

P R O J E C T

# IRON



**MEIN HAUS**  
AUTHENTIC ATHLETIC

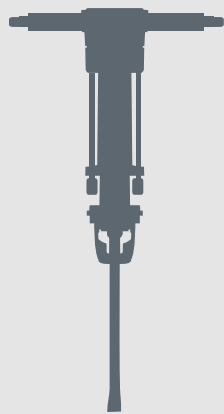
P R O J E C T  
IRON

OTHER PROGRAMS FROM MEIN HAUS

TOTAL  
REBUILD  
8 WEEK TRAINER



Chirox

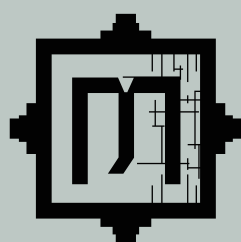


PRESSLUFTHAMMER  
P R O G R A M M E





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.

# MEIN HAUS

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.

P R O J E C T

# IRON

## LEGS

BARBELL BACK SQUAT  
5-SETS X 5-REPETITIONS

LEG EXTENSION  
4-SETS X 25-REPETITIONS

LEG PRESS/CALF PRESS [SUPERSET]  
4-SETS X 25-REPETITIONS

LYING LEG CURL  
3-SETS X 15-REPETITIONS

CALF RAISES  
4-SETS X 15-20-REPETITIONS



 *NOTE: I would like to welcome you to Day 1 of Project Iron. This Programme is meant to build Strength, Endurance, and Stamina.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*

P R O J E C T

# IRON

## SHOULDER/ARMS

REAR DELT FLYES  
4-SETS X 12-15-REPETITIONS

SIDE LATERAL RAISES  
4-SETS X 15-REPETITIONS

SHOULDER PRESS  
4-SETS X 8-12-REPETITIONS

BICEP CURLS/TRICEP PUSHDOWNS [CABLE]  
4-SETS X 12-15-REPETITIONS

BICEP CURL/TRICEP EXTENSION [UNILATERAL]  
4-SETS X 8-12-REPETITIONS



 *NOTE: Always remember to push yourself, and take pauses where need to reach the listed set and number of reps.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*

P R O J E C T

# IRON

## BACK

DEADLIFT

4-SETS X 5-REPETITIONS

BENT OVER BARBELL ROW

4-SETS X 12-15-REPETITIONS


HYPER EXTENSION

3-SETS X 15-REPETITIONS

DUMBBELL ROW [UNILATERAL]

4-SETS X 8-REPETITIONS



 *NOTE: One of Project Iron purposes is to stress the importance of the three main lifts - The Bench Press, The Squat, and The Deadlift. The Deadlift, in my opinion, being the most crucial, and complex, of all the movements should be of high importance to the user. Master this movement, and I promise you will have full confidence in the other two.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*

P R O J E C T

# IRON

## CHEST


CONVENTIONAL FLAT BENCH PRESS  
4-SETS X 8-12-REPETITIONS

INCLINE BENCH PRESS  
4-SETS X 12-15-REPETITIONS

PRESS MACHINE  
4-SETS X 10-REPETITIONS

CABLE CROSSOVER  
4-SETS X 10-15-REPETITIONS



 *NOTE: Again another important lift, the bench press, not as complex as the deadlift or squat, does require total focus and control over the movement to see, and experience growth. These accessory movements will guarantee just that on your journey.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*



P R O J E C T

# IRON

## LEGS

LEG EXTENSION  
4-SETS X 25-REPETITIONS


LEG PRESS  
5-SETS X 60,50,40,20,20-REPETITIONS

CALF PRESS  
4-SETS X 50,40,20,20-REPETITIONS

LEG CURL [LYING]  
3-SETS X 15,12,10-REPETITIONS

CALF RAISES  
4-SETS X FAILURE



 *NOTE: This leg workout begins with pre-exhausting the quads with a light volume, then proceeding into pyramid to spark hypertrophy and endurance to get more power out of the legs.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*



# P R O J E C T IRON

## SHOULDER/ARMS

SIDE LATERAL RAISES  
5-SETS X 25-REPETITIONS

SHOULDER PRESS  
5-SETS X 25-REPETITIONS

REAR DELT FLYES  
5-SETS X 25-REPETITIONS


BICEP CURL [UNILATERAL]  
3-SETS X 10-REPETITIONS

TRICEP PULLDOWN [UNILATERAL]  
3-SETS X 10-REPETITIONS

BICEP CURL  
4-SETS X 12-15-REPETITIONS

TRICEP PULLDOWN  
4-SETS X 12-15-REPETITIONS



 *NOTE: The Delts are a smaller muscle group and doesn't take much to burn them out; so, we are going to annihilate them in this workout. After that, we will focus on each individual bicep and tricep, before running through those muscle groups in a traditional fashion.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*



P R O J E C T

# IRON

## CHEST


INCLINE BENCH PRESS  
5-SETS X 8-12-REPETITIONS

CABLE CROSSOVER  
5-SETS X 12-15-REPETITIONS

PUSH PRESS MACHINE  
5-SETS X 10-REPETITIONS

FLAT BENCH PRESS  
3-SETS X 1-4-REPETITIONS



 *NOTE: We will keep the burnout energy going from the previous workout with the pecs. This time will inverse our movements, a bit, to stress working the technique to ensure a more stable bench when going heavy.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*



P R O J E C T

# IRON

## BACK

DEADLIFT

3-SETS X 1-2-REPETITIONS

BARBELL ROW

5-SETS X 25-REPETITIONS

UNILATERAL ROW MACHINE

4-SETS X 8-REPETITIONS


LATERAL PULLDOWN [UNILATERAL]

4-SETS X 12-15-REPETITIONS

MACHINE ROW

4-SETS X 12-15-REPETITIONS



 *NOTE: We start off testing the technique of the deadlift, you don't go heavy with the deadlift in this stated movement, just work the motion of the movement. We then burnout, and go heavy, with the next movements.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*

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P R O J E C T  
**IRON**


**LEGS**

LEG EXTENSION  
4-SETS X 25-REPETITIONS

BARBELL SQUAT  
4-SETS X 5-8-REPETITIONS

LEG PRESS  
12-SETS X 50,40,30,20,10,10,10,10,20,30,40,50-REPETITIONS



 *NOTE: Lets kick off the week of 3s : 3 movements which include the main lifting movement, accessory movement one and accessory movement two.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*

3

P R O J E C T  
**IRON**


***CHEST***

FLAT BENCH PRESS  
4-SETS X 6-8-REPETITIONS

INCLINE BENCH PRESS  
4-SETS X 10-12-REPETITIONS

CABLE CROSSOVER  
12-SETS X 50,40,30,20,10,10,10,10,20,30,40,50-REPETITIONS



 *NOTE: Lets kick off the week of 3s : 3 movements which include the main lifting movement, accessory movement one and accessory movement two.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*

3

P R O J E C T  
**IRON**

***BACK***

DEADLIFT

3-SETS X 2-REPETITIONS


BARBELL ROW

4-SETS X 10-12-REPETITIONS

SEATED CABLE ROW

12-SETS X 50,40,30,20,10,10,10,10,20,30,40,50-REPETITIONS



 *NOTE: Lets kick off the week of 3s : 3 movements which include the main lifting movement, accessory movement one and accessory movement two.*

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P R O J E C T  
**IRON**

***SHOULDER***

REAR DELT FLYES

6-SETS X 50,40,30,20,10,10-REPETITIONS


SIDE LATERAL RAISES

6-SETS X 50,40,30,20,10,10-REPETITIONS

SHOULDER PRESS

12-SETS X 50,40,30,20,10,10,10,10,20,30,40,50-REPETITIONS



 *NOTE: Lets kick off the week of 3s : 3 movements which include the main lifting movement, accessory movement one and accessory movement two.*

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P R O J E C T  
**IRON**

**ARMS**

**PREACHER CURL**

**12-SETS X 50,40,30,20,10,10,10,10,20,30,40,50-REPETITIONS**

**TRICEP EXTENSION**

**12-SETS X 50,40,30,20,10,10,10,10,20,30,40,50-REPETITIONS**


**CABLE CURL**

**6-SETS X 50,40,30,20,10,10-REPETITIONS**

**TRICEP PULLDOWN**

**6-SETS X 50,40,30,20,10,10-REPETITIONS**



 *NOTE: Lets kick off the week of 3s : 3 movements which include the main lifting movement, accessory movement one and accessory movement two.*

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3

P R O J E C T  
**IRON**

**LEGS**

LEG EXTENSION  
4-SETS X 25-REPETITIONS

LEG PRESS  
6-SETS X 30,20,10,10,20,30-REPETITIONS

LYING LEG CURL  
6-SETS X 30,20,10,10,20,30-REPETITIONS



 *NOTE: We will continue with the 3s, but done in a pyramid-reverse-pyramid dynamic to spark hypertrophy and volume.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*

3

P R O J E C T  
**IRON**

***CHEST***

FLAT BENCH PRESS  
4-SETS X 10-REPETITIONS

INCLINE BENCH  
6-SETS X 30,20,10,10,20,30-REPETITIONS

CABLE CROSSOVER  
6-SETS X 30,20,10,10,20,30-REPETITIONS



 *NOTE: We will continue with the 3s, but done in a pyramid-reverse-pyramid dynamic to spark hypertrophy and volume.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*

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P R O J E C T  
**IRON**

***BACK***

DEADLIFT

4-SETS X 3-REPETITIONS

BENT-OVER BARBELL ROW

6-SETS X 30,20,10,10,20,30-REPETITIONS

PULLDOWN [UNILATERAL]

6-SETS X 30,20,10,10,20,30-REPETITIONS



 *NOTE: We will continue with the 3s, but done in a pyramid-reverse-pyramid dynamic to spark hypertrophy and volume.*

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3

P R O J E C T  
**IRON**

***SHOULDER***

SHOULDER PRESS [UNILATERAL]  
6-SETS X 30,20,10,10,20,30-REPETITIONS

SIDE LATERAL RAISE [UNILATERAL]  
6-SETS X 30,20,10,10,20,30-REPETITIONS

REAR DELT FLYES [UNILATERAL]  
6-SETS X 30,20,10,10,20,30-REPETITIONS



 *NOTE: We will continue with the 3s, but done in a pyramid-reverse-pyramid dynamic to spark hypertrophy and volume.*

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3

P R O J E C T  
**IRON**

**ARMS**

CABLE CURL

6-SETS X 30,20,10,10,20,30-REPETITIONS

TRICEP PULLDOWN

6-SETS X 30,20,10,10,20,30-REPETITIONS

CABLE CURL [UNILATERAL]

3-SETS X 30,20,10-REPETITIONS

TRICEP PULLDOWN [UNILATERAL]

3-SETS X 30,20,10-REPETITIONS



 *NOTE: We will continue with the 3s, but done in a pyramid-reverse-pyramid dynamic to spark hypertrophy and volume.*

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P R O J E C T

# IRON

## LEGS

LEG EXTENSION  
4-SETS X 25-REPETITIONS

SQUAT  
2-SETS X 10-REPETITIONS,[2-SETS, WARMUP]

CALF PRESS  
2-SETS X 25-REPETITIONS, [2-SETS, WARMUP]

LYING LEG CURL  
2-SETS X 12-15-REPETITIONS,[2-SETS, WARMUP]

LEG PRESS [UNILATERAL]  
2-SETS X 15-REPETITIONS,[2-SETS,WARMUP]



 *NOTE: Now, we move on to H.I.T. movements. FOCUS on each of your movements.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*

P R O J E C T

# IRON

## BACK

DEADLIFT [TECHNIQUE]  
4-SETS X 5-REPETITIONS

BENTOVER ROW  
2-SETS X 12-REPETITIONS,[2-SETS, WARMUP]

DUMBBELL ROW  
2-SETS X 8-REPETITIONS, [1-SET, WARMUP]

BIG MACHINE ROW [UNILATERAL]  
2-SETS X 10-REPETITIONS,[1-SETS, WARMUP]

FOCUS

BE HARD  
2  
KILL

 NOTE: Now, we move on to H.I.T. movements. FOCUS on each of your movements.

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P R O J E C T

# IRON

## CHEST

INCLINE BENCH PRESS  
2-SETS X 12-15-REPETITIONS

FLAT BENCH PRESS  
2-SETS X 10-REPETITIONS,[1-SETS, WARMUP]

PEC DEC FLYES  
2-SETS X 15-20-REPETITIONS, [1-SET, WARMUP]

PRESS MACHINE  
2-SETS X 12-REPETITIONS,[1-SETS, WARMUP]

FOCUS

BE HARD  
2  
KILL

 NOTE: Now, we move on to H.I.T. movements. FOCUS on each of your movements.

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P R O J E C T

# IRON

## *DELTS/ARMS*

SHOULDER PRESS  
2-SETS X 12-15-REPETITIONS

SIDE LATERAL RAISES  
2-SETS X 12-20-REPETITIONS,[1-SETS, WARMUP]

REAR DELT FLYES  
2-SETS X 12-20-REPETITIONS, [1-SET, WARMUP]

BICEP CURL  
2-SETS X 12-REPETITIONS,[1-SET, WARMUP]

TRICEP EXTENSION  
2-SETS X 12-15-REPETITIONS[1-SET, WARMUP]

BICEP HAMMER CURL [UNILATERAL]  
2-SETS X 10-REPETITIONS

TRICEP PULLDOWN [UNILATERAL]  
2-SETS - 10-REPETITIONS



 *NOTE: Now, we move on to H.I.T. movements. FOCUS on each of your movements.*

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P R O J E C T

# IRON

## BACK


DEADLIFT  
4-SETS X 2-REPETITIONS

MACHINE ROW  
4-SETS X 10-12-REPETITIONS

PULLDOWN MACHINE  
4-SETS X 10-12-REPETITIONS

STRAIGHT-ARM PULLDOWN  
4-SETS X 10-REPETITIONS

SEATED CABLE ROW  
7-SETS X 10-15-REPETITIONS

 *NOTE: This is the conclusion week of Project Iron, and with that we will utilize the FLUSH-7 on our final movement in the workout.*

 *TIP: The purpose of this programme is build up better, reliable, strength to allow you to push your target weight for more repetitions.*



P R O J E C T

# IRON

## LEGS

LEG EXTENSION  
4-SETS X 25-REPETITIONS

BARBELL SQUAT  
4-SETS X 6-REPETITIONS

LEG CURL  
4-SETS X 10-12-REPETITIONS

LEG PRESS  
7-SETS X 20-25-REPETITIONS

CALF PRESS  
7-SETS X 20-25-REPETITIONS

 *NOTE: This is the conclusion week of Project Iron, and with that we will utilize the FLUSH-7 on our final movement in the workout.*

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P R O J E C T

# IRON

## CHEST

INCLINE BENCH PRESS  
4-SETS X 12-REPETITIONS

PRESS MACHINE  
4-SETS X 12-REPETITIONS

CABLE CROSSOVER  
4-SETS X 15-REPETITIONS

FLAT BENCH PRESS [SMITH MACHINE]  
7-SETS X 10-REPETITIONS

 *NOTE: This is the conclusion week of Project Iron, and with that we will utilize the FLUSH-7 on our final movement in the workout.*

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P R O J E C T

# IRON

## *DELT/ARMS*

SHOULDER PRESS  
7-SETS X 12-REPETITIONS

SIDE RAISES  
4-SETS X 10-12-REPETITIONS

REAR DELT FLYES  
4-SETS X 10-15-REPETITIONS

BICEP CURLS  
7-SETS X 10-15-REPETITIONS

TRICEP PULLDOWN  
7-SETS X 10-15-REPETITIONS

 *NOTE: This is the conclusion week of Project Iron, and with that we will utilize the FLUSH-7 on our final movement in the workout.*

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P R O J E C T

IRON

MISSION  
COMPLETE

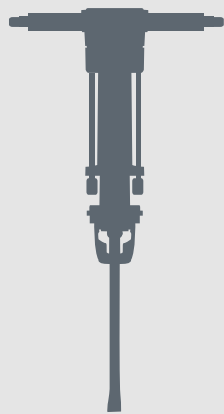
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OTHER PROGRAMS FROM MEIN HAUS

TOTAL  
REBUILD  
8 WEEK TRAINER



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