

ADVANCED GAIN MUSCLE PROGRAM

explanations to starred workouts on last page

UPPER BODY I: CHEST/SHOULDERS/TRICEPS

CARDIO: 15 MINS
STRETCH

BENCH/FLAT DB BENCH: 4 SETS X 8 REPS
PLANK: 4 SETS X 20 SECONDS (WEIGHTED)

INCLINE DB BENCH: 3 SETS X 10 REPS
DECLINE PUSH-UPS: 3 SETS X 10-15 REPS

DB FLY: 3 SETS X 12 REPS
INCLINE PLATE SQUEEZE: 3 SETS X 12 REPS

DB STANDING SHOULDER PRESS: 3 SETS X 8 REPS
LATERAL DB DELTOID RAISE: 3 SETS X 10 REPS

ISOLATED CABLE TRICEP PULLDOWN: 3 SETS X 10 REPS
TWO ARM ROPE PULLDOWN: 3 SETS X 8 REPS

REVERSE GRIP STRAIGHT BAR TRICEP EXTENSION: 3 SETS X 10 REPS
OVERHEAD ISOLATED TRICEP EXTENSION: 3 SETS X 10 REPS EACH ARM

LOWER BODY I: LEGS/GLUTES/HAMSTRINGS

CARDIO: 10 MINS
STRETCH

BACK SQUAT: 4 SETS X 8 REPS (W/ BAND OR CHAINS)
SIDE PLANKS: 4 SETS X 20 SECONDS

SMITH MACHINE CLOSE STANCE SQUATS: 3 SETS X 10 REPS
QUAD EXTENSION: 3 SETS X 10 REPS

BB RDL: 3 SETS X 10 REPS
HEAVY HIP THRUST: 3 SETS X 8 REPS

WIDE STANCE LEG PRESS: 3 SETS X 10, 10, 8, 6 REPS
HIP ADD/ABDUCTION: 3 SETS X 10 REPS EACH

HEAVY KB SWINGS: 3 SETS X 10 REPS
HAMSTRING CURL: 3 SETS X 10 REPS

ADVANCED GAIN MUSCLE PROGRAM

UPPER BODY I: BACK/BICEPS

CARDIO: 15 MINS
STRETCH

WIDE GRIP STRICT BACK PULLDOWN: 4 SETS X 10, 10, 8, 6 REPS
LAT PULLDOWN: 4 SETS X 10 REPS

REVERSE GRIP CLOSE GRIP PULLDOWN: 3 SETS X 8 REPS
FARMERS HOLD: 3 X 20 SECOND HOLDS

ISO CABLE SITTING ROW: 3 SETS X 8 REPS
INCLINE TWO ARM DB ROW: 3 SETS X 8 REPS

KNEELING ISOLATED HIGH CABLE LAT PULLDOWN: 3 SETS X 8 REPS EACH ARM
ASSISTED PULLUP: 3 SETS X 6-12 REPS

DB STRICT (WRIST SUPINATED): 3 SETS X 8 REPS EACH ARM
NARROW GRIP CABLE CURL: 3 SETS X 10 REPS

ISOLATED HIGH CABLE CURL: 3 SETS X 10 REPS
DB REVERSE GRIP CURL: 3 SETS X 10 REPS

UPPER BODY I: SHOULDERS/CHEST/TRICEPS

CARDIO: 15 MINS
STRETCH

BARBELL/MACHINE SHOULDER PRESS: 4 SETS X 10, 8, 8, 6 REPS
*SIDE BENDS (OBLIQUES W/ STICK): 4 SETS X 15 REPS EACH SIDE

KB/BB CLEAN/PRESS: 3 SETS X 6 REPS EACH ARM
PLATE RAISE (ANTERIOR DELTOID): 3 SETS X 8 REPS

SEATED DB SHOULDER PRESS: 3 SETS X 10 REPS
INCLINE BENCH, POST DELT Y/T/W: 3 SETS X 5-10 REPS EACH (Y/T/W)

DECLINE PUSHUPS WITH 3 SECOND DESCEND: 3 SETS X 8-12 REPS
CABLE FLIES: 3 SETS X 10 REPS

CLOSE GRIP BENCH: 3 SETS X 8 REPS
MED BALL TOSS (LAY ON BACK AND THROW DIRECTLY UP TOWARD CEILING): 3 SETS X 8 REPS

LATERAL & ANTERIOR DELT DB RAISE: 3 SETS X 6 REPS EACH
FACEPULL W/ ROPE: 3 SETS X 10 REPS

ADVANCED GAIN MUSCLE PROGRAM

LOWER BODY I: LEGS/QUADS

CARDIO: 10 MINS
STRETCH

BACK SQUAT: 4 SETS X 8, 8, 6, 6 REPS
HANGING KNEE RAISES: 4 SETS X 10 REPS

KB SQUAT TO PRESS: 3 SETS X 10 REPS
DB RDL: 3 SETS X 10 REPS

*SISSY SQUATS W/ KB HEELS UP ON PLATE: 3 SETS X 10 REPS
SMITH MACHINE SQUATS NARROW STANCE: 3 SETS X 10 REPS

QUAD EXTENSION: 3 SETS X 10 REPS
WALKING LUNGES: 3 SETS X 8 REPS EACH LEG

NARROW STANCE LEG PRESS: 3 SETS X 10 REPS
ELEVATED LEG, SPLIT SQUAT: 3 SETS X 8 REPS EACH LEG

CALF RAISES: 3 SETS X 12 REPS
BOX JUMPS COME DOWN AND HOLD SQUAT: 3 SETS X 8 REPS HOLD FOR 5 SECONDS

EXTRA I: UPPER BODY

CARDIO: 15 MINS
STRETCH

ASCENDING SETS: DO 1, RESTART, 1 & 2, RESTART, 1 & 2 & 3, RESTART, 1 & 2 & 3 & 4, SO ON

1. BARBELL CURL: 10 REPS
2. REVERSE GRIP DB CURL: 10 REPS
3. TRICEP PULLDOWN: 10 REPS
4. DIAMOND PUSHUPS: 10 REPS
5. LATERAL DB RAISE: 10 REPS
6. OVERHEAD ROPE TRICEP EXTENSION: 10 REPS
7. BAND PULL-APART: 10 REPS
8. PLATE CURL: 10 REPS
9. SKULLCRUSHER: 10 REPS
10. ARNOLD PRESS: 10 REPS
11. BB OR DB SHRUGS: 10 REPS
12. CURL TO PRESS: 30 REPS

ADVANCED GAIN MUSCLE PROGRAM

UPPER BODY II: CHEST/TRICEPS/SHOULDERS

CARDIO: 15 MINS
STRETCH

DB BENCH: 4 SETS X 10, 10, 8, 8 REPS
ISO FARMERS WALK: 4 SETS X 10 YARDS EACH HAND

INCLINE DB BENCH: 4 SETS X 8 REPS
DB LATERAL DELT RAISE: 4 SETS X 10 REPS

HIGH CABLE FLIES: 3 SETS X 10 REPS
FLOOR PRESS (BARBELL/DB/KB): 3 SETS X 8 REPS

CABLE POST DELT FLIES: 3 SETS X 10 REPS
INCLINE BENCH POST DELT Y/T/W: 3 SETS X 5 REPS EACH

STRAIGHT BAR TRICEP PULLDOWN: 3 SETS X 10 REPS
DIPS (ASSISTED IF NECESSARY): 3 SETS X 8-12 REPS

WEIGHTED NARROW STANCE PUSHUPS: 3 SETS X 12 REPS
STANDING BODYWEIGHT TRICEP DIPS: 3 SETS X 10 REPS

LOWER BODY II: LEGS/HAMSTRING/GLUTES

CARDIO: 10 MINS
STRETCH

BACK SQUAT: 4 SETS X 8, 8, 6, 6 REPS
DECLINE SIT UPS: 4 SETS X 12 REPS, 3 SECONDS DESCENDING

LANDMINE SQUAT: 3 SETS X 8 REPS
LANDMINE RDL: 3 SETS X 8 REPS

ONE LEG DB/KB RDL: 3 SETS X 8 REPS EACH LEG
SIDE LUNGE W/ DB: 3 SETS X 5 REPS EACH SIDE

ONE LEG, LEG PRESS: 3 SETS X 8 REPS EACH LEG
BB GLUTE BRIDGE: 3 SETS X 10 REPS

HIP ADDUCTION/ABDUCTION: 3 SETS X 8 REPS EACH
HAMSTRING CURL: 3 SETS X 10 REPS

SLED PUSHES: 3 SETS X 20 YARDS
BACK/GLUTE EXTENSIONS: 3 SETS X 10 REPS

ADVANCED GAIN MUSCLE PROGRAM

UPPER BODY II: BACK/ARMS

CARDIO: 15 MINS
STRETCH

CLOSE GRIP PULLDOWN: 4 SETS X 10 REPS
STRAIGHT BAR LAT PULLDOWN: 4 SETS X 10 REPS

ASSISTED PULLUP: 3 SETS X 8-12 REPS
ISO KNEELING HIGH CABLE LAT PULLDOWN: 3 SETS X 8 REPS EACH ARM

FACE-PULLS W/ ROPE OR BAND: 3 SETS X 10 REPS
INCLINE BENCH DB ROW: 3 SETS X 8 REPS

INCLINE BENCH, LEAN BACK DB CURL: 3 SETS X 8 REPS EACH ARM
ISO SITTING CABLE ROW: 3 SETS X 8 REPS EACH ARM

BB BICEP CURL: 3 SETS X 10, 10, 15 REPS
BAND CURLS: 3 SETS X 10 REPS (IF BILATERAL, UNILATERAL = 8 REPS EACH ARM)

ISO ROPE CABLE CURL: 3 SETS X 10 REPS EACH ARM
HAMMER CURLS: 3 SETS X 8 REPS EACH ARM

UPPER BODY II: SHOULDERS/CHEST

CARDIO: 15 MINS
STRETCH

SEATED DB SHOULDER PRESS: 4 SETS X 10, 10, 8, 8, REPS
MED BALL SIT UP PRESS OVERHEAD: 4 SETS X 12 REPS

DB ARNOLD PRESS: 3 SETS X 10 REPS
BB/DB SHRUG: 3 SETS X 15 REPS

ISO UPRIGHT ROW W/ DB: 3 SETS X 8 REPS
DB LATERAL RAISE: 3 SETS X 10 REPS

CLOSE GRIP BENCH: 3 SETS X 10 REPS
ONE ARM, HIGH CABLE FLIES: 3 SETS X 8 REPS EACH ARM

DECLINE PUSH-UPS: 3 SETS X 8-12 REPS
INCLINE BENCH DB CHEST RAISE: 3 SETS X 10 REPS

NEUTRAL GRIP DB BENCH: 3 SETS X 12 REPS
HIGH TO LOW PLANK: 3 SETS X 10 REPS

ADVANCED GAIN MUSCLE PROGRAM

LOWER BODY II: LEGS/QUADS

CARDIO: 10 MINS
STRETCH

LEG PRESS NARROW STANCE: 4 SETS X 12, 10, 8, 12 REPS
*SIDE BENDS (OBLIQUES W/ STICK): 4 SETS X 15 REPS EACH SIDE

2 KBS FRONT SQUAT TO PRESS: 3 SETS X 10 REPS
DEFICIT RDL W/ DB'S: 3 SETS X 10 REPS

ISO QUAD EXTENSIONS: 3 SETS X 8 REPS
SMITH MACHINE *SISSY SQUATS: 3 SETS X 10 REPS

DB GOBLET SQUAT: 3 SETS X 10 REPS
HACK SQUAT MACHINE: 3 SETS X 8 REPS

STAND ON 2 PLATES, ONE DB DEEP SQUAT: 3 SETS X 10 REPS
BW OR WEIGHTED WALL STANDS: 3 SETS X 30 SECONDS

BODY WEIGHT ONE LEG BOX SQUATS: 3 SETS X 10 REPS
CALVE RAISES: 3 SETS X 20 REPS

EXTRA II: UPPER BODY

CARDIO: 15 MINS
STRETCH

ASCENDING SETS: DO 1, RESTART, 1 & 2, RESTART, 1 & 2 & 3, RESTART, 1 & 2 & 3 & 4, SO ON

1. PLATE CURL: 10 REPS
2. REVERSE GRIP TRICEP EXTENSION: 10 REPS
3. ROPE TRICEP PULLDOWN: 10 REPS
4. KB CLEAN TO PRESS: 5 REPS EACH ARM
5. LATERAL DB RAISE: 10 REPS
6. REVERSE FLIES, POST DELT W/ DB'S: 10 REPS
7. BAND PULL-APART: 10 REPS
8. PLATE CURL: 10 REPS
9. CURL TO PRESS: 10 REPS
10. ARNOLD PRESS: 10 REPS
11. BB OR DB SHRUGS: 10 REPS
12. DB SHOULDER PRESS: 30 REPS

ADVANCED GAIN MUSCLE PROGRAM

EXPLANATIONS:

SISSY SQUATS:

1. PLACE A PLATE ON THE GROUND
2. HEELS UP ON PLATE
3. SQUAT ASS TO GRASS

SIDE BENDS:

1. USE A STICK OR IF YOU DON'T HAVE ONE, HOLD A 20 LBS DUMBBELL ON ONE SIDE
2. BEND TO THE RIGHT SIDE AND TRY TO GET YOUR RIGHT ELBOW TO YOUR HIP, THEN TO THE LEFT

AROUND THE WORLD FLIES:

1. LAY ON AN INCLINE BENCH
2. GET A LIGHT PAIR OF DB'S
3. HOLD DIRECTLY OVER YOUR HEAD
4. BRING DB'S DOWN, ABOVE YOUR LEGS THEN REVERSE BACK OVER YOUR HEAD

DEFICIT RDLs:

1. NORMAL RDL TOES ON A PLATE
2. MORE RANGE OF MOTION

GOBLET SQUATS:

1. TAKE A DB/KB AND HOLD DIRECTLY IN FRONT OF YOUR CHEST
2. FEET CLOSE TOGETHER
3. HEELS UP ON A PLATE
4. SQUAT

