

Hersovyac Full Body

WARNING: This a specialized program of an ELITE natural bodybuilder. You will get injured if you try this.

1 Full Body 1

1. Half-Rep BTN Press 5x5 + Weighted Neutral Pull-ups 5x5
2. (Back off Sets) BTN Press 5x8-10 + Weighted Neutral Pull-ups 5x8-10
3. Slingshot Weighted Dips 4x5-8 + Wall Curl 4x5-8
4. Cheating Overloaded T-bar Row (4 sets + triple dropset)
5. Smith Machine Reverse Lunge

2 Full Body 2

1. DB Overhead Press 5x5 + Weighted Fat-Grip Neutral Pull-ups 10x8-10
2. High Incline DB Press 5x5 + (The Remaining 5 Sets of Pull-ups)
3. Incline DB Press 10x6-10 + Chest Supported Barbell Row 10x10
4. Rear Delt Thrasher 3 giant sets (Swimmers + uh? + Flies)
5. DB Seated Curl 4x6-8 + BTN French Press Extension 4x6-8
6. Snatch Grip Block Pulls + Neck Extensions
7. Box Squat + Neck Curls
8. Back Extension 4x20-30 (for the pump)

3 Full Body 3

1. Hand Stand Push-ups 10x4x6-8 + Fat Grip Weighted Neutral Pull-ups 10x8-10
2. Cheat Curls
3. Preacher DB Curl + French Press
4. Delts Cable Giant Set (3 different elevation)
5. Back Squat ATG 10x3-5
6. Snatch Grip High Pull