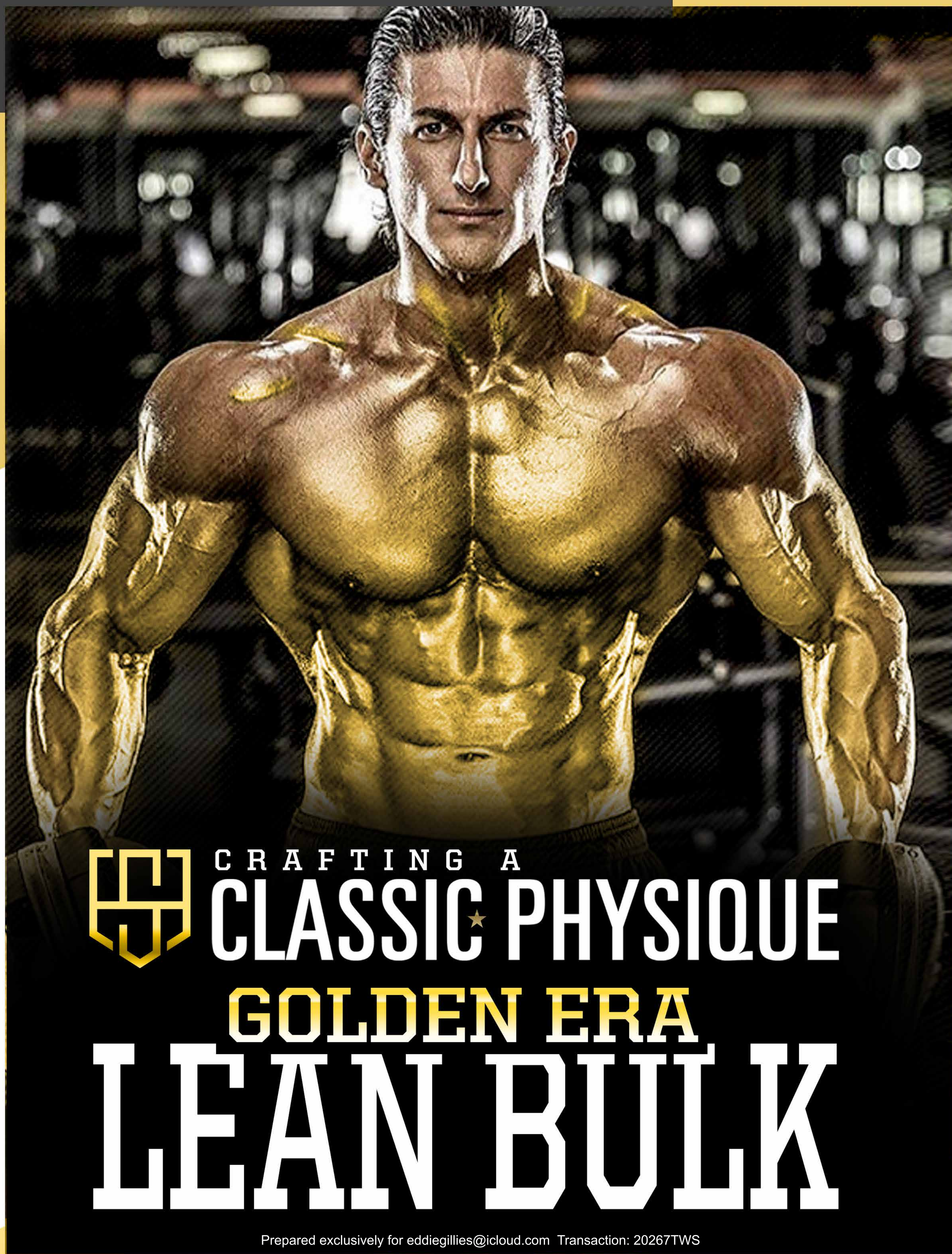

CRAFTING A

CLASSIC PHYSIQUE

GOLDEN ERA

LEAN BULK

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THE CLASSIC APPROACH TO SIZE

For the pump chasers, the perma-bulkers, and the size-seeking hard-gainers, the answer has been around for 60 years. Sure, there are some new approaches, new research, and new methodologies that work really well, but they all have something in common with the old-school pros: Savage fucking training.

Everyone wants the secret to getting "bodybuilder big." Sorry, there isn't one. There are hundreds. You have to educate yourself and experiment with your diet and training and find the things that work for your body. It sounds like a cop-out, but this sport isn't a one-size-fits-all. Different methodologies work better for different people. Training frequency, for example, is a huge one. Some people can recover in a day and are ready to train that same muscle again. They have a faster turn-around time to train again, to recover again, to grow again. Some people simply cannot do that. But that doesn't mean you still can't get huge.

Every detail counts. Learn some tricks of the trade, but always remember that nothing replaces hard work.

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MUSCLE BUILDING BASICS

PREHAB AND JOINT HEALTH

You can't just walk into the gym and start lifting. At least not if you want to be in the sport for more than a couple years. Before you even touch a weight, you should be stretching tight muscles to prevent improper movement patters and priming the muscles you're using that day to function efficiently. You should be doing the following things before your first working set:

☐ Foam Rolling

Pre-workout foam rolling breaks up adhesions in your muscles. An adhesion is a grouping of muscle fibers that remains contracted due to dehydration, overuse, or injury. Otherwise known as a knot. You should:

1) Apply very firm pressure to the target area
2) Foam roll the entire length of the muscle even if it hurts
3) Use the same pressure along the whole muscle

☐ Warm-Up Sets

Before doing your heavy sets, you should bring your muscles through a full range of motion with a light resistance. You can use bands or your primary movement of the day. This will bring blood into the muscle and synovial fluid into your joints, so you can bang the iron later on.

☐ Rotator Cuff Work

"Benching is bad for your shoulders!" Nope. Not warming up is bad for your shoulders. Your rotator cuff is actually comprised of some muscles in your back that contribute to your full range of motion and shoulder stability. There are a couple basic things you can do before you start.

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MUSCLE BUILDING BASICS

To warm up your shoulders properly:

- ☐ Externally rotate with light resistance
- ☐ Internally rotate with light resistance

A very light band works great for this. Don't use too much resistance or you risk injury.

HIP MOBILITY

Your hips are arguably the most important joint in your body. If it's unable to function, say goodbye to deadlifts, squats, leg press, running, walking properly, etc. Basically, say goodbye to every having legs or any level of athleticism. Yeah. They're that important.

Here are my recommendations for prehab work for your hips. This combo should ensure that your hips are ready to move some weight:

- 51/50 stretch
- Hip flexor stretch
- Quad foam rolling
- Bodyweight hip thrusts

PRIORITY PRINCIPLE

Recognize your weak points. Be honest with yourself or you'll stay in a world where you think you're better than you are, never gaining the perspective to actually become great. And I know you can if you apply yourself. The Weider Priority Principle states that you should train your most under-developed muscle at the beginning of your workout. This should allow you to use heavier weights for more reps, increasing overall volume for that area before you get tired later on in your workout.

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MUSCLE BUILDING BASICS

ROM, CONTRACTION, AND GETTING A PUMP

There are a few schools of thought on which range of motion is best for growth. Some people thing that using a partial range of motion will put the muscle into longer time under tension and therefore improve the pump and overall muscle growth

Bringing a muscle through a full range of motion will strengthen that muscle in the fully stretched and fully shortened portion of the range, which will lead to increased overall strength, and size. If you can't go through a full range, you need to work on your mobility and muscular imbalances until you can do so. This is the more functional approach. I think they are both tools in your toolkit and you shouldn't stay in one camp. Get the benefit of both. I say start with the fullest range of motion possible and only switch to shortened ROM when you are fatigued and want to push the muscle past failure. In either care, do these things.

1) Practice contracting your muscles without weight.

2) Put some tension on the muscle before you actually move the weight and engage the prime mover first.

3) Have a training partner put a little pressure on the target muscle with his finger during your set for improved mind-muscle connection.

4) Use a weight you can handle. Quality over quantity.

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BULKING SPLIT PHASE I

Here it is. Destroy every workout like someone has a gun to your head. You need to have focused intensity and be conscious of your body position, rate of perceived exertion, and any pains that pop up. What I'm getting at is take your training as far as you can take is safely. Fatigue management is really important, and while this is a training split where you only train each body part once per week, you can still overreach too far and end up weaker and smaller than you hoped to be. If you need to take an extra rest day, do so. If you need two, do so. It's better to perform at your best than just do a workout because you were "supposed to."

This is a 5 day split that should be performed for 8 weeks. It's basic, hard work and it will work. At 5, you should take all of your weights down to about 60%. This is what powerlifters refer to as a "deload." You're accumulating stress and fatigue both on your muscles and joints, as well as your central nervous system when you train at full capacity. Every month or two you should do something that allows your body to more fully recover before you go back to pounding the shit out of it.

Alright, Get training and enjoy your gains!

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BULKING SPLIT PHASE I

CHEST:

Exercise	Sets	Reps	Notes
Incline Bench	4	10-15	The bar path should be from the clavicle straight up against gravity. It's unnecessary to touch the bar to your chest.
Fly(cable, machine or barbell)	4	10-15	The idea is to pretend you're hugging a barrel. If you extend your arms at the end of the movement, you can better target your inner chest.
Flat Bench	4	10-15	Bar path starts at nipple level. Push straight up. Elbow shouldn't be too flared or too tucked to your sides.
Flat Bench	4	10-15	Keep your chin to your chest. Lean forward slightly.

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BULKING SPLIT PHASE I

BACK:

Exercise	Sets	Reps	Notes
Pull-Over	3	20	Do these on the cables with the pulley at the top. Pull the bar into your waist
Deadlift	4	10	Take off your shoes. Push through your heals. Flex your back at the top.
Dumbbell Row	4	15	Pull the dumbbell up and back toward your hip.
Lat Pull-down	4	10-15	Don't lean back. Keep your body as upright as possible throughout the movement.

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BULKING SPLIT PHASE I

LEGS:

Exercise	Sets	Reps	Notes
Squat	4	10-15	Keep your chest up, feet shoulder width apart, and toes pointed slightly outward to avoid pain in knees. Squat down slightly below 90 degrees and push heels through the floor as you come up
Romanian Deadlift	4	10-15	Your knees should be slightly bent. The only joint that is moving throughout this movement is your hips.
Leg extension	4	10-15	Sit down, lock yourself in, and destroy.
Lunge	4	10-15	Take medium-length strides. Push out of the hole with your glutes and hams.

CRAFTING A CLASSIC PHYSIQUE GOLDEN ERA LEAN BULK

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BULKING SPLIT PHASE I

SHOULDERS:

Exercise	Sets	Reps	Notes
Reverse Pec Deck	4	10-20	Keep your arms extended so that your triceps are locked. This will help isolate the rear delt.
Cable Side Raises	4	10-15	Hold on to the cable machine and lean toward the shoulder you are working. This will help you keep constant tension on the side delt.
Dumbbell Press	4	10	Push!
Dumbbell Side Lateral Raises	4	15	Don't swing. Use a weight that's light enough that you can hold it at the top for a split second. Also, keep your palms down the whole time: Pretend you're pouring out two pitchers as you come up.

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BULKING SPLIT PHASE I

ARMS:

Exercise	Sets	Reps	Notes
Rope Push-down	4	15	Push straight down and away from your body. Squeeze and hold a peak contraction.
Close-Grip Bench	4	10	Grip should be about shoulder-width. Make sure you're doing quality reps and feeling a stretch. Slow and controlled for safety.
Overhead Dumbbell Extension	4	10	The beauty of this exercise is that it puts the tri in a stretched position. It's good for the end, when you're pumped. You should feel tightness in your tri and lat.
Barbell Curls	4	10	Make sure you're warm, and blast out some heavy sets. Keep good form until you can't, and then use a intensity technique discussed earlier.
Concentration Curls	4	15	This one's all about focus. Remember the three parts of a rep, and focus on building a mind-muscle connection with the peak of your bicep. Put a fingertip there to help you feel it.
Standing Cable Curls	4	15	Sometimes called crucifix curls. While you're doing your reps, think about touching your fists to your head. This visualization will help keep your form.

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THE NEW CLASSIC HARDCORE

The basics can only get you so far. After you have a foundation of strength and size and you begin to plateau, you have to take the next step. In the new era of classic bodybuilding, you must introduce new training variables to help intensify your training beyond adding weight, volume, and frequency. We'll be discussing growth techniques that you can implement to spike growth. I suggest introducing only one new variable at a time so that you can monitor how your body responds to the new stimulus.

If you find that you cannot manage the amount of fatigue accumulated during a training session or a week of training, you may want to back down or try a new technique. If you are seeing improvements with the introduction of a new technique, don't add anything else until your new gains slow down or stop.

At the end of this book, I'm going to leave an 10 week training program. It is your job to adapt it by modifying it with the growth techniques we cover. For the first two weeks, follow the program as written. Then begin to add intensifying techniques until they compound into a very difficult program by week 10.

If you don't feel comfortable adding them in on your own, don't worry. I left some suggestions on which ones to incorporate at which times. The most important thing to keep in mind is that these techniques are NOT a replacement for training with extreme intensity. NEVER forget that and you will continue to progress throughout your training career.

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GROWTH TECHNIQUES

TRAINING BEYOND FAILURE

The biggest igniter of muscle hypertrophy is taking your muscles beyond failure. However, you should not take every set to failure or take your muscle to failure too early in your workout. The risk in doing so is preferentially favoring failure over moving heavy weight. You can have both and get improved results. Wait until you finish your straight sets or heavy sets of your big compound movement before you start going to failure or beyond.

For your failure sets, it's not enough to just do a set of 10, put the weight down, and do another set. There are several techniques that I use to force my muscles to adapt to new stress by growing. You can use just one, or combine several of them to increase the intensity of your set. You have to mentally prepare yourself for pain. Don't let your mind fail before your body.

Range of Motion Manipulation

Like I talked about in the previous section, changing the range of motion you use can have an effect on how far you can push your muscles. Let's take biceps for example. Begin with a full range of motion until you reach failure (when your form breaks down). When you have reached this point, you can continue the set by doing abbreviated reps either in the mid range or the fully stretched position. This will elicit more growth than simply stopping at failure.

Tempo

The speed at which you perform your reps will have an impact on how you respond. Changing the tempo of your reps can make the movement seem harder or easier depending on the situation. I've found that using a moderate speed–

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GROWTH TECHNIQUES

lets me move a decent amount of weight while also being able to feel the muscle fibers contract. If you go too fast, you might not really feel anything, and you'll get your set done fast, resulting in less time the muscle is under tension; not the best way to see growth. However, if you're moving the weight at a moderate tempo and approach failure, you may be able to use an explosive speed to squeak out a few extra reps. Another thing you can do is do ultra slow, controlled reps for straight sets. It's going to hurt. Whatever it takes.

Drop Sets

Drops sets are a great way to add intensity. Start with a heavy weight until your form breaks down, then drop the weight 20 percent. Do as many drops as you want. Accept the pain.

Rest-Pause

Rest Pause sets allow you to extend a set so that you can achieve more reps with a given weight in a similar time frame.

To do a rest-pause set, choose a heavy weight that you can complete 8 reps with, for instance. After 5 reps, rack or set down the weight. Wait 15 seconds, and complete another set. You should do three to four mini sets within one rest-pause set. If you complete 3 of these mini sets with 5 reps each, you just got 15 reps with a weight you normally can only get 8 or so with. This is a good way to get huge.

15 seconds is the amount of time needed for glycogen and creatine to flood the muscle after being in use. Don't start your next mini set too soon or you won't be able to get enough reps. If you wait too long, on the other hand, you risk losing the level of intensity that is going to make you grow.

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GROWTH TECHNIQUES

Super Sets

When you super set two exercises you accomplish two things at once. First, you hit a muscle from two angles. This is great because as you approach fatigue with the first movement, you can switch to the second movement where some new muscle fibers kick in to help you continue to move the weight. You can use one isolation movement with one compound movement in any order to get the benefits of a super set. Rest as little as possible between the two exercises.

For a super set for chest, for example, you would choose two exercises like incline bench press and cable fly.

Do a set of Incline bench press to failure, and then immediately move to the cable flies for one set to failure. The compound movement allows you to move heavier weight and fatigue the chest with the help of the triceps, while the cable flies isolate the chest with a lighter weight when you're too fatigued to do any more heavy reps.

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LEAN BULK

Maintaining a nice, lean physique while gaining muscle is obviously the best case scenario. Will it always happen that way? Probably not, but there are things you can do to optimize muscle gain and mitigate fat gain as you progress through your bulking phase. There is a time for cheating, a time for eating strict, and a time for eating until you don't think you can keep another bite down.

▯ Effective Bulking

An effective bulk is one where you consistently gain muscle tissue, but don't put on a ton of unnecessary fat. The days of dirty bulking are over, but that doesn't mean that cheating isn't going to happen, or even that it isn't a good thing. Your off-season bulking phase is a time where you can let your body have what it wants within reason. Having a few cheat meals a week during a bulk not only helps you enjoy your life a little bit, but it can give you more enthusiasm, strength, and better pumps in the gym. Regardless of the foods you choose to eat, you need to remain in a slight caloric surplus so that you have the energy to get through increasingly tough workouts and the nutrients to recover sufficiently to train again as soon as possible.

▯ Use the Mirror, Not the Scale

We all want to be that 250 lb. house that has people losing their shit and dropping their jaws, but the weight on the scale doesn't really matter. It's is the way you look in the mirror. You will look far more impressive at a moderate weight with good conditioning than at a soft, heavy weight. Forget about your weight and worry about your workouts, your meals, and the way you look. The gains will come with of time, diet, and hard, merciless work in the gym. If you feel like you are doing everything within your power to eat well, train hard, and–

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LEAN BULK

recover adequately, you can then and only then use more cheat meals to increase your caloric intake. Basically all this typically does is add fat to your diet, so I'd advice starting by increasing your daily fat intake through healthy foods. Avoid junk, even if you feel that it's the only way you can get in enough calories.

When you start getting into the 4,000-5,000 calorie range it will start to become a struggle to eat that much "clean" food, so remember that a macronutrient is a macronutrient, wherever it comes from. I would make it a habit to track your calories and the ratios of your macros on a daily basis – otherwise you won't know if you hit your macros for that day and you could be missing out on weight gain. Be smart and increase your calories slowly. If you are 200 lb and you want to be 250 lb, you wouldn't just jump from 2,800 calories per day to 4,300 calories a day – you would slowly taper your calories up so that your intake is always just above maintenance. This way, you can slowly gain muscle without adding excess body fat.

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BULKING PHASE II

TRAINING BEYOND FAILURE

In Phase I, we had a standard old-school training split. Before you jump into this program, you should do a deload week and allow your body to recover fully. We are going to increase the training volume significantly in phase II. You'll train each muscle group twice a week. You'll have one heavy day and one lighter day. This method will allow you to stimulate growth more frequently than before, while allowing sufficient recovery. Below, you'll find each intensifying technique listed with a recommended week to add it into the program.

Have fun with this and get creative. Use the program as a base and modify it to your physique. Remember, this is IMPROVEMENT SEASON. That means that every day is an opportunity to correct your weak points, so don't just blindly follow the below program. Use it as a tool.

WEEK 1: Base Program

WEEK 3: Ultra Slow Tempo

WEEK 5: Drop Sets

WEEK 7: Rest-Pause + ROM manipulation

WEEK 9: Super Set

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BULKING SPLIT PHASE II

THE TRAINING:

This is a 6 days split. You get to drop ONE day of your choosing every week. For instance, if your legs are still beat up from training session 1 and you feel like you cannot perform in the gym, you can take that day out on week 2. This shouldn't be a problem if your diet is on point, but you do have the option. You should always have 2 rest days per week. Make sure you rotate the day you take out each week so you're not cheating yourself on weekly training volume. As I mentioned, this is a base program that you should modify. When you add intensifiers, you can add movements if necessary. Your goal is to go as hard as possible with as little rest as it takes for your to feel 100% ready to take your next set. Good luck.

PUSH:

Exercise	Sets	Reps	Rest
DB Press	4	8	As little as possible
Incline DB Press	4	12	
DB Shoulder press	4	12	
Flies	5	10	
Rope Pushdown	4	12	
DB Skull Crushers	4	10	

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BULKING SPLIT PHASE II

PULL:

Exercise	Sets	Reps	Rest
Rope Pullover	4	15	As little as possible
DB Row	4	10	
Close, Neutral Grip Pull-down	4	12	
Single arm cable rows	4	12	
Alternating DB Curls	4	8	
Hammer Curls	4	10	

LEGS:

Exercise	Sets	Reps	Rest
Glute Pull-Throughs	4	15	As little as possible
Squats	4	8	
Leg Press	4	12	
Leg Curl	4	12	
Leg extension	4	20	
Calf raise of your choice	4	10	

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BULKING SPLIT PHASE II

PUSH:

Exercise	Sets	Reps	Rest
Bench press	5	6	As little as possible
Incline Flies	4	12	
Incline Press	4	10	
Smith Seated Military Press	4	15	
Side Delt Raise	4	15	
French Press	4	12	

PULL:

Exercise	Sets	Reps	Rest
Barbell Row	4	10	As little as possible
Reverse Grip Pull-Downs	4	15	
Rear Delt Flies	4	20	
Pull-Overs	3	10	
Preacher Curls	4	12	
Barbbell Curls	4	15	

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BULKING SPLIT PHASE II

LEGS:

Exercise	Sets	Reps	Rest
Leg Extension	5	20	As little as possible
Leg Curl	5	20	
Leg Press	5	20	
Romanian Deadlift	4	10	
Sissy Squat	4	20	
Calf Raise	4	12	

FINISHED

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