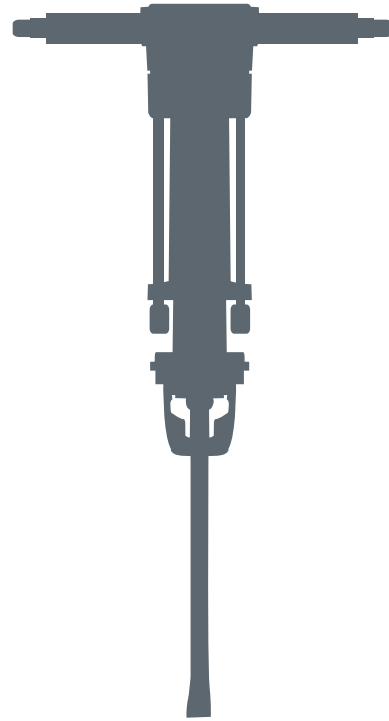
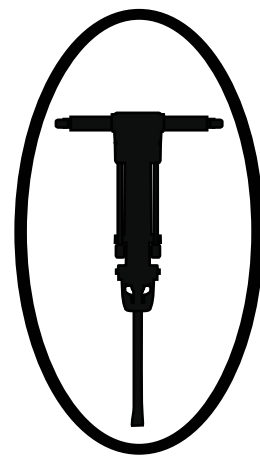


S T R E N G T H E N D U R A N C E S Y S T E M

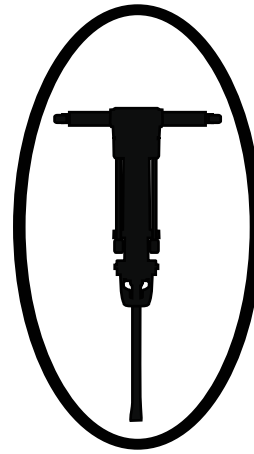


PRESSLUFTHAMMER

P R O G R A M M E

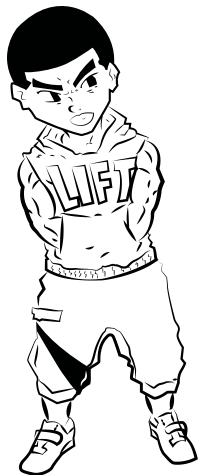


PRESSLUFTHAMMER
P R O G R A M M E



PRESSLUFTHAMMER
P R O G R A M M E

CHECK OUT OTHER PROGRAMS FROM MEIN HAUS

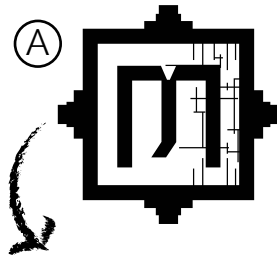


The
mythos.
SEMIDEUS MAXIMUS





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.

ⓑ

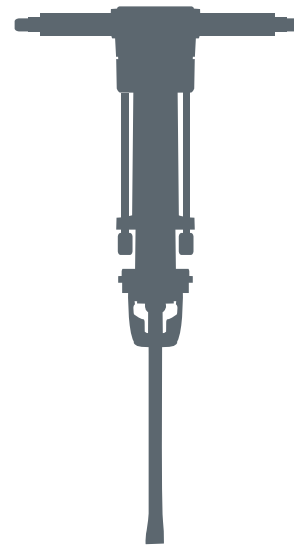
MEIN HAUS

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.





PRESSLUFTHAMMER

P R O G R A M M E

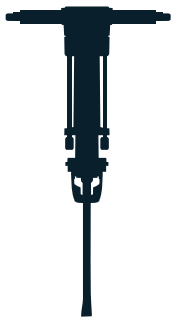
S T R E N G T H E N D U R A N C E S Y S T E M

PURPOSE

The Presslufthammer(Jackhammer) Programme is a highly advance, and challenging program designed specifically for individuals looking to break plateaus while gaining strength, and putting on lean hard muscle. This program is not for beginners and will challenge you to adopt different techniques to your weight training method.

IRON WILL. IRON MIND. SURVIVE. THRIVE.





PRESSLUFTHAMMER



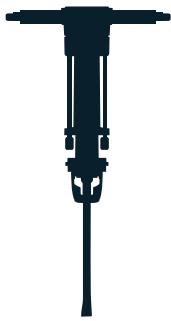
LEGS

LEG EXTENSION *PRE-EXHAUSTION	4 25
LEG PRESS	6 30,25,10,10,25,30
HACK SQUAT	3 30,15,10
LYING LEG CURL	3 10,15,30
LEG CURL (SEATED)	3 30,15,10
CALF PRESS (ON LEG PRESS)	6 30,25,10,10,25,30
CALF RAISE	3 10,25,30

🔧 NOTE: This is Day 1 of the Presslufthammer, and this week will set the tone of the rest of the weeks to follow. 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 is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

INVEST

/IN 'VEST/ ~ VERB

SIMILAR:

IMBUE

INFUSE


ENDOW


FILL

SATURATE

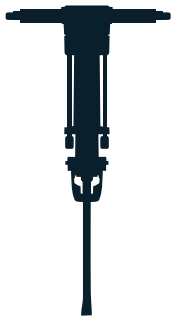
BACK

DEADLIFT	4 8
BARBELL ROW	3 30,15,10
DUMBBELL ROW	3 10,15,30
SEATED MACHINE ROW	6 30,25,10,10,25,30
LAT PULLDOWN (ISO)	3 30,15,10
LAT PULLDOWN (WIDE-GRIP)	3 10,15,30

 NOTE: Keep tempo of 4-0-4-1, with great intensity.

 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

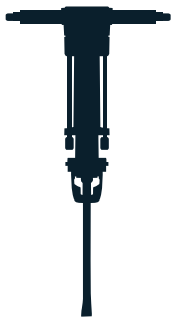
CHEST

FLAT BENCH PRESS	4 8
INCLINE BENCH PRESS	6 25,20,10,10,20,25
PEC DEC FLYES	3 25,15,10
CABLE CROSSOVER	3 10,15,25
DUMBBELL BENCH PRESS (FLAT)	3 25,15,10
DUMBBELL BENCH PRESS (INCLINE)	3 10,15,25

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. Superset PEC DEC FLYES and CABLE CROSSOVER.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

SHOULDER/ARMS

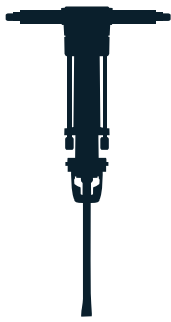
SHOULDER PRESS	4 8
SHOULDER PRESS (ISO)	6 25,15,10,10,15,25
SIDE LATERAL	3 25,15,10
REAR PEC DEC FLYES	3 25,15,10
PREACHER CURL	4 12
TRICEP EXTENSION	4 12
CABLE CURL	6 25,15,10,10,15,25
CABLE TRICEP KICKBACK	6 25,15,10,10,15,25
BICEP CURL	CABLE RACK
TRICEP EXTENSION	CABLE RACK



NOTE: Keep tempo of 4-0-4-1, with great intensity. Superset Side Lateral Raises and Rear Pec Dec Flyes. Also superset Preacher Curl and Tricep Extension. Superset Cable Curl and Cable Tricep Kickback, and finish with Bicep Curl and Tricep Extension.

TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

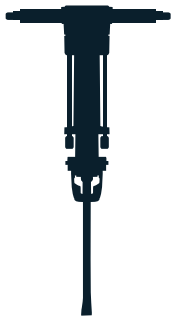
LEGS

LEG EXTENSION	4 15
HACK SQUATS	4 8
LEG PRESS	6 30,20,10,10,20,30
LEG CURL (LYING)	3 30,15,5
LEG CURL (SEATED)	3 5,15,30
CALF RAISES	6 25,15,10,10,15,25
CALF PRESS (ON LEG PRESS)	3 25,15,10

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.

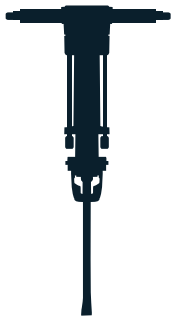




PRESSLUFTHAMMER

ACTIVE REST

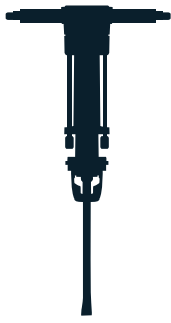




PRESSLUFTHAMMER

ACTIVE REST





PRESSLUFTHAMMER

BACK

DEADLIFT

4 | 8

DUMBBELL ROW (1-ARM)

3 | 25,20,15

SEATED MACHINE ROW


6 | 25,15,10,10,15,25


LAT PULLDOWN

3 | 25,20,15

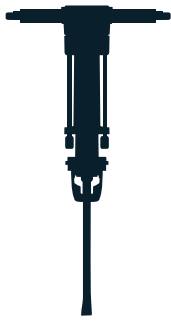
T-BAR ROW

3 | 15,20,25

 NOTE: Keep tempo of 4-0-4-1, with great intensity.

 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

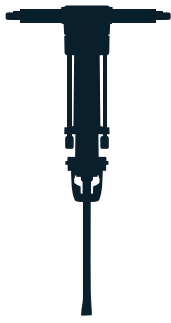
CHEST

FLAT BENCH PRESS	4 8
INCLINE BENCH PRESS	6 25,20,10,10,20,25
PEC DEC FLYES	3 25,15,10
CABLE CROSSOVER	3 10,15,25
DUMBBELL BENCH PRESS (FLAT)	3 25,15,10
DUMBBELL BENCH PRESS (INCLINE)	3 10,15,25

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

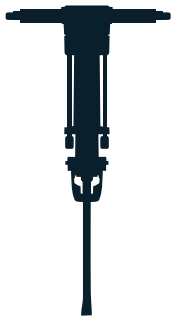
SHOULDER/ARMS

SHOULDER PRESS	4 12
SHOULDER PRESS (ISOLATION)	6 25,15,10,10,15,25
SIDE LATERAL	3 25,15,10
ROPE PULL BACK	3 25,15,10
SIDE LATERAL CABLE RAISE	3 10,15,25
REAR DELT FLYES	3 10,15,25
PREACHER CURL	4 12
TRICEP EXTENSION	4 12
CABLE CURL	6 25,15,10,10,15,25
CABEL TRICEP PUSHDOWN	6 25,15,10,10,15,25

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

BACK

DEADLIFT

4 | 8

BARBELL ROW

4 | 15/10,10/5,5,5

DUMBBELL ROW (ISOLATION)

3 | 8,8,15/10

SEATED MACHINE ROW

6 | 25,15,5,5,15,25

LAT PULLDOWN (ISOLATION)

3 | 5,5,10/5

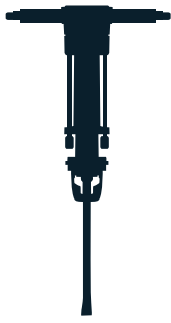
SHRUG

RUN THE RACK

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

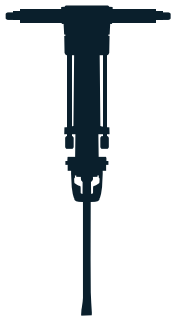
CHEST

FLAT BENCH PRESS	4 8,8,8.6/8
INCLINE BENCH PRESS	6 25,15,5,5,15,25
BENCH PRESS DUMBBELL (FLAT)	3 10/15,5/10,10/5
BENCH PRESS DUMBBELL (INCLINE)	3 5,5,5/10
CABLE CROSSOVER	3 25,15,10
PEC DEC FLYES (UNILATERAL)	3 10,15,25

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.

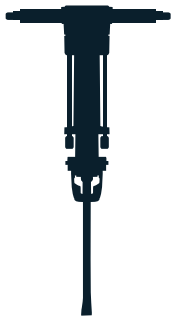




PRESSLUFTHAMMER

ACTIVE REST

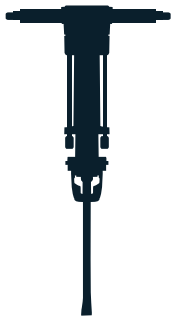




PRESSLUFTHAMMER

ACTIVE REST

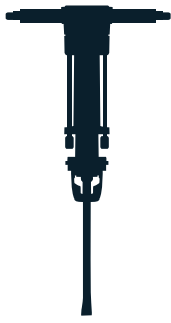




PRESSLUFTHAMMER

ACTIVE REST





PRESSLUFTHAMMER

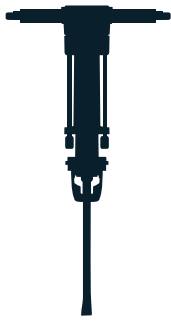
LEGS

LEG EXTENSION	4 25,25,25,25/10
SQUAT	4 8
HACK SQUAT (UPSETS)	3 20/15,15/10,10/5
LEG PRESS	6 30,20,10,10,20,30
LEG CURL	3 30,20,10
LEG CURL (LYING)	3 10,20,30
CALF PRESS (ON LEG PRESS)	6 30,20,10,10,20,30
CALF RAISES	4 30,20,10,TO EXHAUSTION

🔧 **NOTE:** Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize. We introduce the UPSETS in this workout with the hack squat. When it comes to upsets, with each set, immediatley add weight and perform the repetitions that would normally be performed as a dropset.

💡 **TIP:** The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

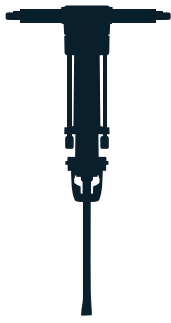
SHOULDER/ARMS

SHOULDER PRESS (BARBELL)	4 12-15
SHOULDER PRESS (UNILATERAL)	8 30,20,10,5,5,10,20,30
SHOULDER PRESS MACHINE	3 20/25,15/20,10/15
BICEP CURL	4 15-20
TRICEP EXTENSION	4 15-20
CABLE CURLS (UNILATERAL)	3 30,20,10
CABLE EXTENSION (UNILATERAL)	3 30,20,10

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

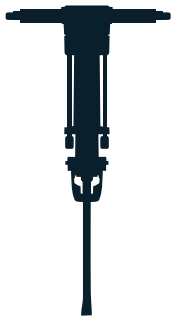
BACK

DEADLIFT	4 6-8
BARBELL ROW	4 10/8,8/6,6/4,4/2
DUMBBELL ROW (UNILATERAL)	4 6,6,4,4
MACHINE ROW (UNILATERAL)	6 30,20,10,10,20,30
MACHINE ROW	3 30,20,10
LAT PULLDOWN	3 10,20,30
DUMBBELL SHRUG	4 TO EXHAUSTION

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





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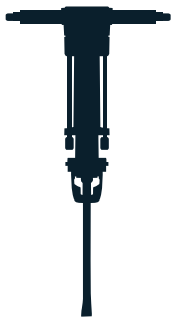
CHEST

FLAT BENCH PRESS	4 3-6
FLAT BENCH PRESS (DUMBBELL)	4 15/10/5
PRESS MACHINE	4 10
INCLINE BENCH PRESS (UNILATERAL)	6 30,20,10,10,20,30
INCLINE BENCH PRESS (DUMBBELL)	3 30,20,10
INCLINE BENCH FLY (CABLE)	3 10,20,30
FLAT BENCH PRESS (CABLE)	4 TO EXHAUSTION

🔧 **NOTE:** Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize. This workout contains a Double Dropset 15/10/5 - Perform 15 reps, drop to lower weight and perform 10 reps, drop weight once more and perform the final 5 reps.

💡 **TIP:** The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





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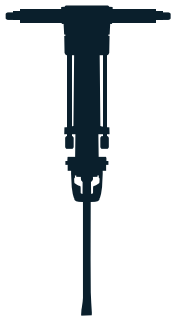
LEGS

LEG EXTENSION	4 25/15
SQUAT	5 8-10
HACK SQUAT	3 8/10,6/8,4/6
LEG PRESS	10 40,30,20,10,5,5,10,20,30,40
LEG CURL (LYING)	5 40,30,20,10,5
LEG CURL (SEATED)	5 5,10,20,30,40
CALF PRESS (ON LEG PRESS)	8 40,30,20,10,10,20,30,40
CALF RAISES	4 40,30,20,10
LEG PRESS	EXHAUSE SETS

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

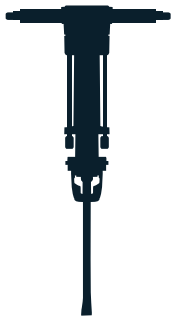
SHOULDER

SHOULDER PRESS	4 15/25
SHOULDER PRESS (UNILATERAL)	10 40,30,20,10,5,5,10,20,30,40
SHOULDER PRESS	5 40,30,20,15,5/5
SIDE LATERAL	5 40,30,20,10,5
SIDE LATERAL (UNILATERAL)	5 5,10,20,30,40
REAR DELT FLYES (DUMBBELL)	5 40,30,20,10,5
REAR DELT FLEY (UNILATERAL)	5 5,10,20,30,40
SHRUG	EXHAUST SET

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





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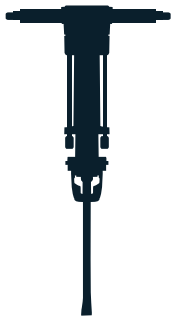
ARMS

BICEP CURL (BARBELL)	4 12/20
SKULLCRASHER	4 12/20
BICEP CURL (UNILATERAL)	4 8-15
TRICEP EXTENSION (UNILATERAL)	4 8-15
PREACHER CURL	8 40,30,20,10,10,20,30,40
OVERHEAD EXTENSION	8 40,30,20,10,10,20,30,40
HIGH CURLS	4 EXHAUST SET
KICKBACKS	4 EXHAUST SET

🔧 **NOTE:** Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize. Supersets are utilize on these following movements: Bicep Curls and Skullcrashers, Bicep Curl (Unilateral) and Tricep Extension (Unilateral), Preacher Curl and Overhead Extension, and High Curls and Kickbacks.

💡 **TIP:** The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

BACK

DEADLIFT

2 | 8-12

BARBELL ROW

6 | 30,20,10,10,20,30

MACHINE ROW

3 | 30,20,10

LAT PULLDOWN

3 | 10,20,30

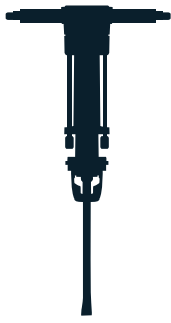
DUMBBELL ROW

HALF THE RACK

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize.

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PRESSLUFTHAMMER

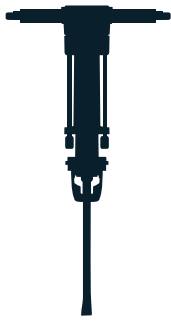
CHEST

FLAT BENCH	2 8-12
BENCH PRESS (DUMBBELL)	6 30,20,10,10,20,30
INCLINE BENCH PRESS	3 30,20,10
DECLINE BENCH PRESS	3 10,20,30
BENCH PRESS (BARBELL OR DUMBBELL)	HALF THE RACK OR STACK(CABLE)

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

LEGS

SQUAT

2 | 8-12

LEG PRESS

6 | 30,20,10,10,20,30

LEG CURL (SEATED)

3 | 30,20,10

LEG CURL (LYING)

3 | 10,20,30

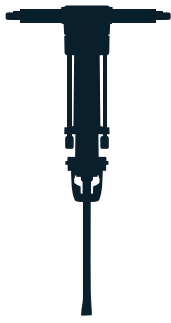
LEG EXTENSION

HALF THE STACK

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





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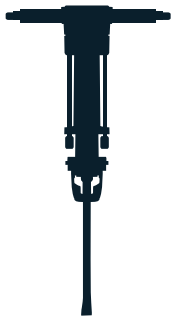
SHOULDER

SHOULDER PRESS (UNILATERAL)	2 8-12
SHOULDER PRESS	6 30,20,10,10,20,30
REAR DELT FLYES (DUMBBELL)	3 30,20,10
SIDE LATERAL RAISES	3 10,20,30
SHOULDER PRESS MACHINE	HALF THE STACK OR RACK

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





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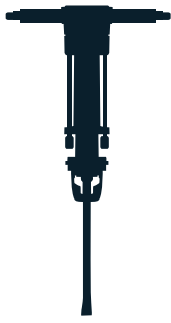
ARMS

SPIDER CURL	2 8-12
TRICEP CABLE EXTENSION	2 8-12
CABLE CURL (UNILATERAL)	6 30,20,10,10,20,30
TRICEP PUSHDOWN (UNILATERAL)	6 30,20,10,10,20,30
PREACHER CURL	3 30,20,10
TRICEP EXTENSION	3 10,20,30
CABLE CURL	HALF THE STACK
TRICEP PULLDOWN	HALF THE STACK

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. Utilize Dropsets on reps where, for example, 15/10 and similar, is utilize. Superset the following movement: Spider Curl and Tricep Cable Extension, and Cable Curl (Unilateral) and Tricep Pulldown (Unilateral).

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PRESSLUFTHAMMER

CHEST

FLAT BENCH PRESS

3 | 10,8,8/8/4

INCLINE BENCH PRESS

3 | 10,8,8/6/4

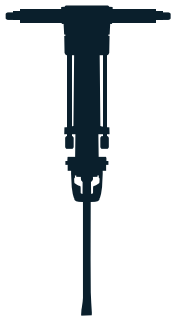
CABLE CROSSOVER

3 | 10/15,5/10,10/5

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. This kicks off Recovery Week. DO NOT go heavy with weights this week, however, we will still be utilizing dropsets and double dropsets.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





PRESSLUFTHAMMER

BACK

DEADLIFT

3 | 8,6,4

BARBELL ROW

3 | 12,10,8/6/4

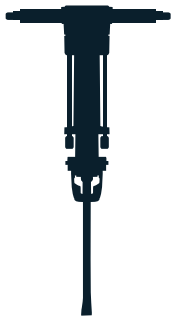
SEATED CABLE ROW

3 | 12/20,10/12,12/20

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LEGS

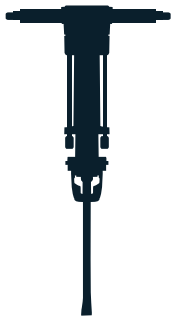
LEG EXTENSION
SQUATS
HACK SQUAT

3 | 25,15,10
3 | 8-15
3 | 15/10,5/10,15/10

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. This kicks off Recovery Week. DO NOT go heavy with weights this week, however, we will still be utilizing dropsets and double dropsets.

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PRESSLUFTHAMMER

SHOULDER

SHOULDER PRESS

3 | 10,8,8/6/4

SIDE LATERAL

3 | 20,15,15/10/10

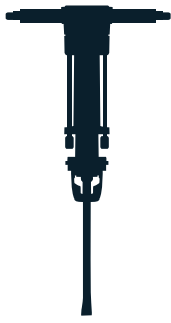
REAR DELT FLYES (DUMBBELL)

3 | 15,15,15/10/15

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. This kicks off Recovery Week. DO NOT go heavy with weights this week, however, we will still be utilizing dropsets and double dropsets.

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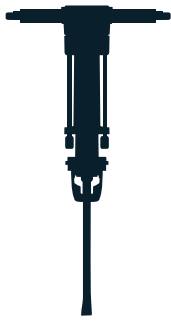
ARMS

BICEP CURLS/TRICEP EXTENSION	3 15,12,10/12/5
PREACHER CURLS/OVERHEAD EXTENSION	3 12,10,8/10/12
HIGH CURLS/TRICEP PUSHDOWN	3 25/12/10

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. This kicks off Recovery Week. DO NOT go heavy with weights this week, however, we will still be utilizing dropsets and double dropsets. This specific workout session are Superset movements.

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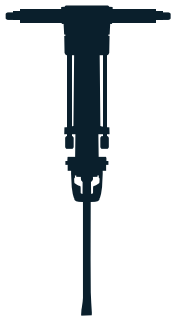
CHEST

FLAT BENCH PRESS	4 4/8/10/12
FLAT BENCH (DUMBBELL) UNILATERAL	3 8/10/12
INCLINE BENCH PRESS	4 4/8/10/12
INCLINE BENCH DUMBBELL (UNI)	3 8/10/12
CABLE CROSSOVER	8 25,10,10,5,5,10,10,25

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. We are utilizing double dropsets and triple dropsets.

💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.






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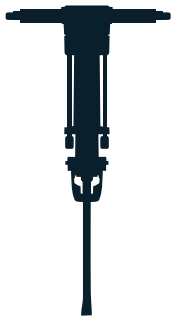
BACK

DEADLIFT	4 4/8/10/12
BARBELL ROW	4 4/8/10/12
DUMBBELL ROW	3 8/10/12
MACHINE ROW (UNILATERAL)	4 25,20,10,5
SEATED CABLE ROW	4 5,10,20,25
DUMBBELL SHRUG	3 FAILURE

 NOTE: Keep tempo of 4-0-4-1, with great intensity. We are utilizing double dropsets and triple dropsets.

 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





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LEGS

LEG EXTENSION

4 | 12/25

SQUAT

3 | 6/8/10

HACK SQUAT

4 | 25,20,10,5

LEG PRESS

4 | 5,10,20,25

LEG CURL

4 | 8/10/15/20

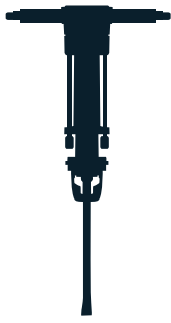
CALF PRESS

4 | 8/10/15/20

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💡 TIP: The purpose of this programme is to introduce your body to a dramatic periodization journey. Each week will bring a challenge to you mentally and physically. Being an advanced program, you have all permission to add or take away days off where needed. Most workouts in this program are pyramid in format, meaning you are adding more weight with each set, using minimal rest periods - less than 45-60 seconds. When it comes to movements with six sets, apply the pyramid and reverse pyramid - heaviest to lightest weight - at the mid-set of movements. Moreover, later in this system we will be utilizing dropsets, upsets, and a combination of the two. Once again this is a very advanced system.





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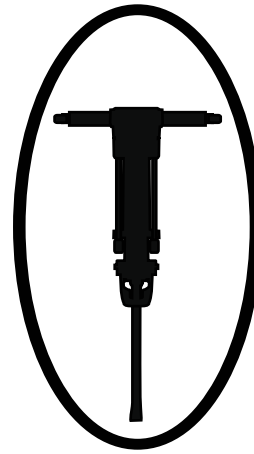
SHOULDER/ARMS

SHOULDER PRESS (UNILATERAL)	4 4/8/10/12
SIDE LATERAL (UNILATERAL)	4 8/10/12/16
REAR DELT FLYES (UNILATERAL)	4 4/8/10/12
PREACHER CURL	4 10/12/16/20
OVERHEAD EXTENSION	4 10/12/16/20
HAMMER CURL (UNILATERAL)	3 8/10/12
ROPE PULLDOWN (UNILATERAL)	3 10/12/14
CABLE CURL	EXHAUST SET
CABLE PUSHDOWN	EXHAUST SET

🔧 NOTE: Keep tempo of 4-0-4-1, with great intensity. We are utilizing double dropsets and triple dropsets.

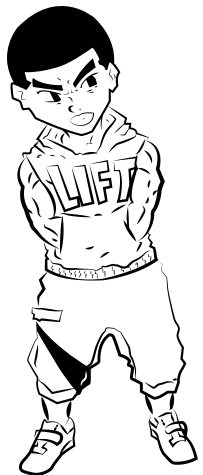
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