

THE WORKOUT PLAN TO BUILD BRUTE STRENGTH AND POWER

We've got the blueprint to get you bigger and stronger than ever before.

Look around. There are countless articles in magazines and online about gaining size and strength. Everyone wants to get strong, and everyone wants to add muscle, but most don't achieve the goal. Why? A number of reasons, including ridiculous exercise selection, poor programming, and-from what I've seen as a coach for almost 25 years-bad form.

If you're willing to do the hard work and make the commitment to using perfect form, I've got the ultimate plan for you: an eight-week guide to getting stronger than you ever thought you could.

It's a simple plan based on compound movements, high-repetition heavy lifting, and maximum-effort training. Throw in the right assistance work and you've got a plan for success.

Our goals for the next eight weeks are massive increases in strength throughout the whole body, and enhanced muscle size. Don't worry if you don't get super jacked right away. You'll add some muscle now, but the real size will come later on, as you begin to use the newfound strength developed with this program.

Strength is the basis for everything we do in the gym and in life. If you want to get huge, you've got to get strong. Raising your limit strength (the amount you can lift once) allows you to handle a heavier submaximal weight for more reps.

Let me illustrate: Generally, low reps build strength and high reps build size, right? Sort of. Well, in this program, you'll be doing a blend of both, but you'll also be doing heavy weights for higher reps.

Using heavy weights for high reps on basic exercises causes a large release of growth hormone in your body and also increases testosterone levels. It's the cheapest growth hormone and testosterone-boosting

supplement available.

WHAT TO EXPECT

Let's talk about the program. You'll be working brutally hard in three-week blocks, then de-loading on the fourth week - a period of lighter training with less volume. It all begins again in Week 5 with a new plan of attack for three weeks before dropping back for another de-loading phase.

Don't underestimate the importance of de-loading-if you follow the program with the correct intensity, you'll need it. You won't get weak though; you'll actually get stronger because of it. Your body has different types of muscle fibers, with subdivisions of those different types. The very explosive ones fatigue quickly and take a long time to recover. By de-loading on your fourth week, you give your central nervous system (CNS) and the explosive fibers a chance to rest and regenerate.

In the same spirit, this program calls for only three days of training per week. You'll be doing a lot of volume and tonnage in your workouts, so you need to allow for that when programming, and make sure you get adequate rest to prevent overtraining. Don't add days-add intensity to each session.

I've given you a lower-body strength day (Day 1), an upper-body strength day with a few assistance exercises (Day 2), and a full-body assistance day at the end of the week (Day 3). This allows you to train hard, recover, then do it again, creating strength gains but also making sure you have enough energy to bring up weak points on assistance day.

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