

## **Phase I** *(All Numbers Are Given In Sets By Reps)*

### **Workout 1: Legs**

1. Seated leg curls or stability ball leg curls 4x8-15
2. Leg Press 4x15-20
3. Lunges-alternate between DB lunges and barbell lunges 4x8-12 steps per leg
4. Leg extensions 2x20-30
5. Calf raises (4 sets seated and 4 sets standing) 8x10-15

### **Workout 2: Chest + Shoulders**

1. Low Incline DB Press 3x10-15
2. Rope Facepull 3x10-15
3. Incline Bench Press 3x10-15
4. Seated DB Lateral Raise 3x10-15
5. Chest supported DB row, elbows flared 3x10-15

### **Workout 3: Back + Arms**

1. Chin-ups/Pull-ups 3xAMAP
2. Seated Moderate Grip Row 3x10-15
3. T-Bar Row 3x10-15
4. DB Hammer Curls 3x10-15
5. Cable Tricep Pushdowns 3x10-15

### **Workout 4: Chest + Shoulders**

1. Dips (bodyweight) 3xAMAP
2. Flat DB Press 3x10-15
3. Seated DB Shoulder Press 3x10-15
4. Chest Flys 3x10-15
5. Wide Grip Seated Row 3x10-15

## Workout 5: Back + Arms

1. Neutral Grip Pulldowns 3x10-15
2. T-Bar Row 3x10-15
3. Bent Over DB Row 3x10-15
4. Overhead DB French press 3x10-15
5. Standing Barbell Curls 3x10-15

## Phase II *(All Numbers Are Given In Sets By Reps)*

### Workout 1: Chest + Shoulders + Arms

1. Incline DB Press 4x8-12
2. DB Shoulder Complex Front raise, side raise, overhead press 3x20,15,10.  
Complete the given reps for each movement, then move immediately to the next exercise (ie, 20 reps front raises, then 20 reps side raises, then 20 reps overhead press. 2nd round, 15 reps, each, so on and so forth)
3. Flat Barbell Bench Press 4x8-12
4. Seated Wide Grip Row 4x8-12
5. Tricep Rope Pushdowns 4x8-12
6. Alternating Supinated Cable Curls 4x8-12

### Workout 2: Legs

1. Lying leg curls or stability ball leg curls 4x10-15
2. Single leg Split squat 4x10-15
3. DB Goblet Squats 4x10-15
4. Forward and reverse lunges 4x8-12
5. Standing Calf Raises 8x8-12

### **Workout 3: Chest + Shoulders + Arms**

1. Pushups 4XAMAP
2. Flat DB Chest Press 4x8-12
3. Arnold Press 4x8-12
4. DB Power Upright Row 4x8-12
5. DB Hammer Curls 4x8-12
6. Close Grip Bench Press 4x8-12

### **Workout 4: Back**

1. Wide Grip Pulldown 4x8-12
2. T-Bar Row 4x8-12
3. Machine Row 4x8-12
4. Rope Facepull 4x8-12
5. Chinups/Pullups 4x8-12

### **Workout 5: Chest + Shoulders + Arms**

1. Dips 4xAMAP
2. Incline Bench press 4x8-12
3. Machine rear delt fly 4x8-12
4. Rack Scraper Press 4x8-12
5. EZ Bar Bicep Curls 4x8-12
6. DB French Press 4x8-12

## **Phase III** *(All Numbers Are Given In Sets By Reps)*

### **Workout 1: Chest**

1. Incline Bench Press 5x4-8
2. DB Flat Bench Press 4x6-10
3. Moderate grip pushups 3xAMAP

### **Workout 2: Back**

1. Rack Pulls 5x5-8
2. Chest Supported DB or Tbar Row 5x6-10
3. Chinups/Pullups 5XAMAP

### **Workout 3: Legs**

1. Barbell Back Squats 5x6-10
2. Barbell Romanian Deadlifts 5x6-10
3. Bodyweight Lunges, 100 total reps

### **Workout 4: Shoulders**

1. Standing Barbell Press 5x3-5
2. Seated DB Shoulder Press 4x6-10
3. Rope Facepull 6x10-12

### **Workout 5: Arms**

1. EZ-Bar Biceps Curls 5x6-10
2. Close Grip Bench Press 5x6-10
3. Supinated alternating DB curls 5x8-10
4. Overhead DB French Press 5x8-10
5. Pronated Cable Curls w/ EZ Curl Bar 5x10-12
6. Cable Triceps pressdown w/ rope 5x10-12

## Optional-Phase IV-A Man of Bronze *(All Numbers Are Given In Sets*

*By Reps)*

The Man of Bronze program is an optional one month extension to the Achilles Program. This program is for those individuals who have gotten truly awesome results and want to make one final four week push to maximize their muscle gains.

The Man of Bronze Workouts are less in exercises, but very intense in the volume. You will be doing A LOT of sets. And the goal here is to get the workouts done as FAST as possible, lifting the heaviest weights possible.

While the workouts might end up being short, the density of each workout is a very powerful stimulus. PLEASE do not do anything extra. Only do what is given

During this month, I recommend ZERO cardio. You should still train abs of course. But outside of the workouts, do not do any additional cardio.

### Workout 1: Legs

1. DB Goblet Squats 10x10
2. Barbell Romanian deadlifts 5x8-10
5. Calf raises (4 sets seated and 4 sets standing) 8x10-15

-The goal with this workout is SPEED. That doesn't mean light reps, it means performing each rep with precision and acceleration. Use weights that will challenge you on this

### Workout 2: Chest + Shoulders

1. Incline Bench press 7x5
2. Bodyweight Dips 7x6-15

Only two exercises, but A LOT of sets between the two movements. Expect to have the best chest pump of your life after this workout

### **Workout 3: Back**

1. Chin-ups/Pull-ups 8x8
2. Cable Rope Facepulls 7x10
3. Seated Close Grip Cable Row 6x6

-8x8 is an old school bodybuilding set/rep scheme that was created by Vince Gironda, the worlds first bodybuilding and personal trainer “guru”. The sets drop down, but you still finish with heavy weight on your final 6 sets

### **Workout 4: Chest + Shoulders**

1. Flat DB Press 8x8
2. Seated DB Shoulder Press 8x8
3. Machine Rear Delt Flys 7x10

-More high volume. 8X8 should be as fast as possible, BUT still challenge yourself with the weights. You’ll get a wicked pump while building strength endurance

### **Workout 5: Arms**

1. Pronated Cable Curls 5x15
2. EZ Bar Bicep Curls 5x6-8
3. Tricep Pushdowns 5x10-15
4. Overhead DB French press 5x10-15

-Nothing fancy on this arm workout, 10 sets of biceps, 10 sets of triceps. Emphasize the peak contraction on all biceps movements, and full range of motion on the triceps movements