

STAGE 1, WEEKS 1 THROUGH 3

This introductory workout is termed a **CIRCUIT ROUTINE** because it calls for you to do a set of each exercise with short rests in between sets. Once you've completed a full circuit of sets, you can either repeat the circuit or end your workout. (Note that the chart below represents a single circuit.)

WEEK 1: Perform one circuit.

WEEK 2: Perform one or two circuits.

WEEK 3: Perform two or three circuits.

When you do multiple circuits, you can rest for 2 to 3 minutes between them.

This is also a **TOTAL-BODY WORKOUT**, meaning it works all the major muscles in your body. Do this workout three times each week.

STAGE 1 WEEKS 1-3					
	EXERCISE	SETS	REPS	TEMPO	REST (SEC)
1	1 THIN TUMMY	1	15-20	5-sec holds	30
2	2 STATIC LUNGE	1	15-20	311	30
3	3 DUMBBELL LYING ROW	1	15-20	311	30
4	4 DUMBBELL UPRIGHT ROW	1	15-20	311	30
5	5 CURLUP, GHEAT UP + SLOW LOWER	1	15-20	311	30
6	6 DUMBBELL BENCH STEP	1	15-20	311	30
7	7 DUMBBELL LYING PULLOVER	1	15-20	311	30
8	8 DUMBBELL BENCH PRESS	1	15-20	311	30
9	9 PUSHUP HOLD	1	15-20	311	30
10	10 STANDING SINGLE-LEG CALF RAISE	1	15-20	311	30
11	11 DUMBBELL SEATED HAMMER CURL WITH TWIST, ALTERNATING	1	15-20	311	30
12	12 DUMBBELL TRICEPS KICKBACK	1	15-20	311	30



STAGE 1

WEEKS 4-6

MINI-CIRCUIT 1

EXERCISE	SETS			REPS	TEMPO	REST (SEC)
	WEEK 4	WEEK 5	WEEK 6			
1 THIN TUMMY, LIFT ONE LEG	1	1 or 2	2 or 3	10-15	313	60
2 STATIC LUNGE	1	1 or 2	2 or 3	10-15	311	60
3 DUMBBELL LYING ROW	1	1 or 2	2 or 3	10-15	311	60
4 DUMBBELL UPRIGHT ROW	1	1 or 2	2 or 3	10-15	311	60

MINI-CIRCUIT 2

EXERCISE	SETS			REPS	TEMPO	REST (SEC)
	WEEK 4	WEEK 5	WEEK 6			
5 CURLUP, ARMS STRAIGHT & PARALLEL TO FLOOR	1	1 or 2	2 or 3	10-15	515	60
6 DUMBBELL BENCH STEP	1	1 or 2	2 or 3	10-15	311	60
7 DUMBBELL LYING PULLOVER	1	1 or 2	2 or 3	10-15	311	60
8 DUMBBELL BENCH PRESS	1	1 or 2	2 or 3	10-15	311	60-120

MINI-CIRCUIT 3

EXERCISE	SETS			REPS	TEMPO	REST (SEC)
	WEEK 4	WEEK 5	WEEK 6			
9 PUSHUP HOLD, HANDS & FEET	1	1 or 2	2 or 3	10-15	311	60
10 STANDING SINGLE-LEG CALF RAISE	1	1 or 2	2 or 3	10-15	311	60
11 DUMBBELL SEATED HAMMER CURL WITH TWIST, ALTERNATING	1	1 or 2	2 or 3	10-15	311	60
12 DUMBBELL TRICEPS KICKBACK	1	1 or 2	2 or 3	10-15	311	60-120



STAGE 2				
WEEKS 8-10				
WORKOUT A				
EXERCISE	SETS	REPS	TEMPO	REST (SEC)
1 THIN TUMMY, LIFT ONE LEG	1	10	313	30
2 CURLUP, ARMS STRAIGHT & PARALLEL TO FLOOR	1	10-20	311	30
3 SIDE RAISE	1	10-15	212	30
4 SEATED THIN TUMMY + CHEEK SQUEEZE	1	10	5-sec holds	60-120
SUPERSET 1				
5 KING DEADLIFT	1	Max	311	0
6 SINGLE-LEG SQUAT, OTHER LEG OUT IN FRONT	1	Max	311	60-120
SUPERSET 2				
7 PRONE HIP-THIGH EXTENSION	1	12-15	311	0
8 STATIC LUNGE, BACK FOOT ON LOW BLOCK	1	12-15	311	60-120
SUPERSET 3				
9 SINGLE-LEG STIFF-LEGGED DEADLIFT	1	Max	311	0
10 SINGLE-LEG SQUAT, ON LOW BLOCK	1	Max	311	60-120
SUPERSET 4				
11 LEG CURL	1	12-15	311	0
12 LEG EXTENSION	1	12-15	311	60-120
SUPERSET 5				
13 SEATED CALF RAISE	1	15-20	311	0
14 STANDING SINGLE-LEG CALF RAISE	1	15-20	311	60-120
SUPERSET 6				
15 DUMBBELL SHRUG, BEHIND BODY	1	12-15	311	0
16 DUMBBELL SHRUG, TO FRONT	1	12-15	311	60-120

STAGE 2

WEEKS 8-10
WORKOUT A

EXERCISE	SETS	REPS	TEMPO	REST (SEC)
1 THIN TUMMY, LIFT ONE LEG	1	10	313	30
2 CURLUP, ARMS STRAIGHT & PARALLEL TO FLOOR	1	10-20	311	30
3 SIDE RAISE	1	10-15	212	30
4 SEATED THIN TUMMY + CHEEK SQUEEZE	1	10	5-sec holds	60-120
SUPERSET 1				
5 KING DEADLIFT	1	Max	311	0
6 SINGLE-LEG SQUAT, OTHER LEG OUT IN FRONT	1	Max	311	60-120
SUPERSET 2				
7 PRONE HIP-HIGH EXTENSION	1	12-15	311	0
8 STATIC LUNGE, BACK FOOT ON LOW BLOCK	1	12-15	311	60-120
SUPERSET 3				
9 SINGLE-LEG STIFF-LEGGED DEADLIFT	1	Max	311	0
10 SINGLE-LEG SQUAT, ON LOW BLOCK	1	Max	311	60-120
SUPERSET 4				
11 LEG CURL	1	12-15	311	0
12 LEG EXTENSION	1	12-15	311	60-120
SUPERSET 5				
13 SEATED CALF RAISE	1	15-20	311	0
14 STANDING SINGLE-LEG CALF RAISE	1	15-20	311	60-120
SUPERSET 6				
15 DUMBBELL SHRUG, BEHIND BODY	1	12-15	311	0
16 DUMBBELL SHRUG, TO FRONT	1	12-15	311	60-120



STAGE 2

WEEKS 8-10
WORKOUT B

EXERCISE	SETS	REPS	TEMPO	REST (SEC)
1 TOES TO SKY	1	10	313	30
2 CURLUP, LEGS IN AIR, HANDS ON OPPOSITE SHOULDERS, ARMS ACROSS CHEST	1	10-15	311	30
3 LATERAL LEG LOWERING	1	10-15	212	30
4 PUSHUP HOLD, LIFT LEG, THEN ARM	1	10	5-sec holds	60-120
SUPERSET 1				
5 SEATED CABLE ROW	1	12-15	311	0
6 BARBELL BENCH PRESS, FEET ON BENCH	1	12-15	311	60-120
SUPERSET 2				
7 REVERSE DUMBBELL FLY	1	12-15	311	0
8 DUMBBELL FLY	1	12-15	311	60-120
SUPERSET 3				
9 LAT PULLDOWN	1	12-15	311	0
10 BARBELL SEATED SHOULDER PRESS, TO FRONT	1	12-15	311	60-120
SUPERSET 4				
11 DUMBBELL LYING PULLOVER, 1 DUMBBELL IN 2 HANDS	1	12-15	311	0
12 DUMBBELL SEATED LATERAL RAISE	1	12-15	311	60-120
SUPERSET 5				
13 DUMBBELL SEATED BICEPS CURL, INCLINE	1	15-20	311	0
14 DUMBBELL SEATED OVERHEAD TRICEPS EXTENSION, 1 DUMBBELL IN 1 HAND	1	15-20	311	60-120
SUPERSET 6				
15 DUMBBELL WRIST CURL	1	15-20	311	0
16 DUMBBELL WRIST EXTENSION	1	15-20	311	60-120



STAGE 2: WEEKS 11 THROUGH 13

Continue with the A-B-A, B-A-B split routine. Once again, you can decide on your own whether to do each workout four times or five. (Just make sure you do A and B an equal number of times.) Note that the order of exercises has changed, and some of the repetitions are different. This challenges your muscles in new ways and, on the lower-rep sets, allows you to work with heavier weights.

The number of times you perform each circuit remains the same.

FIRST TIME YOU DO EACH WORKOUT: Perform one circuit.

SECOND AND THIRD TIMES YOU DO EACH WORKOUT: Perform one or two circuits.

FOURTH AND (OPTIONAL) FIFTH TIMES YOU DO EACH WORKOUT:

Perform two or three circuits.

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STAGE 2

WEEKS 11-13

WORKOUT A

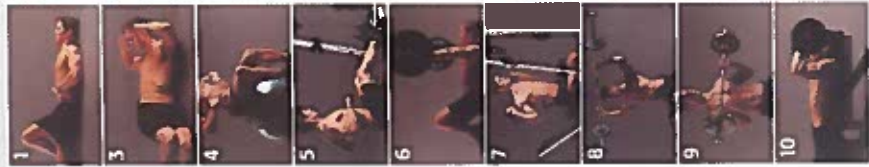
EXERCISE	SETS	REPS	TEMPO	REST (SEC)
1 THIN TUMMY, LIFT AND CYCLE OUT ONE LEG	1	10	313	30
2 CURLUP, ARMS STRAIGHT & PARALLEL TO FLOOR	1	10-20	311	30
3 SIDE RAISE, HANDS ON FOREHEAD, ELBOWS IN	1	10-15	212	30
4 SEATED THIN TUMMY + CHEEK SQUEEZE	1	10	5-sec holds	60-120
SUPERSET 1				
5 PRONE HIP-HIGH EXTENSION	1	12-15	311	0
6 KING DEADLIFT	1	Max	311	60-120
SUPERSET 2				
7 STATIC LUNGE, BACK FOOT ON LOW BLOCK	1	12-15	311	0
8 SINGLE-LEG SQUAT, OTHER LEG OUT IN FRONT	1	Max	311	60-120
SUPERSET 3				
9 LEG CURL	1	12-15	311	0
10 SINGLE-LEG STIFF-LEGGED DEADLIFT	1	Max	311	60-120
SUPERSET 4				
11 LEG EXTENSION	1	12-15	311	0
12 SINGLE-LEG SQUAT, ON LOW BLOCK	1	Max	311	60-120
SUPERSET 5				
13 STANDING SINGLE-LEG CALF RAISE	1	15-20	311	0
14 SEATED CALF RAISE	1	15-20	311	60-120
SUPERSET 6				
15 DUMBBELL SHRUG, TO FRONT	1	12-15	311	0
16 DUMBBELL SHRUG, BEHIND BODY	1	12-15	311	60-120





STAGE 2
WEEKS 11-13
WORKOUT B

EXERCISE	SETS	REPS	TEMPO	REST (SEC)
1 TOES TO SKY, ONE KNEE BENT	1	10	313 or 5-sec hold	30
2 CURLUP, LEGS IN AIR, ARMS VERTICAL TOWARD TOES	1	10-15	311	30
3 LATERAL LEG LOWERING	1	10-15	212	30
4 PUSHUP HOLD, LIFT LEG WITH OPPOSITE ARM	1	10	5-sec holds	60-120
SUPERSET 1				
5 REVERSE DUMBBELL FLY	1	12-15	311	0
6 SEATED CABLE ROW	1	10-12	311	60-120
SUPERSET 2				
7 DUMBBELL FLY	1	12-15	311	0
8 BARBELL BENCH PRESS, FEET ON BENCH	1	10-12	311	60-120
SUPERSET 3				
9 DUMBBELL LYING PULLOVER, 1 DUMBBELL IN 2 HANDS	1	12-15	311	0
10 LAT PULLDOWN	1	10-12	311	60-120
SUPERSET 4				
11 DUMBBELL SEATED LATERAL RAISE	1	12-15	311	0
12 BARBELL SEATED SHOULDER PRESS, TO FRONT	1	10-12	311	60-120
SUPERSET 5				
13 DUMBBELL WRIST CURL	1	12-15	311	0
14 DUMBBELL SEATED BICEPS CURL, INCLINE	1	10-12	311	60-120
SUPERSET 6				
15 DUMBBELL WRIST EXTENSION	1	12-15	311	0
16 DUMBBELL SEATED OVERHEAD TRICEPS EXTENSION, 1 DUMBBELL IN 1 HAND	1	10-12	311	60-120



STAGE 3									
WEEKS 15-17									
WORKOUT A									
EXERCISE	WARMUP			WORK			TEMPO	REST (SEC)	
	SETS	REPS		SETS	REPS				
STRAIGHT SETS									
1 THIN TUMMY, LIFT AND CYCLE OUT ONE LEG	0	0	1	10	313	30			
2 CURLUP, HANDS ON OPPOSITE ELBOWS (NOT PICTURED)	0	0	1	10-15	311	30			
3 SIDE RAISE, HANDS ON FOREHEAD, ELBOWS OUT	0	0	1	10-15	212	30			
4 SWISS-BALL ALTERNATE-LEG LIFT	0	0	1	10 (each leg)	5-sec holds	60-120			
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
5 SEATED CABLE ROW	1	12	1 or 2	10-12	321	Full recovery			
6 BARBELL BENCH PRESS, FEET ON BENCH	1	12	1 or 2	10-12	321	Full recovery			
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
7 LAT PULLDOWN, BEHIND NECK	1	12	1 or 2	10-12	321	Full recovery			
8 BARBELL SEATED SHOULDER PRESS	1	12	1 or 2	10-12	321	Full recovery			
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
9 EZ-BAR BICEPS CURL, REVERSE GRIP	1	12	1 or 2	10-12	321	Full recovery			



STAGE 3									
WEEKS 15-17									
WORKOUT B									
EXERCISE	WARMUP			WORK			TEMPO	REST (SEC)	
	SETS	REPS		SETS	REPS				
STRAIGHT SETS									
1 KNEE-UP	0	0	1	10	311	30			
2 BARBELL ROLLOUT	0	0	1	10-15	311	30			
3 RUSSIAN TWIST	0	0	1	10-15	212	30			
4 SWISS-BALL ALTERNATE-LEG LIFT	0	0	1	10 (each leg)	5-sec holds	60-120			
5 BARBELL SQUAT	1	12	1 or 2	10-12	321	60-90			
6 DEADLIFT	1	12	1 or 2	10-12	321	60-90			
7 DYNAMIC LUNGE	1	12	1 or 2	10-12 (each leg)	10*	60-90			
8 SUPINE HIP-THIGH EXTENSION	1	12	1 or 2	10-12	321	60-90			
9 STANDING CALF RAISE	1	2	1 or 2	15-20	321	60-90			
10 BARBELL SHRUG	1	12	1 or 2	10-12	321	60-90			

STAGE 3, WEEKS 18 THROUGH 20

The changes here are subtle: some new, more-challenging variations on the abdominal exercises; fewer repetitions on the lifts, which means lifting heavier weights; and a slightly faster tempo (311, instead of 321) on most exercises.



STAGE 3

WEEKS 18-20

WORKOUT A

EXERCISE	WARMUP		WORK		TEMPO	REST (SEC)
	SETS	REPS	SETS	REPS		
STRAIGHT SETS						
1 THIN TUMMY, BOTH LEGS UP, CYCLE OUT ONE LEG	0	0	1	10	313	30
2 CURLUP, HANDS ON OPPOSITE ELBOWS + TWIST (NOT PICTURED)	0	0	1	10-15	311	30
3 SIDE RAISE ON ROMAN CHAIR	0	0	1	10-15	212	30
4 SWISS BALL ALTERNATE LEG LIFT, LYING	0	0	1	10 (each leg)	5-sec holds	30
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS						
5 SEATED CABLE ROW	1	10	1 or 2	8-10	311	Full recovery
6 BARBELL BENCH PRESS	1	10	1 or 2	8-10	311	Full recovery
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS						
7 LAT PULLDOWN, BEHIND NECK	1	10	1 or 2	8-10	311	Full recovery
8 BARBELL SEATED SHOULDER PRESS	1	10	1 or 2	8-10	311	Full recovery
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS						
9 EZ-BAR BICEPS CURL, REVERSE GRIP	1	10	1 or 2	8-10	311	Full recovery
10 EZ-BAR LYING TRICEPS EXTENSION	1	10	1 or 2	8-10	311	Full recovery



STAGE 3									
WEEKS 18-20									
WORKOUT B									
EXERCISE	WARMUP		WORK		TEMPO		REST (SEC)		
	SETS	REPS	SETS	REPS					
1 KNEE-UP	0	0	1	10	311	30			
2 BARBELL ROLLOUT	0	0	1	10-15	311	30			
3 RUSSIAN TWIST, LEG CYCLE	0	0	1	10-15	212	30			
4 SWISS-BALL ALTERNATE-LEG LIFT, LYING	0	0	1	10 (each leg)	5-sec holds	60-120			
5 BARBELL SQUAT	1	10	1 or 2	8-10	311	90-120			
6 DEADLIFT	1	10	1 or 2	8-10	311	90-120			
7 DYNAMIC LUNGE	1	10	1 or 2	8-10	311	90-120			
8 SUPINE HIP-THIGH EXTENSION	1	10	1 or 2	8-10	311	90-120			
9 STANDING CALF RAISE	1	10	1 or 2	12-15	321	60-90			
10 BARBELL SHRUG	1	10	1 or 2	8-10	321	60-90			

STAGE 4, WEEKS 22 THROUGH 24

If the straight sets in stage 3 could be called “real” weight lifting, stage 4 is *really* real weight lifting. It features not only heavy weights but also three distinct workouts (designated A, B, and C) a week, rather than the A-B-A, B-A-B split routine.

In workout A, you do what many gym rats consider their favorite exercises: the barbell bench press (horizontal push) and seated cable row (horizontal pull). Workout B is your lower-body routine, with squats and deadlifts. Workout C is your vanity program, hitting your lats (vertical pull), delts (vertical push), and arms.

You start right off by performing three work sets of each of the first two exercises, with heavier weights and fewer repetitions. Take, for instance, the barbell bench press. Your warmup might be 10 repetitions with the 45-pound Olympic barbell. Then your three work sets might be 75 pounds for 10 reps, 85 for 8, and 95 for 6. You say you’re stronger than that? Okay, you might warm up with 85 pounds for 10, then work with 135 for 10 reps, 155 for 8, and 175 for 6.

As for the subsequent exercises in each workout, you do just one work set for each nonabdominal move. This remains fixed throughout weeks 22 through 24.

So the overall volume of each workout is low. You do just 10 work sets (and 6 warmup sets) of the six nonabdominal exercises.

The abdominal exercises are also a little different this time around. You still work your abs with four exercises each workout, but this time the ab moves come at the end of the workouts. And you do them as a circuit, with no rest between exercises. You have the option of doing the circuit twice. If you choose to do a second circuit, rest for 60 to 120 seconds before starting it.

Because the aim of this stage is to help you develop maximum power and strength, you perform explosive exercises. Workout B features explosive calf raises and shrugs. Note the tempo designation for each: 10* for the calf raises and 20* for the shrugs.

Those tempos mean that you should take 1 or 2 seconds to lower the weight, don’t pause, and then lift as quickly and explosively as possible. This isn’t a call to get sloppy and sling weights around. Your form still has to be perfect. Just be perfect and fast.

There’s no ambiguity about how many times to do each workout: In 3 weeks, perform workouts A, B, and C three times each.

STAGE 4									
WEEKS 22-24									
WORKOUT A									
EXERCISE	WARMUP			WORK			TEMPO	REST (SEC)	
	SETS	REPS	BETWEEN SETS	SETS	REPS	BETWEEN SETS			
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
1 BARBELL BENCH PRESS	1	10	3		Set 1: 10 Set 2: 8 Set 3: 6		311		Full recovery
2 SEATED CABLE ROW, NEUTRAL GRIP	1	10	3		Set 1: 10 Set 2: 8 Set 3: 6		311		Full recovery
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
3 DUMBBELL BENCH PRESS, INCLINE (45-DEGREE BENCH ANGLE)	1	10	1		10-12		311		Full recovery
4 DUMBBELL ONE-ARM BENT-OVER ROW	1	10	1		10-12		311		Full recovery
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
5 BENCH DIP	1	10	1		10-12		311		Full recovery
6 DUMBBELL SEATED HAMMER CURL	1	10	1		10-12		311		Full recovery
AB CIRCUIT									
7 KNEE-UP, INCLINE	0	0	1 or 2		10-15		201		0
8 CURLUP, HANDS ON OPPOSITE SHOULDERS (NOT PICTURED)	0	0	1 or 2		10-15		201		0
9 RUSSIAN TWIST, FEET ANCHORED, WEIGHT IN HANDS	0	0	1 or 2		10-15		202		0
10 MODIFIED V-SIT	0	0	1 or 2		10-15		303		60-120



STAGE 4									
WEEKS 22-24									
WORKOUT B									
EXERCISE	WARMUP		WORK		TEMPO		REST (SEC)		
	SETS	REPS	SETS	REPS					
1 BARBELL SQUAT	1	10	3	Set 1: 10 Set 2: 8 Set 3: 6	311		120		
2 DEADLIFT	1	10	3	Set 1: 10 Set 2: 8 Set 3: 6	311		120		
3 STATIC LUNGE, BACK FOOT ON LOW BLOCK	1	10 (each leg)	1	10 (each leg)	311		60-90		
4 GOOD MORNING	1	10	1	10	311		60-90		
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
5 STANDING CALF RAISE, EXPLOSIVE	1	15	1	12-15	20*		Full recovery		
6 BARBELL SHRUG, EXPLOSIVE, FROM HANG ABOVE KNEES	1	10	1	10	10*		Full recovery		
AB CIRCUIT									
7 TOES TO SKY	0	0	1 or 2	10	5-sec holds		0		
8 CURLUP, LEGS IN AIR, ARMS VERTICAL TOWARD TOES	0	0	1 or 2	10-15	201		0		
9 SIDE RAISE ON ROMAN CHAIR + TWIST TO CEILING	0	0	1 or 2	10-15	201		0		
10 PUSHUP HOLD, LIFT LEG, THEN ARM	0	0	1 or 2	10	5-sec holds		60-120		



STAGE 4									
WEEKS 22-24									
WORKOUT C									
EXERCISE	WARMUP		WORK		TEMPO		REST (SEC)		
	SETS	REPS	SETS	REPS					
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
1 LAT PULLDOWN, REVERSE GRIP	1	10	3	Set 1: 10 Set 2: 8 Set 3: 6	311		Full recovery		
2 BARBELL SEATED SHOULDER PRESS	1	10	3	Set 1: 10 Set 2: 8 Set 3: 6	311		Full recovery		
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
3 DUMBBELL LYING PULLOVER, 1 DUMBBELL IN 2 HANDS	1	10	1	10-12	311		Full recovery		
4 DUMBBELL SEATED LATERAL RAISE	1	10	1	10-12	311		Full recovery		
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
5 EZ-BAR BICEPS CURL	1	12	1	10-12	311		Full recovery		
6 TRICEPS PUSHDOWN	1	10	1	10-12	311		Full recovery		
AB CIRCUIT									
7 KNEE-UP, INCLINE	0	0	1 or 2	10-15	201		0		
8 CURLUP, ARMS STRAIGHT & PARALLEL TO FLOOR + TWIST (NOT PICTURED)	0	0	1 or 2	10-15	201		0		
9 RUSSIAN TWIST, FEET ANCHORED, WEIGHT IN HANDS	0	0	1 or 2	10-15	202		0		
10 MODIFIED V-SIT	0	0	1 or 2	10-15	303		60-120		

STAGE 4, WEEKS 25 THROUGH 27

The big switch here is that you do another new, even more challenging muscle-building technique. For the first two exercises in each workout, instead of progressing from moderate weights and moderate reps to heavy weights and low reps, do the opposite: Start with two warmup sets, then work with your heaviest weight in the first work set. In subsequent work sets, use progressively lighter weights and higher reps.

Even before you begin, give yourself a pat on the back. You're technically still a beginner, but the heavy-to-light system is a pretty damned advanced workout configuration. All your energy, muscular and emotional, must be focused on that first work set, in which you work with the most weight you've ever used in this program—and probably in your life.

Also, note that the tempos for the big-muscle exercises are quicker in this program. On most exercises, you do 211 tempos, meaning that you take just 2 seconds to lower the weight. (On squats and deadlifts, the tempo is 201, so you do not pause between lowering and raising the weight.)

Finally, do fewer repetitions of the "assistance" exercises following the big boys. Keep doing one work set of each move, but work with heavier weights, fewer reps, and slightly faster tempos.



STAGE 4

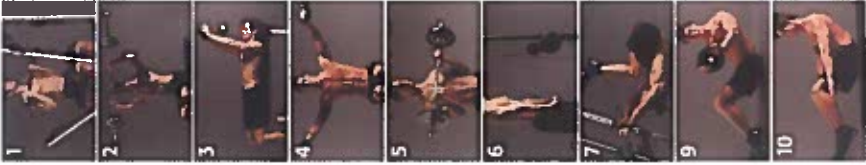
WEEKS 25-27

WORKOUT A

EXERCISE	WARMUP		WORK		TEMPO	REST (SEC)
	SETS	REPS	SETS	REPS		
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS						
1 BARBELL BENCH PRESS	2	Set 1: 10 Set 2: 8	3	Set 1: 6 Set 2: 8 Set 3: 10	211	Full recovery
2 SEATED CABLE ROW, NEUTRAL GRIP	2	Set 1: 10 Set 2: 8	3	Set 1: 6 Set 2: 8 Set 3: 10	211	Full recovery
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS						
3 DUMBBELL BENCH PRESS, INCLINE (45-DEGREE BENCH ANGLE)	1	10	1	8-10	211	Full recovery
4 DUMBBELL ONE ARM BENT-OVER ROW	1	10	1	8-10	211	Full recovery
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS						
5 BENCH DIP	1	12	1	8-10	211	Full recovery
6 DUMBBELL SEATED HAMMER CURL	1	12	1	8-10	211	Full recovery
AB CIRCUIT						
7 KNEE-UP, INCLINE	0	0	1 or 2	10-15	201	0
8 CURLUP, HANDS ON OPPOSITE SHOULDERS + TWIST (NOT PICTURED)	0	0	1 or 2	10-15	201	0
9 RUSSIAN TWIST, FEET ANCHORED, WEIGHT IN HANDS	0	0	1 or 2	10-15	202	0
10 MODIFIED V-SIT	0	0	1 or 2	10-15	303	60-120



STAGE 4									
WEEKS 25-27									
WORKOUT B									
EXERCISE	WARMUP		WORK		TEMPO		REST (SEC)		
	SETS	REPS	SETS	REPS					
1 BARBELL SQUAT	2	Set 1: 10 Set 2: 8	3	Set 1: 6 Set 2: 8 Set 3: 10	201		120-180		
2 DEADLIFT	2	Set 1: 10 Set 2: 8	3	Set 1: 6 Set 2: 8 Set 3: 10	201		120-180		
3 STATIC LUNGE, BACK FOOT ON LOW BLOCK	1	8 (each leg)	1	8 (each leg)	311		60-90		
4 GOOD MORNING	1	8	1	8	311		60-90		
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
5 STANDING CALF RAISE, EXPLOSIVE	1	12	1	10-12	20*		Full recovery		
6 BARBELL SHRUG, EXPLOSIVE FROM HANG ABOVE KNEES	1	8	1	8	10*		Full recovery		
AB CIRCUIT									
7 TOES TO SKY, ONE KNEE BENT	0	0	1 or 2	10	5-sec holds	0			
8 CURLUP, LEGS IN AIR, HANDS ON FOREHEAD, ELBOWS IN	0	0	1 or 2	10-15	201	0			
9 SIDE RAISE, ON ROMAN CHAIR, WEIGHT ON CHEST	0	0	1 or 2	10-15	201	0			
10 PUSHUP HOLD, LIFT LEG WITH OPPOSITE ARM	0	0	1 or 2	10	5-sec holds	60-120			



STAGE 4									
WEEKS 25-27									
WORKOUT C									
EXERCISE	WARMUP		WORK		TEMPO		REST (SEC)		
	SETS	REPS	SETS	REPS					
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
1 LAT PULLDOWN, REVERSE GRIP	2	Set 1: 10 Set 2: 8	3	Set 1: 6 Set 2: 8 Set 3: 10	211		Full recovery		
2 BARBELL SEATED SHOULDER PRESS	2	Set 1: 10 Set 2: 8	3	Set 1: 6 Set 2: 8 Set 3: 10	211		Full recovery		
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
3 DUMBBELL LYING PULLOVER, 1 DUMBBELL IN 2 HANDS	1	10	1	8-10	211		Full recovery		
4 DUMBBELL SEATED LATERAL RAISE	1	10	1	8-10	211		Full recovery		
ALTERNATED, WITH FULL RECOVERIES BETWEEN SETS									
5 EZ-BAR BICEPS CURL	1	12	1	8-10	211		Full recovery		
6 TRICEPS PUSHDOWN	1	12	1	8-10	211		Full recovery		
AB CIRCUIT									
7 KNEE-UP, INCLINE	0	0	1 or 2	10-15	201	0			
8 CURLUP, HANDS ON OPPOSITE SHOULDERS (NOT PICTURED)	0	0	1 or 2	10-15	201	0			
9 RUSSIAN TWIST, FEET ANCHORED, WEIGHT IN HANDS	0	0	1 or 2	10-15	202	0			
10 MODIFIED V-SIT	0	0	1 or 2	10-15	303	60-120			