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Introduction

Have you ever thought of using anabolic steroids? No more must these thoughts cross for mind, because once you follow this program, you'll be smoking guys on juice. I know this to be true, because I and everyone I've ever trained with have already done this. When I walk into a gym, my presence is intimidating. I'm not only the biggest guy there, but I also put up the greatest lifting numbers. Of course, this leads to people asking me for advice every day. I'll get skinny teenagers and middle-aged men asking me what my secrets are. Interestingly, it's always the same question. "What supplements do you take and which training split do you follow?" If I gained an ounce of muscle for every time I've heard this question, I would look like Ronnie Coleman today. What's funny is that I always give these guys the same response. "I don't take supplements, and I do full body workouts." Usually their face will appear puzzled and they'll reply with something like "So you don't take ANY supplements? Not even whey protein? No creatine? No vitamins? And why do you do full body workouts? That's for beginners, isn't it?" When guys give me this response, I'll laugh out loud and tell them straight up that "I don't take any supplements. Not one. And if full body workouts are for beginners, how come I train full body yet I outlift everyone in this gym?" These are the things I deal with on a consistent basis. I get stares from everybody in the gym, lectures on how "I lift too heavy", have people approach me for training advice, and overhear people saying "that's the guy who takes steroids". I've even had guys ask me what my cycle was, or if I knew a good place to buy juice.

I always find these events fascinating, because many years ago nobody bothered me. That's because I used to be a very skinny guy. You may not know this, but the truth is that I was born scrawny. For more than half my life, I was nothing more than skin and bones. Before I started training, I was less than 120lbs. My arms were as thin as my wrists, and I would float in extra small clothing. I was literally the epitome of skinny. If I took my shirt off, you would see my entire rib cage. If I grabbed my belly button, there was nothing but skin. Not an ounce of fat was present. But people don't know this about me. They see a jacked guy and

immediately come to the conclusion that I was born this way. Or they'll believe that I have premium genetics while sticking needs up my ass. What a bunch of bullshit.



Do you want to know what my real secret was? It wasn't genetics or drugs. It was me sacrificing my entire life for this shit. When I decided that it was time to change, fitness consumed my soul. I never went out unless it was for a birthday party, cancelled numerous dates because I had to train, stopped engaging in activities that were non-fitness related, force fed myself day in and day out, and studied exercise science textbooks for multiple hours a day. I had an easy ride, am I right?

Here's the main point I'm trying to make. I'm not some lucky motherfucker that had everything handed to him. I worked my ass off to get the results that I have today. I've actually been skinny, and know EXACTLY what it takes to get huge. I've been shredded and I've been fluffy. I've read the best strength & conditioning books of all time! I know what I'm talking about. I'm a guy that you can trust, and if you listen to what I will say in this book you WILL build the body of your dreams. Not one person has failed following my approach. It cannot, because I've combined exercise science and experience into one package. This is the best system you will ever find for drug-free lifters, just wait and see.

Chapter 1: Program Foundations



Let me tell you something. If you bought this program because you wanted to look “aesthetic” or acquire a Hollywood/fitness model physique, you may want to consider something else. That’s because this program is far from that. As a matter of fact, it’s the total opposite. We are not concerned about getting stupid lean or even having perfect body proportions and symmetry. This is not a beauty book, per se. **Rather, it is a guide designed for making you appear absolutely massive.** And when I say massive, I don’t necessarily mean having total muscular development in every region of the body. **What I’m really referring to is developing very specific areas that few drug-free lifters ever maximize.** By building muscle in these precise spots, you will acquire that juiced up look. Everyone will believe you are high dosing anabolic steroids and other drugs, because your physique will look too good to be true. However, if, like most programs, you do not strengthen AND condition these muscles, you will forever appear weak and small. There can be no exception to this rule.

What muscle groups am I talking about, you ask? Is it the chest? The upper chest? The biceps? The triceps? The quadriceps? The calves? Nope. None of these areas. Although they definitely play a role in looking big, and we will surely incorporate special training for most of these regions, they are NOT the primary factors that generate a large-looking physique.

So then, what muscles make you look huge? I can't even count them on two hands. This includes the neck, traps, upper back, shoulders, forearms and glutes. Gentleman, these are the ESSENTIAL muscle groups that you must target. **If any of these areas are lagging, your entire physique will be ruined.** And I'll tell you why. As a drug-free lifter, these are the regions of the body that are hardest to develop. That's because we not only have few androgen receptors in these areas, but we also require vast amounts of strength to hypertrophy these muscles. This is the worst possible combination for the drug-free lifter who seeks size. In other words, fluff and pump work, or doing a few exercises here and there will not be enough to blow up these areas. Meticulous programming is required.

This is exactly why 99% of naturals look like complete dog shit. Even though their chest and arms may look amazing, the fact that these very specific areas are lagging so badly makes them look small as fuck. I can't tell you how many guys look "aesthetic" at the beach, but when they throw on a shirt they look like Christian Bale from *The Machinist*. It's almost like seeing a before and after muscle transformation right before your eyes! No jokes here guys, I'm dead serious!

You know what else happens with these guys? When they turn around or sideways, whether that be with a shirt on or off, THEY LITERALLY DISAPPEAR. How's that for aesthetics? The only time they look good is if they flex their muscles in special lighting, or if they use unnatural poses that give the illusion of size. But if we're talking about being relaxed, exercising, having sex, or simply walking and sitting down, you can't take these guys seriously. Their toothpick necks, frail backs, bony glutes, stick forearms, and teeny tiny shoulders make them look like little boys trying to act tough.

And let's not talk about the lifestyle these guys live. They act like little girls, trying to look all pretty and perfect. Their fashion must be hip and color coded, they require perfect grooming and complex hairstyles, and most significantly, they fear any fat gain so they starve themselves throughout the entire day and binge at night time. They can't think about not having fully sculpted abs. These men kind of remind me of women. Their mannerisms and lifestyle choices resemble that which is feminine. It's almost as if your mother or sister would get transferred into a male body. The result would be an "aesthetic" lifter. And you know what really makes me laugh? How these guys actually have the balls to preach the effectiveness of their system! They not only behave like bitches, but look them too! How ironic!

Anyhow, enough about these so-called aesthetic lifters. Let's talk about an entirely different category, which is the one that separates boys from the men. That is, the bear physique. Unlike the aesthetic guys who want to have super chiseled abs, low bodyfat percentage, and nice beach muscles, the bear guys do the exact opposite. They don't try being shredded, because they realize it makes them depleted, smaller, and weaker. They also have large appetites and eat like kings, because they don't believe in extreme calorie restriction protocols or super strict diets. Muscular-wise, they have steel glutes, mountainous upper backs, meaty traps, bulldog necks, popeye forearms, and boulder shoulders. They don't have watermelon pecs, peaking biceps, chiseled six pack abs, or a pair of skinny jeans. **They're only concerned about the muscles that make them look massive while being shirtless or not.**

When guys like this walk into a room, you look at them and think to yourself "holy fuck", because the bear physique is intimidating. When you look at them from the front, even though their aesthetics are not perfect, you can't help but stare at their massive frames. It doesn't matter that their proportions are off. The size is there, and that's what you concentrate on. When they turn around or sideways, you are absolutely stunned by their 3D appearance. And most importantly...you think to yourself "Wow. This guy is juicing hard".

This, my friends, is the physique that we're going for in this program. We want to build so much muscle in these special areas that people can't help but think you're on steroids. Hence becoming naturally enhanced. That's when you really know you've made it.

How to Really Get Big

There is so much misinformation on the topic of gaining muscle that I don't know where to start. I'd say that over 90% of all fitness information that you will receive in your lifetime is complete and utter BULLSHIT. Everything you were ever told about muscle building is a flat-out lie. This includes information from many of the top fitness gurus in the industry! The amount of people I know who are legitimately qualified in strength and conditioning are slim to none. I can probably only count them on one hand, if that.

There are a million theories on how to build muscle, all of which are either unsupported by exercise science, or simply impractical. You'll have morons talking about sarcoplasmic versus myofibrillar hypertrophy, gradual progressive overload, the best rep range, best tempo, best exercise for a given muscle, best diet, best whatever the fuck they can come up with. The truth is that most of these guys just invent shit. None of them have read any books on human physiology, physics, exercise science, nutritional science, etc. Instead, they go on internet forums and discuss ridiculous theories with their uneducated peers. In turn, the advice that you receive from these people is known as broscience, a term that has become increasingly more popular in the online fitness community.

So with all this HORRIBLE information out there, how can we trust anyone? How can we learn how to really build muscle the right way? Well, that's why I'm here to help. I've not only built a physique that even steroid users have trouble getting, but I've also read all the literature and have applied it to myself, in addition to helping THOUSANDS of other people. The difference between my stuff and other people is that I never tried to reinvent the wheel. I took proven concepts that actually worked, and made few modifications to suit my

preferences. Of course, I've learned a lot along the way through first-hand experience, but nonetheless everything I say and do is supported by exercise science. If you're received advice from me, you're also getting confirmation from over 200 other qualified experts in the field, most of whom are doctors.

With what I said being still fresh in your mind, we must now ask ourselves a very important question. That is, how do build muscle the proper way? Folks, I will now expose the hard, cold facts about gaining size naturally. **The only way to get big is to get very strong.** Point final. I don't give a fuck what exercises you do, how many dropsets and supersets you do, how big your pump is, how many angles you hit your muscles from, how motivated you are, how much you eat and sleep, how hard you train, etc. **NONE OF THAT SHIT MATTERS IF YOU ARE NOT GETTING STRONGER.** Are these things good assets to your training? Absolutely, but they do not determine how big you're going to get. The truth is that as a drug-free lifter, your size will be directly proportional to the strength that you gain over time. And your genetics are what's going to set this strength/size ratio from the get-go. The only exception to this rule is guys who are taking large amounts of drugs (which allows them to get big from pure fluff and pump work irrespective of improved performance) and the top 1% who have elite genetics for either bodybuilding or relative strength.

Other than those two groups of lifters, there is no other way to get big. This is because hypertrophy is nothing more than a SIDE EFFECT of increased strength. It's not a primary goal, it's a secondary goal! Hypertrophy occurs when strength increase, but not the other way around. You can't gain size without gaining strength. **It is a biological impossibility.** If this wasn't true, you would be jacked out of your minds from just working very hard with 20lb dumbbells for many years. But this never happens in the real world! In fact, the exact opposite occurs. All those skinny guys you see at the gym have been using bitch weight for years, and this is why they look the same. Likewise, if you take a good look at the guys who are stupid huge, one common pattern always emerges. That is, they are all insanely strong! It's only weak guys who say that you don't have to lift heavy, and it shows just by looking at them. Just think about it for a second. You'll never see a guy with small pecs, shoulders and

triceps if they're bench pressing 405lbs. You'll never see a guy with small shoulders who is overhead pressing 225lbs. You'll never see a guy with small arms who does dumbbell curls with 80lbs and skullcrushers with 185lbs. You'll never see a guy with small legs who is front squatting 405lbs, and back-squatting 500lbs. You'll never see a guy with small traps/upper back/lats who is barbell rowing 315lbs and shrugging 600lbs. You'll never see a guy with a small back/posterior chain who is doing rack pulls with 700lbs. I hope you get what I'm trying to say. The best thing you can do for gaining muscle is to focus on STRENGTH. Besides, if you can't get jacked from hitting the strength standards lifted above, then **WHAT THE FUCK ELSE IS GOING TO GET YOU JACKED?** Doing dumbbell flies and tricep kickbacks for high reps? Hell, you might as well give up right then and there or become an athlete, because you will never be big if gaining that much strength doesn't result in significant size gains!

You're better off just focusing on getting strong, and seeing how far your genetics take you. I realize that not everyone is going to gain the same amount of size, and that's fine. I had to bench press 315lbs for several repetitions before my arms started exceeding 16 inches, while some of my friends had 18 inches by the time they were benching 275lbs for 1 rep! That's called muscle insertions, muscle belly fullness, leverages, and genetics. This is a reality, and it's nothing that you have control of. **If you're not on drugs, you have no choice but to get strong and rely on the genetics that your parents gave you.** Some of you will need to get excessively strong like I had to, while others will not need as much strength. Everyone has genetic gifts and weaknesses, and you will learn what these are over time. For me, my forearms, back, and legs always seemed to blow up extremely fast, while my biceps and triceps barely grew no matter how hard I blasted them! Of course I have now corrected these muscular imbalances, but it was no easy ride! I had to get strong like a powerlifter in order to see any appreciable size in these muscle groups. And if you have muscle groups that genetically lag, you will need to do the same! Accept that! I don't give a fuck how long/short your torso, arms, or legs are, nor do I care about your small frame! You can work with what you got if you focus on improving performance. Whether that takes months or years is irrelevant. Don't try and find shortcuts or make excuses, because there are none.

The day you become huge is when you will be strong in MANY exercises, and in several different rep ranges. That's where this program comes into play. I'll show you how to get strong the right way, which will result in you being jacked out of your damn mind.

Training Methodology

You'll realize soon enough that this program is not designed like the shit that's out there. The format presented in this book is HIGHLY specific towards developing that naturally enhanced appearance. Therefore, it is NOT for competitive athletes or fitness models. Of course, this will have major implications on the programming itself. Everything down from the workout style, training schedule, style of periodization, training frequency, exercise selection, type of performance gained, conditioning work, mobility, bodyfat percentage, diet, etc. The things you will see and learn in this program will astonish you in a major way. Anyhow, there's a lot to cover, so let's start breaking this training philosophy down, commencing with the most basic element of any program, being the "split" itself.

Full Body Training

There is a big myth that full body workouts are only for beginners. On practically all fitness websites and magazines, split routines are discussed. A split routine is where the individual divides his/her body parts into different days, in order to "focus" on the muscles. For instance, one may have a chest, back, shoulders, legs, and arm day, thus constituting five workouts in a weekly cycle. Moreover, the total training volume, which defines the total amount of work done in a workout, is very high, thus leaving the individual with large amounts of muscle soreness. Due to the high amount of advertising, the split routine is literally the most commonly practiced system of training today. It is considered to be the most advanced form of training that promises the best muscular and strength gains. Therefore, it is now "common sense" that the only way to achieve true muscular development is through the usage of split routines, and that full body workouts are only for beginners. This is fascinating,

because not only do split routines have major problems in exercise science, they are also historically new. As a matter of fact, before the 1950s, where steroid usage became very prevalent in the fitness world, literally every fitness trainee practiced and advocated full body workouts. It was considered the only form of training, and the best one at that. Professional athletes and world record holders of different sports even performed full body workouts. There was Steve Reeves, George Eiferman, Leroy Colbert, Bill Pearl, Marvin Eder, Reg Park, etc who all did full body workouts and were top of the cream, yet today full body workouts are considered for beginners? It's interesting, because split routines did not even exist at the time!

Now I know some of you will question full body workouts, as most muscle men that you see today typically perform split routines. Well do you also know that these guys who obtain results from splits are on large amounts of drugs? This has major implications on a training program. You see, every time one breaks down a given muscle group, the recovery process which leads to newer growth and development, also known as protein synthesis, is elevated for 24-48 hours. When heavy drug use is incorporated, protein synthesis can be elevated for up to an entire week. For these reasons, when split routines first came out, they were the perfect strategy when combined with drugs, because one could focus extensively on their muscles, and have them grow for an entire week. However, for the drug free lifter, this is a biological impossibility. 48 hours is the longest that protein synthesis can ever hope to be elevated. This is why before the 1950s and drug use in sport, everyone performed full body workouts, as the high exercise frequency, by which the individual would attack his entire body every 48 hours would allow one to work WITH protein synthesis and their natural potential.

This, my friends, is exactly why high volume split routines work so damn well for drug users. They train a muscle group once a week, and BOOM they are literally growing for the next 7 days. However, when you are drug-free, you don't have this advantage. After 48 hours you're done, and if you don't train shortly after, your gains are not as optimal as they could be. Therefore, as a drug-free lifter, having high training frequency is absolutely essential. So

if you're following a split routine, each muscle group is only being hit once a week. They grow for 48 hours, and atrophy for the rest of the week. As you can imagine, this is not optimal for maximizing muscle growth.

That's why I'm a big believer of full body training. You not only acquire high frequency which keeps protein synthesis turned on 24/7, but you also accomplish this with few days in the gym. This is also why I'm not a fan of upper/lower or push/pull/legs programs. Although they can work and are not necessarily bad as compared to split routines, they are very time consuming while yielding zero additional benefits. For instance, in an upper/lower program, you'll be in the gym 4x a week, but with only 2x a week bodypart frequency. With a push/pull/legs setup, you'll be in the gym 6 TIMES a week, but with the same 2x a week bodypart frequency! However, with full body training, you can be in the gym twice a week, while STILL getting 2x a week bodypart frequency. In other words, you are in the gym way less than any system available, but without compromising programming effectiveness or results. No other form of training can offer this.

Another reason why I've selected full body training for this program is because we are only focusing on very specific muscle groups. As I mentioned in the introduction, this is not really an aesthetic refinement program. This program was designed with the goal of developing the hardest, most neglected, and most impressive areas to build as a drug-free lifter. For this reason, the program is far too simple to need anything else other than a full body setup. Finally, because I assign you mini-home workouts, any other form of training would simply be inconvenient. You'll see what I mean later on. Anyhow, just realize that this program is founded off full body training. Let us now discuss the progression model.

Concurrent Training

In order for any program to be effective, progression must take place. This is known as the progressive overload concept, through which continual performance improvements over

time eventually yield muscle gains. There are many ways of organizing training, which comes with a fancy word called “periodization”. Periodization is the term used to define the organization of training, and it consists of manipulating both volume and intensity, in addition to the relevant exercise selection. Although several types of periodization exist, we will only be using one style in this program. That is, concurrent training. Now what is concurrent training, you ask? Essentially, this is where volume and intensity are maintained throughout a yearly cycle, which builds large amounts of work capacity and complete physical performance across all set and rep ranges. In order to prevent plateaus or burning out from this extreme system, we simply rotate exercises. This tricks your body’s adaptation system even though volume and intensity is still the same.

Typically speaking, this exercise rotation process will occur every 1-3 weeks depending on training experience. If you’re just starting out, then chances are you can use the same movements for 3 weeks without suffering any adverse side effects. However, if you are decently strong, and have some years of training behind your belt, you may be forced to rotate every week. I, for instance, rotate exercises every single week without exception. I’m constantly changing things up, because I’ve gotten so strong that there simply isn’t any other way to make progress. Keep in mind though, that when I say you must rotate exercises, it doesn’t necessarily mean to swap out the movement completely. Something as little as changing grip width or adding a pause can make all the difference. It doesn’t have to be a day and night transformation.

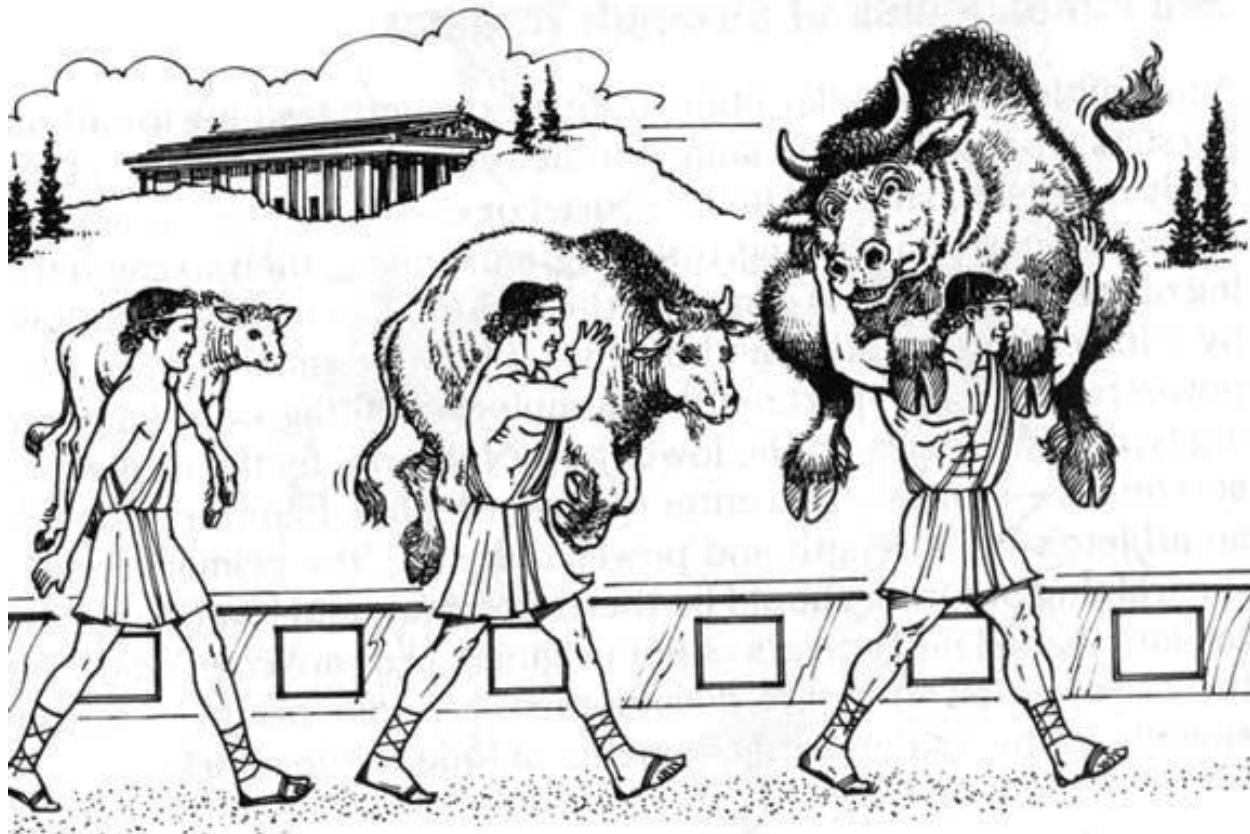
Now let me tell you something else. This exercise rotation process is not only the best way for preventing plateaus and managing recovery, but it’s also the most effective strategy for developing complete general strength. Think about the following situation. Who is going to have bigger muscles, the guy who is only strong at one movement, or the guy who is strong at every movement? Clearly, the guy who can put of some serious poundages in different exercises, set/rep parameters, and various angles will be much bigger. That’s why many bodybuilders like to train in this fashion. **They understand that the basics will only get them so far.** As a matter of fact, are these not the same people who, in the early 1900s,

invented the “muscle confusion” principle? Although your muscles can’t actually get confused, bodybuilders were onto something. They noticed with experience that frequently changing exercises or hitting their muscles from different angles resulted in better strength development, which in turn, got them much bigger. Guys, does this not sound like concurrent training to you? If it does, then you see why I chose this style of periodization for this program.

Finally, because the neck, traps, upper back, forearms, and glutes are so damn difficult to develop for drug-free lifters, having a lexicon of exercises becomes even more important. You need to hit these key areas with all that you got. It’s literally an all or nothing approach. You see, I’m not one of those guys who is going to say “just get strong at this one movement and everything will be fine”. I think that’s a bunch of marketing bullshit designed to sell horrible products to lazy people. Here are the facts. **If all you needed was but a few exercises to build muscle, wouldn’t every guy in the gym be jacked out of their mind?** If all one needed to do was dumbbell shrug to build traps, wouldn’t every guy who shrugs have traps up to their damn ears? Obviously, this is not what you see. Instead, it’s the guys who are strong at multiple traps exercises that have promising development in this region. The same thing goes for any other bodypart. The truth is that you NEED GENERAL STRENGTH DEVELOPMENT IN ORDER TO GET JACKED. This is a physical law for anyone who wants maximum development of a given bodypart without using steroids or having top tier genetics. You need to accept this reality right now. As a great someone once said, the definition of insanity is doing the same thing over and over again and expecting a different result. So don’t use the same fucking exercises! “Mix it up”, as the gym bros would say.

I hope these explanations clarify as to why this program follows concurrent periodization. I wouldn’t want this program to follow a linear periodization or undulating style, because I believe there are serious flaws to both of these systems. As a matter of fact, let’s discuss them right now.

Linear Periodization



Linear periodization is the most commonly used progression model. It's the infamous gradual progressive overload system, by which volume decreases, while intensity increases. The best example of this system dates back nearly 2500 years ago, where the legendary Milo of Croton carried a newborn calf on his shoulders daily. Of course, as the calf grew, so did Milo's strength. Eventually, as many years passed, Milo was able to carry a full grown bull. This was the first case study of progressive overload. This organization of training is often cited as scientifically sound by fitness gurus, and is advertised in virtually all videos and articles. That is, the individual divides his/her training into different monthly blocks, by which each block strives to improve a new physical task. The blocks are based off one's one repetition maximum (1RM or 100%), which is the maximum amount of force that can be generated in one maximal contraction. At the start of the training cycle, one begins with 50%. As the weeks and months go by, the percentages gradually increase to 55%, 60%,

65%, etc all the way to 100%. In other words, it's a gradual progressive overload system, through which volume decreases, while intensity increases. Moreover, assistance exercises are also removed with time, and repetitions per set become lower in number. This entire described process usually takes 12 weeks to complete in order go through all the different phases, although in some circumstances it can be more or less. The whole system appears very logical on paper, and when you think of Milo and the calf it's hard to question the effectiveness of linear periodization. It simply seems like a common sense system of gradually making improvements over time, which almost all trainees can relate to on a non-physical level. However, to the basic physics professor or strength and conditioning professional, two major problems of this system become apparent.

The first problem is that training effects are not maintained. With this "logical progression", as one's strength increases, the individual becomes slower. That is because low weights produce high velocities, and high weights produce low velocities. Therefore, one is starting at 50% which consists of high velocities, and gradually bringing the weight to 100%, which is the lowest possible velocity. For these reasons, there is an imbalance between the force/velocity curve. This can be demonstrated by throwing a plastic ball against a window. No matter how hard you throw it, that plastic ball will never blast through the window. However, if you use a baseball instead, that window will break instantly. This is because the weight of the baseball is more suited for applying velocity and force. In physics, force can be defined as mass x acceleration ($F=MA$). According to this formula, if acceleration (velocity divided by time) has been diminished due to the loss of velocity, this will prevent the individual from utilizing maximum force. In other words, if you neglect velocity work, you are shortchanging your performance gains big time, and will become stronger but slower, which results in many plateaus. As you can see, with linear periodization it's impossible to maintain force and velocity throughout the cycle, because the logical progression of increasing the percentage relative to your one rep max makes this physically impossible. The force/velocity curve is too different for any abilities to truly be maintained, which is a major issue for long-term progress.

The second problem is that because the weights gradually become heavier over time while neglecting volume work, there are not enough repetitions to maintain strength or work capacity. This causes your muscles to atrophy towards the end of the cycle, and makes you lose performance in the higher rep ranges. This is precisely why someone can initially handle 5x10 on squats, but after neglecting volume work to do exclusively low reps, they find that returning to 5x10 squats is almost impossible. Just think about the own experiences that you've had. When you ride the rollercoaster of volume and intensity, performance is never maintained! How can this possibly be good for the long term if we're constantly moving all over the place? As Zatisorsky stated in Science and Practice of Strength Training, it's the equivalent of running up a mountain and going back down only to restart all over again. That's why month 1 may improve month 2, but month 1 will never improve month 3.

Furthermore, because the start of the program has you doing exclusively volume work, the fact that the percentages of your 1RM are this low makes it impossible to maintain maximum force. This goes back to the force/velocity relationship that I described earlier. In simplest terms, the longer you stay away from higher percentages, the weaker your performance gets in lower rep ranges. That's why bodybuilders can rep a lot of weight, but when you try out their 1RM, they are much weaker than initially expected. They did not train in the +90% range, which minimized their nervous system's development. For all these reasons, the notion of lowering volume while increasing intensity over time is flawed, and can only lead to major holes in performance and long-term progression.

The third problem is that as the training cycle lowers in percentage, assistance work is removed (in order to lower volume). This is a major issue, because assistance exercises are what prevent muscular imbalances from arising. When one has muscular imbalances, the chances of getting injured in the future are dramatically increased, because the small stabilizer muscles in addition to the joints and tendons are not being developed to their full capacity. This is precisely what causes one to tear their ACL, pectorals, shoulders, biceps, hamstrings, and sprain their lower backs and necks. Surgery for these muscle tears can cost up to 10,000\$, and can prevent one from performing any physical activity for 6-24

months. So not only is dropping assistance work dangerous, it can also come with serious financial problems.

Moreover, by removing assistance work you are severely hindering your strength potential. You may have glaring muscle weaknesses that one exercise may not fix, or that are holding you back in a given compound movement. For instance, if you have severely lagging triceps and you remove close grip bench presses and extensions from your program, this can have major detriments to regular bench pressing strength. For the lower body, if you fail to do direct lower back and ab work, you squat and deadlift strength will suffer. The same holds true for any other bodypart. There's an old proverb that states "a pyramid can only be as tall as its base". In strength and conditioning, the same saying is used in reference to how neglecting assistance work does not support or maximize the physical conditioning of one's body. Clearly, linear periodization does not support this time-tested proverb. Basically, if you stop doing assistance work, you create many muscular imbalances and weaknesses that will either get you injured, or not maximize your body's strength potential.

I hope you now realize why I'm not a fan of linear periodization. There are far too many flaws that can hinder long-term progression. Let us now provide a very quick description of undulating periodization.

Undulating Periodization

Undulating periodization has become the new hype in strength and conditioning. Many programs that you see today, especially on bodybuilding forums are constructed in this style. Essentially, undulating periodization tried to fix the main problem that linear periodization had by trying to better maintain volume and intensity. Rather than just doing volume work for some weeks/months, and just doing intensity work for some weeks/months, undulating combined both of these into a weekly cycle. This is where the heavy, light, medium type of programming stems from. So as you can see, although volume still decreases while intensity

increases, it's still somewhat maintained, which makes performance loss far less apparent than in linear periodization. Now, although this is a good step in programming, there is still one MAJOR issue to this system.

The number one problem with undulating periodization is that exercise selection is far too low. It is recommended that you stick to very basic exercises such as squats, bench presses, and deadlifts. However, variations such as close grip benching with bands, Zercher squats, stiff-legged deadlifts, etc are not encouraged, at least not during the cycle itself. Accessory work is also neglected in a major way. In other words, you stick to one basic variation at a time, while introducing heavy-light-medium elements to the program. This is the worst thing that any program can ever have. The truth of the matter is that minimalist training is extremely limited, and can only lead to minimalist results. The notion that you should just do the compound movements, or just stick to the basics, is an ideology that will leave one with plateaus 100% of the time. You will stall and move backwards, guaranteed. At first, progress seems to ramp upwards, but after some time, you actually get worse at whatever you are doing. There can be no exception to this rule. This is due to the biological law of accommodation, where after a certain amount of time of doing an activity, the body will no longer adapt, and actually regress. In Science and Practice of Strength Training, here is what Dr. Zatsiorsky has to say about this:

"This is a manifestation of the biological law of accommodation, often considered a general law of biology. According to this law, the response of a biological object to a given constant stimulus decreases over time. Thus, accommodation is the decrease in response of your body to a constant continued stimulus. In training, the stimulus is physical exercise."

In other words, the more you repeat a given exercise, the less and less benefit you receive from it. It's really that straightforward. In the case of undulating periodization, the low exercise selection is far too low for my tastes. Remember, there's only two ways to fight off the biological law of accommodation. Either you change the parameters of the exercise (like in linear/undulating periodization, aka sets and reps) OR you change the exercise

completely. Of course, the first option will work, but only for so long. It's proven to fail over time! Eventually, you will have no choice but to start doing new exercises and switching variations, otherwise the biological law of accommodation will prevent you from making progress. If this wasn't true, no one would do close grip bench presses, because doing the competition bench would be more than enough. But in the real world, this is not what you see! Strong men realize the importance of exercise variety, as variety is the spice of life and training! Not rotating exercises also results in low general strength and incomplete muscular development, which makes undulating periodization even less worthy. You know, there's a reason why bodybuilders hit their muscles from different angles. **It's because it works!** Next time you find someone who bench presses a lot of weight, ask them if that's the only exercise they do. I promise you that they will mention other movements such as incline pressing, pressing with dumbbells/bands, close grip benching, extensions, etc.

That, my friends, is exactly why I do not like linear or undulating periodization. I wouldn't want it to be linear, because exercise selection, low accessory work and volume wouldn't be enough to maintain all performance elements. I would want undulating, because modifying sets/reps won't do much if the exercises aren't rotated within the cycle itself. Do these methods work for strength development and athletics? Absolutely, but that still doesn't make them optimal. These are old methods designed over a century ago! **I don't subscribe to primitive training models.** Exercise science is constantly evolving, and decades of first-hand experience are teaching lifters what actually works in the real world.

That's why in this program, it's concurrent periodization and that's final. Don't worry though, because this form of training is really fun and exciting. You'll actually look forward to doing your workouts, rather than dreading them due to repeating the same shit over and over again. And if you remember what I said earlier, doing the same thing over and over again and expecting a different result is simply insanity.

Weak Point Training

Since we just touched upon how this program will include a multitude of exercises, I feel it necessary to address HOW to pick the right exercises for you. You see, every person is built a bit differently. We have different leverages, training history, injuries, muscle weaknesses, goals, etc. That being said, one exercise can do wonders for me, but do absolutely nothing for you. This is why proper exercise selection is crucial for seeing progress. Often times guys will complain about concurrent training and say things like “the special exercises did nothing for me”. Now here’s what I’d like to ask these people. Was it the special exercises themselves, or the fact that they were addressing the wrong weakness? Think about that for a second.

Still confused? Let me give you an example. Say you’re very weak at the bottom of an overhead press, and you decide to do a ton of pin presses at forehead level in addition push presses. Do you honestly think these movements will effectively build bottom overhead pressing strength? There’s practically zero specificity of training! And that’s the point I’m trying to make. It’s not that exercises are bad. It’s that people aren’t using the right movements to address their particular weaknesses. This is why high exercise selection gets a bad rep by many. People believe it’s a set in stone system by which you must do x movement followed by y formula, and then bam your plateau is immediately gone. I’m sorry guys, it just doesn’t work that way. **You must intelligently select exercises based off your own individual weaknesses.** Like I said before, what will work for me might not work for you. For example, because of my hypermobile elbows I’ve found that standard overhead pressing with a barbell was a horrible exercise for me because my elbows would create unnecessary moment arms which would prevent me from lifting super heavy or engaging my shoulders. I discovered that behind the neck presses and viking presses were a far better alternative. Now does this mean this strategy will work for you too? Maybe, but I wouldn’t rely on it! **Recognize that we are all different, and that you must identify your own weaknesses, both strength & aesthetics-wise, and develop an effective plan that**

targets them. For now, that's all you need to know about exercise selection. Later on, when we get down to the special exercises chapter, I'll give you rough guidelines as to which movements may help fix certain weaknesses, but that's about all you're going to get. Learning what works well for you is going to require first-hand experience.

Things to Ponder

Due to the highly specific nature of this program, many of you may wonder whether or not you will acquire extreme muscular imbalances in the rest of the body. That is, will your pectorals, lats, biceps, triceps, and quads be where you want them to be? Luckily for you, the answer is yes. Here's why. **The fact that this program is so high in exercise selection ensures that every part of the body is attacked indirectly.** That means you won't have skinny beach muscles. You'll just have proportionately larger "enhanced" muscles. That's all. Allow me to give you some examples, by breaking down each of the bodyparts you may be concerned about.

Chest

You believe you'll have a lagging chest if you follow this program? Think again. In this program, we are performing various overhead and incline presses mainly for the purpose of developing larger delts. However, what many people don't realize is that pausing on these movements actually stimulates the chest to a large extent. Especially the upper chest. So if you were concerned about your collar bones popping out, this is nothing to worry about. Your development in this region will be just fine, and possibly even better than average. As for the lower pecs, I have you doing lots of close grip benching in this program. Believe it or not, there is no significant difference in pec activation between a close grip bench press and a wide grip bench press. The sole difference lies in the triceps. In this way, the close grip bench press is actually a terrific mass builder for the chest. Next up, I have you do weighted dips for your shoulders and triceps, but as everybody knows, this movement also hits the

chest in a major way. Finally, if you're still concerned about your lower pecs, realize that in this program you are rocking a higher bodyfat percentage than average. This will add a cushion of fat on your pecs, which will automatically increase their size. **In other words, no matter what you do, your chest physically cannot lag while following this program.** It may not look as impressive as your other body parts, but do not be fooled, for your chest will still be very developed.

Lats

How about that v-taper? Will you be lacking in width? Not in a million years. Guys, the whole idea that vertical pulls build width while horizontal pulls build thickness is a bunch of bullshit. Rows will build your lats in a major way, and weighted pullups/lat pulldowns will build your upper back in a major way. The key factor is not the exercise itself, but rather, HOW you perform the exercise. For example, if you do weighted pullups with a wide grip, you'll actually hit your upper back to a large extent. Likewise, if you tuck your elbows in really hard while you do dumbbell rows, it will become a predominantly lat exercise. On the flipside, if you do weighted chin-ups, then your lats will get a lot of focus, and if you do flare your arm out to the side while rowing, your upper back will come into play more. As you can see, it's all about how you do the movements.

Furthermore, because your back exercise selection is excessively high, to say that your lats would be lagging is a physical impossibility. You simply cannot have a narrow back from following this program, because crossover is too great. What will happen, however, is that your upper back, traps, and neck will be so huge that from an ILLUSION STANDPOINT you may appear narrower. But in terms of sheer size or body measurements, you will not have any issues. Your t-shirts will still be tight around the back, and your lats will be strong. You don't have to worry about having small lats. Hell, not in this program where you're training your back as if it's life itself.

Arms

How about those guns? Will they fail to fill in a shirt? Not a chance. Folks, the fact that most of our presses are being done overhead makes this program even more effective for building big arms. Why? Because that's when the long head of the triceps get activated. And let me tell you a little secret about the long head. It's the biggest part of the triceps. It's literally the meat that hangs off your arm when you are not flexing. **The horseshoe, as bodybuilders call it, does not create much bulk in the arm.** This is purely for aesthetic reasons, and looks good solely when you flex this region. The long head is really what you're looking for when we talk about size. And like I said, there will be a lot of overhead pressing in this program, using several different grips, tensions, exercises, etc. And some of the accessory work itself IS DIRECT TRICEPS WORK. This would include all forms of extensions, close grip benching, and weighted dips. Last time I checked, these exercises are all mass builders for the arms.

Now what about the biceps, you ask? Folks, have you ever seen an arm wrestler who had lagging biceps? I've not. That's because you will still be hitting them indirectly through the special curling exercises that I've provided. A hammer curl will still build your biceps. Ez-bar curls and weighted pullups will also build your biceps. **The truth is that you don't need full pronation of the hand or even twisting of the palm to get big biceps.** Does it help to do these things? Sure, but it's not a necessity. And in this program, if we can get above average bicep development through indirect means, then that's good enough. Especially when they're not even the main goal of this program.

Quads

Many of you guys will be concerned about your sexy quadriceps development. That's because there's no leg pressing, leg extensions, unilateral leg exercises, or anything of that nature. It's pretty much all posterior chain work. Well guys, in case you didn't realize, both

the front squat and zercher squat are terrific quad builders. Although we are using these movements to build thoracic strength and mobility so that we can increase upper back thickness, your quads are still getting a very good workout. These two movements alone will take care of you 100% provided that you get very strong. Can you imagine what your quads will look like if you're front squatting 405lbs for reps? Clearly, they won't be lagging. Sure, your posterior chain to quad ratio will definitely be distorted. **You'll probably have 60-80% posterior chain, and 20-40% quadriceps.** But guess what? THAT'S EXACTLY WHAT WE WANT. We want to have glutes that pop out sideways and backwards. That's what gives the 3d look. Quads don't do that at all. Nonetheless, when you measure your quads with tape, you'll find that they are still pretty big. One thing I can guarantee is that your quad measurement will be AT LEAST 24 inches. This is definitely not small, and does not constitute chicken legs. Is it massive like a bodybuilder? Absolutely not, but it's still pretty good for a guy who focuses almost exclusively on posterior chain.

Pour Conclure

Are your negative concerns of the program eradicated now? I hope they are, because we're about to start breaking down some serious shit. I'm going to show you some things that you've never seen before. By the time you're done reading this book, you'll be like "WOW, I really learned a lot". Your physique will show for it as well. So with the program foundations out of the way, let's start breaking down the program.

Chapter 2: The Program



We now move on to what you've been waiting for in the first place, which is the program itself. You understand that this is a full body training system, and that it's founded in a concurrent periodization style. With these things in mind, let's explore the program.

Naturally Enhanced Program

Frequency: 2x a week gym, 2x home

Intensity Day, High Volume Day

Monday & Thursday/Tuesday & Friday

Intensity Day

- 1) Main Press

- 2) Secondary Press
- 3) Optional Triceps
- 4) Shoulder Isolation
- 5) Deadlift/Squat
- 6) Upper Back/Traps
- 7) Forearms
- 8) Optional Forearms
- 9) Posterior Chain Isolation
- 10) Abs

Volume Day

- 1) Main Press
- 2) Secondary Press
- 3) Triceps
- 4) Triceps
- 5) Shoulder Isolation
- 6) Deadlift/Squat
- 7) Upper Back
- 8) Traps
- 9) Traps Isolation
- 10) Forearm
- 11) Forearm
- 12) Posterior Chain Isolation
- 13) Abs

As you can see, this program has one volume day, and one intensity day. The volume day is designed to develop maximum muscle hypertrophy, work capacity, and fatigue tolerance. The intensity day is designed to develop absolute strength, strengthen the tendons, ligaments, bones, and enhance the nervous system. In the volume day, exercise selection,

and the sets (3,4,5,6) and reps (8,10,12,15,20,30,50,100) are very high. In the intensity day, exercise selection, and the sets (1,2,3,4,5) and reps (1,2,3,4,5,6,7,8) are very low. The special strength training strategies also vary depending on the day (see chapter 4).

These two days are VERY important for managing recovery, in addition to developing well rounded performance. If we combined everything in the same day (high volume + high intensity), many of the training adaptions would dissipate, which would render the training system less optimal. That's why performing cardio or HIIT after a workout tends to impede one's gains, as it disrupts the work that you did during the training session. At the same time, a setup like that would be a bitch to recover from, which would cause you to stall and take more deloads in the future. Therefore, to eliminate any issues that come up through mixing volume and intensity in the same session, we simply divide them into two separate training days. The entire training system is auto-regulated this way, and that's how concurrent periodization is properly formed.

Furthermore, developing the key muscle groups in this program (upper back, traps, forearms, shoulders, glutes) can only be achieved through mixing in high and low volume training. **If you use only small percentages of your 1RM, your maximum strength potential will never be tapped, while if you only use high percentages, your maximum size potential will never be reached.** This goes both ways as well. The body's ability to recovery simultaneously decreases, as doing exclusively low volume training will burn out the peripheral nervous system and lead to low work capacity, and high volume exclusively will cause you to fatigue fast and not make optimal strength gains. This is precisely why having a volume and intensity day is necessary. It's not even optional if you're trying to maximize gains. These two separate days ensure that your performance increases on all levels, which results in complete body development. Remember when I broke down the detriments of linear periodization? That's what happens when you don't combine volume and intensity training into one. Never forget that as a drug-free lifter the only way to get big is to improve performance. And if there's one thing about making this happen, you cannot just do low volume, nor can you just do high volume. Strength gains will never be as optimal

as they could be when training that way. It's why most programs cause you to burn out and stall. **Volume and intensity was not managed the proper way.** Luckily, these two special days fix that problem for you. By adopting both styles of strength training concurrently, we can acquire that largest amount of muscle mass possible.

In regards to the training frequency itself, you will only be in the gym twice a week. I know this may sound strange, as an upper/lower or push/pull setup can accomplish the same, but keep in mind that you are in the gym 50% less days than any other setup. This time that you save is important, because you can not only focus on other aspects of your life, but you'll also achieve perfect recovery every single week, and have the energy to really focus on your mini-home workouts (more on that later). With a style that is not full body, you would be in the gym way too much with no real benefits, and programming mini-home workouts would be a bitch. Plus, you'd require even more complex programming, which is a headache especially for the guy who hasn't read exercise science textbooks or hiring an expensive coach.

Anyhow, these are the basics of this program. You have an intensity day for building absolute strength, and a volume day for muscle hypertrophy, work capacity, and fatigue management. These two days criss-cross (always starting with the intensity day and ending the week in the volume day for a "supercompensation" effect), and generate the most optimal performance gain. In between these days, you perform a mini-home workout. Let's now discuss what that is.

Mini-Home Workouts

A mini-home workout, unlike a full blown training session, is not meant to stress your body to create new adaptations. It's designed to stimulate just enough so that it aids in the recovery process, while actually increasing work capacity and performance. More specifically, you are trying to build the soft tissues (joint, ligaments, tendons) so that you

never suffer from non-muscular pain. That means you'll have bulletproof elbows, knees, shoulders, lower backs, etc. This is essential for lifting long-term, especially since you are putting your body through maximum stress via the intensity and volume days while being drug-free.

The mini-home workouts you're about to see will be structured far differently than the norm. Rather than doing a bunch of circuit training bullshit or even calisthenics, we will roll with a completely different approach. For one, because this program requires that you develop a thick neck, your mini-home workout will be the day where you train your neck. Although you can theoretically train it at the end of your training day, chances are most of you will not want to. And besides, you have to do a mini-home workout the next day anyway, so why not just do it then and be fresh? Keep in mind that neck training will also assist the recovery process, especially in your upper back and traps. So you might as well do it during your home-workout.

Anyhow, here's what you're going to do. First, you will perform your standard neck workout. That means incorporating three different neck exercises, each focusing on a different part of the neck (see the neck training section on chapter 5). You may, for instance, do 4x25 neck curls, 4x25 neck extensions, and 4x25 side neck work. Once your neck is complete, you will do 100 band pushdowns, immediately followed by 100 band curls (any grip) or 3 wrist roller revolutions. Finally, you will stand inside the band, and do 2 sets of 50 reps of good mornings. After that, basic mobility work could and should be incorporated such as band dislocations or dynamic/static stretching. Then, you perform some cardio work if needed (for health and fitness), and you're pretty much done. Take a nice contrast shower (strongly recommend for recovery), and then continue going about your day. In total, this mini-home workout should take you around 20-30 minutes to complete.

You'll find that any muscle or joint soreness that you accumulated from the day before will be completely gone once you're finished this quick workout. Your entire body will be pumped, and you will feel recharged and fresh. The day after, you will be 100% recovered,

which will ensure that during your next session you can go balls to the wall without suffering any negative consequences. These special workouts will make you feel like you're on steroids, because the recovery benefits are absolutely out of this world.

By the way, what if you don't have the necessary equipment (which you should have) to do these home workouts? The solution is very simple. Does the exact same workout, but at the gym instead. Rather than using bands roll with light cable weight, and for the neck there's pretty much everything you'll ever need right in the gym. Finally, there's lots of cardio equipment so you're fine on that point. In this way, you can do your "homework" no matter what! **Just please, for the love of God, never, and I mean NEVER skip your mini-workouts.** They are NECESSARY for building the connective tissue and staying pain free in the long-term. If you start getting lazy and skip these workouts, it will not only show in your physique (pencil neck, performance loss, etc), but you will also stall and complain about joint pain more often. Don't end up like the guys who say "I used to lift". Realize that the little nuances of your physique matter, and that if you don't take care of them, you will greatly suffer the consequences. Remember, a chain is only as strong as its weakest link. The human body is no different. You are only as strong as YOUR weakest link, whatever that may be.

Exercise Order

Let us now redraw our attention to the program. You may have noticed that I have you doing your presses first, and back/legs after. Why did I set the program up this way, if our primary goal is to clearly develop a thicker neck, traps, upper back, forearms, shoulders and glutes? Shouldn't the order be in reverse?

I would think that too if I was some average Joe walking into the gym. But here's the problem with starting off with those muscle groups. **Your grip, nervous system, and fatigue tolerance will die out, making it absolutely impossible to press afterwards.** Trust me, I

know what I'm talking about. I've tested that model out before, and it results in you not being able to press heavy, because your hands hurt like fucking hell. However, if you press first, you'll find that your hands and overall body feel are 100% unaffected, which allows you to hammer your back/legs later just fine. So it's really all about practicality and psychology here. Just take my word for it, and you won't have any problems.

By the way, if you do find yourself feeling a little beat up once it's time to hit the back and legs, simply take a 5-10 minute coffee/juice break, and then resume training. You will find that all your energy and focus is regained. There's no need to divide your program into an upper/lower style, or leave the gym just because you're feeling tired. I call this excuse-making and laziness. Initially, when you first start training in a full body style, the first two weeks are going to be HELL. I'm not going to lie and tell you that full body training is easy, because it sure as hell isn't. It does require a lot of mental fortitude to get through the workout, because halfway through you not only feel like quitting, but fatigue and total body exhaustion begins to occur. However, if you take the small little break and resume training like I recommend, your psychology and physiology will be restored. You won't feel compelled to leave and come back the other day ever again. Trust me on this one, just tough it out for some weeks, and then full body training will be the most natural thing of life. Your whole body will recover together, soreness will no longer be as great, fitness/work capacity will dramatically improve, and you'll develop the discipline of warrior. All without living in the gym!

Sets & Reps

What is the best set/rep range? This is a question that drives lifters to insanity. There is so much conflicting information that it's almost impossible to trust anyone. For some reason, everyone seems to think that low reps are for strength, while high reps are for size. Where did this type of thinking come from? **Last I checked, total workload and improving performance is what matters.** In other words, if I can take your 225lb close grip bench

press to 315lbs, your chest, shoulders, and triceps will be bigger NO MATTER WHAT SETS AND REPS YOU USED TO GET THERE. The individual sets and reps don't mean shit in the grand scheme on things. If you do not get stronger, you will NEVER get bigger, period. Now, are there appropriate set/rep guidelines? Absolutely, but to state that low reps build exclusively strength while high reps build mass without strength is 100% false. Both have tremendous carryover to each other, and if you're smart you will use both, hence the concurrent training philosophy of this program.

Another term that gets thrown around a lot is the concept of training for sarcoplasmic hypertrophy versus myofibrillar hypertrophy. Sarcoplasmic hypertrophy is when the non-contractile elements/fluid inside the muscle cell increases which creates added size but not density. Myofibrillar hypertrophy is when the individual muscle fibers increase in size, which doesn't add much size but builds muscle density. According to internet gurus online, it's possible to train both of these separately. Well guess what? These guys don't know what the fuck they're talking about! You cannot isolate these two forms of hypertrophy! Do you think that I'm bullshitting you? Before I go on my little rant, here's what Stuart Phillips, PhD from the kinesiology department at McMaster University says about this topic:

"Sarcoplasmic vs. Myofibrillar hypertrophy... perhaps you've heard those terms and even read information from some guru who says there are different types of 'hypertrophy'. This is unadulterated garbage and basically anyone who has ever taken a course in muscle physiology, exercise physiology, and knows a little biochemistry would tell you so. The amount of myofibrillar protein in skeletal muscle fibre remains remarkably constant! There are no examples of where a muscle fibre hypertrophies with resistance training and the myofibrillar pool doesn't grow but the sarcoplasm does! The occasional example of a discordance between hypertrophy and strength gain (for example <http://www.ncbi.nlm.nih.gov/pubmed/22518835> (5)) is not, no matter what the pundits think, due to a 'sarcoplasmic' hypertrophy in the low-load condition. The obvious explanation is a neuromuscular training-zone specific strength response in the low vs. the high load groups – muscle/exercise physiology 101."

Similarly, I've heard some say that blood flow restriction (BFR) training leads only to 'sarcoplasmic' hypertrophy... it's a myth! Hypertrophy, when it happens is due to expansion of the myofibrillar protein pool. For people who think that your fibres can grow (not transiently due to fibre swelling – a short-lived phenomenon) by expanding their sarcoplasm are incorrect. If this happened the energetics of the fibre would be a complete mess due to greatly, on a relative scale, increases in intracellular distances for chemical reactions... like propagation of the electrical impulse from a t-tubule to the SR to cause contraction! So the next time you hear someone spouting off about sarcoplasmic hypertrophy you can tell them, with confidence, that no such thing exists! It's a construct of bodybuilding forums... hypertrophy is hypertrophy and strength is strength. There's no difference between the hypertrophy you get with one routine versus the next!"

How is that for sarcoplasmic vs. myofibrillar hypertrophy? Is your mind blown that you cannot isolate different types of hypertrophy just off manipulating sets and reps? Does this not support what I've been repeating to you throughout the entire book? Folks, **hypertrophy is nothing but a side effect of improved performance.** You have to realize that once neural adaptations have ceased, hypertrophy will **ALWAYS** occur. **Low reps will still build size, and high reps will still build strength!** It's fucking impossible to isolate the two. In terms of how much hypertrophy you gain relative to the acquired strength, your genetics will determine how large you can get. Some guys like myself need to get excessively strong to gain size, while others can blow up like balloons without being as strong. This also varies among bodyparts. Unfortunately, you can't change that through training, as only drugs can facilitate that. Anyone who tells you otherwise is a fucking con artist. Here are the hard, cold facts. All you can do is get as strong as humanly possible, and see how much muscle you gain relative to your genetics. You have no control over this.

With all of these things mentioned, does it mean that there isn't an optimal set/rep range? Well, that's a tricky question. It depends on what you define as the word "optimal". The meaning can change depending on what you're trying to accomplish in your training. For

instance, if you want to accumulate large amounts of metabolic fatigue it's probably smarter to do 3x20 than 5x5. Likewise, if you're trying to build absolute strength it's probably smart to use weights above 90% than to use weights below. Do you catch my drift here? **The optimal sets and reps are relative to your training goals.** Particularly in this program, because you have both an intensity and volume day, the sets and reps will most definitely change! This is just common sense here. The intensity day has lower sets and lower reps, while the volume day has higher reps and higher sets. You get that, right? Alright, so if we're all on the same page here how about we start quantifying these numbers?

Prilepin's Chart

Percent	Reps/sets	Optimal	Total Range
55-65	3-6	24	18-30
70-80	3-6	18	12-24
80-90	2-4	15	10-20
90+	1-2	4	10

Let us begin by dissecting the legendary table by A.S. Prilepin which seeks to analyze the optimal amount of sets/reps relative to the percentage of your 1RM. As you can see in the table, there is an optimal amount of total reps (best training adaption, power, bar speed, etc), and then there's the range that gives you the minimum and maximum values for that given exercise. What Prilepin found out is that during the sets themselves, if you fall outside these minimum and maximum ranges, the training effects would be far less beneficial. If the reps were too high of what he recommended, bar speed and power output would go down. Likewise, if the reps were too low, a decrease in training effect would occur, which fails to create the necessary stress to make progress. Therefore, if you want the best strength and power gains in a given training session, stick to the guidelines listed by Prilepin.

However, I want you to realize that this table was primarily designed for weightlifters. For this reason, it can neglect essential actors such as training experience, frequency, weekly volume, periodization, general fitness, work capacity, volume tolerance, etc. **In other words,**

acceptable amount of volume as recommended by Prilepin can be difficult to generalize when we look at these key individual factors. Keep in mind that this table is based off WEIGHTLIFTERS who trained multiple times a day at very high frequencies. Could this chart really be that useful for the recreational lifter who trains twice a week with varying volumes? This is where complications arise. For all these reasons, it becomes obvious that Prilepin's table has flaws, especially when pertaining to this program. We are not weightlifters, and we follow concurrent training. That being said though, could this table still be useful? The good news is yes. In particular, I believe it to be extremely accurate for intensity days, but for volume days I would throw this chart right out of the fucking window. Let me explain why. If you look at the set/rep ranges, in addition to the optimal and total ranges, you'll see that the recommendations are EXCESSIVELY low. Take the example of 55-65%. Apparently, the total range should be 18 to 30 reps? What the fuck is this shit? So I'm supposed to hit 5x6 at the absolute maximum, otherwise my gains will suffer? Doesn't that contradict what every bodybuilder in the entire world does? Doesn't that contradict the repetition method? Besides, do you know how low 55-65% is? If I take 50% of 350lbs (think about how heavy that is), then the recommended weight would be 192.5lbs. Therefore, by Prilepine's standards, the 350lb bencher would have to do no more than 5x6 of 192.5lbs. I can't believe how ridiculous this is. A guy who benches only 315lbs for a 1RM can do far more than 30 total reps with 225lbs, let alone 192.5lbs! So in what world should a 350lb bencher be using such low weight? He should be doing reps beyond 10 in the high 200s very easily! And why are higher reps being neglected if we know they work for accumulating large amounts of metabolic fatigue? Doing 3x10, 3x12, 3x15, 3x20, 3x50, 4x10, 4x12, 4x25, 5x10, 5x20, and all the in-betweens is AWESOME! I've seen tremendous muscle growth from using these super high rep ranges, and the work capacity & recovery gains have been phenomenal! Finally, why would we care about compromising bar speed or power if we're trying to accumulate metabolic fatigue in the first place? If a little bit of slowdown occurs, who cares? What matters is that all reps are executed within the set.

Due to these reasons, I refuse to use Prilepin's chart for volume days. It's a VERY solid table for intensity days (please use it), but that's about it. For volume days, go balls to

the wall. Remember, there's only ONE volume day throughout the entire week. Not 2, 3, or 4! You also don't train twice a day multiple times a week like weightlifters did. So let me say this bluntly; there is NO CAP to how much volume you can use in your volume days. Feel free to annihilate your body with as many sets and reps as you like. Just stick to the guidelines previously listed, and you won't have any issues.

Warming Up

Properly warming up is extremely important, for it prepares your muscles and nervous system for what you're about to do. If you try lifting weights cold, this is where muscle strains and injuries occur. You also minimize how much weight you can lift, because your nervous system was not prepped. Pretend your body is an oven. You pre-heat it with your warmup, which allows you to "cook those weights" in the best way possible.

What's fascinating is that the majority of lifters do not know how to warm up correctly. They fail to realize that a warmup must be specific towards the activity that one is doing. Usually, you'll see someone hop on the treadmill for 5-10minutes, perform a million different static stretches, and then start weight training. This is a terrible thing to do. **You're not only exhausting yourself and turning on different energy systems, but you are also increasing your chances of getting injured with the stretches.** Doing cardio before training will deplete muscle glycogen and lower fatigue tolerance, while preparing your body for AEROBIC activity. This is not optimal for heavy lifting! In addition, the static stretching will cause your joints to loosen up and become unstable while actually decreasing blood flow, which you should NEVER have for lifting weights. This causes you to feel weaker and increases your likelihood of getting injured!

So if what everyone is doing is wrong, what is the right way to warm up? The solution is actually very simple. Rather than doing cardio or performing various stretches (although light dynamic stretching such as band dislocations/rotator cuff work is fine), you want to warm

up with the actual exercise itself. Here is what I mean. Say you wanted to do a close grip bench press with 255lbs. You would first use an empty bar for 1-2 sets of 10. Then you would hit 135 for 3-5 reps, followed by 185x3, 225x1, and then you can do your work sets of 255lbs. I recommend a long warmup like this during your main press and first squat/deadlift/upper back exercise. For all accessory work, you can either go in straight without warming up, or do 1 warmup set with 50%. So if you wanted to do 100lbs on incline dumbbell press, warm up with a good 50lbs for 5 before moving onto heavy weight. That's really all there is to it.

Now, if you were not doing work sets that included rep work and were simply trying to hit an all-out one rep maximum attempt, then the warmup would change slightly. Going back to the close grip bench press, say 255lbs was your target one rep max. You would first do 2 sets of empty bar of 3-5 reps each. Then, you would do 135x3, followed by 185x2-3, 225x1, 240x1, and, and finally 255x1. I like to treat 1 rep max work like a powerlifting meet. 3 attempts (4 max) and you're done. This strategy also follows the guidelines of Prilepin's chart, which I recommend for intensity work.

That, my friends, is how you warm up the right way. It's a straightforward, gradual progression model that is very specific to weight training. When you warm up this way, you are reinforcing proper movement patterns of the exercise, priming your nervous system, and preparing the joints and tendons for heavy lifting. There is no better warmup than what I just described. You can do this for any exercise by the way, such as curls and neck work. By the way, if you feel like stretching for mobility purposes, then you can always do it after your workout. You'll still get all the flexibility benefits, but this time it won't impede performance.

Optimal Rest Time

At this point, you understand how the program works, but are probably wondering how long you must rest between your sets. To make it simple, it depends on the exercise that you're

doing, the training strategy being utilized, and whether or it's an intensity or volume training session. As a general rule, I would say that the lower the reps, the higher the rest, while the higher the reps, the lower the rest. So if you're using low volume for a given exercise or training on an intensity day, rest no more than 2-5 minutes between each set. However, if you're using high volume or training on a volume day, rest no more than 30 seconds to 2 minutes. The only exception to this rule is when using the repetition method, where you would rest 3-5 minutes per set. The rest time may also be lower when doing accessory work such as isolation exercises or during neck training. In that instance, I would rest no more than 15 to 90 seconds. That means you shouldn't rest 5 minutes between sets after doing a set of curls just because it's a low volume day. You must use your own common sense and intuition here.

Speaking about lower rest intervals, I need you to recognize that this minimal rest time will increase work capacity, which will allow you to handle more training volume and thus make more gains in the long term. So if there's one major tip that I can give you, irrespective of the number recommendations, it's to rest the minimum amount of time needed to recover, and then go straight into those work sets. For instance, my body is extremely conditioned and can usually recover from a set after 15-60 seconds. Therefore, I will usually train with this rest interval. Why should I waste a second of my time waiting if I feel ready to do a set? This supercharges my focus and makes my workouts very short but intense.

Obviously not everyone can do this, as it takes years of training to get to this point. If you want to rest slightly more because you really need to, then definitely do so. But please, do not go lazy on me. That's all I'm trying to say. You always want to push yourself and attempt to roll with the smallest number possible out of the recommended rest ratios. Often times, people will see a rest interval such as 3-5 minutes, and they will immediately roll with 5, even though they were ready at 3. Don't be like one of these guys. You will not only shortchange yourself by spending more time in the gym and becoming lazy, but you will also lose out on the work capacity and fitness gains, which would have given you a better foundation for the future.

Finally, realize that the numbers I provided are just general guidelines. They may be slightly lower or slightly higher depending on your own training experience and individual feel. So if you feel recovered from a triple on the overhead press in 2 minutes instead of 3, then don't be shy to start your set right then and there! No need to waste time if you're fit enough to do the work, alright?

Rotating Exercises

I am so confident that you fully understand how this program works! You realize that this is a full body concurrent training system, and that we are specifically trying to build the neck muscles, traps, upper back, shoulders, forearms, and glutes. We are not concerned about fitness model aesthetics. We want to be huge. That being said, one thing that you might be confused about is **when** to rotate the exercises. After all, I've talked a lot about the importance of high exercise election, but did not get in detail as to how rotating works. If this is you, worry not, for what I'm about to share with you will be extremely easy to understand. **Simply put, exercise rotation will occur once you fail to make progress in a given exercise.** That's all. No magic, no gimmicks. You milk an exercise for all it's worth, and once you can no longer progress, you simply swap it out for something else.

Sounds good, right? It is, except there's one thing you must keep in mind before you "milk the gains cow". **Recognize that you will only be able to use the same exercises for 1-3 weeks maximum.** After that, the biological law of accommodation will fuck you up the ass. As previously mentioned, this is when an organism ceases to adapt to its environment, which is not good for adapting to the stress of weight training. This is precisely why we follow concurrent periodization. You can only use the same volume/intensity for so long before you plateau. Exercise rotation is therefore A NECESSITY. Don't let these marketing guru morons tell you that you can get away with doing the same exercise over and over again. This does not work forever! So if you made it to week 3 of using the same exercise and managed to make progress every single time and you were THINKING of moving into week 4, think that

decision over again. As long as you stick to the 1-3 week rule, you can use the same exercises as long as you need to. Typically speaking, pure beginners to this program will be able to use the same movements for 3 weeks. Intermediates will last a good 1-2 weeks, and advanced lifters will need to rotate every single week. I, for instance, fall in that last category, so I'm literally doing a new workout every week. You, on the other hand, must assess where you currently are. Additionally, there's a strong chance that if you're new to a certain exercise that you can milk it for a long time. As a matter of fact, most of the exercises you will see are rather novel. Therefore, I doubt any of you will be rotating week after week until you acquire some hard months of training experience.

Additionally, when I say that you must switch exercises, it doesn't necessarily mean to switch out the movement completely. For instance, you can always do paused overhead press instead of regular overhead press. You can always do close grip incline benching, rather than wide. You can always switch band tensions on an exercise, instead of swapping the movement. You can always deadlift with a snatch grip, rather than using an alternate grip. You can always front squat off a low box, rather than doing it free-weighted. Switching from dumbbells to barbells is also fine, even if it's the same movement. The point I'm trying to make is that slight deviations in exercises are perfectly fine, and that swapping the entire exercise is not necessarily what you require. However, I will say that swapping movements completely may yield greater general strength gains instead of making subtle changes in the exercise. In the end, you must simply identify what's most relevant to you for that given training session. This is great because most programs are not flexible at all so at least you can enjoy the main movement rather than despising it. My personal bias will thus not affect you.

Tempo

Let's talk about tempo! This refers to how fast we lift a weight (concentric) and how fast we lower a weight (eccentric). There is a very high chance that if you've been researching online

for some time that you've been told to "lift weights slowly". Apparently, lifting slowly allows you to squeeze your muscles better and acquire additional muscle growth. Sounds pretty legit, right? Well guess what? Lifting weights slowly is a bunch of bullshit! And here are the reasons why.

Firstly, the soreness that you get is NOT the muscles developing in a superior manner. It's the connective tissue swelling up. This is NOT a good thing! All you are doing is creating unnecessary soreness and impeding recovery for much longer than you anticipated. Consequently, you will have to reduce training frequency and volume, which will of course leave you with less weekly protein synthesis and fewer training adaptations. Thus, performance gains come to a halt, or slow down tremendously.

Secondly, people will argue that lifting weights slowly produces more time under tension, but this is a false assumption. What's more important than tempo is the sets multiplied by the reps. If you do 3x10, that is a total of 30 repetitions. Whether they were slow or fast is irrelevant. The only thing that changes is the amount of time that you were under the weight, which could have easily been modified through adding workload. This is a far superior method for developing strength, because now you can get more sets and reps in there while still getting the same total time under the bar. Plus, the connective tissue soreness does not occur, because you did not lift weights slowly. In a nutshell, you gain more strength and better recovery.

Thirdly, people will argue that the negative is "the most important part of the lift", therefore you should concentrate on it. Well guess what? If you increase your concentric strength, your negative strength goes up automatically! In "Science of Sports Training", Thomas Kurtz states that athletes can lower 10-60% more weight than they can concentrically raise! Therefore, whether you train it or not is irrelevant. And guess what? Last I checked you have to RAISE the bar in a squat, overhead press, deadlift, etc. Who gives a fuck if you can lower 10-60% on a negative if you can't even raise it afterwards? At the same time, eccentrics use much less energy than concentric work, so there's no reason to assume that

prioritizing the negative will develop concentric strength. And if your concentric strength fails to increase, chances are you WILL NOT GET BIGGER OR STRONGER. That being said, there's no reason to do slow negatives. You're better off spending that time doing MORE concentric, rather than doing negative specific training. It's almost like people have their training backwards!

Finally, when people lift weights slowly, they kill one of the most important aspects of gaining strength and performance. That is, the stretch reflex. The faster you lower a weight, the greater the stretch reflex (rebound effect) in the muscles, which essentially means you can lift more weight on the concentric. Ever heard of Newton's first law of motion? It states that "an object at rest stays at rest and an object in motion stays in motion with the same speed and in the same direction unless acted upon by an unbalanced force". In weight training, you can sum this law up by stating "the faster down, the faster up", and that lifting fast resembles motion, while lifting slowly resembles rest. Thus, you must train to be fast, not slow! As a matter of fact, you should do everything in your power to make the exercise as fast as humanly possible. This is where bands come into play, and why I love them so much. They are actively pulling you down which allows you to come down faster than gravity. The legendary strength coach Louie Simmons has coined this term as "overspeed eccentrics". You are increasing velocity which improves kinetic energy (energy of motion). If we look at the kinetic energy formula $KE = (1/2)mv^2$ you will see that raising velocity is the best way to increase kinetic energy. Therefore, lift weights very fast on both the concentric and eccentric, and physics will ensure that performance is at its highest.

There you have it folks. You don't ever have to lower or raise weights slowly. At least, not in this program. We're trying to get as strong as humanly possible, which will never happen if train slowly. Don't forget that as a drug-free lifter, strength is your number one asset! **If you are strong, you will be jacked.** Tempo is irrelevant! Lift weights as fast as you want, and watch those numbers pile up. That's when your muscles really start blowing up in size.

Optimal Bodyfat

If I think about the biggest lifters I've ever seen in person, I notice something fascinating. Not one of them has shredded abs. They're either semi-lean, or on the slightly huskier side. But they all look really beefy, and can lift heavy ass weight in the gym. Now since the objective of this program is to acquire this bulked up, bear-looking physique, your nutritional needs will be dramatically different than your aesthetic counterpart. Here's why. **The optimal bodyfat percentage for looking beefed up but not fat, is 15-20%.** This is the range where you can still see the shape of all your muscles, where your face is not fat, and where your abs are no longer visible but your stomach is still flat. It's also the range where adipose tissue and leverages for strength training are mostly tapped out. In other words, getting any fatter than 15-20% provides no real benefit for the drug-free lifter. 15-20% is perfect for looking bulked up while not appearing fat or disgusting.

For some of you, this range may still seem high. That is because you've been brainwashed into believing that having a low bodyfat percentage is the way to go. You know what's fascinating though? The majority of guys who claim 10% bodyfat are actually 15% bodyfat, and the guys who claim 15% bodyfat are more likely 20%. **That being said, these ranges are a lot leaner than you might think.** I'd say most gym goers and athletes (hockey players are a great example) who have a decent shape would fall into this range. This is definitely not fat by any means. **In fact, there is not a single doctor out there who will tell you this is an unhealthy range.** It's a healthy, athletic bodyfat percentage, and it's nothing to be ashamed of. And don't you worry about attracting the ladies. A lot of them like the huskier look, and find that men who are shredded look disgusting. Unless you're with an alpha female who is obsessed with fitness, you shouldn't have any issues attracting women unless your character is really cringe-worthy, in which not even leanness would fix that.

In terms of getting to the 15-20% range, I would recommend an aggressive approach to dieting. We're trying to get huge, not lean bulk. Therefore, I recommend that you eat in a

20% caloric surplus. This will result in a good 2lbs of fat gained per month. If you start getting too fat, cut the surplus down to 10%, or consider eating at maintenance/recomping instead. If you're already above 20% bodyfat, then you should probably be cutting instead, using a 10-20% calorie deficit while eating very "clean" (oatmeal, brown rice/pasta, eggs, chicken breast, ground turkey beef, mixed fruits and veggies, etc). As bro-like as this diet may sound, it's almost impossible to fuck up when trying to lose weight. You'll also minimize water retention, which makes it easy to track how much fat you're losing. The faster you get to the 15-20% range, the closer you'll be towards developing the enhanced look.

In reference to the food itself, I recommend an extremely high carb diet that is also high in salt, and low-moderate in alcohol. **This will accumulate tons of muscle glycogen, water weight, and bloat, which will easily add 10-20lbs to your frame automatically.** It also increases leverages for weight training, which aids in the strength building process. You can also eat out as much as you want and eat whatever you want. I obviously don't recommend this for health, but realize that you do have the option to do this. If you're at a friend's party and are being offered cake, don't be shy to stuff your face! If you feel like eating out at the Chinese buffet twice a week, then be my guest! If you feel like drinking wine and beer with every meal, while having nice steaks and ribs on the barbecue, go right ahead! If you want to drizzle olive oil and fatty sauces all over your meals, that is also fine. **You no longer have food restrictions, because you are trying to get huge.**

Once you reach the optimal amount of bodyfat, you should end up looking pretty damn husky. Your shirt size will go up in a major way, as well as your pants. Your muscle measurements will also go up because of the fat gain. For instance, if you have 17 inch arms at 10% bodyfat, they will easily be over 18 inches at 15-20% bodyfat. You can say the same thing for the rest of your body. When you do the math, that's a lot of extra cushion! In total, this will result in you looking much more massive than if you were 6-10% bodyfat. Remember, if you get too lean you start looking like a sucked up fitness model, while if you get too fat you just look like a slob. The key is finding the balance point, which results in that swole appearance. 15-20% is the range, don't forget it!

Illusion Strategies

Everything I mentioned about being a higher bodyfat percentage sounds good, right? The answer is yes and no. You must realize that to a certain degree, this is nothing more than an illusion. In other words, if you were to cut down to 10% bodyfat, you would lose a lot of your size. So what you're really doing here is piling on lots of adipose tissue to appear larger. It's almost like having "fake muscle" or using certain steroids/other compounds that bloat you up. That being said, we don't want to look like fat piles of shit. **We want the fat to accentuate our frames—to make us look like we're really holding more muscle than people think.** So what's the secret to making sure you appear lean while being on the thicker side? It's actually super simple. It requires a combination of three things.

- 1) Strategic hair placement
- 2) Special clothing
- 3) Special exercises

First of all, if you want to pull off the higher bodyfat look, it is IMPERATIVE that you have both body and facial hair. If you don't, your entire physique will appear soft and fluffy. It won't have that detailed, grainy, shadowy appearance. Think of like cross-hatching from art class. In this case, your body is the canvas. Thus, the very first step is to grow out your facial hair. In particular, you want side burns that will cover your chubby cheeks, and hair under your chin to cover the neck fat. The result is that your face will appear more angular and lean, because the hair is creating shadows and narrowing out your face. If you try clean shaving, all that fat on your face will show. Therefore, you either need a chinstrap, a goatee, or a beard. The beard is the best option if you're on the fatter side, while the more stylish alternatives work if you're slightly leaner.

In terms of hairstyle, I recommend two cuts. Either you shave your head completely bald, or only shave the sides but leave the top (think Yuri Boyka). Both methods will make your neck

and traps look bigger from an illusion standpoint. They also make you look leaner. The lack of hair on top of your head with the combination of facial hair causes one's eyes to look down, which makes your traps look higher. Simultaneously, hair that usually sticks out on the side of your head is gone, which makes your head look more narrow, therefore accentuating neck width. The result is that you look leaner, rougher, and more muscular just off getting a simple haircut!

Next up, we must address your body hair. The simply solution is to STOP SHAVING COMPLETELY. Yep, that means your chest, stomach, back, legs, and arms can get as hairy as you want. By doing this, you create darkness and shadows all over your body, and acquire a grainy texture that eliminates the soft looking appearance. By the way, you can also shape the hair on your stomach to make it appear like you have visible six pack abs. This is a strategy that I used in the past, and it works wonders!

Second of all, wearing the right type of clothing will make a huge difference on how big you look. Too many times, I will see men who are actually very muscular, but because of their poor clothing choices they end up appearing as if they've never lifted weights in their entire life. What is the point of having all that size if it's not even visible? With that said, it's imperative that you buy the right clothes, otherwise your entire physique can become off-putting. Right now, I will teach you the most important things you must know for selecting the right clothes.

The first thing you must do is STAY THE FUCK AWAY FROM ATHLETIC CLOTHING! You wear that stuff in the gym, not when you're out going about your day! That means no track pants, track shorts, lifting shoes, or any attire that have fitness logos on them. When you wear these clothes in public, you come off as a guy who only cares about working out. All the negative stereotypes that people have against gym bros will be inflicted upon you. Besides, most gym attire is designed for comfort, not style. They're usually too baggy in certain areas, possess a strange fabric, and fail to properly accentuate your frame. So instead of coming off as a man who is obsessed with the gym, it's time that that you start

buying some more casual clothes! In reference to these casual clothes, here are some general rules.

Firstly, when buying any t-shirt, you always want it to be a v-neck. This will show off your chest muscles better, and make you appear more lean and broad. Secondly, when wearing any top, make sure they are not too dark, as dark colors tend to have a slimming effect. Dark clothing eliminates shadows and folds which make you appear narrower. It also reduces your contrast against the background thus making you look smaller by comparison. This, my friends, is why women love wearing black clothes. So for you, make sure your wardrobe primarily consists of lighter colors. Of course you can still wear dark clothes if you like the way they look (I like black shirts because I'm a short bastard) but it should not be the bulk of your wardrobe if you're trying to maximize size (not leanness). Thirdly, if buying t-shirts with stripes, make sure they are horizontal. This will elongate your physique by drawing your eyes to its widest points, thus making you appear wider and accentuating your v-taper. Fourthly, make sure that you avoid clothing that is both too tight and too baggy. You want a perfect blend of the two, by which certain areas are tight and certain areas are baggy. In particular, you always want your arms to be on the tighter side, as well as your neck and waist region. Your lats and shoulders may be slightly baggier, but not too baggy. This will make your physique look much broader/fuller as a whole, while still being tight in the right areas which won't make you come off as a try-hard. Now I realize that clothing like this may be difficult to find, which is why I recommend you tailor whatever you currently have. Luckily, the price is very affordable, being around 20\$ or less, which is far cheaper than if you were to buy some high-end clothes right off the rack. Next, when wearing formal shirts, make sure you always tuck it in your pants. This will give you a smaller waist, and create bagginess around the lats, which once again adds to the broad illusion. Often times, men who don't even lift will look quite good if they tuck in their shirt. It also shows off your glutes in a major way, which is one of the muscles that creates three-dimensional depth to your physique. Finally, in regards to pants, stay the fuck away from slim-fit or skinny jeans. All this will do is make your legs appear smaller than they actually are. What you want is a nice, comfortable fit that is still a little bit baggy. Ever seen a skinny gangster who wears

baggy jeans? You'll recognize that their legs look much bigger than the skinny-jeans counterparts. Therefore, you will do the same by wearing boot cut or relaxed fit. Besides, your legs are above average in size, which will fill in areas that would normally be very baggy for skinny guys, so it will truly be a perfect fit for you!

Third of all, because your stomach will pop out more than if you were 10% bodyfat, we must use special exercises to make it appear leaner. I can think of no better movements than the weighted plank, pullover, and tummy vacuum. These exercises will suck your stomach in by a good inch or two, which can easily make you look 2-3% leaner than you actually are. So if you're 15% bodyfat, you might resemble a guy who is 12%, even though you are far fatter. In other words, you retain the fullness and leverages from the higher bodyfat percentage, but you get the illusion of leanness! This is a beautiful strategy, and I can't recommend it enough. There's also the bonus of making your chest look bigger by creating the deep ribcage look, which will make you look absolutely badass in a shirt.

And there you have it folks. This is all you need to know about acquiring that beefed up look. If you want more dieting/aesthetic advice, I have another book called "The Alpha Diet" (literally the best book ever written on nutrition), which covers even more strategies that assist in the weight manipulation process. Nonetheless, you should be fine with the guidelines listed in this program. It's time to start living the bulked lifestyle!

Conditioning Work

Since you're aware that you're going to be in a slightly fatter range than most programs advocate, I wouldn't be surprised if you were interested in conditioning work. I mean, just think about it. You don't want to be this super huge guy that runs out of breath from going up the stairs. Nor do you want to be the guy who rests an extremely long time in the gym. I also doubt that you want to ruin your health. You want to be big and muscular, but still have great blood work and energy, yes?

If so, that's where conditioning work comes into play. I'm going to say that the fatter you are, the more you'll need of it, while the leaner you are, the less you'll need of it. So a guy who is 15% bodyfat won't need as much conditioning work as a guy who is 20% bodyfat. Makes sense? Alright, so with those guidelines in mind, let us now discuss the methods of conditioning work, in addition to their application.

Low Intensity

For low intensity, I would recommend that you stay away from jogging. This is because legitimate jogging can take a long time to complete, and can aggravate one's joints especially if you're heavy. Besides, we are not marathon runners and do not require that type of specificity. So if you want some good low intensity cardio that will not impede recovery, step on a treadmill, set that shit to incline, and brisk walk for a good 20 minutes. You can use the same strategy on the bike machine as well. An alternative is take up cycling, either as an active form of cardio or through bike commuting. I'm also a huge fan of jump rope, because it's not only super cheap, but you also get a kickass workout without impeding your recovery. I like doing this for 10 minutes straight, or until I get bored. Swimming is also an amazing form of low intensity cardio, as there is absolutely zero pressure on the joints, and can actually aid in the recovery process since swimming uses every muscle in the entire body. It also builds great stamina, as holding your breath underwater definitely accomplishes that. Low intensity sports such as volleyball, badminton, and climbing can also be utilized if one happens to enjoy that route.

Seriously though, have fun with the low intensity stuff! You should be able to follow a low intensity route for a very long time without suffering any forms of burnout. Just ensure that like all forms of cardio, you re-eat those lost calories otherwise you might end up losing some muscle mass.

Medium to High Intensity

For medium to high intensity, I can only recommend GPP work. That's because interval training and sports such as MMA and boxing will bury you to the ground, and your recovery will be impeded in a major way. You will also destroy many of the training adaptations that you acquired from lifting, which is not worth if you're only using conditioning work to get fit. For this reason, I simply cannot recommend true HIIT cardio in this program. In terms of the GPP work that I will accept, it's very limited. Shoveling in the winter is fine, as is doing manual labor. In terms of high intensity training while at the gym, I would recommend using the prowler (or pushing a bench with plates on them), the yoke for total body performance, high rep/timed weight training, farmer walks or wheel barrow work for posterior chain and grip, and sled pulling. Anything that you would consider "anaerobic conditioning" is what you'd be looking for. Of course, do not let this cardio become difficult workouts in themselves, as the SAID Principle (Specific Adaptation to Imposed Demands) states that the human body adapts specifically to the imposed demands. In other words, you will be teaching your body to get better at cardio, rather than weight training. So as long as you treat this type of activity as bonus work, everything shall be fine.

As far as the frequency of all conditioning work (both low and medium-high), it all depends on the individual and recovery abilities. You'll find what works best for you over time, so be sure to listen to your body. I will say, however, that the low intensity stuff can probably be done every single day provided that you ate enough to retrieve those lost calories. The medium to high intensity stuff will be a bit trickier due to the volume/intensity setup in this program, so you can either throw it in on the same day as your training (either at different times or right after your workout) or by throwing the conditioning work in your mini-home workout days. I recommend the ladder if you're new to conditioning work, while the first option if you're a bit more seasoned. The point is that you must fine-tune your conditioning work to fit your own goals, needs, and schedule, which only experience can teach.

Managing Recovery

Recovery is a very important thing to consider when you are drug-free. You don't have that extra edge in your body, which means that your programming must not only be solid, but what you do outside the gym (sleep/nutrition) must also be perfect. This is one of the major reasons why guys get burned out and quit the gym. They fall into the idea that "overtraining isn't real" and push themselves to physical destruction. Muscle tears, joint pain, lack of progress, etc are all symptoms of under-recovery. The reliance of pre-workout drinks and stimulants are also a huge red flag. For these reasons, it's absolutely essential that you are fully recovered.

Luckily for you, this program was set up in a way that strongly promotes recovery. You train full body which ensures that everything recovers at the same time, you perform mini-home workouts which reduces pain and develops the soft tissues, you follow concurrent training which keeps your nervous system fresh, and you have a volume & intensity day to prevent overstressing the body. **In total, you have a perfect system that can NEVER lead to overtraining.** In fact, the recovery is so good that you might as well call yourself enhanced. It's just impossible to do fuck it up with this program setup. Therefore, the only thing that you have to consider is what you do OUTSIDE THE GYM.

Let's start off by discussing the amazing strategy of contrast showers. Although some people believe they don't work, I'd have to disagree. I have found through experience that contrast showers aid tremendously in my recovery. If I had a really tough workout and take a contrast shower, my body INSTANTLY feels better. The soreness dissipates quickly, and strength regains much faster than if I did not include them. As crazy as this may sound (bear with me), I find that contrast showers give similar benefits to extremely light doses of steroids. I know that there isn't any evidence to confirm this statement, but based off my experience they do so much for recovery that it's ridiculous. I recommend that you take contrast showers 4x a week. Take them after your volume and intensity day, and after your mini-

home workouts. To perform, set the water to MAXIMUM heat for 30 seconds, and then immediately switch it to ICE COLD for 30 seconds. You fix a 30:30 ratio. Alternate a good 5 times for a total of 5 minutes (go longer if needed), and you should be perfectly fine. Make sure you rotate your body so that the water hits the muscles from all angles. When you do what I just described, the contrast of the heat and cold causes blood to pump in and out of the muscles. **Essentially, the blood vessels dilate in the heat and constrict during the cold.** When the icy water is falling on you, vasoconstriction which is decreased size of the blood vessels immediately occurs. This helps in decreasing swelling, pain, and inflammation. Then, when the boiling water falls on you, the heat INCREASES blood flow to the area. With this increased blood flow, nutrients travel to the muscles, and wastes are efficiently removed from the area which alleviates spasms and nagging pains. With all these factors coming into play, the entire body's recovery is greatly assisted.

Now besides contrast showers, what else can you do? Well, doing your mobility work in addition to cardiovascular work (swimming is best) would help. Deep tissue massage like many good athletes are already doing might also be a good option if you know someone that specializes in this department. Hell, if you're in a relationship, have your partner give you a massage!

Other than the things I just described, there isn't much else you can do for recovery. The rest is the part where I have no control of. **It will be your job to sleep enough at night, and eat the right amounts of food.** If you don't do that, this program, as well as many others will simply not work. I can't tell you how many guys follow excellent programs and report how they made no gains. These guys eat in a caloric deficit and sleep 4-6 hours a night while overdosing on caffeine, yet they expect to make phenomenal strength gains? Honestly, don't think that you're covered just off this program. You have to train hard, eat hard, and sleep hard. If any one of these things is missing, you're fucked.

And please don't tell me that you have time constraints. It's not hard packing your meals the night before, or having shakes throughout the day. Neither is it difficult to sleep your full

8 hours if you're not surfing your Facebook feed all night. And if you really can't sleep, then you can always nap throughout the day. Several 30-90 minute naps should accumulate a lot of rest that can assist you in the recovery process. Just don't give me any excuses, because there are none. **The fact of the matter is that if you want something bad enough, you'll find a way to make it happen.** If not, you'll find an excuse. Don't be the ladder, and man up to your responsibilities. You committed to this system, and now it's time for you to reap the rewards. Train, eat, and sleep, and I promise that you will never feel under recovered. Neither will you require constant deloads or stimulants. Everything will be smooth and running the way it should be.

Chapter 3: Strength Training Strategies



In order for this program to be successful, special strength training strategies must be incorporated. It's not enough to say just do x amount of sets and reps. There has to be a system. That is, a scientific and strategic system. At the same time, they must support the concurrent training philosophy.

We have already established that with concurrent training, volume and intensity is maintained throughout a yearly cycle. In terms of weekly training, there's a combination of intensity and volume sessions. **This is important to recognize, for if we use the incorrect strength training strategy for the given training session, it will mess with the adaptation cycle.** That's why I will clarify on which day each strategy should be used on. So without further ado, here's a list of the training strategies used specifically for this program. Keep in mind, there are probably more that exist, but they are not really necessary. I've provided only the best! No fluff is present, and everything you're about to see will be used in the following 4 week programs.

- 1) Max Effort Method
- 2) Repetition Method
- 3) Timed Method
- 4) Dynamic Effort Method
- 5) Dropset
- 6) Accommodating Dropset
- 7) Back-Off Sets
- 8) Rest Pause

Does this list appear strange to you? Are you confused? Don't know how to program them into this system? If so, allow me to break them down one by one.

Max Effort Method

In the legendary textbook, "Science and Practice of Strength Training", Dr. Zatsiorsky discusses the max effort method, which is lifting a maximum load against a maximum resistance. This method is considered the best choice of all time for improving intramuscular and intermuscular coordination. Zatsiorsky also states that it produces the greatest strength gain and if central nervous system (CNS) inhibition exists, it is greatly reduced.

As beneficial as the max effort method is, it unfortunately has some limitations. For one, if a lifter has not acquired perfect technique for a given movement, injury rates may increase. Moreover, when doing singles or doubles, there is little potential for hypertrophy. Some people may also suffer from a loss of vigor, elevated depression and anxiety, morning fatigue, high blood pressure at rest, and loss of training motivation. Finally, you cannot continually use this method on the same exercise, otherwise you will burn out and stall. Now I know some of you are thinking to yourself "damn, those seem like a lot of limitations" **but worry not, for in this system I've developed a way to avoid most if not all of these issues.**

Number one, this program follows a modified approach of this method. That is, you are not stuck to the rigid 1 rep max “all or nothing approach”. I give you the option of using reps between 1-5. So if you walk into the gym not feeling up for a true 1RM, you can always hit a triple and call it a day. Even though this builds strength endurance and not necessarily pure absolute strength, it’s still better than nothing. Obviously it would be ideal to hit a 1 rep max every single week, but if you can’t for whatever reason then I give you extra leeway. No pressure there.

Secondly, if you’re not technically proficient in a given movement (aka new to an exercise), rather than making you do a 1RM, I’ll just recommend you to do a 3RM or 4-6RM followed by back-off sets. This way you won’t get injured, but you will still handle very high percentages relative to your 1RM.

Thirdly, because there is little potential for growth from using this method, I have you incorporate supplemental work right after, in addition to having a separate volume day throughout the week. **In other words, intensity and volume criss-crosses throughout the week, which aids as a perfect blend for maximum strength and hypertrophy development.** So the lack of mass gain from this method is really not a concern. As a matter of fact, including the max effort method is likely to AID in getting you bigger because of the unique program setup.

Lastly, the fact that this program follows concurrent training ensures that you are not using the same exercises for more than 1-3 weeks. Therefore, you will not run into the burning out, health issues, or fatigue problems that are typically associated with this method. Instead, you will acquire consistent maximum strength development and confidence under the barbell. The negative symptoms will actually be destroyed! **Essentially, you’re swapping out the “damaged exercises” before they get a chance to ruin you.** Makes sense? So don’t worry about the negative hype. Realize that the pros far outweigh the cons, and that this program has already corrected the little nuances that would have fucked you in in the

first place. Besides, if you don't use the max effort method, I GUARANTEE you that you'll never be as strong as you could be. Trust in the science.

Repetition Method

Going back to Science and Practice of Strength Training, Dr. Zatsiorsky states how the repetition method is lifting a nonmaximal load to failure, and that during the final repetitions, the muscles develop the maximum force possible in a fatigued state. You can also call this the "bodybuilder method", as this is exactly what most of them do in their training. They pick a desired sets/reps scheme, and lift to failure every single time. An example might be 3x20 to failure on the dumbbell shoulder press. Now because this method is so exhausting, it's best recommended to rest 2-5 minutes between sets. I recommend 2-3 minutes if it was easy, 3 minutes if it was decent, 4 minutes if it was tough, and 5 minutes if it was excruciating. In terms of incorporating this method into the program, you will only use it on volume days. Either use it as a main or supplemental movement. **Do not, under any circumstances, abuse this method.** If you start trying this out with every exercise listed for that given workout session, you will burn out so fast you won't even see it coming. As far as sets and reps go, I recommend either 3x15, 3x20, 3x30, or 3x50-100.

Timed Method

Next up we got the infamous timed method. This is absolutely brutal, and should not be used too frequently. Essentially, you pick a random exercise of your choice, and set a desired time that you must perform the exercise for. An example would be to do 5 minutes STRAIGHT of dumbbell pressing. Of course, small little breaks here and there are fine, but overall it's still 5 minutes of non-stop work. This is very similar to a boxing round. The only difference is that the gym is your arena, and the weights are your opponent.

In terms of the benefits of this method, it's one of those things that builds extreme amounts of work capacity, mental toughness, endurance, and hypertrophy. It's also very specific for sports that have a round element, such as boxing or wrestling. Like I said though, it's only limitation is that it's insanely demanding on the body. That's why I recommend you only use it once or twice a month for pressing, and maximum once per week on non-presses. Finally, because of the extremely high volume this method creates, use it exclusively during high volume workouts. The only exception to these rules is when using exercises that are timed in nature, such as plate holds, farmer walks, crucifix holds, isometrics, etc. Those exercises can be used throughout the yearly cycle. When I talk about the timed method, I'm specifically referring to using it on an exercise that normally has a concentric and eccentric component.

Dynamic Effort Method

There exists one more special technique as defined by Zatsiorsky. That is, the dynamic effort method, which is "lifting a nonmaximal load with the highest attainable speed". This is an important strength training strategy because heavy weights produce velocities that are far too low to develop a maximum rate of force development. This is precisely why the strongest lifter is not necessarily the fastest, because failing to train speed directly will result in poor rate of force development (RFD). Simply put, the body will adapt to the demands that you pose on it. If you train slow you become slow, while if you train fast you become fast. And in this program, speed is a good asset because lifting slowly will creating unnecessary sticking points in a lift which makes us struggle much more than we need to. This can cause us to fail weights, resort to using bitch weight and plateau more often which are all terrible for getting jacked. Therefore, the dynamic effort method can be used to develop explosive strength if rate of force development (RFD) is an issue. You'll know this is a problem if you keep experiencing serious grinders in your training or if you're slow like a bodybuilder. In terms of applying the dynamic effort method, there are specific guidelines that are very unique to this program.

Firstly, you only have the right to use this method on 4 key exercises, which is the behind the neck push press, standard overhead press, close-medium grip bench press, and Pendlay Row. DO NOT USE THIS METHOD ON SQUATS, DEADLIFTS, CURLS, OR ANY OTHER EXERCISE. We are not competitive powerlifters or field athletes and therefore don't require such specificity. The exercises listed are more than enough for eliminating weaknesses or RFD issues in the body.

Secondly, DO NOT UNDER ANY CIRCUMSTANCE USE THIS METHOD YEAR ROUND, WEEK AFTER WEEK. This is not the Westside system where the dynamic effort method has been integrated as a mandatory feature. In this program, the dynamic effort method is ONLY being used as a TEMPORARY means of shocking your body and addressing a particular weakness such as being slow at the bottom of a press or having shit work capacity. The majority of the time, you should be using other special strength strategies like the repetition method or rest pause. Moreover, because you're not a competitive athlete the importance of RFD goes down tremendously, making the dynamic effort method nothing more than a nice plateau buster.

With these things out of the way, let's talk about how to actually apply this method. Essentially, for 3 weeks you perform 8x3 or 9x3 at either 50-60% with accommodating resistance (bands and chains are highly recommend to reduce bar deceleration and maximize the stretch reflex) OR 65-75% of straight weight in a given exercise. Each week, the percentage increases by 5%. For instance, week 1 would be 50%, week 2 would be 55%, and week 3 would be 60%. Once the 60% is done, restart the entire cycle but this time you either switch the band tension (minibands to monster minibands) or the exercise completely. Within the sets themselves, you must attack the bar with as much speed as humanly possible. Imagine blasting the bar through the roof. Bar speed must never be compromised, nor should you reach total failure!

Furthermore, you will rotate your grip width **each set** by mixing in a super-close grip (one finger in smooth), close-medium grip (thumb away from smooth), and medium-wide grip

(close to rings but not on it). Finally, the rest between sets is extremely low, being MAXIMUM 30-60 seconds which builds large amounts of work capacity and teaches us to be explosive in a fatigued state. In terms of programming the dynamic effort method into your schedule, use this EXCLUSIVELY as the first exercise in your volume day OR as your first back exercise. I hope this explanation as simple enough. If still confused on the application of this method, see program #6 in the final chapter.

Dropset

You most likely heard of dropsets before. They are one of the most commonly used strength training tools available. That's because they work. Drop sets are time effective, and allow you to accumulate some insane metabolic fatigue from a single set. This makes them great for developing endurance and hypertrophy, while of course improving work capacity. Here's how you do it. Say you were using the 100s on the dumbbell press. You would hit that weight to failure, and then immediately without rest, you would DROP the weight a little bit (say to 75lbs) and hit another set to failure. And voila, that's a dropset. If you want to make it more intense, which is what I typically recommend, you can keep dropping the weight down until you reach the point of pure physical exhaustion. Going back to our example, you can drop the 75s down to 50s and go to failure again. Then, you can finish off with the 35s to failure. That would be an example of a triple dropset. You can push it even farther if you want, which would be called an ultra dropset.

I'd recommend this method if you have lots of energy, or are just so damn strong that dropping the weight again wouldn't negatively affect you. In terms of programming dropsets, I would advise you to only do them on high volume days, or on assistance exercises like curls. Use it on no more than 1-3 exercises per workout, and incorporate it once a week if you want to.

Accommodating Dropset

This is another form of dropset, but rather than removing weight, you are eliminating accommodating resistance. Since I am a HUGE fan of bands and chains (more on that later, and advise you to use this to maximize results in this program, it's no wonder why I listed the accommodating drop-set. If you decide to use bands and chains, you will absolutely love this method. Here's how it works. Say you were doing close grip benching with 225lbs with doubled minibands attached. You would hit your set to failure, and immediately after remove the minibands, and hit one more set to failure. That would be an example of an accommodating drop-set. **You kept the straight weight of 225lbs the same, but simply removed band tension.** In turn, this allows you to pop out some more reps in an explosive fashion.

The difference between this method and regular dropsets is that you don't use accommodating drop-sets for developing fatigue resistance. You use this to build strength and power. I'd say you can use this method on both intensity and volume days, since it's not as stressful as true dropsets.

Back-Off Sets

Let's now discuss the amazing phenomenon known as back-off sets. They are very similar to dropsets, but have a few key differences. Firstly, it is not part of one long extended set. **Each time you drop a weight down, that counts as a new set.** In this way, there is far less fatigue, and you can actually get more reps on the reduced weight sets rather than the first, because you are recovered and primed your nervous system to lift heavy. Secondly, you typically do not drop weights based off "feel". Instead, you reduce the weight by a pre-set percentage. This will usually range between 10-30%. To illustrate my point, let's go back to the infamous dumbbell press example. Set number one, you hit 100x6. You now rest for the amount of time needed, and drop the weight by 10%. Set number two, you hit 90x8.

Then, you rest again. See the difference now? You calculated the weight by using a pre-set percentage, and got higher reps than your first set rather than gradually getting weaker as seen in drop sets. This is a preferred method for strength development.

By the way, just like dropsets, you can do more than one back-off set. 1-3 back-off sets is a good way to approach this type of training. In terms of incorporating this strategy into a strength training program, it's a universal method. You can do this any day of the week, on any exercise, no matter the circumstances. The only thing you should pay attention to is the reps used during back-off sets. Obviously, if you're doing a low volume day, you'll want to start off with a weight that you can only hit for 4-6 reps. Any higher and you'll accumulate too much metabolic fatigue, which would ruin the point of the intensity day. In this way, you can see how using back-off sets only comes down to having basic common sense. Lastly, don't get lazy and replace all your straight sets with back-off sets, as you'll get diminishing returns. Straight sets are still very important, okay?

Rest Pause

Let me now draw your attention to rest pause training. This is probably the best method ever invented for accumulating large amounts of volume in a very short amount of time. It's also very effective for strength development because of the fact that you can keep hitting the maximum amount of motor units every 15-30 seconds. To perform a rest pause set, simply pick a weight that you can do 8 or 10 times, and hit it to failure. Then, rest 15-20 seconds (or take 15-20 deep breaths) and hit another set with the same weight. Repeat this process 1-3 more times depending on training experience, and there's your rest pause training. It's essentially a really long set, similar to a dropset, but rather than dropping weight immediately and moving into a new set, you are resting a little bit and then re-hitting the same weight for what is part of the same set. Allow me to give you a practical example. A guy walks into the gym. He loads up 275lbs on the bench press, and hits it 8 times. Then, he takes a very short break of 15-20 seconds, and proceeds to do another

“set”. This time, however, he only gets 4 reps. Once more, our friend takes another short break of 15-20 seconds, and performs yet another set. This time, he only gets 2 reps. In total, this guy has done 14 reps of 275lbs, which is almost double his 8RM! With this example, you can immediately see why rest pause training is such a valuable tool. I use it all the time in my training, and recommend that you do the same. My recommendation is to hit a total of 10-15 reps or 15-20 in a given exercise. **The moment you can no longer increase your total reps in a given exercise, you switch out the movement completely.** I’d also say to only use this method during volume days, as the volume will burn you to the ground if you don’t manage it properly.

Pour Conclure

There you have it folks. Those are all of the special strength training strategies in this program. I kept this section extremely direct and straight to the point, because giving a million different examples for how to use each method is a waste of time. I know that you get the principles behind these strategies, as they are not difficult to understand. Besides, at the end of this book, you’ll see how I strategically incorporate all of these methods into a program. That’s when you’ll really see how they tie into the naturally enhanced philosophy.

Chapter 4: Special Exercises



Now that you understand exactly how this system works, it's time to start breaking down the special exercises. After all, this is a concurrent training system that relies heavily on high exercise selection. Knowing which movements to select is thus crucial in order to hypertrophy the desired muscle groups. All you must do is follow the training format listed in the previous chapter, and insert the following exercises into the program. It's really that simple. Also keep in mind that exercise selection will be **VERY** specific towards your own goals, weaknesses, and recovery abilities.

Finally, I've only selected the absolute **BEST** exercises. There is zero fluff or bullshit in this section. **If I included an exercise, it's because it works.** With that said, let's start breaking down what type of equipment you may or may not need for performing these various exercises.

Equipment

In my professional opinion, I would say that equipment isn't necessary, but that it can surely be useful in your training. Here's a list of the recommend pieces of equipment. I will break them down individually.

- 1) Bands
- 2) Straps
- 3) Thick Bar
- 4) Specialty Bars
- 5) Belts
- 6) Neck Harness

Bands

Bands are the greatest investment you can ever make in your training career. Not only are they cheap as hell, but they also prevent you from getting injured, while developing insane amounts of strength and size. I see bands like steroids. They enhance your physique in a way that straight weight can never offer. They work because of many reasons.

The number one benefit is that they accommodate the strength curve. You see, with straight weight the exercise is always difficult at the bottom of the range of motion, and becomes easier as we get towards the top. This is because of advantageous joint angles coming into play. So in a curl, the hardest part is bottom, not the top. For a bench press, the bottom is hardest, and gets gradually easier as you approach the top. The problem with this is that you're not effectively strengthening the angles where you have good leverages. **So if you have the capacity to half squat 500lbs, why would you want to do 405lbs with pin squats added as supplemental work when you can simply combine the exercise into one by adding bands?** This is ULTRA-specific towards building an exercise, as the

movement pattern remains the same despite overload. There's an infamous quote in the strength and conditioning world. It's called "build strength, don't test it". If you start thinking like this, you will see yourself egolifting far less often, and developing real-world strength. Going back to straight weight, it's apparent that the bottom of a range of motion is hard, while the top is easy. However, when you throw bands into the mix, you can fix this imbalance by making all joint angles difficult. This is how a cable functions. As you move through a range of motion, the cable lengthens, thus creating tension and making the top of the exercise much more difficult. Bands do the same thing. By attaching bands to barbells, the strength curve is fully accommodated. This means the part of the exercise which would normally be easy will now be extremely difficult. In other words, you get to overload an exercise without having to do partials, while still maintaining the movement pattern/proper form. By training this way, you develop complete strength, a much stronger lockout, and milk an exercise for all that its worth. It's also been theorized that using bands desensitize the golgi tendon organ. If this is true, then bands really are like steroids because they tap into your hidden strength.

Secondly, band training reduces bar deceleration. With straight weight, because joint angles become favorable, you stop producing less force once you get towards the end of the strength curve, which causes the bar speed to slow down ($F=MA$). When training with bands, you push up this deceleration curve much higher, which can help you break through plateaus or sticking points in an exercise. You also become a much faster and explosive lifter as a result of this. This can be demonstrated by doing multiple sets of band presses, and then going into straight weight right after. The weight literally flies off your body at supersonic speed.

Thirdly, because bands are actively pulling you down, the eccentric phase is much faster than normal. This is known as overspeed eccentrics. The benefit of overspeed eccentrics is that they set a powerful stretch reflex at the bottom of the exercise, which allows you lift a lot more weight coming out of the hole than if you were to lift slowly. The extra speed also

builds the connective tissue in a superior way, which will leave you with fewer injuries in the future.

Lastly, bands build tremendous stabilization, which is extremely beneficial for joint health and performance. Ever see a beginner use bands? They shake all over the place! This illustrates a definite weaknesses in stabilization, which can be hindering gains. Once these guys correct this weakness, 100% of the time their strength goes up fast. **You will soon learn that the strongest lifters are usually the most stable!** Moreover, If you develop strong stabilizer strength through using bands, you'll find all calisthenics to become far easier (handstand pushups, weighted dips on rings, weighted pullups on rings, pistol squats, etc) and dumbbells will feel extremely stable when using them!

These are the primary reasons why I recommend bands. Whenever you first start training them, you INSTANTLY get stronger. Of course, you will plateau with time, but it is my firm belief that anyone who does not incorporate band training is seriously short-changing themselves. Personally, I could never train without them. I use them all the time for strength building and during my mini-home workouts. If there's the one piece of equipment that I feel is practically a necessity, it would be bands. I seriously can't recommend them enough. So if you're going to use them in this program, get a pair of minibands and monster minibands. The light and average bands work too, but are more limited because of the increased tension. Also, make sure that the bands are 41 inches in length, and that you buy them in PAIRS. I made both of those mistakes the first time I got my bands, and I was infuriated. Anyhow, bands are life-changing, and you should get them without any doubts. Later on, I'll show you how to use them during your exercises.

Straps

Straps are a good training tool when used correctly. In this program, I'd say they would only be useful for heavy shrugs/power exercises, or during Romanian deadlifts. Other than that,

I see no purpose for using them. This program has excessive amounts of grip work to the extent that your grip will NEVER EVER in a million years be an issue. Besides, if you feel like your hands are slipping or getting sweaty, you can always buy some chalk. If your gym doesn't allow chalk, then get liquid chalk instead, or rub your hands on a brick wall until they are dry. Straps should never be the automatic solution, as they are nothing more than band aids to a larger issue.

Thick Bars

Speaking of grip strength, I'd like to discuss the importance thick bar training and the numerous benefits that they offer. Many people believe that thick bar training is brand new, but this couldn't be further from the truth. As a matter of fact, the old time strongmen of the 19th and 20th century all trained with thick bars. This is because the manufacturing process used to make dumbbells and barbells was not perfect, and so thin handles (1 inch diameter) would not be enough to support very heavy loads. That means bars frequently measured out to 2-3 inches in diameter, making them very thick. At the same time, since weight training was not very popular, access to dumbbells and barbells was scarce, and so many old school guys crafted their own equipment through using various objects such as pipes, logs, barrels, rocks, etc. The final result is that thick bar training was the ONLY way. Little did these guys realize how beneficial thick bars were for developing strength. What benefits am I referring to, you ask? Well, how about I start breaking down the science of thick bar training?

Firstly, I'd like to discuss the concept of irradiation. This is where you grab onto an object as hard as possible which fires up the nervous system and allows you to intensify the working effect of the muscle. Here's the best example that demonstrates my point. Right now, at this exact moment in time, I want you to perform a bicep curl with your hands wide open. Feel those fingers spread apart. At the top of the curl, try squeezing your biceps. Feel that contraction? Okay, well in the same position, I now want you to close your hand and

squeeze your fists as hard as you can. HUGE difference, am I right? Did you feel your biceps tense up like crazy? That, my friends, is irradiation.

Going back to thick bars, due to the fact that they force your hands and forearms to work harder (flexors and extensor + open-hand), all of the supporting muscles of the given movement like the chest, shoulders, back, biceps, and triceps will contract much harder, which in turn equals more muscle and strength gains. You know that bicep curl I just made you do? Try doing the same thing with an invisible pec deck and triceps pushdown. Feel those chest and triceps contracting really hard? Once again, that's irradiation. **Thick bar training maximizes this because you literally have no choice but the squeeze the life out of that bar.** If you don't, you automatically fail the rep. With thinner bars you can make your hands feel like hooks which means you can be lazy with how hard you grab the bar. In this way, you can immediately recognize why thick bar training can be of great benefit. You develop a monster grip and pope forearms while simultaneously helping you get jacked in other muscles!

Secondly, using thick bar training will eliminate joint pain and make it a lot easier to train if you have tendonitis or past injuries. This is because it removes tension off the joints and places it on the muscles due to the bar's surface area being much larger. In other words, we are eliminating nagging pains, while making our muscles have more tension. Can I say win/win or what?

Thirdly, thick bar training will cure strength imbalances such as the bilateral deficit (where the sum of two unilateral forces exceeds the force of one bilateral movement,) and muscular imbalances such as having one side bigger/stronger than the other. This process happens with only a few weeks of using thick bars. So if your left hand is tremendously weaker than your right, expect that to change really fast.

Fourthly, using thick bars will desensitize the golgi tendon organ (GTO), which is a protective mechanism that prevents you from lifting weights you cannot handle. Essentially, when very

heavy weight is placed on a muscle, the GTO comes into play. An inhibitory response in the spinal occurs which in turn inhibits the motor neuron of the muscle. This causes the muscle to relax, therefore making it impossible to lift. The best example is if your deadlift 1RM is 500lbs and you try hitting 600lbs. The GTO is what will prevent you from even breaking 600lbs off the floor, because it's protecting you from getting injured. With that said though, if you have weak hands, the GTO will recognize that as a weak link in the chain, and will actually create an inhibitory response! In other words, if your hands are weak, you will pull less weight off the floor (rows, deadlifts, etc) and your pushing strength will suffer! For this reason, thick bar training becomes very important, because if you can fix the weak link in the chain (in this case hand strength), then inhibitory response will be greatly reduced, which in turn allows you to lift a lot of weight. Remember, the GTO's effects are minimal at low forces, but high with heavy loads. If your hands are weak, your brain interprets the weight as heavy load, while if they are strong, it's interpreted as light weight. Therefore, having strong hands prevents your brain from turning on the emergency-brakes.

Finally, thick bar training will give you a better strength potential than standard bar training, and will have direct carryover to all forms of deadlifts, rows, curls, and pullups. I'm talking instant here. **In this way, you can work with the least amount of weight possible while still making the greatest strength gains.** This is similar to jogging with weighted equipment (vest, ankle weights, backpack, etc) and then removing it and trying to run. In weight training, this typically equates to a proportional 10% increase in normal bar strength. Doesn't seem like anything, you say? Think again. **If your deadlift 1RM is 500lbs, then 10% of that is 50lbs.** This means you'd be working with submaximal weights far below 500lbs, but you would still increase your standard deadlift by fifty pounds automatically. Isn't that amazing?

With all these reasons mentioned, you can see why I'm a big fan of thick bars. They help you squeeze your muscles better, get your forearms and grip automatically jacked, eliminate joint pain & tendinitis, cure strength & muscle imbalances, and give you a better strength potential than thin bar training. It would be wise to train with them. Now does that mean you should use thick bars for everything? Obviously not. **I believe you must mix thin bars with**

thicker bars simultaneously for optimal performance results. Why, you ask? Well think about this program itself! There's a volume day, and an intensity day. Light and heavy. Yin and yang. Morning and night. You get the drift here? In life and in strength training, the key to success is balance.

In particular, I would incorporate thick bar work during your direct forearm training to make it even harder and catalyze the grip strength development process. I would also incorporate it during static holds training, or on various rows, pullups, curls, and deadlifts. This is especially true if you have back pain or want to make these exercises more grip-dominant. Finally, I would use them for presses if you have shoulder problems or severe elbow pain. Other than that, I wouldn't abuse them. Don't start using thick bars on all your exercises, because otherwise you'll pretty much be doing grip-only workouts, which is a different goal altogether. Even though that's cool, we don't need more grip work because this program has more than enough to satisfy you for a lifetime. Thick bar training must be strategically incorporated into your program, and NEVER ABUSED. By the way, if you don't have access to thick bars, you can always wrap towels around barbells, or get some sort of thick bar implement like welding handles to a PVC pipe or using Fat Gripz (preferred). This will be much cheaper than buying an axle or collection of fat bars.

Specialty Bars

Should you use specialty bars? In my professional opinion, the answer is YES. I realize that the majority of you will not have access to these bars, as they cost a lot of money and are usually left in hardcore/private gyms rather than commercial gyms. However, if you do have access to them, please make use of them! Remember the biological law of accommodation? Specialty bars will shoot this law right in the fucking head. **In other words, if I use the same exercises but switch the bar that is being used, my body is now totally confused.** This is because the specialty bar alters biomechanics and joint angles, which adds a little twist

to a given exercise. This causes you to stimulate new adaptations and growth, hence giving you a “steroid effect”.

Specialty bars also correct muscle weaknesses and allow you to perform exercises in a way that regular bars would never allow for. For instance, if you have a cambered bar, you can add INCHES of range of motion to all of your pressing and rowing exercises, which can really help build bottom strength and explosiveness. If you have a buffalo bar, you now have an amazing curve that can make all presses and squats more comfortable on the shoulders. If you have a football/swiss bar, you can now use close, medium, and wide NEUTRAL grips for any free-weighted exercise, which can seriously spark new muscle growth and develop strength from multiple different angles. If you have access to a log, then you can do fucking log presses like strongman competitors, which can revolutionize your vertical pressing strength and upper back/shoulder hypertrophy!

Do you understand what I’m trying to say here? Although specialty bars are not necessary, they can really add spice to your training! This is especially true if you’ve been training for many years, and have gotten strong at every exercise possible. The slight deviations in joint angle can make all the difference. For this reason, I highly recommend that you use them if they are available in your gym. Use the same exercises listed in this chapter, but include the specialty bars. Your body will reward you with gains that are fresh off the boat.

Belts

Okay, let’s talk about belts very quickly. The truth is that I’m not really a fan of belts. I think they’re a mask to a bigger problem, which is the fact that 99% of guys do not train their lower back and abs. In this program, I have you doing Zercher squats, front squats, tons of pulling, and direct core work EVERY time you step foot in the gym. I even have you do mini-home workouts to aid in restoration! Therefore, there’s no real reason to need a belt. Personally, I don’t use one, and never have. My core is just so strong that belts don’t

cross my mind. I can walk in the gym any day of week and not worry about having to carry one. Now what about yourself? Should you use a belt or not? Well, that's a bit tricky to answer. I would put it like this. If you have a hernia or suffered a major injury in the past, it's probably not a bad idea to wear a belt. Or, if you are starting to get super strong and find yourself having more DOMS in the lower back even despite perfect form, then maybe it's a good time to start wearing a belt. However, this shouldn't happen to you unless you're squatting in the mid-400s, deadlifting in the mid-500s, and shrugging in the 600s. So I would say that if you're not that strong, the belt should NEVER be the first choice. 99% of you guys won't ever need one, and if you do get one it will be due to psychological rather than physiological reasoning.

The fact is that if you strengthen the lower back and abs directly through using the special exercises listed in this program and brace your core by using the valsalva maneuver, you'll be fine. If you don't know what the ladder is, it's basically the breathing strategy that you will use during all your exercises. If you've been in the fitness industry for a while, you've probably heard the common saying of "inhale during the eccentric, and exhale during the concentric", or "exert the force". As you can imagine, this is a bunch of bullshit. **If you follow that advice, you will end up lifting less weight while developing severe lower back pain through shearing of the spine.** Instead, what you want to do is use the valsalva maneuver, which is taking in a very deep breath, and HOLDING IT while pushing your abs out. This is how you breathe the right way. Later, when you look at the exercise demonstrations, you'll see that my mouth is always closed, and that my face looks like a frog. You'll also see my stomach popping out (almost like a bubble gut), even though I have a 32 inch waist. What you're witnessing is the valsalva maneuver, which is the most optimal way to ensure safety and maximum performance. Powerlifters have known this for years. When they bench press, they use the valsalva maneuver to unrack the bar, and then they use it again before lowering the bar to their chest. When squatting, it's the same thing. For deadlifts, you pull the slack out of the bar, valsalva, and then rip it off the floor. Of course, eventually you will want to inhale/exhale (otherwise you might pass out), but that is ONLY after the rep has been completed. Feel free to breathe as much as you want when resting, but when doing

concentric/eccentric work, you want to keep that breath nice and tight. You don't inhale/exhale during the set, otherwise you lose full body tightness and put yourself in a dangerous position to get injured. Anyhow, that's all you need to know about wearing a belt. I don't think you need one if you train the lower back and abs directly, and especially if you use the valsalva maneuver.

Now how about dip belts? That's another story altogether. Personally, I wouldn't use one until you can do weighted pullups/dips with more than 100lbs. That's because the dumbbell is still light enough to be held in between your legs. I've never had an issue doing it this way except for when I went above 100lbs. I would say the same to yourself. However, if you don't like the manual way and don't mind dishing some extra money on a dip belt, then you can definitely do that too. I'm just trying to be practical.

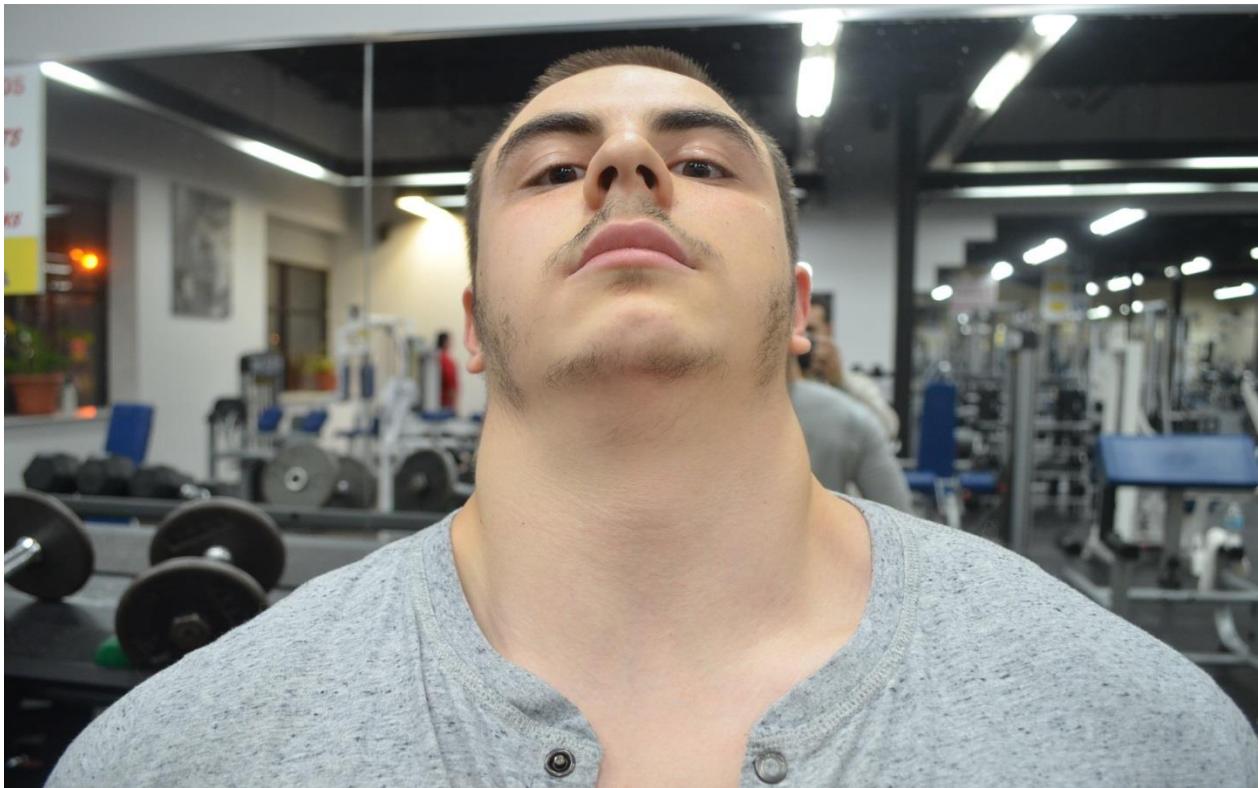
Neck Harness

The last piece of equipment on this list is a neck harness. Although the neck harness is a genius piece of equipment and can really revolutionize your neck training, it is surprisingly not necessary. As you will see in the special exercise section, many of the neck movements are done with straight weight, and tons of guys have built thick necks this way. That being said, should you buy a neck harness? Personally, I think you should, because it allows for more versatile neck training. **You can change the strength curve, apply twisting motions, and use really strict technique when using a neck harness.** With plates, you can cheat by using your abs, and the contraction in the neck is not as great. Plus, if you don't have the neck harness but want to use bands, you'll be forced to use the band in mouth technique. It's awesome, yes, but also very demanding on your jaw. Having a neck harness can eliminate these problems. So if you plan on getting one, I recommend buying a very cheap version, because attaching your own bands to it will make up for the shitty quality.

Anyhow, that's about all you'll need in terms of equipment. All other pieces of equipment that you may be concerned about are either not that important (such as knee sleeves, wraps, etc), or can be found in your gym. Let us now break down the special exercises in each respective muscle group. We will first dissect the neck.

PS: Here's my disclaimer. I have hypermobile elbows so a lot of the exercises you will in this program see can appear slightly different on me than on you, specifically during presses, deadlifts and back work. I'm also wearing jeans to show how developed my posterior chain is, as it proves that I walk the talk. With track pants you can't see that. Wearing jeans gives you a realistic perspective as to what your legs can look like when wearing casual clothing. Finally, when you see me doing an exercise, I want you to do it EXACTLY THE SAME. That means locking out every single rep, doing full range of motion, etc. Not doing so will cause you to minimize leverages and develop joint pain in the longrun. Do not listen to the bodybuilders who say you must keep constant time under tension on the muscles. Do every exercise as I show you, and your body will thank me.

The Neck



The neck is literally the most underrated muscle group in existence. People like to believe that forearms and calves are the least worked, but they're dead wrong. I see lots of guys doing wrist curls and calf raises, but seldom do I ever see them perform neck curls or neck extensions. Hell, when was the last time you saw a guy do DIRECT neck work? And no, I'm not talking about bobbing your head back and forth during a barbell shrug. I'm referring to guys who literally lie down on a bench with a plate on their forehead, and start curling their neck to their chest. Have you ever seen that before? Other than the internet, I've never seen a person do this in real life, which blows my mind. However, if we talk about forearm and calf work, then I have seen many people train them.

In these ways, you can recognize how neck work really is underrated. And it's amazing, because people don't realize how important it is for having a thick neck. Without a beefy,

thick neck, you cannot look impressive because it will take away from the rest of the physique. It's almost like cleaning an entire house, but not taking out the rotting garbage. Even if the bulk of the house is done, the nasty scent in the background will make it seem like nothing was done. Necks work in the same way. You can have an amazing physique overall, but if you have a little girl neck everything looks distorted, and people will notice it right away.

Besides, why wouldn't you want to train your neck? A bulldog neck is not only intimidating and masculine, but can also save your life in a physical fight or car crash. Your neck actually acts as a shock absorber, which is why so many field athletes and fighters MUST train it. If they don't, more concussions will arise and their career will end shortly. Although you're probably not one of these athletes, it's still nice knowing that your neck can protect you in life-threatening situations!

Not only that, but the bigger the body and the smaller your neck, the less impressive you will appear. That's because your peripheral vision will scan for little imperfections. When it sees large body mass but a small neck, the entire physique becomes off-putting. It's similar to how men with really big legs look like they have smaller dicks. Neck training is EXACTLY the same. You must train it using the same principles that you would use for your other muscle groups.

In particular, the neck has three distinct parts. The front, the sides, and the back. Each section must be thoroughly developed for creating a complete neck. For if you do not do this, your posture will not only look terrible, but your overall neck size will be lagging. So if you want a bigger neck, you must use different angles, exercises, rep ranges, tempos, etc. Now before I start breaking down each section of the neck with their associated exercises, I need to go over some basic neck training rules.

Firstly, when performing any neck exercise with straight weight, I would highly suggest that you wear a hat of some sort. Otherwise, the plates will create deep ridges in your head, and

you'll experience a lot of unnecessary pain. Secondly, when you are holding the plates on your head to perform a given neck exercise, please make sure that your hands do not assist in the movement! They should act as handlebars, and nothing more. Your hands are there only to make sure that plates do not fall off. Remember, your neck should be doing 100% of the work. Thirdly, if you do not have a neck harness, you can always do the exercises with the band in your mouth. As ghetto as this may sound, there are some secret benefits to this approach. That is, your jaw will get stronger, and the muscles of your face will get thicker. This can really add that masculine edge to your overall appearance, while simultaneously allowing you to take a punch.

Now that we went through all the rules, I will now present you the neck training program, and then I will show you the associated exercises.

Neck Training Program

- 1) Neck Flexion
- 2) Neck Extension
- 3) Neck Lateral Bending/Twisting

As you can see, we will only use three exercises for a given neck training session. This is more than enough for hitting all sides of the neck, which ensures maximum strength and development. In terms of the sets/reps, I'd say there are two approaches. You can either do lower volume by focusing on slow tempo and hard neck squeezing, or you can use a higher volume approach with fast reps and mini squeezes. If doing low volume, I suggest doing 4 sets of 6-12 reps, and if you're doing high volume, roll with 4x25, 5x20, or 3x50-100. In terms of gaining strength, once you hit the desired sets/reps, just add weight (2.5-5lbs is usually best). Basic linear progression will work just fine for the neck. You should be able to go weeks and months of using the same exercises. Of course, once you stall, simply switch the movements. Luckily for you, there are so many exercises that you'll probably never have neck training plateaus. I wouldn't be surprised if you keep making linear

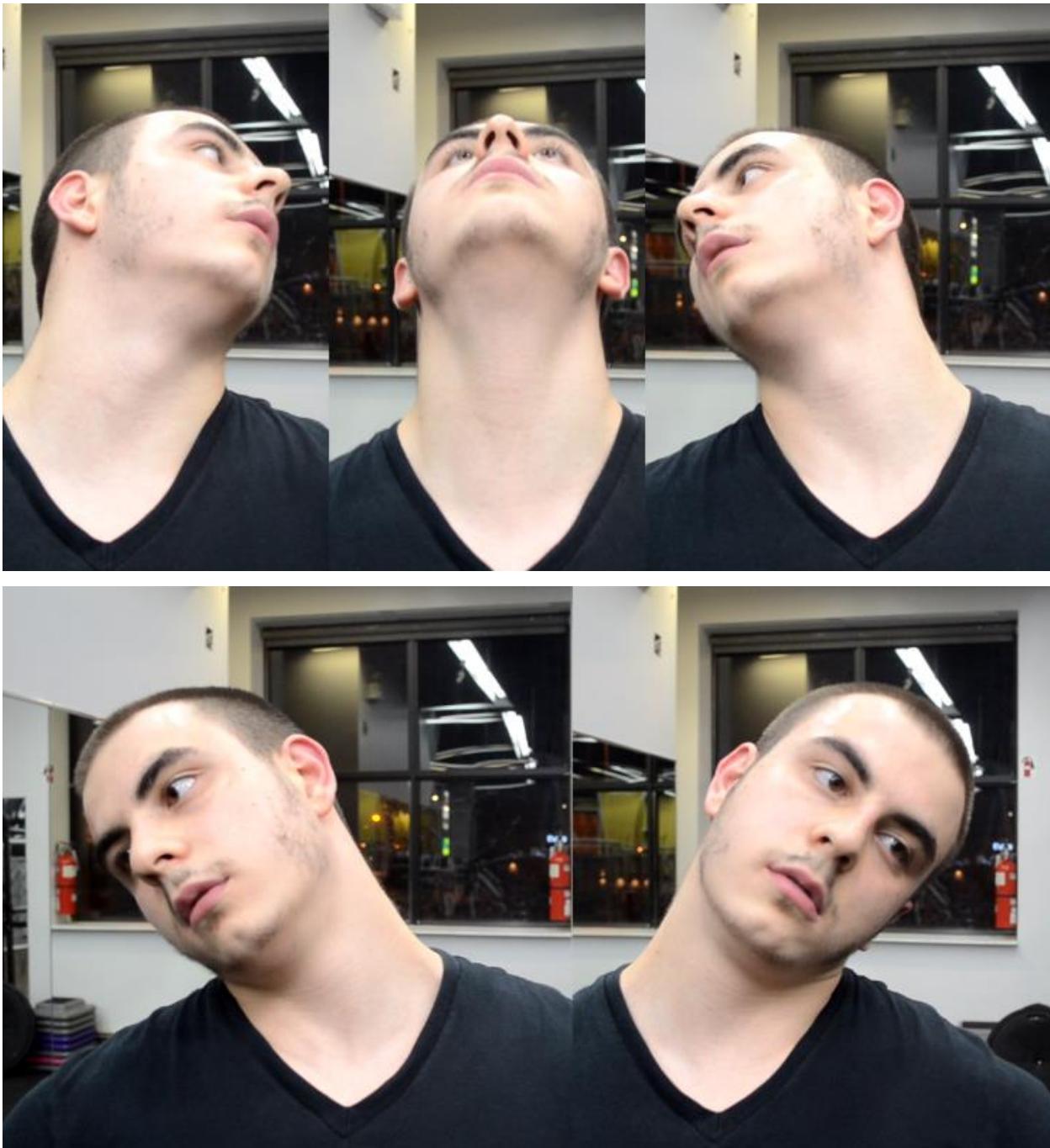
progress for many years to come. I guarantee that if you have a pencil neck now, you'll have a bulldog neck very shortly. I will say that acquiring an 18 inch neck is very attainable (easy to get), and can be done in a fast amount of time. Going past that point may take a bit more work, but it's certainly doable. Anyhow, that's all you need to know about neck training. There's no need to bombard you with more fluff. Let's start breaking down some neck exercises.

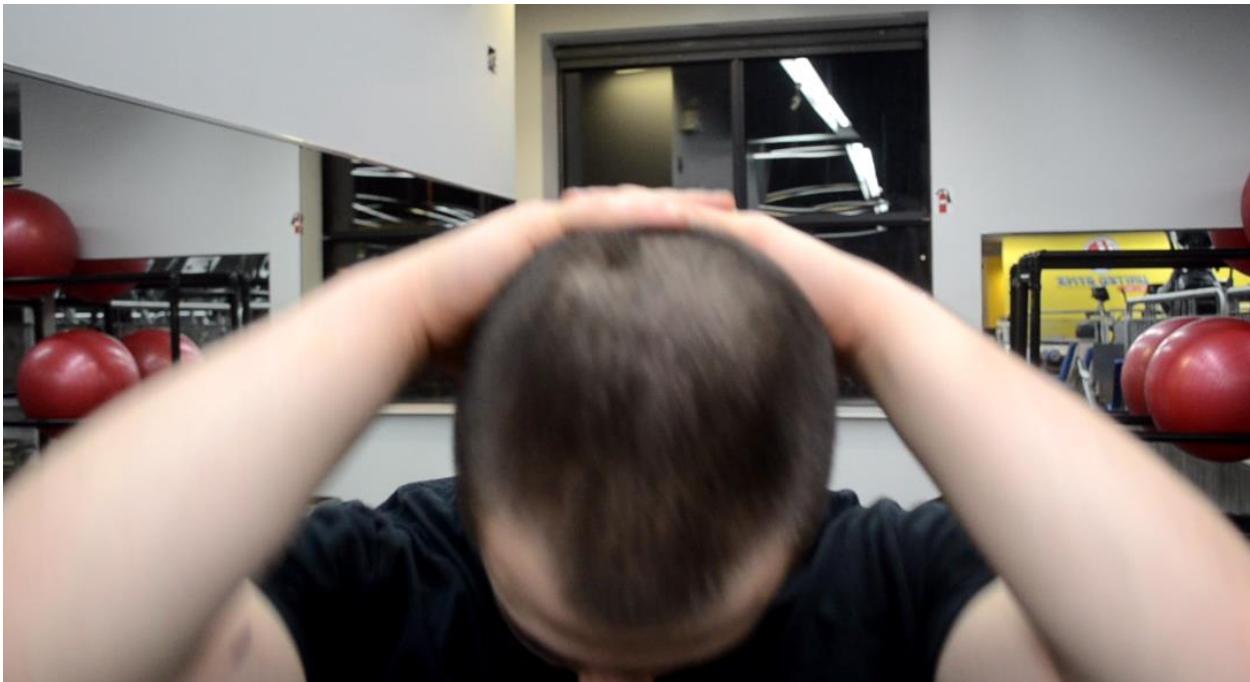
Neck Stretching

Before you train your neck, it's imperative that you stretch it out. Otherwise, you will get sharp pains in your neck that will leave you sore for days. You'll have difficulties turning your head, lying down, eating, etc. At the same time, you won't be able to lift heavy in the gym. In this way you can see how important neck stretching is. If you don't stretch, everything gets fucked over.

To correctly stretch the neck, I recommend a combination of static and dynamic. Static is holding the neck in a single position while dynamic is moving it in a certain way. The stretches are exactly the same except with static you hold whole dynamic you actively move. I would stretch for a total of 2 minutes, and once your neck feels loose and warmed up, then you move onto the strength training.

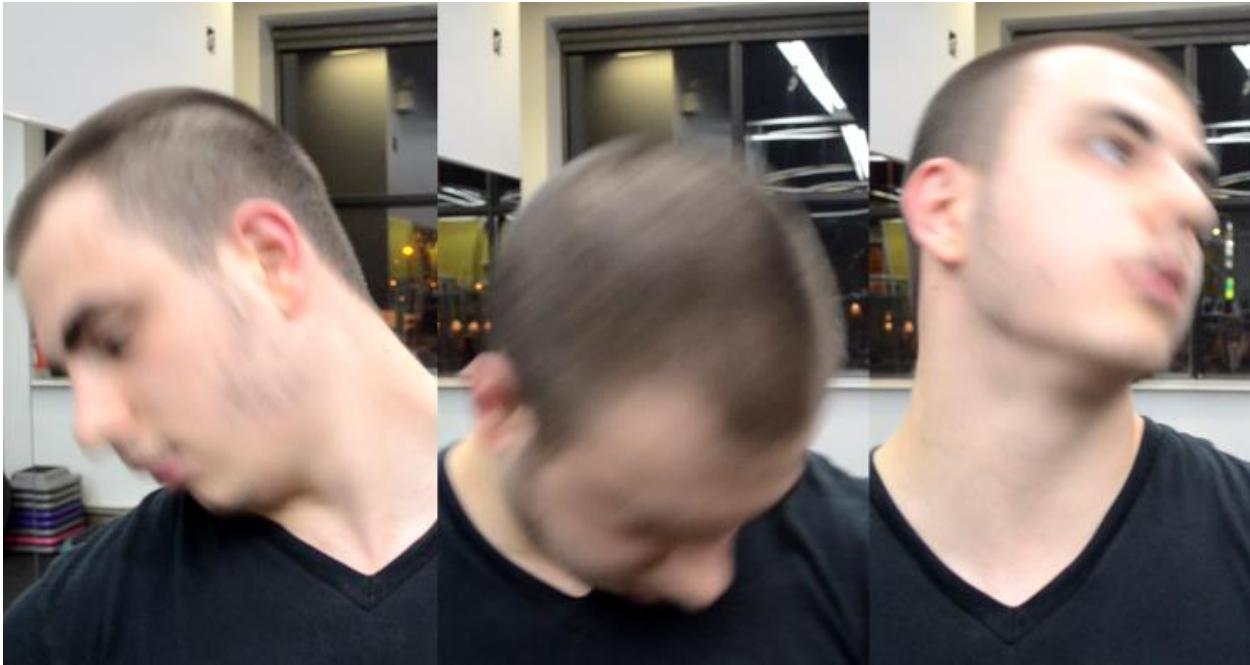
Static & Dynamic Neck Stretches











The Front

To build the front of the neck, we require neck flexion. This means flexing your chin down to your upper chest. We call this neck curls. Several neck curl variations exist, as you're about to see. They can be done with both straight weight and band weight.

Lying Neck Curl With Plate



Lying Neck Curl With Barbell



Lying Neck Curl With Band



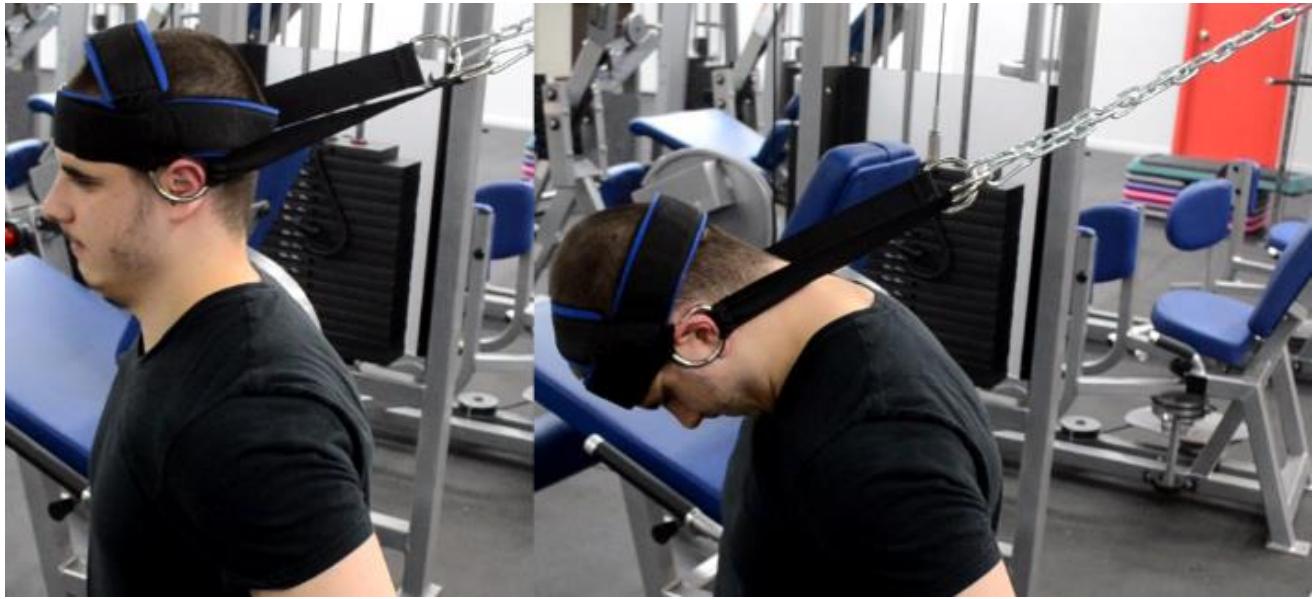
Lying Neck Curl With Band In Mouth



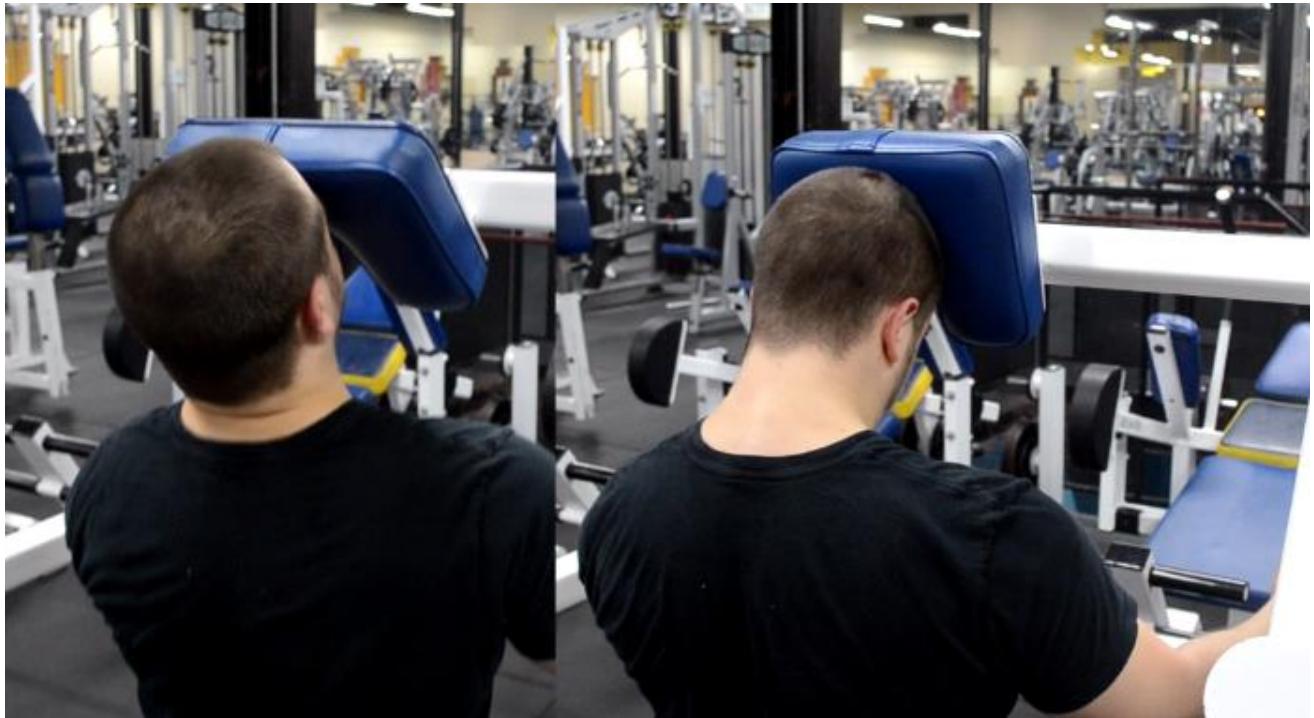
Lying Neck Curl With Band Across Power Rack



Banded Harness To Rack Neck Curl



Machine Neck Curl



Front Wrestler Bridge



The Back

To build the back of the neck, we require neck extension. This means extending your neck back against your traps. We call these neck extensions (duh). Extensions are the most common exercise, but they are not to be abused as if you do too many your head will begin to pop forward. You may also get headaches. Nonetheless, always make sure to hit the front and sides of the neck. For neck extensions, you'll be able to use quite a bit of weight, so be careful.

Sitting Neck Harness Extension



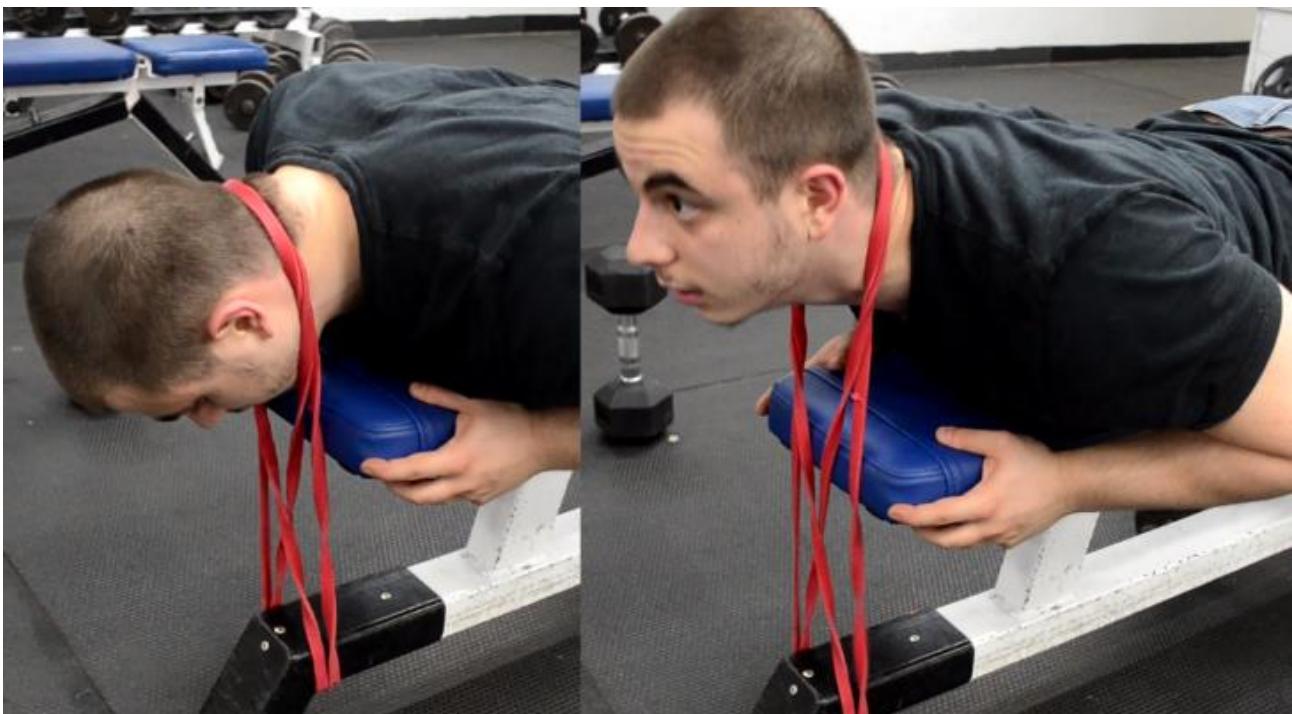
Lying Neck Extension With Plate



Lying Neck Extension With Barbell



Lying Neck Extension With Band



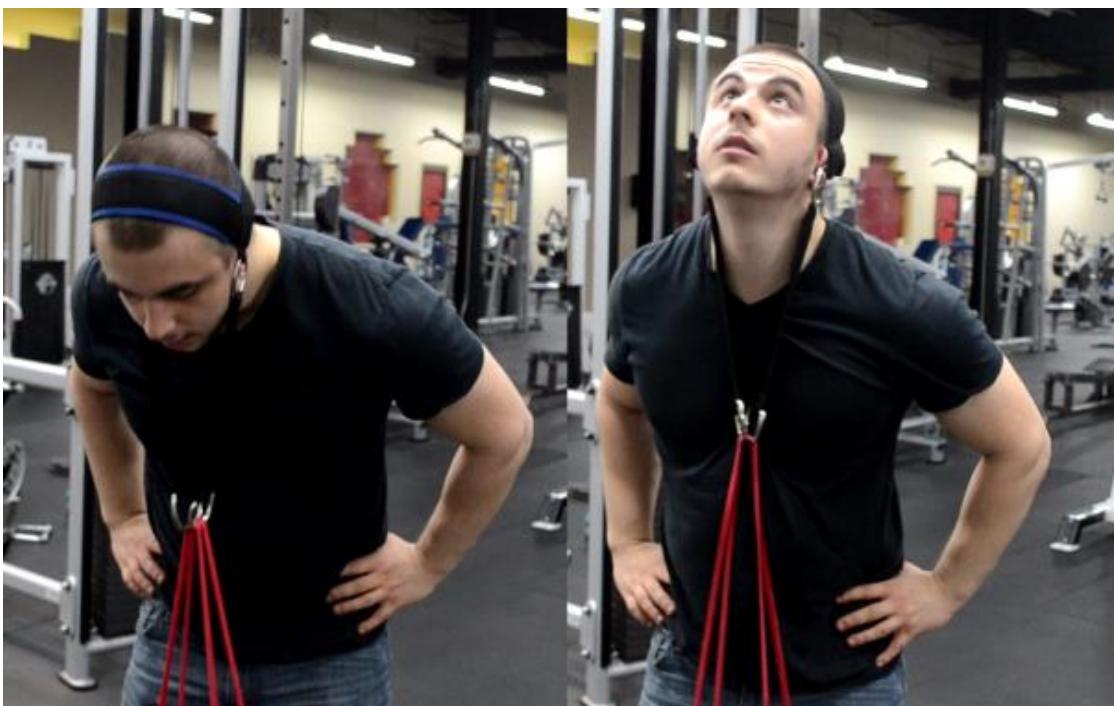
Banded Harness To Rack Neck Extension



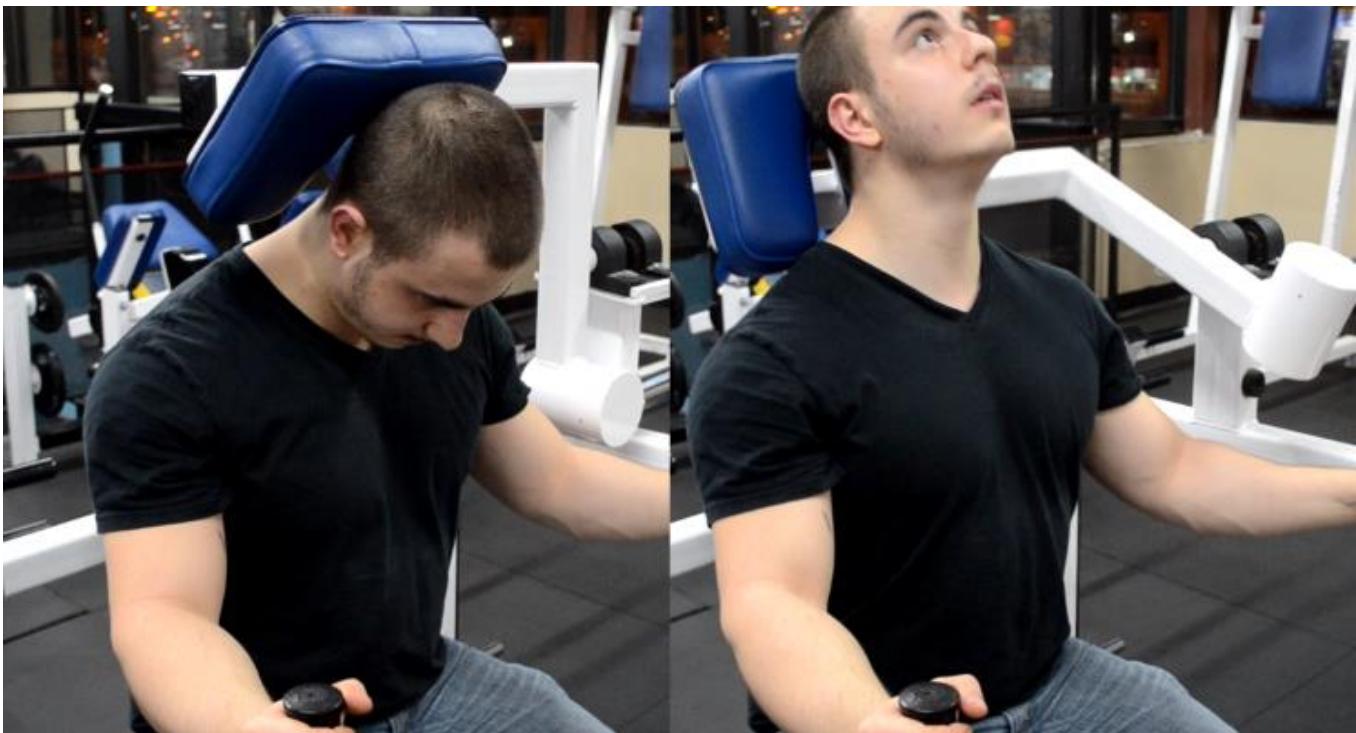
Neck Extension With Band In Mouth



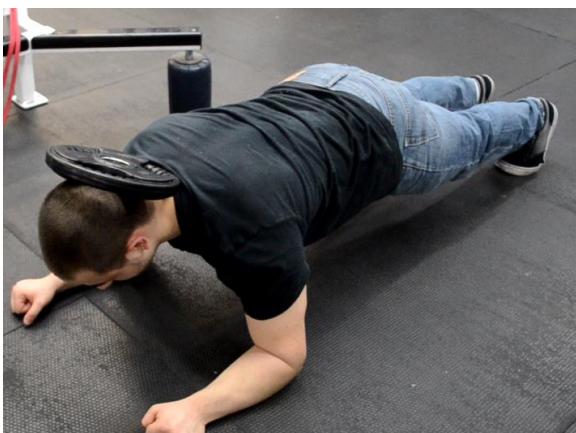
Neck Extension With Neck Harness



Machine Neck Extension



Plank With Plate On Head (isometric)



Wrestler Bridge



The Sides

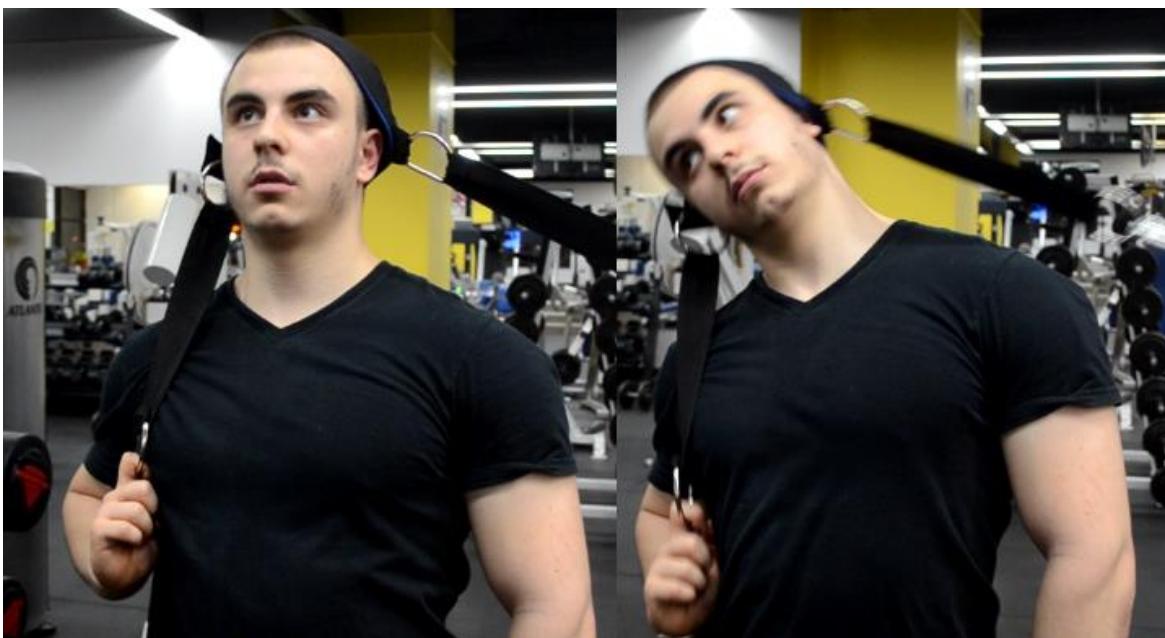
To build the sides of the neck, we require neck twisting and side extensions. This bending and twisting your neck laterally towards your shoulders. This will build neck width, which will

really increase total neck circumference more than anything else. These exercises are highly recommended for aesthetics and for fighters who will be getting hit in the face very often. Since your neck is weakest at lateral bending and twisting, the weights used will be lighter than both neck curling and flexion combined.

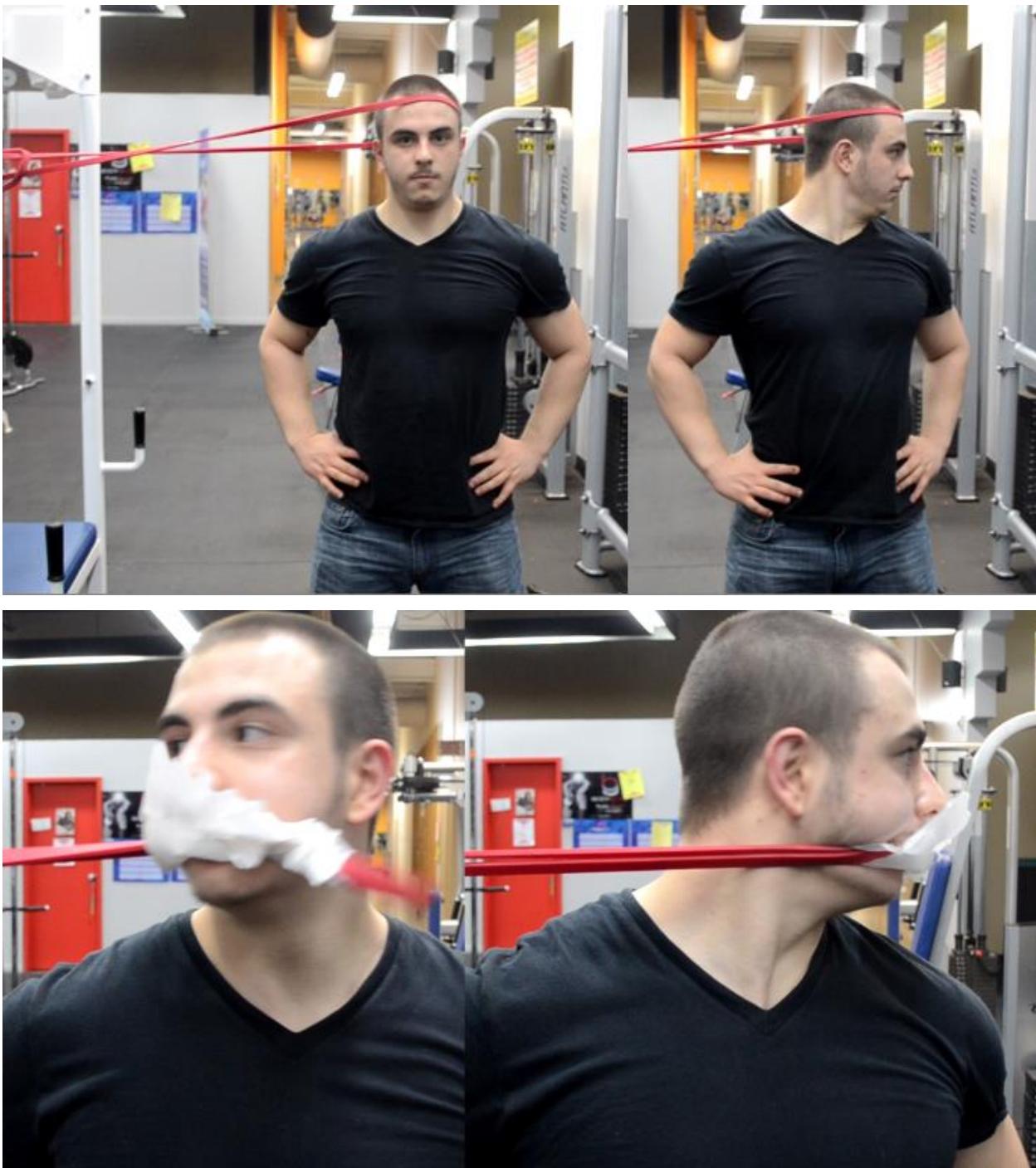
Lying Side Neck Extension With Plate



Banded Harness to Rack Side Bend



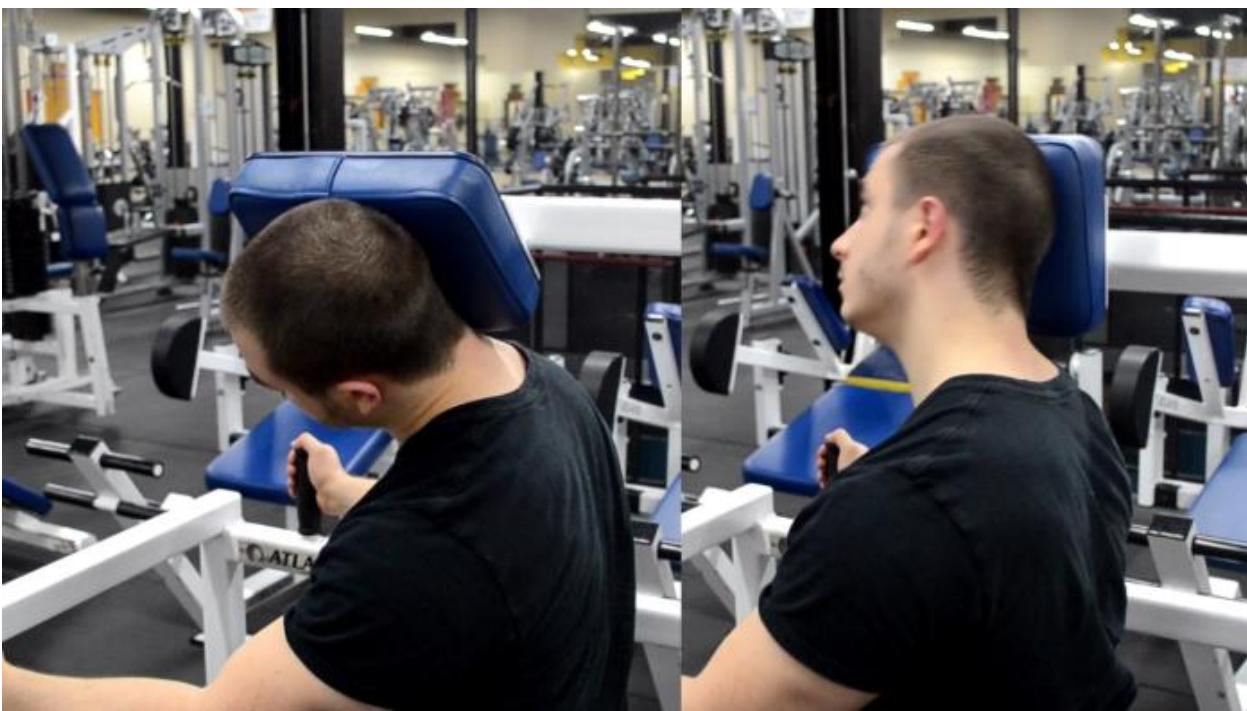
Banded Harness To Rack Side Twist



Side Plank With Plate On Head (isometric)



Machine Side Neck Extension



Traps



Having big traps is absolutely essential for looking jacked. I can't tell you how many fitness models I see who look like they've never touched a weight in their entire life when wearing a shirt. I'd say 99% of all natural lifters have piss-poor trap development, and that's because they never learned how to train them right. The only guys who have appreciable trap development are those who have amazing general strength.

By the way, have you noticed how guys who take steroids all have big traps? Ever wondered why? It's because anabolic steroids tend to enhance the androgen receptor sensitivity in the traps, delts, and upper chest. Hence, they get big super easily without doing much for them. However, when you are a drug-free lifter, you do not have this advantage. As a matter of fact, there are few androgen receptors in this region, which makes it very hard to develop the traps. Therefore, the only way to get them to an appreciable size is to acquire elite-level performance in that muscle group. **Doing one set of light shrugs at the end of a workout isn't going to cut it.** We must incorporate training elements from several sports, such as Strongman, Olympic Weightlifting, Bodybuilding, and Powerlifting. This is what I call the traps

matrix, by which you attack the traps through several sets/rep ranges and special exercises from different sports. Let's dive into each special exercise for each category.

Strongman

Strongman trap training is typically high volume, and will be performed on your volume day. This type of training is all about isometrics and time under tension. The thing about strongman training is that you are hitting your traps indirectly. You see, most of these movements are posterior chain and grip oriented, but in this case we are using them to stimulate trap growth. Although there aren't many movements in this program due to a lack of proper equipment, these few exercises will have a tremendous impact on your physique.

Dumbbell Farmer Walk

The dumbbell farmer walk will build your traps without you having to shrug. Traps thicken due to the weight of the dumbbell stretching them down, which forces new growth. By the way, this proves that weighted stretches do in fact work for muscle building. To execute the dumbbell farmer walk, just walk around with those dumbbells in your hands. Your hands are going to move all over the place, your grip is going to die, and your traps will be begging you to stop. If you want to make this more of a grip exercise, you can attach fat gripz to these.



Trap-Bar Farmer Walk

The trap-bar farmer walk is the most comfortable way of doing farmer walks. Your hands remain relatively stable, and you can pile on some very heavy weight. It's great for overloading.



Trap-Bar Deadlift

In strongman, we have what is known as the car deadlift. The way in which competitors lift the car is through using a trap bar setup of some sort. That being said, the trap bar deadlift is the style of pulling that was tailor-made for building traps. After all, the name of the exercise implies it! It uses a narrow hand placement that is neutral, which is pretty much the same thing you do in a dumbbell shrug.



Bodybuilding

Bodybuilding training is how the majority of lifters train their traps. Although it sounds like I dissed this method previously, I'm actually a big fan of it when it's combined with the other methods. Essentially, bodybuilding training is all about direct traps work, in addition to high volume. Thus, you do this on your volume day, although some of the exercises (which I'll specify) can be done on low volume days too.

Barbell Shrug

The barbell shrug is the most commonly used traps exercise of all time. Bodybuilders swear by it, and with good reason. You can squeeze your traps directly, while of course being able to use large amounts of weight. This exercise should be one of staple traps exercises. You can either use a close grip, medium grip, or snatch grip for these.



Trap-Bar Shrug

The trap-bar shrug is like the regular barbell shrug, but with a few differences. Number one, the handles are on the side of your body. This makes it easy to retract the scapula, thus making it more effective for squeezing the traps. With the regular barbell shrug, it's easy to neck bob and cheat the weight up, but with the trap bar deadlift you're really forced into perfect form. I would recommend it if you've detached yourself from ego, and want a regular good shrugging variation that is done with a barbell.



Dumbbell Shrug

The dumbbell shrug is the same as the trap bar shrug, but instead of holding onto a bar, it's a dumbbell instead. There's also one key difference, which is the fact that you can freely rotate and tilt your hands. This could be advantageous for squeezing the traps, and ensuring that you don't lose your grip.



Lilly Shrug

The Lilly shrug was invented by the infamous powerlifter, Brandon Lilly. It's essentially a combination of a Romanian deadlift and dumbbell shrug. With the dumbbells in your hand, you sit back until the dumbbells pass right below the knees, and then you power up and shrug. Excellent exercise for stretching and contracting the traps, while of course building your grip indirectly.



One Arm Dumbbell Shrug

The one arm dumbbell shrug is a very rare exercise, but it's so damn effective. This is because you can twist your body slightly, which allows you to shrug a little bit higher than normal. This extra range of motion and ability to "cheat" a little bit makes all the difference. In terms of doing this exercise, there are two ways. Either you do one side at a time, or you perform the exercise in an alternating fashion. I tend to lean towards the second option, and typically do this exercise for time intervals of 30-60 seconds.



Barbell Upright Row

The barbell upright row is a direct traps isolation exercise. Most guys recommend that you pull the bar as high as humanly possible while using a narrow grip, but I don't like that method simply because it puts far too much stress on the shoulder joints. As fantastic as this may be for developing the traps, the risks far outweigh the benefits. Therefore, we will modify this exercise by widening the grip, and pulling the bar no higher than the nipple line. This keeps your shoulders safe, while building the traps.



Dumbbell Upright Row

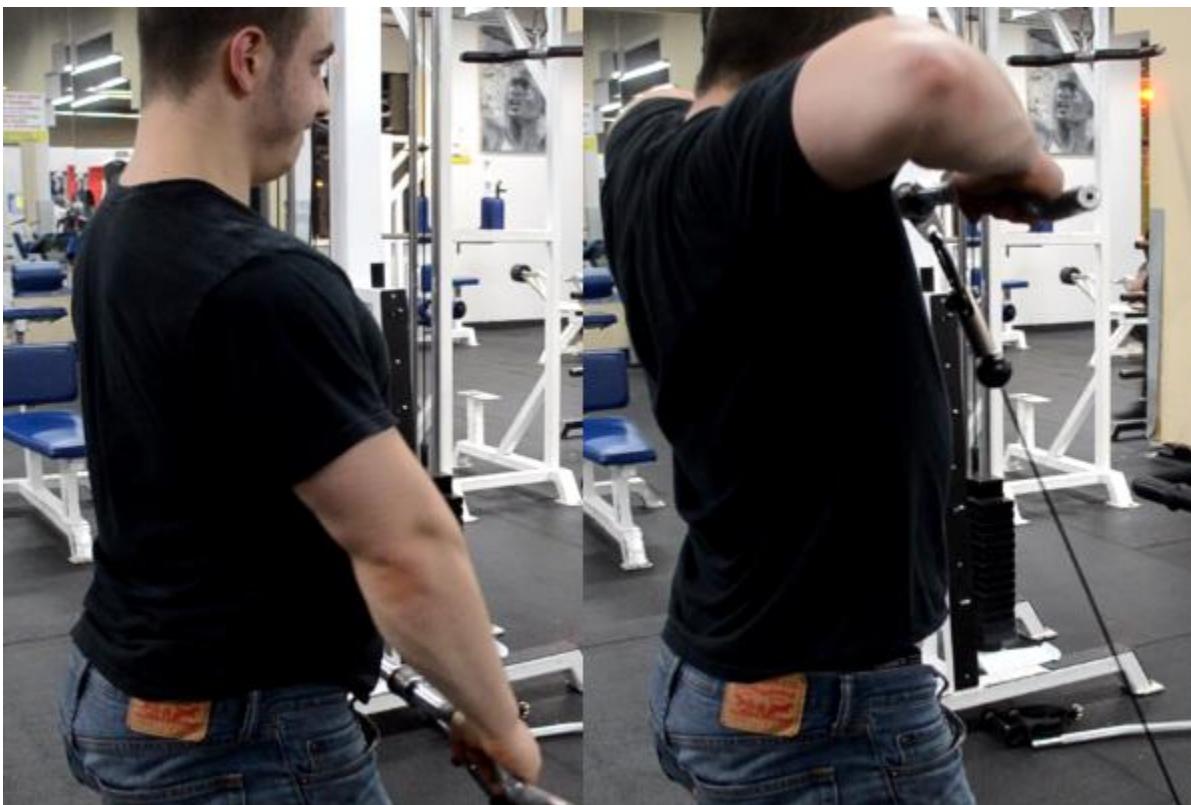
Unlike the barbell upright row, the dumbbell version is shoulder friendly. This is because you have full possession of hand rotation. Therefore, you can externally rotate your hands while pulling the dumbbell as high as you want, without compromising the shoulder's safety. Very good exercise for isolating the traps. If you want to take this movement a step further, perform it with one arm at a time, almost as if you were pulling a lawn mower.





Cable Upright Row

The cable upright row will be the exercise of your choice if you want more time under tension during upright rows. The weight is lighter at the bottom, and heavier at the top. This makes it easy to overload, while of course still squeezing the traps.





Incline Front Raise

The incline front raise has been proven by research to hit the traps to a significant degree. With your chest facing the incline bench, raise the barbell or dumbbell in front of you until it is even with your face, and then voila watch your traps explode right before your eyes.



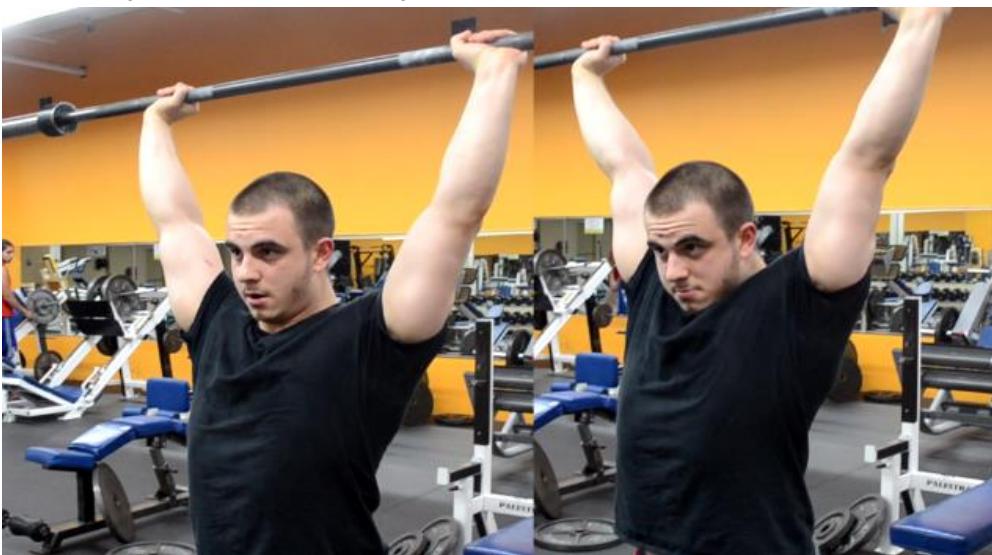
Calf Raise Shrug

The calf raise shrug is arguably the only way to legitimately isolate your traps. There is no assistance from other muscle groups. The weight is resting on your traps, and the traps raise the weight up. It's probably the best exercise out there for truly isolating traps.



Overhead Shrug

Finally, we have the overhead shrug. This is a unique way of building the traps, because the weight is over your head rather than below you. Due to having to stabilize the weight overhead, not only must your upper back isometric contract for the duration of the set, but your traps actually do two things. They stabilize the shoulders, and shrug. This is great for eliminating shoulder impingement while thickening the traps. I have hypermobile elbows, so this exercise is very difficult to do, but you should be fine.



Olympic Weightlifting

The Olympic Weightlifting strategy is very different from the others. It's fascinating, because Olympic Weightlifters have some of the best traps around, but their trap work is mostly indirect, and volume is extremely low. At the same time, there are only a few key movements to choose from. When you do these exercises, you'll be amazed at how sore your traps get the next day. During the workout, you will feel like you are wasting your time, but you will soon start to realize why Olympic Weightlifters have such insane trap development. In terms of programming, this form of training works best on low volume days.

Snatch Grip Deadlift

The snatch grip deadlift is usually considered a movement for Olympic Weightlifters, which is exactly why I selected it for this program. Why? Because these guys all have huge traps. The biomechanics of the movement is exceptional for loading the upper back and traps. Don't believe me? Widen your hands, and try squeezing your back muscles. You will feel a strong contraction in every single part of it. This is what the snatch grip deadlift does. It keeps you very tight, and thickens the hell out of that back. No other form of deadlifting can replicate the sensation of the snatch grip. The contraction is absolutely phenomenal.



High Pull/Power Upright Row

The high pull is like an upright row on steroids. It's seriously one of the best movements in existence for building monster traps. To perform, simply deadlift the weight off the floor and viciously upright row as high as you can. Obviously I am not discussing sound Olympic weightlifting technique, but this program is not designed for that purpose. You don't need flawless technique to build huge traps. Think of this movement as an upright row with leg drive. By the way, notice how my hands are clearly outside shoulder width. This is necessary for preventing shoulder impingement, which a lot of guys get from typical upright rowing movements.



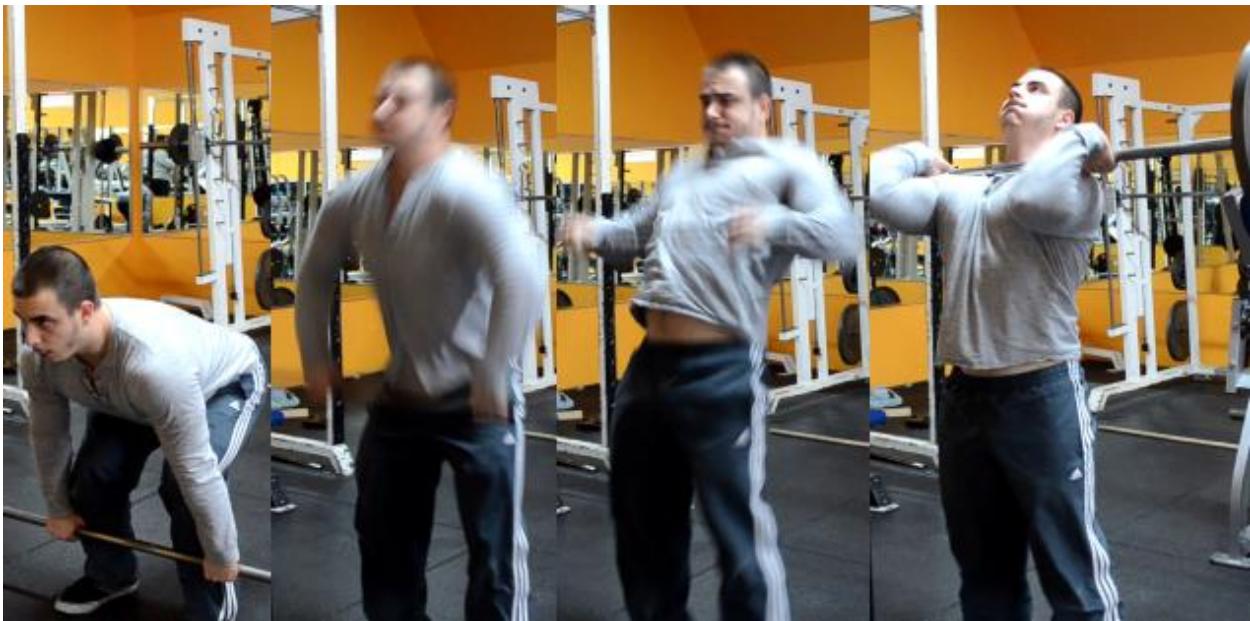
Power Shrug

The power shrug is exactly like a barbell shrug, except you are using tons of leg drive and explosiveness. Olympic weightlifters use it to help them clean, but you will use this movement to thicken up those traps. It's a great exercise because you can lift hundreds of pounds more than you can deadlift, and because the leg drive will allow you to shrug a weight that you would not be able to handle strictly. You thus overload the traps in a major way, which gets them massive. Either you do this off pins, or perform it in a hanging fashion.



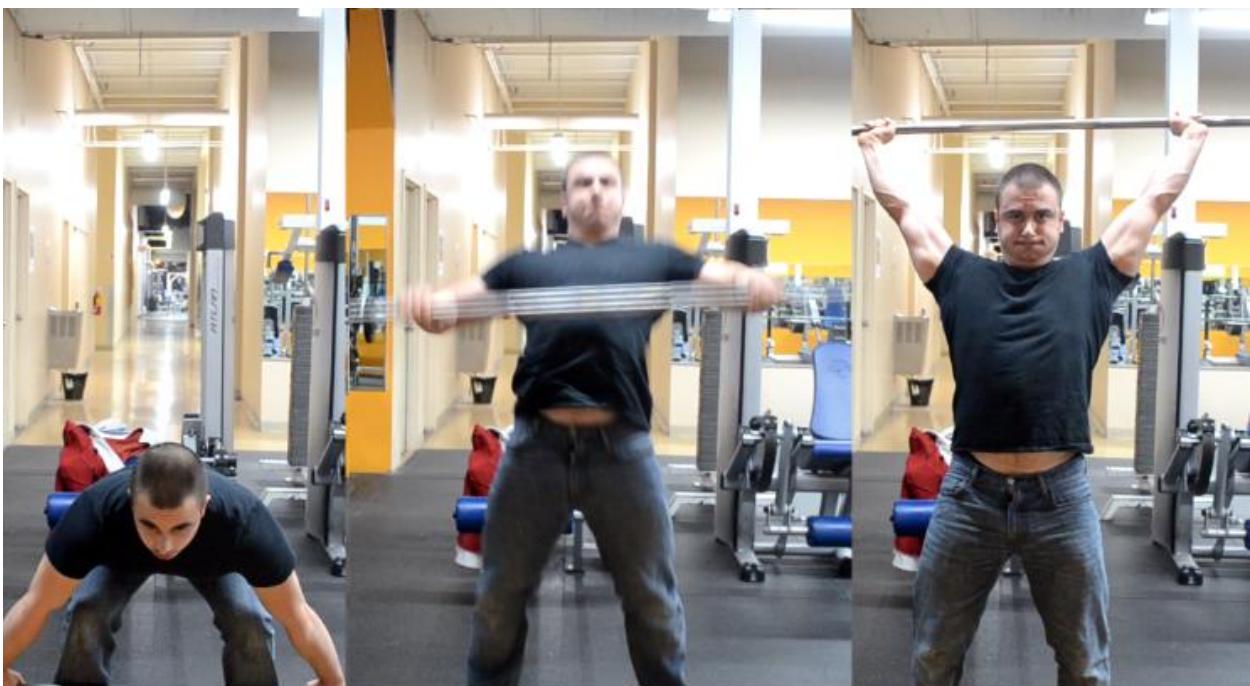
Power Clean

Even though the power clean is very technical, I included it in this program because it is nonetheless a godly trap builder. If you know how to do it the proper way, definitely do not skip out on this movement! Everyone who does these reports major DOMS in their traps the next day, even though they didn't feel them initially during the work. That's because the power clean uses the traps as a stabilizer, which in turn gets them jacked.



Power Snatch

The power snatch gives you the same benefits as a power clean. That being said, it also has the same negatives. That is, there is a technical requirement for executing the movement. Some say it's even more technical than the power clean. So if you can do this exercise, definitely give it a shot. If not, then there one alternative that you might like.



Dumbbell/Kettlebell Snatch

The snatch with dumbbells or kettlebells is great, because there is almost no technique involved. All you have to do is step inside the weight, and explode that shit off the floor. As for the benefits, they're pretty much the same as the barbell version. The sole difference is that you can't use that much weight, which is unfortunate but better than nothing. You can do this exercise one arm at a time, or with two arms.



Powerlifting

The powerlifter method of building big traps is very simple. Get as strong as humanly possible on deadlifts and rows, and the traps get big as a side effect. Since these movements would classify the legs and upper back section, you will only see the exercises there. In terms of programming, the volume is a combination of low and high. It can therefore be incorporated on both intensity and volume days.

Upper Back



Next up on the list of essential muscle groups is the upper back. Without having the 3D mountainous look, you will disappear from the side and back. You need all the muscles of the upper back to be thoroughly developed, especially if you want to accentuate your neck, traps, and shoulders. So here's how we're going to train the upper back. You will do lots and lots of rows. **Rows will be your new religion.** You'll do them with machines, cables, barbells, dumbbells, etc. You'll also perform lots of deadlift variations, which will further develop the upper back. In terms of vertical pulling, there will be some, but not much. We're really trying to get thickness at the top of your back, and not necessarily have the biggest lats. Although, they will get pretty big as a side effect as well, as all rows and deadlifts effectively target them.

Barbell Row

The barbell row is considered the king of rowing exercises. I'm a big fan of it because it effectively builds the lats, upper back, traps, and the posterior chain. It's probably one of the best mass builders of all time. Best part of all? You get direct carryover to your deadlift.

When performing this exercise, it's important pull in a straight vertical bar path, not diagonal (this will go for all rows), because not doing so creates an unnecessary moment arm (horizontal distance away from gravity) which compromises leverages for no good reason. At the same time, you will want to use the same back angle as your conventional deadlift. It should not be perfectly upright or horizontal. 45 degrees is perfect.



Pendley Row

The Pendley Row is similar to the regular barbell row, but with a few differences. For one, there is less stretching of the lats, because you are not letting your arms hang loosely at the bottom. Every rep restarts at the floor, with your back being perfectly horizontal. Therefore, this exercise is a power-based movement. It's pretty much concentric only (meaning less muscle soreness), and builds the upper back to a large extent. You also learn full body tightness due to the dead stop between each rep. This lift gives you immediate carryover to the deadlift.



T-Bar Row

There are different ways to perform the T-Bar Row. You can either do it the ghetto way by placing a barbell in the corner of the gym and using a handle attachment, or you can use one of those fancy machines that does the same thing. Either way will work, and I suggest experimenting with both. The key thing to know about the T-Bar row is that you will be slapping on very heavy weights and really overloading that back. The upper back thickness that you'll acquire from this movement is just phenomenal. It will be comparable to the results gained via barbell rowing.



Chest Supported Row

The chest supported row is another upper back mass builder. I'd say it's a hybrid between a standard barbell row and T-bar row. Range of motion will be very deep, but you will also have the capacity to lift very heavy. For an even deeper stretch, consider rounding your upper back at the bottom.



Dumbbell Row

The dumbbell row is a very good exercise specifically for stretching out the lats. Due to its unilateral nature, you can rotate your hands freely, therefore squeezing your back in a much better way than the barbell version. The benefit of this movement is that it's very low stress on the spine compared to other rows, and it's also amazing for building your lats and upper back alike. You can either pull the dumbbell low by the hip region to hit the lats more, or flare your elbows out and hit it at the chest level to effectively target the upper back.



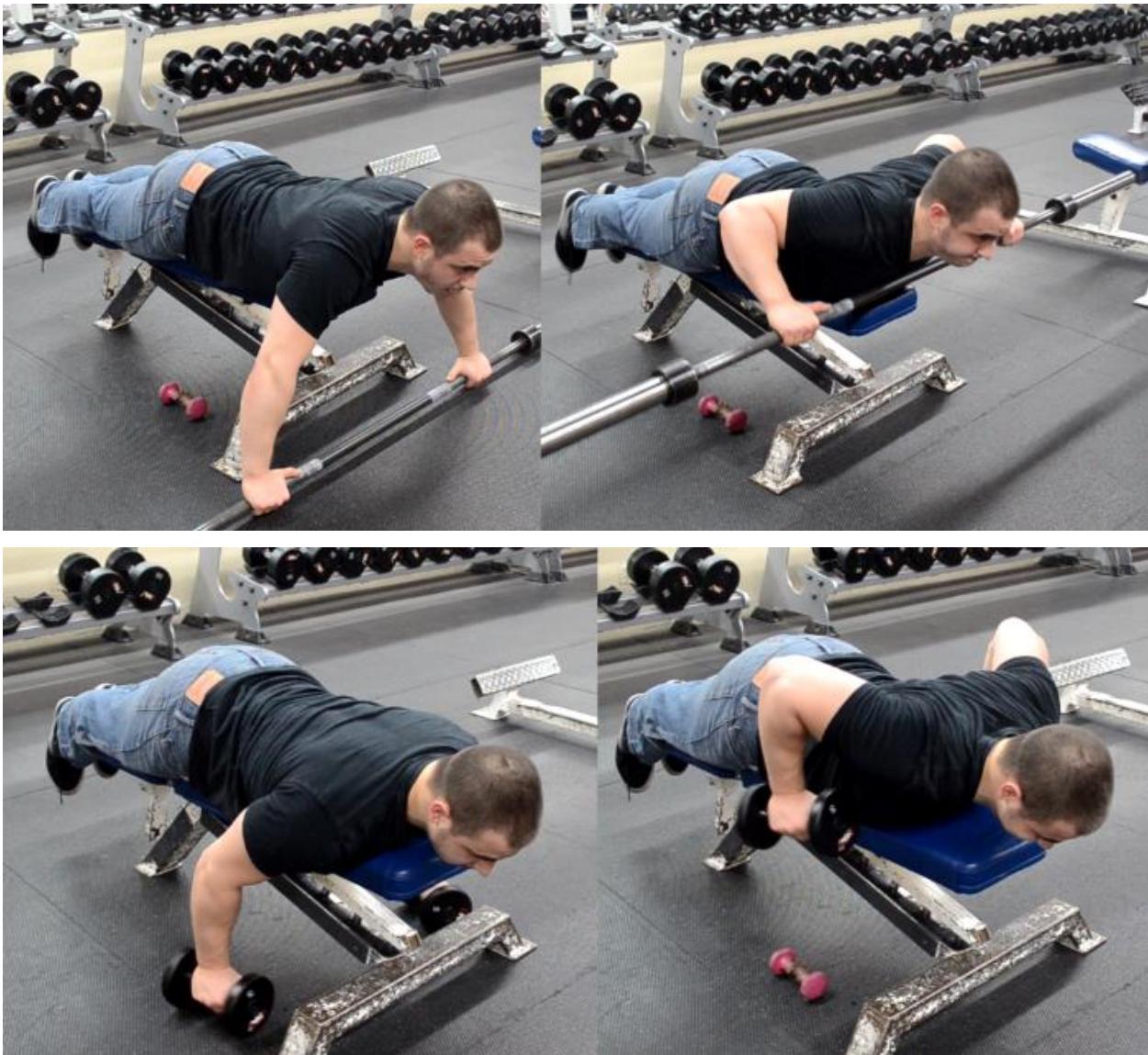
Dumbbell Penday Row

The dumbbell Penday Row is what I would classify as a very “functional” exercise. It’s unilateral, concentric-based, and gives you zero back pain. I would recommend this exercise only once you’re doing dumbbell rows with exceptionally heavy weights (+150lbs). This is because the dumbbell will be very bulky, and the stretch you get at the bottom will not be as good. Therefore, it’s better to relax the dumbbell on the floor between reps and treat it as an explosive exercise.



Seal Row

The seal row is an underrated exercise to the bodybuilding world, but to professional rowers it is nothing special. I first learned this exercise from studying Dr. Verkhoshansky's work in “Special Strength Training: A Manual for All Coaches”. All you do is lie down with your chest flat on a bench (elevated is preferable), and with a barbell underneath the bench you simply row it up. This is essentially an ultra-strict Penday row. You can also do these off a hyperextension machine if the bench is too close to the ground.



Kroc Row

There will come a time where you will get so strong that the dumbbells you have at the gym will no longer suffice. This is where the Kroc Row comes in. It's basically a dumbbell row, but performed very loosely with LOTS of body momentum for high reps. It's a great movement for conditioning the body and overloading your back. Consider using it if you're maxing out the heaviest dumbbells in your gym, or if you want some high volume in a fast amount of time (like on volume days).



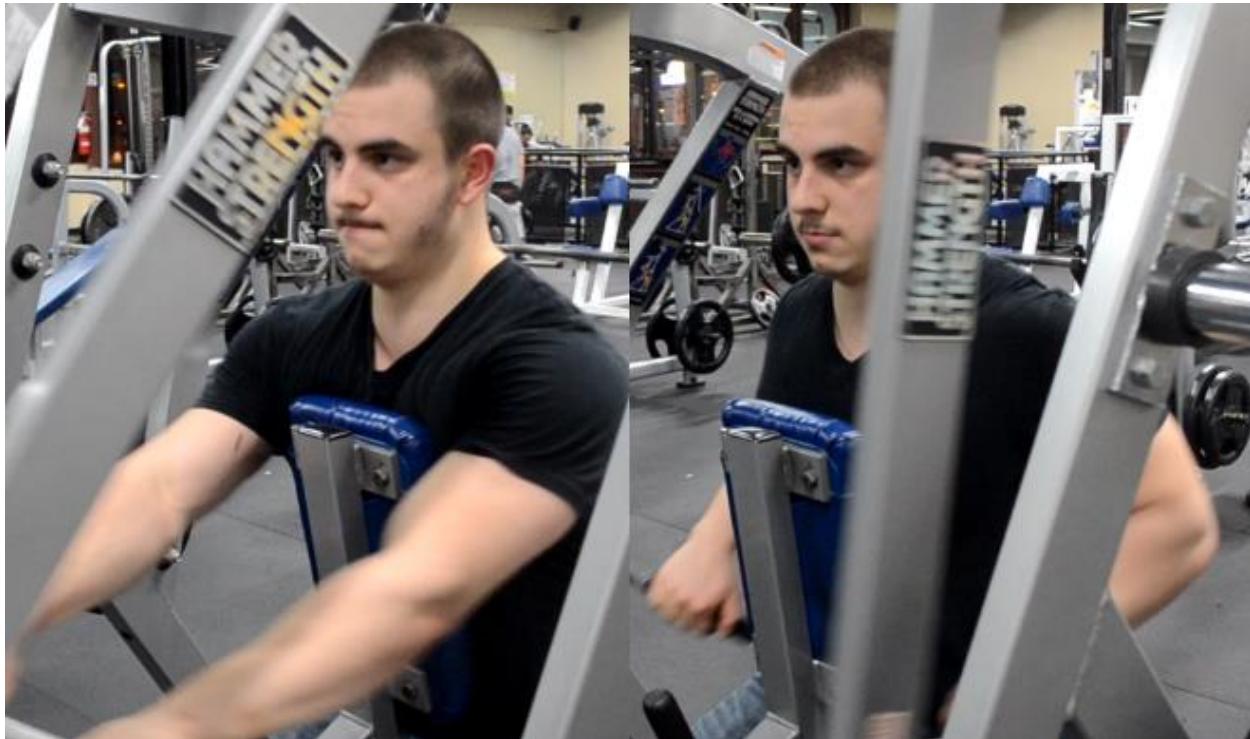
Inverted Row

The inverted row is like the horizontal version of a pullup. It builds relative strength, while allowing you to develop that upper back thickness. It also teaches tightness for all horizontal pushing exercises, which makes it priceless. For added resistance, I recommend stacking plates on your body, or attaching a band to the power rack. This movement feels really natural, and is lower back friendly.



Hammer Strength/Machine Row

The hammer strength row is similar to the dumbbell row, but this time you are pulling forward to backwards. You cannot replicate this movement pattern with free weights, because gravity operates up and down, horizontally. This is why I recommend the hammer strength version. Eric Spoto, previous world record holder of a 722lb raw bench press swears by this movement.



Cable Row

The cable row is exactly like a hammer strength row, except the strength curve is different. Cables accommodate the strength curve, similar to what bands would do. The weight will feel lighter at the bottom, and heavier at the top. Due to this reason, the cable row is a great time under tension exercise, and allows you to squeeze that back in all ranges of motion. You also get a deep stretch at the bottom, which builds your nicely builds your lats. I recommend using different grips every time you train this movement.



Plate Row

The plate row is a special strongman exercise. You stack up a bunch of 45lb plates (I recommend rubbers), bear hug it if thick, and begin rowing it to your chest. It really feels different from other rowing exercises, and you will be able to squeeze your back like no other. If the position is difficult to get into, then simply lay over a hyperextension machine and row.



Rack Pull

If there's one exercise you cannot skip out on, it's the rack pull. Due to the setup being higher than a regular deadlift, you remove much of the posterior chain, and place all the pressure on the upper back and traps. This exercise alone is enough to get you naturally enhanced provided that you get strong at it. And the best part? You can lift around 10% more weight than your deadlift, which is HUGE in terms of overloading the desired muscle groups. The day after you do these (hell, even minutes later) your upper back will be throbbing in good pain. You can do these below the knee or at the knee if you want to build bottom deadlift strength, but if you want a pure upper back mass builder then do these above the knee. I also recommend doing rack pulls with bands for extra overload at the top. Obviously, all variations are recommended but your individual weaknesses must be assessed.





Block Pull

The block pull is pretty much the same thing as a rack pull, but instead of pulling out of a rack or pins, you pull off blocks. It's pretty straightforward. For a lot of guys, this will be easier on recovery, because pulling off blocks feels better than pulling off the floor. Unlike the rack pull where the pins absorb all the energy and you have to restart from ground zero, the block pull keeps you in motion for the entire set. If you want even more upper back, use a snatch grip.





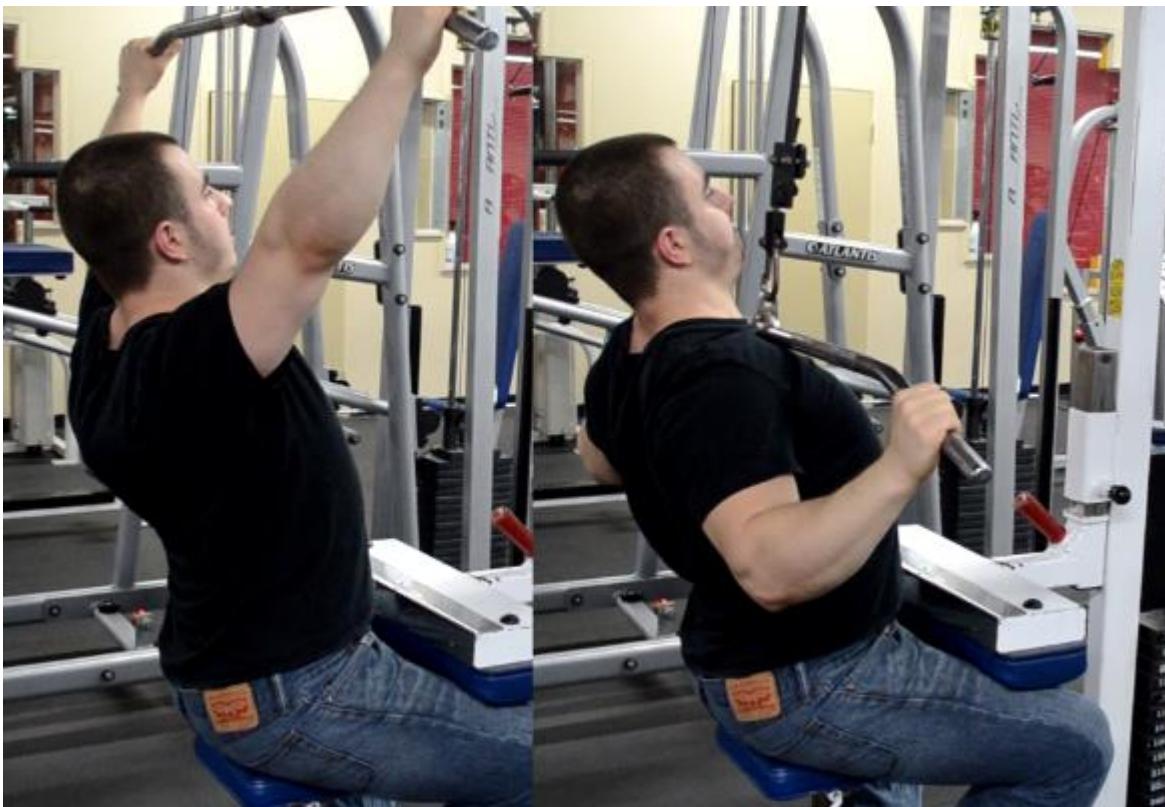
Wide Grip Weighted Pullup

Although the wide grip weighted pullup is a vertical pull (typically associated with lat training even though that's a myth), it is an excellent upper back builder. Bodybuilders used to do this exercise for building their lats, even though the very nature of the movement is upper-back specific. If you wanted to effectively work your lats from vertical pulls, using a narrow grip would be the smarter choice, as Vince Gironda demonstrated. Wide grip vertical pulling will build thickness more than width. That's why I recommend this exercise, even though it's a vertical pull.



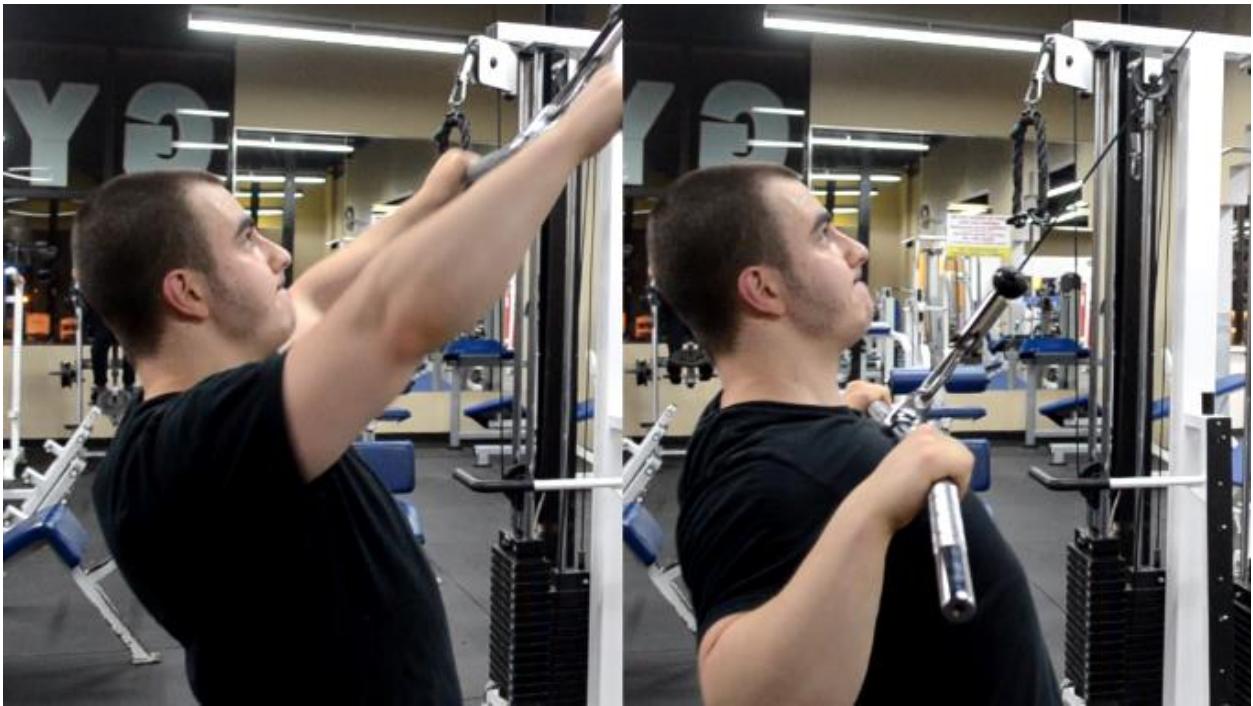
Wide Grip Lat Pulldown

The wide grip lat pulldown follows the same premises as the wide grip weighted pullup. The only difference is that you are pulling the weight to you, rather than pulling yourself up. For guys who lack relative strength or are too fat to do weighted pullups, this exercise might be a better choice. Muscle-wise, the gains you acquire won't be that much different from the pullups. I recommend doing both for optimal performance. You can use a pronated grip or neutral grip for these.

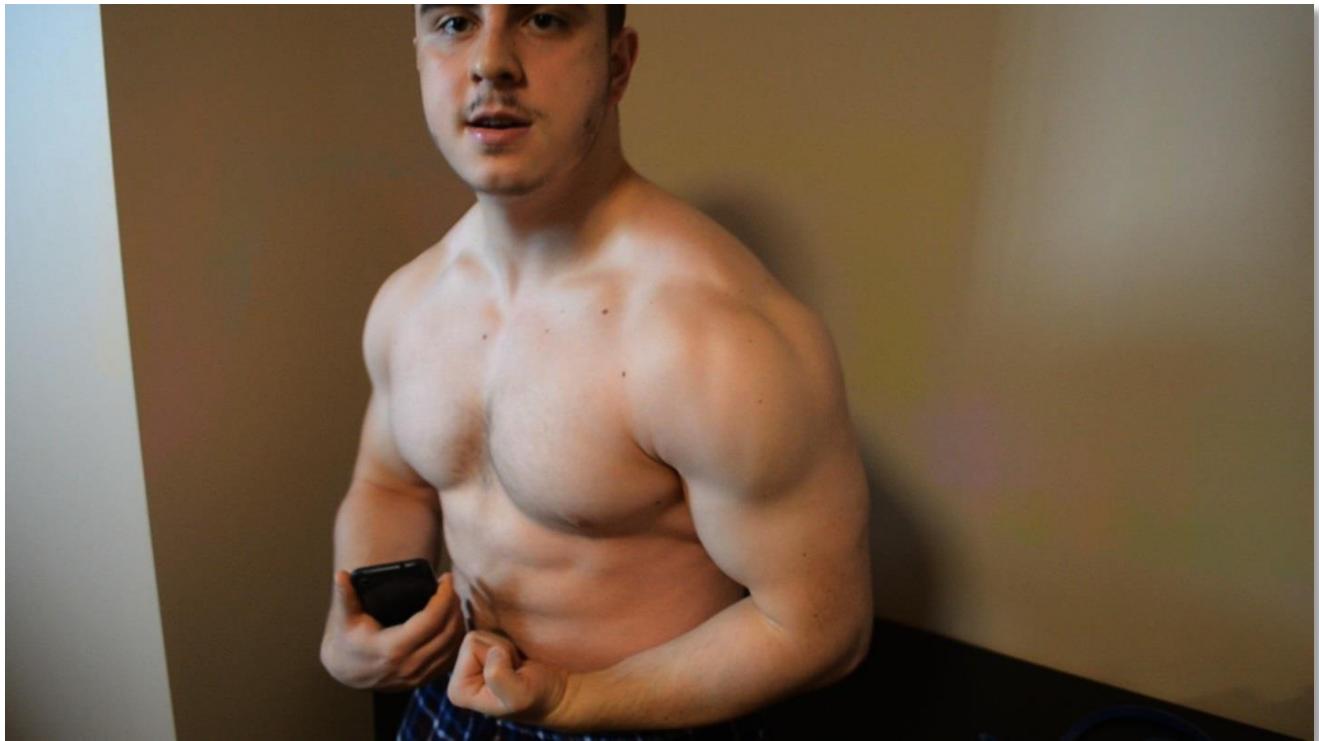


Standing Lat Pulldown

Finally, we have the standing lat pulldown, which is a very unique exercise. It cuts range of motion dramatically, but still allows you to touch your chest. This allows you to overload your upper back with lat pulldowns, while of course being very specific towards overhead pressing tightness. At the same time, you pull diagonal rather than straight up and down, which is how your lat muscle fibers are oriented.



Shoulders



Let us now discuss shoulders. Just like the traps, we have few androgen receptors in this region. It's why so many naturals complain about not having that 3D separated look. Shoulders are very difficult to develop! That's why in this program, vertical presses are the name of the game. We will get strong at every overhead pressing variation in existence, in addition to using the most effective isolation exercises. What we're trying to do is achieve maximum development in the front, side, and rear delt. Once general strength is present, you will have boulder shoulders and 3D delts, which the majority of naturals will never have in their life.

Standing Overhead Press

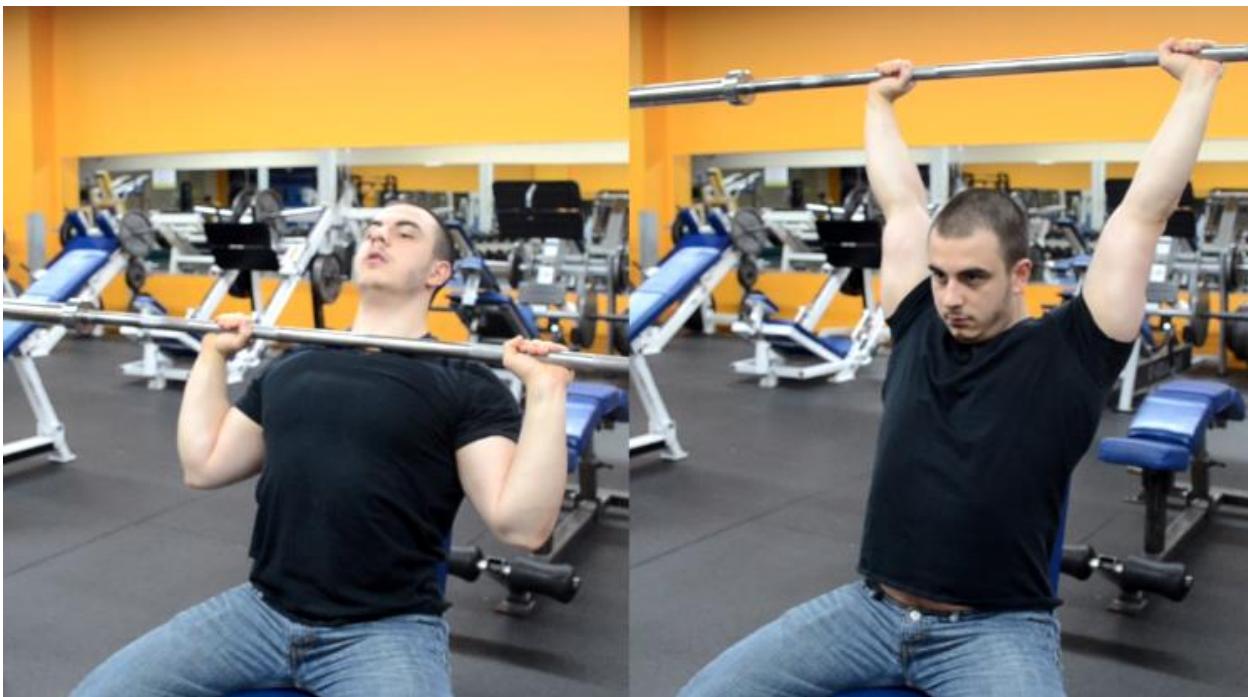
The standing overhead press is a true testament of vertical pushing strength. It develops the shoulders exactly how the bench press would build the pecs. It also teaches you full body tightness, engages the lats, and identifies any muscle or mobility weaknesses. The key feature of this lift is that you start from a dead stop, exactly like a deadlift. I would treat this exercise like your competition lift for shoulders.



Seated Overhead Press

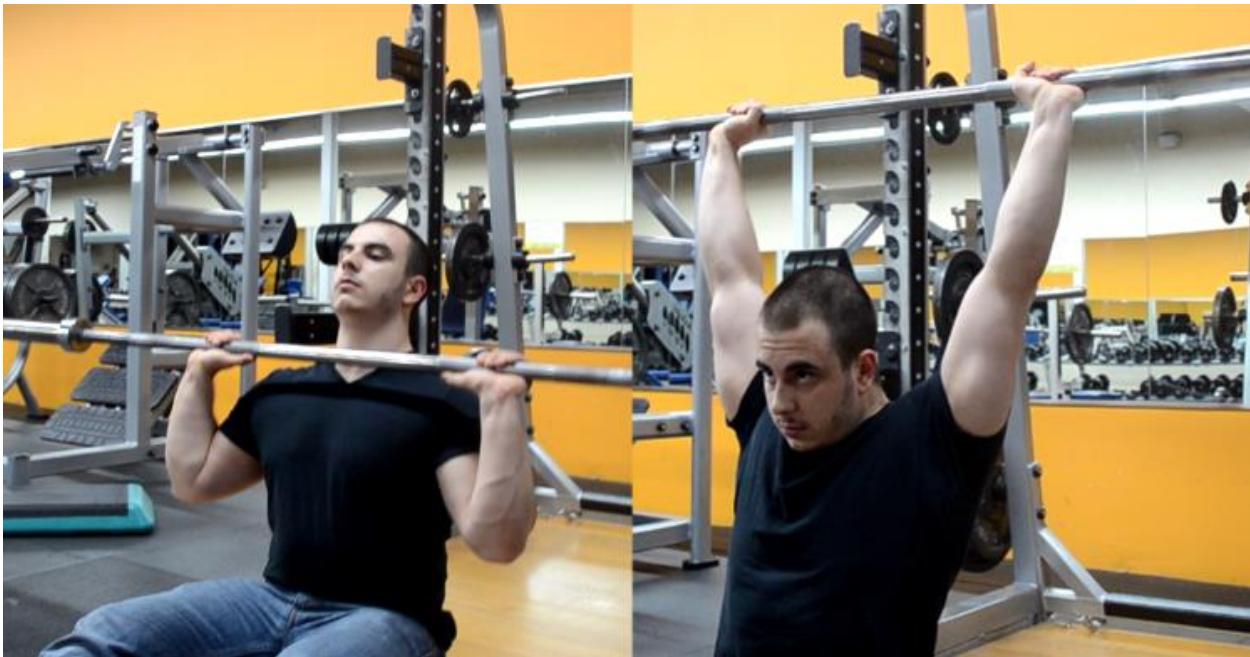
The seated overhead press is similar to the standing version, except it changes a few things. Firstly, you start with the eccentric, and end with the concentric, which is not what happens during the standing version. This induces a powerful stretch reflex at the bottom, which can make it easy to lift more weight than the standing version. Secondly, the pressing mechanics

are slightly different, as your body does not need to stabilize the weight. This can either make the movement stricter, or slightly easier.



Floor Overhead Press

The floor overhead press is not a common exercise, but it's a genius movement. Instead of sitting on a bench and having your back support the load, you are instead sitting on the floor. Therefore, there is NO stability whatsoever, and your legs cannot help you. This is the ultimate test of strict overhead pressing strength and overall pressing mobility. It also builds the upper back in a tremendous way, as you will soon see.



Z Press

The Z Press was invented by the strongman Zydrunas Savickas who has overhead pressed over 500lbs. With stats like that, this exercise has to be good! The Z Press is essentially the same thing as a floor overhead press, but instead of pressing off the chest, you set pins at the chest-neck level. The pins absorb the energy, which forces you to re-explode off a true dead stop every single time. It's a very challenging exercise, and the weight you use will be far less than your standard overhead press.



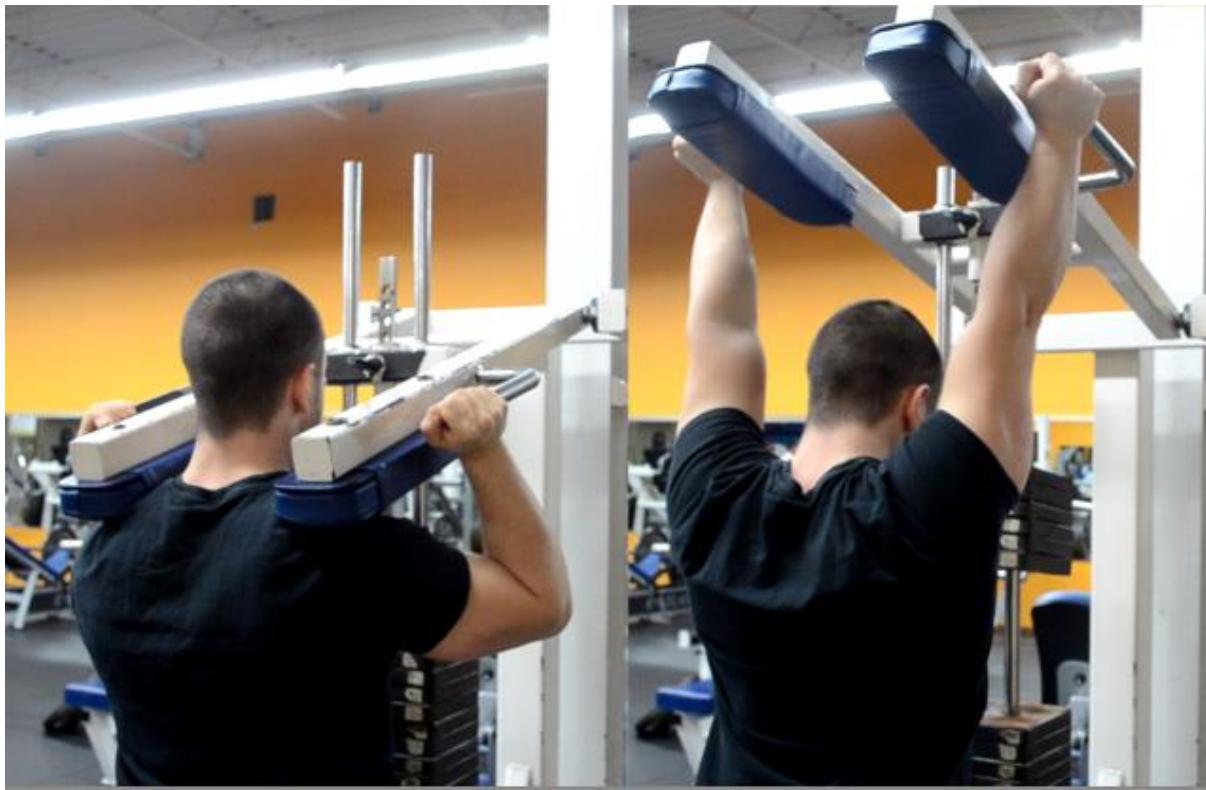
Overhead Pin Press

This exercise is almost identical to the Z Press, but instead of setting the pins to neck/chest level, they are higher up on the head. This will help overload the overhead press and eliminate sticking points at the top of the lift. You'll be amazed at how much weight you'll have in your hands. I recommend using different grips and modifying the pin height according to your own weaknesses.



Viking Press

The Viking press is simply amazing. It's a vertical press done in a neutral fashion. This changes the leverages slightly by attacking rear and side a bit better, and builds your upper back in a major way. You can either use a calf raise/other machine to do the presses, or perform regular overhead presses with a football bar.



Behind The Neck Press

The behind the neck press is a godly shoulder builder. It actually stimulates the rear and side delts more than front pressing, in addition to strengthening the upper traps. I would consider it the best mass builder of all time for the shoulders. The only flaw to this exercise is that you require exceptional mobility to safely perform it. If you lack the thoracic/shoulder mobility, stay away from this exercise. However, if your mobility is in check, definitely do not skip out on this movement. It will develop your shoulders like no other. You can do these with a close grip, medium grip, or wide grip. Figure out what feels comfortable for your build.



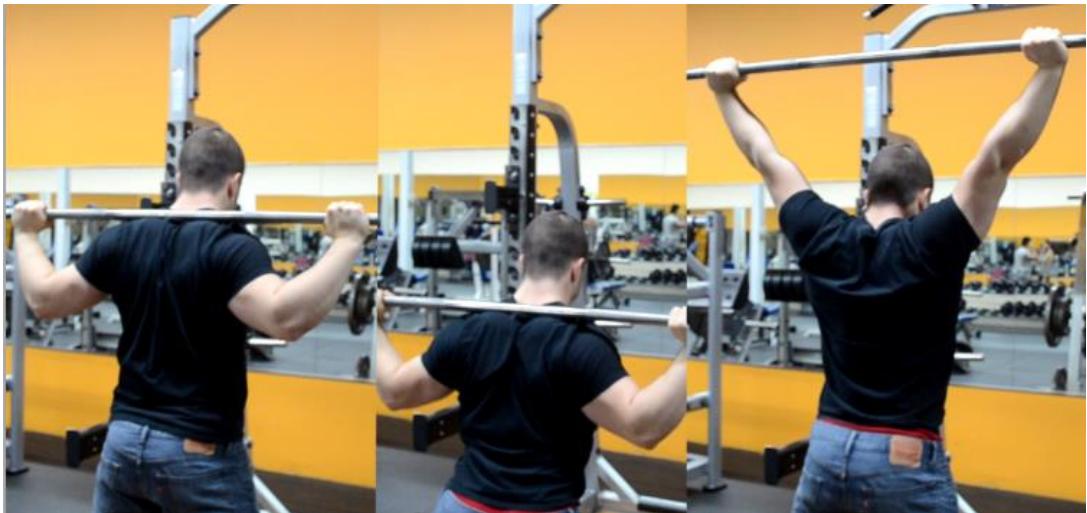
Push Press

The push press is a standard press with leg drive. It teaches whole body explosiveness because the whole kinetic chain is coordinated, and simultaneously builds tremendous lockout strength. You also overload the entire upper body for handling heavy weights, which makes it easier to strict press once you go back to it. If you want to make this an even more explosive exercise, do this with bands (reduces bar deceleration).



Behind The Neck Push Press

This is a very tough exercise which combines the behind the neck press and push press into one movement. The benefit is that you skip out the bottom range of motion which is where the injuries usually occur, but you still develop all heads of the deltoids in an equal fashion while strengthening the lockout portion of the lift and upper back.



Clean and Press

The clean and press is a combination of a power clean and standing press. This exercise will build massive traps and shoulders simultaneously. The fact that you are pre-fatigued from the power clean makes this a very strenuous movement. I like using low reps on these. If you want an even greater challenge, do these with a thick bar.



Dumbbell Shoulder Press

The dumbbell shoulder press is a standard bodybuilding exercise. It allows you to get a deep range of motion, and gives you the benefit of rotating your hands freely. There's also a stabilization factor, which is great. You can do this sitting down, or standing (which is much harder). I also recommend that you keep your elbows in, rather than out, for this is safer on your shoulders and builds incredible vertical pushing strength.



One Arm Shoulder Press

The one arm shoulder press gives you the same benefits as the standard shoulder press, except now you are focusing on each side separately. This requires great stabilization. You can either do this exercise one arm at a time, or perform it in an alternating fashion.



Circus Press

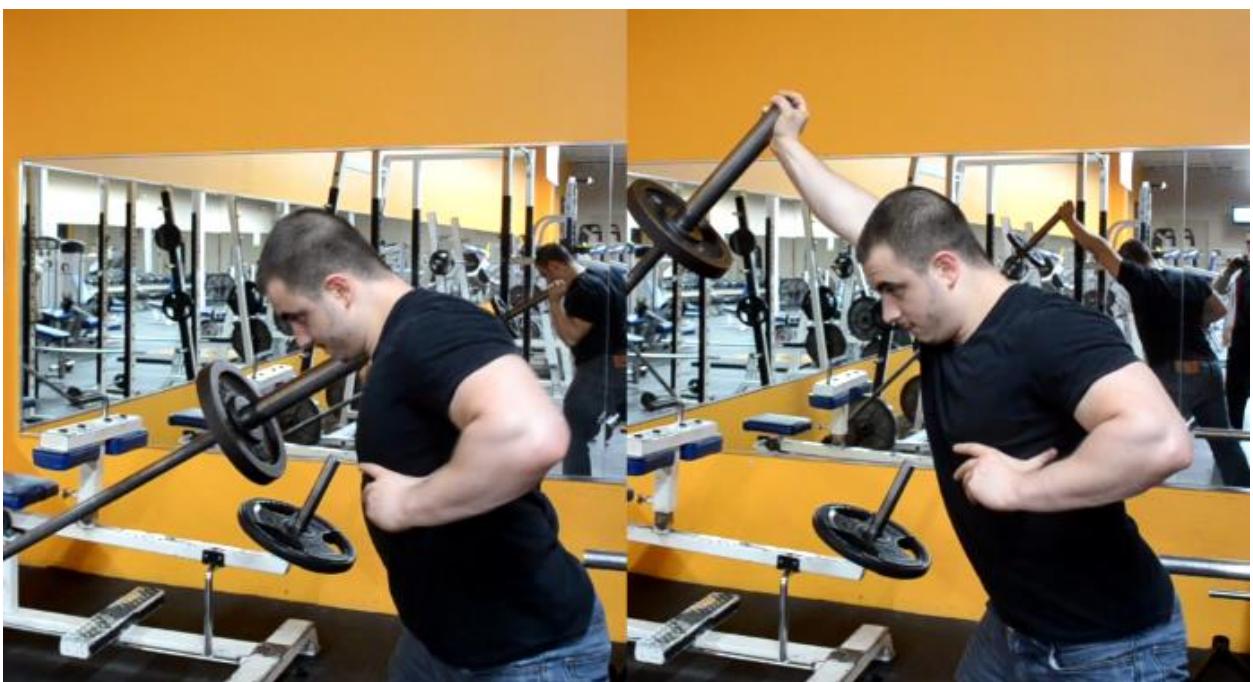
The circus press is one of those old school strongman exercises. You clean a dumbbell to your shoulder with one arm, and then push press it. This really builds explosiveness and stability, because you are push pressing the weight in a unilateral fashion.



Landmine Press

The landmine press is like the pushing version of a T-bar row. Using the same setup (bar in corner or apparatus), you grab the sleeve of the barbell with your hands, and press it over your head. It will feel like a close grip incline bench press done overhead, with some extra back stimulation in there. It may look weird, but trust me it works. If you want to make this exercise more challenging, you can do it kneeling instead of standing, and/or do it with one arm at a time.







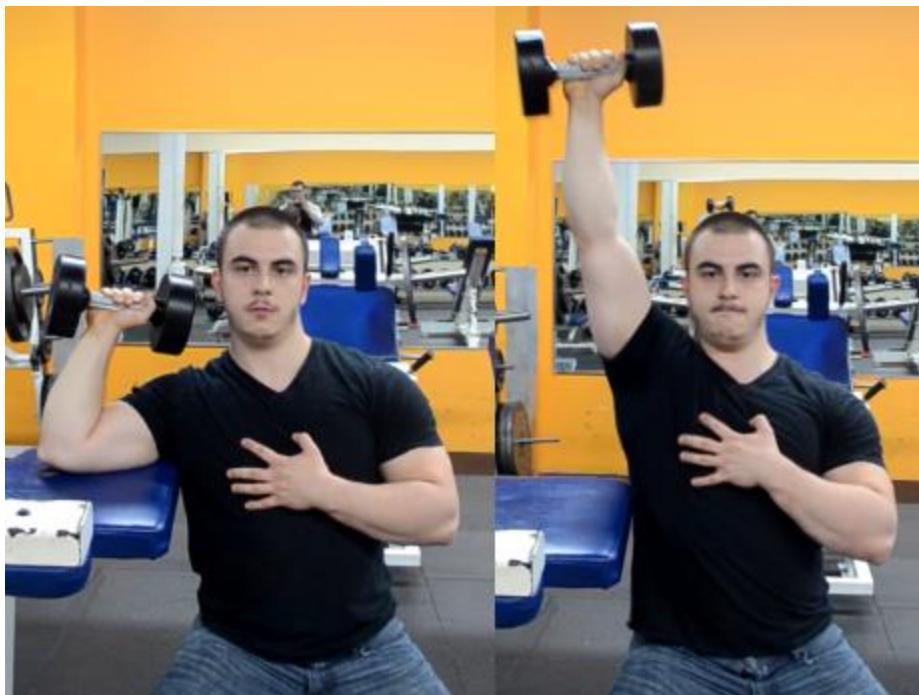
Bradford Press

The Bradford press combines the standing press and the behind the neck press into one movement. This way, you get the best of both worlds. Simply press to the front, then alternate it to the back. Then you press back to the front, and repeat. It should feel synchronized when you do this, not broken up into two different exercises.



Block Press

The block press is probably the least common overhead pressing variation of all time (I think I invented it), even though it's a damn good strength builder. Simply put, it's a floor press done overhead. This breaks up the eccentric/concentric chain, which builds explosive power and reversal strength. This carries over extremely well to all forms of overhead pressing. This movement can be done with dumbbells and barbells, either standing, sitting, or kneeling. It can also be done with two hands! If you have access to training blocks like crossfitters, this exercise will become one of your staples.



Accessory Shoulders

Now that we've covered the main vertical presses, it's time to discuss the isolation movements. These exercises are necessary for optimal shoulder strength and muscular development. I've selected only the best, and I promise that these will assist you in all pressing exercises.

Crucifix Holds

The crucifix hold is the most brutal shoulder isolation exercise that you will ever perform in your entire life. You'll feel like a little girl when doing these namely because the weight will be rather light, but the pain is so overwhelming. This exercise feels like someone is stabbing your shoulders for long periods of time. It's an isometric exercise designed to build the rear and side delts equally. Strongmen love this exercise, and you will too. I recommend holding the pose for 30-60 seconds. You can use dumbbells or other objects such as sledgehammers and water buckets.



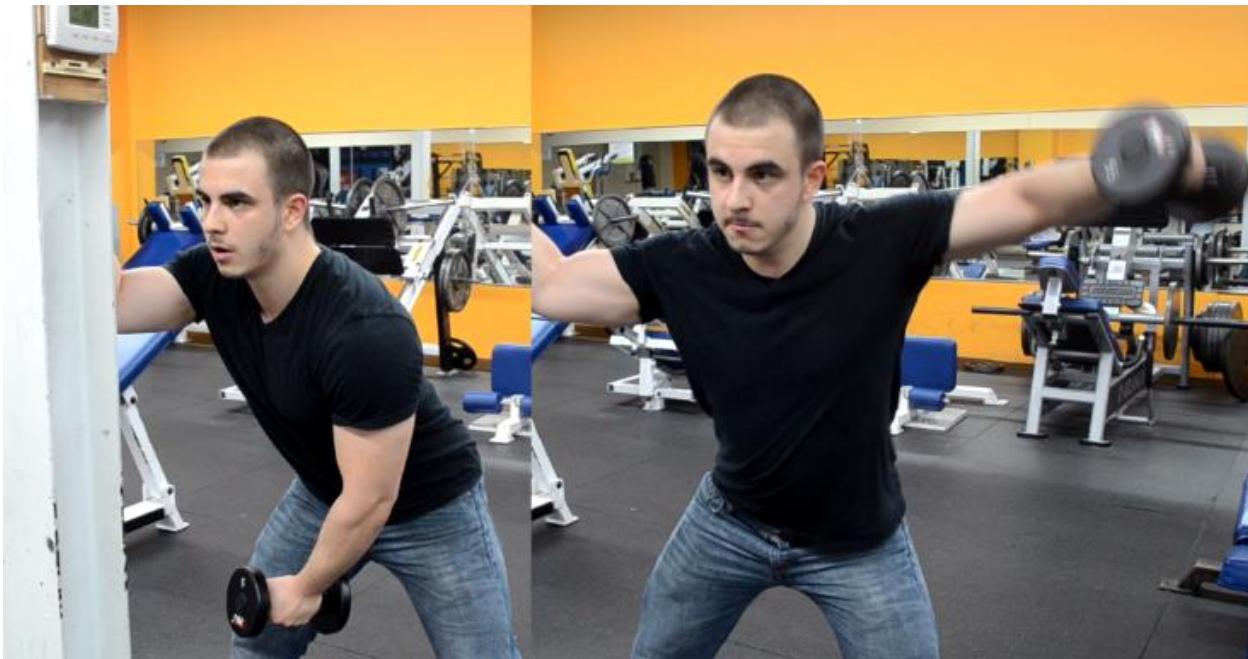
Dumbbell Side Raises

The dumbbell side raise is a must-do exercise for anyone who wants 3D delts. To perform, bend over to around 45 degrees, and externally rotate your hands while raising your arms outwards. I don't want any of that "pouring water" shit. All you do is internally rotate your shoulders, which creates impingement and injuries over time. Do the exercise the way I described it, and you'll be fine.



Power Side Raise

The power side raise is the same as the standard side raise, except this time you are using leg drive and performing the exercise with one arm at a time. This cheating allows you to overload your side delts, which is something that many people don't do. By going this heavy, strict side raising becomes easy, and the shoulders get mad big.



Cable/Band Side Raise

If you want more time under tension, then the cable/band side raise is for you. It's a great exercise because the weight will be lighter at the bottom, and heavier at the top. This allows for perfect form (no cheating) while simultaneously overloading the shoulders. It's similar to the power side raise in this respect.



Rear Delt Raise

The rear delt raise will build those rear delts in a major way, which not only enhances the 3D delt appearance, but also keeps you injury-free. What you do is bend over to around 90 degrees, and raise your arms sideways. You should feel a nice squeeze at the top.



Reverse Pec Deck

People like to use the pec deck for building a bigger chest, but did you know that you can also use it for building bigger rear deltoids? Just flip your body around, and do the exercise in reverse! This will be the most comfortable rear delt exercise that you'll ever do in your entire life. It's super strict, and the contraction is great!



Scarecrows

Want an exercise that builds power, mobility, and the rear/side delt equally? Enter the scarecrow. While standing in a cable station (or with bands), grab the left cable with your right arm and the right cable with your left arm (forming an X) and lengthen out your arms together until you form an “abundance pose”. You can either do this exercise for reps, or treat it like an isometric exercise done for time.



Front Raise

Although the front deltoids get tons of stimulation from all the pressing we do, it never hurts to isolate them. Isolating this region can give us a slight edge, which is always good. To perform the front raise, just raise a dumbbell or barbell in front of your body until it's even with your face.



Plate Raise

The plate raise is exactly like the front raise, but you are holding a plate in your hand. This can either be a 5lb, 10lb, 25lb, 35lb, 45lb, 100lb, or stack of plates. Either lift the plate until it's even with your face, or raise it all the way to the sky. Both methods will effectively build your front deltoids.



Face Pulls

Finally, we get to my favorite shoulder isolation exercise of all time, the face pull. This exercise is like a row to your face, which strengthens the rotator cuffs, rear deltoids, and side deltoids. Your upper traps get some nice stimulation in there too. To execute the face pull, either use a cable machine or bands. I prefer bands as the contraction feels better, and because it's easier to modify the resistance. I use a variety of band tensions, and change the way I do this exercise all the time. Sometimes I will pull behind the head, and other times I'll pull to the forehead or throat. All methods will work wonders for sculpting those shoulders.



Extra Press

Although the main goal of this program is to develop that enhanced shoulder appearance, it is still necessary to include additional exercises besides vertical presses. These movements are supplemental, and seek to aid in improving overhead pressing strength by developing the shoulders and triceps to their full capacity.

Incline Bench Press

The incline bench press is probably the closest exercise you're going to get to an overhead press. Getting strong at this single movement has extremely high carryover, because the muscles used are identical, and the joint angles are rather similar. I would not be shy of incorporating this exercise on a frequent basis. You can do these paused or touch and go, and modify the grip width as much as you like. Adding bands and chains will also challenge you in a major way.



Incline Dumbbell Bench Press

If you love incline pressing, then try it with dumbbells. You will get a deeper range of motion than a barbell, and have the stability aspect in there. To make this exercise even more badass, wrap a band around your back and start pressing.



Close Grip Bench Press

The close grip bench press will build very strong shoulders and triceps. It must be performed in a touch and go fashion, and never paused. More significantly, you cannot use a wide grip on these. Remember, you are not a powerlifter or bodybuilder. The close grip bench press

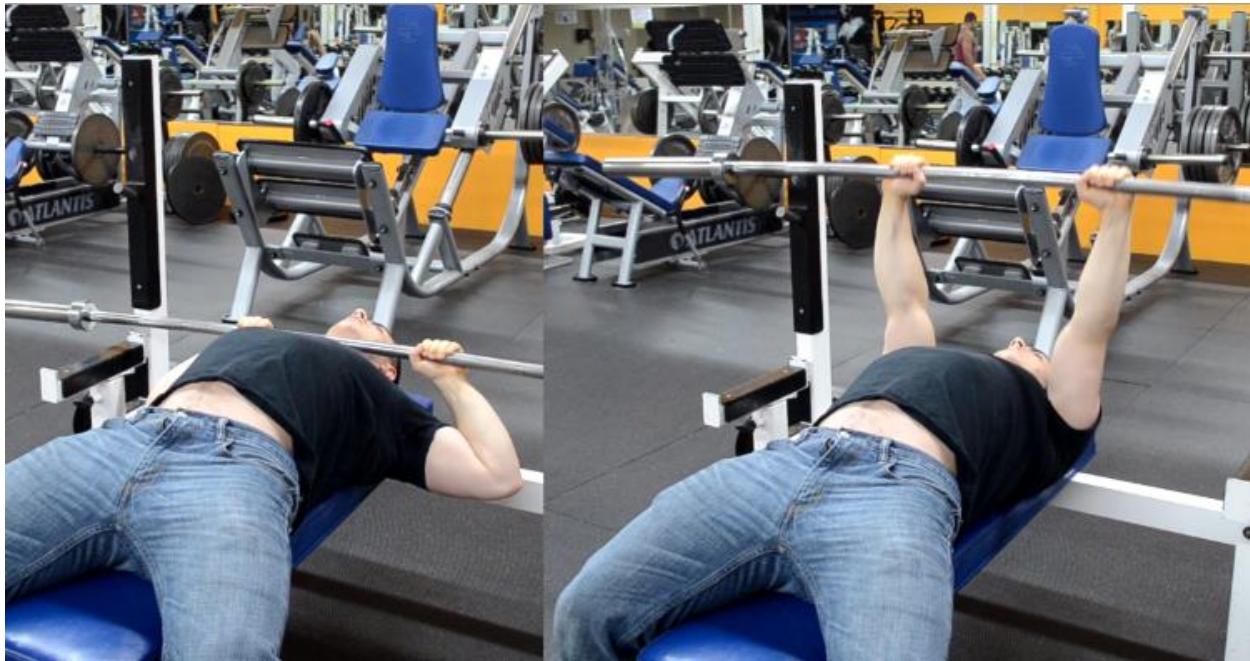
is being used strictly as an assistance movement for building the overhead press. That being said, if you want even more shoulders and triceps in there, you can always attach bands or chains to the barbell. This will make the weight astronomically harder at the top (which builds lockout strength) and create bar shakiness which further attacks those shoulders.



Guillotine Close Grip Bench Press

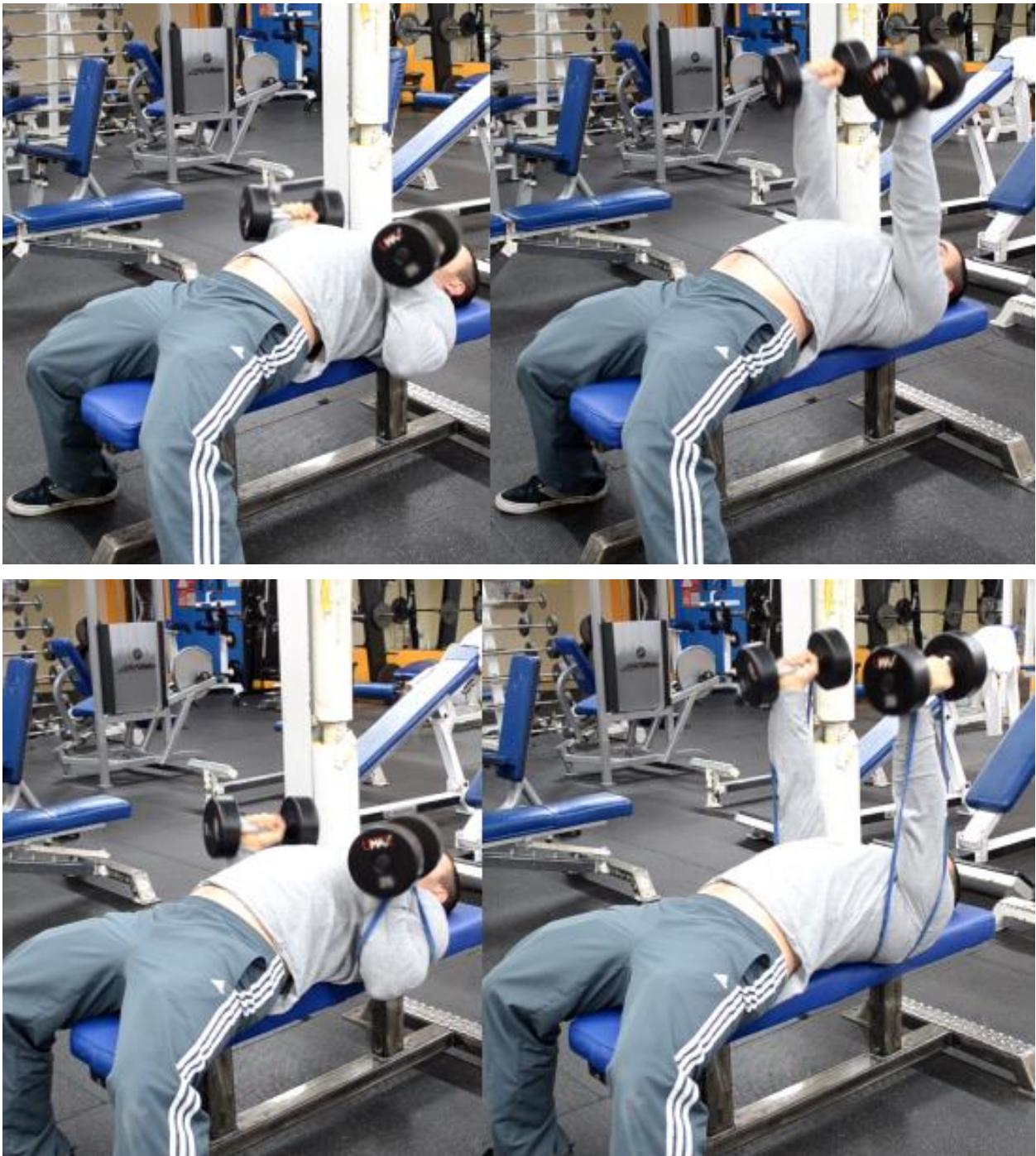
If you want a variation of the close grip bench press, try it out in a guillotine style. That is, flare your elbows out completely to the side, and bring the bar down to your NECK. Please be aware that this can be very dangerous, and that if you plan on going this route that you

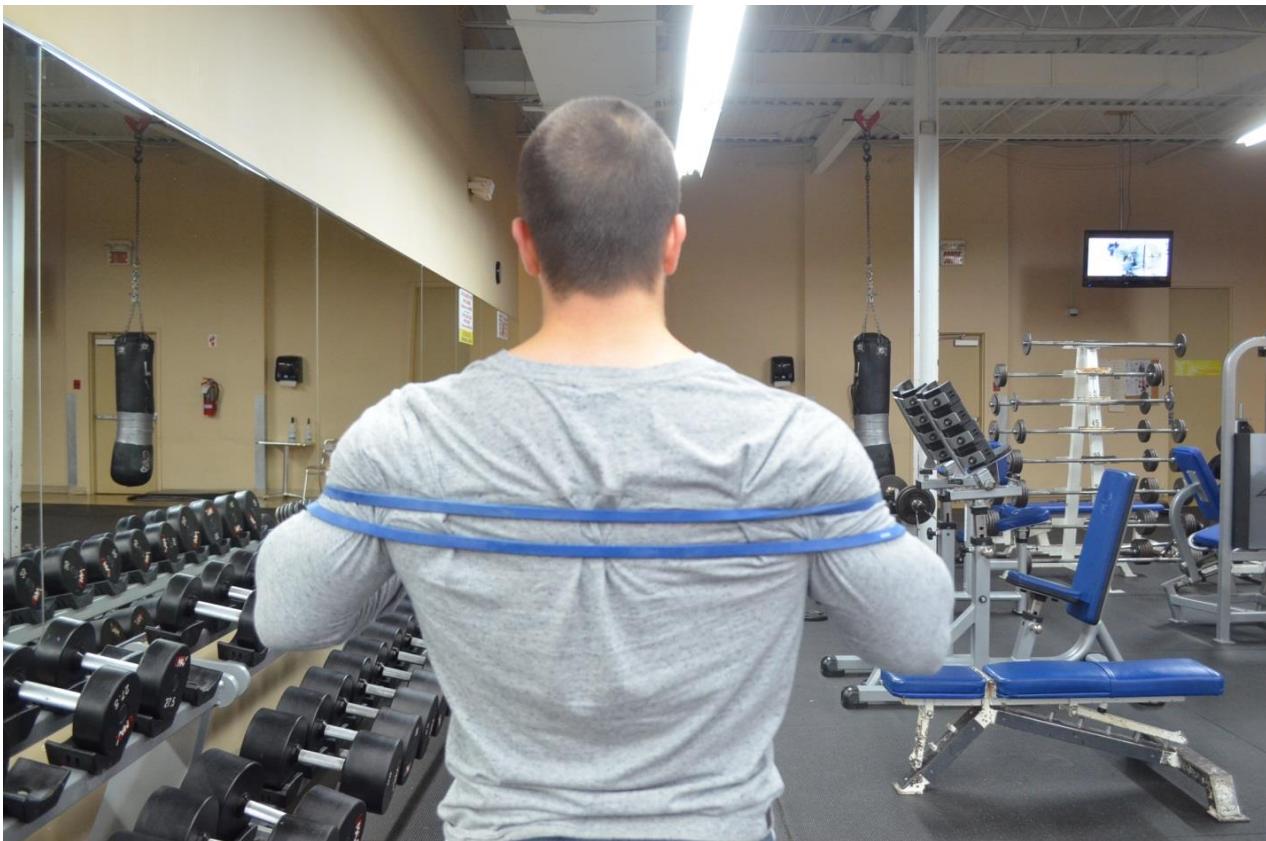
always set pins at the neck level (incase) and use moderate weights. I also take no responsibility if something goes wrong. You have been warned.



Neutral Grip Dumbbell Press

This exercise is the same as the standard close grip bench press, but done with dumbbells instead. The elbows remain fully tucked in by the sides, making the triceps and shoulders do all the work. This is not bodybuilding, and we are not trying to get much pec involvement so make sure not to flare.





Close Grip Floor Press

The close grip floor press is great for strengthening overhead pressing strength, because it's a partial rep. This takes tension off the chest, and puts it on the shoulders and triceps. Due to it being a relaxed overcome by a dynamic, it will help build explosiveness. To make this exercise even more beneficial, throw some chains on the barbell sleeves.



Weighted Dips

Weighted dips have been considered to be one of the best upper body exercises of all time, especially when mixed with overhead pressing. The only issue, however, is that this exercise can put a lot of strain on the AC joint and rotator cuffs. Even if you happen to be very mobile, if you do not have the bone structure to support the demands of this exercise, you will have to dismiss it without question. Unfortunately, there's only about $\frac{1}{4}$ people who can safely do this movement without wrecking their shoulders or cracking their sternum. So if you're the lucky $\frac{1}{4}$ th, then I would DEFINITELY incorporate this exercise. It will carry over to every upper body exercise in existence. By the way, the machine version of this exercise is also good.



Triceps

Pretty much all direct triceps work comes in the form of extensions. They are absolutely essential for maximizing lockout strength on any pushing motion. In particular, extensions

will strengthen the medial head of the triceps, which is right around the elbow. Furthermore, when you use shoulder extension principles, the long head of the triceps will also be recruited, which aids in developing that well sized arm without flexing.

By the way, if you get elbow pain from these, don't worry because in a few months that issue will no longer exist. Remember those mini-home workouts? They will cure any elbow tendinitis that you may have, and allow you to perform extensions with little to no elbow pain. Trust me, I know. I have hypermobile elbows and for the longest time I could not do ANY form of extensions (Even the low stress versions) without experiencing significant pain in the elbows. Once I started doing band pushdowns on a consistent basis, the connective tissue hypertrophied, and since then I've not had any elbow pain. You'll find the same thing to be true for you, so don't worry about it. If problems still persist, I recommend warming up more thoroughly. Before moving onto a working set, hit 1-2 warmup sets for reps of 10-20. This will really lubricate those elbows. In terms of the exercises you're about to see, the angles remain the same, but the loading principles change. You can and should do these movements with dumbbells, barbells, machines, cables, bands, etc. Be creative!

Overhead Extension





Flat Extensions



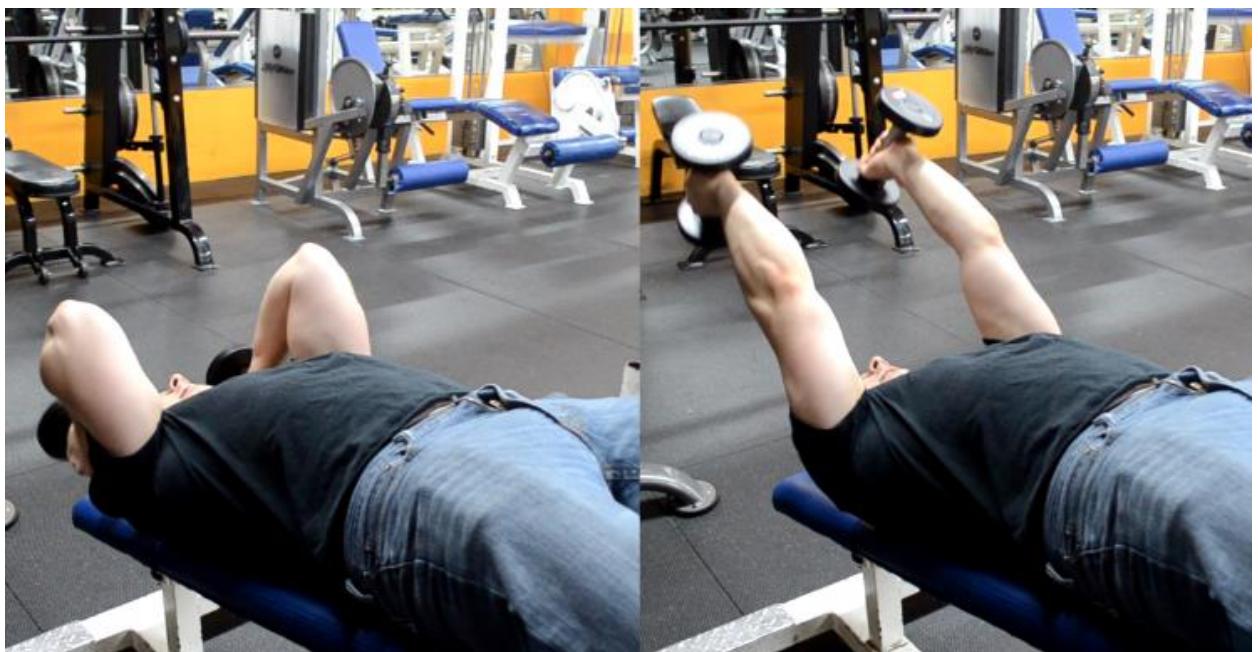


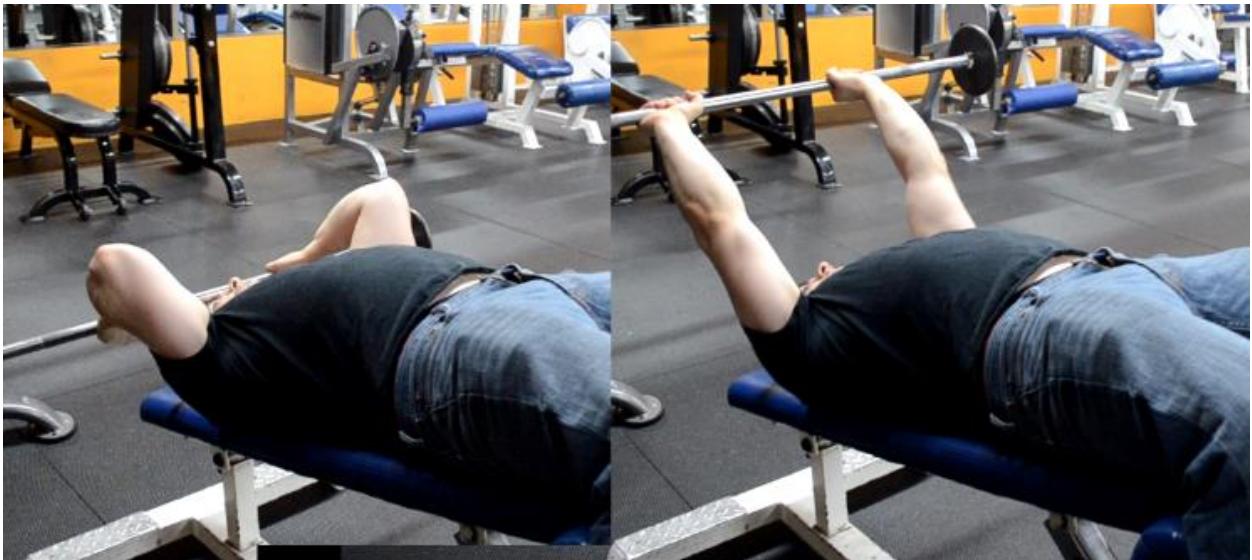
Incline Extensions





Decline Extensions



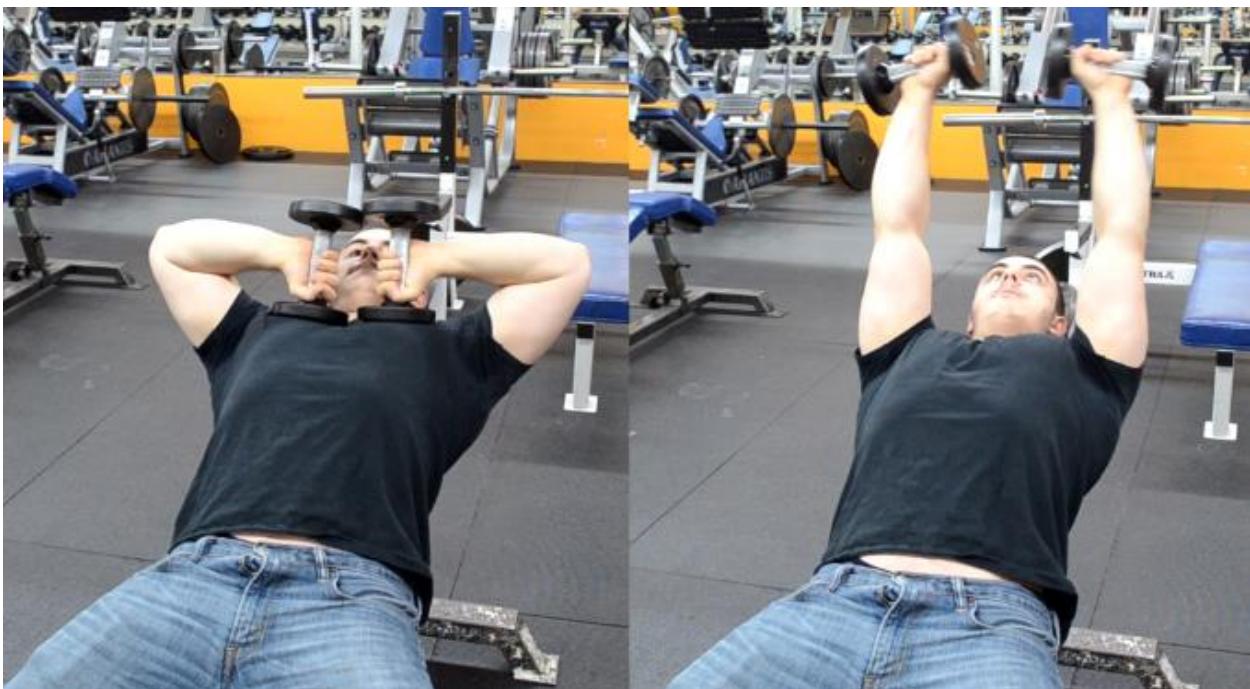


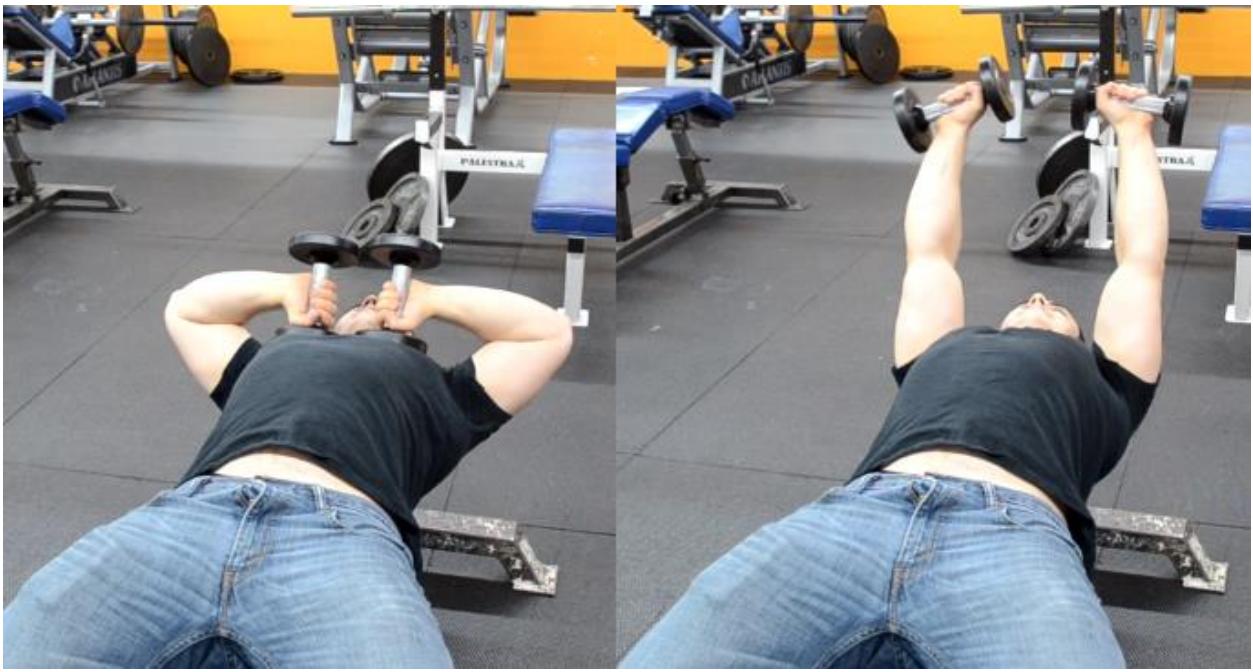
Floor Extensions



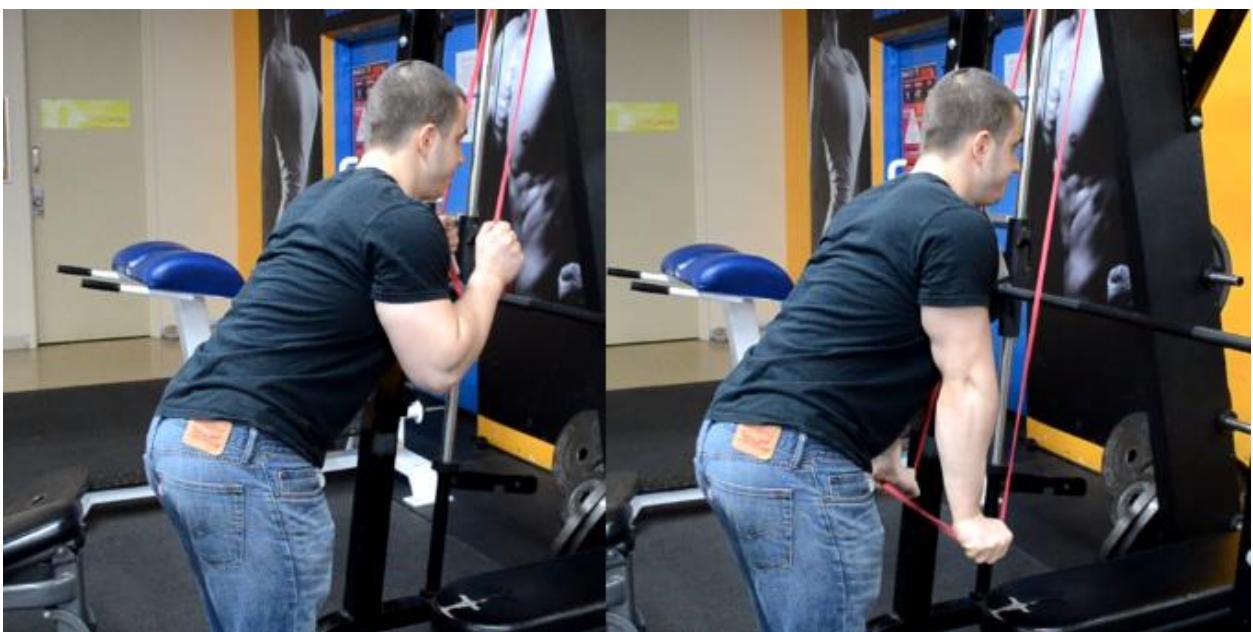


Elbows-Out Extensions





Triceps Pushdown





Lower Body

We cannot forget about legs, right? I mentioned earlier how having large glutes was the main objective. This is because glutes add that three-dimensional pop to your frame, and instantly make you look bigger. **For this reason, we don't have to do much leg work because all the deadlifting variations that you perform will ensure optimal posterior chain development.** Of course, I will still show you more variations and assistance work, but nonetheless you are building up your legs mainly from deadlifting. Remember, this is not a bodybuilding or powerlifting program. Thus, there will be no leg pressing, hack squats, pistol squats, leg extensions, high bar/low bar squats free squats, or anything else that tends to build the quads. Besides, with a strong posterior chain, you will never have knee pain. Most guys hammer their quads like no tomorrow, but end up having a distorted quad/hamstring strength ratio. In this program, you will have the precise opposite ratio, by which your hamstrings will greatly overpower your quads. In this way, you will NEVER have knee pain ever again, and leg soreness will be much more manageable. The only exception, however, is that we will be doing Zercher squats and front squats, because they effectively target the

upper back, and act as a perfect assistance movement for the deadlift. They also prevent muscular imbalances from arising, which is excellent. For core, all the exercises will be specific towards improving the squat/deadlift.

Zercher Squat

The Zercher squat is the jack of all trades squat. It teaches upper back tightness, how to sit back, and how to spread your knees apart. It also hammers your core like no other, and builds pain tolerance due to the load being in the crease of your forearms. This should be your number one squatting choice. Either perform it from a dead stop off pins like a deadlift (more specific) or treat it like a squatting exercise with full range of motion. Either way, it builds the necessary posterior chain and upper back strength for deadlifts and rows.



Front Squat

The front squat is the same as the Zercher squat, except this time the weight is high on your shoulders instead of the crease of your forearms. It differs from the Zercher squat because it requires more thoracic and wrist mobility, and changes the biomechanics of the squat slightly. Always use a clean grip, and never a cross-arm grip because otherwise your

shoulders will get wrecked over time, and you will be masking your mobility issue. However, if your anthropometry is really bad, simply attach wrist straps to the bar, and front squat by grabbing onto them. You'll find that getting strong at front squats immediately carries over to your deadlift.



High Bar Box Squat

In this program, I don't want you doing free high bar squats. This will involve too much quad, which is not what we're trying to build. If you want to do high bar squats, perform them off a parallel/below parallel box. Also ensure that you sit ALL the way back, and widen your stance. There should be little to no knee extension. This method of squatting is superior than free squats for building the posterior chain and has much better carryover to deadlifts due to breaking up the eccentric and concentric chain. It's also extremely knee-friendly, and super easy to recover from even with accommodating resistance added (which you should use 100%)



Conventional Deadlift

The conventional deadlift accomplishes exactly the goals of this program. That is, it builds all the posterior chain and upper back in a major way. That's why it's highly recommend that you perform this movement, in addition to its variations. All deadlifting will pack on mass to our frame in all the right places, which is simply amazing.



Sumo Deadlift

If you have lower back pain/herniated disks or very short arms like myself, then sumo deadlifts may be a better option for you. Your glutes will still get more than enough stimulation. The only drawback is that you'll get less spinal erector in there, which shouldn't be an issue considering the high exercise selection in this program.



Deficit Deadlift

The deficit deadlift will build the bottom strength of your deadlift, and allows you to get more leg drive. The range of motion is longer, and the demand for mobility is much greater. Typically speaking, if you improve your deficit deadlift strength, your conventional deadlift goes up automatically.



Stiff-legged deadlift

The stiff-legged deadlift is a deadlift done with bad form. However, the bad form is intentional rather than accidental. You are pulling with your back while using shittier leverages. By getting strong in this weakened position, you can bet that the standard deadlift will be far easier.



Deficit Stiff-legged Deadlift

The deficit stiff-legged deadlift takes the stiff-legged deadlift to a whole new level. You are now pulling with bad leverages, and with much greater range of motion without leg drive. It's probably the hardest way to pull a weight off the floor, making it a great strength builder. Just be careful on these, as many backs have been pulled in this position.



Romanian Deadlift

The Romanian deadlift is the only version that's focused on the negative. You start at the top and descend the bar by sitting back and keeping your lower back tight. Then, right before the plates hit the floor, you rebound through using the stretch reflex in your hamstrings. In this way, you are training the negative, while developing the posterior chain. Always use perfect form on these, and utilize straps if necessary.



Good Morning

The good morning is phenomenal for building the posterior chain. It follows the same movement pattern as a deadlift, except the bar is on your back rather than in your hands. Simply bend over by sitting back, and then pop back up. If you want to get more specific towards building the deadlift, you can do good mornings off pins or suspended chains. I also recommend that you modify your stance every time you train these. Mix in close, medium, and wide stances for optimal performance gain.



Accessory Lower

Now that we've covered the main leg/posterior chain exercises, it's time to discuss the accessory movements. These exercises will further develop the posterior chain, while ensuring that no muscle weaknesses are developed. Too many people neglect their lower backs and abs, which causes them to get injured and develop nagging pains. Doing direct work for these areas fixes this issue.

Glute Bridge

If your glutes are really lagging, then the glute bridge will be your exercise of choice. It's one of the few movements where you can actually thrust and squeeze your ass cheeks directly. This movement will make your ass a lot bigger, and help with your deadlift lockout.



Full Glute Ham Raise

The glute ham raise is a classic accessory lift for strength athletes. Using a machine, you lower your body down, and then explode by leg curling your bodyweight. The vast majority of lifters cannot even perform one repetition of these, so you may have difficulties performing this exercise initially. As a matter of fact, starting off with just negatives might be what you need. Over time, once you are decently strong with your bodyweight, consider adding plates or bands for extra resistance.



Hyperextension

The hyperextension is like a glute ham raise, except you aren't leg curing your body back up. All you are doing is extending your back. This exercise hits the spinal erectors directly, which will keep you nice and safe from all the pulling in this program. It also builds your deadlift lockout strength. You can use barbells on the floor/back, plates, and bands for this exercise.



Reverse Hyperextension

The reverse hyperextension is like a regular hyperextension, but instead of banding your torso, you are moving your legs behind you. The very nature of this exercise tractions the spine by rotating the sacrum while opening the disks and allowing spinal fluid to enter. It also isolates the glutes and hamstrings in a tremendous way. In other words, the reverse hyperextension is both as restoration and muscle/strength builder. You get stronger while aiding in the recovery, which is a rare combination. This is probably the best assistance movement you can do for your lower body. It's the one that I used the most in my training, and I'd advise you to do the same. Now if you don't have access to a proper machine, you can lie over a flat object and do the exercise manually. For resistance, add bands to your body, or hold a dumbbell in between your feet.



Reverse Lunge

The reverse lunge is superior to the standard lunge for the simple fact that there is less knee extension. You are stretching out your back leg as far as you can, which allows you to get a deep stretch in your glutes and hamstrings. Standard lunges can be very quad dominant for a lot of guys, and often times cause knee pain. The reverse lunge fixes all these issues. The first time you do this exercise, you'll be sore as a motherfucker, and are GUARANTEED to have trouble walking. You can do this with barbells, dumbbells, or chains.



Sled Pull

If you have access to a sled, I would definitely make use of it. Walking forward and backwards with that heavy weight dragging will once more build all the posterior chain. You pull with your heels, and take long steps. When doing this exercise, you can either walk for long periods of time using a light weight, or do short distances with a very heavy weight. If you really want to do this exercise, but don't have the equipment, then you can always attach some mountain rope to a used tire, and do sled pulls that way. You can also power walk on a treadmill with a high incline while holding dumbbells, wearing ankle weights, or attaching a band behind you.



Weighted Crunch

Want a thick, blocky six pack? The weighted crunch will accomplish this. You'll have that impressive strongman core, which will be hard as steel and allow you to train beltless 100% the time. To do this exercise, hold a plate behind your head, and crunch. If you can do a 45lb plate for 20+ reps, chances are you can squat 500lbs. If you can do 90lbs for 20+ reps, you probably have the core strength to handle a 700lb squat.



Standing Cable Crunch

The standing cable crunch is the most specific ab exercise for squatting and deadlifting. You are standing, using the valsalva maneuver, and mimicking the torso bend. Getting strong at this one movement will satisfy any deficiencies in core strength. It's the preferred ab exercise for this program.



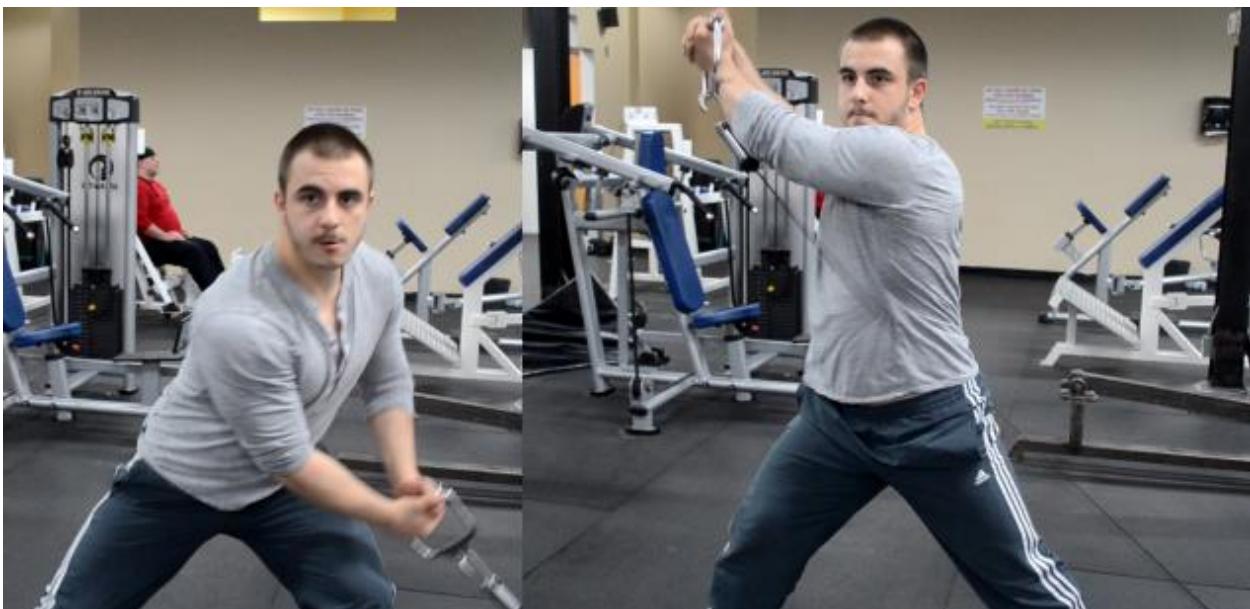
Band Twist

If you want a solid oblique exercise, embark the band twist. Attach a band to a power rack, and then twist your hips sideways. For more resistance, walk further away from the power rack, or switch band tensions. Obliques are covered with this one exercise.



Wood Chop

The wood chop will build strong obliques like a lumberjack. Instead of cutting wood with a hatchet, you are breaking air with a cable. Either do them with the cable weight set at the bottom, or from the top.





Decline Medicine Ball Twist

Want another twisting exercise? On a decline bench, hold onto a medicine ball, dumbbell, or plate, and twist your torso side to side. You'll really feel those obliques on this one.



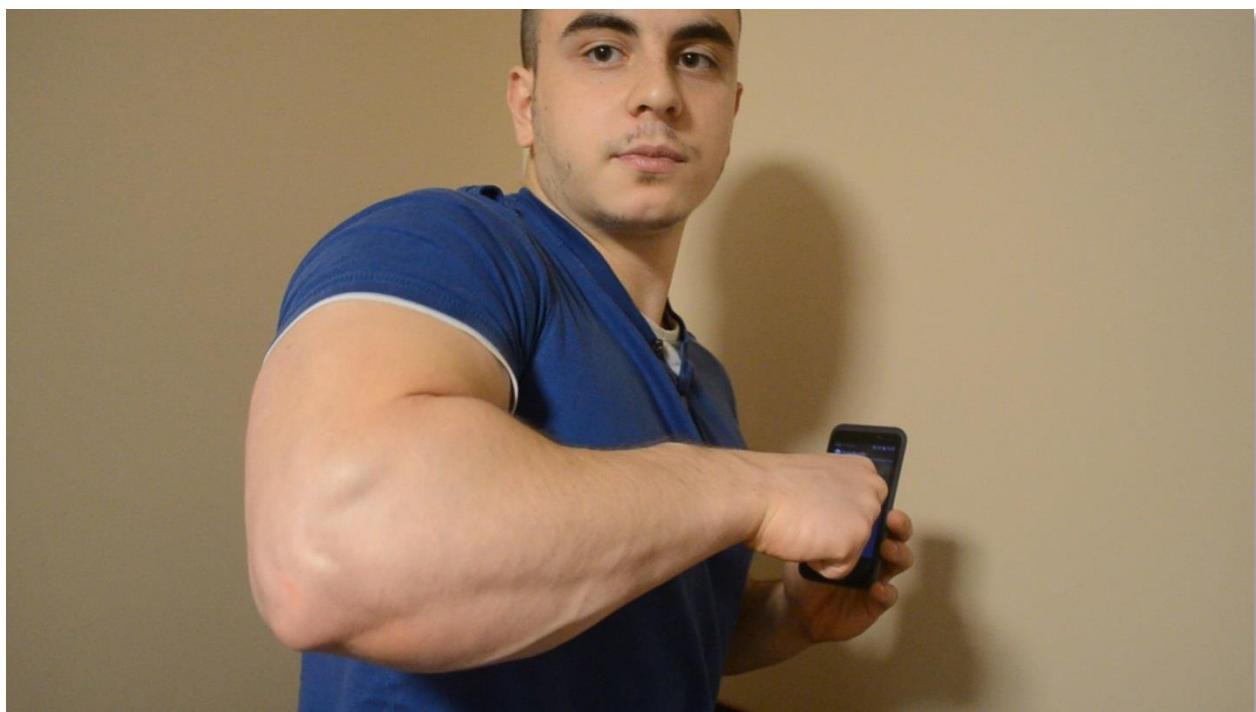
Weighted Plank

Last up on the list, we have the weighted plank. Almost no one does this exercise, even though there are so many benefits. It builds static ab strength through intra-abdominal pressure which you need for all squats and deadlifts, and develops the deep areas of the

midsection which makes your stomach appear flatter. It's a win/win in all respects! Once you can do these for 30-60 seconds with over 5 plates stacked on your back (which I've done), your core will turn to steel!



Forearms



It's amazing how many guys I see with huge biceps and triceps, but with pipe cleaners for forearms. They don't realize how their lack of forearm size is making their arms as a whole look like shit. Especially when you wear a shirt, those forearms will show like crazy. You simply cannot hide it, even when wearing long sleeve shirts. Just how you can't help but stare at a pencil neck, so can you not help but look at a guy's skinny forearms.

However, what if we have the opposite scenario? Someone with huge forearms, but not so huge biceps and triceps? Do you know what happens? That's right, your entire arm looks massive. This is a fundamental truth that you cannot escape. **Big meaty forearms will outshine big biceps/triceps 100% of the time.** If you don't believe me, how about you look at some arm wrestlers? These guys require insane grip strength for their sport, and as a result have adopted special training strategies for improving the size of their forearms.



Although their biceps and triceps are not necessarily the largest, the fact that their forearms are so damn big just makes them look incredible. If you don't believe me, I can think of no better example than the legendary arm wrestler, Matthias Schlitte. This is one of the skinniest guys I've ever seen in my life, but because of his huge forearm (only one side), it makes his entire arm look insanely big. If you saw this guy on the street you would be impressed.

I know this is an extreme case. But it still strikes a very important point. That is, having big forearms is

the most important thing you can do for making your arms look massive. Can you imagine what Matthias would look like if he had stick forearms but huge biceps and triceps? He would look like all the other curl monkeys at the gym, am I right?

Remember folks, our peripheral vision will ALWAYS scan for imperfections, and since the forearms tinkle down to the hands, this is what our eyes will catch first. In simplest terms, if you have nice, well developed forearms, your arms as a WHOLE are covered for life. Especially if you're drug-free.

So in this program, we will use strategies that the world's best arm wrestlers have incorporated for building massive forearms. Some of these movements you may be aware of and others will seem foreign. In the arm wrestling world, they are very common exercises. Also keep in mind that because this program emphasizes back/trap work to such a large extent, your forearms are already getting an insane workout from the get-go. As a matter of fact, by the time you must hit your forearms at the end of the workout, your hands will already be gassed out. For this reason, the forearm training volume will not be as high as a competitive arm wrestler. In particular, you will have one forearm exercise on your intensity day (not accounting for back training or thick bar implement) and two forearm exercises on your volume day. For the objectives of this program, this will be more than enough. As I've stated multiple times in this book, we are not competitive athletes. The little nuances (SPP work) don't mean jack shit to us.

In terms of measurements, my expectation for all of you is to achieve 14-16 inch forearms, which is definitely doable naturally. Typically speaking, your forearm size will be 1-3 (min/max) inches less than your bicep/triceps size. So if you have 16 inch arms, expect 13-15 inch forearms. If you got 18 inch arms, expect 14-16 inch forearms. As you can see, this is why I set the forearm range to 14-16. There's a high chance that the majority of you will not surpass this range unless you've been blessed with great genetics, possess severely underdeveloped biceps and triceps, or have been training for many years. Nonetheless, these are still very large forearms, and please believe that most people who train will

never achieve these numbers in their entire life, including those that are on gear. Remember, it's not uncommon to see guys with 18 inch arms that barely have 14 inch forearms. In this program we're trying to do the opposite, as you can see. **The closer the forearm to actual arm size ratio, the better your arms will look as a whole.** As long as you fall within the range mentioned above, you should be perfect.

Before I show you these special exercises, I want you to understand three essential components of forearm training. Number one, whenever you curl using a barbell, you will primarily use an EZ-curl bar. This is because the slight pronation of the hand will take tension off the biceps, and send it to the brachialis and forearm. Remember, we're not trying to build huge biceps. They will automatically get big through the combination of these special exercises. Secondly, when performing any curl, whether that be with barbells, dumbbells, cables, etc, I want you to **ALWAYS KEEP YOUR WRIST UP AND CURLED**. If you were trying to train your biceps, you would keep your wrists down and relaxed. However, for forearm training you will do the precise opposite. Lastly, when performing any curl, it is perfectly fine to cheat a little bit. I recommend leaning your torso forward on the negative, and moving it backwards on the positive. Keep in mind that the cheating is very minimal, and is not to be taken to the extreme. We do not want to be doing underhand power cleans, but a bit of body English is perfectly fine and recommended for dealing with the heavy weights that you will use.

In case you didn't realize, these techniques were taken directly from arm wrestlers, as it mimics the hand positioning and biomechanics of the sport exactly. With these things still fresh in your mind, let us now break down the special exercises. We want forearms so fucking huge that even popeye would be scared. Your grip strength will be out of this world! In order to maximize forearm development we require both arm curling, wrist curling, and direct grip work such as crushing, pinching, and open-hand training. I will show you exercises for all. Keep in mind, there will be no tearing or bending in this program, because that's specific to a whole new realm of training. **By the way, for all the curls in this program, you can either do them off a preacher bench, while sitting down, or standing.** I curl off

a preacher bench 90% of the time, but you may be different than me. Thick bars may also be used 100% of the time if you want to go that route.

Hammer Curl

The hammer curl will primarily target the brachioradialis with some indirect focus on the biceps. You can either do this two arms at a time, or perform this exercise in an alternating fashion.



Neutral Barbell Curl

The neutral barbell curl is exactly like the hammer curl, except you are holding a barbell instead of a dumbbell. The weight you use will typically be heavier than the dumbbell version, and there will be less supination of the hand.



Reverse Barbell Curl

The reverse barbell curl is to be performed with an overhand grip. Once more this exercise focuses on the brachioradialis, which makes your forearms pop from the front.



Supine Curl

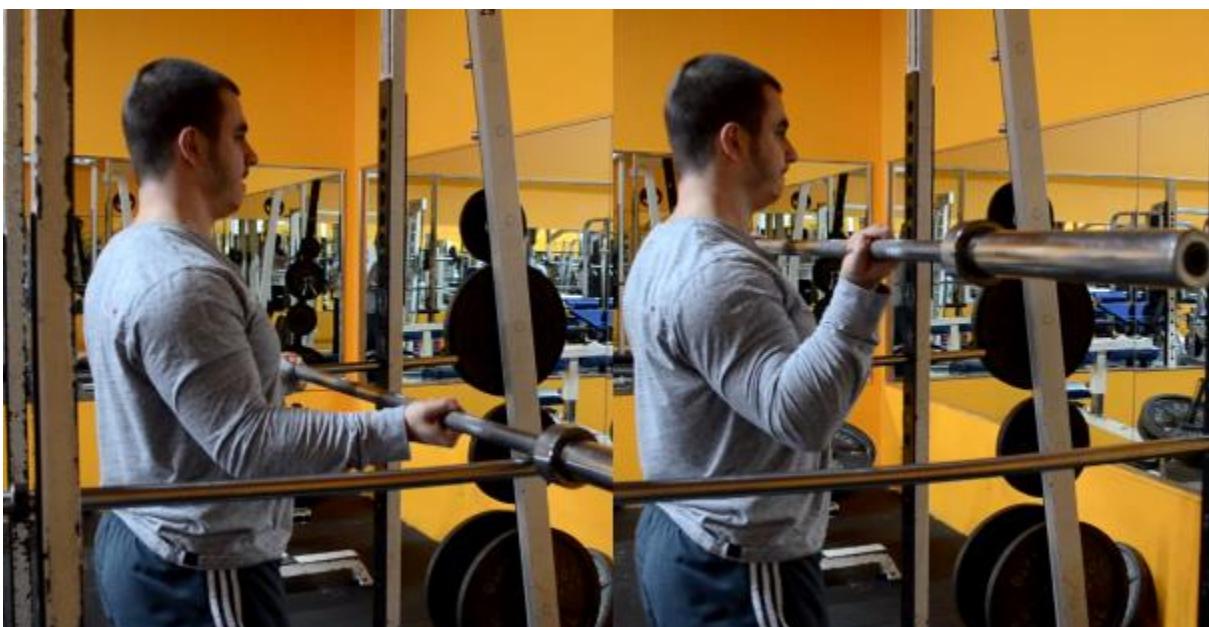
If you're going to use an underhand grip during your curls, I recommend using an EZ-Bar curl over the straight bar because your hands are in a semi-supinated position. Don't forget, we're trying to minimize supination as much as possible, which results in your forearms having to do more work than the biceps. If using dumbbells, your hands will rotate freely so you don't have a problem.





Pin Curl

The pin curl can be done using any grip (neutral, overhand, semi-pronated). All you have to do is place a barbell on pins, and curl it up. Every single rep, you restart at the pins. This builds explosive power, and will make you stronger on regular curls. It's pretty much concentric-only. You can either set the pins low, medium, or high for overloading.



Partial Preacher Curl

The partial preacher curl is a very serious exercise, and if you are not careful you can get injured. Instead of going all the way down, you either do a quarter rep or half rep. You will be able to lift much more than a full range of motion curl, so always make sure your free hand is there to spot. You can use both underhand and neutral grips for this.





Table Curl

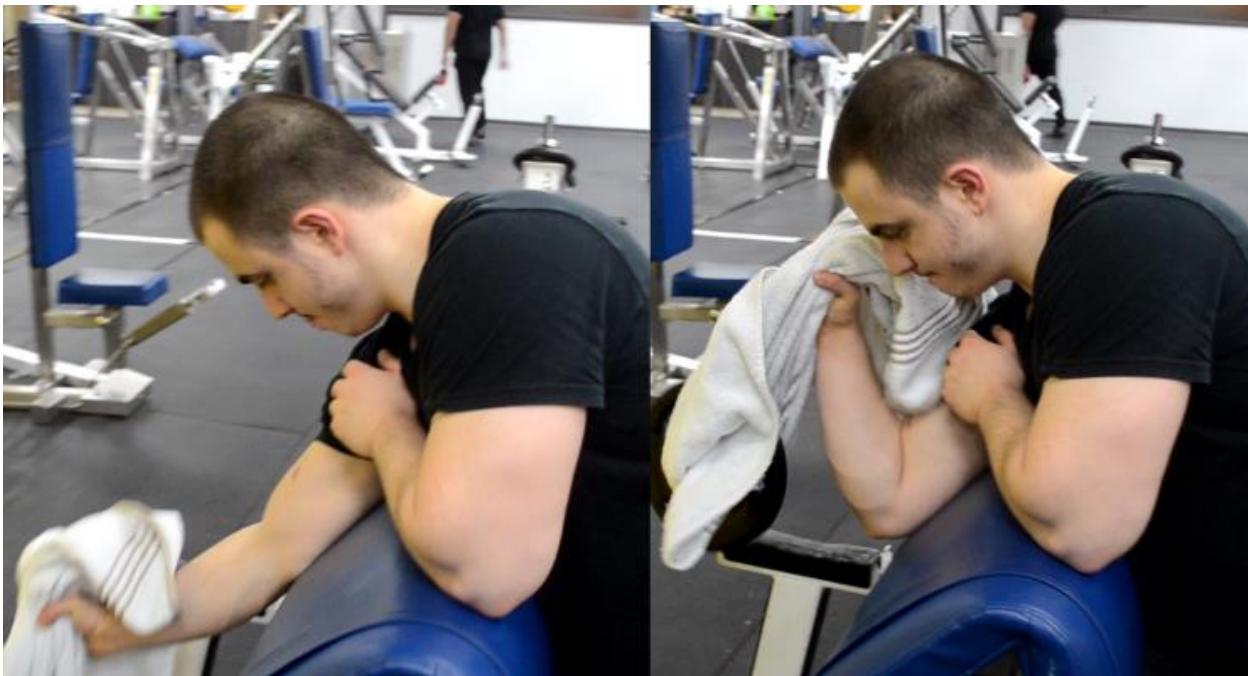
The table curl is ultra-specific to arm wrestling, and is one of the few curls in this program that is to be done with an underhand grip. With a dumbbell resting on a table or bench, grab it and curl. It's essentially a partial rep done off a dead stop, but boy does it make you strong!



Towel Curl

The towel curl is one of those special arm wrestling exercises that works your grip/crushing and curling strength simultaneously. Wrap a towel around some plates, dumbbell, or cable attachment (pretend it's a dip belt) and start curling. You can either do this one arm at a time, or use two arms.





Towel Pullup

The towel pullup is a killer grip exercise. It has the same benefits of a towel curl, except this time you are using your bodyweight as resistance. This exercise will kill your grip like no other. Trust me, your hands will feel like death once you're done! You'll be grunting and begging for the pain to stop. To make this exercise more difficult (which is insane), use two towels instead of one, and do it weighted.



Finger Pullups

Finger pullups will eliminate your hand support, which forces you to grip even harder than normal. For starters, use 4 fingers, and over time gradually remove a finger until you can do this movement with 1 or 2 fingers each hand. This will truly develop your mental toughness and grip.



Half Rep Chinups/Neutral

The half rep chinup is another arm wrestling exercise. With a false grip (hands cupped over like a wrist curl), pull your body to the highest point of which you are capable, and then lower yourself until your arm forms a 90 degree angle from the side. This will put all the tension in your grip and forearms, instead of the lats. Do this exercise for very high reps, with bodyweight only. You should be able to get over 100.



Hanging Off Bar

Hanging off a bar is another strategy that climbers like to use. You jump onto a pullup bar with an overhand grip, and hang there for time. You can either do short intervals of 30-60 seconds, or long intervals of 1-3 minutes. If using short intervals, either hang with one arm with possibly a towel/fat gripz, or use two arms but done weighted. If using long intervals, your bodyweight alone should be sufficient. (I pray that you don't need a picture for this)

Plate Pinch

The plate pinch will building pinching strength like no other. Grab a heavy plate from the outside, and hold for time. You can also stack smaller plates together, and pinch them so hard that they stay glued to each other. With this exercise, I recommend holding for 30-60 seconds.



Hex Dumbbell Hold

The hex dumbbell hold is similar to the plate hold, but this time your hands are wide open. Either use this exercise as a pull off the floor using low reps of 1-5, or hold the weight in your hand for 30-60 seconds.



One Arm Deadlift

There are many ways to do a one arm deadlift. You can either have the bar in front of you and pull, or you can have it next to you like a suitcase, or you can stand inside the barbell and pull towards your balls. You can do this exercise with dumbbells and barbells. This would also be a great time to throw on your fat gripz, as the extra thickness will make it very hard to pull the weight off the floor.





Wrist Curl

To perform a wrist curl, hang a dumbbell or barbell off your knees, and curl your wrist in. This will build that meaty thick part of the forearm (flexors), which is what will increase your forearm size the most, and make them look impressive when relaxed and flexed. There are

several ways to do the wrist curl, so I will show you multiple variations. Plate wrist curl is one of them.



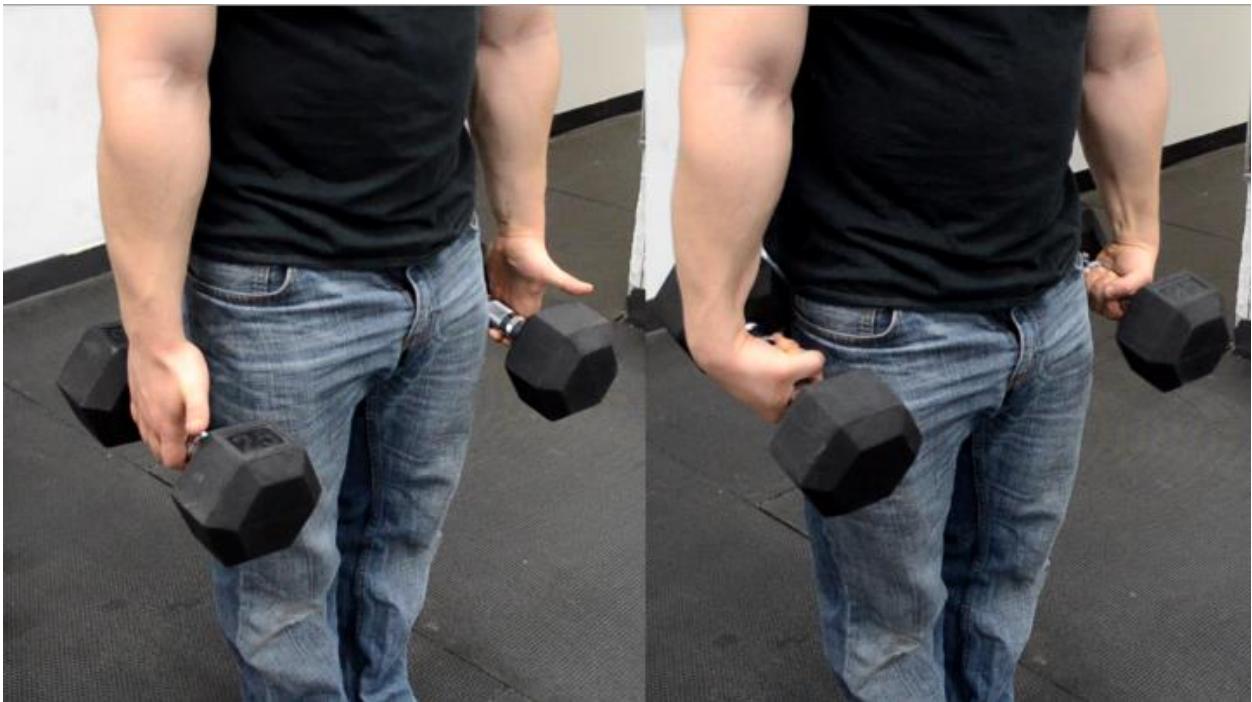
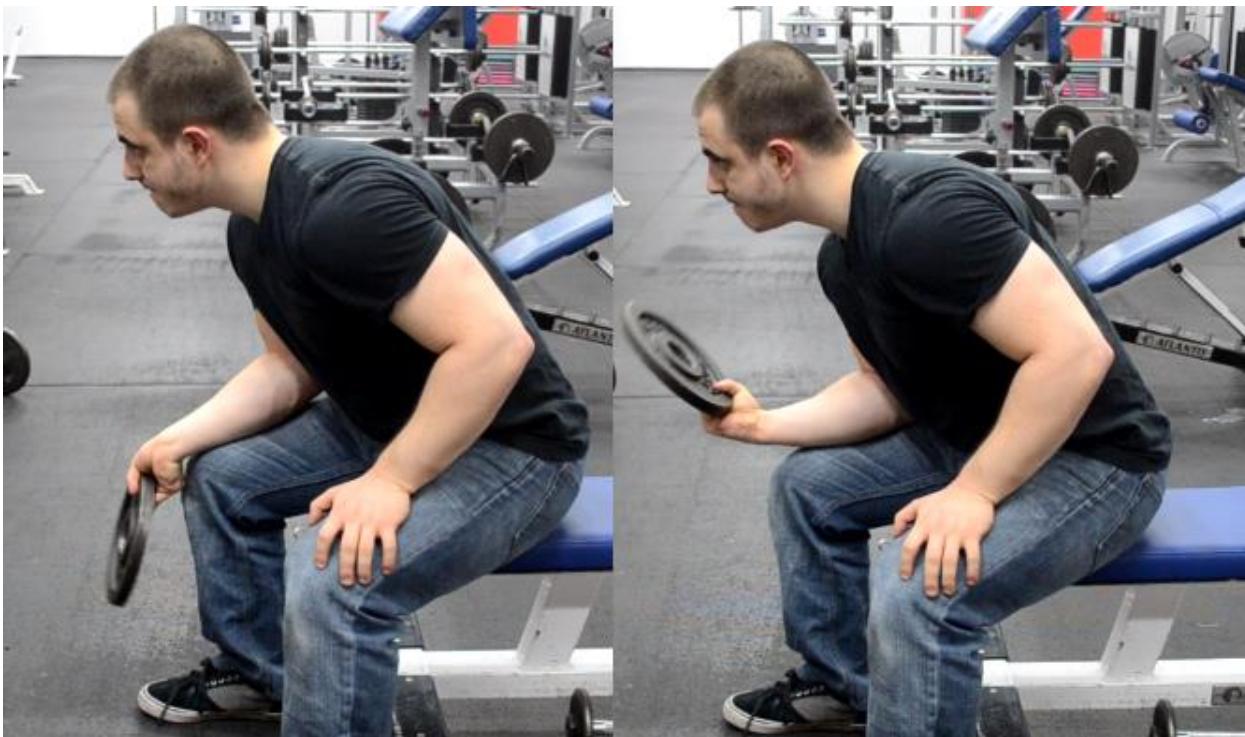




Plate Wrist Curl

The plate wrist curl is its own unique variation. It allows you to strengthen the wrists, hands, fingers and forearms in a major way without using a lot of weight. For most guys, doing only 25lbs will be an indicator of elite-level strength. Using 35s or more is monstrous! In this way, you can get mad strong without piling on such heavy loads.



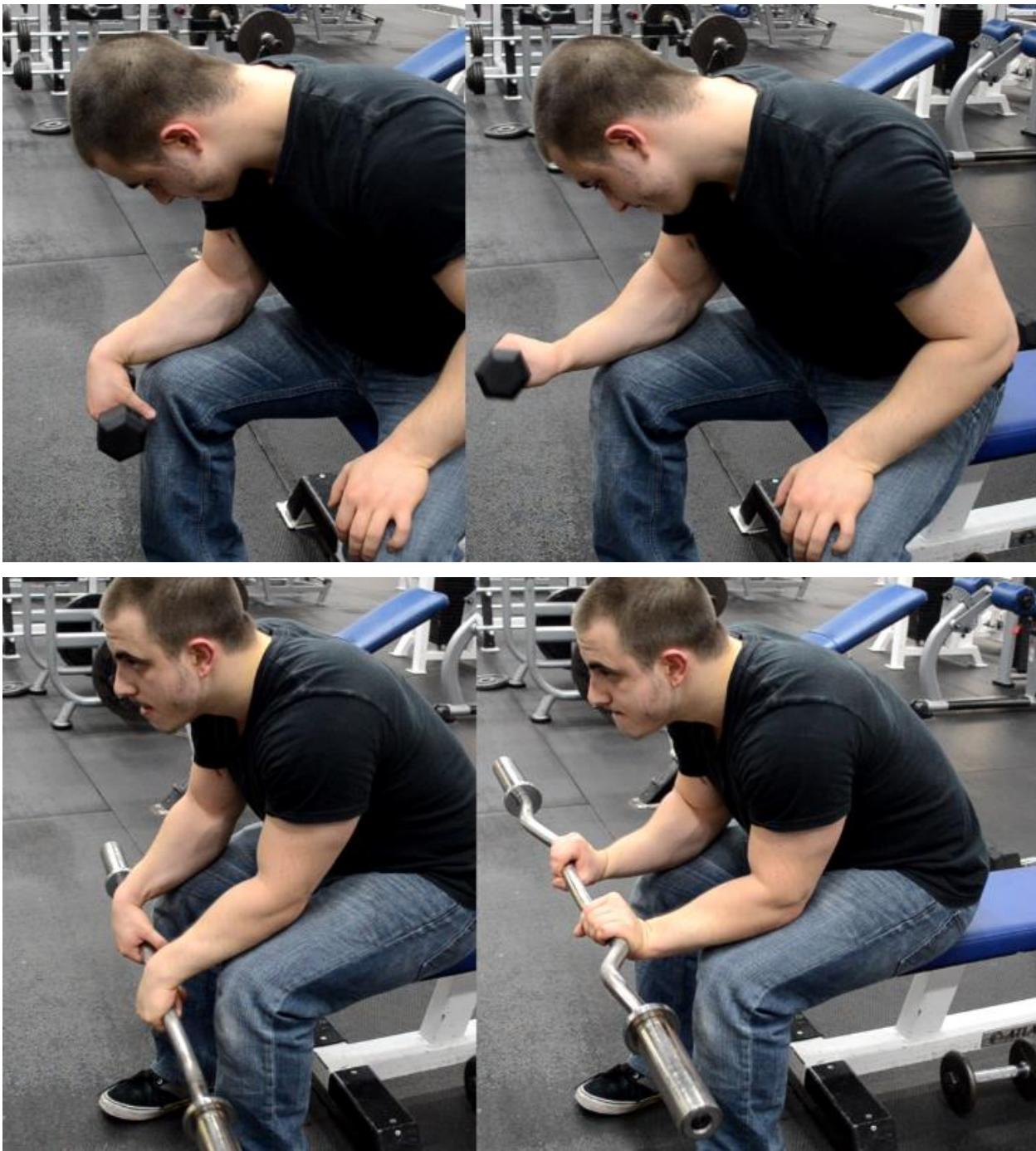
Hammer Wrist Curl

The hammer wrist curl will build your forearms in an even fashion. Even though it's pretty specific to arm wrestling more than anything else, it's still a great exercise. You can do this with bands, cables, barbells, dumbbells, or a towel/belt attached to a plate/kettlebell (best way).



Reverse Wrist Curl

Reverse wrist curls are extremely important for maintaining balance of the hand and keeping the carpal bones aligned. If you do not build up the extensors, you may suffer from elbow and wrist tendonitis (tennis elbow/golfer's elbow), and your hands will hurt like hell in the long run. This is similar to just doing the bench press but without complimenting the program with rows. Do not neglect the extensors! Now for the reverse wrist curl, you can use barbells, dumbbells, bands, or plates. I like doing these with a thick bar.



Bag of Rice/Sand

Another way to build the extensors is by filling up a bucket with rice or sand, placing your hand in it, closing it into a fist, and then trying to open your fingers up at the maximum. This will be a lot more challenging than you think, and when you are done your hands will feel surprisingly refreshed.

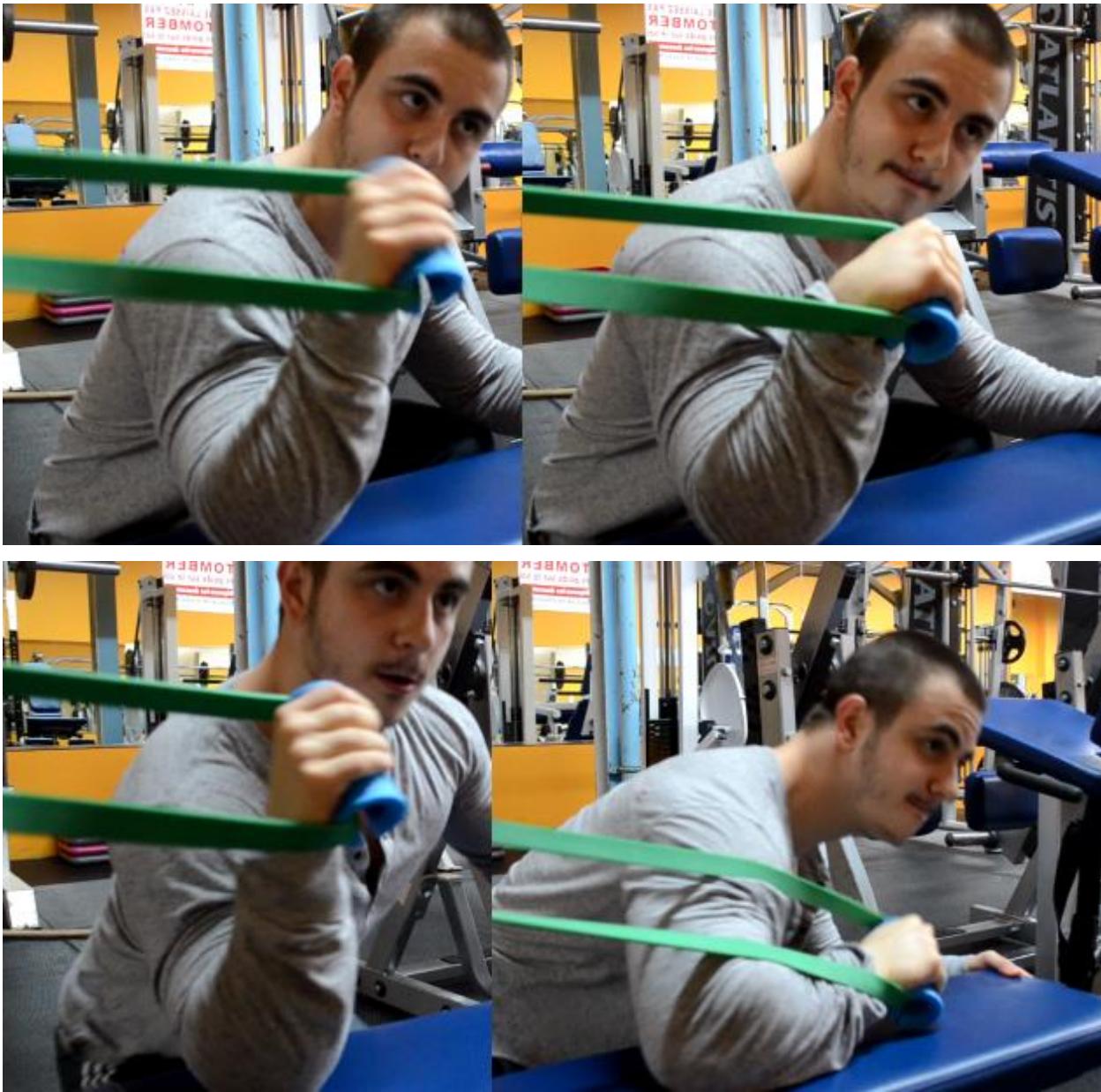
Band Extensors

If you want a simple way of hitting the extensors, simply loop a rubber band around your fingers and attempt to open them wide. The benefits are the same as the bag of rice method.

Side Pressure Training

Side pressure training is what arm wrestlers do all the time. Since many of you don't have people willing to arm wrestle you, or even an arm wrestling table, I've developed a supplemental movement that should give you similar benefits. Simply attach a band to a power rack, and arm wrestle it with your elbow on your leg, or your elbow on a bench. You can also do wrist curls from this position which is very comfortable on the joints.





Barbell Holds

The barbell hold is a great way to static grip strength. With the pins set high in a power rack, pick up a barbell with an overhand grip, and hold for time. If you want to make this exercise even more challenging, throw on some fat gripz.



Hand Grippers

Hand gripper training is probably the best way to develop crushing strength. You'll develop that insane hand strength that gives you the ability to give rock-hard handshakes. Different grippers exist for testing strength, the most common one being Captain of Crush. However, these can often times be expensive, and since we're not trying to get certified we don't need that type of specificity. Any heavy duty gripper will do you fine. For instance, I like a brand called Heavy Grips because they are less than 10\$ each and range from 100lbs, 150lbs, 200lbs, 250lbs, 300lbs, 350lbs, 400lbs, and 500lbs which is more than enough for the purpose of this program. Imagine being able to close that type of weight with just a small close of your hand! In terms of training with the grippers, you can either do full range closes, partials, closed isometrics, or negatives. Low reps of 1-5 will build maximum strength, while high reps 10-100 will build grip endurance. In terms of progression, the basic rule is that once you can do 15 reps of a given gripper, you're ready to move onto the next one. Below is a chart that compares gripper strengths.

HG150 = COC Trainer

HG200 = COC #1

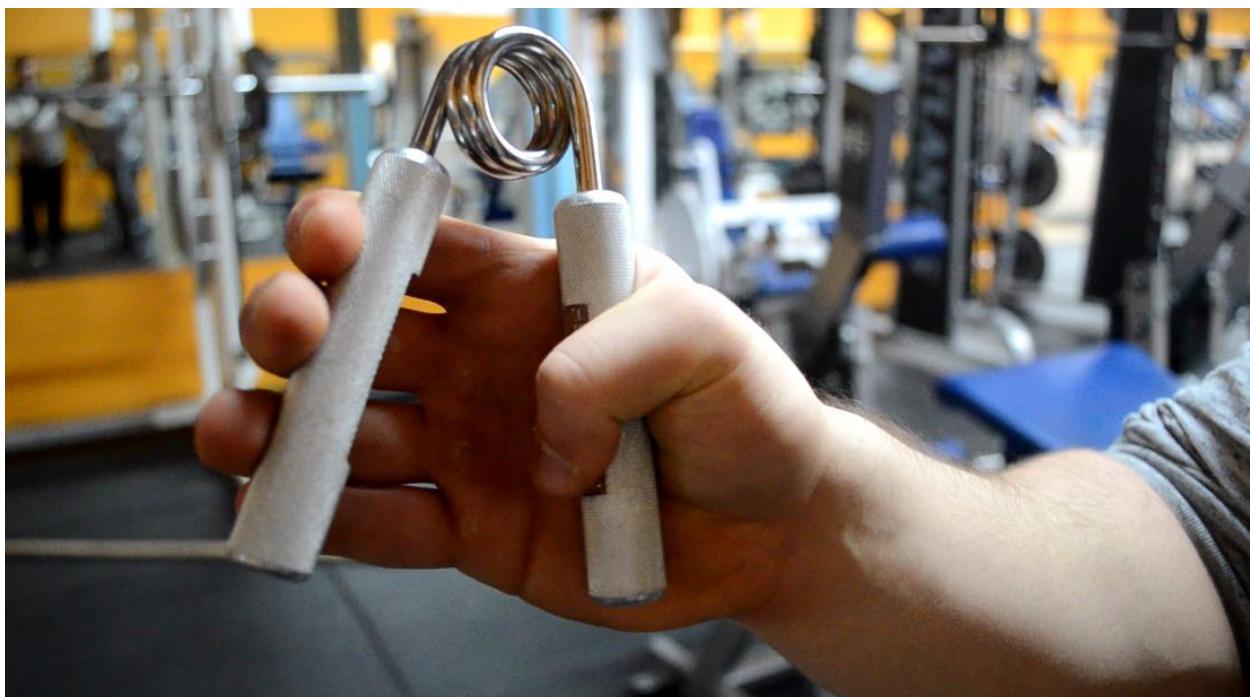
HG250 = COC #2

HG300 = COC #2.5

HG350 = COC #3

HG400 = COC #3.5

HG500 = COC #4

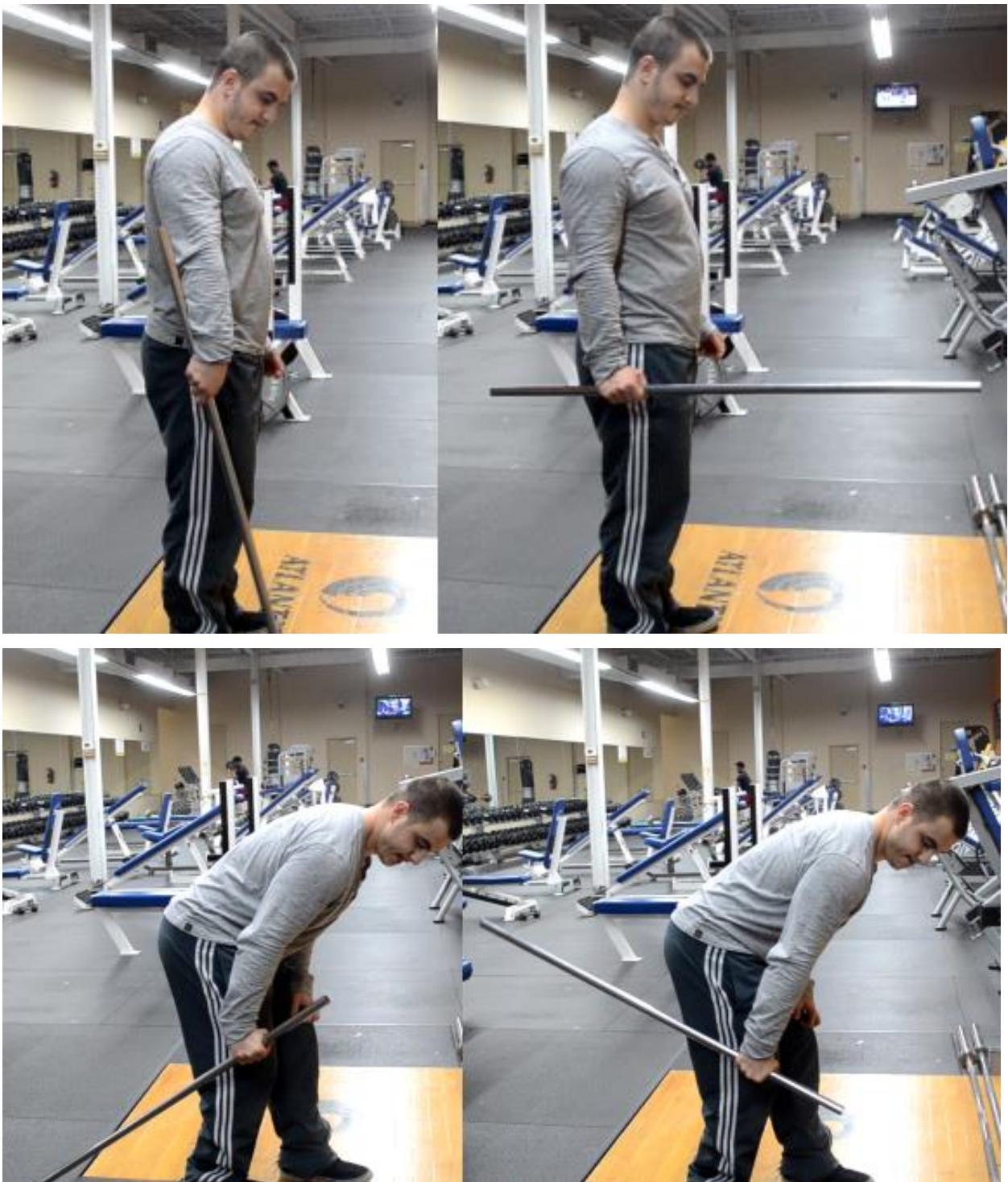


Forearm Levering

Forearm levering is its unique animal. It builds tremendous wrist and forearm strength by relying on the power of leverages. You are creating large moment arms which make the weight feel much heavier than it actually is. Whenever I do forearm levering, I feel like a warrior getting prepared for battle, and imagine that the implement is a sword. To perform, grab onto a weighted object (uneven dumbbell, pin, sledgehammer, wrist roller, cooking pot, etc), and raise your wrist up. Your forearms will feel the leverages working against you. You can also do this in reverse if you wish to build those flexors through leveraging. These may be done with your hands raised, or by your side. You can also lever from side to side instead of up and down. Here are the best variations.









Wrist Roller

The wrist roller is amazing for building freaky forearms (extensors and flexors alike). It's extremely low stress on the joints, and allows you to get a massive pump without much weight. You can either do these for reps, or for time. If you don't have a wrist roller, you can easily make one by attaching some rope to a PVC pipe. I recommend using a thicker diameter (2-3 inches), because it will make the wrist rolling even more difficult.



Mobility Work

Mobility work is the topic that people HATE talking about. That's because we lifters don't give a flying fucking shit about our flexibility. We want to lift heavy, and that's it. The result is that we have millions of men out there who are jacked out of their minds, but can barely tie their own shoes. Although lifters will laugh at this and many times brag about how they are so immobile, little do they realize how important mobility work is. You see, if your body isn't mobile and you start lifting some serious weight, you will compromise your own body's

biomechanics. The result is that you will create restrictions in various movement patterns, which over time cause nagging pains and injuries. At the same time, posture will be negatively affected, which is not only aesthetically unappealing, but simultaneously dangerous for lifting weights and/or competing in sport. For these reasons, it's absolutely essential that we incorporate mobility work into our strength training program.

Obviously, we are not trying to become yoga masters. We are lifters, after all. There is a fine line between mobility and stability. If you get too mobile, then you lack stability needed to optimally perform exercises. An example might be having super loose hips, which makes your ass hit the floor on squats every single time, causing you to lift less weight. Thus, our main goal is to mobilize the key areas that are responsible for creating movement in many of the special exercises found in this program. In particular, this would be the thoracic/shoulder region, hips, wrists, ankles and hamstrings. If you can mobilize these key areas, you'll be pretty much set for safely performing all the exercises in this program. This includes ALL overhead pressing, squatting, deadlifting, rowing, and isolation work.

By the way, the mobility work that you'll be performing in this program is unlike anything you've ever seen before. How, you ask? Well, we will not be doing a million different body stretches, or the bullshit stuff that you were taught in high school. **Because we are weight lifters, we must mobilize our bodies in a similar fashion.** This means incorporating special exercises that TRACTION the desired areas. This will usually be a weighted stretch or dynamic stretch/exercise of some sort. Below you will see the list of exercises, in addition to their guidelines and recommendations for implementing them into the program. I think you will be amazed at the effectiveness of these movements.

Hanging Off Bar/Lat Pulldown

Hanging off a bar has been known to do wonders for those who suffer from lower back pain. Gravity pulls down on your spine, which realigns it the proper way. This is known as traction, where you put tension on a displaced joint or bone to put it back into place. Try this exercise after a heavy back workout, and you will immediately see what I am talking about. If your

grip is sore, don't be shy to use straps. If you want more traction, do this weighted. Another variation of this movement is the hanging lat pulldown. The difference is that instead of gravity pulling you down, the pulley is pulling you up (no pun intended). This tractions the spine in a different way. Simply hold onto the bar, and feel your back pull up. You'll feel your lower back pulling up, which feels incredible.



Belt squat

The belt squat tractions both the hips and lower back. Ever head of a pelvic tilt? This is where your lower back either caves under, or hyperextends. Of course, this makes it difficult to perform any squat or deadlift properly, and it ruins aesthetics. Belt squats will fix this problem. Just put on a dip belt, hang some weight off, and squat normally.

Overhead Squat

The overhead squat is a weighted stretch designed to mobilize the ankles, hips, lower back, upper back, and shoulders. It's probably the ultimate test of full body mobility. If you can do this exercise with some appreciable weight while remaining 100% tight, you can bet that your body is very mobile!



Foot-Up Hamstring Stretch

I like putting my feet up on an object, and gradually lowering my body, thus creating a deep stretch in the hamstrings. I haven't found a single hamstring stretch that can replicate this sensation.



Barbell Rollouts

If your legs ever hurt like hell after squatting, I would have to suggest the barbell rollout. Many people will recommend foam rolling, but I personally don't feel shit when using foam. Give me a steel barbell, and now we're really digging into that tissue. You can also use this movement on other muscles. Just make sure that you do not roll over your spine or bony areas.



Thoracic Row

The thoracic row will restore thoracic mobility (upper spine), and relieves pressure in your scapula and shoulder joint. This will make it easier to get tight on the bench press, while of course not experiencing negative pain. To perform this exercise, simply grab the handle with one arm, and row. At the bottom, you rotate the scapula, thus giving you a very deep stretch. There are two ways of performing this exercise. You can either do it in a vertical or horizontal pulling style.



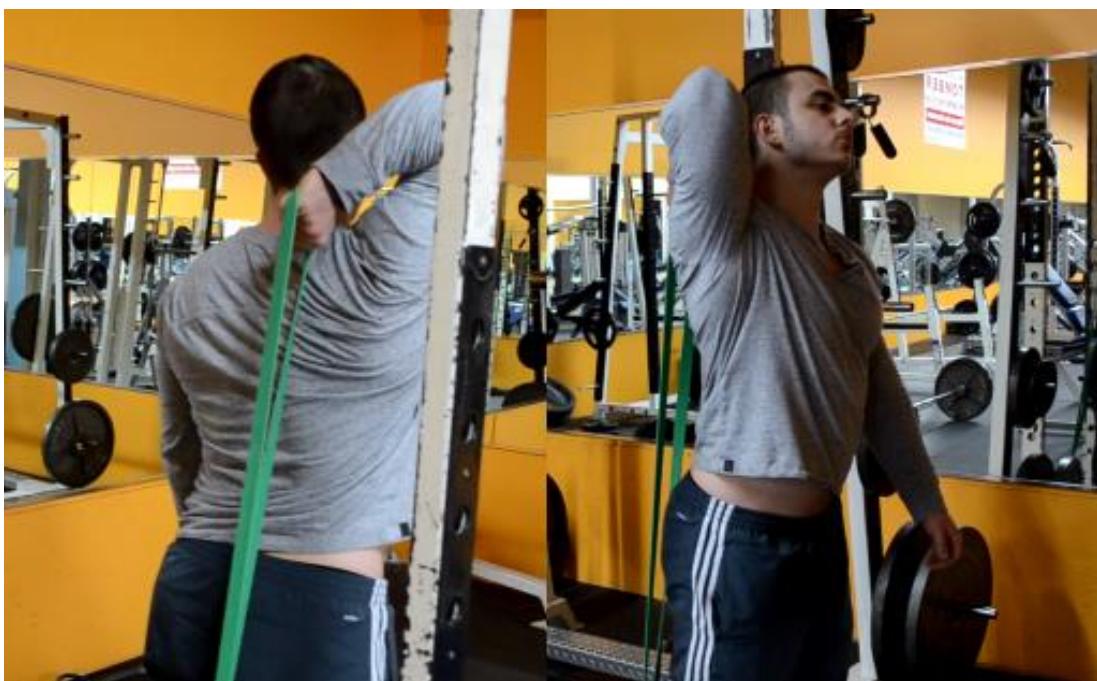
Thoracic Band Stretch

The thoracic band stretch will traction out the entire upper back and restore range of motion in the shoulders. Simply attach a band to the top of the power rack to your hand, and rotate your hips back and forth. This will feel way too good.



Triceps Band Stretch

Have trouble activating the long head of the triceps, and do your arms lag in size? If so, try out this triceps band stretch. You will get the most amazing stretch of all time in the long head. The sensation will be absolutely out of this world, and this is coming from a guy who has hypermobile elbows.



Band Dislocations

The band dislocation is a classic mobility exercise. While holding a band with both hands and the arms straight, raise your arms behind your back, and then back over to the front of your body. Repeat this motion several times, and your rotator cuffs, rear deltoids, and upper back will all feel rejuvenated.



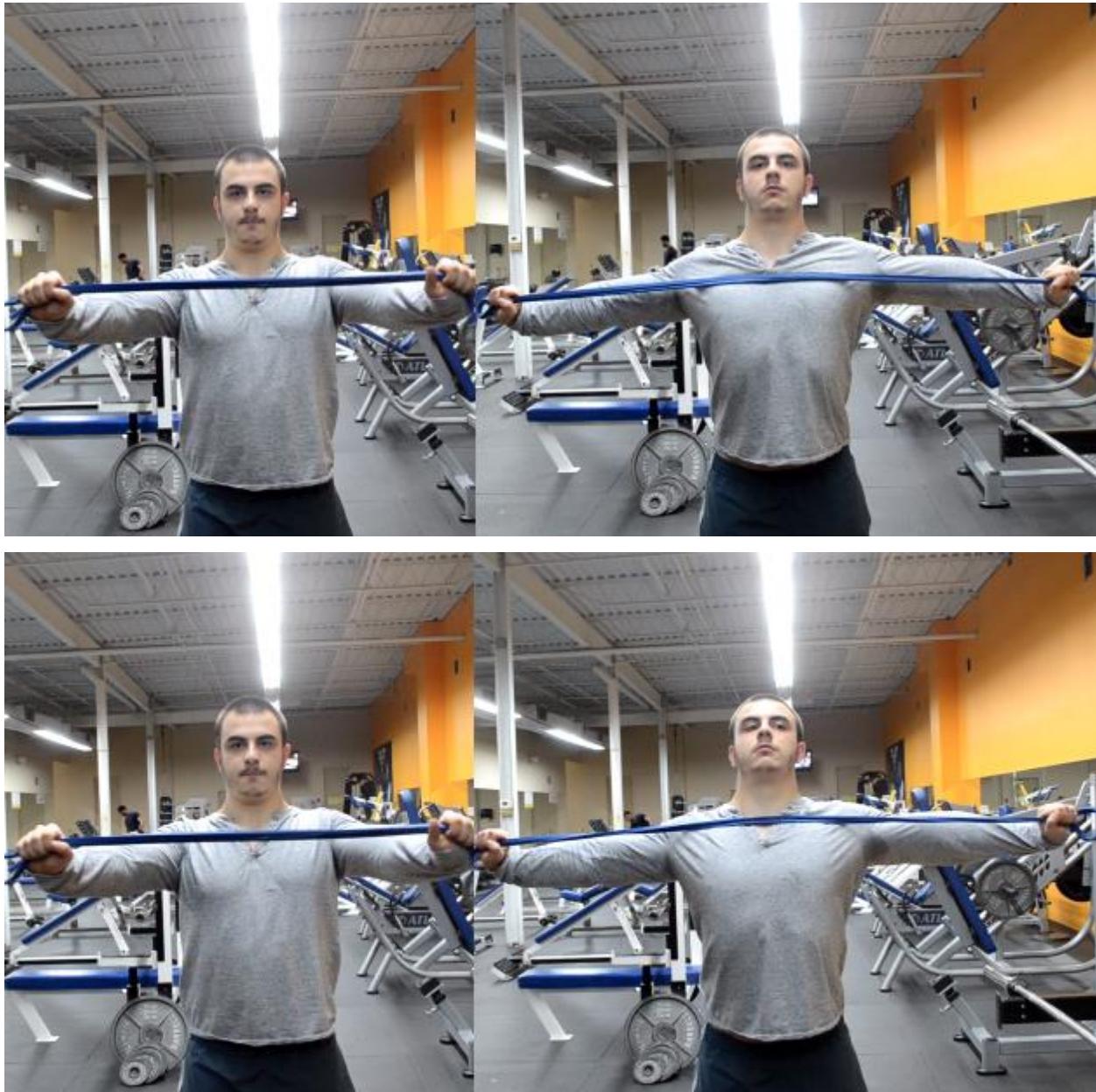
Superman with Band Dislocations

If you want to take band dislocations to the next level, you can do it while in a superman position. This intensifies the contractions, teaches lower back tightness, and gives you a better sense of your true shoulder mobility.



Band Pullapart

The band pullapart will stretch out your pecs, lats, shoulders, thoracic region, and even triceps. It's similar to band dislocations, except instead of bringing the band over your head you are pulling it apart in a horizontal fashion. This is almost the opposite of a dumbbell flye. You can either pull apart to the throat or chest region. I like using both, and tend to alternate the two within the set itself.



Thoracic Wall Stretch

The wall stretch is a basic movement that does not require equipment. All you need is a wall. With your lower back completely flat against the wall (no arching allowed) try raising your arms in a straightened position until they touch the wall. Once you reach your maximum range of motion, hold that position for 20-30 seconds. This will do wonders for eliminating tightness in the upper back.



Reverse Band Bench Press

If you have a serious shoulder injury, the reverse band bench press is for you. Often times, people are forced to use very light weight during the bench press, otherwise their shoulders start hurting. With the reverse band bench press, you can deload hundreds of pounds off the bottom, but still keep the weight heavy at the top. In this way, you can continue to bench press while getting stronger, but without hurting your shoulders. You also restore the range of motion associated with bench pressing, and develop the necessary connective tissue which will help you in the future. Definitely give this shot a go if bench pressing hurts your shoulders.



Crazy Bell Press

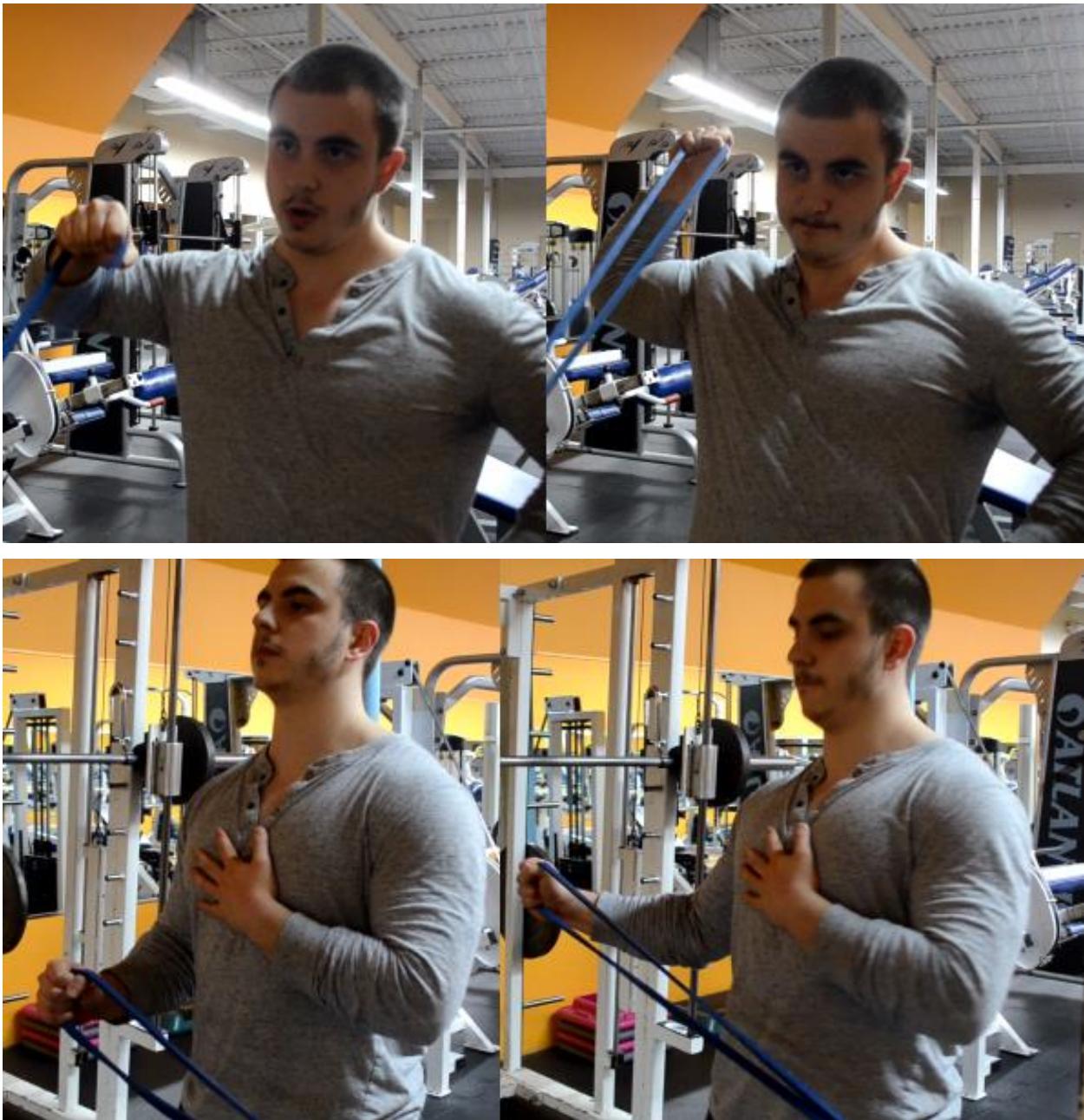
The crazy bell press will rehabilitate the pecs and delts and challenge your stability. You simply double some bands, loop them through a plate/kettlebell, and attach it to the barbell. The first time you try this, the bar will shake all over the place! However, the more you use this exercise, the less shakiness there will be over time. Eventually, you won't even feel the shaking. Once you reach that point, that's when you know the stabilizers have been thoroughly developed. You can do this exercise with both overhead pressing and bench pressing. Have your friend tap on the bar if you want more instability.



Innies and Outties

Innies and outties are the classic rotator cuff exercises. Both emphasize external rotation of the shoulder. You can either use dumbbells or bands. I prefer bands, because it not only feels safer, but the overspeed eccentrics build the connective tissue in a superior way.

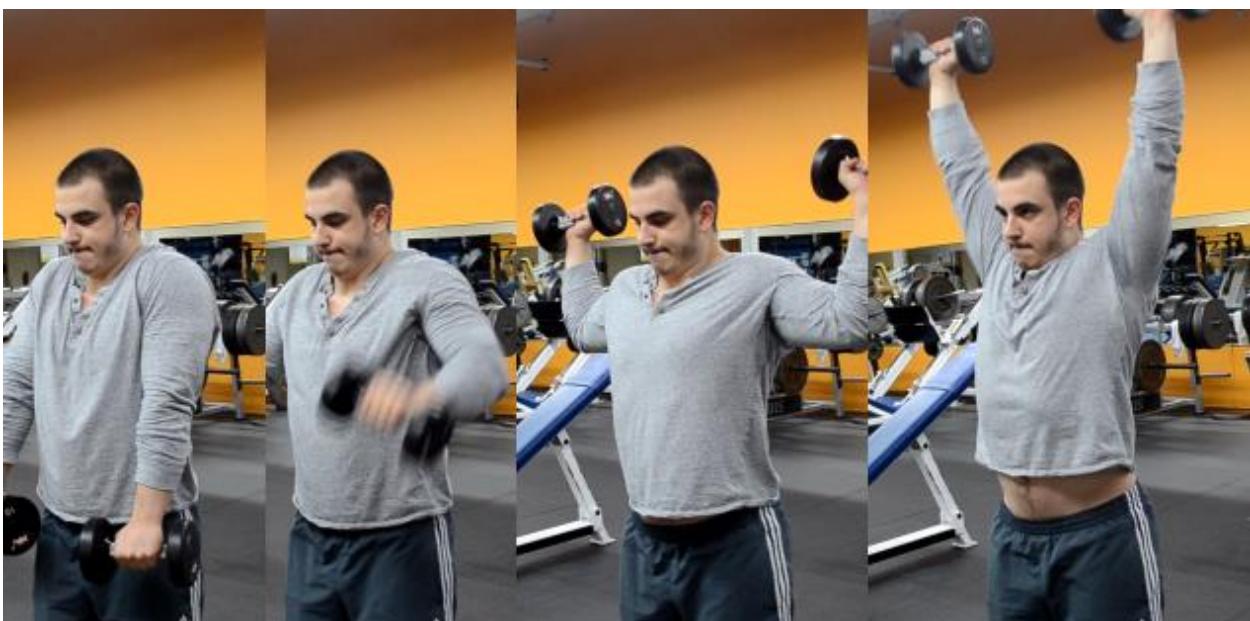






Cuban Press

The Cuban press is another underrated exercise, but it's really good for the rotator cuffs and overall shoulder stability. I recommend this movement to anyone who plans on lifting heavy for the long-term. Simply upright row a dumbbell to maximum height, externally rotate your hands, and then overhead press. Make sure your body is upright, and that your wrists are not bent.



Static Groin Stretch Static

If your knees cave in while squatting, or if you have trouble reaching depth, embark the static groin stretch. Widen your legs as much as you can, and then squat to the lowest depth that your anthropometry can handle. Then, shove your elbows on the insides of both knees, and push out. This will open up the hips in a major way, and please believe that you will feel it! Hold this stretch for 20-30 seconds, and watch how much more mobile you will feel.



Groin Stretch Band

You can also do the groin stretch with bands. This time, however, you are not pushing your knees out with your elbows. You use the bands as a form of resistance, which forces you to shove out your knees. You can either do this in a static fashion, or dynamic. I like to call this the “good girl bad girl” exercise.



Front Squat Stretch

Have trouble going to depth during squats? Try out this front squat stretch. Simply grab a plate of your choice (I recommend 45lbs), hold it in front of you, and then squat as low as you can. Once at the bottom, kind of bounce a little bit (prying) and watch at how your depth transforms right before your eyes.



Sitting/Lying on Ankle Stretch

Sometimes, we cannot hit depth on squats due to poor ankle mobility. This special stretch will fix any ankle issues that you may have. With your knees on the floor and your feet behind you, try sitting on your ankles. To intensify the stretch, lean back. If you really want some tension, try lying down on the floor while sitting on your ankles. If you can do this, your ankle mobility is covered. And trust me, it's a lot harder than it sounds. Hold this stretch for as long as your ankles can handle.



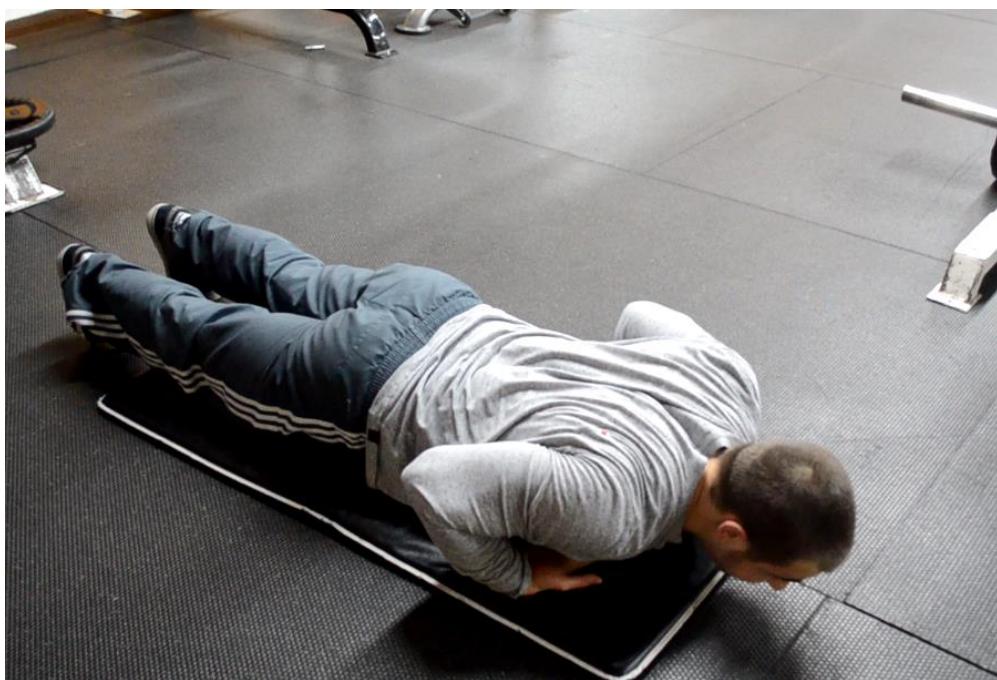
Front Squat Wrist Stretch

If your wrists hurt while front squatting, try out this stretch. Using one arm at a time, enter a clean grip, and hold your wrist in the position for time. This will stretch out your wrist and increase mobility.



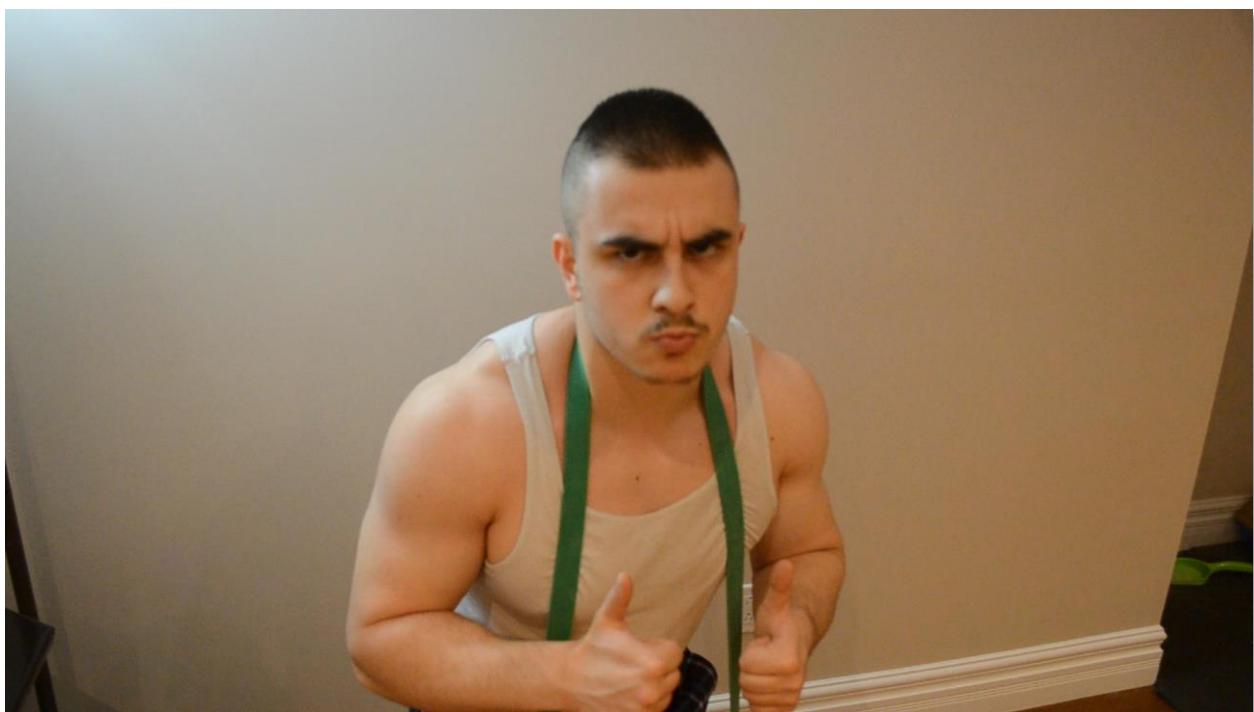
Wrist Pushup Hold

The wrist pushup hold is another exercise that you can do if your wrists are immobile. Simply flip your hands upside down, and enter a pushup position. You'll feel those wrists begging for you to stop. If it hurts too much, get on your knees instead. If that hurts, then do this exercise on the wall. Over time, you'll find that this stretch really builds the tendon strength and range of motion. Eventually there will be no pain. Just make sure you ease into these!



Pour Conclure

There you have it folks. I have provided you with the best special exercises of all time for developing that enhanced look. I promise that you will never find any other system like this. You are attacking the opposite areas of what most gym-goers are hitting, and for that you will be rewarded. You'll have that bulldog neck, monster traps, broad-ass shoulders, beefy forearms, and titanium glutes. You'll be so fucking jacked that people won't believe what the hell they're looking at. Just get strong at these key movements, and what I described will become a reality.



12 Week Programs

You now have all the tools necessary for creating your own unique program. You learned the benefits of full body concurrent training with the fundamentals of exercise science, observed special strength training strategies, and witnessed the greatest exercises of all time for building the enhanced look. I have no doubt in my mind that the gains you will acquire will be absolutely out of this world. Now, there is only one more thing that you must do. That is, take all the information that you learned and mash it into an effective program. I realize that for the majority of you, this may be a great task in itself. That is why I wrote this section, seeks to provide you with SIX 4 week programs.

It took me many hours of writing these programs, because I wanted to include everything that was mentioned in the book. All the special exercises and strength training strategies have been strategically incorporated in each program. In terms of individual customization, I am 100% confident that you will find at least one of them that works well for you. Some of them have more emphasis on certain regions than others, but nonetheless they all seek to develop the enhanced muscles. If you want to make little tweaks here and there, then be my guest. Just stay true to the principles in this book, and you'll be fine. So with that being said, let's start diving into these kickass programs.

4 WEEK PROGRAM #1

Week 1

Intensity Day

- 1) Incline Bench Press With Minibands 1-5RM
- 2) Viking Press 3x3
- 3) Snatch Grip Rack Pull 1-5RM

- 4) Power Shrug 3x5
- 5) Band Face Pulls 3x20
- 6) EZ-Bar Curl 3x5
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Standing Overhead Press 3x20
- 2) Behind The Neck Press 8RM + 2 rest pause
- 3) Overhead Barbell Extension 3x12
- 4) Rope Pushdown 5x20
- 5) Band Face Pulls 3x20
- 6) Front Squat 1x20 + 2 back-off sets
- 7) T-Bar Row 3x12
- 8) Dumbbell Shrug 3x20
- 9) Cable Upright Row 3x10
- 10) Dumbbell Wrist Curl 3x20
- 11) Pinch Plate 3x30s
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 2

Intensity Day

- 1) Overhead Press With Minibands 1-5RM
- 2) Z Press 3x5
- 3) Power Side Raise 3x5
- 4) Block Pull 1-5RM
- 5) Snatch Grip High Pull 4x6
- 6) Partial Preacher Curl 3x5
- 7) Reverse Hyperextension 3x10

- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Incline Bench Press 1x15 + 2 back-off sets
- 2) Dumbbell Shoulder Press 3x20 (failure)
- 3) Floor Dumbbell Extension 3x10
- 4) V-Bar Pushdown 4x25
- 5) Band Face Pulls 3x20
- 6) Zercher Squat 1x20 + 2 back-off sets
- 7) Barbell Row 3x12
- 8) Dumbbell Farmer Walk 3x60s
- 9) One Arm Upright Row 3x10
- 10) Plate Wrist Curl 3x20
- 11) Half Rep Chinups 3Xamrap
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 3

Intensity Day

- 1) Seated Overhead Press 1-5RM
- 2) Incline Dumbbell Bench Press With Minibands 3x8
- 3) Reverse Pec Deck 3x12
- 4) Deficit Deadlift 1-5RM
- 5) Pendlay Row 3x3
- 6) One Arm Deadlift With Fat Gripz 4x1
- 7) Glute-Ham Raise 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Landmine Press 3x20
- 2) Bradford Press 3x10 (10 per side)
- 3) Incline Elbows-Out Extensions 3x10
- 4) Straight Bar Pushdown 4x50
- 5) Cable Face Pulls 3x20
- 6) Romanian Deadlift 3x12
- 7) Chest-Supported Row 3x12
- 8) Alternating One Arm Dumbbell Shrug Off Knees 3x60s
- 9) Incline Front Raise 3x10
- 10) Side Pressure Wrist Curl 3x20
- 11) Finger Pullups 3xAMRAP
- 12) Hyperextension 3x20
- 13) Reverse Wood Chop 3x10

Week 4

Intensity Day

- 1) Close Grip Bench Press With Monster Minibands 1-5RM
- 2) Circus Press 3x3
- 3) Rear Delt Flyes 3x10
- 4) Snatch Grip Deadlift 1-5RM
- 5) Plate Row 3x5
- 6) Hex Dumbbell Hold 3x30s
- 7) Reverse Lunge 3x10 (5 per leg)
- 8) Band Twist 3x10

Volume Day

- 1) Floor Overhead Press 1x10-15 + 2 Back-off sets
- 2) Incline Dumbbell Bench Press 3x20 (to failure)
- 3) Decline Dumbbell Extensions 3x10
- 4) Band Pushdown 3xAMRAP

- 5) Reverse Pec Deck 3x12
- 6) Stiff-legged Deadlift 3x10
- 7) Dumbbell Row 3x10
- 8) Barbell Shrug 3x20
- 9) Cable Upright Row 3x10
- 10) Forearm Raise 3x10
- 11) Half Rep Neutral Chinups 3xAMRAP
- 12) Glute Bridge 3x10
- 13) Decline Medicine Ball Twist 3x20

4 WEEK PROGRAM #2

Week 1

Intensity Day

- 1) Close Grip Bench Press With Minibands 1-5RM
- 2) Z Press 3x5
- 3) Deficit Deadlift 1-5RM
- 4) High Pull 4x6
- 5) Band Face Pulls 3x20
- 6) Hammer Curl 3x10
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Standing Overhead Press 1x15 + 2 rest pause
- 2) Seated Dumbbell Press 3x20 (to failure)
- 3) Decline Barbell Extension 3x10
- 4) Band Pushdown 3xAMRAP
- 5) Reverse Pec Deck 3x12

- 6) Good Morning 4x8
- 7) Wide Grip Weighted Pullup 1x3-5 + 2 back-off sets
- 8) Barbell Shrug 3x20
- 9) Snatch Grip Barbell Upright Row 3x12
- 10) Towel Pullups 3xAMRAP
- 11) Pinch Plate 3x30s
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 2

Intensity Day

- 1) Close Grip Bench Press With Monster Minibands 1-5RM
- 2) Incline Dumbbell Bench Press With Minibands 3x6-8
- 3) Dumbbell Side Raise 3x8
- 4) Front Squat 1-5RM
- 5) T-Bar Row 3x5
- 6) Pin Curl 3x3
- 7) Glute-Ham Raise With Bands 3x10
- 8) Weighted Crunches 3x10

Volume Day

- 1) Overhead Press 3x12-15 + last set triple dropset
- 2) Incline Dumbbell Press 3x20 (failure)
- 3) Overhead Barbell Extension 3x15
- 4) Rope Pushdown 4x25
- 5) Band Face Pulls 3x20
- 6) Zercher Squat 3x10 + last set dropset
- 7) Snatch Grip Rack Pull 3x5
- 8) Seated Dumbbell Shrug 3x20
- 9) Rope Cable Row 3x12

- 10) Dumbbell Wrist Curl 3x20
- 11) Hex Dumbbell Hold 3x30s
- 12) Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 3

Intensity Day

- 1) Overhead Press With Minibands 1x5 + 2 back-off sets
- 2) Close Grip Bench Press To Throat 3x5
- 3) Band Face Pulls 3x20
- 4) Deficit Trap-Bar Deadlift 1-5RM
- 5) Lilly Shrug 3x10
- 6) Weighted Finger Pullups 3x3-5
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Incline Bench Press With Minibands 1x15-20 then band dropset
- 2) Dumbbell Shoulder Press Timed 1x3 Minutes
- 3) Flat Dumbbell Extension 3x10
- 4) Band Pushdown 3x20
- 5) Rear Delt Flyes 3x12
- 6) Zercher Squat 1x15 + 2 rest pause
- 7) Wide Grip Lat Pulldown 3x10
- 8) One Arm Dumbbell Shrug 3x20
- 9) Dumbbell Upright Row 3x12
- 10) Pinch Plates 3x30s
- 11) Hanging Off Bar 1x1-3 Minutes
- 12) Hyperextension 3x20
- 13) Decline Medicine Ball Twist 3x20

Week 4

Intensity Day

- 1) Push Press 1-5RM
- 2) Viking Press 3x6
- 3) Scarecrows 3x12
- 4) High Bar Box Squat With Monster Minibands 1-3RM
- 5) Block Pull 3x3
- 6) Weighted Towel/Fat Gripz Pullups 3x3
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Close Grip Bench Press 3x20
- 2) Seated Overhead Press 1x8 + 2 rest pause
- 3) Incline Elbows-Out Extensions 1x10
- 4) Rope Pushdown 5x20
- 5) Band Face Pulls 3x30
- 6) Front Squat 3x10 + last set triple dropset
- 7) Chest-Supported Row 3x10
- 8) Trap-Bar Farmer Walk 3x30-45s
- 9) Calf Raise Shrug 3x10
- 10) Reverse Wrist Curl 3x20
- 11) Dumbbell Wrist Curl 3x12
- 12) Reverse Lunge 3x10 (5 per leg)
- 13) Weighted Crunches 3x10

4 WEEK PROGRAM #3

Week 1

Intensity Day

- 1) Reverse Miniband Close Grip Bench Press 1-5RM
- 2) One Arm Dumbbell Press 3x8
- 3) Cable Side Raise 3x10
- 4) Front Squat With Minibands 1-5RM
- 5) Farmer Walk 3x30s
- 6) Reverse Preacher Curl 3x5
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Viking Press 3x20
- 2) Close Grip Bench Press 8RM + 2 rest pause
- 3) Flat Dumbbell Extension 3x10
- 4) Rope Pushdown 5x20
- 5) Snatch Grip Rack Pull 4x6
- 6) Dumbbell Row 3x10
- 7) Calf Raise Shrug 3x12
- 8) One Arm Upright Row 3x10
- 9) Ez-Bar Curl 3x10
- 10) Hex Dumbbell Hold 3x60s
- 11) Reverse Hyperextension 3x20
- 12) Weighted Crunches 3x20

Week 2

Intensity Day

- 1) Reverse Monster Miniband Close Grip Bench Press 1-5RM
- 2) Circus Press 3x3
- 3) Cable Face Pull 3x10
- 4) Front Squat With Monster Minibands 1-5RM
- 5) Wide Grip Weighted Pullup 1x3-5+2 back-off sets
- 6) Table Curl 3x8
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Behind The Neck Push Press 8RM + 2-back-off sets
- 2) Neutral Dumbbell Shoulder Press 3x20 (failure)
- 3) Decline Dumbbell Extension 3x10
- 4) Rope Pushdown 5x20
- 5) Band Face Pulls 3x20
- 6) Block Pull 1x8 + 2 back-off sets
- 7) Dumbbell Row 3x12
- 8) Trap-Bar Shrug 3x20
- 9) One Arm Cable Upright Row 3x10
- 10) Standing Dumbbell Wrist Curl 3x20
- 11) Plate Pinch 3x60s
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 3

Intensity Day

- 1) Reverse Light Band Close Grip Bench Press 1-5RM
- 2) Floor Dumbbell Press 3x6

- 3) Reverse Pec Deck 3x12
- 4) Zercher Squat With Minibands 1-5RM
- 5) Seal Row 3x5
- 6) Low Pin Curl 3x6
- 7) Glute-Ham Raise 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Close Grip Bench With Minibands 1x10 + 2 rest pause
- 2) One Arm Kneeling Landmine Press 3x10 (10 per side)
- 3) Overhead Barbell Extension 3x10
- 4) Rope Pushdown 5x20
- 5) Cable Face Pulls 3x20
- 6) Snatch Grip Block Pull 1x8 + 2 back-off sets
- 7) T-Bar Row 4x8
- 8) Overhead Shrug 3x10
- 9) Snatch Grip Upright Row 3x10
- 10) Standing Barbell Wrist Curl 3x20
- 11) Towel Pullups 3xAMRAP
- 12) Hyperextension 3x20
- 13) Wood Chop 3x10

Week 4

Intensity Day

- 1) Close Grip Floor Press 1-5RM (chains optional)
- 2) Close Grip Bench Press To Throat 3x5
- 3) Plate Raise 3x20
- 4) Zercher Squat With Monster Minibands 1-5RM
- 5) Barbell Row 1x4-6 + 2 back-off sets
- 6) High Pin Curl 3x3

- 7) Band Hyperextension 3x20
- 8) Weighted Plank 3x30s

Volume Day

- 1) Close Grip Bench Press With Monster Minibands 1x10RM + 2 rest pause
- 2) Seated Behind The Neck Press 3x15
- 3) Flat Elbows-Out Extensions 3x12
- 4) Reverse Grip Pushdown 4x25
- 5) Snatch Grip Deadlift 3x8
- 6) Standing Lat Pulldown 3x20
- 7) Lilly Shrug 3x15
- 8) Dumbbell Upright Row 3x10
- 9) Plate Curl 3x20
- 10) Wrist Roller 3x60s
- 11) Reverse Hyperextension 4x25
- 12) Weighted Plank 3x60s

4 WEEK GENERAL PROGRAM #4

Week 1

Intensity Day

- 1) Overhead Press With Minibands 1-5RM
- 2) Kneeling Landmine Press 3x8
- 3) Scarecrows 3x10
- 4) Good Morning Off Pins 3-5RM
- 5) Hammer Strength Row 3x8
- 6) Fat Dumbbell Wrist Curl 3x10
- 7) Reverse Hyperextension 3x10

- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Seated Overhead Press 8RM + 2 rest pause
- 2) Neutral Dumbbell Shoulder Press 12RM + 2 rest pause
- 3) Overhead Dumbbell Extension 3x15
- 4) Reverse Pushdown 4x25
- 5) Front Squat 5x10
- 6) Trap Bar Shrug 3x20
- 7) Trap-Bar Farmer Walk 3x30s
- 8) Dumbbell Upright Row 3x10
- 9) Barbell Wrist Curl 3x20
- 10) Standing Dumbbell Wrist Curl 3x20
- 11) Reverse Hyperextension 3x20
- 12) Weighted Crunches 3x20

Week 2

Intensity Day

- 1) Overhead Press With Monster Minibands 1-5RM
- 2) Kneeling One Arm Landmine Press 3x10 (5 per side)
- 3) Cable Face Pull 3x10
- 4) Zercher Squat Off Low Pins 1-5RM
- 5) T-Bar Row 3x8
- 6) Side Pressure Wrist Curl 3x20
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Incline Close Grip Bench Press 1x8RM + 2 rest pause
- 2) Viking Press 12RM + 2 rest pause

- 3) Incline Barbell Extension 3x12
- 4) Rope Pushdown 4x25
- 5) Band Face Pulls 3x20
- 6) Zercher Squat 5x10
- 7) Below The Knee Rack Pull 1x6 + 2 back-off sets
- 8) Dumbbell Farmer Walk 3x30s
- 9) Barbell Upright Row 3x10
- 10) Standing Front Barbell Wrist Curl 3x10
- 11) Reverse Dumbbell Wrist Curl 3x20
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 3

Intensity Day

- 1) Push Press With Minibands 1-5RM
- 2) Z Press 5x2
- 3) Reverse Pec Deck 3x12
- 4) High Bar Box Squat With Minibands 1-5RM
- 5) Chest-Supported Row 3x10
- 6) High Pin Curl 3x6
- 7) Glute-Ham Raise 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Floor Overhead Press 1x8RM + 2 rest pause
- 2) Incline Dumbbell Bench Press With Minibands 1x10RM + 2 rest pause
- 3) Floor Barbell Extension 3x10
- 4) V-Bar Pushdown 2x50
- 5) Band Face Pulls 3x20

- 6) Good Morning 1x12 + 2 back-off sets
- 7) Snatch Grip Deadlift 3x6
- 8) Rope Cable Upright Row 3x10
- 9) Standing Reverse Barbell Wrist Curl 3x20
- 10) Preacher Curl 3x10
- 11) Hyperextension 3x20
- 12) Weighted Plank 3x30s

Week 4

Intensity Day

- 1) Behind The Neck Push Press 3-5RM
- 2) Bottom Overhead Press 4x6
- 3) Rear Delt Flyes 3x15
- 4) High Bar Box Squat With Monster Minibands 1-5RM
- 5) Wide Cable Row 3x10
- 6) Neutral Barbell Curl 3x8
- 7) Hyperextension 3x20
- 8) Standing Band Crunch 3x20

Volume Day

- 1) Close Grip Behind The Neck Press 1x15 + 2 rest pause
- 2) Close Grip Floor Press 3x8 + 2 rest pause
- 3) Incline Elbows-Out Extensions 3x12
- 4) Band Pushdown 3xAMRAP
- 5) Cable Face Pulls 3x10
- 6) Romanian Deadlift 3x12 + 2 back-off sets
- 7) Kroc Row 3x20
- 8) Power Shrug (no pins) 3x10
- 9) Incline Front Raise 3x10
- 10) Neutral Wrist Curl 3x20

- 11) Seated Dumbbell Wrist Curl 3x10
- 12) Reverse Lunge 3x20 (10 per leg)
- 13) Weighted Plank 3x60s

4 WEEK GENERAL PROGRAM #5

Week 1

Intensity Day

- 1) Close Grip Floor Press With Chains 1-5RM
- 2) Block Press 3x5
- 3) Trap Bar Deadlift With Fat Gripz 1-5RM
- 4) Snatch Grip Deadlift 3x5
- 5) Band Face Pulls 3x20
- 6) Weighted Towel Pullups 3x3
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Close Grip Behind The Neck Press 3x20
- 2) Floor Dumbbell Press 1x3 Minutes
- 3) Decline Barbell Extension 3x8
- 4) Band Pushdown 3xAMRAP
- 5) Band Face Pulls 3x20
- 6) Sumo Deadlift With Fat Gripz 1x10 + 2 back-off sets
- 7) Dumbbell Row With Fat Gripz 3x10
- 8) Dumbbell Shrug 3x20
- 9) Rope Cable Upright Row 3x10
- 10) Towel Curl 3x10

- 11) Standing Dumbbell Wrist Curl 3x20
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 2

Intensity Day

- 1) Weighted Dips 3-5RM
- 2) Behind The Neck Push Press 3x5
- 3) Side Raise 3x5
- 4) Snatch Grip Rack Pull 1-5RM
- 5) Pendlay Row With Fat Gripz 3x5
- 6) Reverse Barbell Curl 3x10
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Weighted Dips 3x20
- 2) Floor Overhead Press 2x15 + last set triple dropset
- 3) Elbows-Out Extensions 3x10
- 4) Reverse Pushdown 4x25
- 5) Band Face Pulls 3x20
- 6) Sumo Block Pull With Fat Gripz 1x10 + 2 back-off sets
- 7) Weighted Pullup With Fat Gripz 1x6 + 2 back-off sets
- 8) Trap-Bar Shrug 3x15
- 9) One Arm Upright Row 3x10
- 10) Seated Dumbbell Wrist Curl With Fat Gripz 3x10
- 11) Plate Pinch 3x30s
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 3

Intensity Day

- 1) Clean and Press 1-5RM
- 2) High Pin Press 3x3
- 3) Power Side Raise 3x8
- 4) Deficit Deadlift With Fat Gripz 1-5RM
- 5) Barbell Row with Fat Gripz 3x8
- 6) Glute-Ham Raise with Bands 3x10
- 7) Decline Medicine Ball Twist 3x50

Volume Day

- 1) Viking Push Press 1x12-15 + back-off sets
- 2) Neutral Dumbbell Bench Press With Monster Minibands 3x15
- 3) Overhead Barbell Extension 3x12 + last set dropset
- 4) Rope Pushdown 4x25
- 5) Band Face Pulls 3x20
- 6) Rack Pull 4x6
- 7) Wide Grip Weighted Pullups 3x5
- 8) Barbell Upright Row 3x12
- 9) Incline Front Raise 3x10
- 10) Side Pressure Wrist Curl 3x20
- 11) Finger Pullups 3xAMRAP
- 12) Hyperextension 3x20
- 13) Reverse Wood Chop 3x10

Week 4

Intensity Day

- 1) Paused Incline Bench Press 1-5RM
- 2) Dumbbell Shoulder Press 3x6

- 3) Scarecrows 3x12
- 4) Rack Pull With Fat Gripz 1-5RM
- 5) Farmer Walk With Fat Gripz 3x30s
- 6) Standing Dumbbell Wrist Curl 3x10
- 7) Glute Bridge 3x10
- 8) Band Twist 3x10

Volume Day

- 1) Close Grip Incline Bench Press With Minibands 1x10 + 2 Back-off sets
- 2) Shoulder Press 3x20 (to failure)
- 3) Elbows out Extensions 3x10
- 4) Reverse Pushdown 4x25
- 5) Romanian Deadlift With Fat Gripz 3x12
- 6) Trap Bar Farmer Walk With Fat Gripz 3x60s
- 7) Seated Dumbbell Shrug 3x15
- 8) One Arm Cable Upright Row 3x10
- 9) Forearm Levering 1xAMRAP ALL ANGLES (front, back, top, sides)
- 10) Towel Pullup 3xAMRAP
- 11) Reverse Hyperextension 3x20
- 12) Band Twist 3x20

4 WEEK GENERAL PROGRAM #6

Week 1

Intensity Day

- 1) High Pin Press 1-5RM
- 2) Shoulder Press 3x5 + 2 back-off sets
- 3) Dumbbell Side Raise 3x10

- 4) Front Squat With Minibands 1-5RM
- 5) Power Clean 5x3
- 6) Low Pin Curl 3x5
- 7) Reverse Hyperextension 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Behind The Neck Push Press 9x3 @60%
- 2) Shoulder Press 3x20 to failure
- 3) Overhead Barbell Extension 3x10
- 4) Rope Pushdown 5x20
- 5) Band Face Pull 3x20
- 6) Front Squat 4x6
- 7) Wide Grip Lat Pulldown 3x8
- 8) Barbell Shrug 3x15
- 9) One Arm Upright Row 3x10
- 10) Hammer Curl 3x12
- 11) Reverse Barbell Curl 3x10
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 2

Intensity Day

- 1) Push Press 1-5RM
- 2) Z-Press 5x2
- 3) Band Face Pull 3x20
- 4) Front Squat With Monster Minibands 1-5RM
- 5) Power Snatch 6x2
- 6) High Pin Curl 3x5
- 7) Reverse Hyperextension 3x10

- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Behind The Neck Push Press 9x3 @65%
- 2) Incline Dumbbell Press 3x20 to failure
- 3) Incline Elbows-Out Extensions 3x10
- 4) V-Bar Pushdown 5x20
- 5) Band Face Pulls 3x20
- 6) Front Squat With Minibands 1x10 + 2 back-off sets
- 7) Dumbbell Row 3x12
- 8) Trap-Bar Shrug 3x20
- 9) One Arm Cable Upright Row 3x10
- 10) Preacher Curl 3x12
- 11) EZ-Bar Curl With Fat Gripz 3x12
- 12) Reverse Hyperextension 3x20
- 13) Weighted Crunches 3x20

Week 3

Intensity Day

- 1) Push Press With Minibands 1-5RM
- 2) Close Grip Floor Press 5x2
- 3) Rear Delt Flyes 3x12
- 4) Reverse Miniband Front Squat 1-5RM
- 5) High Pull 5x3
- 6) Partial Hammer Preacher Curl 3x5
- 7) Glute-Ham Raise 3x10
- 8) Standing Cable Crunch 3x10

Volume Day

- 1) Behind The Neck Push Press 9x3@70%
- 2) Neutral Dumbbell Bench Press 3x20 to failure
- 3) Floor Barbell Extension 3x10
- 4) Rope Pushdown 5x20
- 5) Cable Face Pulls 3x20
- 6) Zercher Squat 1x12 + rest pause
- 7) T-Bar Row 4x8
- 8) Overhead Shrug 3x10
- 9) Barbell Upright Row 3x10
- 10) Neutral Barbell Curl 3x10
- 11) Hammer Preacher Curl 3x10
- 12) Hyperextension 3x20
- 13) Wood Chop 3x10

Week 4

Intensity Day

- 1) Push Press With Monster Minibands 1-5RM
- 2) Neutral Incline Dumbbell Bench Press 3x10
- 3) Plate Raise 3x20
- 4) Reverse Monster Miniband Front Squat 1-5RM
- 5) Power Shrug 4x6
- 6) Table Curl With Fat Gripz 3x5
- 7) Band Hyperextension 3x20
- 8) Weighted Plank 3x30s

Volume Day

- 1) Overhead Press 3x20
- 2) Floor Dumbbell Bench Press 1x3-5 Minutes
- 3) Flat Elbows-Out Extensions 3x12
- 4) Reverse Grip Pushdown 5x20

- 5) Reverse Pec Deck 3x12
- 6) Pendlay Row 9x3 @60%
- 7) One Arm Cable Row 3x12
- 8) Lilly Shrug 3x15
- 9) Barbell Upright Row 3x10
- 10) Low Pin Curl 3x10
- 11) Towel Curl 3x20
- 12) Reverse Hyperextension 4x25
- 13) Weighted Plank 3x60s

FIN

Conclusion

Congratulations on finishing naturally enhanced! You are now ready to make the best gains of your entire life. What you have learned from this book is priceless, and I commend you for taking action and investing in your knowledge. You have learned so much about exercise science and correct training that marketing bullshit will no longer affect you. When you spot someone delivering misinformation, you'll be able to call it out or reject it, rather than being the victim by falling for lies. No longer will your fitness lifestyle ever be complicated. The days of having super shredded abs, training 4-6x a week, being small, and eating bird seed are over.

In many ways, I envy you. I wish that when I would have started training that a system like this would have existed. It would have saved me years of learning the hard way by constantly failing and having to do research! I really hope that you make use of this book, because I guarantee you that there's nothing out there like this one. At least, not for drug-free recreational lifters. And I'm not even telling you this just because you bought the book! I'm mentioning this because it's pure fact. Everything that you learned here contains decades of exercise science and experience. When you follow Naturally Enhanced, you also have history and doctors by your side! This is what makes the system so great.

Anyhow, I don't have much else to say. I know that within 1-3 months maximum your body will already look different. I don't even have to hope, because I know that this is the reality. So when you get those gains, I'd like to see some pictures. Let me know how naturally enhanced turned you into a muscle-building legend. And if you have any stories on people calling you out for being on steroids, just let me know!

I look forward to seeing your transformation,

~ Alexander Leonidas



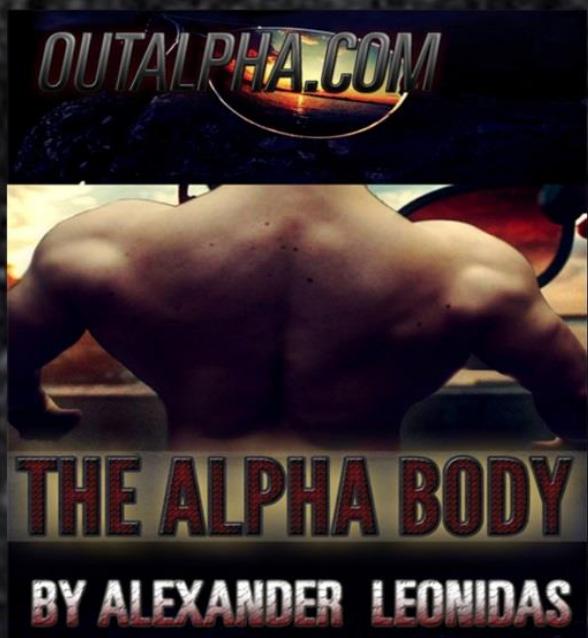
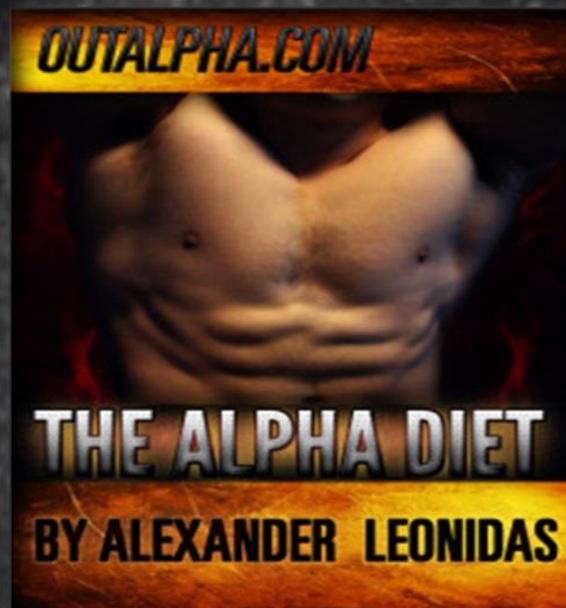
ABOUT THE AUTHOR



Alexander Leonidas is a strength & conditioning professional. Through years of studying exercise science and acquiring first hand training experience, he is now here to share his knowledge and wisdom. His bold and straightforward approach to delivering advice has transformed the way people see fitness.

The Alpha Diet

The Alpha Diet is the best nutrition book of all time. Alexander Leonidas breaks down exactly how weight manipulation occurs, provides you with special strategies of enhancing the process, debunks nutritional myths, and offers illusion tactics to make you appear far more sexy than you actually are.



The Alpha Body

The Alpha Body will give you the bench pressing strength of a powerlifter, the overhead pressing strength of a strongman, the leg strength of a field athlete, the relative strength of a gymnast, and the aesthetics of an old school bodybuilder while having a life outside the gym. It also follows a full body concurrent training approach, which is very effective and unique.

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