

STRENGTH + POWER PROGRAMME

DEMON OUT

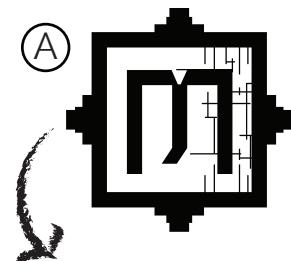


! WARNING !
* TAKE EXTREME CAUTION AND SEEK REFUGE, QUICKLY. *

FOUR
WEEK
TRAINER



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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DEVOUATION UNIT

FOUR
WEEK
TRAINER

S T R E N G T H + P O W E R P R O G R A M M E



DEMOLITION UNIT

FOUR
WEEK
TRAINER

S T R E N G T H + P O W E R P R O G R A M M E

P U R P O S E

The Demolition Unit 4 Week Trainer: Strength and Power Programme is geared towards the beginner/intermediate looking to ramp up their current gym workout regimen. These workouts are performed in splits - meaning two body parts, for example, chest and triceps for Monday. Each exercise movement is specifically chosen for the purpose of building an individual's strength and power of output when performing these lifts, so channel all your intensity into each repetition. This programme will deliver, there's no doubt in our minds; however, it is up to you to apply maximum effort and commit to each day.

IRON WILL. IRON MIND. SURVIVE. THRIVE.



DON'T
JUST
START
COMMIT
TO FINISH

DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

LEGS

LEG EXTENSION *PRE-EXHAUSTION	4 20-25
LEG PRESS	5 12-15
HACK SQUAT	4 15-20
LEG CURL (SEATED)	4 10-12
LYING LEG CURL	4 12-15 *USE LIGHTER WEIGHT
CALF PRESS (ON LEG PRESS)	5 15-25

NOTE: Welcome to Day 1 of the programme! These workouts like all workouts this starting week are meant to dial you into this specific style of training, and performing all movements at the preferred tempo of 4-0-4-1, meaning 4 seconds performing the positive motion, 0 seconds holding before 4 seconds performing the negative motion of the exercise with 1 second rest before moving to the next repetition.

TIP: The purpose of this programme again is to build strength and power, so the idea of this first workout is to use middle of your max weight, weight that challenges you but also you can push to complete your reps. We are training our body to use when we want and need it.



MEIN HAUS



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

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DAY 2

DEMOLITION UNIT

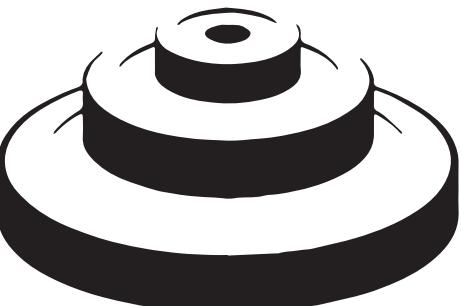
FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

CHEST + TRICEPS

INCLINE BENCH PRESS	4 8-10
FLAT BENCH PRESS	4 6-10
CABLE CROSSOVERS	4 10-15
TRICEP CABLE PUSHDOWNS	4 10-12
TRICEP OVERHEAD EXTENSION	4 10-12
SKULLCRASHERS	4 8-10

NOTE: Maintain the preferred tempo of 4-0-4-1.





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DAY 3

DEMOLITION
UNIT

FOUR
WEEK
TRAINER

STRENGTH + POWER PROGRAMME

ACTIVE REST DAY

NOTE: Use as a day of cardio.



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DAY 4

DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

SHOULDER + BICEPS

SHOULDER PRESS	4 8-10
SIDE LATERAL RAISES	4 10-15
REAR DELT FLYES	4 10-15
BICEP CURL (DUMBBELL)	4 10-12
HAMMER CURL (DUMBBELL)	3 8-12
CABLE BICEP CURL	4 12-15

RUTHLESS POWER

NOTE: Maintain the preferred tempo of 4-0-4-1.

NOTE: Shoulder movements can be with either dumbbells - shoulder press, lateral raises, rear delt flyes - or a barbell - shoulder press -, or cables - lateral raises and rear delt flyes.



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DAYS

DEMOLITION UNIT

FOUR
WEEK
TRAINER

STRENGTH + POWER PROGRAMME

BACK + ABS

PULLDOWN	3 8-12
BENTOVER BARBELL ROW	4 8-12
STRAIGHT ARM PULLDOWN	4 8-10
SITUP TWIST	3 FAIL
CABLE CRUNCHES	3 FAIL

100%
concentration
RECOMMENDED

NOTE: Maintain the preferred tempo of 4-0-4-1.

NOTE: It is crucial to keep correct form when utilizing these back movements. Moreover, perform all ab movement to exhaustion, with correct form and breathing.



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DAYE

DEMOLITION
UNIT

FOUR
WEEK
TRAINER

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ACTIVE REST DAY

NOTE: Use as a day of cardio.



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DEMOLITION UNIT

FOUR
- WEEK -
TRAINER

STRENGTH + POWER PROGRAMME

REST DAY

DAY 7



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DAY E

DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

LEGS

LEG EXTENSION	4 20-25
SQUAT (BARBELL)	4 6-8
LEG PRESS *SUPERSET WITH CALF PRESS	5 10-15
CALF PRESS	5 15-20
LYING LEG CURL	4 10-12
SEATED LEG CURL	3 12-15
SEATED CALF RAISES	4 FAIL

GIVE
YOURSELF
PERMISSION
TO
SUCCEED

NOTE: Maintain the preferred tempo of 4-0-4-1. Superset Leg presses and Calf presses

TIP: This week we are introducing more reps, as well as more weight to our very important lifts - the squat. Increase your intensity, and focus, much more in this week. And, always remember, your body doesn't know how much weight your moving, it just recognizes the tension.



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DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

CHEST + TRICEPS

FLAT BENCH PRESS	4 8-12
INCLINE BENCH PRESS	4 10-12
CABLE CROSSOVERS *SUPERSET WITH PUSHUPS	4 15
PUSHUPS	4 FAILURE
CABLE OVERHEAD EXTENSION	4 12-15
CABLE PUSHDOWN *SUPERSET WITH CABLE EXT	4 15-20
DUMBBELL OVERHEAD EXTENSION	3 10-12

...INCOMING GAINS

NOTE: Maintain the preferred tempo of 4-0-4-1.

TIP: Continue to push yourself with adding more weight on main lift - Bench Press, while increasing the weight with each set with the accessories movements



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DAY 10

DEMOLITION
UNIT

FOUR
WEEK
TRAINER

STRENGTH + POWER PROGRAMME

ACTIVE REST DAY

NOTE: Use as a day of cardio.



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DAY II

DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

BACK + BICEPS

DEADLIFT

4 | 3-6

1-ARM DUMBBELL ROW

4 | 10-12

PULLDOWN

3 | 10-12

PULLUP

3 | 10-FAILURE

BARBELL CURLS

4 | 8-10

1-ARM CABLE CURL

3 | 10-12

PREACHER CURL (SEATED)

4 | FAIL



NOTE: Maintain the preferred tempo of 4-0-4-1.

TIP: Continue to push yourself with adding more weight on main lift - Deadlift, while increasing the weight with each set with the accessories movements



DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

SHOULDER + ABS

REAR DELT FLYES (DUMBBELL)	4 12-15
SHOULDER PRESS (BARBELL)	3 10-12
LATERAL RAISES	4 12-15
FRONT RAISES	3 10-15
CABLE CRUNCHES	4 FAILURE

► NOTE: Maintain the preferred tempo of 4-0-4-1.

❶ TIP: Try and add more weight with each set. If you can't reach rep range with heavier weight, lower the weight to achieve desired rep range.





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DAY 13

DEMOLITION
UNIT

FOUR
WEEK
TRAINER

STRENGTH + POWER PROGRAMME

ACTIVE REST DAY

NOTE: Use as a day of cardio.



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DAY 14

DEMOLITION
UNIT

FOUR
WEEK
TRAINER

STRENGTH + POWER PROGRAMME

REST DAY



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DAY 15

DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

LEGS

LEG EXTENSION	4 25
SQUAT	4 8
HACK SQUAT	3 15
LEG PRESS *SUPERSET WITH CALF PRESS	4 25
CALF PRESS	4 25
LEG CURL (SEATED)	3 15
LYING LEG CURL	4 12-15

NOTE: Maintain the preferred tempo of 4-0-4-1.

TIP: Increase weight from previous week; also when it comes to the Squat get out more reps than the previous week.





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DAYIE

DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

SHOULDER + TRICEPS

TRICE OVERHEAD EXTENSION	4 12
TRICEP PUSHDOWN	4 12-15
SIDE LATERAL RAISES	4 10-15
REAR DELT RAISES	4 10-12
SHOULDER PRESS	4 10-12



ALL
OUT



NOTE: Maintain the preferred tempo of 4-0-4-1.

TIP: Try and add more weight with each set. If you can't reach rep range with heavier weight, lower the weight to achieve desired rep range.



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DAY 17

DEMOLITION
UNIT

FOUR
WEEK
TRAINER

STRENGTH + POWER PROGRAMME

ACTIVE REST DAY

NOTE: Use as a day of cardio.



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DAY 18

DEMOLITION
UNIT

FOUR
WEEK
TRAINER

STRENGTH + POWER PROGRAMME

ACTIVE REST DAY

NOTE: Use as a day of cardio.



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DAY 19

DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

BACK + BICEPS

BARBELL ROW	4 8-12
1-ARM DUMBBELL ROW	3 12-15
GOOD MORNINGS	4 6-8
BICEP CABLE CURL	4 12-15
1-ARM DUMBBELL CURL	3 10-12
HAMMER CURL	4 8-12

~~COMPETITION~~

~~COMPETITION~~

~~COMPETITION~~

NOTE: Maintain the preferred tempo of 4-0-4-1.

TIP: Try and add more weight with each set. If you can't reach rep range with heavier weight, lower the weight to achieve desired rep range. Do not go heavy with the Good Mornings exercises movement, use light weight to build more endurance, and proper form, in back.



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DAY 20

DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

CHEST

INCLINE BENCH PRESS
FLAT BENCH PRESS
CABLE CROSSOVERS
PUSH UPS

5 | 8-10
5 | 8-10
5 | 10-15
4 | FAILURE

UNREAL

unhuman.

NOTE: Maintain the preferred tempo of 4-0-4-1.

TIP: Try and add more weight with each set. If you can't reach rep range with heavier weight, lower the weight to achieve desired rep range. You are performing a giant set with the first three movements - Incline Bench Press, Flat Bench Press, and the Cable Crossovers.



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DAY 21

DEMOLITION
UNIT

FOUR
WEEK
TRAINER

STRENGTH + POWER PROGRAMME

REST DAY



▼ WARNING ▼

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DAY 22

DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

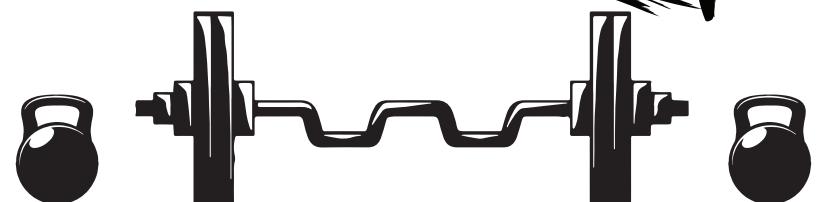
LEGS

LEG EXTENSION	4 25
SQUAT	4 8
LEG PRESS	5 15-20
HACK SQUAT	5 12
SEATED CALF RAISE	4 20
CALF PRESS	4 25
SEATED LEG CURL	3 15
LYING LEG CURL	3 10-12

NOTE: Maintain the preferred tempo of 4-0-4-1.

TIP: Try and work up to your heaviest weight with these movements in the last week.

MAKE
HISTORY
EVERYDAY





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DAY 23

DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

BACK + BICEPS

DEADLIFT

4 | 6-8

BARBELL ROW

4 | 10-15

PULLDOWN

4 | 10-15

PULLUPS

4 | 10-FAILURE

PREACHER CURL

4 | 10-20

CABLE CURL

3 | 10

DUMBBELL CURL

4 | 8-12

NOTE: Maintain the preferred tempo of 4-0-4-1.

TIP: Try and work up to your heaviest weight with these movements in the last week.

Unwatched
BEAUTY
IN
STRENGTH



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DAY 24

DEMOLITION
UNIT

FOUR
WEEK
TRAINER

STRENGTH + POWER PROGRAMME

ACTIVE REST DAY

NOTE: Use as a day of cardio.



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DAY 25

DEMOLITION
UNIT

FOUR
WEEK
TRAINER

STRENGTH + POWER PROGRAMME

ACTIVE REST DAY

NOTE: Use as a day of cardio.



▼ WARNING ▼

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DAY 26

DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

CHEST + TRICEPS

FLAT BENCH PRESS

4 | 10-15

INCLINE BENCH PRESS

5 | 10

CABLE CROSSOVERS

4 | 15

PUSHUPS

4 | 15-FAILURE

PRESS MACHINE

4 | 15-FAILURE

FOCUS

NOTE: Maintain the preferred tempo of 4-0-4-1.**TIP:** Try and work up to your heaviest weight with these movements in the last week. You are performing a giant set with Cable Crossovers, Pushups, and Press Machine.



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DAY 27

DEMOLITION UNIT

FOUR WEEK TRAINER

STRENGTH + POWER PROGRAMME

SHOULDER

SHOULDER PRESS
REAR DELT RAISES
LATERAL RAISES
FRONT RAISE (PLATE)

4 | 12-15
4 | 15-20
3 | 15
4 | 12

Complete
TOTAL CHAOS
PURE ANNIHILATION
MASS DESTRUCTION

NOTE: Maintain the preferred tempo of 4-0-4-1.

TIP: Try and work up to your heaviest weight with these movements in the last week.



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DAY 28

DEMOLITION
UNIT

FOUR
WEEK
TRAINER

STRENGTH + POWER PROGRAMME

REST DAY
DEMOLISHED
MISSION COMPLETE



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DEMOLITION UNIT

FOUR
WEEK
TRAINER

S T R E N G T H + P O W E R P R O G R A M M E

DEMOLISHED MISSION COMPLETE

S T R E N G T H + P O W E R P R O G R A M M E

DEMONSTRATION

FOR APPAREL AND MORE PROGRAMMES VISIT



MEIN HAUS
AUTHENTIC ATHLETIC

! W A R N I N G !
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FOUR
WEEK
TRAINER