# 8 WEEK TRAINING PROGRAM LOHN MEADOWS LEBB PRO CSCS CISSN



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#### **8-WEEK TRAINING PROGRAM**

#### AVALANCHE 8-WEEK TRAINING PROGRAM

Avalanche, a feared X-Men villain who generated seismic waves with his bare hands creating earthquakes. He was a bad guy but on occasion fought for the good guys too. Some people who do my programs say I am a good guy, some say I am a bad guy, a really bad guy. So anyways, let us get powerful so we can create some seismic waves! The first step is just getting a little bigger and stronger. We'll start there and see where we end up!

In terms of the total number of work sets, I would say this program's volume is more toward medium. In terms of intensity, it's high. It's very high. Buckle in and get ready to push hard. If you are new to my programs, this is going to test you, let's see if you can hang. If you are a returner, I'm sorry it took so long to get another program done. Coaching football this year and other commitments really drained my time. I had a blast, but now I am BACK.

Let's get into the specifics of the program.

Get ready for "Avalanche"

#### **PROGRAM DURATION**

This program is 9 weeks total with 8 weeks of pushing hard, and then a deload week.

#### **PROGRAM SPLIT**

This program is a Pull, Push, Legs program. After the feedback I got from an old program called Colossus, and getting feedback ever since, I feel like we really nailed the split, and the ability to make easy changes to address your personal weaknesses. Whether you have a weak chest, weak legs, or whatever, this program can be modified to attack those areas. If you want to make your strong suits even better, we got you covered there too.

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. For example, I would hate to schedule squats and a deadlift or heavy row workout on consecutive days. Eventually this would wear down your lower back. Exercise sequencing and longevity are rarely talked about because you can't really do a study on it (well you could but it would be a long study!). I maintain nonetheless that this is key in building a program to ensure longevity and even targeting the right muscle fibers.

Here is how it is set up.

The weeks are written as 6 days of training. That is, however, NOT what I expect you to do. I want you to drop one of the pump days. This would make it a **5 day a week program**. I really like having two days of rest a week. 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 training other body parts!

Base days will be a little more focused on heavy basics as the name implies. The pump days are designed to be easier on connective tissue and joints and still stimulate muscle growth.

That is the main difference between a base day and pump day.

**NOTE:** I include rear delts with the push workout, but it is truly a pull muscle. I like to work rears with sides for an overall shoulder pump, but you are welcome to move the rear delts work to pull day.

Here are your 6 options for training splits. Simply pick the split you like and follow the workouts in that week that correspond:

#### Push muscle focused (chest, triceps, shoulders) version

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

#### All upper body focused version

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

#### Pull muscle focused (back, biceps) version

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

#### Lower body focused version with extra push training

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

#### Lower body focused version with extra pull training (female favorite)

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

#### For true psychos with elite level recovery and not meant to be done long term:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pull	Push	Legs	Pull (pump)	Push (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 4 weeks, and then change splits! It's up to you!

#### **DELOADS**

There will be no deloads during this program given that it is a shorter duration program. Suck it up and push as hard as you can for the 8 weeks, then you can back off if need be.

#### **OVERLOAD METHOD**

The overload method here is twofold:

- 1. Trying to improve the weight you can use, and/or the amount of reps you can get with a certain weight. Also, realize that with the lower number of sets in this program, it is CRUCIAL that you take my RPE directions as written. If I say go to RPE 10, your last rep better be true failure. If we go 11 or even a 12, you better dig past failure, and be willing to endure some pain.
- **2.** Secondly, we progress getting deeper into sets, working through pain thresholds as weeks go by. This type of intensity is a method of overload itself, although people rarely do this (they are scared). You will see things like this, one week you do a certain number of reps, the next week you add partials to that, and then the next week you might add an isohold in there on top of the partials. It's all about methodically bringing up intensity as part of our progressive overload method as well.

We will not be adding volume in terms of sets, as that would require a lower intensity program. Quality over quantity.

#### **WARMING UP**

Here are 2 options on warming up. One is if you are short on time or I want to shake things up on a pump day, the other is my general warm up technique. It starts at about 5 minutes in. Be really careful with the speed warm up, and only use it when I specifically say, it's actually really hard.

■ How To Warm Up Intelligently (THE RIGHT WAY)

#### WHAT IS FAILURE TRAINING?

It means doing all the full range of motion reps you can with perfect form. If you have to use sloppy form to do another rep, then stop unless I specifically state to loosen form up. If you could have done more reps with good form, it was not to failure. Most people can do more than they think with proper focus and motivation.

#### **RECOVERY NUTRITION**

With this focus on intensity, comes the need for hyper focus 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 6-10 grams of essential aminos, and 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 6 grams of aminos and 20-30 of carbs. Again, titrate up or down depending on size and amount of muscle.

#### My product choices are:

- Recovery from Granite Supplements Start with one scoop during training. If the body part doesn't get excessively sore and recovers fast you are good to go. If it still gets pretty sore add a scoop of the intra-carb below to it. If it still gets sore add 8 oz of Gatorade in on top of that.
- Intra Carb from Granite Supplements (if you need extra carbs per directions above)

New customers can use code **GraniteStrong25** to get a massive 25% off their first order.

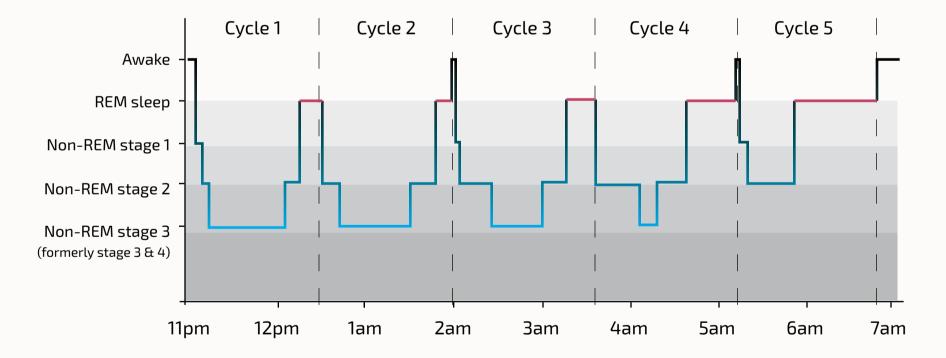
#### **RECOVERY LIFESTYLE**

With this focus on intensity 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.

Generally, you want to get 5 full sleep cycles. Every cycle is about 90 minutes. As you can see from the chart below, earlier sleep cycles are heavier in non-REM sleep. Later sleep cycles are heavier in REM sleep (indicated in red).

This is important because of these benefits:

- Non-REM is physically restorative. You release GH, clear waste products, and resupply energy stores just to name a few things
- REM is mentally restorative. Your memory is especially impacted positively



Some tips for better sleep include:

- Turn off all electronics 2 hours before bed, or at a minimum turn off the blue light on your mobile devices 1-2 hours prior
- Make your bedroom as dark as possible
- Make the temperature in your room around 65 (keep it cool)

- Read a book or do something that relaxes you before retiring
- Do not take later afternoon naps, 20-30 minute naps around lunch are ok

#### **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 want to incorporate them:

2 orange micro mini bands (for face pulls and for women to use on chest press machines)

2 red long pro minis (for chest presses and pullovers)

1 red short pro mini band (for spidercrawls)

1 pro light band (for assisted chins, pullovers, and banded good mornings)

1 pro average band (for assisted chins and banded good mornings)

#### **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.

#### **NUTRITION**

I wrote this program with the intention of it being used to gain size.

If you are looking for a starting point, then try this:

Multiply your bodyweight x 20 for your total calories.

For example, Charles weighs 200 lbs., so this is 4,000 calories daily.

Multiply your bodyweight x 1.25 for daily grams of protein.

The 200 lbs. person thus needs 250 grams of protein daily.

Multiply your bodyweight x .5 for daily grams of fat.

The 200 lbs. person thus needs 100 grams of fat daily.

The rest of your calories should be consumed as carbs.

In this example, the 250 grams equal 1,000 calories (a gram of protein = 4 calories.)

The 100 grams of fat equal 900 calories (a gram of fat = 9 calories.)

4,000 total calories minus the 1,900 calories from protein and fat leaves Charles with 2,100 calories.

2,100 calories /4 = 525 grams of carbs. \* a gram of carbs equals 4 calories.

I'll add another example below for your daily macros.

Our Hero	Bodyweight	Total calories	Protein	Fat	Carbs
Charles	200	4,000	250	100	525
Emma	125	2,500	156	63	327

#### **LEANER GOAL:**

If you are looking for a starting point for getting leaner, actually start with all the above to gain weight!

This may be higher than your normal intake but it's important to build your metabolism so that you have "somewhere to go" with your calories as you hit plateaus. I would advise this for 2 weeks before starting the cutting process. Many times, people are not eating much, so the 1st week is really tough. Once you make it through week 1, week 2 isn't so bad in terms of getting food down. Then you start the cutting!

So, in the above example Charles' adjustments will be something like this:

- 10% net total difference in calories in vs. calories out
- 5% from a reduction in calories via diet changes (200 calories reduced)
- 5% from an increase in caloric expenditure from adding cardio (200 calories expended via cardio)

Continue to make changes more or less aggressively based on results. You may not want to adjust at all, or do another 5%, etc.

If you want a more customized 1-time plan or weekly coaching to get you started, you should have been prompted with an option upon making your purchase of the training program. If you missed it, you can always find all of our <u>coaching packages here</u>.

#### **PROPER INTENSITY**

It is also critical to work at the right level of intensity regarding going to failure, especially with a lower volume plan. 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.

\*\*\*FEEDER SETS – I will mention feeder sets often in the program. They are extremely important. These are low rep sets designed to get you to your working sets carefully, so you do not get injured or exhaust your muscles too soon. Not doing these sets is why many people have been injured executing low volume/high intensity workout plans. These are not official sets as the intensity is extremely low on these.

Rate of Perceived Exertion Flow Chart	
Fairly easy like a warm-up weight	e 6.0
You can do 4-6 more reps	<b>@</b> 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	e 9.0
■ Went to failure at perfect form	<b>@</b> 10
■ Went to failure with loose form after perfect reps completed	e 11
Used a high intensity technique to push beyond failure	e 12
Used multiple high intensity techniques/go apeshit set!	<b>@</b> 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

Pull Workout				
Back	5 exercises	10 sets		
Abs	1 exercise	3 sets		
Biceps	1 exercise	3 sets*		
	7 exercises	16 sets		

Push Workout				
Chest	4 exercises	7 sets		
Shoulders	3 exercises	9 sets		
Triceps	1 exercise	4 sets*		
	8 exercises	20 sets		

	Legs	
Upper legs	5 exercises	9 sets
Calves	1 exercise	2 sets
	6 exercises	11 sets

#### Wednesday - OFF

Pull Workout (Pump)			
Back	4 exercises	11 sets	
Abs	1 exercise	4 sets	
Biceps	1 exercise	3 sets*	
	6 exercises	18 sets	

Push Workout (Pump)		
Chest	4 exercises	11 sets
Shoulders	2 exercises	6 sets
Triceps	1 exercise	4 sets
	7 exercises	21 sets

Legs Workout (Pump)		
Upper legs	5 exercises	11 sets
Calves	1 exercise	2 sets
	б exercises	13 sets

Sunday - OFF - Family Day

<sup>\*</sup> more added if weak point

#### **Pull Workout**

Back	5 exercises	10 sets
Abs	1 exercise	3 sets
Biceps	1 exercise	3 sets* / more added if weak point
	7 exercises	16 sets

#### 1/ Back | One arm barbell row

Do 2–3 light sets of 10–15 here to warm up. After this start increasing weight. Do feeder sets of 5 so you don't fatigue yourself as you work up to a weight that you think will be a pretty tough 8. Do your first hard set here for 8 reps. Next up is your money set. I want you to do around 8, where 8 is failure. If you do 7 or 9, that's ok, I just need that last rep to be failure with good form. If you get 10 or more, you didn't go heavy enough. After you do your 8, drop the weight 25–30% and eke out as many more reps as you can. Treat your arms as simple attachments, don't pull with your biceps.

This is an example of what it could look like:

 $25 \times 15$ 

 $50 \times 15$ 

 $75 \times 5$ 

100 × 8 – **RPE 10** 

 $100 \times 8$ , then  $75 \times 8 -$ **RPE 12** 

2 total work sets

(41) One Arm Barbell Row Great Back "THICKENER" (Exercise Index)

Goal - Activation and start pump

#### 2/ Back | Standing one arm cable row

This is one of my favorite exercises from 2020. As you get better and better with these, you will see why. This is just so good for putting tension right in your lats. Do 3 sets of 10 here, where your last rep is the last full range of motion rep you can get. **3 total work sets** 

This is an example of what it could look like:

70 x 8 – Feeder to get feel of movement

100 × 10 – **RPE 10** 

100 × 10 - **RPE 10** 

100 x 10 - **RPE 10** 

(41) Standing One Arm Cable Row For a Thick Back (Terrence Ruffin)

Goal - Supramax pump

#### 3/ Back | Rack Pulls

On these you are going to do 2 sets of 5 to get warmed up and lock in those lats. Your lats should be pumped, so these should feel great. I want you to do these bodybuilding style. That is the key. Normal powerlifting style reps, IMO, are not great lat builders. Check out the video below, especially starting at 2:52, and you will see what I mean by "bodybuilding" style. I rarely ever go over 275 on these. We will build your strength on this as we go though. This will be a key base movement that I want you to get stronger on, as long as you do not revert to a powerlifting style deadlift (grip it and rip it). Once you get to a weight that you can do for say 5 to 6 reps, I want you to do 10 **rest-pause** singles with it. So, do a rep, and set the weight down, take a breath and hit it again. Engage and lock those lats on every rep with max tension. You are going to be shocked at the pump you get. Do 10 reps total. 1 total work set

This is an example of what it could look like:

 $185 \times 5$  – Feeder to get feel of movement  $225 \times 5$  – Feeder to get feel of movement  $275 \times 10$  Singles – **RPE gets harder as you go and fatigue sets in. RPE – 7-9** 

(46) How To Deadlift like a Bodybuilder | Back Workout

Goal - Train explosively

#### 4/ Back | Pulldowns with a forced stretch

On these you need a partner. If you do not have one, once you finish the set, I want you to just let the weight stretch you at the top for 15 seconds after your last rep. Do 1 feeder set of 6 reps just to get the rhythm. Your partner is only pushing down when you hit the top (it's a rhythm – not a hard jerk), then once they stretch you for a second, they let go. Watch how Fouad and I do this in the video. Do 2 sets of around 8-10 reps. Use a neutral grip if you can, but if you cannot a pronated grip will do fine. **2 total work sets** 

This is an example of what it could look like:

140 x 6 - Feeder to get feel of movement

160 x 10 - **RPE 9** 

160 × 10 – **RPE 9** 

(2) Pulldowns with a forced stretch with IFBB Pro Fouad Abiad

**Goal –** Train muscle from stretch position / long muscle length

#### 5/ Back | Hyperextensions

Just use your bodyweight on these. Just do 50 total reps however you can get them. You can do these AFTER biceps if you like as your lower back might be quite uncomfortable from the pump. I'll just call this 2 sets. **2 total work sets** 

This is an example of what it could look like:

Bodyweight for 25 then rest for 30 seconds Bodyweight for 15 then rest for 30 seconds – **RPE 9** Bodyweight for 10 – **RPE 9** 

**Goal** – Supramax pump

#### 6/ Abs | Crunches

I am going to teach you a little secret on how to get the blood out of your back from the hypers. Simply do crunches. This moves the blood into abs and out of lower back. It's amazing how quick it works. Do 3 sets of 25. **3** total work sets

**Goal –** Train muscle from stretch position / long muscle length

#### **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! Also, as you do these, think about curling yourself up into a ball, and uncurling yourself as well to keep tension on abs, and off hip flexors.

#### 7/ Biceps | Supinated dumbbell curl

Do 1 warm up set, then 3 sets of 25. This will burn like fire. I only use 25 lb. dumbbells when I do these. Keep your palms up and do these with perfect form squeezing all the way through. 3 total work sets.

Goal - Supramax pump

This is an example of what it could look like:

15's x 15

25's x 25 - **RPE 9-10** 

25's x 25 - **RPE 9-10** 

25's x 25 - **RPE 9-10** 

**NOTE**: If your biceps are a weak point continue on and do these.

#### 8/ Biceps | Slight incline hammer curl

Do 2 sets of around 25 here. Notice in the video at about 1:53 minutes, how I lean back just a tad into the pad to create more stretch at the bottom of the range of motion.

2 total work sets

(41) 3 Types of Hammer Curls to Build \*HUGE\* Biceps

Goal - Supramax pump

This is an example of what it could look like:

25's x 25 – **RPE 9-10** 

25's x 25 – **RPE 9-10** 

#### **Push Workout**

Chest	4 exercises	7 sets
Shoulders	3 exercises	9 sets
Triceps	1 exercise	4 sets* / more added if weak poin
	8 exercises	20 sets

#### 1/ Chest | Slight incline dumbbell press

I love small angles both incline and decline for chest. Just put a 25 under one end of the bench (where your head is). If you have a really good adjustable bench, you can do the setting that is a tad higher (more like 15-20 degrees). Do a few warm ups, then low rep feeder sets until you get to your big set. Do about 8 reps there. We'll then do a 2nd all out set there where you try to match the number, and then drop the weight 30% and go to failure again. **2 total work sets** 

Goal - Activation and start pump

This is an example of what it could look like:

25's x 20

 $45's \times 15$ 

65's x 6

85's x 6

105's x4

120's x 8 - **RPE 9** 

120's x 8. Dropped to 90 and got 6 more -

**RPE 11** 

#### 2/ Chest | Incline barbell press

You should be pretty warmed up but make sure you still do a few feeder sets to get the feel of the angle and weight. I want a brutal set of 12, and then a brutal set of 8. Please keep form perfect on these sets. Stop just short of failure and only with good form. No sloppy form allowed here. I do want you to drive the bar up fast and explosively.

#### 2 total work sets

This is an example of what it could look like:

185 x 6

205 x 4

225 x 12 - **RPE 9** 

265 x 8 - **RPE 9** 

**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 do not generally need to do this. If you use a medium-close grip you don't actually need to do this, and I would then touch my chest.

#### 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 20 seconds and go to failure again, and then repeat 2 more times. Your reps will probably look something like this ---> 8, 5, 4, 3. The machines I am using in the video below are good examples of what would work. Something like this is what you want.

1 total work set

(15) Exercise Index - Chest Machines

RPE 11 | Goal – Supramax pump

This is an example of what it could look like:

150 x 5 Feeder set to find right weight

180 x 8

Rest 20 seconds

180 x Failure

Rest 20 seconds

180 x Failure

Rest 20 seconds

180 x Failure

#### 4/ Chest | Stretch pushups

Do 2 sets to failure here. Check out about 12:00 into the video. Notice how we have our hands on stacked 45's to increase range of motion. This allows us to stretch. I want your partner to push down on your back during the eccentric phase only. Do 2 sets to failure. **2 total work sets** 

This is an example of what it could look like:

Pushups to failure - RPE 10

Pushups to failure - RPE 10

\*Women - Replace this with extra shoulder work. Do 6-Ways with dumbbells for 3 sets of 10.

- (3) Exercise Index 6 Ways for Shoulders
- Grow a "MASSIVE" Chest (With Sergio Oliva Jr)

**Goal –** Train muscle from stretch position / long muscle length

#### 5/ Shoulders | Dumbbell rear delt flyes

I want you to do these with a full range of motion. There will be weeks where we go to failure and then do partials to keep going, however, not today.

Do 3 sets of 20 here. 3 total work sets

Goal - Supramax pump

This is an example of what it could look like:

25's x 20 - **RPE 8-9** 

25's x 20 - **RPE 8-9** 

25's x 20 - **RPE 8-9** 

#### 6/ Shoulders | Dumbbell Y raises

This is another exercise that I really enjoyed doing in 2020. Raise the dumbbells to 10 and 2 o'clock and feel the burn! Do 3 sets of 12 here. The key tips in the video are at about 2 minutes in. **3 total work sets** 

This is an example of what it could look like:

20's x 12 - **RPE 9** 

20's x 12 - **RPE 9** 

20's x 12 - **RPE 9** 

(41) Exercise Index - Incline Prone Laterals | Less Traps and Wider Shoulders

Goal - Supramax pump

#### 7/ Shoulders | Spidercrawls

I love these for shoulder health and for a crazy shoulder pump as well. I normally say going up and down 3 times is 1 set. I go down below the waist and come up to over my head. **3 total work sets**  This is an example of what it could look like:

Red short band – Up and down 3 times – RPE 9

Red short band – Up and down 3 times – RPE 9

Red short band – Up and down 3 times – RPE 9

(41) Exercise Index - Spider Crawls For Rotator Cuff health

Goal - Supramax pump

#### 8/ Triceps | Dumbbell triceps kickouts

Once again, another exercise I grew to love in 2020. Do 4 sets of 10 here. **4 total work sets** 

(41) Dumbbell Tricep Kickout (Great 4 Growth)

Goal - Supramax pump

This is an example of what it could look like:

 $30's \times 10 - RPE 9$ 

 $30's \times 10 - RPE 9$ 

 $30's \times 10 - RPE 9$ 

30's x 10 - **RPE 9** 

**NOTE**: If your triceps are a weak point continue on and do these.

#### 9/ Triceps | Dual rope triceps extensions

Do 4 sets of 10-12 here reaching failure. 4 total work sets

(41) Exercise Index - Dual Rope Tricep Extensions

Goal - Supramax pump

120 lbs. x 12 - **RPE 9-10** 

#### Leg Workout

Upper legs	5 exercises	9 sets
Calves	1 exercise	2 sets
	6 exercises	11 sets

#### 1/ Upper legs | Seated leg curl

Do a few sets of 20 here, and then just feeder sets of 4 until we get to our first work set. I want you to do 8 hard reps on work set #1. On your second set I want you to do 8, drop the weight 20-30% and do another 8 or so, followed by 10 slow partials from the stretch position, followed by a 20 second isohold on your work set. Watch in the video how Ken continues with slow partials. You will do this plus add in the 30 second isohold after the partials. **2 total work sets** 

(15) Exercise Index - Chest Machines

Goal - Activate and pump

This is an example of what it would look like:

60 x 20

80 x 20

 $100 \times 4$ 

 $120 \times 4$ 

 $140 \times 8 - RPE 9-10$ 

140 x 8, followed by 110 x 8, followed by 10 partials, and then a 20 second isohold –

**RPE 13** 

#### **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. Do not take leg curls lightly!

#### 2/ Upper legs | Barbell squats

On your squats, work your way up doing a couple sets of 10, then only feeder sets of 4 until you get to your working weight. We are going to do 2 extremely hard sets of 8 there. I want your 8th rep to be brutally hard, but please ensure perfect form. If you get 7 reps or 9 reps, that's ok. I just want it to be around 8. Drive the weight up forcefully, explode up! You can use whatever squat bar feels best for you. It could be a safety squat bar, a regular bar, a cambered bar, or even my favorite – the spider bar. **2 total work sets** 

This is an example of what it could look like:

135 x 10

 $185 \times 10$ 

 $225 \times 4$ 

 $275 \times 4$ 

 $315 \times 4$ 

365 x 8 - **RPE 9** 

365 x 8 - **RPE 9** 

**NOTE**: If you are unable to perform regular bar squats, use a machine that supports your lower back like a V Squat. You could also do a belt squat. Another alternative is a simple dumbbell squat holding dumbbells out to your side or this version -> (41) Exercise Index - Dumbbell Squats

Do not do a hack squat or pendulum squat at this point. It is too early in the workout and we need your knees warm.

**Goal** - Train explosively

#### 3/ Upper legs | Leg extension

Do a feeder set or two to find the right weight. I want you to find a weight that is extremely hard to complete 10 reps with using a full range of motion. I want you to do 25 reps with it, stopping when you can't complete full reps for 5 second breaks. Remember, if you cannot do a rep with a full range of motion, stop for 5 seconds before restarting. No partials count on this today. This should be a long and painful set. **1 total work set** 

RPE 11 | Goal – Supramax pump

This is an example of what it could look like:

75 lbs. x 5

95 lbs. x 5

115 lbs.  $\times$  10, rest 5 seconds and do 6, rest 5 seconds and do 4, rest 5 seconds and do 3, rest 5 seconds and do 2 – **RPE 11** 

#### 4/ Upper legs | Bulgarian drop set of death

Get right mentally for this. Do 3 sets of 5 working your way up with dumbbells. These are meant to be easy, and not brutal. The work set, however, will be brutal. You will use the dumbbells that you used working up for a drop set. Each set will involve 8 reps ending with an 8 second isohold then dropping the weight. If you do the isohold right it will feel like a knife going into your glute. See the rep scheme and video below for all the details. Make sure you rest 3 minutes before doing the 2nd leg. You will need the break. Do not rush straight into the 2nd leg. 1 total work set

Rest 3 minutes and then do other leg.

(41) Bulgarian Drop Set Of Death - Hardcore Leg Workout

Goal - Supramax pump

This is an example of what it could look like:

20 lbs. x 5

30 lbs. x 5

40 lbs. x 5

50 lbs. x 8 and then an 8 second isohold near the top, then drop to 40 lbs. x 8 and an 8 second isohold, then drop to 30 lbs. and repeat, and finally 20 lbs. to finish. Many people cannot complete this and do bodyweight only at the end. Let's see how you do – **RPE 11** 

#### 5/ Upper legs | Safety squat bar good mornings

These are phenomenal, and another exercise I loved doing in 2020. Look at about 3 minutes into the video to see these. If you do not have a SSB use a band as shown in the video at 4:50. Do 3 slow sets of 10. We need absolutely perfect form here. Get your hips back and use those hams and glutes. **3 total work sets** 

 $100 \text{ lbs.} \times 10 - \text{RPE 9}$ 

100 lbs. x 10 - **RPE 9** 

100 lbs. x 10 - **RPE 9** 

\*Women – Get a nice bend in your knees so this exercise is more glute focused. Keeping legs straighter will make it more hamstring focused.

(41) Top 3 Good Morning Exercises | How To Perform Them

**Goal –** Train muscle from stretch position / long muscle length

#### 6/ Calves | Standing calve raises

I want you to do a couple high rep warm up sets and then hit your 2 hard sets. You are going to do 2 sets of 10. After you do 10 reps, do 10 more partials, and then sit in the stretch for 10 more seconds. Do this on both work sets.

2 total work sets

**NOTE**: In between all sets for the remainder of the program (even feeders), do these tibia raises. I won't be writing this in after the week 1 but it is meant to be done the entire program! Do not skip these.

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.

This is an example of what it could look like:

50 lbs. x 20

100 lbs. x 20

150 lbs. x 5

175 lbs. x 4

200 lbs. x 10, then 10 partials, then 10 second

stretch – **RPE 12** 

200 lbs. x 10, then 10 partials, then 10 second

stretch – **RPE 12** 

#### **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.

(46) Exercise Index - Tibia Raises

Goal - Supramax pump and train muscle from stretch position / long muscle length

#### **Pull Workout (Pump)**

Back	4 exercises	11 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	3 sets* / more added if weak point
	б exercises	18 sets

As we head into the pump workouts the goal now is to produce extremely nasty, massive, pumps. We can't beat our soft tissue into the ground non-stop if our goal is to train longer than a few years. Make no mistake though, these days should be filled with incredible pain resulting in incredible gain!

\*\*\*Remember the rest breaks on pump work is 60 seconds between sets!

#### 1/ Back | Single arm pulldown

On these I want you to do several warms ups perfecting the contraction at the bottom. I prefer you use a machine that uses a dual pulley so you can drive the pulley straight down in line with your lat, but I realize some don't have this machine. Still, this will work. I also want you to reach really high and stretch during your work sets. We are going to blow up your upper lats and teres muscles. Do 3 good hard sets of 10 here. **3 total work sets** 

80 lbs. x 10

100 lbs. x 10 120 lbs. x 10

160 lbs. x 10 – **RPE 9** 

160 lbs. x 10 - **RPE 9** 

160 lbs. x 10 – **RPE 9** 

(41) Exercise Index - Single Arm Pulldown

**Goal** – Activation and start pump

#### 2/ Back | Banded chins

I want you to do 3 sets to failure here. See the video below on exactly how to do these! I use an orange band from EliteFTS. If you are a strong chinner you might use a long red band, if you are really weak at chins, you would need the grey band. If you can, try to get a really good lat stretch at the bottom and make sure you drive up as high as you can. You will feel a very unique pump in that upper and outer lat/ teres area that is awesome. On the last set, hold your last rep in the middle part of the range of motion (isohold) for as long as you can. 3 total work sets

#### **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!

(41) Exercise Inedex - Banded Pull Up

Goal - Supramax pump

This is an example of what it could look like:

Pullups to failure - RPE 10

Pullups to failure - RPE 10

Pullups to failure, isohold at midrange for

as long as possible - RPE 10

#### 3/ Back | Barbell pullovers

I only want you to do 2 sets of 10 here. Do these slow and controlled feeling your lats stretch on each and every rep.

2 total work sets

This is an example of what it could look like:

100 lbs. x 6 (feeder set)

120 lbs. x 10 - **RPE 8** 

120 lbs. x 10 - **RPE 8** 

(42) Exercise Index - Barbell Pullover

Goal - Supramax pump and train muscle from stretch position / long muscle length

#### 4/ Back | Chest supported row

I want you to use a machine that has a chest pad so we can eliminate lower back limitations and crank hard. Use a pronated grip (palms facing down). These are meant to target your lower traps, rhomboids, and rear delts. Do 3 sets of 8 here. Remember to keep to 60 second breaks. Use a full range of motion really stretching out in the lengthened position. 3 total work sets

This is an example of what it could look like:

100 lbs. x 6 (feeder set)

140 lbs. x 8 - **RPE 9** 

140 lbs. x 8 - **RPE 9** 

140 lbs. x 8 - **RPE 9** 

(42) Supported Row for a "THICK BACK" Exercise Index

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

#### 5/ Abs | Hanging leg raises

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

#### 6/ Biceps | Preacher curls

Normally we do these last, but your biceps are plenty warmed up, so we can do these first. Do 1 feeder set, and then 3 working sets to failure shooting for about 8 reps. On each set, once you hit around 8, do 4 partial reps from the top position. **3 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

55 lbs. x 8, then 4 partials – **RPE 11** 

55 lbs. x 8, then 4 partials – **RPE 11** 

55 lbs. x 8, then 4 partials - **RPE 11** 

**NOTE**: If your biceps are a weak point continue on and do these.

#### 7/ Biceps | Reverse curls

Do 3 sets of 25 here. Fire! 3 total work sets

Goal - Supramax pump

This is an example of what it could look like:

35 lbs. x 25 - **RPE 10** 

35 lbs. x 25 – **RPE 10** 

35 lbs. x 25 - **RPE 10** 

#### **Push Workout (Pump)**

Chest	4 exercises	11 sets
Shoulders	2 exercises	6 sets
Triceps	1 exercise	4 sets*
	7 exercises	21 sets

#### 1/ Chest | Incline Smith press

These are going to get your pecs and front delts cooking. We are going to use some higher reps to get you pumped fast. Once you do some warm ups, you are going to hit 3 brutal sets of 15 reps. It is critical you use proper form, see below video around 4:45. **3 total work sets** 

**NOTE**: If you do not have a Smith machine, you can use a barbell, but you have to keep the reps up so we don't overstress connective tissue.

(3) How To Get a "BIG" Chest with the Smith Machine

**Goal –** Activation and start pump

This is an example of what it could look like:

95 lbs. x 20

135 lbs. x 20

185 lbs. x 15 - **RPE 9** 

185 lbs. x 15 – **RPE 9** 

185 lbs. x 15 – **RPE 9** 

#### 2/ Chest | Incline dumbbell press

We are going to do these with a slight tweak in form. It was also covered in the chest video with Sergio Oliva earlier this week. Watch the beginning of the video below with Paul so you can see the proper execution. Do 2 good hard sets of 8 here after a solid warm up **2 total work sets** 

This is an example of what it could look like:

55 lbs. x 6

65 lbs. x 6

80 lbs. x 8 – **RPE 9** 

80 lbs. x 8 - **RPE 9** 

The Perfect 3 Exercise Chest Workout For "Upper Pecs"

Goal - Train explosively

#### 3/ Chest | Incline pronated flye

I much prefer to use a pronated grip on these as opposed to a regular/neutral grip. Go to the 5:07 minute mark in the video to see these. You will feel these much better across the top of your chest. This is where things get nasty. Do 2 normal sets of 8 with a pause in the stretched position. On your 3rd set do 8, and then grab heavier dumbbells and do 1 set of presses. You won't be able to use the last weight you worked up to on the presses in the previous exercise, it'll have to be less. I normally use about 20 lbs. less when I use this sequence. Go to 9:00 into video to see this. **3 total work set** 

This is an example of what it could look like:

35 lbs. x 8 - **RPE 9** 

35 lbs. x 8 - **RPE 9** 

 $35 lbs. \times 8$ , then  $65 lbs. PRESS \times 8 - RPE 11$ 

Grow a "MASSIVE" Chest (With Sergio Oliva Jr)

Goal - Train muscle from stretch position / long muscle length & Supramax pump

#### 4/ Chest | Dips

I hope you can do these with your feet out in front, but if you can't that is ok too. Go to 2:15 the video below for form. Also, do not keep your elbows tight to your body, let them travel out a bit. This is an old school exercise that I have been going hard on again the past 2 years with no end in sight. Do 3 work sets. **3 total work sets** 

**NOTE**: If you have shoulder health issues, and this extreme range of motion is too tough, simply don't go down to the point where they are uncomfortable. You could also do a cable crossover where you drive your arms down your side instead of out in front to focus tension on lower and outer pecs more intensely.

This is an example of what it could look like:

Bodyweight to failure – **RPE 10** 

Bodyweight plus added weight via dip belt or hanging chain around neck to failure –

#### **RPE 10**

Bodyweight plus added weight via dip belt or hanging chain around neck to failure – **RPE 10** 

\*Women – You can replace this with band pullaparts for rear delts using the long orange EliteFTS band. Do 3 sets of 20.

Grow a "MASSIVE" Chest (With Sergio Oliva Jr)

**Goal –** Train muscle from stretch position / long muscle length

#### 5/ Shoulders | Dumbbell side lateral partials/swings

Do a warm up set on each exercise before moving to your work sets. Do 3 hard sets of 20 reps here. **3 total work sets** 

<u>Exercise Index - Partial Dumbbell Side Laterals</u>

Goal - Supramax pump

This is an example of what it could look like:

35 lbs. x 20 - **RPE 9** 

35 lbs. x 20 - **RPE 9** 

35 lbs. x 20 - **RPE 9** 

#### 6/ Shoulders | Dumbbell rear delt flyes

I want you to do these with a full range of motion to start for 10 reps, and then you tack on 10 partials/swings. Do 3 sets of these to maximize your shoulder pump.

3 total work sets

Goal - Supramax pump

This is an example of what it could look like:

30's x 10, then 10 partials - **RPE 11** 

30's x 10, then 10 partials - **RPE 11** 

30's x 10, then 10 partials - **RPE 11** 

#### 7/ Triceps | Dumbbell triceps kickouts

Let's hit these again and work toward mastering them. **4** total work sets

(41) Dumbbell Tricep Kickout (Great 4 Growth)

Goal - Supramax pump

This is an example of what it could look like:

30's x 10 - **RPE 9** 

30's x 10 - **RPE 9** 

 $30's \times 10 - RPE 9$ 

30's x 10 - **RPE 9** 

**NOTE**: If your triceps are a weak point continue on and do these.

#### 8/ Triceps | Kettlebell Tate press

Do 4 sets of 12 here reaching failure. If you do not have kettlebells you can use dumbbells. **4 total work sets** 

Exercise Index - Kettlebell Tate Press For Triceps

Goal - Supramax pump

This is an example of what it could look like:

25 lbs. x 12 - **RPE 9-10** 

#### Leg Workout (Pump)

Upper legs	5 exercises	11 sets
Calves	1 exercise	2 sets
	6 exercises	13 sets

#### 1/ Upper legs | Lying leg curl

Do 2-3 warm up sets of descending reps (20-8). Do 2-3 sets of descending reps to warm up (20-8). Then we are going to do 3 sets of 15. Your hams will fill full of blood quick. You may not get all 15 reps on your 2nd or 3rd set, that's ok as long as you are going to failure. **3 total work sets** 

**Goal** – Activation and start pump

This is an example of what it could look like:

55 lbs. x 20

65 lbs. x 12

75 lbs. x 8

85 lbs. x 15 - **RPE 9-10** 

85 lbs. x 15 - **RPE 9-10** 

85 lbs. x 15 - **RPE 9-10** 

#### 2/ Upper legs | Leg press high and wide stance (ascending set)

This is a fun one if you have never done this before. This is one set all out. It's simple. Put 1 plate on per side and do 6 reps, then immediately put 2 plates per side on and do 6. You just keep doing that until you get to around 6 with the heaviest weight you can. There is no rest between sets, just the time it takes to slap on 2 more plates. Hopefully, you can find someone to help you throw the plates on. The early sets are easy but serve as a warm up. I'm telling you this is sneaky tough. I usually make it to 8-9 plates on a good day doing these. *1 total work set* 

This is an example of what it could look like:

1 plate per side x 6

2 plates per side x 6

3 plates per side x 6

4 plates per side x 6

5 plates per side x 6

6 plates per side x 6 (barely get 6) -

**RPE 9-10** 

No rest between all sets

\*If you are not exceptionally strong on the leg press, use 25 lb. plates instead of 45's.

Goal - Supramax pump

#### 3/ Upper legs | Hack squat 1.5's

I want you to so 2 feeder sets here to find a good weight you can do for about 10. Now immediately start the 1.5's. Go down all the way with a 3 count and then only come up halfway, then go back down all the way and come all the way up. That is 1 rep. Continue to failure. Go to 1:05 in the video to see the form. Do 2 work sets. Maintain the tempo, don't get sloppy. **2 total work sets** 

This is an example of what it could look like:

1 plate (45) per side x 5

1 plate and a 25 per side x 5

2 plates per side x 10 - RPE 9

2 plates per side x 10 - **RPE 9** 

Note: If you have a pendulum squat you can use it here.

Workout of the Month - Leg 1.5 Rep Attack

Goal - Supramax pump

#### 4/ Upper legs | Nordic leg curl

I believe these are a great mass builder due to the heavy eccentric load placed on the hams. I typically only do sets of 6 reps here. Shoot for 5 to 6 reps. You use the pole for balance, but you can also use it to assist you if you have trouble getting the 5 or 6 reps. Watch the video closely so you do these perfect. Do 3 sets. **3 total work sets** 

(15) Exercise Index - Nordic Leg Curls

This is an example of what it could look like:

Bodyweight for 6 negatives – **RPE 9** 

(could vary widely)

Bodyweight for 6 negatives - RPE 9

(could vary widely)

Bodyweight for 6 negatives - RPE 9

(could vary widely)

NOTE: One of my favorite variations is to do this on a GHR if you have one (2:12 into the video) ---->

(2) Insane Olympian Leg Workout (Glutes & Hams) Missy Truscott

Goal - Supramax pump

#### 5/ Upper legs | Smith machine split squat

Do 15 slow temp reps on each set. Rest 2 minutes each time before doing other leg. Do 2 sets.

2 total work sets

This is an example of what it could look like:

20 lbs. (10 on each side) x 6 (feeder)

50 lbs. x 15 - **RPE 9-10** 

50 lbs. x 15 - **RPE 9-10** 

\*Women – If you want more glute focus, start coming out of the bottom by flexing your glute while keeping your foot relaxed. If you want more quad focus drive hard through your heel.

(15) Exercise Index - Split Squats

**Goal** – Activation and start pump

We repeat our calve workout from earlier in the week but add 5 partials to the work sets making it 15 partials per set.

#### 6/ Calves | Standing calve raises

I want you to do a couple high rep warm up sets and then hit your 2 hard sets. You are going to do 2 sets of 10. After you do 10-12 reps, do 15 partials, and then sit in the stretch for 10 more seconds. Do this on both work sets.

#### 2 total work sets

**NOTE**: Final reminder. In between all sets (even feeders), do tibia raises. 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.

This is an example of what it could look like:

50 x 20

 $100 \times 20$ 

 $150 \times 5$ 

175 x 4

200 x 10, then 15 partials, then 10 second stretch

- RPE 13

200 x 10, then 15 partials, then 10 second stretch

- RPE 13

**Goal** – Train muscle from stretch position / long muscle length and Supramax pump

# SURDAY OFF-FAMILY DAY

# 

## WEEK 2

Pull Workout		
Back	5 exercises	11 sets
Abs	1 exercise	3 sets
Biceps	1 exercise	4 sets*
	7 exercises	18 sets

Push Workout		
Chest	4 exercises	8 sets
Shoulders	3 exercises	9 sets
Triceps	1 exercise	4 sets*
	8 exercises	21 sets

	Legs	
Upper legs	5 exercises	12 sets
Calves	1 exercise	3 sets
	6 exercises	15 sets

#### Wednesday - OFF

Pull Workout (Pump)		
Back	4 exercises	11 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets*
	6 exercises	19 sets

Push Workout (Pump)			
Chest	4 exercises	12 sets	
Shoulders	2 exercises	6 sets	
Triceps	1 exercise	4 sets	
	7 exercises	22 sets	

Legs Workout (Pump)			
Upper legs	5 exercises	12 sets	
Calves	1 exercise	4 sets	
	6 exercises	16 sets	

Sunday - OFF - Family Day

<sup>\*</sup> more added if weak point

#### **Pull Workout**

		<del> </del>
Back	5 exercises	11 sets
Abs	1 exercise	3 sets
Biceps	1 exercise	4 sets* / more added if weak point
	7 exercises	18 sets

#### 1/ Back | One arm barbell row

The goal this week for these, is to use the same weight as last week but get a few more reps out of it. I'd love to see 2 extra reps on the work sets. Do 2–3 light sets of 10–15 here to warm up. After this start increasing weight, doing sets of 5 so you don't fatigue yourself, until you reach a weight that you think will be a pretty tough 10. Do your first hard set here for 10 reps. Next up is your money set. I want you to do around 10, where 10 is failure. If you do 9 or 11, that's ok, I just need that last rep to be failure with good form. If you get 12 or more, you didn't go heavy enough. After you do your 10, drop the weight 25–30% and eke out as many more reps as you can. Treat your arms as simple attachments, don't pull with your biceps.

This is an example of what it could look like:

 $25 \times 15$ 

 $50 \times 15$ 

 $75 \times 5$ 

100 × 10 - **RPE 10** 

 $100 \times 10$ , then  $75 \times 10 - RPE 12$ 

2 total work sets

(41) One Arm Barbell Row Great Back "THICKENER" (Exercise Index)

Goal - Activation and start pump

#### 2/ Back | Standing one arm cable row

With a week of practicing these under your belt you should be better here too. On these try to go 10-20 lbs. heavier this week. Do 3 sets of 10 here, where your last rep is the last full range of motion rep you can get. **3 total work sets**  This is an example of what it could look like:

70 x 8 – Feeder to get feel of movement

120 × 10 - **RPE 10** 

120 x 10 - **RPE 10** 

 $120 \times 10 - RPE 10$ 

(41) Standing One Arm Cable Row For a Thick Back (Terrence Ruffin)

Goal - Supramax pump

#### 3/ Back | Rack Pulls

Let's push harder on these as well. Use the same weight you did last week but get 14 reps instead of 10. PUSH HARD. On these you are going to do 2 sets of 5 to get warmed up and lock in those lats. Remember to do these bodybuilding style. This will be a key base movement that I want you to get stronger on, as long as you do not revert to a powerlifting style deadlift (grip it and rip it). Once you get to a weight that you can do for say 5 to 6 reps, I want you to do 14 **rest-pause** singles with it. So, do a rep, and set the weight down, take a breath and hit it again. Engage and lock those lats on every rep with max tension. You are going to be shocked at the pump you get. Reference point starts at 2:52 in the video. *1 total work set* 

This is an example of what it could look like:

 $185 \times 5$  – Feeder to get feel of movement  $225 \times 5$  – Feeder to get feel of movement  $275 \times 14$  Singles – **RPE gets harder as you go and fatigue sets in.** 

(46) How To Deadlift like a Bodybuilder | Back Workout

Goal - Train explosively

#### 4/ Back | Dumbbell pullover with a band

Let's get all that pumped up tissue stretched out now with some banded pullovers. Check out the video with Milos below on how we do these. Do 3 sets of 10. **3 total work sets** 

(18) Exercise Index - Banded Dumbbell Pullovers

**Goal** – Train muscle from stretch position / long muscle length

This is an example of what it could look like:

40 lb. dumbbell plus red band x 6 – Feeder to get feel of movement

50 lb. dumbbell plus red band x 10 - RPE 9

50 lb. dumbbell plus red band x 10 - RPE 9

50 lb. dumbbell plus red band x 10 - RPE 9

#### 5/ Back | Hyperextensions

Just use your bodyweight on these. I want 65 total reps however you can get them. You can do these AFTER biceps if you like as your lower back might be quite uncomfortable from the pump. I'll just call this 2 sets. **2 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

Bodyweight for 30 then rest for 30 seconds – **RPE 10** 

Bodyweight for 15 then rest for 30 seconds – **RPE 10** 

Bodyweight for 10 then rest for 30 seconds – **RPE 10** 

Bodyweight for 10 then rest for 30 seconds – **RPE 10** 

#### 6/ Abs | Crunches

I am going to teach you a little secret on how to get the blood out of your back from the hypers. Simply do crunches. This moves the blood into abs and out of lower back. It's amazing how quick it works. Do 3 sets of 30. **3 total work sets** 

#### 7/ Biceps | Supinated dumbbell curl

Do 1 warm up set, then 4 sets of 25. This will burn like fire. I only use 25 lb. dumbbells when I do these. Keep your palms up and do these with perfect form squeezing all the way through. 4 total work sets

Goal - Supramax pump

This is an example of what it could look like:

15's x 15

25's x 25 - **RPE 9-10** 

25's x 25 - **RPE 9-10** 

25's x 25 - **RPE 9-10** 

25's x 25 – **RPE 9-10** 

**NOTE**: If your biceps are a weak point continue on and do these.

#### 8/ Biceps | Slight incline hammer curl

Do 3 sets of around 12 here. Notice in the video at about 2 minutes, how I lean back just a tad into the pad to create more stretch at the bottom of the range of motion.

3 total work sets

This is an example of what it could look like:

 $25's \times 12 - RPE 9-10$ 

25's x 12 - **RPE 9-10** 

25's x 12 - **RPE 9-10** 

(41) 3 Types of Hammer Curls to Build \*HUGE\* Biceps

Goal - Supramax pump

#### **Push Workout**

Chest	4 exercises	8 sets	
Shoulders	3 exercises	9 sets	
Triceps	1 exercise	4 sets* /	more added if weak point
	8 exercises	21 sets	

#### 1/ Chest | Slight incline dumbbell press

Let's progress on these today. Let's try to get the same reps as last week with a 5 lb. jump in dumbbells! Do a few warm ups, then low rep feeder sets until you get to your big set. Do about 8 reps there. We'll then do a 2nd all out set there where you try to match the number, and then drop the weight 30% and go to failure again. **2 total work sets** 

Goal - Activation and start pump

This is an example of what it could look like:

 $25's \times 20$ 

 $45's \times 15$ 

65's x 6

85's x 6

105's x4

125's x 8 - **RPE 9** 

125's x 8. Dropped to 90 and got 6 more - **RPE 11** 

#### 2/ Chest | Incline barbell press

You should be pretty warmed up but make sure you still do a few feeder sets to get the feel of the angle and weight. I want a brutal set of 10, and then a brutal set of 6. Try to use at least 10 lbs. more than last week, and possibly 20 lbs. more since we lowered the reps from last week. Please keep form perfect on these sets even though you are going heavier this week. I do want you to drive the bar up fast and explosively. **2** total work sets

Goal - Train explosively

This is an example of what it could look like:

185 x 6

 $205 \times 4$ 

 $245 \times 10 - RPE 9$ 

285 x 6 - **RPE 9** 

#### 3/ Chest | Low cable crossover

Your high intensity technique for maximum pump here today is a massive drop set. I want you to do a good hard set of 10 for your first set. On your 2nd set do the same weight for 10, then drop the weight some and do 6 to 8 more, and then do another drop for another 6 to 8 reps. Squeeze hard on every rep. Make every single rep count. **2 total work sets** 

This is an example of what it could look like:

80 x 5 Feeder set to find right weight

 $100 \times 10 - RPE 9$ 

100 x 10, 80 x 8, then 60 x 8 - **RPE 12** 

(19) Exercise Index - Low Cable Crossover

Goal - Supramax pump

#### 4/ Chest | Stretch pushups

Repeat these from last week but get more reps this time – push hard! Do 2 sets to failure here. Check out about 12:00 into the video. Notice how we have our hands on stacked 45's to increase range of motion. This allows us to stretch. I want your partner to push down on your back during the eccentric phase only. Do 2 sets to failure. **2 total work sets** 

This is an example of what it could look like:

Pushups to failure – RPE 10

Pushups to failure - **RPE 10** 

\*Women - Replace this with extra shoulder work. Do 6-Ways with dumbbells for 3 sets of 10.

- (2) 6 ways
- Grow a "MASSIVE" Chest (With Sergio Oliva Jr)

**Goal –** Train muscle from stretch position / long muscle length

#### 5/ Shoulders | Machine rear delt flyes

Do 3 sets of 30 here. High reps and fighting through burn equals growth for rear delts. *3 total work sets* 

Goal - Supramax pump

This is an example of what it could look like:

115 lbs. x 30 - **RPE 8-9** 

115 lbs. x 30 - **RPE 8-9** 

115 lbs. x 30 - **RPE 8-9** 

#### 6/ Shoulders | Dumbbell Y raises

Raise the dumbbells to 10 and 2 o'clock and feel the burn! Do 3 sets of 12 here again this week. **3 total work sets** 

(41) Exercise Index - Incline Prone Laterals | Less Traps and Wider Shoulders

**Goal –** Supramax pump

This is an example of what it could look like:

20's x 12 - **RPE 9** 

20's x 12 - **RPE 9** 

20's x 12 - **RPE 9** 

#### 7/ Shoulders | Dumbbell shoulder press

Take these down to parallel, meaning your upper arms are parallel to ground. Drive up and squeeze your delts hard for a peak contraction at the top of each rep. Do 3 sets of 10 here. **3 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

50's x 6 – Feeder set

60's x 10 - **RPE 8-9** 

60's x 10 - **RPE 8-9** 

60's x 10 - **RPE 8-9** 

#### 8/ Triceps | Dumbbell triceps kickouts

Let's add a few reps on these this week. So same weight, more reps! Do 4 sets of 12 here. **4 total work sets** 

(41) Dumbbell Tricep Kickout (Great 4 Growth)

Goal - Supramax pump

This is an example of what it could look like:

30's x 12 - **RPE 9** 

**NOTE**: If your triceps are a weak point continue on and do these.

#### 9/ Triceps | Dual handle triceps extensions

Do 4 sets of 10-12 here reaching failure. These are my famous spongy grip pushdowns. Do your best to find grips that are spongy and not metal when you do these. **4 total work sets** 

(19) Tricep pushdowns with single handles

**Goal** – Supramax pump

120 lbs. x 12 - **RPE 9-10** 

#### Leg Workout

Upper legs	5 exercises	12 sets
Calves	1 exercise	3 sets
	6 exercises	15 sets

#### 1/ Upper legs | Seated leg curl

Do a few sets of 20 here, and then just feeder sets of 4 until we get to our first work set. Today we are doing a hard set of 12 on your first set, and a normal drop set on your second set. On the drop set do 12, and then another 8 to 10, and then another 8-10. On the negatives/eccentrics only,, go slow and keep tension on the hamstrings. Think max tension. **2 total work sets** 

Goal - Activate and pump

This is an example of what it would look like:

60 x 20

80 x 20

100 x 4

120 x 4

140 x 12 - **RPE 9-10** 

 $140 \times 12$ , followed by  $110 \times 8$ , followed by 80

×8 – **RPE 12** 

#### 2/ Upper legs | Barbell squats

On your squats, work your way up doing a couple sets of 10, then only feeder sets of 4 until you get to your working weight. We are going to do 2 extremely hard sets of 8 there again and I want you to shoot for beating what you did last week by 10-20 lbs. I want your 8th rep to be brutally hard, but please ensure perfect form. Remember you can use whatever squat bar feels best for you. It could be a safety squat bar, a regular bar, a cambered bar, or even my favorite – the spider bar. **2 total work sets** 

This is an example of what it could look like:

135 x 10

185 x 10

225 x 4

275 x 4

315 x 4

385 x 8 - **RPE 9** 

385 x 8 – **RPE 9** 

**NOTE**: If you are unable to perform regular bar squats, use a machine that supports your lower back like a V Squat. You could also do a belt squat. Another alternative is a simple dumbbell squat holding dumbbells out to your side or this version -> (41) Exercise Index - Dumbbell Squats

Do not do a hack squat or pendulum squat at this point. It is too early in the workout and we need your knees warm.

**Goal** – Train explosively

#### 3/ Upper legs | Leg press (narrow stance)

After a few feeder set or two we are going to do a set of 30, then 20 then 10. Take your time in between each set, don't rush it. Do not lock out on these unless you have to. Let's maximize tension and do these piston style. **3 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

3 plates per side x 5 (feeder)

4 plates per side x 30 - RPE 8-9

5 plates per side x 20 - **RPE 8-9** 

6 plates per side x 10 - RPE 8-9

#### 4/ Upper legs | Dumbbell lunges

I want you to do some old school walking dumbbell lunges now, as your quads should be blown up from the leg press. Shoot for about 10 steps on each leg, and I want these to be nasty hard, like barely able to stand up hard. Do these nice and slow too. Make every rep count. **2 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

30's x 10 steps on each leg - **RPE 9** 

30's x 10 steps on each leg - **RPE 9** 

#### 5/ Upper legs | Safety squat bar good mornings

Let's do these again! I love these. Add 2 reps to the weight you did last week so we progress on these. Do 3 slow sets of 12. We need absolutely perfect form here. Get your hips back and use those hams and glutes. **3 total work sets** 

100 lbs. x 12 - **RPE 9** 

100 lbs. x 12 - **RPE 9** 

100 lbs. x 12 - **RPE 9** 

\*Women – Get a nice bend in your knees so this exercise is more glute focused. Keeping legs straighter will make it more hamstring focused.

**Goal** – Train muscle from stretch position / long muscle length

#### 6/ Calves | Standing calve raises

I want you to do a couple high rep warm up sets and then hit your 3 hard sets. You are going to do 3 sets of 10. After you do 10 reps, do 10 more partials, and then sit in the stretch for 10 more seconds. Do this on all work sets.

3 total work sets

**Goal –** Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

50 lbs. x 20

100 lbs. x 20

150 lbs. x 5

175 lbs. x 4

200 lbs. x 10, then 10 partials, then 10 second stretch - RPE 12

200 lbs. x 10, then 10 partials, then 10 second stretch – **RPE 12** 

200 lbs. x 10, then 10 partials, then 10 second stretch - RPE 12

#### **Pull Workout (Pump)**

Back	4 exercises	11 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets* / more added if weak point
	6 exercises	19 sets

#### 1/ Back | Single arm pulldown

Let's keep working these this week. We need to perfect these. Squeeze a little harder, stretch a little more. Let's keep blowing up those upper lats and teres muscles. Do 3 good hard sets of 10 here. **3 total work sets** 

(41) Exercise Index - Single Arm Pulldown

**Goal** – Activation and start pump

80 lbs. x 10 100 lbs. x 10

120 lbs. x 10

160 lbs. x 10 - **RPE 9** 

160 lbs. x 10 - **RPE 9** 

160 lbs. x 10 - **RPE 9** 

#### 2/ Back | Banded chins

Get more reps this week! I want you to do 3 sets to failure here. Remember to get a really good lat stretch at the bottom and make sure you drive up as high as you possibly can. You will feel a very unique pump in that upper and outer lat/teres area that is awesome. On the last set, hold your last rep in the middle part of the range of motion (isohold) for as long as you can. **3 total work sets** 

(41) Exercise Inedex - Banded Pull Up

Goal - Supramax pump

This is an example of what it could look like:

Pullups to failure - RPE 10

Pullups to failure - RPE 10

Pullups to failure, isohold at midrange for as long as possible - **RPE 10** 

#### 3/ Back | Dumbbell pullovers

I only want you to do 2 sets of 10 here. Do these slow and controlled feeling your lats stretch on each and every rep.

2 total work sets

**Goal –** Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

100 lbs. x 6 (feeder set)

120 lbs. x 10 - **RPE 8** 

120 lbs. x 10 - **RPE 8** 

#### 4/ Back | Dumbbell row

On these you don't have to straddle the bench as seen in the video, just stand behind it leaning on it with one hand while keeping your shoulders and legs square. I will never do these with a knee up on the bench again after doing them this way a couple years ago. **3 total work sets** 

This is an example of what it could look like:

80 lbs. x 6 (feeder set)

100 lbs. x 8 - **RPE 9** 

100 lbs. x 8 - **RPE 9** 

100 lbs. x 8 - **RPE 9** 

(19) No Low Back Pain Dumbbell Row

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

#### 5/ Abs | Hanging leg raises

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

#### 6/ Biceps | Concentration preacher curls

Another favorite from 2020. Let's hit 4 sets of 15 here. Remember to smash the dumbbells together and create tension in the biceps. **4 total work sets** 

(19) Exercise Index - Concentration Preacher Curls

This is an example of what it could look like:

35 lbs. x15 – **RPE 9** 

35 lbs. x 15 - **RPE 9** 

35 lbs. x 15 – **RPE 9** 

35 lbs. x 15 - **RPE 9** 

**NOTE**: If your biceps are a weak point continue on and do these.

#### 7/ Biceps | Reverse curl

Do 4 sets of 10 here. Once you do 10, then do 5 more partials coming up only halfway. *4 total work sets* 

Goal - Supramax pump

Goal - Supramax pump

This is an example of what it could look like:

45 lbs. x 10, then 5 partials - **RPE 12** 

45 lbs. x 10, then 5 partials – **RPE 12** 

45 lbs. x 10, then 5 partials – **RPE 12** 

45 lbs. x 10, then 5 partials – **RPE 12** 

#### Push Workout (Pump)

Chest	4 exercises	12 sets
Shoulders	2 exercises	6 sets
Triceps	1 exercise	4 sets*
	7 exercises	22 sets

#### 1/ Chest | Incline Smith press

We are shooting for high reps again as we did last week, but see if you can bump the weight 10-20 lbs. and still gut out all the reps. It is 3 sets of 15. Go to about  $\frac{3}{4}$  lockout, keep tension on pecs and front delts. **3 total work sets** 

Goal - Activation and start pump

This is an example of what it could look like:

95 lbs. x 20

135 lbs. x 20

195 lbs. x 15 - **RPE 9** 

195 lbs. x 15 - **RPE 9** 

195 lbs. x 15 - **RPE 9** 

#### 2/ Chest | Incline dumbbell press

Let's keep working that form on these and getting stronger. Watch the beginning of the video below with Paul so you can see the proper execution. Do 3 good hard sets of 8 here after a solid warm up. **3 total work sets** 

The Perfect 3 Exercise Chest Workout For "Upper Pecs"

**Goal** - Train explosively

This is an example of what it could look like:

55 lbs. x 6

65 lbs. x 6

80 lbs. x 8 - **RPE 9** 

80 lbs. x 8 - RPE 9

80 lbs. x 8 - **RPE 9** 

#### 3/ Chest | Incline pronated flye

Let's hit this phenomenal combination again. Do 2 normal sets of 8 with a pause in the stretched position. On your 3rd set do 8, and then grab heavier dumbbells and do 1 set of presses. You won't be able to use the last weight you worked up to on the presses in the previous exercise, it'll have to be less. I normally use about 20 lbs. less when I use this sequence. Check out 4:22 in the video. **3 total work set** 

This is an example of what it could look like:

35 lbs. x 8 - **RPE 9** 

35 lbs. x 8 - **RPE 9** 

35 lbs. x 8, then 65 lbs. PRESS x 8 - **RPE 11** 

Grow a "MASSIVE" Chest (With Sergio Oliva Jr)

Goal - Train muscle from stretch position / long muscle length & Supramax pump

#### 4/ Chest | Dips

More dips. We will continue to keep working these. Place your feet out in front and do not keep your elbows tight to your body, let them travel out a bit. Do 3 work sets. Check out 2:15 in the video. **3 total work sets** 

**NOTE**: If you have shoulder health issues, and this extreme range of motion is too tough, simply don't go down to the point where they are uncomfortable. You could also do a cable crossover where you drive your arms down your side instead of out in front to focus tension on lower and outer pecs more intensely.

This is an example of what it could look like:

Bodyweight to failure - RPE 10

Bodyweight plus added weight via dip belt or hanging chain around neck to failure –

#### **RPE 10**

Bodyweight plus added weight via dip belt or hanging chain around neck to failure – **RPE 10** 

\*Women – You can replace this with band pullaparts for rear delts using the long orange EliteFTS band. Do 3 sets of 20.

Grow a "MASSIVE" Chest (With Sergio Oliva Jr)

**Goal –** Train muscle from stretch position / long muscle length

#### 5/ Shoulders | Dumbbell side lateral partials/swings

It's time to make your shoulders go numb now. Do 3 sets of 25 here. **3 total work sets** 

Exercise Index - Partial Dumbbell Side Laterals

Goal - Supramax pump

This is an example of what it could look like:

40's x 25 - **RPE 9** 

40's x 25 - **RPE 9** 

40's x 25 - **RPE 9** 

#### 6/ Shoulders | Dumbbell rear delt flye partials/swings

Do 3 sets of 30 here. 3 total work sets

Goal - Supramax pump

This is an example of what it could look like:

 $30's \times 30 - RPE 9$ 

30's x 30 - **RPE 9** 

30's x 30 - **RPE 9** 

#### 7/ Triceps | Dumbbell triceps kickouts

Last time doing these before we swap them out. **4 total work sets** 

(41) Dumbbell Tricep Kickout (Great 4 Growth)

Goal - Supramax pump

This is an example of what it could look like:

30's x 10 - **RPE 9** 

**NOTE**: If your triceps are a weak point continue on and do these.

#### 8/ Triceps | Kettlebell Tate press

One more time here as well. Do 4 sets of 12 here reaching failure. If you do not have kettlebells you can use dumbbells. 4 total work sets

Exercise Index - Kettlebell Tate Press For Triceps

**Goal –** Supramax pump

This is an example of what it could look like:

25 lbs. x 12 – **RPE 9-10** 

25 lbs. x 12 – **RPE 9-10** 

25 lbs. x 12 - **RPE 9-10** 

25 lbs. x 12 – **RPE 9-10** 

#### Leg Workout (Pump)

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

#### 1/ Upper legs | Lying leg curl

Do 2-3 warm up sets of descending reps (20-8). For these there is going to be smaller rest breaks. I want you to do 15 tough reps and then rest 45 seconds. After that repeat the failure/rest cycle 3 more times for a total of 4 sets.

4 total work sets

Goal - Activation and start pump

This is an example of what it could look like:

55 lbs. x 20

65 lbs. x 12

75 lbs. x 8

85 lbs. x 15 - **RPE 9-10** 

85 lbs. x 11 - **RPE 10** 

85 lbs. x 8 - **RPE 10** 

85 lbs. x 6 - **RPE 10** 

#### 2/ Upper legs | Leg press high and wide stance

This week we are doing a cluster set here. Once you find a tough 15 do it as your first set. On your next set do 15 again, rest 30 seconds and then get some reps, rest 30 seconds and then do it again. **2 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

1 plate per side x 6 (feeder set)

2 plates per side x 6

3 plates per side x 6

4 plates per side x 15 – **RPE 9** 

4 plates per side x 15, rest 30 seconds and then do 10 more, rest 30 seconds and then

do 8 more - RPE 9-10

#### 3/ Upper legs | Reverse lunges

These are very sneaky and very cruel. I like to use kettlebells on these but you can use dumbbells. Do a set to get the feel of them and then do 2 sets of 15. Use a slow tempo to really feel the tension in the movement. On each set once you complete 15 reps, drop down about 1/3 of the way and hold it for a 15 second count (isohold). **2 total work sets** 

This is an example of what it could look like:

25 lbs. x 8 (feeder)

35 lbs. x 15, after last rep do a 15 second

isohold – **RPE 12** 

35 lbs. x 15, after last rep do a 15 second

isohold – RPE 12

(19) Exercise Index - Reverse Lunges

Goal - Supramax pump

#### 4/ Upper legs | Nordic leg curl

Shoot for a few more reps here this week. Lower yourself slow and really feel the tension in the hamstring. Try to do 6 to 8 reps. You use the pole for balance, but you can also use it to assist you if you have trouble getting the reps. Watch the video closely so you do these perfect. Do 3 sets.

This is an example of what it could look like:

Bodyweight for 8 negatives - RPE 9

Bodyweight for 8 negatives - RPE 9

Bodyweight for 8 negatives - RPE 9

#### 3 total work sets

(15) Exercise Index - Nordic Leg Curls

**NOTE:** One of my favorite variations is to do this on a GHR if you have one (2:12 into the video) ---->

(2) Insane Olympian Leg Workout (Glutes & Hams) Missy Truscott

Goal - Supramax pump

#### 5/ Upper legs | Smith machine split squat

We are doing 1 massive drop set here. Let's finish in style. Do 10 reps, drop the weight and do 8 more, then drop the weight and do 8 more. *1 total work set* 

This is an example of what it could look like:

20 lbs. (10 on each side) x 6 (feeder) 50 lbs. x 10, drop to 20 pounds x 8, then machine only for another 8 – **RPE 12** 

\*Women – If you want more glute focus, start coming out of the bottom by flexing your glute while keeping your foot relaxed. If you want more quad focus drive hard through heel.

(15) Exercise Index - Split Squats

Goal - Supramax pump

#### 6/ Calves | Standing calve raises

I want you to do straight sets on the calve raise today. Of course, continue to do tibialis raises in between. Do 4 heavy sets of 8. **4 total work sets** 

**Goal** – Train muscle from stretch position / long muscle length and Supramax pump

This is an example of what it could look like:

50 x 20

 $100 \times 20$ 

150 x 5

175 x 4

200 x 8 - **RPE 10** 

200 x 8 - **RPE 10** 

200 × 8 – **RPE 10** 

200 x 8 - **RPE 10** 

# SURDAY OFF-FAMILY DAY

## 

### WEEK 3

Pull Workout		
Back	5 exercises	14 sets
Abs	1 exercise	3 sets
Biceps	1 exercise	4 sets*
	7 exercises	21 sets

Push Workout			
Chest	4 exercises	9 sets	
Shoulders	3 exercises	9 sets	
Triceps	1 exercise	4 sets*	
	8 exercises	22 sets	

	Legs	
Upper legs	5 exercises	11 sets
Calves	1 exercise	2 sets
	6 exercises	13 sets

#### Wednesday - OFF

Pull Workout (Pump)		
Back	4 exercises	12 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets*
	6 exercises	20 sets

Push Workout (Pump)			
Chest	4 exercises	10 sets	
Shoulders	2 exercises	7 sets	
Triceps	1 exercise	4 sets	
	7 exercises	21 sets	

Legs Workout (Pump)			
Upper legs	5 exercises	12 sets	
Calves	1 exercise	3 sets	
	6 exercises	15 sets	

Sunday - OFF - Family Day

<sup>\*</sup> more added if weak point

#### **Pull Workout**

Back	5 exercises	14 sets
Abs	1 exercise	3 sets
Biceps	1 exercise	4 sets* / more added if weak poin
	7 exercises	21 sets

#### 1/ Back | Meadows row

We start these the same way we did the one-arm barbell rows in weeks 1 and 2. Do 2-3 light sets of 10-15 here to warm up. After this start increasing weight. Do sets of 5 so you do not fatigue yourself as you work up to a weight that you think will be a pretty tough 8. Do your first hard set here for 8 reps. Next up is your money set. I want you to do around 8, where 8 is failure. If you do 7 or 9, that's ok, I just need that last rep to be failure with good form. If you get 10 or more, you didn't go heavy enough. After you do your 8, drop the weight 25-30% and eke out as many more reps as you can. Treat your arms as simple attachments, don't pull with your biceps. These can be very exhausting so don't rush to do the 2nd side after completing the first side. Take your time. **2 total work sets** 

This is an example of what it could look like:

 $25 \times 15$ 

 $50 \times 5$ 

 $75 \times 5$ 

100 × 8 - **RPE 10** 

 $100 \times 8$ , then  $75 \times 8 -$ **RPE 12** 

Exercise Index - Meadows Row

Goal - Activation and start pump

#### 2/ Back | Standing one arm cable row

I want to go one more week with these before we switch them out. Continue to try and tighten up form and increase weight. Do 3 sets of 10 here, where your last rep is the last full range of motion rep you can get. **3 total work sets** 

(41) Standing One Arm Cable Row For a Thick Back (Terrence Ruffin)

Goal - Supramax pump

This is an example of what it could look like:

70 x 8 – Feeder to get feel of movement

130 x 10 - **RPE 10** 

130 x 10 - **RPE 10** 

130 × 10 – **RPE 10** 

#### 3/ Back | Chest supported row

We hit all across the upper back with the first exercise, now let's keep up the pounding there to get some extreme thickness. Use any chest supported machine, and let's get to work. I want to go with an extreme stretch here after you complete each set. So do 10 reps and then let the weight stretch you at the bottom. I would like someone to push the weight away from you gently for a better stretch if possible. Use straps so your grip doesn't give out on these. **3 total work sets** 

This is an example of what it could look like:

90 x 5 – Feeder to get feel of movement

135 x 10, followed by a 10 second stretch – **RPE 12** 

135 x 10, followed by a 10 second stretch – **RPE 12** 

135 x 10, followed by a 10 second stretch – **RPE 12** 

Supported Row for a "THICK BACK" Exercise Index

Goal - Supramax pump

#### 4/ Back | Dumbbell pullover with a band

Let's keep rolling with these to give your arms a break and stretch everything out. Do 3 sets of 10. **3 total work sets** 

**Note**: If you are lucky enough to have a machine pullover, you can use that!

(18) Exercise Index - Banded Dumbbell Pullovers

This is an example of what it could look like:

40 lb. dumbbell plus red band x 6 – Feeder to get feel of movement

50 lb. dumbbell plus red band x 10 - RPE 9

50 lb. dumbbell plus red band x 10 - RPE 9

50 lb. dumbbell plus red band x 10 - RPE 9

**Goal –** Train muscle from stretch position / long muscle length

#### 5/ Back | Barbell hyperextensions

Let's keep taking that intensity up and upgrade the body-weight hypers to these. There are brutal. I use 45 lb. plates on purpose to actually shorten the range of motion. There is no need for a big stretch on these, it's all about working the contraction. Do 3 sets of 10 here. **3 total work sets** 

This is an example of what it could look like:

Barbell only - Warm up

135 lbs. x 10 - **RPE 8** 

135 lbs. x 10 - **RPE 8** 

135 lbs. x 10 - **RPE 8** 

Exercise Index - Barbell Hyperextensions

Goal - Supramax pump

#### 6/ Abs | Crunches

Lets keep bumping the reps up here. Do 3 sets of 35. 3 total work sets

#### 7/ Biceps | Supinated dumbbell curl

Now that we have kind of shocked your arms with the high reps in weeks 1 and 2, let's bring the reps down and create awesome tension by squeezing hard on every rep. We are going to go heavier and back the reps down to sets of 8 here with a slow tempo. *4 total work sets* 

Goal - Supramax pump

This is an example of what it could look like:

15's x 15 – Warm up

35's x 8 - **RPE 9-10** 

35's x 8 - **RPE 9-10** 

 $35's \times 8 - RPE 9-10$ 

35's x 8 - **RPE 9-10** 

**NOTE**: If your biceps are a weak point continue on and do these.

#### 8/ Biceps | Slight incline hammer curl

Do 3 sets of around 12 here. Notice in the video, at about 2 minutes, how I lean back just a tad into the pad to create more stretch at the bottom of the range of motion. **3 total work sets** 

This is an example of what it could look like:

15's x 10 – Warm up

30's x 12 - **RPE 9-10** 

30's x 12 - **RPE 9-10** 

30's x 12 - **RPE 9-10** 

(41) 3 Types of Hammer Curls to Build \*HUGE\* Biceps

Goal - Supramax pump

#### **Push Workout**

Chest	4 exercises	9 sets	
Shoulders	3 exercises	9 sets	
Triceps	1 exercise	4 sets* / mor	e added if weak point
	8 exercises	22 sets	

#### 1/ Chest | Incline dumbbell press

Now let's go to a traditional angle incline from the slight incline. Let's work up to a big set of 8, and then instead of the drop set we have been finishing with, we will do a back off set to get higher reps. Only drop the weight by 20% though.

2 total work sets

**Goal –** Activation and start pump

This is an example of what it could look like:

 $25's \times 20$ 

 $45's \times 15$ 

65's x 6

85's x 6

100's × 8 - **RPE 9-10** 

80's x Failure - RPE 10

#### 2/ Chest | Incline barbell press

You should be pretty warmed up but make sure you still do a few feeder sets to get the feel of the angle and weight. Let's stick with the 8 rep top set and do 2 top sets with it this week. No sloppy reps here! I do want you to drive the bar up fast and explosively. **2 total work sets** 

**Goal** – Train explosively

This is an example of what it could look like:

185 x 6

 $205 \times 4$ 

275 × 8 - **RPE 9-10** 

275 × 8 – **RPE 9-10** 

#### 3/ Chest | Machine flye

Your high intensity technique for maximum pump here today is a massive cluster set. Before you do that, I want you to do a couple of really challenging sets of 10 where you hold the contracted position and squeeze for 2 seconds on each rep. Then on the 3rd set do the cluster as outlined in the made up example. The video below is an example of a machine I like.

3 total work sets

Machine flye with forced reps, iso hold, and partials

**Goal –** Train muscle from stretch position / long muscle length

This is an example of what it could look like:

80 x 5 Feeder set to find right weight 120 x 10 with 2 second flexes on all reps –

#### **RPE 10**

120 x 10 with 2 second flexes on all reps –

#### **RPE 10**

120 x 10 with 2 second flexes on all reps, rest 20 seconds and repeat, rest 20 seconds and repeat – **RPE 12** 

#### 4/ Chest | Stretch pushups

Repeat these from last week but get more reps this time, again – push hard! Do 2 sets to failure here. I want your partner to push down on your back during the eccentric phase only. Do 2 sets to failure. **2 total work sets** 

This is an example of what it could look like:

Pushups to failure – **RPE 10** 

Pushups to failure - RPE 10

\*Women - Replace this with extra shoulder work. Do 6-Ways with dumbbells for 3 sets of 10.

**Goal –** Train muscle from stretch position / long muscle length

#### 5/ Shoulders | High pulley rear delt flyes

Check out the old video from 10 years ago! Do 3 sets of 25 here. High reps and fighting through pain still equal growth for rear delts. Normally we take the handles off of these and just pull with the end of the cable. **3 total work sets** 

This is an example of what it could look like:

115 lbs. x 25 – **RPE 8-9** 

115 lbs. x 25 - **RPE 8-9** 

115 lbs. x 25 - **RPE 8-9** 

High pulley rear delt flyes

Goal - Supramax pump

#### 6/ Shoulders | Dumbbell side laterals

These are just standard lateral raises this week. Grind on these! Do these pyramid style from 12 reps down to 8, increasing weight as you go. **3 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

25's x 12 – **RPE 9** 

 $30's \times 10 - RPE 9$ 

35's x 8 - **RPE 9** 

#### 7/ Shoulders | Dumbbell shoulder press w/ neutral grip

Turn your hands in this time (palms facing each other) to do these. Take these down to just below parallel, and drive up in arc toward each other. Do 3 sets of 10 here. **3 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

40's x 6 - Feeder set

 $50's \times 10 - RPE 8-9$ 

 $50's \times 10 - RPE 8-9$ 

50's × 10 – **RPE 8-9** 

#### 8/ Triceps | Dumbbell lying extensions

Do these on the ground with pauses, you will love these! Do 1-2 sets to warm up your elbows. Normally I would do these last in a triceps workout, but since we did chest your elbows are pretty warm. 4 total work sets

This is an example of what it could look like:

30's x 12 - **RPE 9** 

30's x 12 - **RPE 9** 

30's x 12 - **RPE 9** 

30's x 12 – **RPE 9** 

Exercise Index - Lying Tricep Extensions

**Goal –** Supramax pump

**NOTE**: If your triceps are a weak point continue on and do these.

#### 9/ Triceps | Dual handle triceps extensions

Do 4 sets of 10-12 here reaching failure. These are my famous spongy grip pushdowns. Do your best to find grips that are spongy and not metal when you do these. **4 total work sets** 

120 lbs. x

(19) Tricep pushdowns with single handles

Goal - Supramax pump

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12 - **RPE 9-10** 

#### Leg Workout

Upper legs	5 exercises	11 sets
Calves	1 exercise	2 sets
6 exercises		13 sets

#### 1/ Upper legs | Seated leg curl

I want you to do another week of drop sets here. Make these hurt, put everything you have into these. Do a few sets of 20 and then just feeder sets of 4 until we get to our first work set. Today we are doing a hard set of 12 on your first set, and a normal drop set on your second set. On the drop set do 12, and then another 8 to 10, and then another 8 to 10. On the negatives/eccentrics only, go slow and keep tension on the ham. Think max tension. **2 total work sets** 

Goal - Activate and pump

This is an example of what it would look like:

 $60 \times 20$ 

80 x 20

100 x 4

120 x 4

 $140 \times 12 - RPE 9-10$ 

 $140 \times 12$ , followed by  $110 \times 8$ , followed by 80

×8 – **RPE 12** 

#### 2/ Upper legs | Barbell squats

Let's keep pushing the weight up while keeping the form tight. On your squats, work your way up doing a couple sets of 10, then feeder sets of 4 until you get to your working weight. We are going to do 2 extremely hard sets of 8 there again. I want you to shoot for beating what you did last week by 10–20 lbs. I want your 8th rep to be brutally hard, but please ensure perfect form. **2 total work sets** 

This is an example of what it could look like:

 $135 \times 10$ 

 $185 \times 10$ 

225 x 4

275 x 4

 $315 \times 4$ 

405 x 8 - **RPE 9** 

405 x 8 - **RPE 9** 

**NOTE**: If you are unable to perform regular bar squats, use a machine that supports your lower back like a V Squat. You could also do a belt squat. Another alternative is a simple dumbbell squat holding dumbbells out to your side.

Do not do a hack squat or pendulum squat at this point. It is too early in the workout and we need your knees warm.

I won't write the above again. I think you understand it at this point.

Goal - Train explosively

#### 3/ Upper legs | Hack squat

Time to hit a big cluster set here. Do a feeder set or two then a good solid work set of 8. Then let's get to work. On the second set hit around 8 again, rest 20 seconds and go again, repeat 2 more times. **2 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

1 plate per side x 5 (feeder)

2 plates per side x 8 – **RPE 9** 

2 plates per side x 8, then rest 20 seconds and get as many good ones as you can, rest 20 seconds and do it again, and then rest 20 seconds and go one final time. This will put you on floor in pain (good pain) if you do it right – **RPE 12** 

#### 4/ Upper legs | Split squats

I want you to get back on these. These are pure brutality and growth. Keep these simple and painful today with 2 sets of 12. Rest plenty before switching to the other leg. Use a slow and controlled tempo and work through the burn. **2 total work sets** 

This is an example of what it could look like:

20 lbs (10 on each side) x 8 reps – Feeder set to loosen up tight pumped quads)

50 lbs. x 12 - **RPE 9** 

50 lbs. x 12 - **RPE 9** 

(6) Exercise Index - Split Squats

Goal - Supramax pump

#### 5/ Upper legs | Safety squat bar good mornings

Add 2 more reps to what you did last week so we progress on these. Do 3 slow sets of 14. We need absolutely perfect form here. Get your hips back and use those hams and glutes. **3 total work sets** 

100 lbs. x 14 - **RPE 9** 100 lbs. x 14 - **RPE 9** 

100 lbs. x 14 - **RPE 9** 

\*Women – Get a nice bend in your knees so this exercise is more glute focused. Keeping your legs straighter will make it more hamstring focused.

**Goal –** Train muscle from stretch position / long muscle length

#### 6/ Calves | Standing calve raises

The burn isn't over yet. On these do 10 reps, then pause at the top flexing for 10 seconds, and pump out another 10 reps, then stop at the top for flexing for 10 seconds, and then do it again. This is going to light you up, but do not quit. **2 total work sets** 

**Goal** – Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

50 lbs. x 20

100 lbs. x 10, 10 second hold, 10 more reps and 10 second hold, and 10 more reps and 10 second hold – **RPE 12** 100 lbs. x 10, 10 second hold, 10 more reps and 10 second hold, and 10 more reps and 10 second hold – **RPE 12** 

#### **Pull Workout (Pump)**

Back	4 exercises	12 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets* / more added if weak point
	6 exercises	20 sets

#### 1/ Back | Single arm pulldown

Still going hard here. Do 3 good hard sets of 10 here. **3 total work sets** 

(41) Exercise Index - Single Arm Pulldown

Goal - Supramax pump

80 lbs. x 10 100 lbs. x 10 120 lbs. x 10 160 lbs. x 10 - **RPE 9** 160 lbs. x 10 - **RPE 9** 160 lbs. x 10 - **RPE 9** 

#### 2/ Back | Banded chins

Get more reps this week! I want you to do 3 sets to failure here. Remember to get a really good lat stretch at the bottom and make sure you drive up as high as you possibly can. You will feel a very unique pump in that upper and outer lat/teres area that is awesome. On the last set, hold your last rep in the middle part of the range of motion (isohold) for as long as you can. **3 total work sets** 

(41) Exercise Inedex - Banded Pull Up

Goal - Supramax pump

This is an example of what it could look like:

Pullups to failure - RPE 10

Pullups to failure - RPE 10

Pullups to failure, isohold at midrange for as long as possible - **RPE 12** 

#### 3/ Back | Standing dumbbell row

This is a really good version of dumbbell rows I like as well. Nail this form and you'll feel these from the lower lat tie in all the way up. Do 3 sets of 10 here. *3 total work sets* 

(7) Exercise Index - Standing Dumbbell Row

Goal - Supramax pump

This is an example of what it could look like:

60 lbs. x 6 (feeder set)

 $100 \text{ lbs.} \times 10 - \text{RPE 9}$ 

100 lbs. x 10 - **RPE 9** 

100 lbs. x 10 - **RPE 9** 

#### 4/ Back | Dumbbell row

Now move back over to these, squeeze hard and use super tight form. This is a great sequence (doing these after the previous version). On these you don't have to straddle the bench as seen in thevideo, just stand behind it leaning on it with one hand while keeping your shoulders and legs square. **3 total work sets** 

This is an example of what it could look like:

80 lbs. x 6 (feeder set)

100 lbs. x 8 - **RPE 9** 

100 lbs. x 8 - **RPE 9** 

100 lbs. x 8 - **RPE 9** 

(19) No Low Back Pain Dumbbell Row

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

#### 5/ Abs | Hanging leg raises

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

#### 6/ Biceps | Concentration preacher curls

Let's stay with these this week. Do 4 sets of 10 here. Remember to smash the dumbbells together and create tension in the biceps. **4 total work sets** 

(19) Exercise Index - Concentration Preacher Curls

This is an example of what it could look like:

35 lbs. x10 - **RPE 9** 

35 lbs. x 10 - **RPE 9** 

35 lbs. x 10 – **RPE 9** 

35 lbs. x 10 - **RPE 9** 

NOTE: If your biceps are a weak point continue on and do these.

#### 7/ Biceps | Ez bar curl

Goal - Supramax pump

Do 4 sets of 10 here. Once you do 10, then do 3 partials coming up only halfway. *4 total work sets* 

Goal - Supramax pump

This is an example of what it could look like:

65 lbs. x 10, then 3 partials - **RPE 12** 

65 lbs. x 10, then 3 partials - **RPE 12** 

65 lbs. x 10, then 3 partials – **RPE 12** 

65 lbs. x 10, then 3 partials – **RPE 12** 

#### **Push Workout (Pump)**

Chest	4 exercises	10 sets
Shoulders	2 exercises	7 sets
Triceps	1 exercise	4 sets*
	7 exercises	21 sets

#### 1/ Chest | Incline Smith press

Keeping the reps up again for the last week of these before we rotate these out. It is Get 3 sets of 15 again this week. Go to about 3/4 lockout, keep tension on pecs and front delts.

3 total work sets

**Goal** – Activation and start pump

This is an example of what it could look like:

95 lbs. x 20

135 lbs. x 20

195 lbs. x 15 - **RPE 9** 

195 lbs. x 15 - **RPE 9** 

195 lbs. x 15 - **RPE 9** 

#### 2/ Chest | Incline dumbbell press

Let's keep these going as well! Let's keep working that form on these and getting stronger. Watch the beginning of the video below with Paul so you can see the proper execution. Do 3 good hard sets of 8 here after a solid warm up.

3 total work sets

The Perfect 3 Exercise Chest Workout For "Upper Pecs"

Goal - Train explosively

This is an example of what it could look like:

55 lbs. x 6

65 lbs. x 6

80 lbs. x 8 - **RPE 9** 

80 lbs. x 8 - RPE 9

80 lbs. x 8 - **RPE 9** 

#### 3/ Chest | Machine flye

Now it's time to crank some reps on these. Do 10 reps, then 10 slow partials out of the stretch position for 2 sets. The partials are going to test your pain tolerance.

2 total work sets

This is an example of what it could look like:

115 lbs. x 10, then 10 partials out of stretch - **RPE 12** 115 lbs. x 10, then 10 partials out of stretch - **RPE 12** 

Goal - Train muscle from stretch position / long muscle length & Supramax pump

#### 4/ Chest | Dips

More dips, again. Do 2 sets to complete failure, add weight if you can. Finish strong! Ideally 10-15 reps would be completed.

2 total work sets

\*Women – You can replace this with band pullaparts for rear delts using the long orange EliteFTS band.

Do 3 sets of 20.

**Goal –** Train muscle from stretch position / long muscle length

This is an example of what it could look like:

Bodyweight to failure

(weight added if possible) - RPE 10

Bodyweight to failure

(weight added if possible) – **RPE 10** 

#### 5/ Shoulders | Dumbbell rear delt flye partials/swings

Do 3 sets of 30 here. 3 total work sets

Goal - Supramax pump

This is an example of what it could look like:

30's x 30 - **RPE 9** 

 $30's \times 30 - RPE 9$ 

30's x 30 - **RPE 9** 

#### 6/ Shoulders | Y raises

Do 4 sets of 12 here. 4 total work sets

Goal - Supramax pump

This is an example of what it could look like:

 $20's \times 12 - RPE 9$ 

20's x 12 - **RPE 9** 

20's x 12 - **RPE 9** 

20's x 12 - **RPE 9** 

#### 7/ Triceps | Dumbbell lying extensions

Do these on the ground with pauses. You can do 1-2 sets to warm up your elbows. Do 4 sets of 12 here. **4 total work sets** 

Exercise Index - Lying Tricep Extensions

Goal - Supramax pump

This is an example of what it could look like:

30's x 12 - **RPE 9** 

**NOTE**: If your triceps are a weak point continue on and do these.

#### 8/ Triceps | Rope pushdowns (standard)

Do 4 sets of 12 here reaching failure. 4 total work sets

**Goal –** Supramax pump

This is an example of what it could look like:

125 lbs. x 12 - **RPE 9-10** 

125 lbs. x 12 - **RPE 9-10** 

125 lbs. x 12 – **RPE 9-10** 

125 lbs. x 12 – **RPE 9-10** 

#### Leg Workout (Pump)

Upper legs	5 exercises	12 sets
Calves	1 exercise	3 sets
	6 exercises	15 sets

#### 1/ Upper legs | Lying leg curl

Do 2-3 sets of descending reps to warm up (20 – 8). Let's finish the week strong for those of you doing extra leg work. Do your warm ups and then let's do a hard set of 12 followed by a second set of insanity containing a drop, partials, and an isohold. See the exact rep scheme as outlined in the example. **2 total work sets** 

Goal - Activation and start pump

This is an example of what it could look like:

55 lbs. x 20

65 lbs. x 12

75 lbs. x 8

95 lbs. x 12 - **RPE 9-10** 

95 lbs. x 12, drop to 80 lbs. and do 8, then 20 partials out of stretch position, then a 20 second isohold – **RPE 12** 

#### 2/ Upper legs | Leg press

This week we are doing a cluster set here again but with a normal stance. Once you find a tough 15 do it as your first set. On your next set do it again, then rest 30 seconds, and get some reps, then rest 30 seconds and do it again. **2** total work sets

Goal - Supramax pump

This is an example of what it could look like:

1 plate per side x 20 (warm up)

2 plates per side x 6

3 plates per side x 6

4 plates per side x 15 - RPE 9

4 plates per side x 15, rest 30 seconds and then do 10 more, rest 30 seconds and then do

8 more – **RPE 12** 

#### 3/ Upper legs | Hip thrusts

Nothing wrong with hitting those glutes more directly! Do 3 sets of 12 here. Flex at the top for 1 second on each rep. 3 total work sets

(8) Exercise Index - Hip Thrust "Target the Glutes"

Goal - Supramax pump

This is an example of what it could look like:

135 lbs. x 8 (feeder)

185 lbs. x 12, hold the top and flex

for 1 second on each rep – **RPE 9-10** 

185 lbs. x 12, hold the top and flex

for 1 second on each rep – **RPE 9-10** 

185 lbs. x 12, hold the top and flex

for 1 second on each rep – **RPE 9-10** 

#### 4/ Upper legs | Single leg Romanian deadlift

Get your hips back on these and really stretch your glutes. Once you get into the stretch, then flex your glute to start the ascent back up. Do 3 sets of 10. **3 total work sets** 

This is an example of what it could look like:

40 lb. dumbbell for 10 - **RPE 8-9** 

40 lb. dumbbell for 10 - **RPE 8-9** 

40 lb. dumbbell for 10 - **RPE 8-9** 

(8) One Leg Romanian Style Dumbbell Deadlift for \*AMAZING GLUTES\*

**Goal –** Train muscle from stretch position / long muscle length

#### 5/ Upper legs | Smith machine squat

Do these with feet out in front. Go nice and deep! Do 2 sets of 12 hard reps here. **2 total work sets** 

\*If you want to finish with something really cool and you do not have a Smith machine – try this --> Front squat extended set

Goal - Supramax pump

This is an example of what it could look like:

135 lbs. (45 on each side) x 6 (feeder)

185 lbs. x 12 - **RPE 8-9** 

185 lbs. x 12 - **RPE 8-9** 

#### 6/ Calves | Standing calve raises

On these do 10 reps, then pause at the top flexing for 10 seconds, then pump out another 10 reps, then stop at the top flexing for 10 seconds, and then do it again. Do 3 sets like this. **3 total work sets** 

**Goal –** Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

50 lbs. x 20

100 lbs. x 10, 10 second hold, 10 more reps and 10 second hold, and 10 more reps and 10 second hold – **RPE 12** 

100 lbs. x 10, 10 second hold, 10 more reps and 10 second hold, and 10 more reps and 10 second hold – **RPE 12** 

100 lbs. x 10, 10 second hold, 10 more reps and 10 second hold, and 10 more reps and 10 second hold – **RPE 12** 

# SURDAY OFF-FAMILY DAY

## 

### WEEK 4.

Pull Workout		
Back	5 exercises	14 sets
Abs	1 exercise	3 sets
Biceps	1 exercise	4 sets*
	7 exercises	21 sets

Push Workout		
Chest	4 exercises	8 sets
Shoulders	3 exercises	9 sets
Triceps	1 exercise	4 sets*
	8 exercises	21 sets

	Legs	
Upper legs	5 exercises	11 sets
Calves	1 exercise	2 sets
	6 exercises	13 sets

#### Wednesday - OFF

Pull Workout (Pump)		
Back	4 exercises	12 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets*
	6 exercises	20 sets

Push Workout (Pump)		
Chest	3 exercises	8 sets
Shoulders	2 exercises	7 sets
Triceps	1 exercise	4 sets
	6 exercises	19 sets

Legs Workout (Pump)		
Upper legs	5 exercises	12 sets
Calves	1 exercise	4 sets
	6 exercises	16 sets

Sunday - OFF - Family Day

<sup>\*</sup> more added if weak point

#### **Pull Workout**

Back	5 exercises	14 sets
Abs	1 exercise	3 sets
Biceps	1 exercise	4 sets* / more added if weak point
	7 exercises	21 sets

#### 1/ Back | Meadows row

The goal this week is to keep progressing like we did in weeks 1 and 2. Use the same weight as last week but get a few more reps out of it. I would love to see 2 extra reps on the work sets. Do 2-3 light sets of 10-15 here to warm up. After this start increasing weight. Do feeder sets of 5 so you do not fatigue yourself as you work up to a weight that you think will be a pretty tough 10. Do your first hard set here for 10 reps. Next up is your money set. I want you to do around 10, where 10 is failure. If you do 9 or 11, that's ok, I just need that last rep to be failure with good form. If you get 12 or more, you didn't go heavy enough. After you do your 10, drop the weight 25-30% and eke out as many more reps as you can. Treat your arms as simple attachments, don't pull with your biceps. **2 total work sets** 

This is an example of what it could look like:

 $25 \times 15$ 

50 x 5

 $75 \times 5$ 

 $100 \times 10 - RPE 10$ 

 $100 \times 10$ , then  $75 \times 10 -$ **RPE 12** 

Exercise Index - Meadows Row

Goal - Activation and start pump

#### 2/ Back | Incline dumbbell row

I really enjoy doing these with kettlebells, but dumbbells work too. Get a great stretch on every rep here. Do 3 sets of 10. Keep your hands pronated so that you hit lower traps and rhomboids hard. **3 total work sets** 

(15) Exercise Index | Incline Dumbbell Rows

Goal - Supramax pump

This is an example of what it could look like:

40 x 8 - Feeder to get feel of movement

 $70 \times 10 - RPE 10$ 

 $70 \times 10 - RPE 10$ 

70 × 10 – **RPE 10** 

#### 3/ Back | Chest pulls

Let's stay on that upper back and get some wicked contractions here. Do 3 sets of 12 here with big flexes on every rep. **3 total work sets** 

(17) Exercise Index - Chest Pulls

**Goal -** Supramax pump

This is an example of what it could look like:

90 x 5 – Feeder to get feel of movement

135 x 12 - **RPE 9** 

135 x 12 - **RPE 9** 

135 x 12 - **RPE 9** 

#### 4/ Back | Dumbbell pullover with a band

Ok, you know the drill, rest the arms and stretch everything out. Do 3 sets of 10. *3 total work sets* 

**Note:** If you are lucky enough to have a machine pullover, you can use that!

(18) Exercise Index - Banded Dumbbell Pullovers

This is an example of what it could look like:

40 lb. dumbbell plus red band x 6 – Feeder to get feel of movement

50 lb. dumbbell plus red band x 10 - RPE 9

50 lb. dumbbell plus red band x 10 - RPE 9

50 lb. dumbbell plus red band x 10 - RPE 9

**Goal -** Train muscle from stretch position / long muscle length

#### 5/ Back | Barbell hyperextensions

Let's do our best to progress here and beat last week's reps by 2 (using same weight). Do 3 sets of 12 here. **3 total work sets** 

Exercise Index - Barbell Hyperextensions

Goal - Supramax pump

This is an example of what it could look like:

Barbell only - Warm up

135 lbs. x 12 - **RPE 9** 

135 lbs. x 12 - **RPE 9** 

135 lbs. x 12 - **RPE 9** 

#### 6/ Abs | Crunches

Lets keep bumping the reps up here. Do 3 sets of 40. 3 total work sets

#### 7/ Biceps | Barbell (or Ez bar) curl

Just a basic movement here today. Do 4 sets of 8 after you do a feeder set to warm up. On the very last, do a drop set. Do 8, drop the weight and shoot for 8, and then one more drop for another 8. **4 total work sets** 

**Goal** – Supramax pump

This is an example of what it could look like:

45 lbs. x 8 – **Feeder** 

85 x 8 - **RPE 9-10** 

85 x 8 - **RPE 9-10** 

85 × 8 – **RPE 9-10** 

85 x 8, 55 x 8, 45 x 8 - **RPE 12** 

**NOTE**: If your biceps are a weak point continue on and do these.

#### 8/ Biceps | Pinwheel curl

Do 3 sets of 12 here. Do the style that you see in the video at 1:20. It's a pinwheel curl. **3 total work sets** 

(41) 3 Types of Hammer Curls to Build \*HUGE\*
Biceps

**Goal** – Supramax pump

This is an example of what it could look like:

20 lb. dumbbell x 6 – Feeder to get feel of movement

30 lb. dumbbell x 12 - **RPE 9** 

30 lb. dumbbell x 12 - **RPE 9** 

30 lb. dumbbell x 12 - **RPE 9** 

#### **Push Workout**

Chest	4 exercises	8 sets	
Shoulders	3 exercises	9 sets	
Triceps	1 exercise	4 sets* /	more added if weak point
	8 exercises	21 sets	

#### 1/ Chest | Incline dumbbell press

This week on these let's push for the same reps as last week but see if you can grind it out with an extra 5 lbs. on the dumbbells. Continue with the traditional angle incline. Let's work up to a big set of 8, and then instead of the drop set we have been finishing with, we will do a back off set to get higher reps. Only drop the weight by 20% though.

2 total work sets

Goal - Activation and start pump

This is an example of what it could look like:

25's x 20

45's x 15

65's x 6

85's x 6

 $105's \times 8 - RPE 9-10$ 

85's x Failure - RPE 10

#### 2/ Chest | Incline barbell press

Make sure you still do a few feeder sets to get the feel of the angle and weight. I want you to keep grinding here, can you add a little extra weight this week and still get your 8 reps?

Let's stick with the 8 rep top set and do 2 top sets with it for this week. No sloppy reps here! I do want you to drive the bar up fast and explosively. **2 total work sets** 

**Goal** – Train explosively

This is an example of what it could look like:

185 x 6

 $205 \times 4$ 

275 × 8 – **RPE 9-10** 

275 x 8 - **RPE 9-10** 

#### 3/ Chest | Machine flye

Your high intensity technique for maximum pump here today is some fire producing forced reps. Before you do that, I want you to do a couple of really challenging sets of 10 where you hold the contracted position and squeeze for 2 seconds on each rep like we did last week. Then on your 3rd set add in the forced reps as outlined in the made-up example. 8 is a ton of forced reps. It is going to be hard. **3 total work sets** 

**Goal –** Train muscle from stretch position / long muscle length

This is an example of what it could look like:

80 x 5 Feeder set to find right weight 120 x 10 with 2 second flexes on all reps –

#### **RPE 10**

120 x 10 with 2 second flexes on all reps –

#### **RPE 10**

120 x Go to Failure, and then have your partner help you with 8 more forced reps –

**RPE 12** 

#### 4/ Chest | Stretch pushups

Just do one set of these today to wrap up chest, if you think you'll get more than 15, I would have someone put a little weight on your back, or push down during the negative.

This is an example of what it could look like:

Pushups to failure - RPE 10

1 total work set

\*Women - Replace this with extra shoulder work. Do 6-Ways with dumbbells for 3 sets of 10.

**Goal –** Train muscle from stretch position / long muscle length

#### 5/ Shoulders | High pulley rear delt flyes

Check out the old video from 10 years ago! Do 3 sets of 25 here. High reps and fighting through pain still equal growth for rear delts. Normally we take the handles off of these and just pull with the end of the cable. **3 total work sets** 

This is an example of what it could look like:

115 lbs. x 25 - **RPE 8-9** 

115 lbs. x 25 - **RPE 8-9** 

115 lbs. x 25 - **RPE 8-9** 

High pulley rear delt flyes

Goal - Supramax pump

#### 6/ Shoulders | Dumbbell side laterals (leaning forward)

These are seated lateral raises slightly leaning forward. I always thought these were a great variation of the side lateral. Grind on these! Do these pyramid style from 12 reps down to 8, increasing weight as you go. **3 total work sets** 

This is an example of what it could look like:

25's x 12 - **RPE 9** 

 $30's \times 10 - RPE 9$ 

35's x 8 - **RPE 9** 

(5) Seated side laterals with a forward lean

Goal - Supramax pump

#### 7/ Shoulders | Dumbbell bent over rear laterals

Now finish off shoulders with 3 sets of dumbbell bent over laterals for sets of 20. Try to use a full range of motion, but if you have to do a few partials to get your 20, so be it!

3 total work sets

Goal - Supramax pump

This is an example of what it could look like:

15's x 6 – Feeder set

 $20's \times 20 - RPE 8-9$ 

 $20's \times 20 - RPE 8-9$ 

20's x 20 - **RPE 8-9** 

#### 8/ Triceps | Dumbbell lying extensions

Do these on the ground with pauses again. See if you can use a bit more weight this week! You can do 1-2 sets to warm up elbows if needed. Normally I would do these last in a triceps workout, but since we did chest, your elbows are pretty warm. Do 4 sets of 12 here. *4 total work sets* 

This is an example of what it could look like:

30's x 12 - **RPE 9** 

Exercise Index - Lying Tricep Extensions

Goal - Supramax pump

**NOTE**: If your triceps are a weak point continue on and do these.

#### 9/ Triceps | Dual handle triceps extensions

Do 4 sets of 10-12 here reaching failure and then a big drop set as noted in the example. These are my famous spongy grip pushdowns. Do your best to find grips that are spongy and not metal when you do these. **4 total work sets** 

(19) Tricep pushdowns with single handles

Goal - Supramax pump

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12, 100 x 8, 80 x 8 - **RPE 12** 

#### Leg Workout

Upper legs	5 exercises	11 sets
Calves	1 exercise	2 sets
	6 exercises	13 sets

#### 1/ Upper legs | Seated leg curl

Let's put those partials back in, and the isohold on top of it. Do a few sets of 20 here, and then just feeder sets of 4 until we get to our first work set. Today we are doing a hard set of 12 on your first set, and a psychotic second set. On the crazy set do 12, then drop the weight and get another 8 to 10, followed by 10 slow partials and a 30 second isohold. On your negatives/eccentrics only, go slow and keep tension on the hams. Think max tension. **2 total work sets** 

Goal - Activate and pump

This is an example of what it would look like:

60 x 20

80 x 20

100 x 4

120 x 4

140 x 12 - **RPE 9-10** 

 $140 \times 12$ , followed by  $110 \times 8$ , followed by 10 partials, followed by a 30 second isohold –

**RPE 13** 

#### 2/ Upper legs | Barbell squats

Let's try to push the reps up a rep or two this time if you can. On your squats, work your way up doing a couple sets of 10, then only feeder sets of 4 until you get to your working weight. We are going to do 2 extremely hard sets of what you did for 8 last week, shooting for 9 to 10 this week.

2 total work sets

Goal - Train explosively

This is an example of what it could look like:

 $135 \times 10$ 

 $185 \times 10$ 

 $225 \times 4$ 

275 x 4

 $315 \times 4$ 

385 x 9-10 - **RPE 9** 

385 x 9-10 - **RPE 9** 

#### 3/ Upper legs | Hack squat

Let's get back on our 1.5 style reps. So, go all the way down, then half way up, then all the way back down, and then all the way up. That is one long painful rep that will create a ton of tension. Do 3 sets of 8 like this. **3 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

1 plate per side x 5 (feeder)

2 plates per side x 8 – **RPE 9** 

2 plates per side x 8 – **RPE 9** 

2 plates per side x 8 – **RPE 9** 

#### 4/ Upper legs | Split squats

We are going to back this down to 1 set today, but it will be a drop set. Do 8 reps, drop weight and do 8 more reps, and drop again (could be to just the bar) and finish with a final 8. Make you sure you take a 3 minute break before doing the other leg. **1 total work set** 

This is an example of what it could look like:

20 lbs. (10 on each side) x 8 reps – Feeder set (to loosen up tight pumped quads) 60 lbs. (3 10's on each side) x 8, 40 lbs. x 8, machine only x 8 – **RPE 12** 

(6) Exercise Index - Split Squats

Goal - Supramax pump

#### 5/ Upper legs | Safety squat bar good mornings

Last week on these. Hopefully, you have grown to really like this exercise. Do 3 slow sets of 15 here. *3 total work sets* 

100 lbs. x 15 – **RPE 9** 

100 lbs. x 15 - **RPE 9** 

\*Women – Get a nice bend in your knees so this exercise is more glute focused.

Keeping your legs straighter will make it more hamstring focused.

**Goal** – Train muscle from stretch position / long muscle length

100 lbs. x 15 - **RPE 9** 

#### 6/ Calves | Standing calve raises

The burn isn't over yet. On these do 10 reps, then pause at the top flexing for 10 seconds and then pump out another 10 reps, then stop at the top for flexing for 10 seconds and do it again. This is going to light you up, but do not quit. I want you to stick with 2 sets on these. I am really temped to bump it up to 3, but let's hold off for now. These are crazy intense sets. **2 total work sets** 

**Goal –** Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

50 lbs. x 20

100 lbs. x 10, then a 10 second flex and hold, followed by 10 more reps and a 10 second flex and hold, and finally 10 more reps and a 10 second flex and hold – **RPE 12** 

100 lbs. x 10, then a 10 second flex and hold, followed by 10 more reps and a 10 second flex and hold, and finally 10 more reps and a 10 second flex and hold – **RPE 12** 

#### **Pull Workout (Pump)**

Back	4 exercises	12 sets	
Abs	1 exercise	4 sets	
Biceps	1 exercise	4 sets* /	more added if weak point
	6 exercises	20 sets	

#### 1/ Back | Single arm pulldown

This is the last week on these as the leadoff exercise. Do 3 good hard sets of 10 here again. *3 total work sets* 

(41) Exercise Index - Single Arm Pulldown

Goal - Supramax pump

80 lbs. x 10 100 lbs. x 10 120 lbs. x 10 160 lbs. x 10 – **RPE 9** 

160 lbs. x 10 - **RPE 9** 160 lbs. x 10 - **RPE 9** 

#### 2/ Back | Banded chins

This is the last week on these as well as the 2nd exercise. Again, try to get more reps this week! I want you to do 3 sets to failure here. *3 total work sets* 

(41) Exercise Inedex - Banded Pull Up

Goal - Supramax pump

This is an example of what it could look like:

Pullups to failure – **RPE 10** 

Pullups to failure – **RPE 10** 

Pullups to failure, isohold at midrange for as

long as possible - RPE 12

#### 3/ Back | Standing dumbbell row

Let's continue to work these, and really master them. Do 3 sets of 10 here. **3 total work sets** 

(7) Exercise Index - Standing Dumbbell Row

Goal - Supramax pump

This is an example of what it could look like:

60 lbs. x 6 (feeder set)

100 lbs. x 10 - **RPE 9** 

100 lbs. x 10 - **RPE 9** 

100 lbs. x 10 - **RPE 9** 

#### 4/ Back | Dumbbell row

Now move back over to these, squeeze hard and use super tight form as we did last week. It should feel even better this week now that you are better at that standing row version. I am guessing your lats are super pumped right now. On these you don't have to straddle the bench as seen in the video. Just stand behind it leaning on one hand keeping shoulders and legs square. **3 total work sets** 

This is an example of what it could look like:

80 lbs. x 6 (feeder set)

100 lbs. x 8 - **RPE 9** 

100 lbs. x 8 - **RPE 9** 

100 lbs. x 8 - **RPE 9** 

(19) No Low Back Pain Dumbbell Row

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 90 seconds.

**Goal –** Loaded stretch

#### 5/ Abs | Hanging leg raises

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

#### 6/ Biceps | Drag curls

Do 4 sets of 10 here. You can also do these slow in a Smith machine and they are straight fire. 4 total work sets

(7) Exercise Index - Drag Curls

Goal - Supramax pump

This is an example of what it could look like:

45 lbs. x10 - **RPE 9** 

45 lbs. x 10 - **RPE 9** 

45 lbs. x 10 - **RPE 9** 

45 lbs. x 10 - **RPE 9** 

**NOTE**: If your biceps are a weak point continue on and do these.

#### 7/ Biceps | Ez bar preacher curl

Do 4 sets of 10 here. Lower the bar slowly on each rep, generate tension. After the last rep, add on 3 more partials from the contracted position. *4 total work sets* 

Goal - Supramax pump

This is an example of what it could look like:

65 lbs. x 10, then 3 partials – **RPE 12** 

65 lbs. x 10, then 3 partials – **RPE 12** 

65 lbs. x 10, then 3 partials – **RPE 12** 

65 lbs. x 10, then 3 partials – **RPE 12** 

#### **Push Workout (Pump)**

Chest	3 exercises	8 sets
Shoulders	2 exercises	7 sets
Triceps	1 exercise	4 sets*
	6 exercises	19 sets

#### 1/ Chest | Decline dumbbell press

Use a slight angle on this as seen in the video. Let's work up to a hard top set for 8 reps, and then a drop set. See below for details. Drop the weight 20–25% on the drop set.

2 total work sets

(14) Exercise Index - Slight Decline Dumbbell Press

\*Women - Use a slight incline here - not decline.

Goal - Activation and start pump

This is an example of what it could look like:

 $25's \times 20$ 

45's x 15

65's x 6

85's x 8 - **RPE 9** 

85's x 8, then 65's to failure - **RPE 12** 

#### 2/ Chest | Machine flye

I know this is a little out of order, but this is a nice sequence. Do 10 reps, then 5 slow partials out of the stretch position for 3 sets. *3 total work sets* 

**Goal –** Train muscle from stretch position / long muscle length & Supramax pump

This is an example of what it could look like:

115 lbs. x 10, then 5 partials out of stretch - **RPE 12** 

115 lbs. x 10, then 5 partials out of stretch - **RPE 12** 

115 lbs. x 10, then 5 partials out of stretch - **RPE 12** 

#### 3/ Chest | Dips

Let's keep on hammering the lower outer pecs today with dips. I want 3 sets of 8-12. If you can use weight and get the reps, give it a shot! *3 total work sets* 

\*Women – You can replace this with band pullaparts for rear delts using the long orange EliteFTS band. Do 3 sets of 20.

**Goal –** Train muscle from stretch position / long muscle length

This is an example of what it could look like:

Bodyweight x 8-12

(weight added if possible) – **RPE 10** 

Bodyweight x 8-12

(weight added if possible) - RPE 10

Bodyweight x 8-12

(weight added if possible) - RPE 10

#### 4/ Shoulders | Dumbbell rear delt flye partials/swings

Let's bring the weight up a bit and reps down this week on these. Even 15 will burn though! Do 3 sets of 15 here.

3 total work sets

**Goal** – Supramax pump

This is an example of what it could look like:

35's x 15 – **RPE 9** 

35's x 15 - **RPE 9** 

35's x 15 - **RPE 9** 

#### 5/ Shoulders | Y raises

Do 4 sets of 10 here. 4 total work set

Goal - Supramax pump

This is an example of what it could look like:

15's x 10 - **RPE 9** 

#### 6/ Triceps | Pronated kickbacks

I like this version of kickbacks. The different grip really stresses the medial head near the elbow. You will feel hard contractions here. Do 4 sets of 12. **4 total work sets** 

(15) Tricep Kickbacks with Pronated Grip

**Goal -** Supramax pump

This is an example of what it could look like:

30's x 12 - **RPE 9** 

**NOTE**: If your triceps are a weak point continue on and do these.

#### 8/ Triceps | Close grip bench press

Do 4 sets of 6 here reaching failure. 4 total work sets

Goal - Supramax pump

This is an example of what it could look like:

135 lbs. x 6 - **RPE 9-10** 

135 lbs. x 6 – **RPE 9-10** 

135 lbs. x 6 - **RPE 9-10** 

135 lbs. x 6 – **RPE 9-10** 

#### Leg Workout (Pump)

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

#### 1/ Upper legs | Lying leg curl

We are going to repeat last week's leg curls here, as I'm pretty sure you enjoyed it. Do 2-3 sets of descending reps to warm up (20-8). Let's finish the week strong for those of you doing extra leg work. Do your warm ups and then let's do a hard set of 12 followed by a second set of insanity containing a drop, partials, and an isohold. See below for the exact example. **2 total work sets** 

**Goal** – Activation and start pump

This is an example of what it could look like:

55 lbs. x 20

65 lbs. x 12

75 lbs. x 8

95 lbs. x 12 - **RPE 9-10** 

95 lbs.  $\times$  12, drop to 80 to do 8, then 20 partials out of stretch position, then a 20 second iso-

hold - RPE 12

#### 2/ Upper legs | High and wide stance leg press

This week we are doing normal sets here. Just pyramiding up to a tough 10. I do want you to use a slow 3 second decent on these. Do 2 sets with your top weight.

2 total work sets

Goal - Supramax pump

This is an example of what it could look like:

1 plate per side x 20 (warm up)

2 plates per side x 15

3 plates per side x 6

4 plates per side x 6

5 plates per side x 10 – **RPE 8-9** 

5 plates per side x 10 – **RPE 8-9** 

#### 3/ Upper legs | Hip thrusts

Do 3 sets of 12 here. Flex at the top for 1 second on each rep. **3 total work sets** 

(8) Exercise Index - Hip Thrust "Target the Glutes"

Goal - Supramax pump

This is an example of what it could look like:

135 lbs. x 8 (feeder)

185 lbs.  $\times$  12, hold the top and flex

for 1 second on each rep - RPE 9-10

185 lbs. x 12, hold the top and flex

for 1 second on each rep – **RPE 9-10** 

185 lbs. x 12, hold the top and flex

for 1 second on each rep – **RPE 9-10** 

#### 4/ Upper legs | Single leg Romanian deadlift

Another week on these too. I really like these as long as you get that hip back and stretch the glute. Do 3 sets of 10. **3 total work sets** 

This is an example of what it could look like:

40 lb. dumbbell for 10 - **RPE 8-9** 

40 lb. dumbbell for 10 - **RPE 8-9** 

40 lb. dumbbell for 10 - **RPE 8-9** 

(8) One Leg Romanian Style Dumbbell Deadlift for \*AMAZING GLUTES\*

**Goal –** Train muscle from stretch position / long muscle length

#### 5/ Upper legs | Smith machine squat

Let's go out in style this week. Do these with feet out in front. Go nice and deep! Do 2 sets of 20 hard reps here. The rep bump is pretty nasty. **2 total work sets** 

\*If you want to finish with something really cool and you do not have a Smith machine – try this --> Front squat extended set

Goal - Supramax pump

This is an example of what it could look like:

135 lbs. (45 on each side) x 6 (feeder)

185 lbs. x 20 - **RPE 8-9** 

185 lbs. x 20 - **RPE 8-9** 

#### 6/ Calves | Standing calve raises

On these do 10 heavy reps, then step off the machine and do 20 bodyweight reps flexing your calves hard at the top of every rep. Do 4 sets like this. **4 total work sets** 

**Goal –** Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

150 lbs. x 20, bodyweight x 20 – **RPE 9** 

150 lbs. x 20, bodyweight x 20 - **RPE 9** 

150 lbs. x 20, bodyweight x 20 - **RPE 9** 

150 lbs. x 20, bodyweight x 20 – **RPE 9** 

# SUNDAY OFF-FAMILY DAY

## 

### WEEK 5

Pull Workout			
Back	5 exercises	15 sets	
Abs	1 exercise	3 sets	
Biceps	1 exercise	4 sets*	
	7 exercises	22 sets	

Push Workout			
Chest	4 exercises	10 sets	
Shoulders	3 exercises	9 sets	
Triceps	1 exercise	4 sets*	
	8 exercises	23 sets	

	Legs	
Upper legs	4 exercises	16 sets
Calves	1 exercise	3 sets
	5 exercises	19 sets

#### Wednesday - OFF

Pull Workout (Pump)			
Back	4 exercises	12 sets	
Abs	1 exercise	4 sets	
Biceps	1 exercise	4 sets*	
	6 exercises	20 sets	

Push Workout (Pump)			
Chest	3 exercises	8 sets	
Shoulders	2 exercises	7 sets	
Triceps	1 exercise	4 sets	
	6 exercises	19 sets	

Legs Workout (Pump)			
Upper legs	4 exercises	10 sets	
Calves	1 exercise	4 sets	
	5 exercises	14 sets	

Sunday - OFF - Family Day

<sup>\*</sup> more added if weak point

#### **Pull Workout**

Back	5 exercises	15 sets	
Abs	1 exercise	3 sets	
Biceps	1 exercise	4 sets* / more added if weak	k point
	7 exercises	22 sets	

#### 1/ Back | Meadows row

Let's continue to grind on these. Let's do straight sets today and do 3 good hard sets of 8. **3 total work sets** 

Exercise Index - Meadows Row

Goal - Activation and start pump

This is an example of what it could look like:

25 x 15

 $50 \times 15$ 

 $75 \times 5$ 

100 × 8 – **RPE 9** 

100 x 8 - **RPE 9** 

100 x 8 - **RPE 9** 

#### 2/ Back | Incline dumbbell row

Let's keep these going as well. Remember to get a big stretch at the bottom. Work these hard. Do 3 sets of 10. Keep your hands pronated so that you hit lower traps and rhomboids hard. **3 total work sets** 

(15) Exercise Index | Incline Dumbbell Rows

Goal - Supramax pump

This is an example of what it could look like:

40 x 8 - Feeder to get feel of movement

 $70 \times 10 - RPE 10$ 

 $70 \times 10 - RPE 10$ 

 $70 \times 10 - RPE 10$ 

#### 3/ Back | Chest pulls

I want you to go a little heavier on these this week. Last week you did sets of 12, let's go down to 8 and make sure to flex hard in the contracted position on all reps. **3 total work sets** 

(17) Exercise Index - Chest Pulls

Goal - Supramax pump

This is an example of what it could look like:

90 x 5 – Feeder to get feel of movement

155 x 18 - **RPE 9** 

155 x 18 - **RPE 9** 

155 x 18 – **RPE 9** 

#### 4/ Back | Straight arm pulldowns

Watch the video closely. This style is geared toward upper lats. Do 3 sets of 10. **3 total work sets** 

(43) Exercise Index - Straight Arm Pulldown Pushdown

**Goal –** Train muscle from stretch position / long muscle length

This is an example of what it could look like:

90 x 5 – Feeder to get feel of movement

155 × 10 – **RPE 9** 

155 x 10 - **RPE 9** 

155 x 10 - **RPE 9** 

#### 5/ Back | Barbell hyperextensions

Let's continue to progress here in weight or reps. Last week you did 3 sets of 12, increase weight some and beat last week. **3 total work sets** 

**NOTE:** If you have a reverse hyper, I would love for you to do those right here for 3 sets of 10.

Exercise Index - Barbell Hyperextensions

Goal - Supramax pump

This is an example of what it could look like:

Barbell only – Warm up

145 lbs. x 12 - **RPE 9** 

145 lbs. x 12 - **RPE 9** 

145 lbs. x 12 - **RPE 9** 

#### 6/ Abs | Crunches

Lets keep bumping the reps up here. Do 3 sets of 45. 3 total work sets

#### 7/ Biceps | Barbell (or Ez bar) curl 1.5's

On these you go down all the way, come up halfway, back down, and then all the way up. That is 1 rep. Do 4 sets of 8 this way. *4 total work sets* 

Goal - Supramax pump

This is an example of what it could look like:

45 lbs. x 8 – **Feeder** 

85 x 8 - **RPE 9-10** 

**NOTE**: If your biceps are a weak point continue on and do these.

#### 8/ Biceps | Reverse Ez bar curl

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

Goal - Supramax pump

This is an example of what it could look like:

45 lbs. x 15 - **RPE 9** 

45 lbs. x 15 - **RPE 9** 

45 lbs. x 15 - **RPE 9** 

45 lbs. x 15 – **RPE 9** 

#### **Push Workout**

Chest	4 exercises	10 sets
Shoulders	3 exercises	9 sets
Triceps	1 exercise	4 sets* / more added if weak poi
	8 exercises	23 sets

#### 1/ Chest | Flat dumbbell press

Now let's go to a traditional flat bench this week. Let's work up to a big set of 8. Then instead of the drop set we have been finishing with, we will do a back off set to get higher reps. Only drop the weight by 20% though.

2 total work sets

**Goal –** Activation and start pump

This is an example of what it could look like:

 $25's \times 20$ 

45's x 15

65's x 6

85's x 6

 $100's \times 8 - RPE 9-10$ 

80's x Failure - **RPE 10** 

#### 2/ Chest | Flat barbell press

Flat barbell, have I lost my mind? No, I do like to do these every once in a while. I want you to do pause reps on these. So, lower the weight, pause for 1 second, then drive the weight up hard/explosively. Do 4 sets of 6 here. These are meant to be done with higher velocity. This is a little different for hypertrophy, and it's to make you explosive. In other words, there will be reps left in the tank. **4 total work sets** 

Goal - Train explosively

This is an example of what it could look like:

135 x 6

225 x 6 - **RPE 8** 

#### 3/ Chest | Machine flye

Now we blast these like last week. Your high intensity technique for maximum pump here today is some fire producing forced reps. Before you do that, I want you to do a couple of really challenging sets of 10 where you hold the contracted position and squeeze for 2 seconds on each rep like we did last week. Then on the 3rd set add in the forced reps as outlined in the made-up example. 8 is a ton of forced reps. It is going to be hard. **3 total work sets** 

This is an example of what it could look like:

80 x 5 Feeder set to find right weight

120 – 10 with 2 second flex on all reps – **RPE 10** 

120 – 10 with 2 second flex on all reps – **RPE 10** 

have your partner help you with 8 more forced

120 – 10 with 2 second flex on all reps, then

reps – **RPE 12** 

**Goal –** Train muscle from stretch position / long muscle length

#### 4/ Chest | Stretch pushups

Again, just do one set of these today to wrap up chest, if you think you'll get more than 15, I would have someone put a little weight on your back, or push down during the negative.

This is an example of what it could look like:

Pushups to failure - RPE 10

1 total work set

\*Women - Replace this with extra shoulder work. Do 6-Ways with dumbbells for 2 sets of 10.

**Goal –** Train muscle from stretch position / long muscle length

#### 5/ Shoulders | High pulley rear delt flyes

Makes these a tad heavier this week. Do 3 sets of 20 here. **3 total work sets** 

High pulley rear delt flyes

Goal - Supramax pump

This is an example of what it could look like:

120 lbs. x 20 - **RPE 8-9** 

120 lbs. x 20 - **RPE 8-9** 

120 lbs. x 20 - **RPE 8-9** 

#### 6/ Shoulders | Dumbbell side laterals (leaning forward)

Continue grinding on there! Do these pyramid style from 12 reps down to 8, increasing weight as you go. *3 total work sets* 

(5) Seated side laterals with a forward lean

Goal - Supramax pump

This is an example of what it could look like:

25's x 12 - **RPE 9** 

 $30's \times 10 - RPE 9$ 

35's x 8 – **RPE 9** 

#### 7/ Shoulders | Dumbbell press

Take the dumbbells down to parallel, pause for a second and drive-up squeezing delts. Do 3 sets of 10. **3 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

15's x 6 – Feeder set

 $40's \times 10 - RPE 8-9$ 

 $40's \times 10 - RPE 8-9$ 

40's × 10 - **RPE 8-9** 

#### 8/ Triceps | Dual handle triceps extensions

Do 3 sets of 10-12 here reaching failure and then a big drop set as noted in the example. These are my famous spongy grip pushdowns. Do your best to find grips that are spongy and not metal when you do these. **4 total work sets** 

(19) Tricep pushdowns with single handles

Goal - Supramax pump

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12, 100 x 8, 80 x 8 - **RPE 12** 

#### 9/ Triceps | Floor press

These are one of the exercises I enjoy the most. I consider these to be quite fun. Let's crank out 4 sets of 6 here.

4 total work sets

(42) Exercise Index - Floor Press For Triceps

**Goal** – Supramax pump

This is an example of what it could look like:

135 x 6 – Feeder

225 x 4 – Feeder

275 x 6 - **RPE 9** 

275 x 6 - **RPE 9** 

275 x 6 - **RPE 9** 

275 x 6 – **RPE 9** 

#### Leg Workout

Upper legs	4 exercises	16 sets
Calves	1 exercise	3 sets
	5 exercises	19 sets

#### 1/ Upper legs | Seated leg curl

We'll work with a tad bit less intensity today, but a little more volume for a change of pace. Do 4 straight sets of 12. **4 total** work sets

Goal - Activate and pump

This is an example of what it would look like:

 $60 \times 20$ 

80 x 20

100 x 4

120 x 4

140 × 12 – **RPE 9-10** 

 $140 \times 12 - RPE 9-10$ 

140 × 12 – **RPE 9-10** 

 $140 \times 12 - RPE 9-10$ 

#### 2/ Upper legs | Barbell squats

Going along the same path, a little less intensity, and a little more volume here as well. Do 4 sets of 8. *4 total work sets* 

**Goal** – Train explosively

This is an example of what it could look like:

135 x 10

185 x 10

225 x 4

275 x 4

 $315 \times 4$ 

385 x 8 - **RPE 8** 

#### 3/ Upper legs | Leg press

Same thing here. Just volume today! Do 4 sets of 8.

4 total work sets

Goal - Supramax pump

This is an example of what it could look like:

3 plates per side x 5 (feeder)

5 plates per side x 8 – **RPE 8** 

5 plates per side x 8 - RPE 8

5 plates per side x 8 – **RPE 8** 

5 plates per side x 8 – **RPE 8** 

#### 4/ Upper legs | Barbell stiff legged deadlifts

Remember to bend your knees some as you go down. Feel your glutes stretch right along with hamstrings. Do 4 sets of 8. **4 total work sets** 

\*Women – Get a nice bend in your knees so this exercise is more glute focused. Keeping your legs straighter will make it more hamstring focused.

**Goal –** Train muscle from stretch position / long muscle length

135 lbs. x 6 – **Feeder** 

185 lbs. x 8 - **RPE 8** 

#### 5/ Calves | Seated calve raises

Seated calf raises making an appearance! Don't forget tibialis raises. On these do 10 reps, then stretch at the bottom for 10 seconds, and then pump out another 10 reps. Do 3 sets like this. **3 total work sets** 

**Goal –** Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

50 lbs. x 10 – Warm up

100 lbs. x 10, stretch at bottom for 10 seconds and

then pump out 10 more reps. – **RPE 10** 

100 lbs. x 10, stretch at bottom for 10 seconds and

then pump out 10 more reps. – **RPE 10** 

100 lbs. x 10, stretch at bottom for 10 seconds and

then pump out 10 more reps. – RPE 10

#### **Pull Workout (Pump)**

Back	4 exercises	12 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets* / more added if weak point
	6 exercises	20 sets

#### 1/ Back | Heavy partial pulldown

These are simply pulldowns; however, they are meant to be done heavy and only to the top of your head, no lower. They also work really well if you pause and flex at the contraction. This is very good for teres muscles, and upper lats, etc. Do 3 sets of 8 here. *3 total work sets* 

(51) Scapulae Stretch Pulldowns

Goal - Supramax pump

80 lbs. x 10

100 lbs. x 10

120 lbs. x 6

160 lbs. x 8 - **RPE 9** 

160 lbs. x 8 - **RPE 9** 

160 lbs. x 8 - **RPE 9** 

#### 2/ Back | Dumbbell pullovers

We are staying on those upper lat/teres muscles. Do 3 sets of 10 here. *3 total work sets* 

**Goal –** Train muscle from stretch position / long muscle length & Supramax pump

This is an example of what it could look like:

55 lb. dumbbell x 10 - **RPE 8** 

55 lb. dumbbell x 10 - RPE 8

55 lb. dumbbell x 10 - RPE 8

#### 3/ Back | Standing dumbbell row

Let's continue to work these, and really master them. **3 total work sets** 

(7) Exercise Index - Standing Dumbbell Row

**Goal** – Supramax pump

This is an example of what it could look like:

60 lbs. x 6 (feeder set)

100 lbs. x 10 - **RPE 9** 

100 lbs. x 10 - **RPE 9** 

100 lbs. x 10 - **RPE 9** 

#### 4/ Back | Low cable row

Let's finish with a very basic low cable row. Practice a full range of motion and hold the contracted position and flex hard for a second. Do 3 sets of 8. **3 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

80 lbs. x 6 (feeder set)

100 lbs. x 8 - **RPE 9** 

100 lbs. x 8 - **RPE 9** 

100 lbs. x 8 - **RPE 9** 

#### 5/ Abs | Hanging leg raises

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

#### 6/ Biceps | Drag curls

Do these again this week, 4 sets of 10. You can also do these slow in a Smith machine and they are straight fire.

4 total work sets

(7) Exercise Index - Drag Curls

Goal - Supramax pump

This is an example of what it could look like:

45 lbs. x10 – **RPE 9** 

45 lbs. x 10 - **RPE 9** 

45 lbs. x 10 - **RPE 9** 

45 lbs. x 10 - **RPE 9** 

**NOTE**: If your biceps are a weak point continue on and do these.

#### 7/ Biceps | Ez bar preacher curl

Do 4 sets of 10 here. Lower the bar slowly on each rep, generate tension. After you get 10, do 3 slow partials from the top position to squeeze a little more blood in there.

4 total work sets

Goal - Supramax pump

This is an example of what it could look like:

65 lbs. x 10, then 3 partials - **RPE 12** 

65 lbs. x 10, then 3 partials - **RPE 12** 

65 lbs. x 10, then 3 partials – **RPE 12** 

65 lbs. x 10, then 3 partials – **RPE 12** 

#### **Push Workout (Pump)**

Chest	3 exercises	8 sets
Shoulders	2 exercises	7 sets
Triceps	1 exercise	4 sets*
	6 exercises	19 sets

#### 1/ Chest | Decline dumbbell press

Use a slight angle on this as seen in the video. Let's work up to a hard top set for 8 reps and then hit a 2nd set there.

2 total work sets

(14) Exercise Index - Slight Decline Dumbbell Press

\*Women - Use a slight incline here - not decline.

**Goal** – Activation and start pump

This is an example of what it could look like:

25's x 20

 $45's \times 15$ 

65's x 6

85's x 8 - **RPE 9** 

85's x 8 - **RPE 9** 

#### 2/ Chest | Machine flye

I want you to repeat this fire from last week. I know this is a little out of order, but this is a nice sequence. Do 10 reps, then 5 slow partials out of the stretch position for 3 sets. **3 total work sets** 

**Goal** – Train muscle from stretch position / long muscle length & Supramax pump

This is an example of what it could look like:

115 lbs.  $\times$  10, then 5 partials out of stretch - **RPE 12** 115 lbs.  $\times$  10, then 5 partials out of stretch - **RPE 12** 115 lbs.  $\times$  10, then 5 partials out of stretch - **RPE 12** 

#### 3/ Chest | Dips

Same as last week here too, let's keep on hammering the lower outer pecs today. I want 3 sets of 8-12. If you can use weight and get the reps, give it a shot! **3 total work sets** 

\*Women – You can replace this with band pullaparts for rear delts using the long orange EliteFTS band. Do 3 sets of 20.

**Goal –** Train muscle from stretch position / long muscle length

This is an example of what it could look like:

Bodyweight x 8-12

(weight added if possible) - RPE 10

Bodyweight x 8-12

(weight added if possible) – **RPE 10** 

Bodyweight x 8-12

(weight added if possible) - RPE 10

#### 4/ Shoulders | Machine rear delt flyes

Ok time to fire the reps back up here. Start with 3 sets of 25. **3 total work sets** 

**Goal** – Supramax pump

This is an example of what it could look like:

95 lbs. x 25 - **RPE 9** 

95 lbs. x 25 – **RPE 9** 

95 lbs. x 25 – **RPE 9** 

#### 5/ Shoulders | Y raises

Do 4 sets of 10 here. 4 total work set

**Goal** – Supramax pump

This is an example of what it could look like:

 $20's \times 10 - RPE 9$ 

 $20's \times 10 - RPE 9$ 

20's x 10 - **RPE 9** 

 $20's \times 10 - RPE 9$ 

#### 6/ Triceps | Pronated kickbacks

One more week on these. Do 4 sets of 12. 4 total work sets

(15) Tricep Kickbacks with Pronated Grip

Goal - Supramax pump

This is an example of what it could look like:

30's x 12 - **RPE 9** 

**NOTE**: If your triceps are a weak point continue on and do these.

#### 8/ Triceps | Close grip bench press

Do 4 sets of 6 here reaching failure. 4 total work sets

Goal - Supramax pump

This is an example of what it could look like:

135 lbs. x 6 – **RPE 9-10** 

135 lbs. x 6 - **RPE 9-10** 

135 lbs. x 6 - **RPE 9-10** 

135 lbs. x 6 - **RPE 9-10** 

#### Leg Workout (Pump)

Upper legs	4 exercises	10 sets
Calves	1 exercise	4 sets
	5 exercises	14 sets

#### 1/ Upper legs | Lying leg curl

Do 2-3 sets of descending reps to warm up (20 - 8). Let's do a massive cluster set here today. Do a hard set of 10 for your first set. On your 2nd set do 10, rest 20 seconds and then go to failure, rest 20 seconds and go to failure again. **2 total work sets** 

Goal - Activation and start pump

This is an example of what it could look like:

55 lbs. x 20

65 lbs. x 12

75 lbs. x 8

95 lbs. x 10 - **RPE 9-10** 

95 lbs. x 10, rest 20 seconds then 6 to 8, rest

20 seconds and then 5 to 7 - RPE 12

#### 2/ Upper legs | Narrow close stance leg press

This week we are moving our feet up higher on the platform with feet placed close together. This will get us some extra glute work to go with quads. Work up to a tough 10 and do 2 hard sets with it. **2 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

1 plate per side x 20 (warm up)

2 plates per side x 15

3 plates per side x 6

4 plates per side x 6

5 plates per side x 10 - RPE 8-9

5 plates per side x 10 – **RPE 8-9** 

#### 3/ Upper legs | Wide stance Smith squat

Put your feet out in front and go a little wide. This will get inner thighs/adductor magnus, glutes and quads! Do 3 sets of 10. *3 total work sets* 

Goal - Supramax pump

135 lbs. x 8 (feeder)

185 lbs. x 10 - **RPE 9** 

185 lbs. x 10 - **RPE 9** 

185 lbs. x 10 - **RPE 9** 

#### 4/ Upper legs | Single leg Romanian deadlift

3 sets of 10 here again this week. 3 total work sets

(8) One Leg Romanian Style Dumbbell Deadlift for \*AMAZING GLUTES\*

**Goal –** Train muscle from stretch position / long muscle length

This is an example of what it could look like:

40 lb. dumbbell for 10 - **RPE 8-9** 

40 lb. dumbbell for 10 - **RPE 8-9** 

40 lb. dumbbell for 10 - **RPE 8-9** 

#### 5/ Calves | Standing calve raises

Do 4 very heavy sets of 10 here this week. Make sure you get a great stretch on every rep! **4 total work sets** 

**Goal –** Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

150 lbs. x 10 - **RPE 9** 

# SURDAY OFF-FAMILY DAY

## 

### WEEK 6

Pull Workout		
Back	5 exercises	15 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets*
	7 exercises	23 sets

Push Workout			
Chest	4 exercises	9 sets	
Shoulders	3 exercises	9 sets	
Triceps	1 exercise	4 sets*	
	8 exercises	22 sets	

	Legs	
Upper legs	4 exercises	12 sets
Calves	1 exercise	3 sets
	5 exercises	15 sets

#### Wednesday - OFF

Pull Workout (Pump)		
Back	4 exercises	12 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets*
	6 exercises	20 sets

Push Workout (Pump)			
Chest	3 exercises	8 sets	
Shoulders	2 exercises	7 sets	
Triceps	1 exercise	4 sets	
	6 exercises	19 sets	

Legs Workout (Pump)		
Upper legs	4 exercises	10 sets
Calves	1 exercise	4 sets
	5 exercises	14 sets

Sunday - OFF - Family Day

<sup>\*</sup> more added if weak point

#### **Pull Workout**

Back	5 exercises	15 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets* / more added if weak point
	7 exercises	23 sets

#### 1/ Back | Meadows row

No letting up on these now, keep cranking. Let's do straight sets today and do 3 good hard sets of 8. **3 total work sets** 

Exercise Index - Meadows Row

**Goal** – Activation and start pump

This is an example of what it could look like:

 $25 \times 15$ 

 $50 \times 15$ 

 $75 \times 5$ 

 $110 \times 8 - RPE 9$ 

110 × 8 – **RPE 9** 

 $110 \times 8 - RPE 9$ 

#### 2/ Back | Smith machine row

I really hope you have a Smith machine to do these. I feel my entire back contract here. Sometimes you have to stand on plates to get a good enough range of motion due to how the machine can be made. Do 3 sets of 10 here. Flex your entire back on every rep. This will hit lats, rhomboids, traps, everything. *3 total work sets* 

(27) Smith Machine Row For a \*THICK\* Back

Goal - Supramax pump

This is an example of what it could look like:

135 x 8 - Feeder to get feel of movement

185 x 10 - **RPE 10** 

185 x 10 - **RPE 10** 

185 x 10 - **RPE 10** 

#### 3/ Back | Straight arm pulldowns

Back on these this week! This style is geared toward upper lats. Do 3 sets of 10. *3 total work sets* 

(43) Exercise Index - Straight Arm Pulldown Pushdown

Goal - Train muscle from stretch position / long muscle length

This is an example of what it could look like:

90 x 5 – Feeder to get feel of movement

155 x 10 - **RPE 9** 

155 x 10 - **RPE 9** 

155 x 10 – **RPE 9** 

#### 4/ Back | Dumbbell shrugs

Let's do some old school shrugs here for traps. On each rep, hold the dumbbells in the contracted position for 2 seconds. Do 3 sets of 10. **3 total work sets** 

\*Women - Skip these unless you have a specific reason to develop your traps.

Goal - Supramax pump

This is an example of what it could look like:

50,s x 5 – Feeder to get feel of movement

80's x 10 - **RPE 9** 

 $80's \times 10 - RPE 9$ 

 $80's \times 10 - RPE 9$ 

#### 5/ Back | Barbell hyperextensions

Let's continue to progress here in weight or reps. Last week you did 3 sets of 12, increase weight some and beat last week. **3 total work sets** 

**NOTE:** If you have a reverse hyper, I would love for you to do those right here for 3 sets of 10.

Exercise Index - Barbell Hyperextensions

Goal - Supramax pump

This is an example of what it could look like:

Barbell only – Warm up

155 lbs. x 12 - **RPE 9** 

155 lbs. x 12 - **RPE 9** 

155 lbs. x 12 - **RPE 9** 

#### 6/ Abs | Crunches

Lets keep bumping the reps up here. Do 4 sets of 50. 4 total work sets

#### 7/ Biceps | Barbell (or Ez bar) curl 1.5's

One more week on these! Let the fire rage! On these you go down all the way, come up halfway, back down, and then all the way up. That is 1 rep. Do 4 sets of 8 this way. **4 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

45 lbs. x 8 – **Feeder** 

85 x 8 - **RPE 9-10** 

85 x 8 - **RPE 9-10** 

85 x 8 - **RPE 9-10** 

85 × 8 - **RPE 9-10** 

**NOTE**: If your biceps are a weak point continue on and do these.

#### 8/ Biceps | Hammer curl

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

Goal - Supramax pump

This is an example of what it could look like:

25's lbs. x 6 – Feeder

35's' x 12 - **RPE 9** 

#### **Push Workout**

Chest	4 exercises	9 sets
Shoulders	3 exercises	9 sets
Triceps	1 exercise	4 sets* / more added if weak point
	8 exercises	22 sets

#### 1/ Chest | Flat dumbbell press

Let's stay with the traditional flat bench this week. Let's work up to a big set of 8, and then repeat that for a 2nd big set. **2 total work sets** 

**Goal** – Activation and start pump

This is an example of what it could look like:

 $25's \times 20$ 

 $45's \times 15$ 

65's x 6

85's x 6

100's x 8 - **RPE 9-10** 

100's x 8 - **RPE 9-10** 

#### 2/ Chest | Flat barbell press

One more week here. Keep the same weight as last week but see if you can train it with more speed/explosiveness. Again, pause then bam, drive it up hard. Do 4 sets of 6 here. These are meant to be done with higher velocity. This is a little different for hypertrophy, and it's to make you explosive. In other words, there will be reps left in the tank.

4 total work sets

**Goal** – Train explosively

This is an example of what it could look like:

135 x 6

225 x 6 - **RPE 8** 

#### 3/ Chest | Dips

I want you to do bodyweight only today on these. Crank the reps and go to failure. I want a massive pump here. If you need to use a dip assist machine, no problem, do it! Try to get at least 15. **3 total work sets** 

This is an example of what it could look like:

Bodyweight x Failure - **RPE 10** 

Bodyweight x Failure - RPE 10

\* Women - Skip the dips and do 3 x 12 of dumbbell front raises.

**Goal -** Train muscle from stretch position / long muscle length

#### 4/ Chest | Stretch pushups

Again, just do one set of these today to wrap up chest. If you think you'll get more than 15, I would have someone put a little weight on your back, or push down during the negative.

This is an example of what it could look like:

Pushups to failure - RPE 10

1 total work set

\*Women - Skip these and do 6-Ways with dumbbells for 2 sets of 10.

**Goal –** Train muscle from stretch position / long muscle length

#### 5/ Shoulders | High pulley rear delt flyes

Do 3 sets of 20 here. 3 total work sets

High pulley rear delt flyes

Goal - Supramax pump

This is an example of what it could look like:

115 lbs. x 20- **RPE 8-9** 

115 lbs. x 20 - **RPE 8-9** 

115 lbs. x 20 - **RPE 8-9** 

#### 6/ Shoulders | Dumbbell side laterals (leaning forward)

Continue on these but let's bring the reps down after all the high reps on chest. These will get a little heavier. Do 3 sets of 8. **3 total work sets** 

(5) Seated side laterals with a forward lean

**Goal –** Supramax pump

This is an example of what it could look like:

30's x 8 - **RPE 9** 

30's x 8 - **RPE 9** 

30's x 8 - **RPE 9** 

#### 7/ Shoulders | Landmine press

These are not just for shoulders, they are for serratus which contribute to shoulder health as well. These are a great exercise! Do 3 sets of 7. **3 total work sets** 

(28) Exercise Index - Landmine Shoulder Press

Goal - Supramax pump

This is an example of what it could look like:

70 lbs. x 6 – Feeder set

90 lbs. x 7 - **RPE 9** 

90 lbs. x 7 - **RPE 9** 

90 lbs. x 7 - **RPE 9** 

#### 8/ Triceps | Dual handle triceps extensions

Do 3 sets of 10-12 here reaching failure, and then a big drop set as noted below, just like we did last week. These are my famous spongy grip pushdowns. *4 total work sets* 

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12, 100 x 8, 80 x 8 - **RPE 12** 

(19) Tricep pushdowns with single handles

Goal - Supramax pump

# 9/ Triceps | Floor press

These are one of the exercises I enjoy the most. I consider these to be quite fun. Let's crank out 4 sets of 6 here.

4 total work sets

(42) Exercise Index - Floor Press For Triceps

**Goal** – Supramax pump

This is an example of what it could look like:

135 x 6 – Feeder

225 x 4 – Feeder

275 x 6 – **RPE 9** 

275 x 6 - **RPE 9** 

275 x 6 – **RPE 9** 

275 × 6 – **RPE 9** 

# Leg Workout

Upper legs	4 exercises	12 sets
Calves	1 exercise	3 sets
	5 exercises	15 sets

# 1/ Upper legs | Seated leg curl

We will get back on the high intensity variations this week here. Work up to a hard set of 10. Then do a 2nd set of 10, drop and get 6 to 8 more, then 10 slow partials.

See below for the details. 2 total work sets

Goal - Activate and pump

This is an example of what it would look like:

60 x 20

80 x 20

100 x 4

120 x 4

140 × 10 - **RPE 9-10** 

140 x 10, drop weight and do 6 to 8 more, then do 10 slow partials – **RPE 12** 

# 2/ Upper legs | Barbell squats

Going along the same path, a little less intensity, and a little more volume here today. Do 4 sets of 8. *4 total work sets* 

\*If you want to try something a little different today, I would love for you to hit some trap bar deads. I love these! Drive your feet through the floor and keep your back straight. Use those quads and glutes!

**Goal** – Train explosively

This is an example of what it could look like:

135 x 10

185 x 10

225 x 4

275 × 4

315 x 4

385 x 8 - **RPE 8** 

# 3/ Upper legs | Leg press

Same thing here. Today we are doing a massive drop set on these. Hit a tough set of 10, and then do the drop set like shown in the example. **2 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

3 plate per side x 5 (feeder)

5 plates per side x 5 (feeder)

6 plates per side x 10 – **RPE 8-9** 

6 plates per side x 10, 5 plates per side x 6-8,

4 plates per side x 6-8 – **RPE 12** 

# 4/ Upper legs | Barbell stiff legged deadlifts

Remember to bend your knees some as you go down. Feel your glutes stretch right along with hamstrings. Do 4 sets of 8.

4 total work sets

\*Women – Get a nice bend in your knees so this exercise is more glute focused. Keeping your legs straighter will make it more hamstring focused.

**Goal –** Train muscle from stretch position / long muscle length

135 lbs. x 6 – **Feeder** 

185 lbs. x 8 - **RPE 8** 

#### 5/ Calves | Seated calve raises

Let's burn these up again this week. On these do 10 reps, pause at the bottom for 10 seconds, then pump out another 10 reps. Do 3 sets like this. **3 total work sets** 

**Goal** – Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

50 lbs. x 10 – Warm up

100 lbs. x 10, stretch at bottom for 10 seconds and

then pump out 10 more reps. – **RPE 10** 

100 lbs. x 10, stretch at bottom for 10 seconds and

then pump out 10 more reps. – **RPE 10** 

100 lbs. x 10, stretch at bottom for 10 seconds and

then pump out 10 more reps. – **RPE 10** 

# **Pull Workout (Pump)**

Back	4 exercises	12 sets	
Abs	1 exercise	4 sets	
Biceps	1 exercise	4 sets* /	more added if weak point
	6 exercises	20 sets	

# 1/ Back | Heavy partial pulldown

This week these will be even better now that you know the movement. Remember they are meant to be done heavy and only to the top of your head, no lower. They also work really well if you pause and flex at the contraction. This is very good for teres muscles, and upper lats, etc. Do 3 sets of 8 here. 3 total work sets

80 lbs. x 10 100 lbs. x 10

120 lbs. x 6

160 lbs. x 8 - **RPE 9** 

160 lbs. x 8 - **RPE 9** 

160 lbs. x 8 – **RPE 9** 

(51) Scapulae Stretch Pulldowns

Goal - Supramax pump

# 2/ Back | Dumbbell pullovers

Do 3 sets of 10 here. 3 total work sets

**Goal –** Train muscle from stretch position / long muscle length & Supramax pump

This is an example of what it could look like:

55 lb. dumbbell x 10 - **RPE 8** 

55 lb. dumbbell x 10 - RPE 8

55 lb. dumbbell x 10 - **RPE 8** 

# 3/ Back | Banded chins

I am assuming you did not forget about these. Let's go with 3 sets to failure. I want you to move your grip in slightly this time. We went wide on the first pulldowns today. **3 total** work sets

Goal - Supramax pump

This is an example of what it could look like:

Bodyweight x Failure - RPE 10

Bodyweight x Failure - RPE 10

Bodyweight x Failure – **RPE 10** 

# 4/ Back | Low cable row

Do 3 sets of 8. 3 total work sets

**Goal** – Supramax pump

This is an example of what it could look like:

80 lbs. x 6 (feeder set)

160 lbs. x 8 - **RPE 9** 

160 lbs. x 8 - **RPE 9** 

160 lbs. x 8 - **RPE 9** 

# 5/ Abs | Hanging leg raises

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

# 6/ Biceps | Ez bar curls

Do 4 sets of 8 here with 3 a second descent.

4 total work sets

Goal - Supramax pump

This is an example of what it could look like:

65 lbs. x 8 - **RPE 9** 

NOTE: If your biceps are a weak point continue on and do these.

# 7/ Biceps | Spider curl

Do 4 sets of 10 here. After 10, with your harms hanging down, add 4 partial reps on each set. 4 total work sets

Goal - Supramax pump

This is an example of what it could look like:

55 lbs. x 10, then 4 partials – **RPE 12** 

55 lbs. x 10, then 4 partials – **RPE 12** 

55 lbs. x 10, then 4 partials – **RPE 12** 

55 lbs.  $\times$  10, then 4 partials – **RPE 12** 

# **Push Workout (Pump)**

Chest	3 exercises	8 sets
Shoulders	2 exercises	7 sets
Triceps	1 exercise	4 sets*
	6 exercises	19 sets

# 1/ Chest | Incline neutral grip dumbbell press

Let's work up to a hard top set for 8 reps and then hit a 2nd set there. **2 total work sets** 

(66) Exercise Index - Neutral Grip Incline Dumbbell Press

**Goal** – Activation and start pump

This is an example of what it could look like:

25's x 20

45's x 15

 $65's \times 6$ 

85's x 8 - **RPE 9** 

85's x 8 - **RPE 9** 

# 2/ Chest | Dumbbell hex press

This is a great triceps and chest combo exercise. Make sure you smash the dumbbells together and really flex your chest hard at the top. Do 3 sets of 8. *3 total work sets* 

(66) Exercise Index - Hex Press

Goal - Supramax pump

This is an example of what it could look like:

55's x 8 - **RPE 9** 

55's x 8 - **RPE 9** 

55's x 8 - **RPE 9** 

# 3/ Chest | Banded machine press

These are fantastic to get really hard contractions. Put the bands on the machine as shown and hit 3 explosive sets of 8. **3 total work sets** 

**NOTE**: Women use long orange bands

(68) How to attach bands to a Hammer chest press

**Goal** – Train explosively

This is an example of what it could look like:

90 lbs. + red bands x 8 - **RPE 9** 

90 lbs. + red bands x 8 - **RPE 9** 

90 lbs. + red bands x 8 - **RPE 9** 

# 4/ Shoulders | Wide grip row

Do these with a pronated grip and flex your rear delts, traps, and rhomboids as you row. Pull the bar up into your lower chest, not abs. Do 3 sets of 15. *3 total work sets* 

Goal - Supramax pump

This is an example of what it could look like:

95 lbs. x 15 – **RPE 9** 

95 lbs. x 15 - **RPE 9** 

95 lbs. x 15 - **RPE 9** 

### 5/ Shoulders | Y raises

Do 4 sets of 10 here. 4 total work sets

**Goal** – Supramax pump

This is an example of what it could look like:

20's x 10 - **RPE 9** 

 $20's \times 10 - RPE 9$ 

20's x 10 - **RPE 9** 

 $20's \times 10 - RPE 9$ 

# 6/ Triceps | Assist machine pushdowns

Hopefully, you have one of these. If not do regular spongy grip pushdowns. Bring the weight up high to stretch tris, then drive down and flex. These are phenomenal. Do 4 sets of 8. **4 total work sets** 

(68) Exercise Index - Assisted Tricep Pushdown

Goal - Supramax pump

This is an example of what it could look like:

85 lbs. x 8 - **RPE 9** 

85 lbs. x 8 - RPE 9

85 lbs. x 8 - **RPE 9** 

85 lbs. x 8 - **RPE 9** 

**NOTE**: If your triceps are a weak point continue on and do these.

# 8/ Triceps | Close grip bench press

Do 4 sets of 6 here reaching failure. 4 total work sets

Goal - Supramax pump

This is an example of what it could look like:

135 lbs. x 6 – **RPE 9-10** 

135 lbs. x 6 - **RPE 9-10** 

135 lbs. x 6 - **RPE 9-10** 

135 lbs. x 6 - **RPE 9-10** 

# Leg Workout (Pump)

Upper legs	4 exercises	10 sets
Calves	1 exercise	4 sets
	5 exercises	

# 1/ Upper legs | Lying leg curl

Do 2-3 sets of descending reps to warm up (20 - 8). Let's do another massive cluster set here today. Do a hard set of 10 for your first set. On your 2nd set do 10, rest 20 seconds and go to failure, rest another 20 seconds and go to failure again. **2 total work sets** 

**Goal** – Activation and start pump

This is an example of what it could look like:

55 lbs. x 20

65 lbs. x 12

75 lbs. x 8

95 lbs. x 10 - **RPE 9-10** 

95 lbs. x 10, rest 20 seconds then 6 to 8, rest

20 seconds and then 5 to 7 - RPE 12

# 2/ Upper legs | Narrow close stance leg press

Keep your feet higher up on the platform and placed close together again this week. This will get us some extra glute work to go with quads. Work up to a tough 10 and do 2 hard sets with it. **2 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

1 plate per side x 20 (warm up)

2 plates per side x 15

3 plates per side x 6

4 plates per side x 6

5 plates per side x 10 - RPE 8-9

5 plates per side x 10 – **RPE 8-9** 

# 3/ Upper legs | Wide stance Smith squat

Put your feet out in front and go a little wide. This will get inner thighs/adductor magnus, glutes and quads! Do 3 sets of 10. Let's finish the 3rd set with 2 drops.

3 total work sets

**Goal** - Supramax pump

This is an example of what it could look like:

135 lbs. x 8 (feeder)

185 lbs. x 10 - **RPE 9** 

185 lbs. x 10 - **RPE 9** 

185 lbs. x 10, then 135 x 8, then 95 x 8 - **RPE 12** 

# 4/ Upper legs | Dumbbell stiff legged deadlifts

3 sets of 10 here. **3 total work sets** 

**Goal –** Train muscle from stretch position / long muscle length

This is an example of what it could look like:

40 lb. dumbbell x 10 - **RPE 8-9** 

40 lb. dumbbell x 10 - **RPE 8-9** 

40 lb. dumbbell x 10 - **RPE 8-9** 

# 5/ Calves | Standing calve raises

Do 4 sets of 25 here this week. Make sure you get a great stretch on every rep! **4 total work sets** 

**Goal** – Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

120 lbs. x 25 - **RPE 9** 

# SURDAY OFF-FAMILY DAY

# 

# WEEK 7

Pull Workout			
Back	5 exercises	13 sets	
Abs	1 exercise	4 sets	
Biceps	1 exercise	4 sets*	
	7 exercises	21 sets	

Push Workout			
Chest	4 exercises	9 sets	
Shoulders	oulders 3 exercises		
Triceps	1 exercise	4 sets*	
	8 exercises	22 sets	

Legs		
Upper legs	4 exercises	12 sets
Calves	1 exercise	3 sets
	5 exercises	15 sets

# Wednesday - OFF

Pull Workout (Pump)		
Back 4 exercises 12 sets		
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets*
	6 exercises	20 sets

Push Workout (Pump)			
Chest 3 exercises 8 sets			
Shoulders 2 exercises		7 sets	
Triceps 1 exercise		4 sets	
	6 exercises	19 sets	

Legs Workout (Pump)			
Upper legs 4 exercises 10 sets			
Calves 1 exercise		4 sets	
5 exercises 14 sets			

Sunday - OFF - Family Day

<sup>\*</sup> more added if weak point

# **Pull Workout**

Back	5 exercises	13 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets* / more added if weak point
	7 exercises	21 sets

# 1/ Back | Meadows row

Let's get nasty on these today. Do 2 hard sets of 8, then a huge drop set on your 3rd set. **3 total work sets** 

Goal - Activation and start pump

This is an example of what it could look like:

25 x 15

50 x 15

 $75 \times 5$ 

 $100 \times 8 - RPE 9$ 

100 x 8 - **RPE 9** 

 $100 \times 8, 80 \times 6-8, 60 \times 6-8 -$ **RPE 12** 

# 2/ Back | Smith machine row

I want the same thing here. Give me 2 hard sets of 8 and then a big drop set. **3 total work sets** 

(27) Smith Machine Row For a \*THICK\* Back

Goal - Supramax pump

This is an example of what it could look like:

135 x 8 – Feeder to get feel of movement

185 x 8 - **RPE 9** 

185 x 8 - **RPE 9** 

185 x 8, 145 x 6-8, 115 x 6-8 - **RPE 12** 

# 3/ Back | Straight arm pulldowns

Keep the intensity high, no turning back now. Do 2 sets of 10, then a big drop set. *3 total work sets* 

(43) Exercise Index - Straight Arm Pulldown Pushdown

**Goal –** Train muscle from stretch position / long muscle length

This is an example of what it could look like:

90 x 5 – Feeder to get feel of movement

155 x 10 - **RPE 9** 

155 x 10 – **RPE 9** 

 $155 \times 10$ ,  $120 \times 8-10$ ,  $100 \times 8-10 -$ **RPE 12** 

# 4/ Back | Supinated pulldown variation

These are great. Focus on contracting hard at the bottom of the movement. Keep your chest up as you drive your elbows down here. Do 3 sets of 10. **3 total work sets** 

(82) Supinated pull down variation

Goal - Supramax pump

This is an example of what it could look like:

60 lbs. x 6 - Feeder to get feel of movement

90 lbs. x 10 - **RPE 8-9** 

90 lbs. x 10 - **RPE 8-9** 

90 lbs. x 10 - **RPE 8-9** 

### 5/ Back | Barbell hyperextensions

Let's blast one high rep set here. Use the weight you did last week and go to failure. **1 total work set** 

**NOTE:** If you have a reverse hyper, I would love for you to do those right here for 3 sets of 10.

Exercise Index - Barbell Hyperextensions

Goal - Supramax pump

This is an example of what it could look like:

Barbell only – Warm up

135 lbs. x Failure – **RPE 10** 

# 6/ Abs | Crunches

Lets keep bumping the reps up here. Do 4 sets of 50. 4 total work sets

# 7/ Biceps | Preacher concentration curl

Do 4 sets of 10 here. Lower the dumbbells slowly squeezing hard and continue to squeeze as you curl it up. Create massive tension on these. **4 total work sets** 

(82) Exercise Index - Concentration Preacher Curls

Goal - Supramax pump

This is an example of what it could look like:

15 lbs. x 6 – Feeder

 $25's \times 10 - RPE 9-10$ 

25's × 10 - **RPE 9-10** 

25's x 10 - **RPE 9-10** 

25's x 10 - **RPE 9-10** 

**NOTE**: If your biceps are a weak point continue on and do these.

# 8/ Biceps | One arm cable curl

Do 4 sets of 12 here. 4 total work sets

(82) Exercise Index - One Arm Cable Curl

**Goal –** Supramax pump

This is an example of what it could look like:

35 lbs. x 6 – **Feeder** 

55 lbs. x 12 - **RPE 9-10** 

# **Push Workout**

Chest	4 exercises	9 sets	
Shoulders	3 exercises	9 sets	
Triceps	1 exercise	4 sets* /	more added if weak point
	8 exercises	22 sets	

# 1/ Chest | Slight incline dumbbell press

Let's get back to that slight incline angle the last 2 weeks of your program. Do a normal hard set of 8 and then a big drop set with two drops. **2 total work sets** 

Goal - Activation and start pump

This is an example of what it could look like:

 $25's \times 20$ 

45's x 15

65's x 6

85's x 6

100's x 8 - **RPE 9-10** 

100's x 8, 75's x Failure, 55's x Failure – **RPE 9-10** 

# 2/ Chest | Incline barbell press

Do a feeder set or two, then 3 good hard sets of 8 leaving one rep in the tank on all sets. **3 total work sets** 

**Goal** – Train explosively

This is an example of what it could look like:

135 x 4

185 x 3

225 x 8 - **RPE 8** 

225 x 8 - **RPE 8** 

225 x 8 - **RPE 8** 

# 3/ Chest | Cable flye press

These are phenomenal if you can get them set up the way I have them in the video. Do 2 hard sets of 10 here. The burn on these is awful. **2 total work sets** 

This is an example of what it could look like:

40 lbs. x 10 Failure - **RPE 10** 

40 lbs. x 10 Failure - **RPE 10** 

(82) Exercise Index - Cable Flye Press

**Goal –** Train muscle from stretch position / long muscle length

# 4/ Chest | Floor press

Do these with a normal grip. Normally we do these for triceps. Today we are doing these mainly for chest. Do 2 hard sets of 8 here. Make sure you flex hard at the top on these. **2 total work sets** 

This is an example of what it could look like:

185 x 4 – **Feeder** 

255 x 8 - **RPE 9** 

255 x 8 - **RPE 9** 

(83) Exercise Index - Floor Press For Triceps

Goal - Train explosively

# 5/ Shoulders | High pulley rear delt flyes

Do 3 sets of 20 here. I want you to hold the contracted position and flex your rear delts for 1 second on all reps! **3 total work sets** 

This is an example of what it could look like:

115 lbs. x 20- **RPE 8-9** 

115 lbs. x 20 - **RPE 8-9** 

115 lbs. x 20 - **RPE 8-9** 

High pulley rear delt flyes

Goal - Supramax pump

# 6/ Shoulders | Dumbbell side laterals (leaning forward)

Today we do two straight sets and then we hit a huge drop set. See below for details. **3 total work sets** 

(5) Seated side laterals with a forward lean

**Goal –** Supramax pump

This is an example of what it could look like:

30's x 8 - **RPE 9** 

30's x 8 - **RPE 9** 

30's x 8, 20's x 8, 10's x 8 - **RPE 12** 

# 7/ Shoulders | Landmine press

Repeat these this week. These are not just for shoulders, they are for serratus which contribute to shoulder health as well. These are a great exercise! Do 3 sets of 7. **3 total work sets** 

(28) Exercise Index - Landmine Shoulder Press

**Goal** – Supramax pump

This is an example of what it could look like:

70 lbs. x 6 – Feeder set

90 lbs. x 7 - **RPE 9** 

90 lbs. x 7 - **RPE 9** 

90 lbs. x 7 - **RPE 9** 

### 8/ Triceps | Dual handle triceps extensions

Do 4 sets of 10-12 here reaching failure and then a big drop set as noted below just like we did last week. These are my famous spongy grip pushdowns. 4 total work sets

(19) Tricep pushdowns with single handles

Goal - Supramax pump

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12 - **RPE 9-10** 

120 lbs. x 12, 100 x 8, 80 x 8 - **RPE 12** 

# 9/ Triceps | Dumbbell tricep kickouts

Do 4 sets of 10 here to wrap up for the day. 4 total work sets

(83) Dumbbell Tricep Kickout (Great 4 Growth)

**Goal –** Supramax pump

This is an example of what it could look like:

30's x 10 - **RPE 9** 

 $30's \times 10 - RPE 9$ 

30's x 10 - **RPE 9** 

30's x 10 - **RPE 9** 

# Leg Workout

Upper legs	4 exercises	12 sets
Calves	1 exercise	3 sets
	5 exercises	15 sets

# 1/ Upper legs | Seated leg curl

Let's blast again, more high intensity! Work up to your hard set of 10. On your 2nd set do 10, followed by a drop set, and then 10 slow partials out of the stretch position. See the example for the details. **2 total work sets** 

Goal - Activate and pump

This is an example of what it would look like:

60 x 20

80 x 20

100 x 4

120 x 4

140 × 10 - **RPE 9-10** 

 $140 \times 10$ , drop weight and do 6 to 8 more, then do 10 slow partials – **RPE 12** 

# 2/ Upper legs | Barbell squats

I want to really push the reps this week. This is tough, maybe tougher than all the squat workouts we have done to this point. I want 3 hard sets of 15 reps. You are going to need to leave a rep or two in the tank though. **3 total work sets** 

\*If you want to try something a little different today, I would love for you to hit some trap bar deads. I love these! Drive your feet through the floor and keep your back straight. Use those quads and glutes!

Goal - Supramax pump

This is an example of what it could look like:

135 x 10

185 x 10

 $225 \times 4$ 

275 x 15 - **RPE 8** 

275 x 15 – **RPE 8** 

275 x 15 - **RPE 8** 

# 3/ Upper legs | Leg press

We are going to crank hard on the reps here too. Do 3 sets of 20. In between your sets keep your legs up high on the platform while you rest so the blood pools in your legs. This is going to hurt FYI. Be ready for an insane pump. **3 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

3 plates per side x 5 - **Feeder** 

5 plates per side x 20 - RPE 8

5 plates per side x 20 - RPE 8

5 plates per side x 20 - **RPE 8** 

# 4/ Upper legs | Barbell stiff legged deadlifts

Remember to bend your knees some as you go down. Feel your glutes stretch right along with your hamstrings. Do 4 sets of 8.

4 total work sets

**Goal –** Train muscle from stretch position / long muscle length

135 lbs. x 6 – **Feeder** 

185 lbs. x 8 – **RPE 8** 

185 lbs. x 8 – **RPE 8** 

185 lbs. x 8 – **RPE 8** 185 lbs. x 8 – **RPE 8** 

# 5/ Calves | Seated calve raises

Let's burn these up again this week. On these do 10 reps, then stretch at the bottom for 10 seconds, and then pump out another 10 reps. Do 3 sets like this. **3 total work sets** 

**Goal** – Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

50 lbs. x 10 – Warm up

100 lbs. x 10, stretch at bottom for 10 seconds and

then pump out 10 more reps. – **RPE 10** 

100 lbs. x 10, stretch at bottom for 10 seconds and

then pump out 10 more reps. – **RPE 10** 

100 lbs. x 10, stretch at bottom for 10 seconds and

then pump out 10 more reps. – **RPE 10** 

# **Pull Workout (Pump)**

Back	4 exercises	12 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets* / more added if weak point
	6 exercises	20 sets

#### 1/ Back | Elevated low cable rows

I want you to do these seated on something to give you a little elevation and change the angle a little. You are pulling slightly upward now giving you some more upper back stress. Do 3 sets of 10 here. **3 total work sets** 

(15) Elevated supinated cable rows

Goal - Supramax pump

80 lbs. x 10 100 lbs. x 10 120 lbs. x 6 160 lbs. x 10 - **RPE 9** 160 lbs. x 10 - **RPE 9** 160 lbs. x 10 - **RPE 9** 

# 2/ Back | Prone shrugs

This is a unique but effective exercise for traps and rhomboids. It is simply a shrug done at a different angle. It takes a little practice, but when you nail it, you get this very rare pumped feeling in your rhomboids. You may not have this set up, that's fine. Basically, it's anything where you can shrug and not row with arms. We use a supported T-bar for these, however, a seated hammer row also works. Do 3 sets of 15 here. *3 total work sets* 

This is an example of what it could look like:

90 lbs. x 10 – **Feeder** 

135 lbs. x 15 - **RPE 9** 

135 lbs. x 15 - **RPE 9** 

135 lbs. x 15 - **RPE 9** 

(15) Prone shrugs against rack for mid back and lower traps

Goal - Train muscle from stretch position / long muscle length & Supramax pump

### 3/ Back | Banded chins

Let's go with 3 sets to failure. keep your grip in slightly this time. **3 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

Bodyweight x Failure - RPE 10

Bodyweight x Failure - RPE 10

Bodyweight x Failure – **RPE 10** 

# 4/ Back | Hyperextensions

Do 3 sets of 25 or just go to failure if you can't get 25. **3 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

Bodyweight x 25 – **RPE can vary** 

Bodyweight x 25 – **RPE can vary** 

Bodyweight x 25 – **RPE can vary** 

# 5/ Abs | Hanging leg raises

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

# 6/ Biceps | Ez bar curls

Do 4 sets of 8 here with a **5 second** descent.

4 total work sets

Goal - Supramax pump

This is an example of what it could look like:

65 lbs. x 8 - **RPE 9** 

65 lbs. x 8 - **RPE 9** 

65 lbs. x 8 - **RPE 9** 

65 lbs. x 8 - RPE 9

**NOTE**: If your biceps are a weak point continue on and do these.

# 7/ Biceps | Spider curl

Do 4 sets of 10 here. After 10, with your arms hanging down, add on 4 partial reps on each set. **4 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

55 lbs. x 10, then 4 partials – **RPE 12** 

55 lbs. x 10, then 4 partials – **RPE 12** 

55 lbs. x 10, then 4 partials – **RPE 12** 

55 lbs.  $\times$  10, then 4 partials – **RPE 12** 

# **Push Workout (Pump)**

Chest	3 exercises	8 sets
Shoulders	2 exercises	7 sets
Triceps	1 exercise	4 sets*
	6 exercises	19 sets

# 1/ Chest | Incline neutral grip dumbbell press

Let's work up to a hard top set for 8 reps and then hit a 2nd set there. **2 total work sets** 

(66) Exercise Index - Neutral Grip Incline Dumbbell Press

**Goal** – Activation and start pump

This is an example of what it could look like:

 $25's \times 20$ 

45's x 15

65's x 6

85's x 8 - **RPE 9** 

85's x 8 - **RPE 9** 

# 2/ Chest | Dumbbell hex press

We are going to go high rep on these today to create some fire in those pecs. Make sure you smash the dumbbells together and really flex your chest hard at the top. Do 3 sets of 15. **3 total work sets** 

This is an example of what it could look like:

45's x 15 - **RPE 9** 

45's x 15 - **RPE 9** 

45's x 15 - **RPE 9** 

(66) Exercise Index - Hex Press

Goal - Supramax pump

# 3/ Chest | Banded machine press

Let's nail these again. Put the bands on the machine as shown and hit 3 explosive sets of 8. It's very important that you flex as hard as you can in the contracted position. **3 total work sets** 

**NOTE:** Women use long orange bands

(68) How to attach bands to a Hammer chest press

**Goal** – Train explosively

This is an example of what it could look like:

90 lbs. + red bands x 8 - **RPE 9** 

90 lbs. + red bands x 8 - **RPE 9** 

90 lbs. + red bands x 8 - **RPE 9** 

# 4/ Shoulders | Wide grip row

Do these with a pronated grip and flex your rear delts, traps, and rhomboids as you row. Pull the bar up into your lower chest, not abs. Do 3 sets of 15. *3 total work sets* 

Goal - Supramax pump

This is an example of what it could look like:

95 lbs. x 15 – **RPE 9** 

95 lbs. x 15 - **RPE 9** 

95 lbs. x 15 – **RPE 9** 

# 5/ Shoulders | Over and back press

On these make sure you barely go behind your head and no lower, as shown in the video, before coming back over to the front. These are just a shortened range of motion version of the Bradford press. I prefer this range of motion for shoulder health. Over and back equals 1 rep. Do not get sloppy here, keep tight form. Do 4 sets of 8 here. **4 total work set** 

05'- 0 **DDC 0** 

This is an example of what it could look like:

95's x 8 - **RPE 9** 

95's x 8 – **RPE 9** 

95's x 8 - **RPE 9** 

95's x 8 - **RPE 9** 

(17) Over and Back Presses

Goal - Supramax pump

# 6/ Triceps | Assist machine pushdowns

Let's crush these again this week. Bring the weight up high to stretch tris, then drive down and flex. These are phenomenal. Do 4 sets of 8. **4 total work sets** 

(68) Exercise Index - Assisted Tricep Pushdown

Goal - Supramax pump

This is an example of what it could look like:

85 lbs. x 8 - **RPE 9** 

**NOTE**: If your triceps are a weak point continue on and do these.

# 8/ Triceps | Seated overhead rope extensions

Do 4 sets of 12 here reaching failure. 4 total work sets

(17) Seated overhead rope extensions

**Goal** – Supramax pump

This is an example of what it could look like:

135 lbs. x 12 – **RPE 9-10** 

135 lbs. x 12 - **RPE 9-10** 

135 lbs. x 12 - **RPE 9-10** 

135 lbs. x 12 - **RPE 9-10** 

# Leg Workout (Pump)

Upper legs	4 exercises	10 sets
Calves	1 exercise	4 sets
	5 exercises	14 sets

# 1/ Upper legs | Lying leg curl

Do 2-3 sets of descending reps to warm up (20 - 8). Let's do another massive cluster set here today. Do a hard set of 10 for your first set. On your 2nd set do 10, rest 20 seconds and then go to failure, rest another 20 seconds and go to failure again. **2 total work sets** 

Goal - Activation and start pump

This is an example of what it could look like:

55 lbs. x 20

65 lbs. x 12

75 lbs. x 8

95 lbs. x 10 - **RPE 9-10** 

95 lbs. x 10, rest 20 seconds then 6 to 8, rest

20 seconds and then 5 to 7 - RPE 12

# 2/ Upper legs | Narrow close stance leg press

Keep your feet higher up on the platform and placed close together again this week. This will get us some extra glute work to go with quads. Work up to a tough 10 and do 2 hard sets with it. **2 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

1 plate per side x 20 (warm up)

2 plates per side x 15

3 plates per side x 6

4 plates per side x 6

5 plates per side x 10 - RPE 8-9

5 plates per side x 10 – **RPE 8-9** 

# 3/ Upper legs | Dumbbell squats

Let's do 2 heavy sets of 10 here and then a massive double drop set. Sometimes even my feet start to burn on the drop set here. **3 total work sets** 

(17) Exercise Index - Dumbbell Squats

Goal - Supramax pump

This is an example of what it could look like:

55 lbs. x 8 - **Feeder** 

85 lbs. x 5 - **Feeder** 

120 lbs. x 10 - **RPE 8** 

120 lbs. x 10 - **RPE 8** 

120 lbs. x 10, 90 lbs. x 10, 70 lbs. x 10 - **RPE 12** 

# 4/ Upper legs | Dumbbell stiff legged deadlifts

3 sets of 10 here. **3 total work sets** 

**Goal –** Train muscle from stretch position / long muscle length

This is an example of what it could look like:

40 lb. dumbbell x 10 - **RPE 8-9** 

40 lb. dumbbell x 10 - **RPE 8-9** 

40 lb. dumbbell x 10 - **RPE 8-9** 

# 5/ Calves | Standing calve raises

Do 4 sets of 15 here this week. Work the stretch hard by sitting in it for 2 seconds on every rep you do. Make sure you get a great stretch on every rep! *4 total work sets* 

**Goal –** Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

120 lbs. x 15 - **RPE 9** 

# SURDAY OFF-FAMILY DAY

# 

# WEEK 8

Pull Workout		
Back	5 exercises	14 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets*
	7 exercises	22 sets

Push Workout			
Chest	9 sets		
Shoulders	3 exercises	10 sets	
Triceps	1 exercise	4 sets*	
	8 exercises	23 sets	

Legs		
Upper legs	5 exercises	11 sets
Calves	1 exercise	4 sets
	6 exercises	15 sets

# Wednesday - OFF

Pull Workout (Pump)		
Back	4 exercises 13 sets	
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets*
	6 exercises	21 sets

Push Workout (Pump)		
Chest 3 exercises		9 sets
Shoulders	2 exercises	7 sets
Triceps	1 exercise	4 sets
	6 exercises	20 sets

Legs Workout (Pump)		
Upper legs	4 exercises	13 sets
Calves	1 exercise	4 sets
	5 exercises	17 sets

Sunday - OFF - Family Day

<sup>\*</sup> more added if weak point

# **Pull Workout**

Back	5 exercises	14 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets* / more added if weak point
	7 exercises	22 sets

# 1/ Back | Meadows row

We are going to start things off pumping the volume up a little bit by adding an extra work set to what we did last week. As far as that drop set, we are still doing it. **4 total work sets** 

Goal - Activation and start pump

This is an example of what it could look like:

25 x 15

50 x 15

 $75 \times 5$ 

100 × 8 - **RPE 9** 

100 x 8 - **RPE 9** 

100 × 8 – **RPE 9** 

 $100 \times 8$ ,  $80 \times 6$ -8,  $60 \times 6$ -8 – **RPE 12** 

# 2/ Back | Straight arm pulldowns

Let's give your low back a rest right away by doing these now. Keep the intensity high. Do 2 sets of 10, then a big drop set. **3 total work sets** 

**Goal –** Train muscle from stretch position / long muscle length

This is an example of what it could look like:

 $90 \times 5$  – Feeder

155 x 10 - **RPE 9** 

155 x 10 - **RPE 9** 

155 × 10, 120 × 8-10, 100 × 8-10 – **RPE 12** 

# 3/ Back | Chest supported row

I want you to use a machine that allows you to use a neutral grip if possible (palms facing each other). Give me 2 hard sets of 8 and then a big drop set. Get a great stretch on all the reps here. **3 total work sets** 

Goal -Supramax pump

This is an example of what it could look like:

 $90 \times 6$  – Feeder

140 × 8 – **RPE 9** 

140 x 8 - **RPE 9** 

140 x 8, 90 x 8, 70 x 8 – **RPE 12** 

### 4/ Back | Supinated pulldown variation

Drive your elbows down hard and flex lats. Keep your chest up as you drive elbows down here. Do 2 sets of 12. **2 total work sets** 

**Goal –** Supramax pump

This is an example of what it could look like:

60 lbs. x 6 – Feeder to get feel of movement

90 lbs. x 12 - **RPE 8-9** 

90 lbs. x 12 - **RPE 8-9** 

### 5/ Back | Bodyweight hyperextensions

Go to failure for 2 sets! 2 total work sets

**NOTE**: If you have a reverse hyper, I would love for you to do those right here for 2 sets of 12.

**Goal** – Supramax pump

This is an example of what it could look like:

Barbell only – Warm up

Bodyweight x Failure - RPE 10

Bodyweight x Failure - RPE 10

### 6/ Abs | Crunches

Lets keep bumping the reps up here. Do 4 sets of 60. 4 total work sets

# 7/ Biceps | Preacher curl

I use an Ez bar here. Do 4 sets of 10 here. Lower the bar slowly squeezing hard and continue to squeeze as you curl it up. Create massive tension on these. **4 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

45 lbs. x 6 – **Feeder** 

65 lbs. x 10 - **RPE 9-10** 

**NOTE**: If your biceps are a weak point continue on and do these.

# 8/ Biceps | One arm cable curl

Do 4 sets of 12 here. 4 total work sets

(82) Exercise Index - One Arm Cable Curl

Goal - Supramax pump

This is an example of what it could look like:

35 lbs. x 6 – **Feeder** 

55 lbs. x 12 - **RPE 9-10** 

55 lbs. x 12 - **RPE 9-10** 

55 lbs. x 12 – **RPE 9-10** 

55 lbs. x 12 - **RPE 9-10** 

# **Push Workout**

Chest	4 exercises	9 sets	
Shoulders	3 exercises	10 sets	
Triceps	1 exercise	4 sets* / more added if weak p	oint
	8 exercises	23 sets	

# 1/ Chest | Slight incline dumbbell press

Do a normal hard set of 8 and then a big drop set with two drops. **2 total work sets** 

Goal - Activation and start pump

This is an example of what it could look like:

25's x 20

45's x 15

65's x 6

85's x 6

 $100's \times 8 - RPE 9-10$ 

100's x 8, 75's x Failure, 55's x Failure – **RPE 9-10** 

# 2/ Chest | Incline barbell press

Do a feeder set or two, then 3 good hard sets of 10 leaving one rep in the tank on all sets. **3 total work sets** 

**Goal** – Train explosively

This is an example of what it could look like:

135 x 4

185 x 3

 $215 \times 10 - RPE 9$ 

215 x 10 - **RPE 9** 

215 x 10 - **RPE 9** 

# 3/ Chest | Cable flye press

Hopefully you enjoyed these last week. Let's hit them again! These are phenomenal if you can get them set up the way I have them in the video. Do 2 hard sets of 10 here. The burn on these is awful. **2 total work sets** 

This is an example of what it could look like:

40 lbs. x 10 Failure - **RPE 10** 

40 lbs. x 10 Failure - **RPE 10** 

(82) Exercise Index - Cable Flye Press

**Goal –** Train muscle from stretch position / long muscle length

# 4/ Chest | Floor press

Same thing here this week as well. These are so much fun, I really enjoy them, so let's do the same thing here this week as well. Normally we do these for triceps, but today we are mainly doing these for chest. Do 2 hard sets of 8 with a normal grip width. Make sure you flex hard at the top on these. **2 total work sets** 

Goal - Train explosively

This is an example of what it could look like:

185 x 4 – **Feeder** 

255 x 8 - **RPE 9** 

255 x 8 - **RPE 9** 

#### 5/ Shoulders | Bent over dumbbell side laterals

Do 4 sets of 15 here to get the rear delts cooking.

4 total work sets

Goal - Supramax pump

This is an example of what it could look like:

30's x 15 - **RPE 8-9** 

 $30's \times 15 - RPE 8-9$ 

30's x 15 - **RPE 8-9** 

30's x 15 - **RPE 8-9** 

### 6/ Shoulders | Dumbbell side laterals

Do these "normal" today while standing. Do two straight sets and then we hit a huge drop set. See the example for details. **3** total work sets

Goal - Supramax pump

This is an example of what it could look like:

30's x 8 - **RPE 9** 

30's x 8 - **RPE 9** 

30's x 8, 20's x 8, 10's x 8 – **RPE 12** 

# 7/ Triceps | Landmine press

Let's do these one more time as well. Do 3 sets of 10. 3 total work sets

(28) Exercise Index - Landmine Shoulder Press

Goal - Supramax pump

This is an example of what it could look like:

70 lbs. x 6 – Feeder set

90 lbs. x 10 - **RPE 9** 

90 lbs. x 10 - **RPE 9** 

90 lbs. x 10 - **RPE 9** 

# 8/ Triceps | Dual handle triceps extensions

Do 4 sets of 10-12 here reaching failure using the spongy grips. 4 total work sets

Goal - Supramax pump

120 lbs. x 12 - **RPE 9-10** 

**NOTE**: If your triceps are a weak point continue on and do these.

# 9/ Triceps | Dumbbell tricep kickouts

Do 4 sets of 15 here to wrap up for the day. 4 total work sets

**Goal –** Supramax pump

This is an example of what it could look like:

25's x 15 – **RPE 9** 

# Leg Workout

Upper legs	5 exercises	11 sets
Calves	1 exercise	4 sets
	6 exercises	15 sets

# 1/ Upper legs | Seated leg curl

After your warm ups, hit a big cluster set. Find something you can do for 12 and do that, rest 20 seconds and go to failure, rest 20 seconds and go to failure, and then again one more time. See the example. *1 total work set* 

Goal - Activate and pump

This is an example of what it would look like:

60 x 20

80 x 20

100 x 6

140 x 12, rest 20 seconds and go to failure, rest 20 seconds and go to failure, rest 20 seconds and go to failure – **RPE 12** 

# 2/ Upper legs | Leg press

We are going to do straight sets here and just work up to two tough sets of 8. Use a medium narrow stance. **2 total work sets** 

Goal - Activate and pump

This is an example of what it could look like:

2 plate per side x 20

4 plates per side x 15

5 plates per side x 5 – Feeder

6 plates per side x 8 - RPE 9

6 plates per side x 8 – **RPE 9** 

# 3/ Upper legs | Hack squats 1.5's

Do a feeder set here and then I want 3 sets of 8 here using the 1.5 technique. **3 total work sets** 

\*If you don't have a hack squat use a machine that provides a back support to best simulate it.

Goal - Supramax pump

This is an example of what it could look like:

1 plate per side x 5 (feeder)

1 plate and a 25 on each side x 8 - **RPE 8-9** 

1 plate and a 25 on each side x 8 – **RPE 8-9** 

1 plate and a 25 on each side x 8 – **RPE 8-9** 

#### 4/ Upper legs | Bulgarian drop set of death

Do 3 easy sets of 5 working your way up with dumbbells. Each set will involve 8 reps ending with an 8 second isohold then dropping the weight. If you do the isohold right it will feel like a knife going into your glute. Make sure you rest 3 minutes before doing the other leg. You will need the break. Do not rush straight into the 2nd leg. **1 total work set** 

Goal - Supramax pump

This is an example of what it could look like:

20 lbs. x 5 (feeder)

30 lbs. x 5 (feeder)

40 lbs. x 5 (feeder)

50 lbs.  $\times$  8 and then an 8 second isohold near the top, then drop to 40 lbs.  $\times$  8 and an 8 second isohold, then drop to 30 lbs. and repeat, and finally

20 lbs. to finish - RPE 11

### 5/ Upper legs | Barbell stiff legged deadlifts

Remember to bend your knees some as you go down. Feel your glutes stretch right along with hamstrings. Do 4 sets of 8. *4 total work sets* 

**Goal -** Train muscle from stretch position / long muscle length

135 lbs. x 6 – **Feeder** 

185 lbs. x 8 - **RPE 8** 

185 lbs. x 8 - **RPE 8** 

185 lbs. x 8 – **RPE 8** 

185 lbs. x 8 - **RPE 8** 

# 6/ Calves | Seated calve raises

Today I want you to do 4 sets of 25 here.

4 total work sets

**Goal** – Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

45 lbs. x 10 – Warm up

70 lbs. x 25 - **RPE 10** 

70 lbs. x 25 - **RPE 10** 

70 lbs. x 25 – **RPE 10** 

70 lbs. x 25 – **RPE 10** 

# **Pull Workout (Pump)**

Back	4 exercises	13 sets
Abs	1 exercise	4 sets
Biceps	1 exercise	4 sets* / more added if weak poir
	6 exercises	21 sets

#### 1/ Back | Elevated low cable rows

One more week of these, I hope you enjoyed these last week! I want you to do these seated on something to give you a little elevation and change the angle a little. You are pulling slightly upward now giving you some more upper back stress. Do 3 sets of 10 here. **3 total work sets** 

(15) Elevated supinated cable rows

Goal - Supramax pump

80 lbs. x 10 100 lbs. x 10 120 lbs. x 6 160 lbs. x 10 – **RPE 9** 

160 lbs. x 10 - **RPE 9** 

160 lbs. x 10 - **RPE 9** 

# 2/ Back | Prone shrugs

Let's keep going with this movement too. I am hoping you felt that unique pump right in the middle of back/rhomboid area. This is a unique but effective exercise for traps and rhomboids. It is simply a shrug done at a different angle. It takes a little practice, but when you nail it, you get this very rare pumped feeling in your rhomboids. You may not have this set up, that's fine. Basically, it's anything where you can shrug and not row with arms. We use a supported T-bar for these, however, a seated hammer row also works.

Do 3 sets of 15 here. 3 total work sets

This is an example of what it could look like:

90 lbs. x 10 - **Feeder** 

135 lbs. x 15 - **RPE 9** 

135 lbs. x 15 - **RPE 9** 

135 lbs. x 15 - **RPE 9** 

(15) Prone shrugs against rack for mid back and lower traps

Goal - Supramax pump

### 3/ Back | Dumbbell rows

We are going hard on these. I want two heavy sets of 8, followed by a drop set. When you do get to the work sets, don't rush to do the 2nd side after doing your first side, take your time. See below for the example. **3 total work sets** 

Goal - Supramax pump

This is an example of what it could look like:

50 lbs. x 6 – Feeder

80 lbs. x 6 – Feeder

110 lbs. x 8 - **RPE 9** 

110 lbs. x 8 - **RPE 9** 

110 lbs. x 8, 90 x 8, 70 x 8 - **RPE 12** 

# 4/ Back | Dumbbell pullovers

Do 4 sets of 10 here. 4 total work sets

**Goal -** Train muscle from stretch position / long muscle length

This is an example of what it could look like:

50 lbs. x 6 - Feeder

70 lbs. x 10 – **RPE 9** 

70 lbs. x 10 – **RPE 9** 

70 lbs. x 10 - **RPE 9** 

70 lbs.  $\times$  10 - **RPE 9** 

# 5/ Abs | Hanging leg raises

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

# 6/ Biceps | Hammer curl variation

Do 4 sets of 8 here. These are a great variation of the hammer curl. See the short video below for technique.

4 total work sets

Hammer Curl Variation

Goal - Supramax pump

This is an example of what it could look like:

25 lbs. x 8 - **RPE 9** 

25 lbs. x 8 - RPE 9

25 lbs. x 8 - **RPE 9** 

25 lbs. x 8 - **RPE 9** 

**NOTE**: If your biceps are a weak point continue on and do these.

### 7/ Biceps | Spider curls

Do 4 sets of 10 here. After 10, with your harms hanging down, add on 4 partial reps. *4 total work sets* 

Goal - Supramax pump

This is an example of what it could look like:

55 lbs. x 10, then 4 partials – **RPE 12** 

55 lbs. x 10, then 4 partials – **RPE 12** 

55 lbs. x 10, then 4 partials – **RPE 12** 

55 lbs. x 10, then 4 partials – **RPE 12** 

# **Push Workout (Pump)**

Chest	3 exercises	9 sets
Shoulders	2 exercises	7 sets
Triceps	1 exercise	4 sets*
	6 exercises	20 sets

### 1/ Chest | Slight incline dumbbell press

Let's work up to a hard top set for 8 reps and then hit 3 sets there. **3 total work sets** 

**Goal** – Activation and start pump

This is an example of what it could look like:

25's x 20

45's x 15

65's x 6

85's x 8 - **RPE 9** 

85's x 8 - **RPE 9** 

85's x 8 - **RPE 9** 

# 2/ Chest | Banded machine press

We are moving these up to 2nd in the rotation this week. Put the bands on the machine as shown and hit 3 explosive sets of 8. It is very important that you flex as hard as you can in the contracted position. **3 total work sets** 

**NOTE**: Women use long orange bands

(68) How to attach bands to a Hammer chest press

**Goal** – Train explosively

This is an example of what it could look like:

90 lbs. + red bands x 8 - **RPE 9** 

90 lbs. + red bands x 8 - **RPE 9** 

90 lbs. + red bands x 8 - **RPE 9** 

### 3/ Chest | Dumbbell flye press

This is a combination of a flye and press. Lower as if you are doing a flye but use more elbow bend so you can also press as you drive the weight up. Watch the short video below to see this in action. Do 3 sets of 10. **3 total work sets** 

This is an example of what it could look like:

 $45's \times 10 - RPE 9$ 

45's x 10 - **RPE 9** 

45's x 10- **RPE 9** 

<u>Dumbbell flye/press</u>

Goal - Train muscle from stretch position / long muscle length and Supramax pump

# 4/ Shoulders | Wide grip row

We are going to bump the reps a tad here today. Do these with a pronated grip and flex your rear delts, traps, and rhomboids as you row. Pull the bar up into your lower chest, not abs. Do 3 sets of 20. 3 total work sets

Goal - Supramax pump

This is an example of what it could look like:

95 lbs. x 20 - **RPE 9** 

95 lbs. x 20 - **RPE 9** 

95 lbs. x 20 - **RPE 9** 

### 5/ Shoulders | Over and back press

Let's nail these again this week. On these make sure you barely go behind your head and no lower as shown in the video before coming back over to the front. These are just a shortened range of motion version of the Bradford press. I prefer this range of motion for shoulder health. Over and back equals 1 rep. Do not get sloppy here, keep tight form.

Do 4 sets of 8 here. 4 total work set

This is an example of what it could look like:

95's x 8 – **RPE 9** 

95's x 8 - **RPE 9** 

95's x 8 - **RPE 9** 

95's x 8 - **RPE 9** 

(17) Over and Back Presses

Goal - Supramax pump

# 6/ Triceps | Single arm triceps extensions

I want you to do 4 sets of 20 here. 4 total work sets

Single Arm Triceps Extension (START TODAY)

Goal - Supramax pump

This is an example of what it could look like:

45 lbs. x 20 - **RPE 9** 

**NOTE**: If your triceps are a weak point continue on and do these.

# 8/ Triceps | Seated overhead rope extensions

Do 4 sets of 12 here reaching failure. 4 total work sets

(17) Seated overhead rope extensions

Goal - Supramax pump

This is an example of what it could look like:

135 lbs. x 12 – **RPE 9-10** 

135 lbs. x 12 - **RPE 9-10** 

135 lbs. x 12 - **RPE 9-10** 

135 lbs. x 12 - **RPE 9-10** 

# Leg Workout (Pump)

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

# 1/ Upper legs | Lying leg curl

Do 2-3 sets of descending reps to warm up (20 - 8). Today we are simply doing 4 sets of 12 here. I want perfect form and maximum effort. **4 total work sets** 

**Goal** – Activation and start pump

This is an example of what it could look like:

55 lbs. x 20

65 lbs. x 12

75 lbs. x 8

95 lbs. x 12 – **RPE 9-10** 

95 lbs. x 12 - **RPE 9-10** 

95 lbs. x 12 - **RPE 9-10** 

95 lbs. x 12 - **RPE 9-10** 

# 2/ Upper legs | High and wide stance leg press

Keep your feet up high and wide on the platform with your toes slightly out. This will hit more hamstring and adductor. Do 3 hard sets of 15. *3 total work sets* 

Goal - Supramax pump

This is an example of what it could look like:

1 plate per side x 20 (warm up)

2 plates per side x 15

3 plates per side x 6

4 plates per side x 6

5 plates per side x 15 - **RPE 8-9** 

5 plates per side x 15 - **RPE 8-9** 

5 plates per side x 15 – **RPE 8-9** 

# 3/ Upper legs | Bulgarian split squat

We are not doing a drop set here today. We are going to do 3 hard sets of 10 on each leg. **3 total work sets** 

**Goal** – Supramax pump

This is an example of what it could look like:

25 lbs. x 5 (feeder)

40 lbs. x 5 (feeder)

60 lbs. x 10 - **RPE 8** 

60 lbs. x 10 - **RPE 8** 

60 lbs. x 10 - **RPE 8** 

# 4/ Upper legs | Dumbbell stiff legged deadlifts

3 sets of 10 here. **3 total work sets** 

**Goal** – Train muscle from stretch position / long muscle length

This is an example of what it could look like:

40 lb. dumbbell x 10 - **RPE 8-9** 

40 lb. dumbbell x 10 - **RPE 8-9** 

40 lb. dumbbell x 10 - **RPE 8-9** 

# 5/ Calves | Standing calve raises

Do 4 sets of 20 here this week. Finish each set with a 15 second isohold at the top. Make sure you get a great stretch on every rep! *4 total work sets* 

**Goal –** Supramax pump and train muscle from stretch position / long muscle length

This is an example of what it could look like:

120 lbs. x 20 then 15 second isohold – **RPE 12** 

120 lbs. x 20 then 15 second isohold – **RPE 12** 

120 lbs. x 20 then 15 second isohold – **RPE 12** 

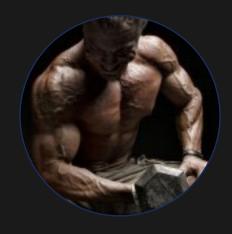
120 lbs. x 20 then 15 second isohold – **RPE 12** 

# SUNDAY OFF-FAMILY DAY

# Did you make it through?? If so let me know on Instagram at mountaindog1







@cedmonds18

Follow John on YouTube at mountaindog1 for many more complete workouts!

If you are looking to ask questions directly or access 10 years worth of information contained on the member site, download the Mountain Dog Diet app.





Thank you so much for your support!

John Meadows

# **ABOUT JOHN**



John is an IFBB Professional bodybuilder, Certified Strength and Conditioning Specialist, and Certified Sports Nutritionist. The CSCS and CISSN are the most respected certifications in the industry.

John has presented multiple times at the most prestigious health and fitness seminar in the world known as the SWIS Symposium. He has also lectured across the world in Canada, Australia, Scotland, England, Ireland, and US.

John has competed over 60 times as an amateur bodybuilder and over 10 times as a professional in addition to coaching thousands of people over the course of his 3 decades in the industry.

Though not currently competing John continues to connect with and educate through his rapidly growing YouTube channel with a current subscriber base of over 470,000 people.

John continues to be recognized by his peers as one of if not the most influential professional bodybuilders in the industry.

John owns and operates a website called Mountain Dog Diet and also owns a supplement company called Granite Supplements that has been recognized for its elite level formulas.

John is also a self-proclaimed Pancake-ologist and gourmet donut connoisseur.

Most importantly John is a husband and father of twin boys. His wife Mary often makes guest appearances in his videos and his boys Alexander the Yoyo king and Rubik's cube solver, and Jonathan the gymnastic Spiderman of the family, do as well.