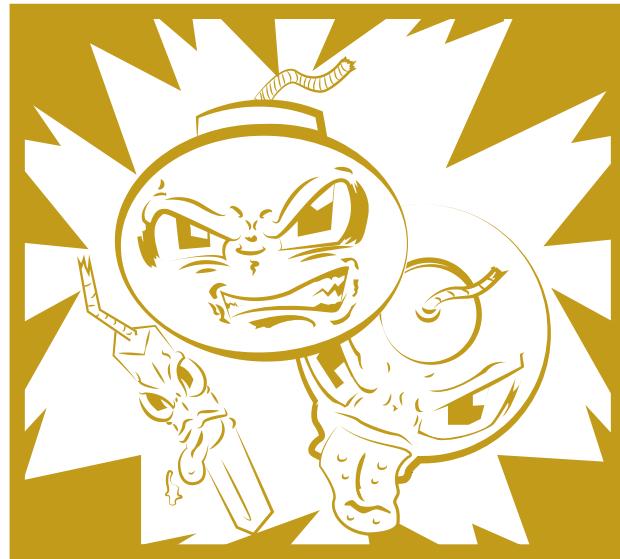


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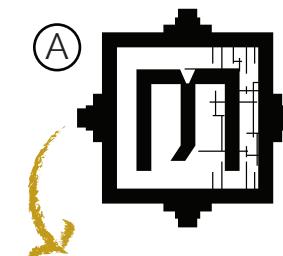
SIX WEEK
MUSCULAR HYPER TROPY + ENDURANCE PROGRAMME







Mein Haus is a clothing line, specializing in making limited graphical handprinted apparel for the gym going audience. Our goal is to usher in a more fun, exciting, highfalutin, yet quality products and content that suits our strength and powerlifting crowd.



The Mein Haus Logo is a Citadel - a fortress - representing one's mind, body, and spirit; and it can be built for better, or worse, depending on the individual. Choose for better.



The word "Mein Haus" is German in origin, meaning "My House". This goes further to align itself with the idea that your being - mind, body, and spirit - is yours to make prosperous and abundant.

Mein Haus represents any, and all, strength enthusiasts and heavylifters constructing their lives - mentally, physically, spiritually, and financially - into their ultimate vision. IRON WILL. IRON MIND. SURVIVE. THRIVE. These are just a few short phrases and words that sums up the Mein Haus mentality in its approach to weightlifting, setting and surpassing goals. This is not a T-Shirt, this is a promise, and a reminder, to leave it all in the lab - the blood, the sweat, the tears, the over-analyzing, and past wins and losses. Mein Haus is here for the Authentic, Mein Haus is here for the Athletic.

LET EACH WORKOUT HAVE A PURPOSE.

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SIX WEEK
MUSCULAR HYPERTROPHY + ENDURANCE PROGRAMME





P U R P O S E

Bum Rush Da Spot is a(n) intermediate/advance hypertrophy trainer. The exercises, and movements, recommended in this programme are all one bodypart a day movements. Included within the makeup of this programme, is the utilization of periodization, which continually challenges your body and mind to grow, change, and surpass your apex. Its time to shatter your plateau. This is the first release of the Bomb Squad Series: BUM RUSH DA SPOT.

IRON WILL. IRON MIND. SURVIVE. THRIVE.





LEGS

LEG EXTENSION *PRE-EXHAUSTION	4 25
HACK SQUAT	3 15-20
SQUAT	4 6-10
LEG PRESS	3 25,15,10
LYING LEG CURL	3 10,15,25
CALF RAISES	4 15
CALF PRESS	4 25

⚠ NOTE: Welcome to Day 1 of the BUM RUSH. This programme requires the utmost intensity, focus, determination, and dedication. We will maintain a tempo of 4-0-4.

💡 TIP: The purpose of this programme again is to put your body through hypertrophy, strength building, strength endurance that is guaranteed to shatter any previous plateaus. Now let's begin.

FOCUS

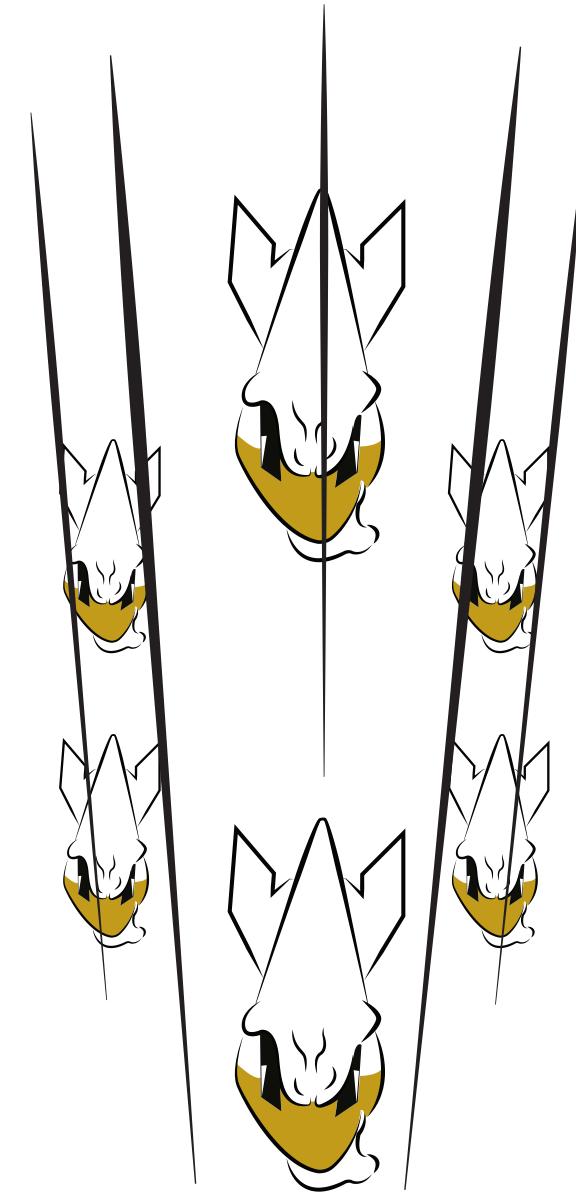


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CHEST

INCLINE BENCH PRESS
FLAT BENCH PRESS
PUSHUPS
CABLE CROSSOVERS
PRESS MACHINE
PEC DEC FLYES

4 | 10
4 | 10
4 | FAILURE
3 | 15
3 | 10-15
3 | 15



NOTE: We use Incline Bench Press to target the pecs strictly to wake-up the muscle. Superset Flat Bench Press and Pushups.

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.

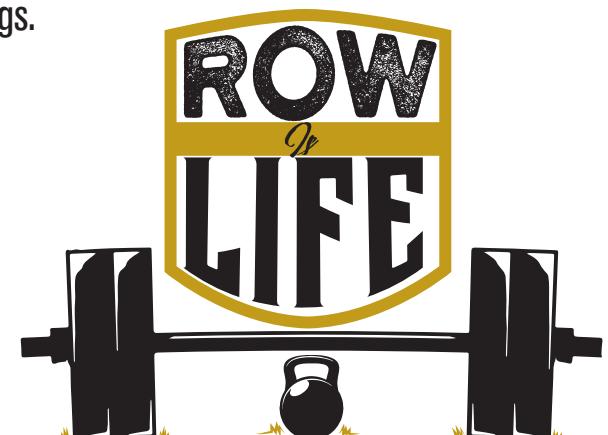


BACK

BENTOVER BARBELL ROW	4 8-10
DUMBBELL ROW UNILATERAL	4 12
PULLDOWN UNILATERAL	3 12-15
DEADLIFT (LIGHT WEIGHT)	3 8
STRAIGHT-ARM PULLDOWN	4 10-15

NOTE: Really focus on contraction of back muscles, with each break flex, or stretch, muscle groups. Dumbbell Rows and Pulldowns are performed unilaterally, one side at a time. Deadlifts are to remain light, no more than 350LBS.

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.



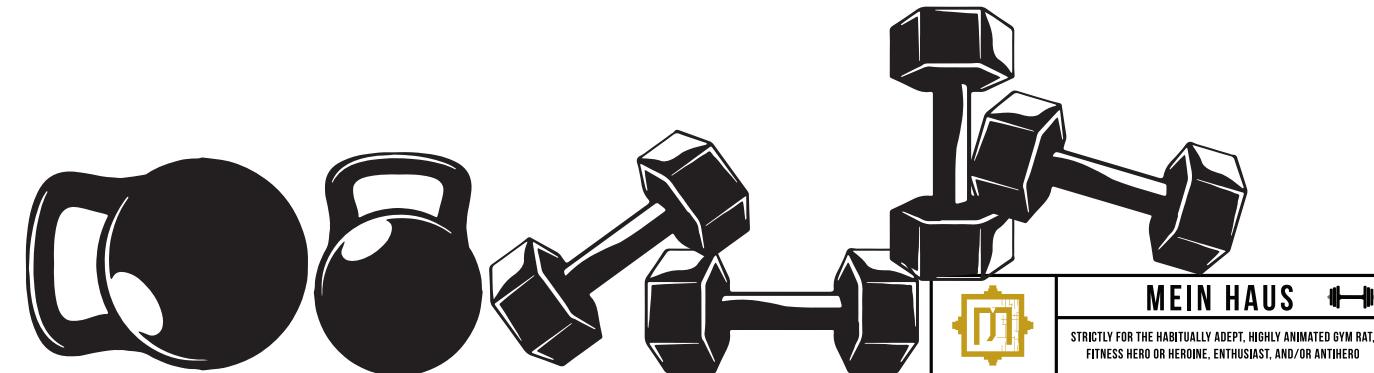


SHOULDER

SHOULDER PRESS	4 12
SIDE LATERAL RAISES	4 15
REAR DELT RAISES	4 15
1-ARM FRONT RAISES (DUMBBELL)	3 12
FRONT-TO-SIDE RAISES	3 15

NOTE: Utilize the tempo for the Shoulder Press movement.

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.





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ARMS

CABLE CURL	4 15
CABLE OVERHEAD EXTENSION	4 15
PREACHER CURL	4 10
1-ARM CABLE CURL	3 12
TRICEP PUSHDOWN	4 10
1-ARM TRICEP EXTENSION	3 12

NOTE: Superset Cable Curl and Cable Overhead Extension. Make the Mind-Muscle-Connection.

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.



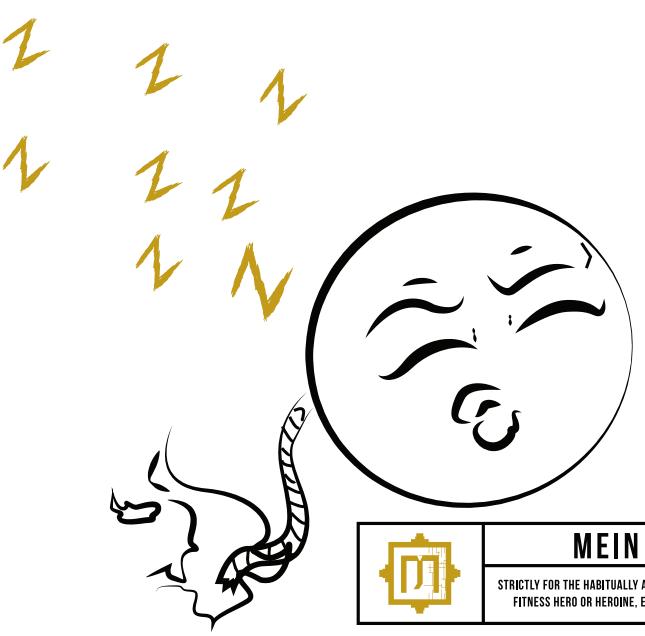
ACTIVE REST

NOTE: This is a day of recovery, however, your cardio is still due.



REST

💡 NOTE: Allow your body to recover.





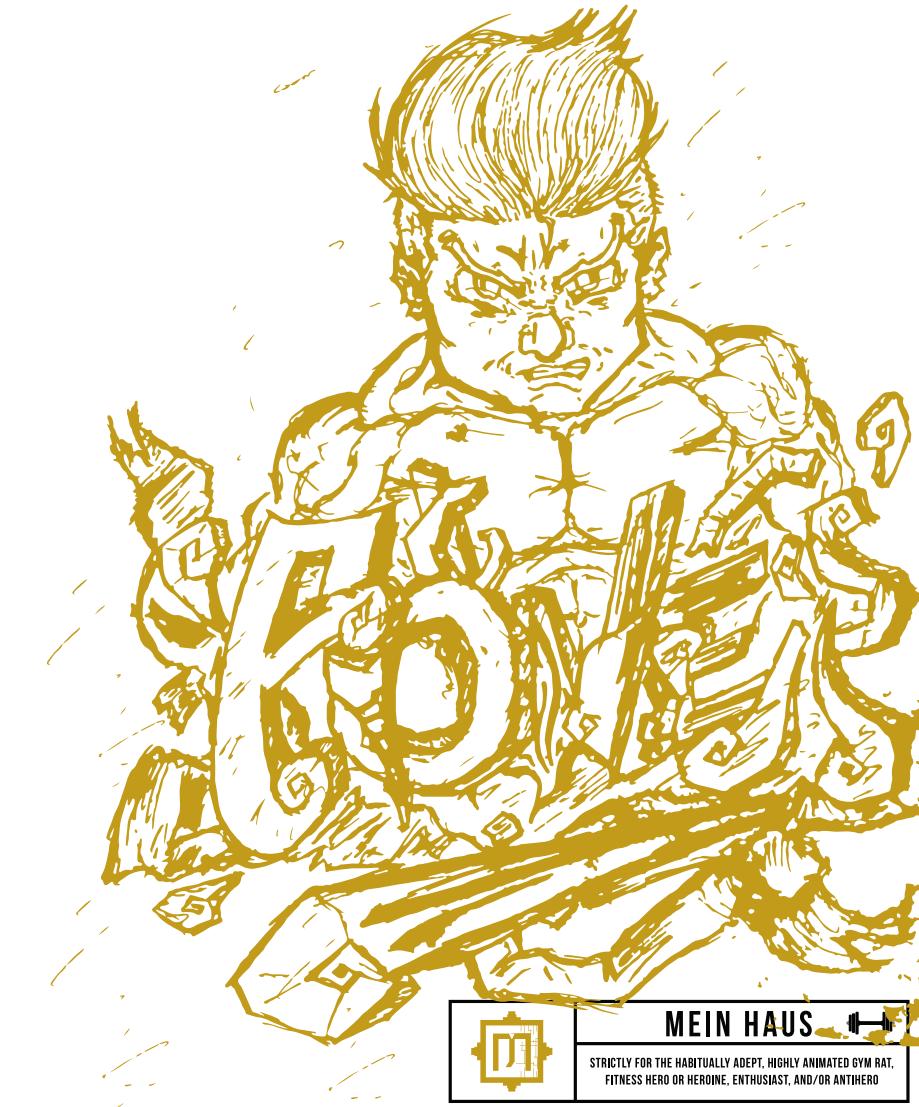
LEGS

LEG EXTENSION
SQUAT (BARBELL)
LEG CURL
CALF RAISES
LEG PRESS

2 | 25
2 | 15
2 | 15
2 | 15
5 | 25

► NOTE: This week we venture into a modified version of H.I.T, but we do finish strong with pushing our quads to the limit.

► TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.





CHEST

FLAT BENCH PRESS	2 15
CABLE CROSSOVER	2 15
PRESS MACHINE	2 15
INCLINE BENCH PRESS	5 10-12

NOTE: Continue using a modified version of H.I.T, but we do finish strong with pushing our quads to the limit.

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.





SHOULDER

REAR DELT RAISES

2 | 15

LATERAL SIDE RAISES

2 | 15

SHOULDER PRESS

5 | 12

💡 NOTE: Continue using a modified version of H.I.T, but we do finish strong with pushing our quads to the limit.

💡 TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.

THESE ARE BOULDERS, SIR...



MIND
MUSCLE
CONNECTION
is Key

ARMS

BICEP CURL (BARBELL)	2 15
TRICEP SKULLCRASHERS	2 15
BICEP CABLE CURL	2 15
TRICEP PUSHDOWN	2 15
PREACHER CURL	3 12-15
TRICEP EXTENSION (DUMBBELL)	3 12-15

NOTE: Continue using a modified version of H.I.T, but we do finish strong with pushing our quads to the limit. Superset Bicep Curl (BARBELL) and Tricep Skullcrasher movements. Superset Bicep Cablecurl and Tricep Extension.

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.



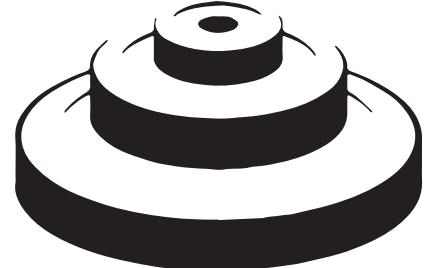
BACK

T-BAR ROW	2 15
STRAIGHT-ARM PULLDOWN	2 15
PULLDOWN	2 15
DUMBBELL ROW	4 10-12

💡 NOTE: Continue using a modified version of H.I.T, but we do finish strong with pushing our quads to the limit.

💡 TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.

NEVER
LET
UP



MEIN HAUS

STRICTLY FOR THE HABITUALLY ADEPT, HIGHLY ANIMATED GYM RAT,
FITNESS HERO OR HEROINE, ENTHUSIAST, AND/OR ANTHERO



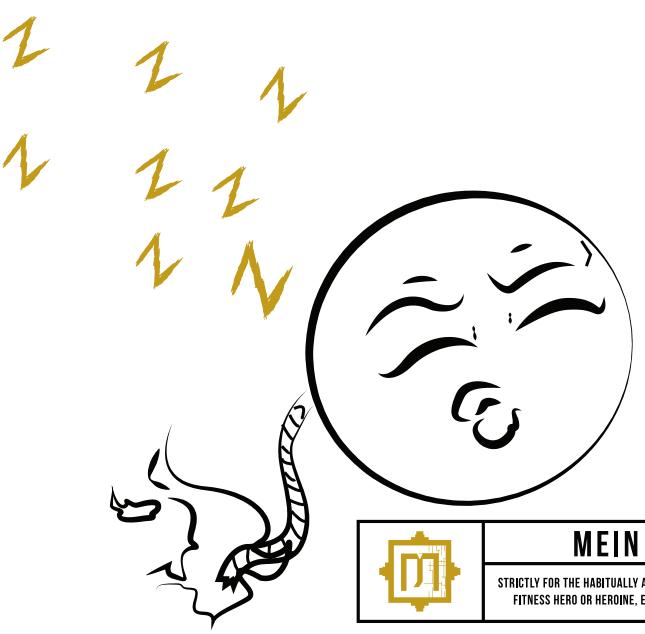
ACTIVE REST

NOTE: This is a day of recovery, however, your cardio is still due.



REST

💡 NOTE: Allow your body to recover.





LEGS

LEG EXTENSION	4 25
SQUAT	4 8
LEG PRESS	4 20,20,10,8
CALF PRESS	4 20,20,10,8
LYING LEG CURL	4 12
LEG EXTENSION	7 10

NOTE: H.I.T. Week allow for a much needed recovery, while training us to utilize focused intensity while working with our exercise movements. Now, we journey forward into the C4 Week. Superset Leg Press and Calf Press.

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.





BACK

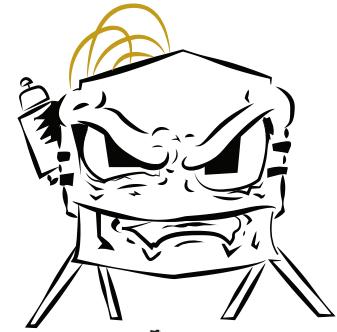
BARBELL ROW
T-BAR ROW
PULLDOWN (CABLE)

4 | 20,15,10,6
4 | 6,10,15,20
4 | 12-15

NOTE: A lot of movements will be narrowed down to main movements, followed by accessory movements. Utilize focused intensity from H.I.T. to push your further in strength and endurance.

TIP: Take the most limited amount of breaks as possible, less than a minute. Always breathe from stomach not lungs.





CHEST

INCLINE BENCH PRESS
FLAT BENCH PRESS
CABLE CROSSOVERS
PEC DEC FLYES

4 | 20,15,10,6
 4 | 20,15,10,6
 4 | 15
 4 | 15

💡 NOTE: This workout contains two sets of supersets. Superset Incline Bench Press and Flat Bench Press. Superset Cable Crossovers and Pec Dec Flyes.

💡 TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.



ARMS

PREACHER CURL

4 | 25,20,12,10

HIGH CABLE CURL

4 | 25,20,12,10

TRICEP EXTENSION

4 | 10,12,20,25

TRICEP KICKBACK

4 | 10,12,20,25

NOTE: This workout contains two sets of supersets. Superset Preacher Curl and High Cable Curl. Superset Tricep Extension and Tricep Kickback.

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.





SHOULDER

SHOULDER PRESS	4 25,15,12,10
LATERAL SIDE RAISES	4 25,15,12,10
REAR DELT FLYES (SEATED)	4 25,15,12,10
FRONT-SIDE-REAR RAISES	4 12

NOTE: This workout contains one giant set. Giant Set includes Shoulder Press, Lateral Side Raises, and Rear Delt Flyes.

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.





ACTIVE REST

NOTE: This is a day of recovery, however, your cardio is still due.



REST

NOTE: Allow your body to recover.





ACTIVE REST

NOTE: This is a day of recovery, however, your cardio is still due.



CHEST

FLAT BENCH PRESS
INCLINE BENCH PRESS
CABLE CROSSOVERS

5 | 25,20,15,10,5
5 | 5,10,15,20,25
3 | 15,10,5

NOTE: Week 4 initializes a modified Dynamic Transformation Principle, or DTP style of training.

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.





LEGS

LEG EXTENSION

5 | 40,30,20,10,5

LEG PRESS

5 | 5,10,20,3,40

SEATED LEG CURL

3 | 25,20,15

💡 NOTE: This week style of training is mostly a mentally-framework style of training, which involves pushing your body to the absolute brink, where you begin to doubt your own capabilities.
Hold Strong!

💡 TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.

REMEMBER, IT IS ALL MENTAL



BACK

BARBELL ROW

5 | 25,20,15,8,6

CABLE PULLDOWN

5 | 6,8,15,20,25

DUMBBELL ROW

3 | 15,12,8

💡 NOTE: This week style of training is mostly a mentally-framework style of training, which involves pushing your body to the absolute brink, where you begin to doubt your own capabilities.
Hold Strong!

💡 TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.



MEIN HAUS

STRICTLY FOR THE HABITUALLY ADEPT, HIGHLY ANIMATED GYM RAT,
FITNESS HERO OR HEROINE, ENTHUSIAST, AND/OR ANTHERO



SHOULDER

REAR DELT RAISES

5 | 25,20,15,10,5

LATERAL SIDE RAISES

5 | 5,10,15,20,25

SHOULDER PRESS

3 | 20,15,10

NOTE: This week style of training is mostly a mentally-framework style of training, which involves pushing your body to the absolute brink, where you begin to doubt your own capabilities.
Hold Strong!

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.

**IF ONLY THIS PUMP COULD
LAST FOREVER**



MEIN HAUS

STRICTLY FOR THE HABITUALLY ADEPT, HIGHLY ANIMATED GYM RAT,
FITNESS HERO OR HEROINE, ENTHUSIAST, AND/OR ANTHERO



ARM

PREACHER CURL

5 | 30,25,20,15,10

TRICEP PUSHDOWN

5 | 10,15,20,25,30

BICEP CURL (CABLE)

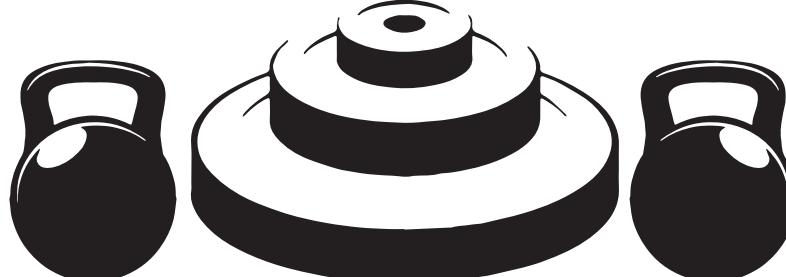
3 | 15,10,5

TRICEP EXTENSION (CABLE)

3 | 5,10,15

💡 NOTE: This week style of training is mostly a mentally-framework style of training, which involves pushing your body to the absolute brink, where you begin to doubt your own capabilities. Hold Strong! Superset Bicep Curl and Tricep Extension.

💡 TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.



ELEX UP



MEIN HAUS

STRICTLY FOR THE HABITUALLY ADEPT, HIGHLY ANIMATED GYM RAT,
FITNESS HERO OR HEROINE, ENTHUSIAST, AND/OR ANTHERO



ACTIVE REST

NOTE: This is a day of recovery, however, your cardio is still due.



REST

NOTE: Allow your body to recover.





THERE ARE LEVELS TO
THIS

LEGS

LEG EXTENSION

5 | 50,40,30,20,10

SQUAT

4 | 8

LEG PRESS

10 | 45,40,30,20,10,10,20,30,40,45

LEG CURL

3 | 20,10,5

CALF PRESS

3 | 20,10,5

NOTE: Level up! You utilize the DTP pyramid - go heavier with each set reaching your apex in the middle, then pyramid back to your starting weight. This principle is utilize with all the exercises.

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.

THERE ARE LEVELS TO
THIS



MEIN HAUS

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FITNESS HERO OR HEROINE, ENTHUSIAST, AND/OR ANTHERO



**WORK ANGRY.
FLEX HARD.**

CHEST

INCLINE BENCH PRESS
FLAT BENCH PRESS
CABLE CROSSOVERS
PRESS MACHINE

5 | 40,30,20,15,10
5 | 10,15,20,30,40
3 | 20,15,10
3 | 10,15,20

💡 NOTE: Level up! Utilize DTP principle with all movements, although it is shared between two movements, like the incline bench and flat bench, then cable crossovers and press machine.

💡 TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.

**WORK ANGRY.
FLEX HARD.**



MEIN HAUS

STRICTLY FOR THE HABITUALLY ADEPT, HIGHLY ANIMATED GYM RAT,
FITNESS HERO OR HEROINE, ENTHUSIAST, AND/OR ANTHERO



ACTIVE REST

NOTE: This is a day of recovery, however, your cardio is still due.



TARGET
LOCATED

BACK

BARBELL ROW
PULLDOWN 1-ARM
T-BAR ROW

5 | 30,25,20,15,10
5 | 10,15,20,25,30
3 | 15,10,8

💪 NOTE: Level up!

💡 TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.

DESTROY
EVERYTHING



MEIN HAUS

STRICTLY FOR THE HABITUALLY ADEPT, HIGHLY ANIMATED GYM RAT,
FITNESS HERO OR HEROINE, ENTHUSIAST, AND/OR ANTHERO



BE
INDESTRUCTABLE

SHOULDER

SHOULDER PRESS

5 | 20,15,10,10,5

SIDE LATERALS

3 | 15,10,10

REAR DELT FLYES

5 | 5,10,10,15,20

NOTE: Level up!

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.

**SHOULDERS
UP**



MEIN HAUS

STRICTLY FOR THE HABITUALLY ADEPT, HIGHLY ANIMATED GYM RAT,
FITNESS HERO OR HEROINE, ENTHUSIAST, AND/OR ANTHERO



ACTIVE REST

💡 NOTE: This is a day of recovery, however, your cardio is still due.



REST

NOTE: Allow your body to recover.





AN ODE TO ARMS

ARMS

CABLE CURL	5 25,20,15,10,5
TRICEP EXTENSION	5 5,10,15,20,25
PREACHER CURL	3 15,10,5
OVERHEAD EXTENSION	3 5,10,15

⚠ NOTE: Level up!

💡 TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.

LIFT ACCORDINGLY



MEIN HAUS

STRICTLY FOR THE HABITUALLY ADEPT, HIGHLY ANIMATED GYM RAT,
FITNESS HERO OR HEROINE, ENTHUSIAST, AND/OR ANTHERO



REST

NOTE: Allow your body to recover.





LEGS

LEG EXTENSION

4 | 25

LEG PRESS

6 | 50,40,30,20,10,5

SEATED LEG CURL

6 | 5,10,20,30,40,50

CALF PRESS

3 | 30,20,10

NOTE: Level up 2X!

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.

this is
BEYOND
1000



MEIN HAUS

STRICTLY FOR THE HABITUALLY ADEPT, HIGHLY ANIMATED GYM RAT,
FITNESS HERO OR HEROINE, ENTHUSIAST, AND/OR ANTHERO



CHEST

INCLINE BENCH PRESS
FLAT BENCH PRESS
PRESS MACHINE

6 | 25,20,15,10,10,5
6 | 5,10,10,15,20,25
3 | 15,10,10

NOTE: Level up 2X!

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.





BACK

LAT ROW MACHINE
PULLDOWN
STRAIGHT ARM PULLDOWN

6 | 25,20,15,10,10,5
6 | 5,10,10,15,20,25
3 | 15,10,10

NOTE: Level up 2X!

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.





ACTIVE REST

NOTE: This is a day of recovery, however, your cardio is still due.



SHOULDER

SHOULDER PRESS MACHINE

6 | 20,15,12,10,10,5

SHOULDER PRESS (SMITH)

6 | 5,10,10,12,15,20

SIDE LATERAL

3 | 15,12,10

NOTE: Level up 2X!

**NEGATIVE
BELIEFS**

TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.



ARM

PREACHER CURL

OVERHEAD EXTENSION

BICEP CURL (DUMBBELL)

TRICEP EXTENSION

6 | 25,20,15,12,10,10

6 | 10,10,12,15,20,25

3 | 15,12,10

3 | 10,12,15

NOTE: Level up 2X!



TIP: Take the most limited amount of breaks as possible, less than a minutes. Always breathe from stomach not lungs.



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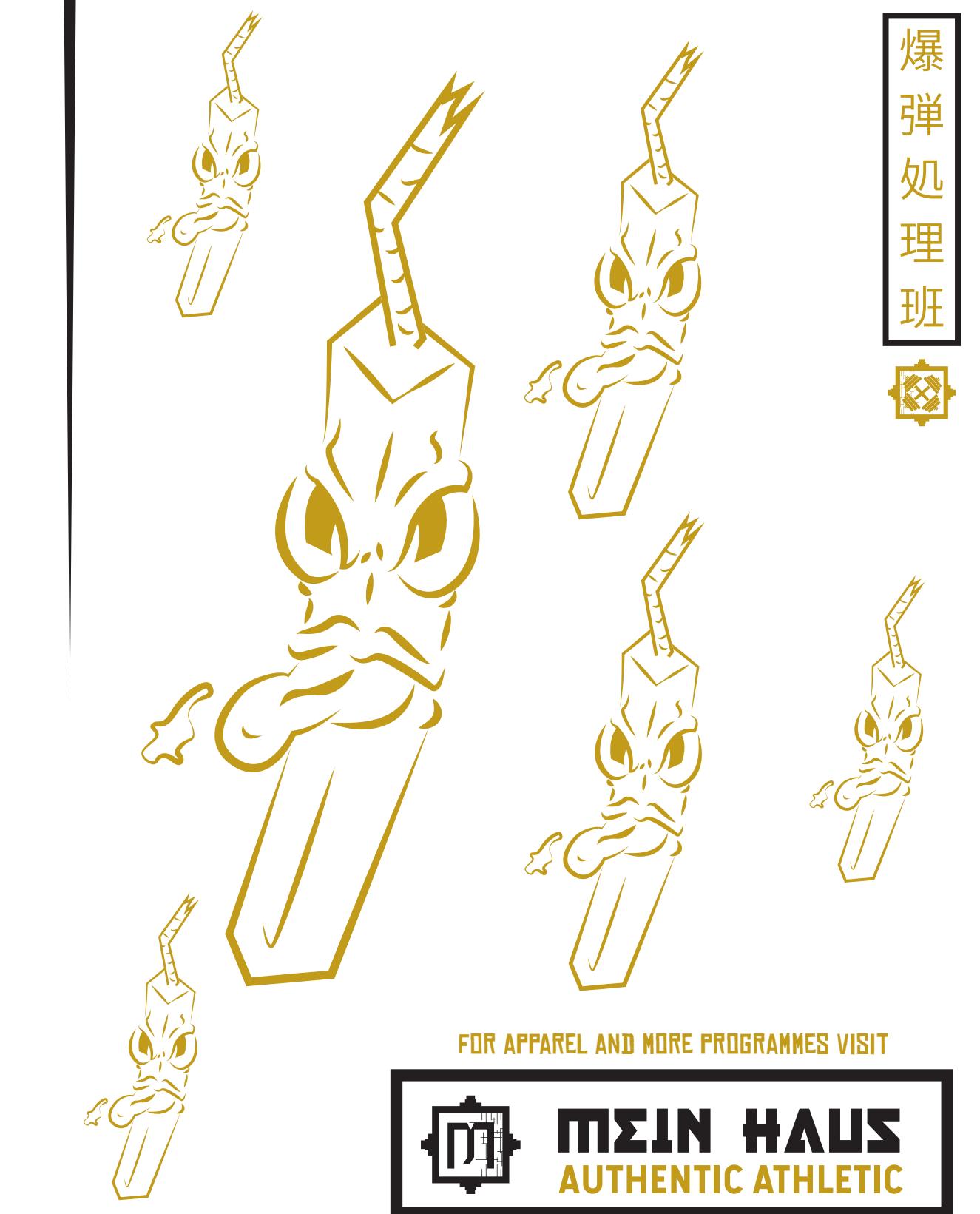
SIX WEEK
MUSCULAR HYPER TROPY + ENDURANCE PROGRAMME



CONGRATULATIONS!!

SIX WEEK

MUSCULAR HYPER TROPY + ENDURANCE PROGRAMME



FOR APPAREL AND MORE PROGRAMMES VISIT



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