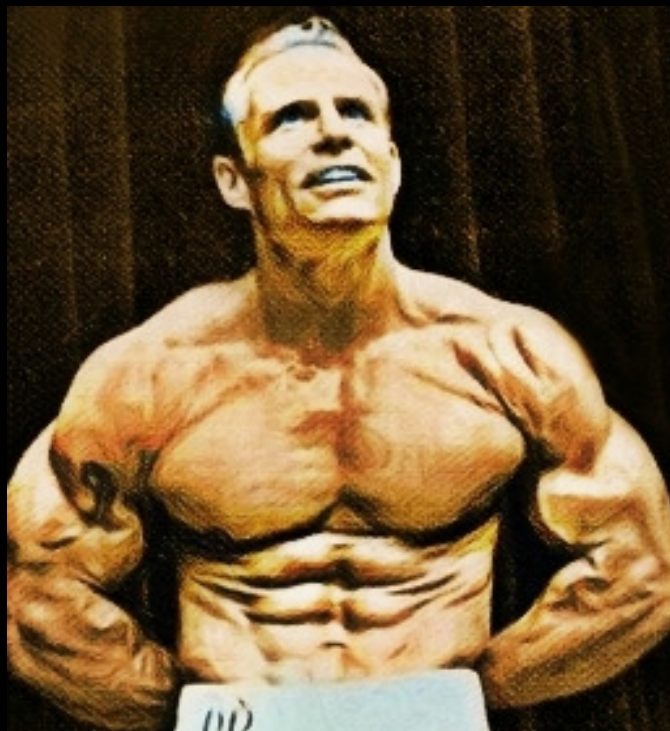


36+ SIGNATURE TRAINING WINNING EDGE WORKOUTS



**WORKOUT PLANS THAT PRODUCE MAXIMUM
GAINS IN MUSCLE MASS AND STRENGTH!**

BY DENNIS B. WEIS

LEGAL STUFF

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Use of the information provided is at the sole choice and risk of the reader. You should get your primary physician's and/or a sports medicine physician's approval before beginning this or any other exercise program. It is the prudent and responsible thing to do with regard to your health and overall well being.

Ask to have your baseline cholesterol values checked accompanied by a full blood workup. Of special interest are: liver enzymes, thyroid levels-especially T-4 and TSH, triglycerides and any values having to do with pancreatic function.

It is important that the values are in a normally accepted range prior to adhering to the nutritional habits espoused throughout this eBook. Also self-check your blood pressure every third day when following the training aspects of: **36+ Signature Training Winning Edge Workouts.**

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He is a Ketchikan, Alaska-based previous top level titled Power-Bodybuilding champion. He is also a hard-hitting, uncompromising freelance professional writer and investigative research consultant in the fields of bodybuilding, nutrition, physiology, and powerlifting

Dennis was first published over three decades ago (1976) in the pages of *Iron Man* magazine. Since that time he has become known to almost every mainstream bodybuilding/physique magazine readership throughout the United States and Europe. The magazines that publish his articles include and are not limited to *Bodybuilding Monthly* (U.K. publication), *Exercise For Men Only*, *Hardgainer* (Nicosia, Cyprus, publication), *Iron Man*, *Muscle & Fitness*, *MuscleMag Int'l*, *Natural Bodybuilding & Fitness and Reps!*

You have undoubtedly read dozens of his 100+ feature-length articles in many of the popular worldwide magazines -- under his name and 'the PEN' names of select icons, legends and superstars in the iron game.

The credentials of this famous feature writer, investigative sports chronicler, interviewer, and assignment researcher extend beyond the scope of just writing articles, for he is the author of four critically acclaimed best-selling books: **Mass!** (1986), **Raw Muscle** (1989), **Anabolic Muscle Mass: The Secrets of Anabolic Reinforcement Without Steroid** (1995) and **Huge & Freaky Muscle Mass And Strength Secrets** (2010).

In recognition of his writing accomplishments, he has received **Meritorious Service Awards** relating to all published works as a magazine consultant and published book author. In addition to these honors, he has performed Barnes & Noble and Waldenbooks autograph parties and high visibility window displays for his books.

He has also been a featured guest on various radio talk shows around the country, where he shares his knowledge and experience regarding such issues as bodybuilding and the super-fitness lifestyle.

During the past three decades he has established a small but dynamic one-man business to service male and female bodybuilders, fitness buffs, and powerlifting enthusiasts of all types with very personal (one to one or mail order), and highly professional instruction on all phases of physical excellence.

He has coached literally hundreds of select clients, one of the most notable being a personal training advisor to the 1983 Miss Minnesota winner.

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36+ Signature Training Winning Edge Workouts

Trying to follow someone else's training schedule(s), techniques or exercises can be a grave error in some cases. If you are fairly new to bodybuilding, it is very easy to make this mistake. Just because the **vigilante** champion bodybuilders of today uses a particular punishing type of training protocol successfully does not automatically mean you will make similar gains following those routines set for set.

As a matter of fact, many of these champions' mega pro routines, techniques and exercises may not be suitable for your present condition, ultimate potential, or body type. As a result you may even lose muscle size on these routines.

The best approach, of course, is to learn from these top bodybuilders, picking up a tip here and there and trying to incorporate into your own schedule the exercises that appeal to you most. Always remember that you must do this only within your present fitness level and recuperative ability.

For decades the bodybuilding magazines have solicited endorsements from top champions for various equipment, supplements, programs, and courses and made outlandish claims guaranteeing speedy increases in muscular size and strength.

As a result of these endorsements, countless thousands have attempted routines of the top bodybuilding amateurs and pros without realizing that these men and women, for the most part, have spend years of regular training to reach their present level of tolerance for lengthy, high-intensity workouts.

Generally speaking, most of the top bodybuilding champions seem to be blessed, due to heredity, with a better skeletal structure consisting of wide clavicles, narrow hips, and good muscle shape.

Having said all of the above, I can tell you that there are some bodybuilding champion approved **Signature Training** protocols which are absolutely OK to follow for protecting hard earned muscle mass and strength.

So what exactly is **Signature Training**? Simple stated it is any rational, winning edge workout, advanced muscle pumping technique and/or particular exercise which has been developed, accredited and is synonymous to a popular bodybuilding authority. An example of each of these includes, and is not limited to, the late Dan Duchaine's **Body Contract Workout**, the late Bob Kennedy's **Pre-Exhaust Principle** or the Larry Scott **Preacher Bench Barbell Curl**.

Signature Training can also be synonymous to a select muscle factory (gym) globally rather than a popular bodybuilding authority. For example the **Bulgarian Leg Workout** obviously comes from the muscle factories in Bulgaria and the "**Chicago System**" from an East Coast muscle factory, while an exercise such as

the **Sissy Squat** was developed and popularized in the muscle factories of the West Coast, specifically Muscle Beach Land many decades ago.

Signature Training Advanced Muscle Pumping Technique such as Leo Costa's "**Muscle Rounds**", **Super 21's** or Signature Training Workouts such as **German Volume Training**" by Charles Poliquin, Vince Gironda's "**Four Sides to A Muscle**" or just maybe the Emeric Delczeg (**IFBB pro bodybuilder**) **Training System** can be used to evade and break through a training plateau or jump start the muscle gain factor once again.

Having just answered the question; "So what exactly is **Signature Training**?" I must also add the following commentary. Signature Training IS NOT always synonymous with any of the previously mentioned popular, winning edge workouts, advanced muscle pumping techniques and/or exercises.

Sometimes Signature Training is simple a catchphrase title universally assigned to a workout, muscle pumping technique or exercise without being synonymous to a particular bodybuilding authority or select muscle factory (gym).

Having said that . . .



For this particular eBook I am going to include (synonymous and non-synonymous) **36+ Approved** (and more) **Signature Training Winning Edge Workouts**.

Why are they approved? Because **Signature Training Winning Edge Workouts** have produced eye opening second-to-none results, IN THE GYM-WHERE IT COUNTS, for hundreds . . . even THOUSANDS of dedicated hardcore bodybuilders world-wide. I feel, and think you'll agree that ultimate credibility is results.

EXPLANATION: Within the program template of most of the following workouts you will for example see **4s x 8-10r** following an assigned exercise(s). This is simple an abbreviation for the number of **Sets** (4s) **x** (times) **reps** (8-10r) to be performed.

BRUTAL MUSCLE MASS IN 46 DAYS

This is a training program (designed by Gustavo Barni at **ATLAS OPERATIONS**, NOT Charles Atlas Inc., in New York back in the '90s) that will produce outstanding results with less time in the gym than you are accustomed. The program consists of 5 workouts in an 8 day period. It also consists of 45 minute maximum workout time

TRAINING STRATEGY

The training program 46 days to Brutal Mass should be followed applying maximum intensity. Even though at first it will be difficult to increase weight, you should stride to handle heavier poundage's week in week out.

Intensity can be applied in many ways. One form of intensity that cannot be compromised in this program is maximum muscle contraction. To obtain maximum muscle contraction, one must force the brain through the nervous system to produce as much power as is humanly possible through each rep of the exercise being performed.

The way this is accomplished, is by accelerating the weight being used with the outmost power that your body can produce through space in each and every rep. What that means in more general terms is, you don't coast with the weight once you get pass the sticking point.

You continue to apply maximum force through every rep and set, and the only way to do that is by pushing the weight as fast as you can through gravity. The other part of intensity that cannot be sacrificed is going short of failure. Every set must be done to complete muscular failure, and there are no exceptions, except if you are dead.

If you must, some exercises can be changed, such as Incline Barbell Bench Press for the Flat Barbell Bench Press. However, by no means should you change any basic movement for some machine. The whole idea in making the body grow is not to make it feel comfortable; the body needs a constant change of stimulation and that means being uncomfortable.

The myth behind recuperation is that the muscle should not be trained if it is still sore, that is the biggest lie that has ever been sold to body builders. Not allowing the body to adapt, forces change and causes the body to continue to grow. Once the body has learned to deal with the stress it stops growing, so soreness is not a bad thing.

On the other hand, don't do so many sets that the body is unable to recuperate and grow. That is why, with the system it is very important to pay close attention to the rest periods so as to tax different energy sources and resume growth. It is important

to carry a stop watch, in order not to take longer rest periods than that of which is being recommended to you.

It is also important to warm-up major muscle groups being worked on. Because there will be times in this program where you will find yourself with limited time, it is best to warm up between sets while working on previous muscle group.

BRUTAL MUSCLE MASS IN 46 DAYS

PRE-CONDITIONING

Day 1

Incline Barbell Bench Press	3 sets	10-12 reps	2:30 rest
Lat-Pull Down	3 sets	10-12 reps	2:30 rest
Standing Calf Machine			
Heel Raises	3 sets	10-12 reps	2:30 rest
Close Grip Barbell Bench-Bench	3 sets	10-12 reps	2:30 rest

Day 2

Dumbbell Press Overhead	3 sets	10-12 reps	2:30 rest
Standing Barbell Curl	3 sets	10-12 reps	2:30 rest
Barbell Back Squat	3 sets	10-12 reps	2:30 rest

¼ Ab Crunches	3 sets	10-12 reps	2:30 rest
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Day 3 OFF

Rest & Recuperate

Day 4

Wide Grip Parallel Bar Dips	3 sets	8-10 reps	2:30 rest
Barbell Bentover Rows	3 sets	8-10 reps	2:30 rest
Standing Calf Machine			
Heel Raises	3 sets	8-10 reps	2:30 rest
Close-Grip Lat Pulldowns	3 sets	8-10 reps	2:30 rest

Day 5

Barbell Bench Press	3 sets	8-10 reps	2:30 rest
Seated Dumbbell Curls	3 sets	8-10 reps	2:30 rest
Hack Machine-Squat	3 sets	8-10 reps	2:30 rest
Leg Raises	3 sets	8-10 reps	2:30 rest

Day 6

Wide Grip Pullups	3 sets	6-8 reps	2:30 rest
Incline Dumbbell Press	3 sets	6-8 reps	2:30 rest
45° Leg Press	3 sets	6-8 reps	2:30 rest
Seated Calf Machine			
Heel Raises	2 sets	6-8 reps	2:30 rest
Standing Barbell Curls	1 set	6-8 reps	2:30 rest
Lying Barbell French Press	1 set	6-8 reps	2:30 rest

Day 7-8 OFF

Rest & Recuperate

BRUTAL MUSCLE MASS IN 46 DAYS

Day 9

Wide-Grip Pullups	4 sets	13-15 reps	2 min rest
Wide-Grip Parallel Bar Dips	4 sets	13-15 reps	2 min rest
Close-Grip Barbell Bench Press	4 sets	13-15 reps	2 min rest
Standing Calf Machine			
Heel Raises	4 sets	13-15 reps	2 min rest

Day 10

DB Lateral Raises	4 sets	13-15 reps	2 min rest
Standing Barbell Curls	4 sets	13-15 reps	2 min rest
Barbell Front Squats	4 sets	13-15 reps	2 min rest
¼ Ab Crunches	4 sets	13-15 reps	2 min rest

Day 11 OFF

Rest & Recuperate

Day 12

Barbell Bentover Rows	4 sets	10-12 reps	2 min rest
Incline Barbell Bench Press	4 sets	10-12 reps	2 min rest
Close Grip Triceps Push Downs	4 sets	10-12 reps	2 min rest
Seated Calf Machine			
Heel Raises	4 sets	10-12 reps	2 min rest

Day 13

Dumbbell Press Overhead	4 sets	10-12 reps	2 min rest
Seated Dumbbell Curls	4 sets	10-12 reps	2 min rest
Hack Machine Squats	4 sets	10-12 reps	2 min rest
Leg Raises	4 sets	10-12 reps	2 min rest

Day 14

Lat Pull-Downs	3 sets	8-10 reps	2 min rest
Dumbbell Incline Press	3 sets	8-10 reps	2 min rest
45°Machine Leg Press	3 sets	8-10 reps	2 min rest
45°Leg Press Machine			
Heel Raises	3 sets	8-10 reps	2 min rest
Preacher Bench Barbell Curls	3 sets	8-10 reps	2 min rest
Close Grip Triceps Push Down	3 sets	8-10 reps	2 min rest
Bent-Over Dumbbell			
Lateral Raises	3 sets	8-10 reps	2 min rest

Day 15-16 OFF

Rest & Recuperate

BRUTAL MUSCLE MASS IN 46 DAYS

Day 17

Wide Grip Pullups	5 sets	13-15 reps	90 sec rest
Wide Grip Parallel Bar Dips	5 sets	13-15 reps	90 sec rest
Close Grip Barbell Bench Press	5 sets	13-15 reps	90 sec rest
45° Leg Press Machine			
Heel Raises	5 sets	13-15 reps	90 sec rest

Day 18

Barbell Bench Press	5 sets	13-15 reps	90 sec rest
Barbell Curls	5 sets	13-15 reps	90 sec rest
Barbell Back Squats	5 sets	13-15 reps	90 sec rest
¼ Ab Crunches	5 sets	13-15 reps	90 sec rest

Day 19 OFF

Rest & Recuperate

Day 20

Barbell Bentover Rows	5 sets	9-12 reps	90 sec rest
Incline Barbell Bench Press	5 sets	9-12 reps	90 sec rest
Triceps Push Downs	5sets	9-12 reps	90 sec rest
Standing Calf Machine			
Heel Raises	5 sets	9-12 reps	90 sec rest

Day 21

Dumbbell Press Overhead	5 sets	9-12 reps	90 sec rest
Standing Dumbbell Curls	5 sets	9-12 reps	90 sec rest
Machine Hack Squats	5 sets	9-12 reps	90 sec rest
Leg Raises	5 sets	9-12 reps	90 sec rest

Day 22

Narrow Grip Pull-Ups	4 sets	6-9 reps	90 sec rest
Dumbbell Incline Press	4 sets	6-9 reps	90 sec rest
45°Machine Leg Press	4 sets	6-9 reps	90 sec rest
DB Lateral-Raises	2 sets	6-9 reps	90 sec rest
Seated Calf Machine			
Heel Raises	2 sets	6-9 reps	90 sec rest
Preacher Bench Barbell Curls	2 sets	6-9 reps	90 sec rest
Close-Grip Triceps Pushdowns	2 sets	6-9 reps	90 sec rest

Day 23-24 OFF

Rest & Recuperate

BRUTAL MUSCLE MASS IN 46 DAYS

Day 25

Wide Grip Pullups	3 sets	10-12 reps	3 min rest
Wide Grip Parallel Bar Dips	3 sets	10-12 reps	3 min rest
Close-Grip Barbell Bench Press	3 sets	10-12 reps	3 min rest
Standing Calf Machine			
Heel Raises	3 sets	10-12 reps	3 min rest

Day 26

Dumbbell Press Overhead	3 sets	10-12 reps	3 min rest
Barbell Curls	3 sets	10-12 reps	3 min rest
Barbell Back Squats	3 sets	10-12 reps	3 min rest
¼ Ab Crunches	3 sets	10-12 reps	3 min rest

Day 27 OFF

Rest & Recuperate

Day 28

Barbell Bentover Rows	3 sets	8-10 reps	3 min rest
Incline Barbell Bench Press	3 sets	8-10 reps	3 min rest
Close-Grip Triceps Pushdowns	3 sets	8-10 reps	3 min rest
45° Leg Press Machine			
Heel Raises	3 sets	8-10 reps	3 min rest

Day 29

Barbell Bench Press	3 sets	5-7 reps	3 min rest
Standing Dumbbell Curls	3 sets	5-7 reps	3 min rest
Machine Hack-Squats	3 sets	5-7 reps	3 min rest
Leg Raises	3 sets	5-7 reps	3 min rest

Day 30

Incline Dumbbell Press	3 sets	5-7 reps	3 min rest
Narrow-Grip-Chins	3 sets	5-7 reps	3 min rest
45° Machine Leg Press	3 sets	5-7 reps	3 min rest
Seated Calf Machine			
Heel Raises	2 sets	5-7 reps	3 min rest
DB Lateral Raises	1 set	5-7 reps	3 min rest
Preacher Bench Barbell Curls	1 set	5-7 reps	3 min rest
Close-Grip Triceps Pushdowns	1 set	5-7 reps	3 min rest

Day 31-32 OFF

Rest & Recuperate

BRUTAL MUSCLE MASS IN 46 DAYS

Day 33

Barbell-Bent-Over-Rows	3 sets	13-15 reps	2:30 rest
Wide-Grip Parallel Bar-Dips	3 sets	13-15 reps	2:30 rest
Barbell Back Squat	3 sets	13-15 reps	2:30 rest
Standing Calf Machine			
Heel Raises	3 sets	13-15 reps	2:30 rest
Close-Grip Barbell Bench Press	3 sets	13-15 reps	2:30 rest

Day 34

Incline Dumbbell Press	3 sets	13-15 reps	2:30 rest
Wide-Grip Pullups	3 sets	13-15 reps	2:30 rest
Machine Hack-Squat	3 sets	13-15 reps	2:30 rest
45° Leg Press Machine			
Heel Raises	3 sets	13-15 reps	2:30 rest
Barbell Curls	3 sets	13-15 reps	2:30 rest

Day 35 OFF

Rest & Recuperate

Day 36

Barbell Bent-Over-Rows	3 sets	9-12 reps	2:30 rest
Wide-Grip Pullups	3 sets	9-12 reps	2:30 rest
45° Machine Leg Press	3 sets	9-12 reps	2:30 rest
Seated Calf Machine			
Heel Raises	3 sets	9-12 reps	2:30 rest
Close Grip Triceps-Pushdowns	3 sets	9-12 reps	2:30 rest

Day 37

Narrow Grip Chins	3 sets	7-10 reps	2:30 rest
Incline Barbell Press	3 sets	7-10 reps	2:30 rest
Barbell Back Squat	3 sets	7-10 reps	2:30 rest
DB Lateral Raises	1 set	7-10 reps	2:30 rest
Standing Calf Machine			
Heel Raises	2 sets	7-10 reps	2:30 rest
Seated Dumbbell Curls	1 set	7-10 reps	2:30 rest
Close Grip Barbell Bench Press	1 set	7-10 reps	2:30 rest

BRUTAL MUSCLE MASS IN 46 DAYS

Day 38

Wide Grip Parallel Bar Dips	3 sets	7-10 reps	2:30 rest
Bent Over Barbell Rows	3 sets	7-10 reps	2:30 rest
Machine Hack Squat	3 sets	7-10 reps	2:30 rest
Dumbbell Press Overhead	1 set	7-10 reps	2:30 rest
45° Leg Press Machine			
Heel Raises	2 sets	7-10 reps	2:30 rest
Close Grip Triceps Pushdowns	1 set	7-10 reps	2:30 rest
Barbell Curls	1 set	7-10 reps	2:30 rest

Day 39-40 OFF

Rest & Recuperate

Day 41

Wide Grip Pullups	3 sets	13-15 reps	90 sec rest
Incline Dumbbell Press	3 sets	13-15 reps	90 sec rest
45° Machine Leg Press	3 sets	13-15 reps	90 sec rest
Standing Calf Machine			
Heel Raises	3 sets	13-15 reps	90 sec rest
Close-Grip Barbell Bench Press	3 sets	13-15 reps	90 sec rest

Day 42

Wide Grip Parallel Bar Dips	3 sets	13-15 reps	90 sec rest
Bent Over-Barbell-Rows	3 sets	13-15 reps	90 sec rest
Barbell Back Squats	3 sets	13-15 reps	90 sec rest
Seated Calf Machine			
Heel Raises	3 sets	13-15 reps	90 sec rest
Seated Dumbbell Curls	3 sets	13-15 reps	90 sec rest

Day 43 OFF

Rest & Recuperate

Day 44

Machine Hack-Squat	3 sets	9-12 reps	90 sec rest
Incline-Barbell Press	3 sets	9-12 reps	90 sec rest
Narrow Grip Chins	3 sets	9-12 reps	90 sec rest
45° Leg Press Machine			
Heel Raises	2 sets	9-12 reps	90 sec rest
Dumbbell Press Overhead	1 set	9-12 reps	90 sec rest
Close Grip Triceps Pushdowns	1 set	9-12 reps	90 sec rest
Barbell Curl	1 set	9-12 reps	90 sec rest

BRUTAL MUSCLE MASS IN 46 DAYS

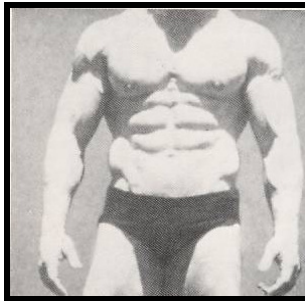
Day 45

T-Bar Rows	3 sets	6-9 reps	90 sec rest
Wide Grip Parallel Bar Dips	3 sets	6-9 reps	90 sec rest
Barbell Back Squats	3 sets	6-9 reps	90 sec rest
Upright Barbell Rows	1 set	6-9 reps	90 sec rest
Seated Calf Machine			
Heel Raises	2 sets	6-9 reps	90 sec rest
Preacher Bench Barbell Curls	1 set	6-9 reps	90 sec rest
Lying Barbell French Press	1 set	6-9 reps	90 sec rest

Day 46

Incline Dumbbell Press	3 sets	5-7 reps	90 sec rest
Wide Grip Pullus	3 sets	5-7 reps	90 sec rest
Machine Hack-Squats	3 sets	5-7 reps	90 sec rest
Barbell Bench Press	1 set	5-7 reps	90 sec rest
Standing Calf Machine			
Heel Raises	2 sets	5-7 reps	90 sec rest
Close Grip Barbell Bench Press	1 set	5-7 reps	90 sec rest
Barbell Curl	1 set	5-7 reps	90 sec rest

3-8-12 METHOD FOR GAINING MUSCLE MASS IN 30 DAYS



There are as many training programs as there are bodybuilders it seems and each seems to have some value depending upon the person using it. What I would like to do for you is suggest the following **3-8-12 Method For Gaining Muscle Mass In 30 Days** which has proven to work time and time again for the majority of amateur bodybuilders

Training Frequency

3

Nonconsecutive Days Per Week

Number of Exercises

8

Training Sessions

12

Total

WEEK 1 DAY 1

General Warm-Up

Begin a workout a careful with a carefully planned general warm-up, as a means to physiologically raise or increase the body core and skeletal muscle (skeletal muscles represent 35 to 40 percent of total body mass) temperatures slightly.

A general warm-up will guarantee a maximum blood supply in the skeletal muscles and vascular system. Begin with 5-8 minutes of a "high octane" general warm-up (to break a sweat), such as stationary cycling, Versaclimber, X-Country Skier (Nordic Track), stair stepper, or rope skipping (start with a slow cadence and work up to a relatively brisk pace the last minute or so).

For variety sake switch warm-up protocol from workout to workout. For example if you use the stair stepper during one workout, do rope skipping in another etc.

1. Wide Stance Barbell Back Squats

Wide Stance = 3-6-inches outside of shoulder width

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85%
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80%
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75%
REST-PAUSE-----5 MINUTES

2. Flat Barbell Bench Press

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85%
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80%
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75%
REST-PAUSE-----5 MINUTES

3. Barbell Plate Front Raise

Gain Factor Sets

1st. Set: 10 Reps
REST-PAUSE-----1 MINUTE

2nd. Set: 10 Reps
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps

END OF WORKOUT

WEEK 1 DAY 2

General Warm-Up

Refer to WEEK 1 DAY 1

1. Conventional Barbell Deadlift

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85%
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80%
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75%
REST-PAUSE-----5 MINUTES

2. Standing Barbell Press Overhead

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

- 1st. Set: 6 Reps x 85%
REST-PAUSE-----1 MINUTE
- 2nd. Set: 8 Reps x 80%
REST-PAUSE-----1 MINUTE
- 3rd. Set: 10 Reps x 75%
REST-PAUSE-----5 MINUTES

3. Barbell Shrugs

Specific Warm-Up

- 1st. Set: 10 Reps x 50%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

- 1st. Set: 6 Reps x 85%
REST-PAUSE-----1 MINUTE
- 2nd. Set: 8 Reps x 80%
REST-PAUSE-----1 MINUTE
- 3rd. Set: 10 Reps x 75%

END OF WORKOUT

WEEK 1 DAY 3

General Warm-Up

Refer to WEEK 1 DAY 1

1. Narrow Stance Barbell Back Squats

Narrow Stance = Shoulder Width or Slightly Narrower

Specific Warm-up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTE

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTE

Gain Factor Sets

1st. Set: 6 Reps x 85%
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80%
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75%
REST-PAUSE-----5 MINUTES

2. Weighted Parallel Bar Dips

Specific Warm-up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85%
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80%
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75%
REST-PAUSE-----3 MINUTES

3. Barbell Bent-Over Rowing

Specific Warm-Up

1st. Set: 10 Reps x 50%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85%
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80%
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75%

END OF WORKOUT

WEEK 2 DAY 1

General Warm-Up

Refer to WEEK 1 DAY 1

1. Wide Stance Barbell Back Squats

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 10 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 10 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 10 lbs.
REST-PAUSE-----5 MINUTES

2. Incline Barbell Bench Press

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85%
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80%
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75%
REST-PAUSE-----3 MINUTES

3. Barbell Bent-Over Rowing

Specific Warm-Up

1st. Set: 10 Reps x 50%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 5 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 5 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 5 lbs.

END OF WORKOUT

WEEK 2 DAY 2

General Warm-Up

Refer to WEEK 1 DAY 1

1. Conventional Barbell Deadlift

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 10 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 10 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 10 lbs.
REST-PAUSE-----5 MINUTES

2. Standing Barbell Press Overhead

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 5 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 5 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 5 lbs.
REST-PAUSE-----3 MINUTES

3. Barbell Shrugs

Warm-Up

1st. Set: 10 Reps x 50%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 10 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 10 lbs.
REST-PAUSE-----1.5 MINUTES

3rd. Set: 10 Reps x 75% + 10 lbs

END OF WORKOUT

WEEK 2 DAY 3

General Warm-Up

Refer to WEEK 1 DAY 1

1. Narrow Stance Barbell Back Squats

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 10 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 10 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 10 lbs.
REST-PAUSE-----5 MINUTES

2. Weighted Parallel Bar Dips

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 5 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 5 lbs.
REST-PAUSE-----1MINUTE

3rd. Set: 10 Reps x 75% + 5 lbs.
REST-PAUSE-----3MINUTES

3. Barbell Plate Front Raise

Gain Factor Sets

1st. Set: 12 Reps
REST-PAUSE-----1 MINUTE

2nd. Set: 12 Reps
REST-PAUSE-----1 MINUTE

3rd. Set: 12 Reps

END OF WORKOUT

WEEK 3 DAY 1

General Warm-Up

Refer to WEEK 1 DAY 1

1. Wide Stance Barbell Back Squats

Specific Warm-Up

- 1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES
- 2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

- 1st. Set: 6 Reps x 85% + 20 lbs.
REST-PAUSE-----1 MINUTE
- 2nd. Set: 8 Reps x 80% + 20 lbs.
REST-PAUSE-----1 MINUTE
- 3rd. Set: 10 Reps x 75% + 20 lbs.
REST-PAUSE-----5 MINUTES

2. Standing Barbell Press Overhead

Specific Warm-Up

- 1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES
- 2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

- 1st. Set: 6 Reps x 85% + 10 lbs.
REST-PAUSE-----1 MINUTE
- 2nd. Set: 8 Reps x 80% + 10 lbs.
REST-PAUSE-----1 MINUTE
- 3rd. Set: 10 Reps x 75% + 10 lbs.
REST-PAUSE-----3 MINUTES

3. Barbell Bent-Over Rowing

Specific Warm-Up

1st. Set: 10 Reps x 50%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 10 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 10 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 10 lbs

END OF WORKOUT

WEEK 3 DAY 2

General Warm-Up

Refer to WEEK 1 DAY 1

1. Conventional Barbell Deadlift

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 20 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 20 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 20 lbs.
REST-PAUSE-----5 MINUTES

2. Weighted Parallel Dips

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 10 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 10 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 10 lbs.
REST-PAUSE-----3 MINUTES

3. Barbell Plate Front Raise

Gain Factor Sets

1st. Set: 14 Reps
REST-PAUSE-----1 MINUTE

2nd. Set: 14 Reps
REST-PAUSE-----1 MINUTE

3rd Set: 14 Reps

END OF WORKOUT

WEEK 3 DAY 3

General Warm-Up

Refer to WEEK 1 DAY 1

1. Narrow Stance Barbell Back Squats

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 20 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 20 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 20 lbs.
REST-PAUSE-----5 MINUTES

2. Flat Barbell Bench Press

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 10 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 10 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 10 lbs.
REST-PAUSE-----3 MINUTES

3. Barbell Shrugs

Specific Warm-Up

1st. Set: 12 Reps x 50%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 20 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 20 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 20 lbs.

END OF WORKOUT

WEEK 4 DAY 1

General Warm-Up

Refer to WEEK 1 DAY 1

1. Wide Stance Barbell Squats

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 30 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 30 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 30 lbs.
REST-PAUSE-----5 MINUTES

2. Weighted Parallel Bar Dips

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 15 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 15 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 15 lbs.
REST-PAUSE-----3 MINUTES

3. Barbell Bent-Over Rowing

Specific Warm-Up

1st. Set: 10 Reps x 50%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 15 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 15 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 15 lbs

END OF WORKOUT

WEEK 4 DAY 2

General Warm-Up

Refer to WEEK 1 DAY 1

1. Conventional Barbell Deadlift

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 30 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 30 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 30 lbs.
REST-PAUSE-----5 MINUTES

2. Incline Barbell Bench Press

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 10 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 10 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 10 lbs.
REST-PAUSE-----3 MINUTES

3. Barbell Shrugs

Specific Warm-Up

1st. Set: 10 Reps x 50%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 30 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 30 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 30 lbs.

END OF WORKOUT

WEEK 4 DAY 3

General Warm-Up

Refer to WEEK 1 DAY 1

1. Narrow Stance Barbell Back Squats

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 30 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 30 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 30 lbs.
REST-PAUSE-----3MINUTES

2. Standing Barbell Press Overhead

Specific Warm-Up

1st. Set: 12 Reps x 30%
REST-PAUSE-----1.5 MINUTES

2nd. Set: 6 Reps x 60%
REST-PAUSE-----1.5 MINUTES

Gain Factor Sets

1st. Set: 6 Reps x 85% + 15 lbs.
REST-PAUSE-----1 MINUTE

2nd. Set: 8 Reps x 80% + 15 lbs.
REST-PAUSE-----1 MINUTE

3rd. Set: 10 Reps x 75% + 15 lbs.
REST-PAUSE-----3 MINUTES

3. Barbell Plate Front Raise

Gain Factor Sets

- 1st. Set: 16 Reps
REST-PAUSE-----1 MINUTE
- 2nd. Set: 16 Reps
REST-PAUSE-----1 MINUTE
- 3rd. Set: 16 Reps

END OF WORKOUT

Training Notes:

- 1. Lay-off all exercises for one full week prior to beginning the 30 day program.**
- 2. Train three non-consecutive days per week (Mon-Wed-Fri or Tue-Thur-Sat)**
- 3. All poundage percentages are based against an un-fatigued maximum single effort (MSE) of the lift being performed.**
- 4. If for a reason you can't perform the Barbell Back Squat, substitute the 45° Machine Leg Press movement.**

BEVERLY INTERNATIONAL ESSENTIAL TRAINING METHOD

This unique program was designed by my friend Roger Riedinger and his advisory team at www.beverlyinternational.net.

Plan your training over five days as illustrated below. You may take a second day off after the fifth day at the end of the cycle if needed.

Day One: Chest / Biceps / Triceps
Day Two: Legs / Calves / Lower Back
Day Three: Off
Day Four: Back / Shoulders
Day Five: Off
Repeat Cycle at Day One

Training Principles

1. Wave Loading: Barbell: Bench Press, Squat, and Deadlift

On the Barbell: Bench Press, Squat, and Deadlift you will use a system of training that Charles Poliquin calls "Wave Loading". For this workout a "wave" consists of a series of three sets.

You'll do 8 reps the first set, six reps the second, and four reps the third set. Rest at least three minutes between each set. Then you'll perform a second "wave", again using an 8-6-4 rep scheme. If you successively achieved the rep goal on each set of the first wave you'll increase five pounds for each set in the second "wave".

You will perform a total of six sets in all, two waves of 8-6-4 reps. Here is a sample workout based on a near best Bench Press of 225 pounds for 8 reps. Remember, rest at least three minutes between sets.

Wave 1	
Weight	Repetition Goal
225	8
240	6
250	4
Wave 2	
230	8
245	6
255	4

If you reach the repetition goal on each set of the first "wave", add five pounds to each set for the second "wave". When you reach the repetition goal on each set of the second wave, you will increase the weights so that the next workout you will use your second

wave weights for the first wave (and if successful) increase your second wave sets by five pounds.

2. Double Progressive System On the exercises where a rep range (such as 6-8) is stated you will use the Double Progressive System. Here's how. Warm-up, then use the same weight for each work set listed. Start at the low end of the suggested rep range.

Gradually increase the repetitions, usually adding one rep each workout until you reach the top number of suggested reps for each set of a particular exercise. Then add weight and start over at the lower end of the rep scheme. Here is a sample of six workouts using the double progressive system for the Incline Dumbbell Press where the target rep range is 6-8 reps:

Workout 1			Workout 2			Workout 3		
Set	Lbs.	Reps	Set	Lbs.	Reps	Set	Lbs.	Reps
1	75	7	1	75	8	1	75	8
2	75	6	2	75	7	2	75	8
3	75	6	3	75	6	3	75	7

Workout 4			Workout 5			Workout 6		
Set	Lbs.	Reps	Set	Lbs.	Reps	Set	Lbs.	Reps
1	75	8	1	80	6	3	80	7
2	75	8	2	80	6	3	80	7
3	75	8	3	80	6	3	80	6

It is not necessary or desirable to work to failure each set. One added rep over a series of three sets provides enough muscle fiber overload to stimulate added muscle growth. Trying to progress too fast only leads to overtraining and an insurmountable plateau where gains in both size and strength cease.

Chest / Biceps / Triceps

1. Barbell Bench Press – warm up, then 2 Waves of 8-6-4 each (see description of wave sets above).
2. Power Rack lockouts (if you have access to a power rack, set pins 1 – 2 inches below lock out position and lift from pins to lock out position) 3 sets of 5 reps.

If you do not have access to a power rack do “holds” lie on the bench with your chest directly below the racks and lift the bar off the rack and hold at arm's length for 5 seconds, then lower back to the rack. This constitutes one set.

Do three sets of this exercise working up to ten second holds; then increase the weight and start again at 5 seconds. (NOTE: On both lockouts and “holds” you should use a weight substantially heavier than your best bench press.)

3. Incline Dumbbell Press – 3 sets of 6-8 reps.
(Hold dumbbells so your palms face each other.)

Alternate the following biceps and triceps exercises – one set biceps, then one set triceps.

4. Heavy Cheat BB Curls with barbell EZ Curl bar – 3 sets of 6 reps (swing bar up, lower slowly).
5. Lying BB French Press – 3 sets of 6-8 reps
(keep elbows high, bring EZ Curl Bar or Barbell to your forehead, then extend the arms and lock-out over your chest.)
6. Alternate DB Curls – 3 sets of 6-8 reps
7. Heavy DB Triceps Press – 3 sets of 6-8 reps
(hold a heavy dumbbell in both hands).
8. Finish with Heavy Parallel Bar Dips – 3 sets of 5 reps
(elbows back so triceps are accentuated)

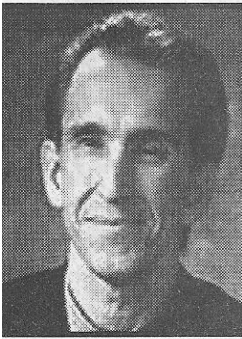
Legs/Calves/Lower Back

1. Machine Leg Press – one warm up set of 20 reps, then 3 sets of 12, 10, 8 reps
(pyramid - add weight each set)
2. BB Back Squat – warm up, then 2 Waves of 8-6-4 each
(see description of wave sets above)
3. Machine Leg Extension – 2 sets of 8-10 reps
4. BB Deadlift – warm up, then 2 Waves of 8-6-4 each
(see description of wave sets above)
5. Machine Leg Curls – 3 sets of 6-10 reps
6. Standing Calf Machine Heel Raise – 6 sets of 12 reps

Back / Shoulders

1. BB Press Overhead (shoulder width grip, standing or seated) – 3 sets of 10, 8, 6 reps
(pyramid - add weight each set)
2. BB Press Behind Neck – 3 sets of 6-8 reps
(use a wider grip than in the front press)
3. Alternate DB Press – 2 sets of 5-7 reps
(hands should face each other)
4. BB Shrugs – 3 sets of 6-10 reps
5. Weighted Chins – 3 sets of 5 reps
(1 set wide grip; 1 set regular grip, 1 set close with a reverse grip)
6. Bent Over BB Rows – 3 sets of 6-8 reps
7. Lat Pulldowns – 3 sets of 6-10 reps

BODY CONTRACT SYSTEM



Dan Duchaine

The Body Contract Workout was the brain child of the late “Steroid Guru” Dan Duchaine. The name Body Contract is a play on words as Dan explained it. “Contract” has a dual meaning of “a binding agreement” (between a person’s body and the heavy iron) and a muscle contraction.

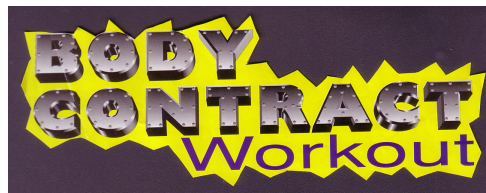
Dan then went on to say that this was the strangest workout he ever came across. Oh, oh!!! Dan was probably one of the most interesting and knowledgeable characters in the world of bodybuilding and I can say this from a first person observation.

Back in 1995 Bill Phillips of Muscle Media 2000 hosted in Las Vegas a NO HOLDS BARRED! Bodybuilding Seminar of which Dan Duchaine was one of a number of featured speakers. I

attended the seminar and enjoyed all of the presenters (Heck who could forget Mr. Heavy Duty himself, the late Mike Mentzer getting into a heated verbal confrontation with a well known doctor in the audience) but Dan Duchaine really stood out.

He didn’t read notes from a podium or stand in one spot with his hands in his pockets, jingling change. Nope, this prolific author of such works as the ground breaking 1982 Underground Steroid Handbook, walked around the room almost continuously and even stood on chairs while he lectured.

Beyond being an expert on anabolic pharmacology, he was an expert on just about every facet of bodybuilding and that included creating workout programs, of which the Body Contract Workout evolved. Here’s an encapsulated overview of the Body Contract Workout (AKA-Directed Intensity Workout).



IS PERFORMED AS FOLLOWS:

- Day 1:** (Monday) Delts, Biceps and Triceps
- Day 2:** (Tuesday) Quads, Hams, Calves and Abs
- Days 3 & 4:** (Wednesday/Thursday) Rest & Recuperation
- Day 5:** (Friday) Chest and Back
- Days 6 & 7:** (Saturday/Sunday) Rest & Recuperation

Notice how thoughtful Dan structured the above workout schedule. Upon the completion of a maximum overload on the major muscle groups (Days 2-5) there follows two days for R & R. Repeat the above seven-day plan for three weeks then take an entire week off from training.

Body Contract Exercise Selection:

Delts:	Barbell Press Overhead, Dumbbell Lateral Raises, Bent-Over Rear Dumbbell Lateral Raises and Barbell Shoulder Shrugs
Biceps:	Seated Incline Dumbbell Hammer Curls, and E-Z Bar Preacher Bench Curls
Triceps:	High Pulley Cable (triceps pushdowns), One-Dumbbell Triceps Extension Overhead, Bench Dips

Quads:	Barbell Front Squats and / or Hack Machine Squats, 45 degree Machine Leg Press and Machine Leg Extensions
Hamstrings:	Stiff-Legged Deadlifts and Lying Leg Curls
Calves:	Machine (Standing) Heel Raises, Machine (Seated) Heel Raises
Abs:	¼ Crunches and Reverse Crunches on an Incline situp board

Chest:	30° Incline Barbell Press, Flat Dumbbell Flyes, Parallel Bar Dips and / or Decline Barbell Press
Back:	Lower- Power Rack ½ Barbell Deadlifts (pull the bar from the knees upward), One-Dumbbell Pullovers Upper- Lat Machine Pulldowns (pull bar to nose/chin area) and One-Arm Dumbbell Rows

Note: The exercises listed are what Dan Duchaine determined (through magnetic resonance images of the muscles worked) would engage the maximum number of muscle fibers for each particular muscle group.

Body Contract Pounding, Sets, Reps and Rest-Pauses:

For each involved exercise (with the exception of the ab exercises which can be done for 2-3 sets of 15-40 reps) use 70% of your maximum single effort (MSE) for 3 maximum sets of 12 reps on the first exercise of a muscle group and 1 set of 12 reps on the following 2nd and 3rd exercises as the case may be.

Now here is where it gets interesting. On completion of the 2nd and 3rd sets of the first exercise with 70% of max and the one set in the second and possible third exercise, immediately increase the pounding to 85% and with the assistance of one or two competent training partner's do 3 nice slow negative reps.

Each set of 12 regular reps plus 3 negatives should take approximately 40 seconds according to Dan. Upon the completion of each set (and between muscle groups as well) rest-pause 3 minutes.

Here's a **7 point summary** of what I have just explained regarding the Body Contract Workout.

1. Hypothetical Maximum Single Effort = 300 lbs. Do two specific warm-up sets x 12 reps with 35% (.35 x 300 = 105 lbs.) of MSE. Then do a 3rd and final warm-up set for 8 reps with 60% (.60 x 300 = 180 lbs.) of your MSE. This warm-up procedure is for the first exercise of each muscle group only. No warm-ups are necessary for the 2nd and 3rd exercises for a select muscle group.

2. Now increase the poundage to 70% of your maximum single effort (.70 x 300 = 210 lbs.) and on the first exercise for a select muscle group do:

Set No. 1: 210 x 1 set of 12 reps

Set No. 2-3: 210 x 1 set of 12 reps plus 3 negatives with 85% (.85% x 300 = 255 lbs.)

On the second and third exercises for a muscle group do only 1 set of 12 reps with 70% of max and then put the weight down while one or two training partners IMMEDIATELY increase the poundage to 85% of max. The training partners will then assist you with 3 slow negatives.

3. A set of 12 reps should be accomplished in rather rapid-fire controlled 40 seconds and another 5-8 seconds for each negative. Also Dan said there was to no "mini-pauses" (not even a second) between the reps.

4. Rest-pause 3 minutes between each set, exercise and muscle group.

5. Don't add exercises to those already listed as you may become over-worked. And only substitute an exercise if the one you are doing is causing some type of muscle strain or injury.

6. Don't do more than 1/2 hour of aerobics three non-consecutive days per week.

7. Perform the Body Contract Workout 3 days per week, for an hour each and rest and recuperate the other 4 days. Follow this schedule for 3 weeks then take a week of from any kind of training what-so-ever.

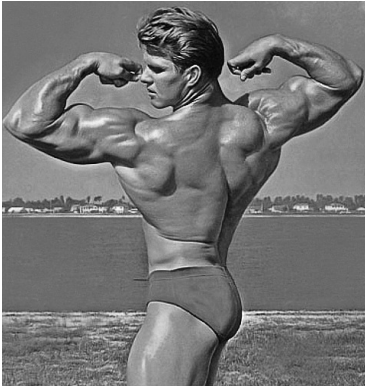
One thing I should mention here is that the suggested 70% of a maximum single effort is not written in stone. For example, we can use 70% of a single rep maximum, and 12 reps per set works out fine on most exercises with the exception being my legs.

On the Barbell Back Squat we can take a weight that is 70% of our max and do 20-30 reps. So what we have to do then is pick appropriate poundage which will accommodate 12 reps per set. Likewise just the opposite of what I experience is

the bodybuilder who can only do perhaps 9-10 reps with 70% of maximum. Again, pick a better weight.

If you are looking for a workout that is more anabolic and less catabolic on your muscles, then the Body Contract Workout is the ticket to massive gains. And we know this to be a fact because we and a number of our heavy iron friends have used it with great success. Good luck.

BODY LANGUAGE S•Y•S•T•E•M•S



The two following workouts look simple enough on paper, however they were an important element of a 1993 cutting edge Canadian **decade+** researched Body Language Systems Totally Personalized 120 and 360 Day **C.B.S.** (**Computerized Body Sculpting**) Training (**VOLUME I**) and Nutrition (**VOLUMES II & III**) Programs.

Intermediate Bodybuilder (Achieved Novice Bodybuilder-less than one year of training- poundage goals: Barbell: Back Squat with bodyweight x 15 reps, Bench Press bodyweight x 6 reps, Curl 50% of bodyweight x 8 reps.

Intermediate Bodybuilder (Achieved Novice Bodybuilder-less than one year of training- poundage goals: Barbell: Back Squat with bodyweight x 15 reps, Bench Press bodyweight x 6 reps, Curl 50% of bodyweight x 8 reps.

Within the next 1-3 Years the Intermediate Bodybuilder must do: Barbell: Back Squat 1½ X bodyweight 15 reps , Bench Press 1½ X bodyweight 6 reps, Curl 2/3 bodyweight X 8 reps, before being considered an Advanced Bodybuilder:

Each muscle group will be trained **2X per week**, using one of the following optional training splits.

OPTION 1:

MONDAY-THURSDAY

LEGS (Quads & Hams): Barbell Back Squats, Machine Leg Press, Lying Machine Leg Curls

CHEST: Flat Barbell Bench Press, Incline Barbell Bench Press

BACK: Seated Low Pulley Cable Rows, Lat Pulldowns

ABDOMINALS: Sit-Ups, Leg Raises

TUESDAY-FRIDAY

SHOULDERS: Seated Barbell Press behind Neck, Barbell Shrugs

BICEPS: Standing Barbell Curl, Preacher Bench Barbell Curls

TRICEPS: Close Grip Barbell Bench Press, Triceps Pushdowns.

FOREARMS: Barbell Wrist Curls

CALVES: Standing Calf Machine Heel Raises

OPTION-2:

MONDAY-THURSDAY

DELTS, BICEPS, TRICEPS, FOREARMS or (CHEST, BICEPS, TRICEPS, FOREARMS)

TUESDAY-FRIDAY

CHEST, LATS or (DELTS, LATS)

WEDNESDAY-SATURDAY

QUADS, HAMS, CALVES, ABS

The set(s) and repetition(s) scheme to be used is as follows:

For the first (warm-up) set choose poundage that can be performed for 15-20 reps.

Next, for the second set increase the (transition) poundage to allow for the completion of 8-10 reps.

The third (working) set should consist of poundage you can handle for 6-8 reps.

A final fourth (come-down) set is performed exactly the same as the second set.

The above instruction applies to all muscle groups with the exception of abdominals in which the exercises are completed at 4 sets x 25 reps.

Advanced Bodybuilder (3-6+ Years Training and has achieved the Intermediate Bodybuilder poundage goals):

Each muscle group will be trained **3X per week**, using the following training split.

MONDAY-WEDNESDAY-FRIDAY

LEGS (Quads & Hams): Barbell Back Squats, Machine: Leg Press, Leg Extensions, Lying Hamstring Curls

CHEST: Flat Barbell Bench Press, Incline Barbell Press, Flat Dumbbell Press

BACK: Seated Low Pulley Cable Rows, Lat Pulldowns, Bent-Over Barbell Rows

ABDOMINALS: Sit-Ups, Leg Raises

TUESDAY-THURSDAY-SATURDAY

SHOULDERS: Seated Barbell Press Behind Neck, Standing Dumbbell Lateral Raises, Barbell Shrugs

BICEPS: Standing Barbell Curls, Preacher Bench Barbell Curls, Seated One Dumbbell Concentration Curls

TRICEPS: Close Grip Barbell Bench Press, Triceps Pushdowns, Lying EZ-Bar Triceps Extensions

FOREARMS: Barbell Wrist Curls

CALVES: Standing Calf Machine Heel Raises

The sets(s) and repetition(s) count is exactly the same as for the intermediate bodybuilder.

This may at first seem a bit strange but when you take into account the fact that you are required to train each muscle group **3X per week** and that you have an increase in the number of exercises per muscle group you will find it more than justifiable. The repetitions for abdominals are exactly the same as the intermediate bodybuilder level.

If you are already using a training program that fits your timetable it is not necessary for you to discard it until you receive your personalized training schedule which will provide a far more extensively detailed program than the ones shown here, as stated before these are only preliminary training schedules and are for the convenience and benefit of those who are not on training programs at the present time.

BULGARIAN STYLE TRAINING



BULGARIAN STYLE TRAINING is an advanced program of beliefs and principles for bodybuilders who wish to GET MUSCLE MASS BIG AND BULL LIKE STRONG!

Angel Spassov, a guru/lecturer at the Bulgarian Strength Athletics Sports Camp in Sofia, Bulgaria for 25 years, and a team of sports scientists and coaches combined their expertise and further created the Bulgarian Style Training program as a means to maximize the return Bulgarian Olympic lifters invest in training.

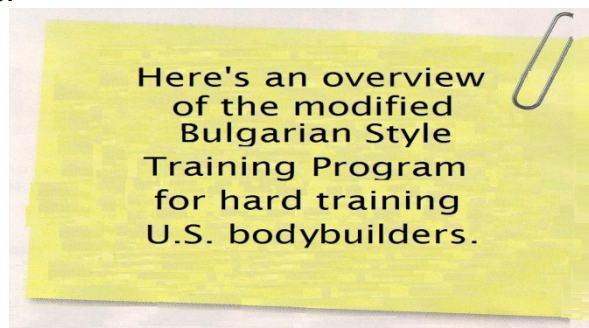
Angel Spassov's words sounded clinically factual, in the manner of the sports scientist he happens to be . . .

Angel introduced the Bulgarian Style Training beliefs and principles (*Brief and frequent workouts, beginning at 9 am-5 pm, with limit poundage's, sets of Single and Double repetition sets etc., and 20 minute rest pauses after each workout. Exercises used were Barbell: Snatches, Power Snatches, Clean & Jerks, Power Cleans and Front Squats*) to bodybuilders back in 1986 through a series of uncensored seminars and/or symposiums in 13 cities during a 13 weeks United States tour.

The top level symposiums conducted by Angel Spassov, revealed that Bulgarian Style Training worked very well for Bulgarian Politiburo state-subsidized strength athletes, who can train many (more than three) times daily.

A question therefore arises. Can bodybuilders in North America, who hold down an 8-5 job, prosper from Bulgarian Style Training? Not exactly in the manner Angel Spassov espouses.

For U.S. bodybuilders Bulgarian Style Training had to be modified a little because time management issues for the Bulgarian Olympic lifters and (American) bodybuilders are different with regard to the number of organized daily training sessions, exercises, sets and repetition schemes.



The primary objective of the modified Bulgarian Style Training is to produce the highest percentage of latent muscle mass, the result of which is automatically greater strength.

Here's how to combine the Bulgarian beliefs and principles into a workable program. To begin with you must work out 3 times a day, with at least 2 hours between each mini-workout. This way you get the maximum results in the shortest period of time.

For increases in **maximum muscle size** you must train a muscle group with between 12-15 sets while doing different exercises and repetition schemes throughout the week.

Monday-Tuesday high reps (10-12 reps)

Wednesday-Thursday medium reps (8-10)

Friday-Saturday low reps (6-8)

Rest-pause at least 2 minutes between sets.

The Bulgarians have discovered that workouts should last between 20 to an optimum 45 minutes. Any longer than that and testosterone and growth hormone levels begin to drop, consequently the workout becomes counterproductive.

By following the simple modifications to the training system, your strength will take off faster than you ever thought possible.

Now if you are like most people and you want to get big and strong, then you need to get the muscle size you want first. The Bulgarians have found that larger muscles have a much greater capacity for strength.

Since each muscle group must be trained with 12-15 sets, more than one muscle group must be trained during each workout, this is accomplished by using the revealing **superset** principle.

Here is an example of a program template that can be used. Other exercises can be substituted for those written.

**SHORT INTENSE BULGARIAN STYLE ENGINEERED TRAINING
CREATES EXPLOSIVE MUSCLE GROWTH!**

Day	Muscle Groups (15 Sets Each)	Reps
Monday	<p>a.m. Quads & Hams Machine: Leg Curls (3) Leg Extensions (3) Hack Squats (4) NOON: Chest-Calves Incline DB Press (5) ss Standing Calf Machine Heel Raises (5) Pec Deck (5) ss Seated Calf Machine Heel Raises (5) p.m. Triceps & Abs Lying E-Z Bar Triceps Extensions (5) ss Crunches (5) Dumbbell Triceps Kickbacks (5) ss Incline leg raises (5) Triceps Pushdowns (5) ss Incline Sit-Ups (5).</p>	10-12
Tuesday	<p>a.m. Back Lat Machine Pulldowns (5) Dumbbell Rows (5) Prone Hyper Extensions (5) Noon: Biceps One-Dumbbell Concentration Curls (5) E-Z Bar Barbell Preacher Curls (5) Low Pulley Cable Curls (5) p.m. Shoulders and Traps Dumbbell Lateral Raises (5) Dumbbell Front Raises (5) Dumbbell Shrugs (5)</p>	10-12
Wednesday	<p>a.m. Quads Machine Leg Presses(5) Barbell Front Squats (5) Barbell Back Squats (5) Noon: Chest and Calves Incline Barbell Presses (5) ss Standing Calf Machine Heel Raises (5) Parallel Bar Dips (5) ss Seated Calf Machine Heel Raises (5) Flat Barbell Bench Presses (5) ss Leg Press Machine Heel Raises (5) p.m.: Triceps and Abs Close-Grip Barbell Bench Presses (5) ss Crunches(5) Barbell (<i>lying, seated, standing</i>) Triceps Extensions (5) ss Hanging Leg Raises (5) Reverse Grip Triceps Pushdowns (5) ss Incline Sit-Ups (5)</p>	8-10
Thursday	<p>a.m. Back Bent-Over Barbell Rows (5) Pull-Ups (5) Barbell Good Mornings (5) Noon: Shoulders and Traps Barbell Presses Behind The Neck (5) Dumbbell Lateral Raises (5) Dumbbell Shrugs (5) p.m. Biceps Standing Barbell Curls (5) Seated Dumbbell Curls (5)</p>	8-10
Friday	<p>a.m. Quads Barbell Back Squats (5) Barbell Front Squats (4) Machine Leg Presses (6) Noon: Chest and Calves Barbell Bench Presses (5) ss Leg Press Machine Heel Raises (5) Barbell Incline Presses (5) ss Seated Calf Machine Heel Raises (5) Parallel Bar Dips (5) ss Standing Calf Machine Heel Raises (5) p.m. Triceps and Abs Reverse Grip Barbell Bench Presses (5) ss Hanging Leg Raises (5) Close-Grip Barbell Bench Presses (5) ss Lying Leg Raises (5) Triceps Pushdowns ss Crunches (5)</p>	6-8
Saturday	<p>a.m. Back Pull-Ups (5) T-Bar Rows (5) and Conventional Barbell Deadlifts (5) Noon: Biceps Standing Barbell Curls (5) Seated Alternate Dumbbell Curls (5) Dumbbell Hammer Curls (5) p.m.: Shoulders and Traps Barbell Presses Overhead (5) Dumbbell Lateral Raises (5) Dumbbell Shrugs (5)</p>	6-8
Sunday	REST, RECUPERATION, RECOVERY	

CODES: (5) = Number of Sets 10-12 = High Reps 8-10 = Medium Reps 6-8 = Low Reps ss = Super-Set

As soon as you have achieved the degree of unthinkable new muscle mass you desire then switch over to a 3X per day strength system and get almost inhumanly strong.

For **maximum strength** you (a hard training U.S. bodybuilder) need to work each muscle with at a minimum of 6 sets to a maximum of 10-12 in the 1 to 5 rep range, with longer rest-pause periods between sets than those recommended for maximum muscle size.

For maximum strength you must also change your exercise selections and rep levels throughout the program using only compound movements (like the Barbell: Bench Press, Back and/or Front Squat, Press Overhead, etc.) and low repetitions with enough poundage to allow repetitions between 1 and 5.

Monday-Tuesday 5 rep days
Wednesday-Thursday 3 rep days
Friday-Saturday 2 rep days

Here is a detailed account of an original (7X per day) Bulgarian (Olympic lifter) **maximum strength** training session, utilizing single and double reps.

Time	Exercise	Sets & Reps	Percentage Of Max	Break
10-10:45 am	Barbell Snatch	10-12 x 1-2	90% of best competitive lift	
10:45-11:15 am				X
11:15-12:00 pm	Barbell Clean & Jerk	10-12 x 1-2	90% of best competitive lift	
12:00-12:15 pm				X
12:15-12:45 pm	Barbell Front Squat	10 x 1-2	90% of best training lift	
12:45-1:00 pm				Return to Dining Hall
1:00-1:30pm				Lunch
1:30-3:45 pm				Rest-Nap—Listen to Music
3:45-4:00 pm				Dress & Walk to Training Hall
4:00-4:45 pm	Barbell Clean & Jerk	10-12 x 1-2	100% of previous best lift	
4:45-5:00 pm				X
5:00-5:45 pm	Barbell Clean & Jerk	10-12 x 1-2	95% of previous best lift	
5:45-6:15 pm				X
6:15-7:00 pm	Barbell Snatch	10-12 x 1-2	100% of previous best	
7:00-7:15 pm				X
7:15-7:45 pm	Barbell Back Squat	10-12 x 1-2	90-96% of previous training best	

In addition to the Bulgarian principles already discussed here are a few more . . .

BULGARIAN BELIEFS TO REMEMBER

- **Bulgarians don't believe in general and/or muscle specific warm-ups. Their research revealed that not warming up teaches the body to perform on demand.**
- Always take each set to momentary positive (+) failure.
- **Layoffs create a higher burn out rate than steady state workouts.**
- Dedicated athletes using proper techniques in training and diet protocol can ignite a gain of 4-pounds of muscle in as little as ten days.
- **Bulgarians don't believe in visualization techniques to enhance performance. They adhere to doing perfect practice reps over and over to establish a physical exercise groove.**
- Train harder, not longer to avoid becoming mentally and physically over trained.
- **A diet high in protein and fat is superior to putting on muscle mass and gaining strength.**
- Get plenty of sleep.

BULGARIAN STYLE TRAINING is very demanding and depending on, as I mentioned previously your *enthusiasm for training and willingness to tolerate pain barriers*, it will take 2-3 weeks before the body adjusts to it. After the break in period your body will begin taking on muscle mass and strength like never before.

Most bodybuilders many find it difficult to get to the gym at **Noon** when following BULGARIAN STYLE TRAINING. A way around this dilemma is to train in the morning, and then another short, sharp & neat workout in the late afternoon prior to dinner and then 40 minutes to an hour thereafter do a third and final workout.

The negative reality of performing 3 daily micro-burst training sessions (i.e. 18 weekly training sessions) will do one to three things to you or maybe all three—end much of your social life, cause you to lose your girlfriend or spouse (for you will have no free time) and turn you into a bodybuilding gym bum.

However on the positive side, if you apply the Bulgarian beliefs and principles, performing 3 daily micro-burst workouts six days per week for just a few short months, you can't help but . . .

STEP BEYOND YOUR PERSONAL BOUNDARIES OF MUSCLE GROWTH AND STRENGTH. Remember it's not the TIME you put in but what you put into the TIME.

In 1996 Tom Plata and Leo Costa Jr. collaborated on a 5 part series of articles (May, June, July, Sept and Oct) for Iron Man magazine, titled: Bulgarian Beliefs.

This series of articles explained in explicit detail all of the Bulgarian Style Training beliefs and principles.

Also Google: The Ivan Abadjiev Method Part 1 & 2 or The Frankenstein of Weightlifting: The Ivan Abadjiev Method.

ERNEST F. COTTRELL'S STRENGTH AND POWER TRAINING



The late Ernest F. Cottrell, author of the popular BODYBUILDER'S COOK BOOK, inventor of the unique "Maxi-Sizer" equipment, ex-Editor, feature writer and researcher for two World-Wide Bodybuilding Magazines.

He was also an owner, operator and instructor of many bodybuilding gyms and health centers where he functioned as a physical therapist and nutritionist...as well as trainer of Bodybuilders/Powerlifters and Olympic lifters.

Back in the '70s he established a small but dynamic 1-man business to service the bodybuilders of all types with very personal and highly professional instruction in all phases of physical excellence...!

In bodybuilding, there are many approaches to the acquisition of Strength & Power. One of the best ways I know of to develop deep-rooted strength is to plan your training around an upcoming powerlifting competition. You will not only gain tremendous strength from such a plan, but by demonstrating it as a competitor in a powerlifting meet, you will gain the attention of the spectators and they will realize that a bodybuilder's physique isn't necessarily just show (cosmetic physique).

For those of you bodybuilders who would like to dedicate your training to perhaps one powerlifting competition a year, I would like to share with you a very workable strength and power-training program that **Ernest F. Cottrell** shared with me and 100's of other power-bodybuilders worldwide which represents the most efficient use of actual elapsed training time and maximum recovery between workouts.

Monday

Conventional Barbell Deadlifts

Rest 4 to 5 minutes
between sets. Concentrate
on form and pull and squeeze
the shoulder blades back and
together throughout the entire motion
of each rep.

1s x 10r (50%)

1s x 8r (70%)

1s x 3r (80%)

1s x 3r (90%)

3s x 3r (80%)

Barbell High Pulls

Rest 3 minutes between sets; explode on the pull,
to belt-high position, then lower rather slowly in
negative fashion.

3s x 6r (60%)

Vertical Dips on Parallel Bars
Rest 3 to 4 minutes between sets.
Explode from the low dead stop positions.

1s x 10r (30%)
1s x 6r (50%)
3s x 3r (80%)

Bodyweight Only Bar Dips

1s x AMAP

Tuesday

(20 to 30 minutes) Do assorted midsection and neck work, your choice. **Hanging Knee Ups**, **Lying Leg Thrusts**, **Crunches** for the abs. For the neck, **Harness Work**, **Partner Resistance Exercises**, and various **Bridges**.

Wednesday

***Power 'Style' Barbell Squats** (to parallel)

Use the same set, rep, and percentage schedule as described for the Deadlift exercise.

Squat Jumps with Bodyweight Only
Barbell Curls (slight cheat)

1s x AMAP
5s x 5r

Rest 2 minutes between all sets.

Friday

Supine Barbell Bench Press

Again use the same set, rep, and percentage schedule as described for the Deadlift and Power 'style' Squat (to parallel) exercises.

Chinups/Pullups

Use the same set, rep, and percentage schedule as suggested for Vertical Dips on the Parallel Bars. On this exercise movement, use a fairly narrow grip. Do these with a curl grip (palms facing you) one workout, then with the hands pronated (palms facing away) the next, etc.

Saturday and Sunday
Complete Rest!

Every third week, do your 1 x 3 (90%) training slot for the barbell: **Deadlift**, **Power 'style' Squat** (to parallel), and **Supine Bench Press** in this manner: Do 1 set of 3 reps at 90% limit, then 1 set of 2 reps with 95% limit, then do 4 single attempts, resting 5 to 7 minutes between attempts, increasing the weight whenever possible by 5 pounds. Do this entire procedure *only* every third week!

Three weeks before the powerlifting competition, do only 2 sets of the **Barbell High Pulls** with 60%, 3 sets of 6 reps in the **Power 'Style' Barbell Squats** (to parallel) with 50%. Continue doing **the Squat Jumps with Bodyweight Only** for 2 sets to failure. On the **Barbell Curls** (slight cheat), do 3 sets of 7 reps. On the **Chinups/Pullups**, do them for 4 sets of 6 reps. Also at this point (3 weeks before the contest), do your barbell: **Deadlift, High Bar Back Squat and Supine Bench Press** sequence (note the different from the one suggested every third week above) in this manner:

1s x 20r (30%)
Rest 2 minutes
1s x 10r (50%)
Rest 2 minutes
1s x 8r (60%)
Rest 3 minutes
1s x 3r (70%)
Rest 5 minutes
1s x 3r (90%)
Rest 5 minutes
1s x 1r (95%)

Now do 3 more single attempts in 5-pound increments, with 5 minutes of rest between each of the attempts (hold 2 ½ pound barbell/dumbbell plates in each hand and “heft” them to show yourself that the additional weight is very light before adding them to the barbell for each single attempt; if you have an abundance of energy, do 1 to 3 more single attempts this way to break your record).

Rest 5 minutes
1s x15r (15%)



Two days prior to the powerlifting competition, don't do anything with the weights, and if your body weight is well within the class limit you plan to lift in, then eat quite a lot of potatoes (baked well-done, preferably) for a very high level of carbohydrate energy and increased potassium mineral content; this is a secret that the Russians use frequently.

Comments and Notations

Note: 50% of something is *half*, so when I say 50% of your current maximum single effort, and your best single is 500 pounds, 50% is 250 pounds, etc. Percentages are easy to compute in 100 and 10 pound increments: i.e., 80% is 8 of the 10 pounds, or 80 of 100 pounds, etc., and for proper warming up, and progressive neuro-muscular preparation, use a weight that corresponds to these percentages to avoid over-training in this sequence.

You should want desperately to do more lifts after your workout is done...***but don't***, since this reserve of energy at contest time, along with the adrenaline flow caused by competition, will allow you to express much more strength in your lifts!

On all the exercises within the regular Strength and Power Training Program, try to add 10 pounds per workout to each set – but if this is simply not possible, don't settle for less than 5-pound increases. This complete training cycle can be followed 10 to 12 weeks prior to an upcoming powerlifting competition.

***Note:** In the **Power 'Style' Barbell Squats** (to parallel) Wednesday workout, there are 4 points to keep in mind:

1. **Bar rests low across shoulders.**
2. **Torso is bent forward.**
3. **Feet are shoulder-width apart (or wider).**
4. **During the descent, buttocks go back and knees stay directly over ankles; lower leg remains perpendicular to floor.**

Have a nice workout...!

Ernest F. Cottrell

**ERNEST F. COTTRELL'S
HARD GAINER'S DOUBLE SPLIT WORKOUT**

MONDAY AND THURSDAY

MORNING, BEFORE BREAKFAST, OR EARLY EVENING, BEFORE SUPPER:

- Regular Barbell Curl** **5 sets**
(Rest 15, 30 and 45 seconds between sets.)
- Rest 1 minute; then:
Triceps Pulley Press-Down **5 sets**
(Rest the same as for Barbell Curls.)
- Rest 1 minute; then:
Scott Barbell (EZ) Curls **4 sets**
Triceps Barbell French Press (lying or standing) **4 sets**
(Superset; no rest between sets.)
- Rest 5 minutes; then:
Hard Spring Grippers **6 sets**
(Alternate hands; no rest between these sets)
- Wrist Roller** **3 sets**
(Rest 45 seconds between sets.)
- (Early evening if arms are done in the morning;
late evening if arms are done in the early evening):**
- Press Behind Neck** **4 sets**
(Rest the same as for Barbell Curls.)
- Dumbbell Lateral Raise** **4 sets**
(Rest the same as for Barbell Curls.)
- Rest 1.5 minutes; then:
Expander Cable Side Press-Out **3 sets**
(Rest 1 minute between sets. To do this exercise, hold the expander cables across and against the chest, just below the sternum of the pectorals muscles; then press the arms out to the side until fully extended. Cable should always touch the chest. This movement is very good for the traps, delts and triceps.)
- Rest 1 minute; then
Back & Front Neck Curls **4 sets 15 reps**
(Superset; no rest. Use a headstrap for the back of the neck, press against the forehead with the heel of the palm for resistance to the front of the neck.)

TUESDAY AND FRIDAY
MORNING AND EARLY EVENING:

Bench Press (fairly wide grip) **4 sets**
(**Rest** 15, 30, and 45 seconds between sets.)

Rest 1.5 minutes; then:
Parallel Bar Dips **4 sets**
(body-weight or *light* additional poundage)

Rest 1 minute; then:
Dumbbell Flyes (flat or incline) **3 sets**
(**Rest** 30 seconds between sets)

Early or late evening:

Bent-Over Barbell Rowing (underhand or curl grip) **3 sets**
(Fairly heavy on all 3 sets; **rest** 1 minute between sets.)

Rest 1.5 minutes; then:
Overhead Lat Pull-Downs **4 sets**
(close overhead grip for more stretch and contraction)
(Same **rest** as for the Bench Press)

Rest 2 minutes; then:
Wide-Grip Pull-ups (body-weight only) **5 sets**
(Do strict reps until you can't do any more; then cheat to really grind out quite a few more. **Rest** 45 seconds to 1 minute between sets.)

WEDNESDAY AND SATURDAY
MORNING OR EARLY EVENING:

Barbell Bench or Half Squats **5 sets**
(**Rest** 30, 45, 60 and 60 seconds between sets.)

Rest 2 minutes; then:
Leg Extensions (high reps) **5 sets**
Leg Curls (high reps) **5 sets**
(**Superset** these two exercises. Do them very slowly and concentrate; make it burn until the muscles are hot.)

Rest 2 minutes; then:
1-Legged Calf Raise-on-Toes **8 sets**
(Alternate legs; no rest. Stretch the calf very thoroughly at the bottom position; then *cramp* it very hard at the top.)

EARLY OR LATE EVENING:

Roman Chair Sit-Up Over Bench (medium reps) **4 sets**
(Go only parallel to the floor.)

Overhead Side Bends (high reps) **4 sets**
(Superset these 2 exercises with absolutely no **rest** between sets.
To do the Side Bends, place the feet about 24" apart, hold light
barbell plate – about 5-10 lbs. – high overhead; then bend rapidly
at the waist from side to side like a musician's metronome.)

Rest 2 minutes; then:

Bent-Legged Incline Sit-ups (35°) **5 sets**
(**Rest** 30 seconds between sets.)

Select the amount of weight you use in the following manner; **heavy 6-9 reps; medium, 10-14 reps; light, 15-25 reps**. Mix it up, doing one set light, the next set medium, the next heavy, etc. Don't count reps religiously; just keep them somewhere within these ranges.

You will find that the pattern of 6-9 reps will build the most muscle mass in the various muscle groups, yet the legs and back respond quite well with a pattern of 10-12 reps, and in some cases the back can handle 12-15 reps.

Dave Draper used to alter his repetition loads; during a 3-week period he would do 12-15 reps on all exercises and would actually work up to 20-25 reps during this period of time. He made some great gains in muscle density and overall muscularity. Reg Park would do 5-6 reps per exercise during one week, then do 12-15 reps per set on all exercises the next week.

None of the above daily workouts will take over 45 minutes! This will allow you to do as much hard work as possible in the shortest amount of time (quality training), and you can fully recuperate while almost constantly stimulating your muscles into new growth!

Have a nice workout...!

Ernest F. Cottrell

ERNEST F. COTTRELL'S
121 SETS TO DRUG-FREE MUSCLE MASS & MUSCULARITY

MONDAY, WEDNESDAY, FRIDAY MORNINGS
(1/2 HOUR)

Back Neck Curls 5 sets, 8 reps
Front Neck Curls 5 sets, 15 reps

(Superset these two. Use headstrap for the Back Neck Curls; use palm resistance against the forehead for the Front Neck.)

No rest; then

Reverse Barbell Wrist Curls (Reg-Reps) 3 sets, 10 reps

Followed immediately by:

Regular Barbell Wrist Curls (Reg-Reps) 5 sets, 8 reps

(These are the ones where the forearms are long the top of the thighs, while seated, and you raise and lower the barbell by wrist action alone; "reverse" is palms down. "regular" is palms up.)

TUESDAY, THURSDAY,
SATURDAY MORNINGS
(1/2 HOUR):

Calf Raise of your choice (Reg-Reps) 8 sets
(Do "mixed" sets – one heavy, another very light, and every where in between – and all sets to failure.)

TUESDAY AND SATURDAY
(AFTERNOON OR EVENINGS)

1. Jumping Squats (hold a dumbbell in each hand) (Cumulative-Reps twice)

Rest 1.5 minutes; then:

2. Jumping Squats (hold a dumbbell in each hand) 3 sets, 12 reps
Stiff-Arm Breathing Pullovers 3 sets, 12 reps

(Do the Breathing Pullovers on the bench after each set of Jumping Squats, holding no more than a 25-lb dumbbell in both hands, because the deep breathing is most important here.)

Rest 10 minute; then:

3. Barbell Bench Press (Cumulative-Reps twice)
Cheat Barbell Curl (Cumulative-Reps twice)

(Superset these two exercises.)

- Rest 1 minute; then:**
- 4. Bench Press** **4 sets**
Cheat Barbell Curls **4 sets**
(Superset these two. Have the bars loaded so that you can take 10 lbs. off each set fast – “triple drop method.” Use the same weight as in exercises 3 and do each set to failure.)
- Rest 3 minutes; then:**
- 5. Incline (35°) Barbell or Dumbbell Press (Reg-Reps)** **3 sets, 8 reps**
Flat Supine Dumbbell Flyes **3 sets, 8 reps**
(Superset these two.)
- Rest 2 minutes; then:**
- 6. Shoulder-Width Pull-Ups** **(Cumulative-Reps)**
(overhand grip)
- Rest 1 minute; then:**
- 7. Close-Grip Underhand Chin-Ups (Reg-Reps)** **4 sets 8 reps**
Supine Barbell Triceps Extension (Reg-Reps) **4 sets 8 reps**
(Superset these two.)
- Rest 1 minute; then:**
- 8. Bent Over Barbell Rowing (Reg-Reps)** **4 sets 10 reps**
Standing Barbell French Press (Reg-Reps) **4 sets 10 reps**
(Superset these two.)
- Rest 3 minutes; then:**
- 9. Body-weight Only Parallel Bar Dips (Reg-Reps)** **4 sets x failure**
Alternate Dumbbell Curls (Reg-Reps) **4 sets 12 reps**
(Superset these two.)
- Rest 1 minute; then:**
- 10. Cheat Dumbbell Laterals (Reg-Reps)** **3 sets 8 reps**
(Only raise dumbbells up to just about shoulder level, hold a moment and lower rather slowly.)
- No rest, then:**
- 11. Strict Dumbbell Laterals (Reg-Reps)** **4 sets 15 reps**
(Full range of movement on these)

Note: Tuesday, Thursday, and Saturday mornings would allow you time to get in some waist work of your choice.

THURSDAY
(AFTERNOON OR EVENINGS)

- 1. Parallel Bar Dips** (Reg-Reps) **2 sets, 7 reps**
Barbell Upright Rowing (Reg-Reps) **2 sets, 12 reps**
(Superset these two.)
- Rest** 10 minutes; then:
2. Half or Bench Squats **(Cumulative-Rep twice)**
- Rest** 2 minutes; then:
- 3. Full Front Squats** **5 sets, 8 reps**
Leg Curls **5 sets, 10 reps**
Stiff-Arm Deep Breathing Pullover **5 sets, 12 reps**
(Tri-set these three; do the pullovers as before)
- Rest** 5 minutes; then:
- 4. Jumping Squats** (Reg-Reps) **4 sets 8 reps**
(hold a dumbbell in each hand)
Stiff-Arm Deep Breathing Pullovers (Reg-Reps) **4 sets 12 reps**
(Superset these two.)
- Finish off with:
Jump Squats (body-weight only.) **3 sets failure**
- Rest** 2 minutes; then:
- 5. Strict Leg Extensions** **3 sets 10 reps**
(Do these slowly holding legs straight at the top of the movement for 1 second; then, as you tire, cheat the weight up, hold and lower slowly until quadriceps burn well.)
- Rest** 3 minutes; then
- 6. Vigorous Running in Place** **2 sets 1 minute**
(Hold a 20 lb. dumbbell in each hand down at the sides, then proceed to run-in-place, raising the knees as high as possible, drive feet hard into floor. Don't do so fast that your raising-the-knee-high style suffers. This is a good one to do right after waking up to get your system going and making your body wake up completely so that a good breakfast will be digested)

Cumulative-Reps Explained: For **bodyweight-only exercises** perform 1 rep of the exercise, then count off the number of seconds it would realistically take you to walk 30-ft. Next do 2 reps of the exercise...count off the number of seconds again and do 3 reps, etc., etc., 'til you simple cannot do another full set of the reps you've accumulated so far.

For barbell and dumbbell exercises elect a poundage you can do for 4 reps in the exercise(s) indicated. Then follow the instructions just mentioned for **body-weight only exercises**.

Have a nice workout...!

Ernest F. Cottrell

CYBERGENICS FOR HARD GAINERS S-Y-S-T-E-M



Back in the '80s the late Scott Chinery and a professional consultation staff at his CYBERGENICS Corporation sought out to design a comprehensive

training program for the hard gainer bodybuilder which would increase strength capacity, and stimulate muscular growth as quickly and efficiently as possible. After extensive research, they created what is called the . . .

CYBERGENICS FOR HARD GAINERS S-Y-S-T-E-M.

TRAINING

The **Cybergenics For Hard Gainers** training program is based on a two-days-on training and one-day-off training schedule, training two or sometimes three muscle groups per training day.

Training days will consist of:

- 1.) Chest/Triceps
- 2.) Back/Biceps
- 3.) Shoulders/Traps
- 4.) Quadriceps/Hamstrings/Calves

- Abdominal should be incorporated twice per week at times most convenient to your schedule. This may include non-training or "off" days.

- It is also recommended to train calves a second time during the six-day rotation. This may also include non-training days. (Optional, but highly recommended.)

For maximum results, it is highly recommended that you have a partner or spotter to assist when using the Hard Gainers training program.

This becomes crucial since all but the first set of most prescribed exercises are to be done using weight for which a spotter is needed to complete the final two to five repetitions of the prescribed number of repetitions.

You can however, still obtain incredible results with this product without the help of a spotter, but this means that you will have to considerably modify the amount of weight you use in order to avoid injury.

INTENSITY

Cybergenics For Hard Gainers will produce remarkable results. The question is, how incredible a result are you willing to work for? You have the tools. Do you have the intensity?

- The intensity to remain explosive and focused throughout your workout.
- The intensity to attack and conquer heavy and still heavier weight as your strength and size increase.
- The intensity to know that a metamorphosis is occurring and that you must see it through to its completion.

Remember that a proper spotter is an irrefutable asset to reaching ultimate levels of intensity.

Pyramiding Sets

For any particular exercise comprised of four sets, there are two preferred choices for structuring the amount of weight used for each set (you may use one or both):

- A. Set 1 - Lightest Set
Set 2 - Considerably Heavier
Set 3 - Heaviest Set
Set 4 - Same as Set 2
- B. Set 1 - Lightest Set
Set 2 - Heavy Sets
Set 3 - " "
Set 4 - Slightly lighter than sets 3 & 4

For Exercises Comprised of Three Sets
(Also use one or both)

- A. Set 1 - Lightest Set
Set 2 - Heaviest Set
Set 3 - Weight between light and heavy sets
- B. Set 1 - Light Set
Set 2 - Heavy Sets
Set 3 - " "

FASCIAL STRETCHING

For maximum growth, it is imperative that you stretch between every set. Stretching the fascia, or sleeve of the muscle allows for maximum fullness and expansion of the muscle tissue underneath.

As soon as you complete a set, stretch that muscle or muscles for a count of about eight seconds. It cannot be reemphasized enough, the importance of this practice.

EXAMPLE 60 DAY HARD GAINERS SCHEDULE

Days	Quads & Hams	Back	Chest	Shoulders & Traps	Biceps	Triceps	Calves	Abs
1			X			X		
2		X			X			
3							X	
4				X				
5	X						X	
6								X
7			X			X		
8		X			X		X	
9								X
10				X				
11	X							X
12								
13			X			X		X
14		X			X		X	
15								
16				X				X
17	X						X	
18								
19			X			X		
20		X			X			
21							X	
22				X				
23	X						X	
24								
25			X			X		
26	X				X		X	
27								X
28				X				
29	X						X	
30								X

Days	Quads & Hams	Back	Chest	Shoulders & Traps	Biceps	Triceps	Calves	Abs
1			X			X		
2		X			X			
3								
4				X				X
5	X						X	
6								
7			X			X		X
8		X			X		X	
9								
10				X				
11	X						X	X
12								
13			X			X		
14		X			X			X
15							X	
16				X			X	
17	X							
18								X
19			X			X		
20		X			X		X	
21								X
22				X				
23	X						X	
24								
25			X			X		X
26		X			X		X	
27								
28				X				X
29	X						X	
30								

TRAINING DAY #1 - Chest/Triceps

Chest

Flat BB Bench Press	4s	x	7-12r
-Rhythmic and controlled			
-On the 1st set use a poundage you can lift no more than 10-12 reps on your own			
-On each of sets 2-3-4 do			
7-9 reps on your own then 2-5 "forced" reps			
35-45° Incline BB Bench Press	4s	x	7-12r
-Same instruction as previous exercise			
-Option: Substitute DB in place of BB			
20-45° Decline BB Bench Press	3s	x	9-12r
-Option: Substitute DB in place of BB			
Flat DB Flyes	4s	x	10-12r
-Option: Substitute Incline DB Flyes in place of Flat DB flyes			

Rest-pause 1-2 minutes on all sets

Triceps

Flat BB Triceps Extension	4s	x	8-12s
Close Grip BB Bench Press	4s	x	8-12r
-Keep upper arms tight next to ribcage			
Triceps Pushdowns	4s	x	8-12r
-Use reverse-grip from workout to workout			
-Use dual Triceps rope in place of bar			
Parallel Bar Dips	3s	x	8-12r
-Use dip belt/chain/poundage if bodyweight only reps become too easy			

Rest-pause 30-60 seconds on all sets

TRAINING DAY #2 - Back/Biceps

Back

Wide Grip Cable Pulldowns (behind neck)	4s	x	7-12r
Close Grip Cable Pulldowns (to front)	4s	x	7-10r
BB Bent-Over Rows	4s	x	7-10r
Seated Low Pulley Cable Rows	4s	x	7-10r
Prone Hyperextensions	3s	x	12-25r
-Hold barbell plate next to chest or behind neck to achieve positive failure on final rep			

Rest-pause 1-2 minutes between all sets

Biceps			
Straight Bar Curls	1s	x	12-10-8-6r
Alternating Dumbbell Curls	4s	x	8-12r
Preacher Bench BB Curls	4s	x	8-12r
One-DB Concentration Curls	2s	x	10-12r

Rest-pause 30 seconds between all sets

TRAINING DAY #3 - Shoulders/Traps

Shoulders			
BB Press Overhead	4s	x	7-12r
-Rest-pause 60-90 sec b/sets			
DB Lateral Raises	4s	x	8-12r
-Rest-pause 30-60 seconds b/sets			
Seated DB Press	4s	x	8-10r
-Position the seatback of an adjustable exercise bench to 65-80°			
-Rest-pause 60 seconds b/sets			
Bent-Over DB Lateral Raises	3s	x	10r
-Rest-pause 30-60 seconds b/sets			
Traps			
BB Upright Rows	4s	x	8-10r
BB Shrugs	4s	x	12-15r
-Grip the bar 3" wider than the hips			
-Don't retract (roll) shoulders back			
DB Shrugs	4s	x	12-15r

Rest-pause 60-90 seconds b/sets

TRAINING DAY #4 - Quadriceps/Hamstrings/Calves

Quads & Hams			
Machine Leg Extensions	3s	x	10-15r
-Smooth rhythmic movement			
-One second squeezes at peak contraction lockout on each rep			
-Rest-pause 30-60 seconds b/sets			
BB Back Squats	4s	x	6-12r
-Feet parallel to work teardrop quad			
-Feet rotated out from parallel to work quad sweep			
-Rest-pause 2-3 minutes b/sets			

Machine Hack Squats	4s	x	6-12r
-Use same foot placement as previous exercise			
-One second squeezes at peak contraction lockout on each rep			
-Rest-pause 60-90 seconds b/sets			
45°Machine Leg Press	4s	x	6-12r
-Rest-pause 60-90 seconds b/sets			
Machine Leg Curls	4s	x	8-10r
-Rest-pause 60-90 seconds b/sets			
Straight-Leg BB Deadlifts	4s	x	10-15r
-Rest-pause 60-90 seconds b/sets			
Glute/Ham Raises	3s	x	10-15r
-Bend at hips/back arched and rigid			
-Contract glutes maximally at peak of movement			
-Rest-pause 60-90 seconds b/sets			

Calves

Single Leg Deep Calve Stretches

-Stretch each calf for 30 seconds then contract the calf maximally at peak of positive phase 3X

Standing Calve Machine Heel Raises	1s	x	10-15r
Seated Calve Machine Heel Raises	1s	x	25-30r
Donkey Heel Raises	1s	x	10-15r

The above 4 exercises represent one circuit or "quad-set". Repeat the circuit three times without stopping to rest-pause.

Abdominals

Hanging Leg Raises

4s x AMAP

-Rest-pause 30-60 seconds b/sets

High Pulley Cable Crunches

4s x 15-30r

-Rest-pause 30-60 seconds b/sets

30-45°Decline Weighted Sit-Ups

4s x 30-50r

-Rest-pause 30-60 seconds b/sets

GIRONDA'S 10 DAY PERIPHEAL FLUSING WORKOUT



Here is a workout that Vince Gironda used to get Hollywood's top actors into maximum shape in as little as 10 days. Vince calls the workout Peripheral Flushing.

This is a method of training where you do a series of reps for the biceps, for example, then take a short rest pause and go on to a chest exercise for some consecutive reps, another short pause for rest then go on to a thigh exercise . . .

Repeating this pattern until you have trained the entire body. It only lasts a total of 10 days and will give you a **Steelworkers Body In Ten Days!** You won't achieve that overdeveloped look of a bodybuilder but you will achieve a nice natural, trim athletic look from it.

This program is divided into two phases, each one lasting five days. You will do a total of 9 exercises, performing 12 repetitions each.

The exercises are: Barbell Bench Press to the Neck, Alternative Bent-Over Dumbbell Rowing, Dumbbell Lateral Raise, Lying Triceps Pullover, Seated Dumbbell Curls, Seated Barbell (palms up) Wrist Curl, Concemetric Double Ups, Frog Squats for the thighs.

Go through all nine exercises in the order they are listed without resting. This completes one circuit. Perform the number of circuits listed below.

Day No	Number of Circuits
1	1
2	2
3	3
4	4
5	5

Workout twice each day, morning and evening, during the first 5 days. For example on day one perform one circuit of the 9 exercises in the morning and then in the evening do it again.

During the next five days, which would be days six through ten, workout only once each day and perform only four circuits of all nine exercises. Use as much weight as you can which will allow you to perform each exercise properly, and let you complete the number of circuits listed for each day. There is no rest between exercises or circuits.

VINCE GIRONDA'S MASTER SERIES I-XII

VOLUME I (Month 1)

MASTER SERIES
OF
BODYBUILDING
BY
VINCE
GIRONDA
THE
GRANDMASTER
OF
BODYBUILDING



YOUR FIRST COURSE: PRE-CONDITIONING (complete in 35 min. max)

Pre-conditioning is essential for novice or advanced students and will give one the foundation on which to build the new body. Whether you are athletic, non-athletic, overweight or underweight, everyone must commence training on this course.

Also, anyone returning from an absence of bodybuilding should use this course to reintroduce themselves to conditioning by spending a few days working out in the manner suggested herein.

SELECTING THE PROPER WEIGHT

Choose the weight that you can handle doing 80% of your maximum strength for eight repetitions. Be able to dictate to the weight. Too light a weight will not allow you to feel the exercise correctly.

The first set will be the hardest as the viscosity and form will improve in the following sets. Remember that progressive resistance exercise does not depend on completing every set with every rep.

That is the challenge. Concentrate and be aware of the particular exercise to be performed. The most important part of training is letting the mind induce blood flow by connecting the mind with the part of your body being worked. In short, PUMP, CONTRACT, and FEEL.

Day 1: Perform 1 sets of 8 each

Abs: Consemetric Vacuum

Place palms flat on a sixteen-inch high flat exercise bench. Arch back, let stomach drop between thighs, with knees slightly bent. Relax abdominal area completely.

Next, draw abdominal area up into pelvic and chest area by arching back up and tucking pelvis forward. Contract the abdominals hard for a count of three. Relax, drop abdominal area down to thighs and repeat. This exercise produces control of the abdominal area.

Consemetric Double Up

Pecs: Decreased Fulcrum Pushups
Place hands (palms down) on the top of two flat exercise benches, hands parallel, elbows at right angles to the torso. Place feet, toes down, on a third flat exercise bench of the same height. Have the bench under your feet close enough forward to drop the knees downward pointing to the floor. This is the decreased fulcrum. Next, lower your chest and drop down between the benches as far as you can, inhaling through pursed lips on the down stretch. Keep hips down throughout entire dip and exhale on the way up.

25 Degree Incline DB Lateral Fly

Lats: Overhead Pull Down (Arched Back Pull Down)

Delts: DB Lateral Raise
Upright BB Row

Triceps: Push-Down

Bicep: Spider BB Curl
Forearm: Seated BB Wrist Curl

Thigh: Leg Extension

Calves: Standing Heel Raise

Spine: Hyperextensions

Day 2: Perform 2 sets of 8 each

Abs: Consemetric Vacuum
Consemetric Double Up

Pecs: Decreased Fulcrum Pushups
25 Degree Incline Lateral DB Fly

Lats: Lat Pull Down (Arched Back Pull Down)

Delts: DB Lateral Raise

Triceps: Push-Down

Bicep: Spider BB Curl

Forearm: Seated BB Wrist Curl

Thigh: Leg Extension

Calves: Standing Calf Raise

Spine: Hyperextensions

Day 3: Perform 3 sets of 8 each

Abs: Compound Set:
Consemetric Vacuum
Consemetric Double Up

Pecs: Compound Set:
Decreased Fulcrum Pushups
25 Degree Incline Lateral DB Fly

Lats: Overhead Pull Down (Arched Back Pull Down)

Delts: DB Lateral Raise

Triceps: Push-Down

Bicep: Spider BB Curl

Forearm: Seated BB Wrist Curl

Thigh: Leg Extension

Calves: Standing Heel Raise

Spine: Hyperextensions

Day 4: Perform 4 sets of 8 each

Abs: Compound Set:
Consemetric Vacuum
Consemetric Double Up

Pecs: Compound Set:
Decreased Fulcrum Pushups
25 Degree Incline Lateral DB Fly

Lats: Overhead Pull Down (Arched Back Pull Down)

Delts: DB Lateral Raise

Triceps: Push-Down

Bicep: Spider BB Curl

Forearm: Seated BB Wrist Curl

Thigh: Leg Extension
Calves: Standing Heel Raise
Spine: Hyperextensions

5 SETS OF 5 REPS

Day 5: Perform 5 sets of 5 reps

Abs: None: Prevent Shock
Pecs: 25 Degree Incline DB Press
Lats: Long Pull (Arched Back)
Delts: BB Upright Row (Shoulder Width-Grip)
Triceps: Triceps BB Pullover
Bicep: BB Body Drag Curl
Forearm: Elevated Hip BB Wrist Curl

Day 6: Perform as follows

Spine: Hyperextension / 3 sets of 8 reps
Thigh: Hack Slide Squat 5 sets of 8 reps
* For those who have knee injury - Use half squat substitute with less weight.
Leg Bicep: Leg Curls / 5 sets of 8 reps
Calves: Standing Calf Machine / 5 sets of 20 reps
Seated Calf Machine / " "

Day 7 Repeat Day 1 Exercises

Day 8 Repeat Day 2 Exercises

Day 9-10-11-12

Abs: Compound Set:
Consemetric Vacuum and
Consemetric Double Up
4 sets of 8 each

5 SETS OF 5 REPS FOR EACH OF THE FOLLOWING

- Lats: Overhead Pull Down (Arched Back Pull Down)
- Delts: DB Lateral Raise
- Pecs: Decreased Fulcrum Pushups (Attach Weight To Belt)
- Triceps: Push Down
- Bicep: BB Spider Curl
- Forearm: Seated BB Wrist Curls
- Thigh: Leg Extension
- Calvess: Standing Heel Raise
- Spine: Hyperextension (Weight Behind Neck or Held on Chest)

NOTE: Increase weight every week for 3 weeks. Keep record of your progress by noting wt., sets & reps.

VOLUME II (Month 2)

EXERCISES TO BE PERFORMED

Weekly Schedule: Alternate days: One day Upper, next day Lower Body, next day Rest. Continue for one month.

Alternate sets: 1 set 8 reps

UPPER BODY

Lats: Super-Set:
Seated Short Terries Pull
Pecs: 1/2 V-Parallel Bar Dip

Delt: Super-Set:
DB Seated Lateral Raise
Back: DB High Bench Row

Triceps: Super-Set:
Dumbbell Kickback
Bicep: Dumbbell Preacher Curl

Forearm: Super-Set:
DB Wrist Curl
BB Reverse Body Drag Curl

LOWER BODY

Thigh: Super-Set:
Dillinger Squat
Calves: Seated Heel Raise

Leg Bicep: Super-Set:
Decline Bench DB Leg Curl
Calves: Heavy Walk Offs (20 each foot)

VOLUME III (Month 3)

EXERCISES TO BE PERFORMED

This Mr. Universe, non-specialized bulk routine is performed by doing **6 sets of 6 reps**.

Abs: Leg Raise - Only as directed 2X per week after upper body days.

Pecs: Full Para Dip

Lats: Seated Terries Short Pull With Concave Chest

Delt: DB Lateral Raise Alternate Swing With Both Hands

Tri's: 90 Degree Standing Rope Pull

Bi's: BB Preacher Pull

Forearm: Zottman DB Curl

Thigh: Sissy Squat 6 sets of 4 x 4 x 4 stage reps

Calves: Heavy Standing Heel Raise

Note: Repeat day 1 for next 2 workouts increase weight each week for next 3 weeks. Add weight to Para Dip (use belt) after 1st week.

* Pecs add ins

1st week – No-Weight Para Dips

2nd week – Heavy Decline Pulleys

3rd week – Decline DB Fwd Scoop

4th week – Do all 4 pec exercises

No-Weight Para Dips 6x6, Weighted Para Dips 6x6, Decline Pulley 6x6,
Decline DB Scoop 6x6

* Legs to be performed every other day

* Hyper Extensions may be done on leg day

NOTE: This program is phenomenal. It is a great muscle builder and, upon completion you feel incredibly good. The energy after performing this program is amazing. Strength will increase each week. Growth hormone and testosterone levels stay high and make you feel incredible.

VOLUME IV (Month 4)

Compound Sets

Perform **4 sets of 8 reps** on each muscle worked. Set up all exercises before starting Workout six days in a row one day off. 1,2,3,1,2,3 off.

Day One: Lats, Chest, Delts

Day Two: Arms

Day Three: Legs

DAY ONE:

Lats	Compound Set:	
	Arched Back Short Pull	4 sets 8 reps
	Overhead Pulldown	4 sets 8 reps
Pecs	Compound Set:	
	B.B. Neck Press	4 sets 8 reps
	D.B. Flat Bench Fly	4 sets 8 reps
Delts	Compound Set:	
	Front and Back BB Press	4 sets 8 reps

DAY TWO:

Triceps:	Compound Set:	
	Supine Dumbbell Extensions	4 sets 8 reps
	Power Push Down	4 sets 8 reps
Biceps:	Compound Set:	
	Palm up Incline DB Curl To Arm Pit	4 sets 8 reps
	Bent Over Peaking BB Curl	4 sets 8 reps
Forearm:	Compound Set:	
	Incline DB Wrist Curl	4 sets 8 reps
	Thumb Up Wrist Curl	4 sets 8 reps

DAY THREE:

Legs:	Super-Set:	
	Hack Squat	4 sets 8 reps
	Power Leg Extension	4 sets 8 reps
Calves:	Compound Set:	
	30 Degree Calf Raise	4 sets 20 reps
	Leg Press Calf Raise	4 sets 20 reps
Lower Back:	Hyperextension w/ Weight	4 sets 8 reps

NOTE: This is a good program for putting on size. You can really get into each exercise and see your strength increase. Since this is a nonspecific program, it makes you feel full and powerful.

Go back to this program from time to time (just) to blast out the muscles to put on some added size. You are not going to get super ripped on this program but you will put on some good size.

VOLUME V (Month 5)

1 set of 8 full reps per set and 4-6 (concentric contractions) at completion of each set

On last rep (the negative aspect) Lower the weight extremely slow and take the pain

Note: This is a great program. The best way to do this program is to set up all the weights and bars with the appropriate weight to use before starting. This is a favorite workouts and is a real muscle pumper.

DAY ONE

Lats:

1. Standing 90 degree racing dive position short pull.
2. High Bench 2 DB Row
3. Hi Bench DB Laterals (Bent Arm)
4. Front and Back Pull Down

Pecs:

1. DB Incline Press
2. Flat Bench BB Neck Press
3. V Bar 1/2 Dips
4. BB Decline Pull Over Press

Delts:

1. DB Supine Lateral Raise on Incline Bench
2. 2 DB Upright Rowing
3. Scott DB Press
4. Prone DB Laterals

DAY TWO

Triceps:

1. 90 Degree DB Mule Kick Back
2. BB Pull Over and Press
3. 2 DB Pullover and Press
4. Reverse Bench Push Ups

Biceps:

1. 2 Arm DB Preacher (DBs outside of shoulder at peak of curl)
2. BB Body Drag Curl
3. 90 Degree Bent Over Peak BB Curl
4. Overhead Pull Down Behind Neck

Forearms:

1. BB Wrist Curls on Thighs
2. Zottman DB Curl
3. Reverse Preacher BB Curl
4. Thumb Up (Hammer) Curl

DAY THREE

Thighs:

1. Burlesque Bump (2nd Sissy Movement)
2. Wide Pile (BB Frog Squat)
3. Decline DB Leg Curls
4. Single 1/2 Fencers BB Lunge

Calves:

1. Donkey Raise
2. 45 Degree Calf Raise on Leg Press
3. Don Howorth Calf Raise

* All calf work must be 20 reps

NOTE: The key to this program is to keep focus on the muscle. Lift weights with eyes closed. This allows a person to focus only on the muscle and nothing else.

It helps to alleviate the unnecessary sensory perceptions from the visual stimulation of gym traffic and noise and puts more focus on the muscle. It helps produce a great pump. This program is awesome and if done correctly will bring immediate gains.

VOLUME VI (Month 6)

10-8-6-15 (Vince's Famous Routine)

3 Upper Body Workouts Per Week, 2 Lower Body Workouts Per Week

1st set is performed 10 reps with 50% of a (6 rep) maximum.

2nd set is performed 8 reps with 75% of a (6 rep) maximum.

3rd set is performed 6 reps with 100% of a (6 rep) maximum.

4th set is performed 15 reps with 35% of a (6 rep) maximum.

Whatever weight you can handle with effort, 6 reps is considered your maximum. Rest between sets should be no longer than 60 seconds. Also, deep breathing through the mouth should be employed (hyperventilation) between sets.

This program calls for 3 upper body workouts per week and 2 leg workouts per week.

Do not add weight oftener than once a week. Raising weights too fast only produces bad form.

The success of this program depends on doing the exercises outlined with no additions. This program calls for maximum form, so if it seems less than you have been doing and too easy, be honest with yourself and ask am I doing the exercises to the best of my ability, which means do your reps slower.

In other words, make it hurt and don't start cheating when it does. Remember a workout that does not hurt doesn't build. Constantly strive to shorten the rest period between sets. This is another form of progressive resistance, and is more important than raising your weights.

If abdominal work is performed, it should be done on leg day.

EXERCISES TO BE PERFORMED

DAY 1: UPPER BODY

Pecs: Wide Grip BB Neck Press
 1st set: 50% 10 reps
 2nd set: 75% 8 reps
 3rd set: 100% 6 reps
 (Consider 100% the weight you can handle for 6 reps)
 4th set: 35% 15 reps

Lats: 45 degree Pulley Pull
 Same set and rep scheme

Delts: BB Upright Row
 Same set and rep scheme

Triceps: 2 Dumbbell Triceps Pull Overs
Same set and rep scheme

Bicep: Thumb Under Dumbbell Curls
Same set and rep scheme

Calves: On your off days (upper body days), stand against a wall, or hold onto a bar, table, etc. and perform three sets of 100 reps, (body weight only) calf raises, feet held 4 inches apart, and as you raise heels, bring the heels together and raise on the big toe area of the ball of the foot.

DAY 2: LOWER BODY

Abdominals: Bar Bell 1/4 Roll Up
1st set: 50% 10 reps
2nd set: 75% 8 reps
3rd set: 100% 6 reps
(Consider 100% the weight you can handle for 6 reps)
4th set: 35% 15 reps

Calves: Alternate Calf Heel Raise
1st set: 50% 10 reps
2nd set: 75% 8 reps
3rd set: 100% 6 reps
(Consider 100% the weight you can handle for 6 reps)
4th set: 35% 15 reps

Thighs: 1 and 1/2 Squat on Smith Machine
1st set: 50% 10 reps
2nd set: 75% 8 reps
3rd set: 100% 6 reps
(Consider 100% the weight you can handle for 6 reps)
4th set: 35% 15 reps

4 Sets of 12 Reps

Creative Cheating on last 4 reps

DAY 1: UPPER BODY

- Pecs: Wide V-Bar Pec Dips
Back: 16" Cable Seated Lat Pulls
Delts: DB Lateral Raise
Triceps: Kneeling Triceps Extension
Biceps: The Perfect Curl

DAY 2: LOWER BODY

- Thighs: Burlesque Bump
Calves: Calf Raise
Abs: Frog Sit-Ups

NOTE: This is a great program for boosting testosterone levels. High reps with the right intensity can help boost testosterone levels and create capillaries to expand and grow. This program will challenge you and create a great pump.

Again, Vince discovered the link between rep count, intensity and the appropriate exercises to help trigger the testosterone levels naturally in the body. Just think, that Vince was there when all the drugs began to filter into the gyms in the fifties and sixties and he never succumbed to them.

People can say that they want about Vince, but he was the pioneer of natural bodybuilding. These programs have never failed. Make this program work for you by training hard and staying focused.

Don't waste time in the gym walking around talking or thinking about your life. Think of only the rep and weight in hand. This is what Vince preached all the time. If you waste time in the gym, you will not succeed.

VOLUME VIII (Month 8)

The Push Pull Program - 72 Hour Triple Split System

1st Day: This program uses pushing muscles - pecs, triceps, and front deltoids (**3 sets of 12 reps**) circuit system.

2nd Day: Then switch over to pulling muscles - lats, terries major, bicep and the conjunctive aspect of deltoid, rear deltoids and last forearms (circuit)

3rd Day: Thighs and leg biceps and calf next on the third day (circuit)

This program is set up as a circuit. Set up the exercise equipment and move from one exercise to the next without resting.

3 sets of 12 reps of the following:

DAY 1: PECS, TRICEPS, DELTS (pushing muscles)

Pecs: Para Dips

Triceps: Reverse Para Dips

Delts: Scott D.B. Press

DAY 2: LATS, TERRIES, DELTS, BICEPS (pulling muscles)

Lats/Terries: Lat Pulldown

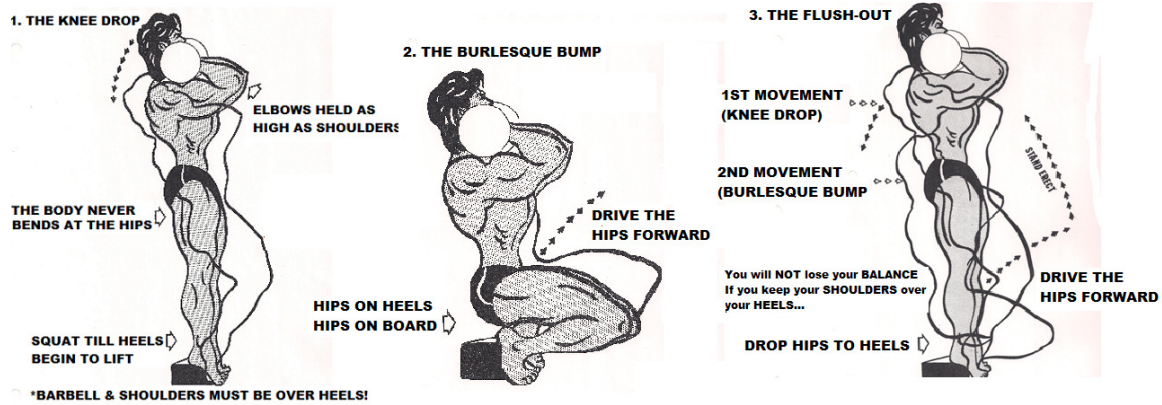
Delts: 90 Degree DB Lateral Raise

Bicep: Alternate Incline DB Curls

Forearm: Zottman DB Curls

DAY 3: LEGS

Legs: 3 Movement Sissy Squat 3 sets of 4 reps of each. . .



Calves: Donkey Calf Raise (3 sets of 20)

NOTE: This workout is a short one in terms of duration.

The workout time should not exceed more than 35 minutes.

In order to get the best results it is imperative that you train with the correct amount of intensity.

Keep the weights the same for each set.

Increase weight every week.

Your muscles will feel full and pumped for hour after doing this program.

VOLUME IX (Month 9)

DAY 1: UPPER BODY

Pecs: Para Dips

Terres Major: 16 Inch Cable Row

Delts: Upright BB Row

Triceps: B.B. Pullover and Press

Biceps: Compound Set:
Preacher Stand BB Curl
BB Body Drag

Forearms: BB Wrist Curls Off Legs

DAY 2: LOWER BODY

Thighs: The Famous Hack Slide

Leg Bicep: Hips Off The Hack Machine Leg Pull

Lower Back: Hyperextension

Calves: Donkey Calf Raise

Abs: Stiff Leg Abdominal Crunch (4 sets of 12 reps) (on leg days only)

Note: Begin this program with **three sets only**. You may add a **fourth set later** only if you feel that you are honestly doing the exercises to the best of your ability. Beware of adding sets and weight.

This usually spells sloppier form and is an excuse to get away with it. Rather than no raise the weight, Start with **three sets of 8 reps**, and going up in reps as you improve - to **12 reps**. Never raise reps until you have completed three workouts at the number of reps you are using at the time. This is the system used in the gym and employed for thirty-five years with great success.

On compound or burn movements, the second exercise is less than the first movement. Such as **8 reps** on Preacher BB Curls and **6 reps** on body drag, or **8 reps** on the hack slide for the thighs, and **6 reps** of leg bicep (feet wide outside or the platform). Calves, of course, are always **20 reps**. Prior to a contest, always raise the count to 30.

NOTES: Like all of Vince's programs they won't work if you don't understand them. I tell people that if you are not gaining anything from these programs then you are not training correctly. Everyone can gain off of these programs.

The goal of all Vince's programs is to produce greater muscle development. If you try to change these programs or don't work with the right intensity you will not see any results.

Specialization Shock Course

DAY 1: UPPER BODY

Lats: Compound Set:
Lay Back Pull Down
Behind Neck Pull Down
(4 sets of 8 reps in front of chest and 8 reps behind back)

Pecs: Compound Set:
BB Neck Press
Parallel Dips
(4 sets of 8 reps)

Delts: Compound Set:
DB Lateral Raise
Scott DB Press
(up and down rack)
(4 sets of 8 reps)

Bi's & Tri's: Super-Set:
DB Triceps Pull-Overs
Seated DB Curls
(6 sets of 6 reps)

Forearms: Compound Set:
Seated BB Wrist Curl
Reverse BB Body Drag
(6 sets of 6 reps)

DAY 2: LOWER BODY

Thighs: Compound Set:
Super-Set: Sissy Squats
Hack Slide
(4 sets of 12 reps)

Calves: Standing Heel Raise **(4 sets of 20 reps)**

Abs: Compound Set:
Incline Leg Raise
Incline 1/4 Sit ups
(4 sets of 12 reps)

Triple Split Routine

ADVANCED BODYBUILDING TECHNIQUES

PUMPING FOR MUSCLE SIZE AND MAXIMUM GROWTH:

FIRST DAY:

1. Triple Compounds (3 Exercises Same Muscle Group)
2. Compound Sets (2 Exercises Same Muscle Group)

SECOND DAY:

1. Super Sets (Opposing Muscle Groups)
2. Triple Compound
3. Compound Sets

THIRD DAY:

1. Super-Sets
2. Triple Compounds
3. Flush Sets

CHAMPIONS ATTACK A WORKOUT!

Others just do sets and reps!

EXERCISES TO BE PERFORMED

Day 1:

Triceps: Triple Compound Set:
BB Pull Over and Press:
BB Pull-Over
BB Neck Press:
(1 set of 12 reps)

90 Degree Rope Pull **(4 sets of 12 reps)**

Bicep: Compound-Set:
Diametric (EZ) Bar Preacher Curls (**4 sets of 12 reps**)
Diametric (EZ) Bar Body Drag (**4 sets of 12 reps**)

Triple Compound Set:
Alternate Incline DB Curl (**4 reps**)
Simultaneous Incline DB Curl (**4 reps**)
Alternate Incline Dumbbell Curl (**4 reps**)
Keep DB's up at shoulders bring one arm down then back up then the other arm goes down and back up

Forearm: Compound Set:
2 Second Count BB (palms up) Wrist Curls (**2 sets of 12 reps**)
Preacher BB Reverse Curls (**2 sets of 12 reps**)

Day 2:

Pecs Super-Set:
Flat Bench BB Neck Press (**12 reps**)
Lats: Wide BB Row Touching Middle Pec (**12 reps**)

Pecs: Compound Set:
Medium-Wide, Para Dip (**12 reps**)
Wide BB Neck Press again (**12 reps**)

Lats: Super-Set:
Wide-Grip BB Row (**2 sets of 12 reps**)
Pecs: Para Dips (**2 sets of 12 reps**)

Delts: Compound Set:
Scott DB Press (**2 sets of 12 reps**)
Seated DB Lateral Raise (**2 sets of 12 reps**)

Day 3:

Thighs: Compound Set:
Dillinger BB Squat (**4 sets of 12 reps**)
Push Leg Curl (**4 sets of 12 reps**)

Calves: Triple Compounds:
Seated Calf Raise (**4 sets of 12 reps**)
Standing Calf Raise (**4 sets of 20 reps**)
Alternating One Leg Calf (Flush) Raise (**4 sets of 20 reps**)

VOLUME XII (Month 12)

Physique Contest Preparation

EXPLANATION OF PROGRAM

The following program is the same one Vince use to prepare for a physique contest.

Up to now you have been developing muscle size by following his other routines outlined in previous workouts. Now, it's time for you to obtain that impressive quality that the judges and audience admire so much in a physique contestant -- DEFINITION. To be competitive and walk off with contest titles you not only need size and shape but you must bring out the surface fibers of your muscles.

Definition, Vince always maintained, is 85% nutrition. The biggest problem is poor metabolism. You are storing fat instead of burning it. Begin now on the diet and supplements I suggest in "Blueprint for the Bodybuilder".

This definition program, as outlined, should be maintained for **ninety days**. That is how long it takes to get into top shape.

The first 4 weeks you will perform each exercise **8 sets of 8 reps**.

The next 4 weeks will be **6 sets of 6 reps**.

The last 4 weeks **4 sets of 12 reps**.

The only exception will be the calves, which will always be worked **20 reps per set**. Work the entire upper body three days per week, and the legs on alternate days.

Remember, the weight selected by you should be in keeping with the fact that you must use the same poundage for each set. Do not start too heavy or you will not be able to finish the required number of sets.

EXERCISES TO BE PERFORMED

DAY 1: UPPER BODY

Pecs: Wide Grip Parallel Dips

Lats: Horizontal Pulley Rows

Biceps: Preacher BB Curl

Triceps: Triceps Pull

Delts: DB Lateral Raise

Forearm: BB Forearm Curl

DAY 2: LOWER BODY

Abs and Specialization (This combination of exercises are performed one immediately after the other (NO REST)).

1. ¼ Frog Sit-Ups
2. Stiff Leg Raise

Calves: Donkey Calf Raise

Thighs: Hack Slide

BREATH CONTROL - hyperventilation

Breath control is the secret of this cardiovascular type workout. Inhale and exhale on the movement as well as the down movement. This will force oxygen into the blood stream, and produces a terrific pump to the muscle. This type of breathing reduces the need for oxygen. Deep breathing and breathlessness throughout the entire workout is one of the best fat trimmers I know of.

Between sets, don't sit and pant for breath... **HYPERVENTILATE**. This gets oxygen into the blood stream and to the muscles faster. This is performed by taking slow, deep breaths through your pursed lips. Place your hands on your thighs (knees bent) and lift your chest high as you take each breath. After 5 to 10 breaths taken in this manner you should be ready to begin your next set.

Vince would hyperventilate before every posing exhibition. Just before he'd enter the stage, while he waited behind the curtains, He take deep breaths. This enabled him to tense his muscles throughout an entire performance without having excessive breathing. Most physique contestants have to catch their breaths at different points in their posing routines. Vince always performed a well-timed and smooth routine

GIRONDA PRO SERIES I-VII

VOLUME I (Month 1-2)

PRO SERIES
OF
BODYBUILDING
BY
VINCE
GIRONDA
THE
GRANDMASTER
OF
BODYBUILDING



EXERCISES TO BE PERFORMED

Every exercise on this program should be performed 2 sets of 10 reps and four mid range burns at the end of each set.

DAY 1

Pecs: BB Neck Press
32" Wide Parallel Dips
Decline ½ DB Lateral Fly w/ forward scoop

Terries: Wide BB Rowing

Upper Back: High Bench BB Rowing

Lower Back: Hyperextensions

Lats: Overhead Pull-Down

Delts: Seated Front and Back BB Presses
Heavy DB Lateral Raises
Bent-Over 70° DB Laterals

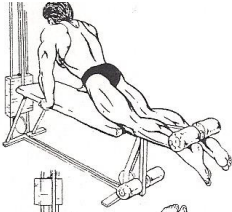
DAY 2

Triceps: Peak Out Reverse Para Dips
BB Pullover and Press
DB Kickback

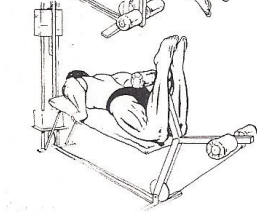
Biceps: Diametric Bar (Wide Grip) Preacher Curls
Diametric Bar Negative Body Drag
3-Way DB Incline Curls

Forearms: Decline BB Wrist Curl
Body Drag Thumbs Over Reverse BB Curl

DAY 3



Legs:
Hack Machine
Leg Curls
<Push up position on leg curl unit



Calves:
Seated Heel Raise
Standing Heel Raise

NOTE: The pump you get from this workout is incredible and it will last for hours after you train. People are always amazed at how pumped up they get from this workout.

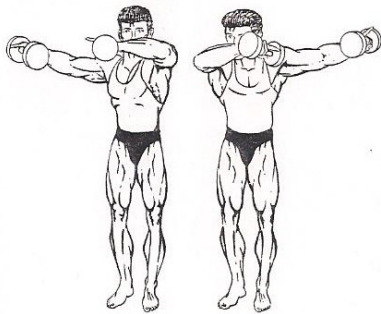
VOLUME II (Month 3-4)

DAY 1 MONDAY

Pecs: Incline DB Press Up and Down The Rack
Start with 30 lbs. 4 reps each arm. Continue up the rack (increasing DBs) until you can only perform 2 reps with each arm. Work your way back down to 30 lbs.

Lats: Lat Overhead Pulldown (4 sets of 12 reps)

Delts: **10 exercises 10 reps.** Same weight throughout and no rest between sets.
DB Lateral Raise
BB Upright Row
Scott DB Press
70° DB Laterals
Lateral and Front Circles
Alternate DB Press
Upright BB Row
90° DB Laterals
Alternate DB Front Raise
DB Zorro's



DB Zorro's - Stand with feet slightly apart. Raise dumbbells together in the "drawn bow" position as illustrated.

Reverse procedure using other hand. Palms must face downwards at all times. The movement is a continuous down-up swing.

DAY 2 TUESDAY

Triceps: BB Pullover and Press (4 sets of 12 reps)

Biceps: DB Curls Up and Down The Rack
Start with 20 lbs. 4 reps each arm. Continue up the rack (increasing DBs) until you can only perform 2 reps with each arm. Work your way back down to 20 lbs.

Forearms: Compound Set:
BB Wrist Curls
Reverse BB Body Drag Curl
(2 sets of 12 reps)

DAY 3 WEDNESDAY

Metabolic Stimulation (Breathing Squats)

B.B. Squats straight back with heels elevated 1-1/2 inches. Preferably, BB Front Squat bar on chest, heels about 20 inches. In the erect position, take 2 very deep breaths and hold the second breath and squat (back straight) and return to upright position and exhale. Perform **3 sets of 15 reps**, 2 to 3 minutes rest between sets. This gets your adrenal activated for your arm program.

Leg Biceps: Push Up Leg Curls Perform 3 sets of 20 reps

Calves: Donkey Calf Raise 3 sets of 20 reps

Abs: ¼ Frog Situps 4 sets of 12 reps

Lie on floor and place your heels on a flat bench, knees bent and hands behind head. Pull your head forward and push down with the heels and raise hips off floor and come to a full contracted position. Always be sure the small of your back is the only portion of the body touching the floor. If you feel that you are losing muscle size in the rest of your body, discontinue this exercise at once.

NOTE: This is the first 2 month program of the Pro Series. It is a great workout. The high reps help boost the testosterone levels. You will most likely never hit a plateau on this program. The metabolic squats are amazing. You will experience the moving of heavier weights after doing this great adrenal activator.

VOLUME III (Month 5-6)

Maximum Stress Through Burns

GENERAL INFORMATION

Utilizing burns for maximum range of movement and increased muscle stress. This method is remarkable due to the fact that it insures total honesty (performance) of each and every rep. Larry Scott always worked his biceps performing full 8 repeats and 3-4 burns in the low position. His biceps continued to grow.

Burns are what Vince refers to as insurance and will undoubtedly be the most sever course I have outlined for you to date. Vince suggested 4 sets of 8 reps on most muscles with 3-4 burns in the extended position and 3-4 burns in the contracted position. You may need a training partner to assist you to get the weight positioned in the contracted position. You may need a training partner to assist you to get the weight positioned in the contracted position and also take the weight from your hands at the completion of the exercise.

This is the ideal method of working out. Needless to say, the form on every rep you do should be very slow and exacting. If this is not adhered to, the program will not produce results. Cheat and you are only cheating yourself.

EXERCISES TO BE PERFORMED

DAY 1

Pecs: Wide Grip BB Neck Press 4 sets of 8 reps with 4 burns in the stretched position and 4 burns in the extended position.

Lats: Long Rope Pull - (4 sets of 12 reps) after 12th rep do 4 burns in the contracted position 4 burns in the extended position.

Delts: Scott DB Press - (4 sets of 12 reps). Due to the multiple positions involved in this exercise, the only burn involved should be a 4 bounce in the whole wide elbows back shoulder position.

DAY 2

Triceps: DB Kickback - Do 4 sets of 8 reps and 4 burns in the contracted position.

Biceps: Preacher BB Curl. 4 sets of 8 reps with 4 burns each in extended and contracted position.

One DB Concentration Curl – Do 4 sets of 8 reps and 4 burns in the contracted position.

Forearm: Zottman DB Curls - 4 sets of 8 reps (no burns).

DAY 3

Thighs: 1-½ Rep Hack Slide - 4 sets of 12 reps. No burns, they are built into the exercise.

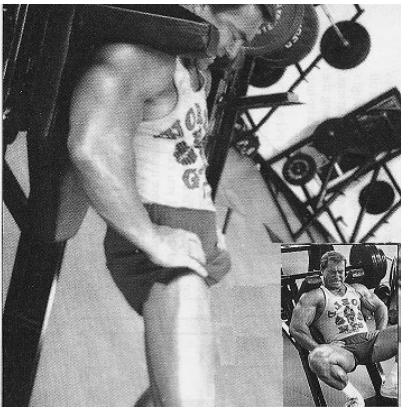
Hamstring: +Hips Off The Hack Machine Leg Pull - 4 sets of 12 reps. Do burns in the bottom position.

Calves: Reverse Hack Slide Heel Raise – 4 sets of 20 reps. Train calves on all other workout days as well.

Note: This program produces great results. You must stay focused on what you are doing. You must feel the burn that is why the burns are added into the exercise.

The burns are valuable because they keep the muscle fibers under constant intensity. The muscle is always trying to get back to a relaxed state. When you perform a straight rep contraction and extension then relaxation the body adapts to this movement and results wane.

This programs calls for burns at the end of the final rep. It shocks the muscles into a higher level of hormone output because of the intensity It is sometimes hard to get all the burns at the end of the reps because the muscle is fatigued it is recommended that for the heavier lifts to have a spotter help you.



+ Hips Off The Hack Machine Leg Pull

-Place the feet, low on the Hack Machine footplate, at approximately a 45° angle and shoulder width apart.

-S-L-O-W-L-Y lower your body down to the lowest position anatomically position (hips lower than knees) on the hack slide.

-At the bottom of the movement, thrust the hips off the sled so that the hamstrings have a mechanical advantage over the quads and pull the legs together to straighten them out.

VOLUME IV (Month 7-8)

1-½ Rep Routine
4 sets of 8 Reps

DAY 1

Pecs:

1. Incline B.B. Neck Press
2 ½-reps from base of neck with each full rep
2. Flat BB Neck Press
2 ½-reps from base of neck with each full rep
3. Medium Wide Parallel Dips
2 ½-reps in low stretch phase with each full rep

Lats:

1. 3 Part High Bench BB Rows
2. Alternate Front and Back Over Head Pullout
3. Diminishing Width-Grip "Serratus Roll Back"
aka- Scapula Rotation Pullups

DAY 2

Delts: Front and Rear Seated Machine Press
Count Six on Each ½ -rep and Count 2 in Contracted Position
*1-½ reps are not required on this exercise

Biceps: Super-Set:
Triceps: Supinated DB Preacher Curls
DB Kickbacks
(8 ½-reps and 8 full reps)

Forearms: 3 Stage (21's) Reverse BB Curls

DAY 3

Abdomen: Crunch on Leg Extension Table
***This exercise is best performed 2-3 hours before or after your regular workout. Twice a week only**

Thighs: BB Front Squat heels on 2"x4" board

Calves: Donkey Heel Raise or 60° Calf Raise (20 reps) 1-½ reps on the first set followed with 3 more sets of 20 reps.

VOLUME V (Month 9-10)

"3 sets of 8 reps (Non-Stop) – Down The Rack" Example: 60lb. – 50lb. – 40lbs.

DAY 1

Pecs: *3 sets of 8 reps each of the following 3 exercises descending weights each exercise set.

10° Incline BB Neck Press: 3 sets 1-1/2 reps (total 8 reps)
10° Incline Bench ½ DB Lateral Flyes 3 sets x 8 + 2 bounces each
-Double bounce at bottom of movement. 3 sets of 8 reps plus 2 bounces.
Bouncing V Bar Dips: 3 sets of 8 reps and bounces.

Lats: *3 sets of 8 reps each of the following 3 exercises descending weights each exercise set.

Wide Overhead Pulldowns
-Hold bar in contracted position for 3-4 sec count
70° Bent Over BB Rowing
-Hold bar in contracted position for 3-4 sec. count
Negative Pullup
-15 sec for each negative phase rep

Delts: *3 sets of 8 reps each of the following 3 exercises descending weights each exercise set.

BB Press:
-Hold bar in extended position for 4-6 sec count.
DB Laterals and Press
-Swing DB's laterally completely overhead, lower to shoulders-press to arms length-lower in negative DB Lateral style
Bent-Over 90° DB Laterals
-Pause In Contracted Position: Hold contraction for 3-4 sec. count

DAY 2

Triceps: *3 sets of 8 reps each of the following 3 exercises descending weights each exercise set.

Compound BB Pullovers and Press
Kneeling Rope Pull
-Perform 3 bounces in position behind back of neck
Overhead Pulley Pushdown ("Power Push")
-Hold contraction for 3-4 sec. count

Biceps: *Descending weights each exercise set.

Triple BB Curl (18's = "6-6-6" instead of 21's) 3 sets x 6-6-6

Pro Pump BB Curl 3 sets x 8

-Close-Grip on diametric (EZ) bar

-Rest elbows on front of hips

-Lean upper torso back at start of curl

-Lean torso forward as BB comes up during pumping motion

Forearm: *3 sets of 8 reps each of the following 3 exercises descending weights each exercise set.

Incline BB Wrist Curl

-Hold contraction for 3-4 seconds

Thumb Up DB Curl:

-Curl DB's (thumbs) outside of delts

-Do 4-6 burns at peak contraction of curl

Body Drag Reverse BB Curl

-Do 4-6 burns at peak contraction of curl

DAY 3

ALTERNATE LEG DAY

Thighs: *Descending weights each exercise set.

3 Movement Sissy Squat 3 sets of . . .

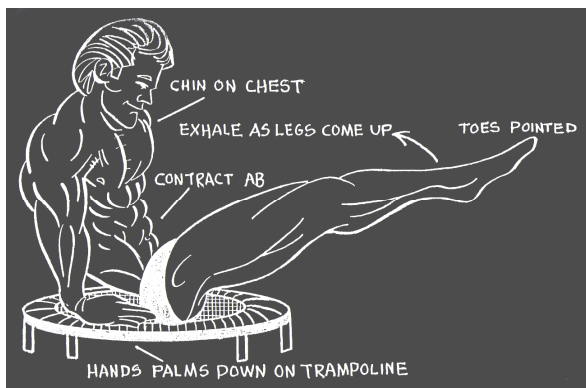
Knee Drop 4 reps

Burlesque Bump 4 reps

Flush Out 4 reps

Peak Leg Curl 3 sets of 12 reps

-Do 4-6 burns at peak contraction of leg curl



Adductor Leg Squeeze with Low Pulley Cable
3 sets of 8 reps

-Do 2 burns and isometrically contract knees together

Abs: Roman Chair Crunches 3 sets of 8
reps

Mini Trampoline or Floor Crunches 3 sets of
8 reps

VOLUME VI (Month 11-12)

The Specialization Peaking Program

1st Alternate Routine 10 Second Reps.

5-Day Specialization Routines: Any muscle. 5 Exercises Peak Out routine.

Pecs: Low Incline BB. Neck Press
This favorite exercise of Vince is performed by placing a 10" box under one end of a flat bench, head up at high side of bench. Wide-Grip. Hands on bar over elbow in the lower position. Touch BB. to base of neck and **press one-half way up four times.**

Second phase - **one half way up to extended position four times.**
4 sets of 4 ten-second reps.

V-Bar Dips and Burns 4 sets of 8 ten-second reps
6-8 bouncing burns at the low position

Lats: Kneeling DB Bench Rows 4 sets of 8 10-second reps
Alternating Long Pulley Cable Pulls 4 sets of 12 reps
-Pause 2 seconds in contracted position
-Final rep of each set, do a 10-second negative

Delts: DB Laterals and Press Combination 4 sets of 12 reps
-Final rep of each set, do a 10-second negative

Triceps: BB Pullover and 70° Press 4 sets of 12 reps
-Press (swinging elbows out wide) BB off chest and forward at a 70° angle
-Each rep 10-seconds and a 10-second negative on final rep of each set

Biceps: ½ Negative Chins Do 8 ½-reps
-12"-Wide Palms Up Grip
-Chin up as high as possible
-Lower yourself 12" and pull back up to position as before
-Keep elbows in at sides
-Final rep do a 10-second negative

BB Preacher Curl Do 8 1½ reps
-Begin each rep at arms extended position
-Do ½ rep at contracted position
-Final rep do a 10-second negative

Forearms: Thumbs Up (Hammer) DB Curls 4 sets of 12 reps
-2 burns (¼ -reps) at contracted position of each full rep
-Final rep do a 10-second negative

Thighs: Hack Slide Squats 4 sets of 8 reps + 4-5 ½ reps

3 Movement Sissy Squat 3 sets of . . .

Knee Drop 4 reps

Burlesque Bump 4 reps

Flush Out 4 reps

Leg Curls 4 sets of 12 reps

Calves: Standing Calf Raise Machine 4 sets of 20-30 reps

Abdomen: Shoulder Planche on Bench 3 sets of 12 reps.

VOLUME VII

Actually Vince did not include any of his training wisdom programs in this particular volume but I have included one of his best ones as a bonus. Enjoy

VINCE'S SIX WEEK BULK COURSE

This program's purpose is designed to produce quick size by working non-specifically (four different aspects of each muscle)-in other words, it is not a shaping course.

This routine is performed working upper body every other day, three days a week, and legs on the next day, also three days a week. Six days total. The seventh day is an off day. Before you begin, it is important to point out that muscle tissue does not grow unless taxed 85%! Beware, however, never to work to 100%, because maximum energy output will stop all muscular growth!

EXERCISES TO BE PERFORMED

Prepare four pieces of exercise equipment so that you may work your way through without any hesitation (no rest between sets). Your reps will be 12, and you must use slow movements (no cheating):

UPPER BODY

- Pecs: 32" Wide Parallel Dip
 BB Neck Press
 Incline DB Press
 Decline DB Lateral Fly
- Lats: Pull Ups
 **-Place a towel or piece of sponge over one end of a chinning bar
 for better grip**
 Long 45 Degree Pulley
 Overhead Pulley Pulldown
 Short Pulley Pull
- Delts: Alternating Press-Machine Press
 DB Lateral Raise
 Seated Bent-Over 90°DB Lat Raise
 BB Upright Row
- Triceps: Supine BB Triceps Extension
 Pulley Push-Down
 45 Degree Rope Pull
 Two-Dumbbell Triceps Stretch

Biceps: Seated DB Incline Curl
Preacher BB Curl
Bend-Over 90° BB Curl
Standing Alternate DB Curl

Forearms: Underhand BB Wrist Curl
BB Reverse Curl
Zottman DB Curl
Alternate Thumb-Up (Hammer) DB Curl

LOWER BODY

Thighs: BB Frog Squat
Hack Slide
Hips Off The Hack Machine Leg Pull
Lying Leg Curl w/ DB Between Feet

Calves: Don Howorth Heel Raise
Prone Hack Slide Calf Raise
Leg Press Machine Calf Raise
Donkey Calf Raise

Note: Of all the Vince Gironda courses published two of my absolute favorites are the MASTER and PRO SERIES (of which I have only briefly outlined). Each of these detailed courses sells for \$175.00-\$185.00 each. That's the bad news.

The good news is that there is a huge **PDF version** manual titled:

In**VINCE**able "True Natural Bodybuilding" by Daryl R. Conant. The eBook manual is dedicated to all of the Vince Gironda courses, including the MASTER and PRO SERIES, and only costs \$49.95. Order by logging onto:

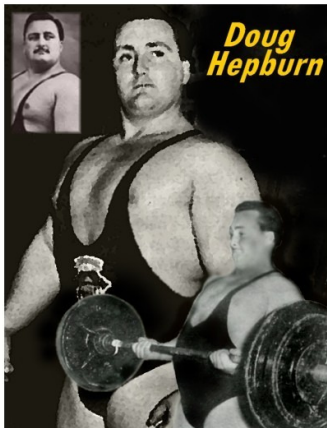
www.darylconant.com

Ron Kosloff's website: **www.ironguru.com** is loaded with even more detailed informational materials written by Vince Gironda. Plus there are ready-for-purchase DVDs which clarify some of the unfamiliar exercises represented in Vince's Master and Pro Series courses

Back in the '90s I was, 'the PEN' (aka-Ghost Writer) for Vince Gironda's MuscleMag International Q & A column titled: The Wild Physique.

MuscleMag readers would on occasion call me up and with fury in their voice shout, "Dennis, "I CAN'T BELIEVE HOW ARROGANT, RUDE & SCARCASTIC THAT BOOB (sometimes the F-bomb word was used by the callers) GIRONDA IS TO PEOPLE IN HIS Q & A COLUMNS!!!" I'd agree with them, while smiling inside, knowing full well I accomplished my goal as, 'the PEN'.

DOUG HEPBURN'S ONE-REP GAIN WORKOUT FORMULA



The Canadian strong man and the World Olympic Weightlifting Champion in 1953 the late Doug Hepburn, felt the **one-rep gain system** was one of the real building blocks to becoming a champion of super strength in a natural way, without the use of anabolic steroids of any kind.

Between 1950 and 1956, at a height of 5'9" and a body weight that fluctuated between 260 and 305 pounds (arms, 20 1/4"; chest, 55"; thighs, 30", etc.) Doug did some incredible lifts that 99 percent of the top bodybuilder, Olympic lifters, powerlifters and strongman competitors today would be hard pressed to do.

His top lifts during the 1950s looked like this (I have made no attempt to determine which lifts were official world records and which were done at the various strength exhibitions he attended):

Barbell: Bench Press: 580 lbs.
 Curl: 260 lbs.
 Deadlift: 700 lbs.
 Press (10 reps): 300 lbs
 Press Behind Neck: 330 lbs.
 Jerk Press: 460 lbs.
 Kneeling Press: 320 lbs.
 One-Arm Press (1 rep): 185 lbs.
 Squat: 760 lbs.

Dumbbell 2-Handed Press: 157 lbs. each
 Right-Arm Press (37 reps): 120 lbs.
 2-Handed Crucifix: 110 lbs. each
 One-Hand Holdout: 120 lbs.

The following workout begins with the same warm-up; four sets of eight reps increasing the weight each set until the first set of the "power group" is reached. Perform the first set of the power group with three reps as before. Now in the second set do three reps this workout in place of the two reps last workout. The following six sets are for two reps as before.

THE ONE REP GAIN IS THE REAL BUILDING BLOCK TO BECOMING A CHAMPION OF SUPER STRENGTH.

In the third workout the warm-up is again unchanged; four sets of eight reps. Now this time the first THREE sets in the “power group” are done for three reps. In other words, the “power group” is composed of eight sets. The first set is three reps and each successive set of two reps is increased by one rep each workout until after eight workouts, the “power group” now has become eight sets of three reps.

The second series of six sets is not changed. It still decreases in reps 6,5,4,4,4,3. (Same weight all sets). The pump set is unchanged also. It remains 10 reps.

So, what we have looks like this:

WORKOUT #1

Warm-up: 4 sets of 8 reps with increasing poundage until you reach a weight that you can handle for 8 sets of 3 reps the first set, 2 reps for the remaining 7 sets.

Power group: 8 sets. First set 3 reps. Second through to the eighth set, 2 reps.

Mass Building group: 6 sets. Same weight all sets, all-out effort. First set 6 reps, then Second set 5 reps, then 4,4,4, and last set 3 reps.

Pump or flush group: One set of 10 reps. The weight chosen should be somewhat lighter but must produce a feeling of extreme muscle pump and tightness on the last rep.

WORKOUT #2

Warm-up: Same as workout #1

Power group: Same weight as workout #1 but first 2 sets are done for 3 reps and remaining 6 sets are for 2 reps.

Mass group: Same as workout #1. No change

Pump group: Same as workout #1. No change

WORKOUT #3

Warm-up: Same as workout #1

Power group: Same weight again but first 3 sets this time are for 3 reps and the remaining 5 sets are for 2 reps.

Mass group: Same as workout #1

Pump group: Same as workout #1

Now you should begin to see the pattern which makes the 8th workout look like this:

WORKOUT #8

Warm-up: Same as workout #1.

Power group: All eight sets are done for 3 reps.

Mass group: Same as workout #1. No change.

Pump group: Same as workout #1. No change.

Now comes another revolutionary mass/strength-building principle. When one has reached 8 sets of 3 reps in the power group add only 2 ½ lbs. to the bar in the power group and mass group sets when working the upper body exercises and add 5 lbs. only for lower body exercises.

To add more than this goes beyond the body's ability to build muscle and overtraining would result. This is what we mean when we say one must train according to their budget.

You must train in harmony with your body's recuperative abilities. Using this principle and workout schedule will allow you to keep progressing without interruption or hitting "sticky points" until you have reached the maximum strength possible for your structure and metabolic capacity.

Remember, this seemingly small increase is for eight sets of three reps and then for another six sets afterwards. Your actual maximum single lift grows enormously by adding only the small increases of 2 ½ lbs. for the upper body exercises and 5 lbs. for the lower body exercises.

NOW BEGIN BACK AT WORKOUT NO. 1 WITH THE NEW ADDITIONAL WEIGHT FOR ANOTHER EIGHT WORKOUTS, after which another identical weight increase takes place.

I have found that no human can build increased muscle cell size faster than this for an extended length of time. Any weight increase greater than this causes the body to grow in a series of initial spurts followed by an actual small loss and then by a long duration of no growth which we call a plateau which in some cases has lasted as long as 1 year.

A small addition to muscle cell growth yields a much greater increase in strength. That is how Hepburn could push press 500 lbs. overhead in 1954 (push press is a standing press not moving feet but assisting with the legs). Is there anyone around today in the world who can do this? And, with a handicapped right leg.

**DOUG HEPBURNS
SUPER STRENGTH PROGRAM**

MONDAY

No. 1 – Barbell Back Squat

Perform a warm-up with a poundage that FIVE CONSECUTIVE repetitions can be performed with comfort, after which, perform four SINGLE repetitions, increasing the poundage at each single repetition so that on the fourth repetition a near limit poundage is attained.

The Trainee is to continue with the final poundage and strive to increase the number of repetitions a maximum of ONE repetition in each succeeding training session until a maximum of THREE single repetitions can be performed.

NOTE: Do not attempt to perform more repetitions than advised as this practice could cause staleness.

When the required amount of repetitions can be performed increase the warm-up and the following four single repetitions, as explained above, by five pounds and again strive for the required three single repetitions. When this can be accomplished repeat as explained.

NOTE: When performing a lower body exercise a ten pound increase is permissible. When the Trainee has completed the above portion of the exercise routine decrease the poundage so that five sets of THREE CONSECUTIVE repetitions can be performed in the Barbell Back Squat and Conventional Deadlift. Strive to increase the number of repetitions by ONE in each exercise and in each training session.

For example: Assuming that the Trainee has performed the five sets of three consecutive repetitions then in the following training period the Trainee will perform: Four consecutive repetitions in the first set and three in the remaining four sets. Then in the following training session:

Five consecutive repetitions in the first set, **four in the second set**, and three in the remaining three sets. The succeeding training session would require:

Five consecutive repetitions in the first set, **five in the second set**, and three in the remaining three sets.

Continue in the above manner until the required five sets of five consecutive repetitions can be performed then increase the poundage and repeat from the beginning as above explained.

NOTE: The instructions as to number of sets and poundage increases applies to all exercises in each daily training routine. In the majority of cases the poundage used

in the heavy single repetitions and the sets of consecutive repetitions will increase proportionately.

IMPORTANT: As training progresses the Trainee will encounter intervals when a failure to succeed with the required addition of single repetitions. This is quite normal and should not be regarded as staleness.

When a failure to succeed with a single repetition gain in the sets of single repetitions proceed as instructed with the sets of consecutive repetitions. If the Trainee then experiences a failure to add one repetition to the consecutive repetitions the Trainee may conclude that a mild staleness is present and therefore it is advised to discontinue training until the following training period.

If the stale condition persists in the following exercise sessions a layoff of one week is advised. If this fails to correct the stale condition *all training poundages are to be reduced* so that the minimum number of repetitions can be performed and proceed from this point as before.

NOTE: When striving for a repetition gain the Trainee may take a second attempt if desired. This is recommended if a failure is experienced that was almost successful.

No. 2 – Conventional Barbell Deadlift

Same sets and repetitions as in the Barbell Back Squat Routine.

TUESDAY

UPPER BODY ROUTINE

No. 1 – Flat Barbell Bench Press

Same sets and repetitions as in Barbell Back Squat Routine.

No. 2 – Two Hands Barbell Curl

Same sets and repetitions as in Barbell Back Squat Routine.

WEDNESDAY

LOWER BODY ROUTINE

No. 1 – Barbell Back Squat

No. 2 – Conventional Barbell Deadlift

Same sets and repetitions as in Barbell Back Squat.

THURSDAY

UPPER BODY ROUTINE

No. 1 – Press Overhead From Squat Stands

No. 2 – Two Hands Barbell Curl

Same sets and repetitions as in Barbell Back Squat Routine.

FRIDAY
LOWER BODY ROUTINE

No. 1 – Barbell Back Squat

No. 2 – Two Hands Barbell Deadlift

Same sets and repetitions as in Barbell Back Squat.

SATURDAY
UPPER BODY

No. 1 – Flat Barbell Bench Press

No. 2 – Two Hands Barbell Curl

Same sets and repetitions as in Barbell Back Squat Routine.

SUNDAY
UPPER BODY

Press Overhead From Squat Stands

Same sets and repetitions as in the Barbell Back Squat.

TAKE NOTE: The above course is expressly designed for those who are in above average physical condition and are conversant with the basic principles of Weight-training.

Those who experience difficulty following the above training routine are advised to follow the preparatory exercise routine outlined below for a period of six weeks before concentrating on the Super Strength Course.

The same principle of poundage increment is to be employed in the Preparatory Training Routine except that the Trainee is to perform five sets of five consecutive repetitions, increasing from a minimum of three to a maximum of five repetitions in the final set.

NOTE: The following procedure is to be used in the performance of the sets of consecutive repetitions when the heavy single repetitions are temporarily discontinued due to staleness.

Warm-up with five consecutive repetitions in the normal manner then perform five sets of three consecutive repetitions, increasing the poundage each set so that a maximum of two consecutive repetitions can be performed in the sixth set.

Strive to increase the number of repetitions in the final set by one each training period. When three repetitions can be performed in the sixth or final set, increase the poundage in the warm-up and the following sets proportionately so that in the sixth set, two repetitions can be performed then repeat as above explained.

MONDAY

- No. 1 – Flat Barbell Bench Press**
- 2 – Conventional Barbell Deadlift**
- 3 – Barbell Back Squat**
- 4 – Two Hands Barbell Curl**

WEDNESDAY

- No. 1 – Barbell Press Overhead From Stands**
- 2 – Conventional Barbell Deadlift**
- 3 – Barbell Back Squat**
- 4 – Two Hands Barbell Curl**

FRIDAY

- No. 1 – Flat Barbell Bench Press**
- 2 – Conventional Barbell Deadlift**
- 3 – Barbell Back Squat**
- 4 – Two Hands Barbell Curl**

HYPERTROPHY-SPECIFIC TRAINING (HST)



Hypertrophy-Specific Training™, or **HST™**, is a method of training designed to quickly and effectively induce whole body muscle growth. It is based on physiological principles of muscular hypertrophy. These principles were first discovered in the laboratory, and then organized into a method of training that would produce predictable and repeatable hypertrophic effects.

Bryan Haycock, author and founder of the Hypertrophy-Specific Training (**HST**) method and Hypertrophy-Specific Nutrition (**HSN**), began lifting weights in 1978. Over the last 35 years he has incorporated his passion for bodybuilding into his education as a physiologist and career as a writer and consultant for the sport supplement industry.

In October of 2000, Bryan wrote a short unassuming article (for the online magazine *ThinkMuscle* newsletter founded by Millard Baker) describing a method of training that research had indicated would lead to the greatest degree of muscle growth.

He called it Hypertrophy-Specific Training. Although he and his clients had been using this method for some time, he had never shared it publicly. Slowly, after the article appeared in the *ThinkMuscle* newsletter, people began to apply **HST** to their own training.

Hypertrophy-Specific Training™ (www.hypertrophy-specific.com) arose out of the research looking at both the stimuli and mechanisms for muscle cell hypertrophy. Hypertrophy-Specific Training (**HST**) is based on physiological principles of hypertrophy first discovered in the laboratory.

These principles were then organized into a "method" of mechanically loading the muscle to induce hypertrophy. Of course, translating these principles into applicable methods (sets & reps & schedules) brings in some possibility of error. As the science continues to explore the exact mechanisms of muscle hypertrophy, this error will be whittled away.

For about 10 years Bryan trained with all the popular training styles. He made decent progress in the beginning but as time went by, he seldom saw changes in the mirror, at least not any he could get anyone else to notice. But he continued to pursue the art.

As hypertrophy-specific research progressed in specificity it was clear that traditional training routines had stumbled across many important principles of load induced muscle hypertrophy, but because of their limited perspective (volume and intensity) they failed to capitalize on some critical truths exposed by research at the cellular level.

The principles of hypertrophy that **HST** is based on are as follows (not an exhaustive list):

Hypertrophy-Specific Training (**HST**) is a training program based on the physiological principles of hypertrophy (muscle growth). **HST** was developed as a result of scientific research involving the stimuli and mechanisms needed for muscle growth.

The **4 principles** of **HST** are:

1) Mechanical Load

Mechanical Load is necessary to induce muscle hypertrophy. The whole point of HST is not to discuss it, but to present the research explaining how hypertrophy occurs. Then HST becomes a relatively obvious conclusion if your goal is hypertrophy. ▲

2) Acute vs. Chronic Stimuli

In order for the loading to result in significant hypertrophy, the stimulus must be applied with **sufficient frequency** to create a new "environment", as opposed to seemingly random and acute assaults on the mechanical integrity of the tissue.

The downside of taking a week of rest every time you load a muscle is that many of the acute responses to training like increased protein synthesis, prostaglandins, IGF-1 levels, and mRNA levels all return to normal in about 36 hours.

So, you spend 2 days growing and half a week in a semi-anticatabolic state returning to normal (some people call this recovery), when research shows that recovery can take place unabated even if a muscle is loaded again in 48 hours.

So true anabolism from loading only lasts 2 days at best once the load is removed. The rest of the time you are simply balancing nitrogen retention without adding to it. ▲

3) Progressive Load

Over time, the tissue adapts and becomes resistant to the damaging effects of mechanical load. This adaptation (resistance to the stimulus) can happen in as little as 48 hours (**Repeated Bout Effect** or **Rapid Training Effect**). As this happens, hypertrophy will stop, though neural and metabolic adaptations can and may continue.

As opposed to hypertrophy, the foundation for the development of strength is neuromuscular in nature. Increases in strength from resistance exercise have been attributed to several neural adaptations including altered recruitment patterns, rate coding, motor unit synchronization, reflex potentiation, prime mover antagonist activity, and prime mover agonist activity.

So, aside from incremental changes in the number of contractile filaments (hypertrophy), voluntary force production (i.e. strength) is largely a matter of "activating" motor units. ▲

4) Strategic Deconditioning

At this point, it is necessary to either increase the load (Progressive load), or decrease the degree of conditioning to the load (**Strategic Deconditioning**). The muscle is sensitive not only to the absolute load, but also to the change in load (up or down).

Therefore, you can get a hypertrophic effect from increasing the load from a previous load, even if the absolute load is not maximum, assuming conditioning (resistance to exercise induced micro-damage) is not too extensive.

There is a limit to the number of increments you can add to increase the load. You simply reach your maximum voluntary strength eventually. This is why **Strategic Deconditioning** is required for continued growth once growth has stopped (all things remaining equal). ▲

Utilizing lactic acid as a stimulus for tendon repair/health

Now HST incorporates a few other things such as higher reps (for lactic acid) to prepare the muscles and tendons for future heavy loads. This serves as "regular maintenance". Without it, you increase your risk of chronic injuries and pain. The metabolically-taxing reps enhance healing of strained tendons. ▲

Compound Exercises

HST also suggests using compound exercises to maximize the effects of loading on as much muscle as possible per exercise. ▲

Progressively adjusting reps to accommodate Progressive Load

HST suggests that you use 2 week blocks for each rep range. Why? It has nothing to do with adaptation. It is simply a way to accommodate the ever increasing load. Of course, you could adjust your reps every week (e.g. 15r, 12r, 10r, 8r, 5r, etc), but this is more complicated and people might not understand.

Often times, in order to communicate an idea you must simplify things, even at the expense of perfection. If people can't understand it, they won't do it. What good would that do or anybody? Then, over time, people figure out for themselves the other possibilities that exist within the principles of hypertrophy. ▲

Low volume per exercise (average volume per week)

HST suggests that you limit the number of sets per exercise per workout to 1 or 2. This is based on "some" evidence that sets beyond the first "effective" set do little more than burn calories.

There is nothing wrong with burning calories, but when you get to a certain age you just don't have the exercise tolerance that you once did. Using hormone replacement therapy (HRT) would of course, increase the number of sets you could do without undue stress.

The number of sets (1-2 per exercise) is set low to accommodate the frequency necessary to create an effective and consistent environment to stimulate hypertrophy.

Over the course of a week, the volume isn't that different from standard splits (e.g. chest delts tri's, back bi's, legs).

Here is a sample routine to illustrate how this program works. Adjust it to fit your needs.

The Routine

PLEASE DO NOT DO THIS WITHOUT A TRAINING PARTNER

(A training partner is a person able to help you lift the weight if you are unable to do so on your own)

Each muscle group should be trained using the following exercises

Choose 8-12 exercises for a full-body workout. For example:

Body Part	Suggested Exercise(s)
Legs	Super-Set: Barbell Back Squat or Machine Leg Press & Machine: Leg Curl or Leg Ext (Optional)
Calves	Standing Calf Machine Heel Raise
Chest	Super-Set: Incline BB Bench Press & Dips
Back	Super-Set: Pullups (W & N Grip) & Barbell Bent-Over Rows (W & N Grip)
Shoulders	Super-Set: Bent-Over DB Lateral Raise & BB Press Overhead
Biceps	Any Single BB or DB Curling Movement Per Session (Switch Movements Frequently)
Traps	Barbell Shrugs
Triceps	Triceps Push-Downs or Lying Barbell Triceps Extension
Torso	1/4 Ab Crunch (w/weight) or Am Machine Crunch

You will be using a rep range of 15r, 10r, and 5r (or if your muscles respond better to lower target rep ranges go with 12r, 8r, and 4r).

For the first week, you will need to find your maximum lifting weights for each rep range.

Monday, find the heaviest weight you can lift 15X for each exercise.

Wednesday, find the heaviest weight you can lift 10X for each exercise.

Friday you will find the heaviest weight you can lift 5X for each exercise.

When you have found your maximum weights, it's time for "Strategic De-conditioning". Take 9-14 days off. DO NOT TRAIN.

When you're ready to start training, here's how it works:

Training will be 3X per week. Many bodybuilders use a training frequency of **1 On** (Mon) **1 Off** (Tue) **1 On** (Wed) **1 Off** (Thur) **1 On** (Fri) **2 Off** (Sat-Sun).

Each rep range (15r, 10r, 5r) will consist of 6 workouts over a 2 week period.

Train to positive failure **ONLY ONCE** every 2 weeks.

Sets: Vary the amount of sets per exercise. A good starting point is to perform 1 set when doing 15r, 2 sets when doing 10r, and 3 sets when doing 5r.

You will need to decide on a weight increment. Again, trial and error will help you decide the proper weight. A 10lb increment is represented in the sample workout.

The weight increment is increased over the span of 6 workouts. You will deduct the increment to start with a low weight, and end up with your maximum weight on your 6th workout.

Before starting each workout, make sure to properly WARM UP to prevent injuries.

Here is a sample Barbell Bench Press workout using 100lb as the maximum involved poundage, with a 10lb increment. Complete ALL exercises the same way in each workout.

Week	Day	Workout No.	Sets/Reps	Pounds
1	Mon	1	1 x 15	50
	Wed	2	1 x 15	60
	Fri	3	1 x 15	70
2	Mon	4	1 x 15	80
	Wed	5	1 x 15	90
	Fri	6	1 x 15	100
3	Mon	7	2 x 10	50
	Wed	8	2 x 10	60
	Fri	9	2 x 10	70
4	Mon	10	2 x 10	80
	Wed	11	2 x 10	90
	Fri	12	2 x 10	100
5	Mon	13	3 x 5	50
	Wed	14	3 x 5	60
	Fri	15	3 x 5	70
6	Mon	16	3 x 5	80
	Wed	17	3 x 5	90
	Fri	18	3 x 5	100

For weeks 17-18, you can continue doing your 5 reps at maximum weight.

After week 18, you need to go on Strategic De-conditioning for another 9-14 days. **Do not train.**

When you are ready to train again, you can repeat the whole cycle. Modify the weight, reps, or exercises to better fit your needs.

If you follow the principles given here, you will be on your way to a better body. Please remember one last important point. This program, or any other, will not be effective if you do not have a sound nutrition program. Eat healthy, and stick with this routine.

Multiple Consecutive Eccentric Workouts

HST utilizes, when practical, eccentric workouts for 2 consecutive weeks. This suggestion is only for exercises that can be performed in eccentric fashion without risk of injury. Eccentric sets are performed with weight that exceeds their 5 rep max.

This is done to extend the progression in load, began at the beginning of the HST cycle, for an additional 2 weeks. The fear of over training is no greater during these two weeks than previous weeks if volume is controlled for.

The effects of eccentric muscle actions on muscle tissue are one of the most well researched subjects in exercise physiology.

As the research continues to explore the facets of load induced muscle hypertrophy, HST will apply the new knowledge and become even more effective. For today, **HST** represents the state of the art and science of hypertrophy.

Bryan Haycock has used these principles on himself, and has used them successfully to train competitive bodybuilders for some time. It is not "specifically" designed for competitive track athletes,

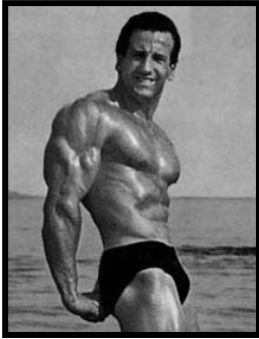
Powerlifters or Olympic lifters, although Bryan had many athletes from different sports apply **HST** to their off-season training with ground breaking results. It is designed according to research looking specifically at muscle hypertrophy, not muscle performance.

If you want to grow muscle mass as fast as possible, you must apply currently know hypertrophy-specific training principles. ▲

In 2002, the Official Hypertrophy-Specific website, was launched to be the iron game industries trusted source for information on training, diet and supplementation. ▲

Hypertrophy-Specific.com was established to provide a place where everyone from industry professionals to the casual consumer can freely access accurate information and then discuss it with others in their field or circle of friends.

DAN MACKEY ERA APPROPRIATE WORKOUT



Dan Mackey a 1968 IFBB Mr. Western America physique star, was one of the most knowledgeable physique men in the world concerning new result producing bodybuilding techniques.

Monday-Wednesday Abs-Back-Delts-Legs

Abs

- | | | | |
|-----------------------------------|------|---|--------|
| A. Hanging (Bent Knee) Leg Raises | 3-4s | x | 10-12r |
| B. Bent Knee Twisting Situps | 3-4s | x | 15-20r |
| C. Regular (Lying) Leg Raises | 3-4s | x | 20-25r |
- *Do in a Tri-Set Fashion**

**On off days run a mile or two or
do Seated Twists with a bar on the shoulders.**

Back

- | | | | |
|---|----|---|-------|
| A. Wide Grip Pullups to Front | 6s | x | 6-8r |
| B. Bent-Over Barbell Rows
(Head braced on bench
and pull bar into stomach area) | 5s | x | 6-8 r |
| C. 1-Arm Dumbbell Rowing | 5s | x | 8-10r |
- *Super-Set B & C**

Delts

- | | | | |
|-------------------------------------|----|---|------|
| A. Seated Barbell Press Behind Neck | 4s | x | 6-8r |
| B. Seated Dumbbell Press (Heavy) | 3s | x | 6-8r |
| C. Seated Dumbbell Press (Light) | 3s | x | 10r |
- *Super-Set B & C**
- | | | | |
|--|------|---|-----|
| D. Leaning One-Dumbbell Lateral Raise
(Hold an upright support with one hand and hang
away from it at arm's length. Do a one-dumbbell
lateral raise with the other) | 3-4s | x | 10r |
|--|------|---|-----|

Bent-over Dumbbell Lateral Raises Do occasionally	3s	x	10r
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Quads & Hams

- A. Barbell Front Squats 4s x 8-10r
- B. Machine Leg Press 5s x 10r
- C. Machine Leg Curls 5s x 10r
- *Super-Set B & C**

Calves

- A. Machine Leg Press Heel Raises
or
Standing Calf Machine Heel Raises 5s x 15-20r
- B. One-Legged Heel Raises 5s x 15r
- *Super-Set A & B**

Tuesday-Thursday Chest-Triceps-Biceps-Forearms

Chest

- A. Wide Grip Barbell Bench Press to Neck 6s x 6-8r
- B. Incline Dumbbell Press 3s x 8-10r
- C. Parallel Bar Dips (w/weight) 3s x 8-10r
- Position upper torso slightly forward from vertical**
- *Super-Set B & C**
- D. Decline Dumbbell Flies 3s x 12r

Triceps

- A. Lying Barbell Triceps Pullover/Press 5s x 6-8r
- B. Kneeling Pulley (Tri) Extensions 5s x 10r
- * Super-Set A & B**
- C. Standing Barbell (E-Z Bar) French Press 3s x 8-10r
- D. Triceps Pushdowns on Lat Machine 3s x 10-12r
- * Super-Set C & D**

Biceps

- A. Heavy Barbell Cheat Curls 3s x 6r
- B. Heavy Dumbbell Seated Alternate Curl 3s x 8r
- *Super-Set A & B**
- C. Dumbbell Preacher Curl 4s x 8-10r

Forearms

- A. Barbell Reverse Curls 4s x 8-10r
- B. One-Dumbbell Wrist Curl (Palm Up) 4s x 15-20r
***Super-Set A & B**

- C. Dumbbell Hammer Curls (Alternate Fashion) 2s x AMAP

MAX-OT (MAXIMUM OVERLOAD TRAINING)



Max-OT (Maximum Overload Training) is a very intense 12 week training *program* developed by *Paul Delia* founder and CEO of *AST Sports Science*. National bodybuilding champions, Original Max-OT Training WARRIORS, Skip La Cour and Jeff Willett are supreme examples of its effectiveness.

Max-OT (Maximum Overload Training) is built on the concept of maximizing the efficiency of each workout and minimizing the amount of time in the gym. It consists of doing **4–6 repetitions per set**, and doing **6–9 sets** with **2–3 minutes rest-pauses between each set** for **twelve week cycles** followed by a **week of rest & recuperation**. A **workout session usually lasts 30 to 45 minutes**. Each muscle group is worked once a week using free weight exercises to ensure maximum muscle growth.

Max-OT primarily relies on compound exercises to work both major and stabilizer muscles.

Here is an example of a one week

Max-OT Workout

Monday - Abs & Shoulders

Abs:

1. Cable Crunches 3s x 8-12r (After weight acclimation)
2. Swiss Ball Crunches 2s x 15-20r
3. Swiss Ball Leg Raises 2s x 15-20r

Shoulders:

1. Seated Dumbbell Press Overhead 2s x 4-6r (After warm-up)
2. Standing Barbell Press Overhead 2s x 4-6r
3. Standing Dumbbell Lateral Raises 2s x 4-6r
4. Bent-Over Dumbbell Lateral Raises 2s x 4-6r

Tuesday - Legs

Legs:

1. Barbell Back Squats 3s x 4-6r (After warm-up)
2. Barbell Front Squats 2s x 4-6r
3. Stiff Leg Barbell Deadlifts 2s x 4-6r

Wednesday - Chest & Triceps

Chest:

1. Flat Barbell Bench Press 3s x 4-6r (After warm-up)
2. Incline Dumbbell Bench Press 3s x 4-6r
3. Weighted Parallel Bar Dips 1s x 4-6r

Triceps:

1. Incline EZ-Bar Triceps Extensions 2s x 4-6r (After weight acclimation)
2. Lying EZ-Bar Triceps Extensions 2s x 4-6r

Thursday - Back & Traps

Back:

1. Bent-Over Barbell Rows 3s x 4-6r (After warm-up)
2. Seated Cable Rows 2s x 4-6r
3. Weighted Pull-ups 2s x 4-6r

Traps:

1. Barbell Shrugs 3s x 4-6r

Friday - Calves, Biceps & Forearms

Calves:

1. Machine Leg Press Heel Raises 3s x 6-8r (After warm-up)
2. Seated Calf Machine Heel Raises 2s x 6-8r

Biceps:

1. Barbell Curls 3s x 4-6r (After warm-up)
2. Dumbbell Curls 2s x 4-6r

Forearms:

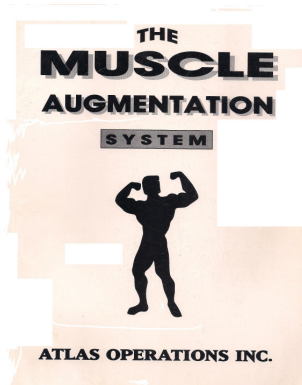
1. Barbell Wrist Curls 2s x 6-8r
2. Standing Dumbbell Wrist Curls 2s x 6-8r

Saturday & Sunday – Off

The entire 12 week Max-OT program is FREE simple by logging into and signing up at:

www.ast-ss.com/maxot.php

17 WEEK MUSCLE AUGMENTATION SYSTEM (MAS)



John Honrath discovered the original concepts of the 17 Week Muscle Augmentation System (MAS) and shared it with Gustavo Barni at Atlas Operations, Inc back in 1991.

Gustavo and his team modified the original (MAS) and as a result bodybuilders worldwide benefited greatly from using the system, which promoted rotating heavy, moderate and light training days while training less (8-12 workouts a week) than what the competition training protocol Power Burst System offered (18 workouts a week).

How to Combine the Exercises

This deals with two different forms of exercise combination. All examples given can be changed as long as you follow the principles under which this system has been created.

One form of training is to do muscle groups which will allow your blood to flow together.

CHEST/BACK, HEAVY DAY (**Monday Morning**), 5-7 REPS

Barbell Bench Press

1 min rest-pause

Lat Pulldowns

1 min. rest-pause and repeat -- 4-6 sets

OR

Barbell Bench Press

No rest pause

Lat Pulldowns

1 1/2 min. to 2 min. rest pause and repeat

The idea is to reduce the rest pause time as you get more fit, but never to go below one minute because it is important to maintain the ability to handle a decent amount of weight.

Incline Barbell Bench Press

1 min. rest pause

Barbell Bent-Over Rows

1 min. rest pause and repeat -- 4-5 sets

OR

Incline Barbell Bench Press
No rest pause
Barbell Bent-Over Rows
1 min to 2 min rest pause and repeat -- 4-5 sets

Weighted Parallel Bar Dips (sub. with Decline Barbell Bench Press)
1 min rest pause
T-Bar Rowing
1 min rest pause and repeat -- 4-5 sets

Then, of course, you can superset them.

BICEPS/TRICEPS, HEAVY DAY (**Monday Evening**), 5-7 REPS

Barbell Curls
1 min rest pause
Lying Barbell French press
1 min rest pause and repeat -- 4-6 sets

Those, too, can be superset.

Preacher Bench Barbell Curls
1 min rest pause
Triceps Push-Downs
1 min rest pause and repeat -- 4-5 sets

Alternate Dumbbell Curls
1 min rest pause
Close Grip Barbell Bench Presses (on decline bench)
1 min. rest pause and repeat -- 4-5 sets

Also can be superset.

Because biceps and triceps are small muscle groups you may want to put in along with these exercises 5 or 6 sets of abdominals.

THIGHS/CALVES, HEAVY DAY (**Tuesday Morning**), 7-9 REPS

Barbell Back Squats
2 min rest pause and repeat -- 5-6 sets

Standing Calf Machine Heel Raises
1 min rest pause
45° Machine Leg Press (sub. Stiff Leg Barbell Dead Lift)
1 min rest pause and repeat -- 4-5 sets

Seated Calf Machine Heel Raises
1 min rest pause
Machine Hack Squats
1 min rest pause and repeat -- 4-5 sets

SHOULDER/TRAPS, HEAVY DAY (Tuesday Evening), 7-9 REPS

Barbell Press Overhead
1 min rest pause
Barbell Shrugs
1 min rest pause and repeat -- 4-5 sets

Dumbbell Lateral Raises
1 min rest pause
Dumbbell Shrugs
1 min rest pause and repeat - 4-5 sets

Close Grip Upright Barbell Rows
1 min rest pause
Medium/Wide Grip Upright Barbell Rows,
1 min rest pause and repeat -- 4-5 sets

CHEST/BACK, MODERATE DAY (Wednesday Morning), 7-10 REPS

Incline Barbell Bench Press (sub. dumbbells or Smith Machine)
1 min rest pause
Bent-Over Barbell Rows (sub. with dumbbells)
1 min rest pause and repeat -- 5-6 sets

Pec Deck (sub. With Dumbbell Flies)
1 min rest pause
Seated Low Pulley Cable Rows
1 min rest and repeat -- 4-5 sets

Barbell Bench Press (sub. with dumbbells)
1 min rest pause
Pull-Ups
1 min rest pause and repeat --4-5 sets

BICEPS/TRICEPS, MODERATE DAY (**Wednesday Evening**), 7-10 REPS

Alternate Dumbbell Curls

1 min rest pause

Decline Close Grip Barbell Bench Press

1 min rest and repeat -- 4-5 sets

Preacher Bench Barbell Curls

1 min rest pause and repeat

Parallel Bar Dips

1 min rest pause and repeat – 4-5 sets

Barbell Curls

1 min rest pause

Triceps Pushdowns

1 min rest pause and repeat -- 4-5 sets

THIGHS/CALVES, MODERATE DAY (**Thursday Morning**), 7-10 REPS

Machine Hack Squats (sub. Smith Machine Squats)

1 min rest pause

Donkey Heel Raises

1 min rest pause and repeat – 4-5 sets

45° Machine Leg Press

1 min rest pause

Standing Calf Machine Heel Raise (sub. with dumbbells)

1 min rest pause and repeat –4-5 sets

Barbell Back Squats

1 min rest pause

Seated Calf Machine Heel Raises

1 min rest pause and repeat –4-5 sets

SHOULDERS/TRAPS, MODERATE DAY (**Thursday Evening**), 7-10 REPS

Barbell Press behind Neck (sub. Universal or Smith Machine)

1 min rest pause

Dumbbell Shrugs

1 min rest and repeat -- 4-6 sets

Dumbbell Front Raises

1 min rest

Barbell Shrugs

1 min rest and repeat -- 4-5 sets

Standing Dumbbell Lateral Raises (sub. Bent-Over Laterals)
1 min rest pause
Medium/Wide Grip Barbell Upright Rows
1 min rest pause and repeat -- 4-5 sets

CHEST/BACK, LIGHT DAY (Friday Morning), 10-15 REPS

Incline Dumbbell Press
1 min rest pause
T-Bar Rowing
1 min rest pause and repeat -- 4-5 sets

Decline Dumbbell Press (sub. with Decline Barbell)
1 min rest pause
Bent-Over Dumbbell Rows
1 min. rest pause and repeat -- 4-5 sets

Pec Dec (sub. Dumbbell: Flies or Bench Presses)
1 min rest pause
Lat Pulldowns
1 min rest pause and repeat – 4-5 sets

BICEPS/TRICEPS, LIGHT DAY (Friday Evening), 10-15 REPS

Low Pulley Cable Curls
1 min rest pause
Triceps Push-Downs (use a dual-Triceps rope if possible)
1 min rest pause and repeat -- 4-5 sets

Seated Dumbbell Curls
1 min rest
Lying EZ-Bar Triceps Extension
(lower bar to the forehead)
1 min rest pause and repeat -- 4-5 sets

Barbell Concentration Curls (sub. with dumbbells)
1 min rest pause
Dumbbell Triceps Kick-Backs
1 min rest pause and repeat -- 4-5 sets

THIGHS/CALVES, LIGHT DAY (Saturday Morning), 10-15 REPS

Machine Leg Extensions
1 min rest pause
Standing Calf Machine Heel Raises
1 min rest pause and repeat -- 4-6 sets

Machine Leg Curls
1 min rest pause
Seated Calf Machine Heel Raises
1 min rest pause and repeat -- 4-5 sets

Machine Hack Squats
1 min rest pause
Donkey Heel Raises
1 min rest pause and repeat -- 4-5 sets

SHOULDERS/TRAPS, LIGHT DAY (**Saturday Evening**), 10-15 REPS

Dumbbell Presses Overhead
1 min rest pause
Medium/Wide Grip Upright Barbell Rows
1 min rest pause and repeat -- 4-5 sets

Dumbbell Lateral Raises
1 min rest pause
Dumbbell Shrugs
1 min rest pause and repeat -- 4-5 sets

Bent-Over Dumbbell Flies
1 min rest pause
Barbell Shrugs
1 min rest pause and repeat -- 4-5 sets

NOTE: If you don't have sufficient time to train once in the morning and again in the evening, then train either twice in the morning or twice in the evening. Take a 40-60 minute break between the two workouts when doing so.

Sunday: **R & R**

That is one form of working out, but by no means are you stuck with it. You can just as easily combine, for example:

Chest / Calves Thighs / Triceps Back / Shoulders Biceps / Traps/Abs
--

You can create your own variety.

The following exercise program is for those who will work out 12 times a week. Those working out 8 times a week will have to alter the program a bit. The weak muscle groups should be trained three times a week, while the strong ones should be trained twice a week. For example:

CHEST/BACK

Weak muscle groups 3 times in one week.

THIGHS/SHOULDERS

Weak muscle groups 3 times in one week.

Those muscle groups could be done on Monday, Wednesday and Friday morning or evening.

BICEPS/TRICEPS/TRAPS/ABS

The best way to perform these exercises would be two at a time. For example:

Biceps/Triceps

First in 30 min., followed by a 10 min. rest, then

Traps/Abs

Next 30 min.

Those muscle groups would be done on Tuesday and Saturday morning or evening.

Abs can always be thrown in with one of the muscle groups which you would work 3 times a week in the last 10 min. period and traps can be put in with back if you desire. In any case, every 4 to 6 weeks you should analyze your physique and reprogram your workout accordingly. For example:

If shoulders were once weak point (for you) and have now dramatically improved, you would replace it with a muscle group that until now you have trained only twice a week.

Let's say that your triceps are the weakest muscle group of the strongest group. You would then replace shoulders with triceps. You would follow suit for other muscle groups according to your analysis.

It is **not recommended** anyone to stay on the previous outlined explosive program for more than 17 weeks and **for many no more than 7 weeks**. The muscle growth in this period will be great, but the intensity greatly diminishes your recuperative powers at the end of the cycle of all those workouts.

Therefore, you must get into an alternative training program so that your body can recuperate to the maximum to prepare for another 17 Week Muscle Augmentation Workout Cycle.

4-6 WEEKS
RECUPERATIVE & CONTINUOUS GROWTH (OFF CYCLE)
ALTERNATIVE TRAINING PROGRAM

Follow this program for a minimum of 4-6 weeks so that you will be fully recuperated. Growth can and will take place during this cycle, but most importantly, you will consolidate the gains that you already made. This routine can be done every other day or, if you need more rest, 3 times a week.

For example:

MONDAY

Chest

(Warm-up at least 2 sets with major muscle groups and at least one set with small muscle groups. P.S. Warm-up sets are not counted.)

Flat Barbell Bench Press (Alternate with Dumbbells and Barbell Bench Press to Neck.)
3s x 8r

Incline Dumbbell Press (Alternate with Barbell or Smith Machine.) 2s x 6r

Shoulders

(No warm-up necessary)

Any kind of Barbell or Dumbbell Press Overhead 3s x 8r
Barbell Upright Rows 2s x 8r

Triceps

(No warm-ups necessary unless you have sore elbows)

Parallel Bar Dips 4s x 6-8r
(Alternate with Close-Grip Decline Barbell Bench Press)

Abs

Any ab exercise 2s x AMAP

WEDNESDAY

Thighs

Barbell Back Squats (Warm up sufficiently)
Go about 2 inches below parallel 2s x 12r

Stiff Leg Barbell Deadlifts
1s x 10r, 1s x 15r

REST PAUSE 10-15 minutes

Back

Pull-Ups
3s x 8r increase weight with belt if necessary
Barbell Bent Over Rows or T-Bars. 2s x 8r

Switch order of exercises from time to time.

Calves

Standing Calf Machine or Donkey Heel Raises 4s x 20r.

Biceps

Standing Barbell Curls 4s x 8r.

Monday's workout is repeated on Friday and Wednesdays workout is repeated on Sunday, or if you need more recuperation, make the workouts Monday (1st workout), Wednesday (2nd workout), Friday (1st workout), Monday (2nd workout) the next week, and so on.

These workouts may seem very brief, but this is what you must do to grow. However, each set is done with maximum focus and contraction to momentary (absolute) muscular failure in the positive phase.

You are allowed to cheat on the final one or two reps of a set. However check your ego at the door prior to working out. By doing so you won't be trying to hoist poundage that you can't handle in good form.

Remember, the idea is to of course lift as heavy as possible with the utmost concentration.

If you feel fully recovered upon the completion of the 6 Weeks Recuperative & Continuous Growth (Off Cycle) Workouts, go back for another go at the 17 Week **Muscle Augmentation System (MAS)**.

NATURAL BODYBUILDING SYSTEMS (NBS)

Natural **B**odybuilding **S**ystems (**NBS**) published the two following workout programs back in 1992 as a means for exposing the muscles to the ultimate in mass and muscularity.

At first glance it is very apparent that both of the programs utilize a six days on-one day off training frequency as the preferred method to ensure a continued gain factor without the encountering of training plateaus.

Bodybuilders universally enjoyed the six days on-one day off training frequency within the two separate workout programs because the controlled and frequent day to day training sessions of each lasted only a limited **60 Minutes**.

MUSCLE MASS PROGRAM

9-Muscle Group Are Trained **3X** per Week for 4-6 Weeks

Select One **Neuro-Muscular Activation** (Compound) Exercise and Perform 4 Sets for the Assigned Reps.

Select One **Muscle Specific** (Isolation) Exercise and Perform 2 Sets for the Assigned Reps.

Note: Rather Than Using the Above Mentioned One-to-One Exercise Ratio You Can Opt to Do One **Neuro-Muscular Activation** (Compound) Exercise and Perform a Total of 6 Sets for the Assigned Reps.

Use a Pyramid Style Modality: Increase the Poundage and Decrease the Reps Slightly Each Succeeding Set (Stay within the Assigned Rep Grid)

Monday-Wednesday-Friday

MUSCLE GROUP	SETS	REPS	TIME/MIN
TRAPS	6	15-10	15
LATS	6	10-6	15
PECS	6	10-6	15
DELTS	6	10-6	15

Tuesday-Thursday-Saturday

MUSCLE GROUP	SETS	REPS	TIME/MIN
QUADS	6	10-6	15
HAMS	6	12-8	12
CALVES	6	15-10	10
BICEPS	6	10-6	12
TRICEPS	6	10-6	12

Note: Staleness & Overtraining: Use the Muscle Mass Program for as long as the gain factor continues in a satisfying manner. When you begin to experience a dip or leveling off, (i.e. plateau), in training (during the 4-6 weeks) after perhaps 3-4 consecutive workouts then implement the . . .

MUSCULARITY PROGRAM

12-Muscle Group Are Trained **2X** per Week for 2-4 Weeks

To create the ultimate in muscularity . . .

Select One **Neuro-Muscular Activation** (Compound) Exercise and Perform 2 Sets for the Assigned Reps.

Select One **Muscle Specific** (Isolation) Exercise and Perform 6 Sets for the Assigned Reps.

Use a Reverse Pyramid Style Modality: Decrease the Poundage and Increase the Reps Slightly Each Succeeding Set (Stay within the Assigned Rep Grid)

Note: Rather Than Using the Above Mentioned One-to-One Exercise Ratio You Can Opt to Do One of the Following Modalities:

A. One **Muscle Specific** (Isolation) Exercise and Perform a Total of 8-9 Sets for the Assigned Reps.

B. Two **Muscle Specific** (Isolation) Exercise (Super-Set Style)) and Perform a Total of 4 Sets each for the Assigned Reps.

C. Three **Muscle Specific** (Isolation) Exercise (Tri-Set Style) and Perform a Total of 3 Sets each for the Assigned Reps.

D. 4 **Muscle Specific** (Isolation) Exercise (Quad-Set Style) and Perform a Total of 2 Sets each for the Assigned Reps.

LINE OF MUSCLE STRESS: Select a variety of exercises so that a different degree of stress is placed on a certain specific aspect of a muscle group. Doing so will insure overall development of a muscle group. For example you might do the following in . . .

Modality **B**-Do 3 sets for Triceps Long Head, 3 sets for Triceps Lateral Head

Modality **C**- Do 2 sets for Front Delt, 2 sets for Middle Delt and 2 sets for Rear Delt)

Monday-Thursday

MUSCLE GROUP	SETS	REPS	TIME/MIN
TRAPS	8-9	10-15	17
PECS	8-9	10-15	17
DELTS	8-9	10-15	17
ABS	5	15-25	10

Tuesday-Friday

MUSCLE GROUP	SETS	REPS	TIME/MIN
LATS	8-9	10-15	17
BICEPS	8-9	10-15	17
TRICEPS	8-9	10-15	17
FOREARMS	5	10-15	10

Wednesday-Saturday

MUSCLE GROUP	SETS	REPS	TIME/MIN
HAMS	8-9	10-15	15
QUADS	8-9	10-15	20
CALVES	8-9	10-15	15
ABS	5	15-25	10

The Muscle Mass and Muscularity Programs do not include a listing of **Neuro-Muscular Activation** (Compound) or **Muscle Specific** (Isolation) Exercises assigned to select muscle groups.

You will discover many exercises to choose from upon reading the other Signature Training Winning Edge Workouts outlined in this book.

There are **SIX TRAINING FACTORS** which will help you to succeed when using the two workout programs from **Natural Bodybuilding Systems** (NBS).

1 - Never cheat on an exercise. Always use poundage's that you can handle in a strict training fashion. Be more in tune with doing the exercise correctly, than with how much weight you can do. You will find that by doing this your strength will increase more dramatically, and you will have far less injuries.

2 - Always control your movements. This means that you should never do "jerking" or "bounding" type movements. Why? Because your changes of muscle injury are increased and your stabilizers and neutralizers (two of the four muscle groups involved in all exercises) will get a very little share of the intensity.

3 - The speed with which you do an exercise movement has nothing to do with the speed you gain from doing it. It's the added strength that increases your speed and explosiveness, so try to do your exercise movements at a moderate pace.

4 - Even with the best nutritional/supplement plan combined with exercise it takes about seven full days to completely recover from a maximum overload on a muscle group.

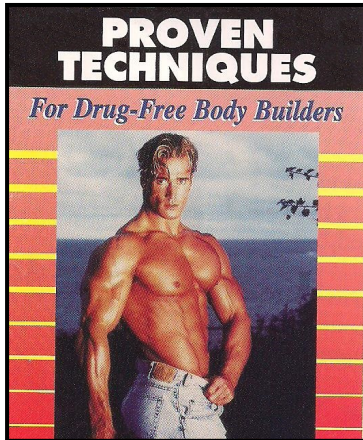
With this in mind be sure to design your training program to overload specific muscle groups on particular days, with adequate intervals of rest provided for. If you don't follow this type of training plan you will become over trained, and possibly injure yourself.

5 - Rest is of vital importance. Try to get at least eight hours of sleep at night, but probable never more than nine, as you may become sluggish.

6 - Relaxation is as important as sleep. Most of the top amateur and pro bodybuilding champions that I talk to agree that three hours of total relaxation is equivalent to a full nights' sleep.

These six training factors alone will help you to be more successful in your existing and future training endeavors.

MIKE O'HEARN ADVANCED POWER BODYBUILDING PROGRAM



A few years ago I read a SportPharma sponsored booklet titled: PROVEN TECHNIQUES For Drug Free Body Builders. It was written by Mike O'Hearn an American bodybuilder, powerlifter and American Gladiator "Titan".

I thoroughly enjoyed the "Master Plan of Attack" power-bodybuilding approach that he wrote about.

Here is a peek at the 5 Day Advanced Power Bodybuilding Program that Mike outline in his booklet and recommends to serious bodybuilders worldwide.

Mike O'Hearn 5 Day Advanced Power Bodybuilding Program

Mike divides the body into two sections:

- 1. POWER SECTION** Chest, Legs, Back
- 2. AUXILIARY SECTION** Arms, Shoulders, Abs, Calves

Mike then he divides the exercises into two classes, which he calls "movements":

- 1. PRIMARY MOVEMENT** Builds complete muscle mass and thickness in the "main" muscle group.
- 2. SECONDARY MOVEMENT** Builds muscle mass in the "hard-to-reach" places of the "main" muscle group.

DAY #1 - Power Section - CHEST

Primary Movements:

Barbell Bench Presses 8s x 5r

Secondary Movements:

Incline Barbell Bench Presses 4s x 12r

Incline Dumbbell Flies 4s x 12r

High Pulley Cable Cross-Overs 4s x 12r

DAY #2 - Power Section - BACK

Primary Movements:

Barbell Dead Lifts 8s x 5r

Secondary Movements:

Bent Over Barbell Rows 4s x 12r

Seated Cable Rows 4s x 12r

Pull-Ups To Chest 4s x 12r

Use some additional poundage on the pull-ups if it gets too easy.

DAY #3 - Auxiliary Section - SHOULDERS

Primary Movements:

Rear Delts (Lying) Dumbbell Laterals 4s x 12r

Rear Delts (Bent-Over) Dumbbell Laterals 4s x 12r

Middle Delts (Seated) Dumbbell Laterals 4s x 12r

Barbell Shrugs 4s x 12r

You may question why Mike did the shoulders in reverse order - that is, the rear delts first. That's because his rear delts are (were) weaker than his front delts. So he starts with the weaker part first - when he has the most energy. He'd do this with other muscle groups as well. There is only so much gas (energy) in the tank, so use it wisely.

(Remember, no secondary movements with auxiliary sections exercises)

DAY #4 - Auxiliary Section - ARMS (Triceps, Biceps)

TRICEPS

Primary Movements:

Triceps Pushdowns 3s x 12r

Barbell Triceps Extensions 3s x 12r

Triceps Rope Pushdowns 3s x 12r

BICEPS

Primary Movements:

Alternate Dumbbell Curls 3s x 12r

Straight Bar Curls 3s x 12r

Preacher Bench EZ Curls 3s x 12r

DAY #5 - Power Sections - LEGS

Primary Movements:

Barbell Back Squats 8s x 5r

Secondary Movements:

Machine Leg Extensions 4s x 12r

Single (limb) Machine Leg Presses 4s x 12r

Lying Machine Leg Curls 4s x 12r

Lying Single (limb) Machine Leg Curls 4s x 12r

Seated Machine Leg Curls 4s x 12r

Mike goes through the above routine Monday through Friday. Obviously, any consecutive 5 days will work. Keep in mind, consistency is vital. Mike pushes the heavy all five days, no matter where he is.

ABS, CALVES and CARDIO

ABS: 1s x 200 Crunches every day.

CALVES: Mike does a different calf exercise each day for 5s x 20r.

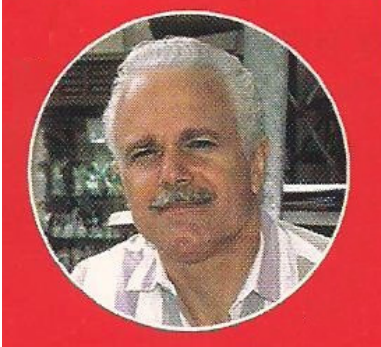
CARDIO: This may surprise you, but Mike doesn't do much cardio. After years He's found it's hard to put on muscle mass after he's done cardio. In fact, he only does cardio one month before a bodybuilding show - to help get a little "extra" cut. Where it gets tough is when he has shows in back-to-back months. He'll cut cardio back two weeks before the show. It's a question of balance.

Mike O'Hearn's book **PROVEN TECHNIQUES For Drug Free Body Builders** is out of print.

However Mike covers all of the techniques (which appeared in the booklet) in a 12 week online series (Archive of Power Bodybuilding) on his website and as well you can order the Mike O'Hearn Advanced Power Bodybuilding DVD.

www.mikeohearn.com

JOHN PARRILLO SIX-DAY ADVANCED ROUTINE



John Parrillo is a former powerlifter and bodybuilder who has worked extensively with amateur and professional bodybuilders, and powerlifters etc., for nearly 40 years, instructing them on how to properly diet and train for maximum human performance.

John is the author of several training and nutritional manuals & books. In addition, he publishes his own unique magazine, John Parrillo's Performance Press, from the Parrillo Performance offices in Cincinnati, Ohio.

The following SIX-DAY ADVANCED ROUTINE is a very popular program that John recommended to his amateur clients for experiencing maximum muscle mass gains.

Monday

CHEST/CALVES/BACK/ABS

Exercise/ <i>Stretch</i>	Pyramid Sets/Reps	Exhaustion Sets/Reps
BB Bench press	3/10-6	3/15-25
<i>Medium-Grip Skin-The-Cat</i>		
Decline BB Bench Press	3/10-6	3/15-25
<i>Parrillo Bar Dips</i>		
Incline DB Press	3/10-6	3/15-25
<i>Medium-Grip Skin-The-Cat</i>		
High Pulley Cable Crossovers	3/15-25	3/15-25
<i>Pec Stretch</i>		
Standing Calf Machine		
Heel Raises		1-2/25-50
<i>Calf Stretch</i>		
T-Bar Rows	3/10-6	3/15-25
<i>Lat Stretch</i>		
Seated Cable Rows	3/10-6	3/15-25
<i>Lat Stretch</i>		
Wide Grip Pulldowns To Back	3/10-6	3/15-25
<i>Lat Stretch</i>		
Close Grip Pulldowns To Front	3/10-6	3/15-25
<i>Lat Stretch</i>		
Bent-Over BB Rows	3/10-6	3/15-25
<i>Lat Stretch</i>		
Roman Chair Sit-Ups	3/25-50	
<i>Abdominal Stretch</i>		

Tuesday

SHOULDERS/ARMS/ABS/CALVES

Exercise/ <i>Stretch</i>	Pyramid Sets/Reps	Exhaustion Sets/Reps
DB Lateral Raises <i>Narrow-Grip Skin-The-Cat</i> Behind-The-Neck BB Press <i>Shoulder Stretch</i>	3/10-6	1-2/15-25
Front DB Raises <i>Delt Stretch on Dip Bars</i> Bent-Over DB Lateral Raises <i>Delt Stretch on Dip Bars</i>	3/10-6	1-2/15-25
Dumbbell Curls <i>Biceps Stretch</i> Preacher BB Curls <i>Biceps Stretch</i> Spider Bench BB Curls <i>Biceps Stretch</i>	3/10-6	1-2/15-25
Lying BB Triceps Extensions <i>Triceps Stretch</i> Lying BB Skullcrushers <i>Triceps Stretch</i> Triceps DB Kickbacks <i>Triceps Stretch</i>	3/10-6	1-2/15-25
Cable Crunches	3/25-50	
Seated Calf Machine Heel Raises		1-2/50-100

Wednesday

LEGS/CALVES/ABS

Exercise/ <i>Stretch</i>	Pyramid Sets/Reps	Exhaustion Sets/Reps
BB Back Squads wide stance <i>Hip Stretch</i> Machine Leg Press <i>Hip Stretch</i> Machine Leg extensions <i>Quad Stretch</i>	3/10-6	1-2/15-25
	3/10-6	1-2/15-25
	3/10-6	1-2/15-25

T-bar Hamstring Lift <i>Forward Hamstring Stretch</i>	3/10-6	1-2/15-25
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Standing Calf Machine Heel Raises <i>Calf Stretch</i>		1-2/25-50
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Roman Chair Sit-Ups	3/25	
Hanging Leg Raise	3/25	
Abdominal Stretch		

Thursday
CHEST/BACK/ABS/CALVES

Exercise/ <i>Stretch</i>	Pyramid Sets/Reps	Exhaustion Sets/Reps
Incline BB Bench Press <i>Medium-Grip Skin-The-Cat</i>	3/10-6	1-2/15-25
DBI Bench Press <i>Parrillo Dips</i>	3/10-6	1-2/15-25
Incline Low Pulley Cable Flyes <i>Pec Stretch</i>	3/10-6	1-2/15-25
High Pulley Cable Crossovers <i>Pec Stretch</i>	3/15-25	1-2/15-25
Wide-Grip Pullups <i>Lat Stretch</i>	3/10-6	1-2/15-25
Close-Grip Pullups <i>Lat Stretch</i>	3/10-6	1-2/15-25
Seated Cable Rows <i>Lat Stretch</i>	3/10-6	1-2/15-25
T-Bar Rows <i>Lat Stretch</i>	3/10-6	1-2/15-25
Bent-Over BB Rows <i>Lat Stretch</i>	3/10-6	1-2/15-25
Cable Crunches <i>Abdominal Stretch</i>	3/10-6	1-2/15-25
Standing Calf Machine Heel Raise <i>Calf Squat</i>		1-2/25-50

Friday

SHOULDERS/ARMS/ABS/CALVES

Exercise/ <i>Stretch</i>	Pyramid Sets/Reps	Exhaustion Sets/Reps
Seated DB Press <i>Shoulder Stretch</i>	3/10-6	1-2/15-25
Seated Cable Shoulder Rows w/Triceps Strap <i>Shoulder Stretch</i>	3/10-6	1-2/15-25
Front DB Raise <i>Delt Stretch on Dip Bars</i>	3/10-6	1-2/15-25
Low Pulley Cable Lateral Raise <i>Delt Stretch On Dip Bars</i>	3/10-6	1-2/15-25
Peak BB curls <i>Wide-Grip Skin-The-Cat</i>	3/10-6	1-2/15-25
Seated DB Curls <i>Wide-Grip Skin-The-Cat</i>	3/10-6	1-2/15-25
Spider Bench BB Curls <i>Wide-Grip Skin-The-Cat</i>	3/10-6	1-2/15-25
Lying BB Triceps Extension <i>Triceps Stretch</i>	3/10-6	1-2/15-25
Triceps DB Kickbacks <i>Triceps Stretch</i>	3/10-6	1-2/15-25
Roman Chair Sit-Ups <i>Abdominal Stretch</i>	3/25	
Hanging Leg Raise	3/25	
Seated Calf Machine Heel Raises <i>Calf Stretch</i>		1-2/50-100

Saturday

LEGS/CALVES/ABS

Exercise/ <i>Stretch</i>	Pyramid Sets/Reps	Exhaustion Sets/Reps
BB Back Squats (narrow stance) <i>Quad Stretch</i>	3/10-6	1-2/15-25
Machine Leg press <i>Quad Stretch</i>	3/10-6	1-2/15-25

BB Deadlift	3/10-6	1-2/15-25
<i>Butterfly (Inner Thigh Stretch)</i>		
Machine Leg Curl	3/10-6	1-2/15-25
<i>Inner Thigh/Hamstring Stretch</i>		
Seated Calf Machine		
Heel Raise	3/10-6	1-2/15-25
<i>Calf Squat</i>		
Standing Calf Machine		
Heel Raise	3/10-6	1-2/15-25
<i>Calf Squat</i>		
Cable Crunch	3/25	
<i>Abdominal Stretch</i>		

Note: Some of the unfamiliar exercises and stretches outlined in the above **JOHN PARRILLO SIX-DAY ADVANCED ROUTINE** are explained in explicitly calculated detail in the Parrillo Training Manual.

Visit: www.parrillo.com

PERIPHERAL HEART ACTION (PHA) TRAINING



One of the most EFFECTIVE methods of weight training I have ever come across which creates a 'dual' force of SUPER HEALTH and STRENGTH is the **Peripheral Heart Action (PHA)** system.

Bob Gajda, former **1966 AAU Mr. America** and **FIHC (Fédération Internationale Haltérophile et Culturiste) Mr. Universe**, was first introduced to the theory of the PHA system of training by a Dr. Arthur H. Steinhaus PhD (an expert on the physiology of physical fitness) back in the mid 1960's.

It was during that time that Bob Gajda was entering, with a physique dominance, and winning all of the top contests in competitive bodybuilding. Thus, it was not unusual to see many Iron Man magazine articles (Vol. 26 No.1 and No. 2 etc.) relating in detail about this seemingly revolutionary training method.

PHA History – The basic premise of PHA **aka-** Sequence System of Training was actually the brainchild of Chuck Coker, the inventor of the Universal machine and mentor to cult bodybuilding legend, the late Chuck H. Sipes.

Very little has been said in recent years about this wonderful method of training. WHY? Because the PHA system represented a radical change from the established training methods of the day and seems to have followed on through up to the present time.

Basically, most of the training methods that many bodybuilders employ revolve around the PUMP SYSTEM. The idea here is to pump blood into the muscle, causing the muscle to congest.

Now as you begin to really force the repetitions out within a particular set, you will experience a burning sensation as the LACTIC ACID begins to build up. Finally, the muscle will begin to cramp and as a result of these pumping requirements; the muscle will finally reach the state of total exhaustion.

It is here that the muscle needs quite a rest before you can go on and perform another set for that muscle group. It is this certain PUMPED feeling that a bodybuilder AIMS for in a set because it gives him the feeling that he is actually growing from the set. Is this mentioned system of pumping the most healthful and result producing for lasting bodybuilding gains? NOT NECESSAIRLY!!!

A GOOD IDEA WHEN TRAINING IS TO KEEP THE BLOOD CIRCULATING IN AND OUT OF THE MUSCLE AT ALL TIMES WHILE MAINTAINING A PULSE RATE OF 160-190 BEATS PER MINUTE.

The PHA system is most excellent for this purpose. As well, it will add to your training endeavors a good measure of strength and muscle size.

The following exercise templates illustrate the system of PHA training.

The sets and reps requirements for the exercise in the sequences should be as follows:

Beginner: 2 sets of 10 reps
Novice: 2-3 sets of 10 reps
Intermediate: 5 sets of 10 reps
Advanced: 8-10 sets of 10 reps AVERAGE!!!

Start the beginners program for a month, then go on to the novice program for a month, then to the intermediate program for a month. From this you would go to the advanced program(s) which will appear later.

SAMPLE ROUTINES

Beginner Program – 3X Per Week

All sequences 2 sets of 10 reps

Sequence No. 1:

- 1. B.B. Press Overhead (delts)**
- 2. ¼ Crunches (waist)**
- 3. Standing Calf Machine Heel Raise (calves)**
- 4. B.B. Curl (biceps)**

Sequence No. 2:

- 1. Bench Press (pecs)**
- 2. Leg Raise (waist)**
- 3. B.B. Bentover Rows (lats)**
- 4. One Leg Heel Raise (calves)**

Sequence No. 3:

- 1. B.B. Deadlift (lower back)**
- 2. B.B. Upright Rowing (traps)**
- 3. Frog Kicks (waist)**
- 4. Palms Up B.B. Wrist Curls (forearms)**

Novice Program – 3X Per Week

All sequences 2-3 sets of 10 reps

Sequence No. 1:

- 1. B.B. Press behind Neck**
- 2. One Leg Heel Raise**
- 3. Leg Raise**
- 4. B.B. Bench Press**
- 5. Wide Grip Chins**
- 6. B.B. Curls**

Sequence No. 2:

- 1. Donkey Heel-Raise**
- 2. D.B. Lateral Raises**
- 3. ¼ Crunches**
- 4. Parallel Bar Dips**
- 5. Lat Machine Pull Down**
- 6. Olympic Style B.B. Squat**

Sequence No. 3:

- 1. Leg Press Heel Raise**
- 2. Seated D.B. Press**
- 3. Broomstick Twist**
- 4. Machine Leg Curl**
- 5. B.B. Triceps Press**
- 6. B.B. Deadlift**

Intermediate Program – 3X Per Week

All sequences 5 sets of 10 reps

Sequence No. 1:

- 1. Seated D.B. Press**
- 2. Peak D.B. Curls**
- 3. Power Rack Heel Raise**
- 4. High Tension Sit-Ups**
- 5. B.B. Good Mornings**
- 6. B.B. Reverse Curl**

Sequence No. 2:

- 1. B.B. Squats**
- 2. One Dumbbell Pullovers**
- 3. Wide Grip Chin Ups**
- 4. B.B. Reverse Curls**
- 5. One Leg Heel Raise**
- 6. Broomstick Twists**

Sequence No. 3:

- 1. One D.B. Rowing**
- 2. Flat D.B. Flyes**
- 3. Bodyweight Only Sissy Squat**
- 4. Close Grip Chins**
- 5. Neck Strap Harness**
- 6. Seated Knee Tucks**

Sequence No. 4:

- 1. B.B. Flat Bench Press**
- 2. D.B. Lateral Raise**
- 3. Wrist Roller**
- 4. Machine Leg Curls**
- 5. Machine Leg Extensions**
- 6. One Arm D.B. Triceps Press Overhead**



The following program is one of two Bob Gadja used when he was training for the **1966 AAU Mr. America** and **FIHC Mr. Universe** titles and is very advanced.

This program should not be attempted by anyone but the most advanced bodybuilders who have worked up from them from the other programs previously given.

This is a 6X-per-week program. It is important that you obtain maximum rest and sleep and a very adequate diet.

If you do not work out in a gym where some of the equipment listed is available, you may substitute exercises where work the same muscles, but do not work the same muscles two sets in succession, as this will begin to give a pump to the muscles and we want to avoid this.

Advanced Program – 6X Per Week

MONDAY - WEDNESDAY - FRIDAY

Sequence No. 1:

1. Incline B.B. Press	10s	x	10r
2. Machine Leg Extensions.	10s	x	15r
3. One Leg Heel Raise	10s	x	25r
4. Wide Grip Pullup behind Neck	10s	x	10r
5. Bent Leg Sit Up	10s	x	20r

Sequence No. 2:

1. Incline B.B. Bench Press	6s	x	10r
2. Machine Leg Curl	6s	x	15r
3. Pullups to Front	6s	x	10r
4. Donkey Heel Raise	6s	x	20r
5. Leg Raise 6x20			

Sequence No. 3:

1. B.B. Press behind Neck	6s	x	10r
2. Tension Situp	6s	x	20r
3. Machine Leg Press Heel Raise	6s	x	20r
4. Roman Chair Squat	6s	x	15r
5. Roman Chair Situp	6s	x	30r

Sequence No. 4:

1. Seated D.B. Press	6s	x	10r
2. One D.B. Concentration Curl	6s	x	10r
3. Incline D.B. Flyes	6s	x	10r
4. Sissy Squat	6s	x	15r
5. Leverage Heel Raise	6s	x	20r

Sequence No. 5:

1. 3-Way D.B. Lateral Raise	10s	x	10r
2. Seated Calf Machine Heel Raise	10s	x	20r
3. One Arm D.B. Triceps Ext.	10s	x	10r
4. B.B. Preacher Curl	10s	x	10r
5. Hack Machine Squat	10s	x	15r

Sequence No. 6:

1. Triceps Press Down	6s	x	10r
2. Cable Cross Over	6s	x	15r
3. Dislocates	6s	x	15r
4. Crusher	6s	x	25r
5. Palms Up B.B. Wrist Curl	6s	x	25r

TUESDAY - THURSDAY - SATURDAY

Sequence No. 1:

1. Olympic Style B.B. Back Squats	10s	x	10r
2. Wide Grip Pullups behind Neck	10s	x	10r
3. Leg Raise	10s	x	20r
4. One Leg Heel Raise	10s	x	20r

Sequence No. 2:

1. Incline D.B. Laterals	6s	x	10r
2. Machine Leg Press	6s	x	15r
3. Crusher	6s	x	25r
4. Power Rack Heel Raise	6s	x	20r
5. Expander Cable Front Pulls	6s	x	15r

Sequence No. 3:

1. B.B. Good Morning.	6s	x	10r
2. B.B. Front Squat	6s	x	15r
3. Pullups to Front	6s	x	10r
4. Incline D.B. Reverse Laterals	6s	x	10r
5. Bent Knee Situp	6s	x	30r

Sequence No. 4:

1. Roman Chair Squat	6s	x	15r
2. Low Pulley Cable Laterals	6s	x	10r
3. Roman Chair Situp	6s	x	30r
4. Neck Strap Harness.	6s	x	15r

Finish with 1/2 to 1 mile run.

P.H.A. Olympic Lifting Modality

There were a lot of people, when P.H.A. was at the height of its popularity, who didn't think that it could be incorporated into an Olympic Lifting Modality. Gajda went on public record numerous times stating that P.H.A. was the TOTAL program for complete fitness. He said it would develop **1. Strength**, **2. Endurance**, **3. Flexibility**, **4. Muscular Development** and, **5. Psychology Motivation**.

Bob felt that some bodybuilders and Olympic lifters had one or more of four decisive physical weaknesses. They are: Lack of endurance, flexibility, speed and sometimes poor muscular development. As you have probably noticed from your reading on the P.H.A. system and its actual performance, several value factors. **First**, it allows for a much greater workload. **Second**, it gives a person a recuperative buffer in case of an

injury, due to what Gajda calls the implementation of the secondary heart action. **Third**, it builds that much needed stamina because of the continuous circulation of the blood. **Fourth**, it alleviates boredom by proving itself to be not only good for the sport of bodybuilding and Olympic lifting but also the secondary goal characteristic of total body fitness.

This didn't happen just by chance. The P.H.A. system uses five important types of exercise to accommodate the above four values listed. They are: **1.) A basic strength exercise, 2.)** A circulation exercise - the key being the abdominals, **3.) Motor pathways - which is working for "technique emphasis" with a light weight, 4.)** Flexibility, and **5.) Secondary bodybuilding working on the muscle stabilizers.**

Bob Gajda suggests the following **5-day program of P.H.A. concept with Olympic lifting movements** incorporated. The program listen was developed for his own personal and individual weaknesses such as strength in the legs and lack of flexibility. You must be instinctive and substitute one or two exercises in an area you are poor in, however, try to keep to the general format of the program listed.

Mon - Wed - Fri

(Jog a full mile before beginning workout)

Sequence One:

Olympic-Style Back Squats	10 sets of 5 reps (including warm-ups)
Barbell Reverse Curls	10 sets of 5 reps
Crunchy Sit-Ups	10 sets of 15-40 reps
Barbell Olympic Press	10 sets of 3 reps (use no more than 135 lbs.)

Sequence Two:

Barbell Snatches	5 sets of 3 reps
Crunchy Sit-Ups	10 sets of 15-40 reps
Neck Exercise w/ Head Strap	10 sets of 10 reps
D.B. Flys (Light wt. and flat)	10 sets of 10 reps

Sequence Three:

Barbell Jerk Off Rack (Positioned at shoulder height)	10 sets of 3 reps
Front Pull with Chest Expander	10 sets of 10-15 reps
Hanging Knee Pullins	10 sets of 15-40 reps
Barbell Cleans (from floor)	10 sets of 3 reps (no more than 150 lbs.)

Tues - Thur

(Do 1/4 mile wind sprints)

Sequence One:

Barbell Front Squats	10 sets of 3 reps (including warm-ups)
Crunchy Sit-Ups	10 sets of 15-40 reps
Barbell Good Mornings	10 sets of 10 reps
Barbell Snatches	10 sets of 3 reps (no more than 135 lbs.)

Sequence Two:

Barbell Power Cleans	8 sets of 3 reps (all from below knees)
Crunchy Sit-Ups	10 sets of 15-40 reps
Wrist Roller	10 sets of 3 times (Wind the wt. up and down 3 times)
Dumbbell Lateral Raises (For flexibility)	10 sets of 15 reps

Sequence Three:

Conventional Deadlift (Wide grip)	8 sets of 3 reps
Barbell Jerk Off Rack	10 sets of 3 reps (no more than 145 lbs.)
Flat Barbell Bench Press	8 sets of 8 reps

Be sure to go through one set of each exercise in a particular sequence and then go back and begin at the first of that sequence again. After sequence 1 is completed in the above Tues-Thur workout for example, then follow the same procedure for Sequences 2 and 3. For example in Sequence 1 on Tues-Thur, do a set of Barbell Front Squats, then Crunchy Sit-Ups, then Barbell Good Mornings and finally Snatches. Go back and do a second set of Barbell Front Squats and so forth.

When Gajda suggests using no more than a certain select poundage so as to develop motor pathways remember that this was for his own particular needs. It's obvious that use no more than 150 lbs., in the Barbell Clean would be no big deal for a guy like Bob who could use 100 lbs., plus more than that. However for you a 150 lbs. might be an all out struggle just to get a couple of reps and just for only one set. Alter that advice to suit your training level and experience.

SOME POINTS TO REMEMBER ABOUT P.H.A. TRAINING:



1) Using the illustration of the sequence(s) in the above training templates, perform one set of exercises in No. 1, then go IMMEDIATELY to exercise No. 2 and so on till you have performed one set of each movement in the particular cycle.

Now go back to exercise No. 1 and repeat the entire process for the number of sets required in the sequence with regard to whether you are a beginner or advanced bodybuilder, etc.

2) Do not proceed from one sequence till you have completed the required sets and reps in the manner described.

3) Generally, it is best to emphasize the deltoids, waist and calves in the various sequences. So here begin with a delt movement first and about the middle of the sequence, place a waist exercise and the latter or final movement might be a calf exercise.

4) Many people will have quite a problem with labored breathing during these almost continuous exercise patterns. Here a heavy movement should be followed by a lighter movement. This will space your breathing out in a controlled manner (without much panting).

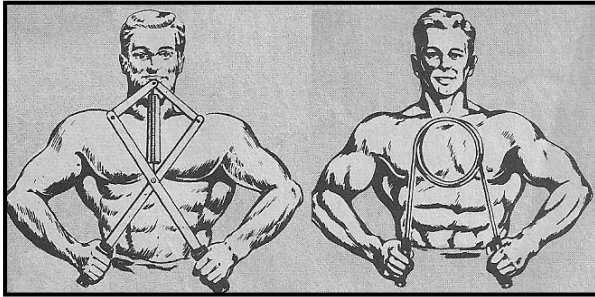
This way your poundage's and style won't suffer either. You'll still benefit from the continuous circulation movements. If you still suffer from labored breathing, insert a lot of breathing pullover type movements between some of the heavier exercises till it corrects itself.

5) Never work more than one exercise per muscle group in the same sequence. An example of this (incorrect) method would be two biceps movements or even a biceps and a direct triceps movement. This type of exercise selection would stop the effort of the continuous circulation that a bodybuilder is striving for.

6) When you are into training the total body 4 to 6 days per week, be sure that you place the intensity of the workout one day on the lower body while working the upper body with less intensity (but still within the guidelines of continuous circulation.) Reverse this method the following training day.

7) Arrange your exercise sequences so that you don't do all the POWER MOVEMENTS (BARBELL: Bench Press, Squats, and Deadlifts) on the same workout day.

Other items you should remember - Don't place two types of pressing movements in the same sequence. In other words, if you are working the delts and chest in the same sequence you might want to do some type of pressing for the chest and stick to laterals for the delts.



Then in your next sequence reverse the procedure and perform pressing in its various forms for delts and work the chest with some flyes or 'Crusher' type movements (Illustrations at left).

Most concentrated forearm building exercises should be left till near the end of the UPPER BODY TRAINING in the last two sequences. If your grip is fatigued, then you will lose maximum efficiency, so remember this when setting up your program.

Warm-ups are IMPORTANT also. The first set of each exercise in a sequence for the beginner should constitute the warm-up set. Use approximately 60 percent of your maximum for the required reps for this.

Looking toward the intermediate and advanced man as many as 2 to 3 sets MAY be necessary. For this use 75 percent of maximum, but for only 1/2 the recommended reps before going to maximum on the remaining two to seven sets as the case may be.

This system of PHA training is great because it promotes continuous circulation of blood and all the while the new blood brings in oxygen and buffers (phosphates) which help a great deal to neutralize the lactic acids and toxins.

Here is an unorthodox **2-3X** per week total body routine which combines PHA Modified, Super-Sets and Regular Set.

**PHA Modified-Super Sets-Regular Sets
WORKOUT**

Flat Barbell Bench Press
Parallel Bar Dips w/Weight
Incline Dumbbell Flyes
Barbell Triceps Extension
Close Grip Lat Pull-downs
Straight Arm Barbell Pullover

These 6 exercises make up one sequence, with no rest-pauses between exercises or sequences.

Repeat the sequence SIX times, 8 reps for each exercise, in PHA style.

Super-set

Gironda Barbell Curls
Close Grip Chins

6s x 8r
6s x 8r

Super-set

Barbell Front Squats
Machine Leg Curl

6s x 8r
6s x 8r

Heel Raise on Leg
Press Machine
-10 reps, each foot position

6s x 30r

¼ Ab Crunch
Hanging Leg Raises

4s x AMAP
4s x AMAP



One thing you won't experience with PHA training is that feeling of being PUMPED and it is probably for this reason that the bodybuilder tends to avoid this most beneficial way of training.

REMEMBER to ATTACK each set as if it were the last (after the warm-ups) one you were going to be performing for a particular exercise.

DON PETERS' CHAMPIONSHIP ROUTINE



The late Don Peters, a 1970s IFBB Mr. America competitor, trained five days a week. Each session lasted about two hours. The muscle group area that he considered most essential to progress he trained three times a week, and twice a week for the other muscle groups.

Bill Pearl suggested that Don train the critical areas first so that he could devote his full intensity and energy for that area. The following program is one that he made tremendous improvement on. He suggests that anyone can make good gains by patterning their workouts on the same principles he used.

MONDAY-THURSDAY-SATURDAY

LATS:

Wide Grip Chins	4s	x	AMAP
Seated Long Pulley Cable Rows-	5s	x	10r
Straight Arm BB Pull-Over	5s	x	10r

While lying on a flat bench, use a close grip on a barbell and do of Straight Arm BB Pullovers. Don't allow the bar to go below bench level.

Between each exercise grasp a vertical bar, lean back and stretch the lats. No more than 60 seconds rest-pause on all sets of all exercises.

TRICEPS:

One Arm DB Triceps Extensions	6s	x	10r
Alternate arms (set to set) without rest-pausing.			
Lat Machine Push-Downs	5s	x	10r
Long Pulley Triceps Extensions	5s	x	10r
Perform while kneeling forward with the elbows braced on a bench.			
Supine Reverse Grip BB Triceps Presses	5s	x	10r

BICEPS:

Incline DB Curls.	5s	x	10r
Preacher Bench BB Curls	4s	x	10r
Using a medium close grip with the hands wider than the elbow.			
Vertical (Spider) Bench BB Curls	4s	x	10r
One Dumbbell Concentration Curls	4s	x	10r
Use vertical (Spider) bench Do, alternating arms without rest-pausing.			

TUESDAY-FRIDAY

CHEST:

Super-Set:

Decline DB Presses

5s x 10r

Decline Low Pulley Cable Flies

5s x 10r

Reverse Grip Parallel Bar Dips

5s x 8-10r

Place the hands on the dipping bars so that the knuckles are facing towards the body.

Incline Low Pulley Cable Flies

5s x 8-10r

SHOULDERS

Seated Simultaneous DB Presses

6s x 10r

BB Presses Behind the Neck

5s x 6-10r

Standing DB Lateral Raises

5s x 10r

Alternate DB Front Raises

5s x 10r

Incline DB Lateral Raises

4s x 10r

While lying on your side on an incline bench, raise the dumbbell from the thigh to shoulder height. Do alternating arms without rest-pausing.

LEGS:

Barbell Back Squats

1s x 8, 6, 4, 4, 6, 8r

Perform one set of 8 reps. After a rest-pause, add weight and do 6 reps, and then more weight and do 4 reps. After a rest-pause, another set of 4 reps, then reduce the weight and do 6 reps. And the a final set of 8 reps with the starting weight.

Machine Leg Extensions

10s x 10-15r

Rest-pause as little as possible between sets.

Donkey Heel Raises

5s x 30r

Perform in the following manner: with the toes facing IN while placed on a high block, do 10 reps. Without resting, do 10 reps with the toes facing OUT, then ten with the feet STRAIGHT That's 30 reps without stopping: IN, OUT and STRAIGHT.

PHYSIQUE AUGMENTATION SYSTEM (PAS) 10-Week Training Schedule



The following 1996 training template designed by Bill Phillips the former CEO of **EAS** (**E**xperimental And **A**ppplied **S**ciences-a nutritional supplement company), may seem like a plain vanilla exercise push/pull protocol.

However it worked very effectively, for producing elite muscle mass and strength, when used in conjunction with the **EAS** Phosphagen, V2G and GKG supplements schedule (and a proper diet).

The following 10 Week Training Schedule was part of a master plan for individuals who wished to try-out for the **Physique Augmentation System Spokesperson Position** at EAS.

Training Frequency 1 Day On-1 Day Off

Workout #1

CHEST/SHOULDERS/TRICEPS/ABS

Chest

Flat Barbell Bench Press
(warm-up)
(work sets)

2s x 12r
4s x 8r, 6r, 4r, 2r

Super-Set:

Flat Barbell Bench Press
(burnout set)
Incline Dumbbell Flye

1s x 6r-12r (to +failure)
1s x 8r-12r (to +failure)

Shoulders

Seated Barbell Press
(warm-up)
(work sets)

2s x 12r
4s x 8r, 6r, 4r, 2r

Super-Set:

Seated Barbell Press
(burnout set)
Dumbbell Lateral Raise

1s x 6-12r (to +failure)
1s x 12-15r (to +failure)

Triceps

EZ-Bar Lying Triceps Extension
(warm-up)

2s x 12r

(work sets)

4s x 8r, 6r, 4r, 2r

Super-Set:

EZ-Bar Lying Triceps Extension
(burnout set)

1s x 6-12r (to +failure)

Triceps Pushdown

1s x 10-15r (to +failure)

Abs

¼-Crunches

4s x 50r (until they burn!)

Workout #2

BACK/BICEPS

Back

Bent-Over Barbell Row
(warm-up)

2s x 12r

(work sets)

4s x 8r, 6r, 4r, 2r

Super-Set:

Bent-Over Barbell Row
(burnout set)

1s x 6-12r (to +failure)

Wide-Grip Lat Pulldown

1s x 10-15r (to +failure)

Biceps

Incline Simultaneous Dumbbell Curl
(warm-up)

2s x 12r

(work sets)

4s x 8r, 6r, 4r, 2r

Super-Set:

Incline Simultaneous Dumbbell Curl
(burnout set)

1s x 10-15r (to +failure)

Standing Alternate Dumbbell Curl

1s x 10-20r (to +failure)

Workout #3

LEGS/ABS

Quads

Barbell Back Squat
(warm-up)
(**work sets**)

2s x 12r

4s x 8r,6r,4r,2r

Super-Set:

Barbell Back Squat
(burnout set)

1s x 8-14r (to +failure)

Machine Leg Extension

1s x 10-20r

Hamstrings

Machine Leg Curls

1s x 10-20r

Calves

Standing Calf Machine Heel Raise

4s x 20-30r (BURNOUT)

Abs

¼-Crunches

4s x 50r (BURNOUT)

POWER BODY BUILDING PROGRAMS I-II

Rich Helms, a power-bodybuilder from Ohio, created the following 2-POWER BODY BUILDING PROGRAMS divided into two parts:

- A. POWER BUILDING - CYCLE**
- B. BODY BUILDING - CYCLE**

POWER BODY BUILDING PROGRAM NO. I

12-16 WEEK
POWER BUILDING - CYCLE
PART NO. A
INTRO

Monday – (Day 1)

Flat Barbell Bench Press. Do a warmup set for 10 reps, followed by the same weight for a set of 6 reps. Be sure to get a full stretch, use proper form, and your normal lifting speed when doing the lift. Continue to follow the program, adding weight through both sets of 5 reps.

Now you come to your triple set, this set will start to set the pattern for the five single attempts to follow. You should select a weight that will allow you to do a solid single attempt with a PAUSE on the chest.

Your next set add weight and do a single rep with a PAUSE. Next set, add weight, and do a single attempt with a TOUCH & GO. This means just a regular bench attempt. Just touch your chest and go with the start of your drive. NO BOUNCE, just TOUCH & GO. And remember, keep your proper form.

Here comes your single for the day, add weight, and do another single attempt, again with a TOUCH & GO. Your 4th single, will be with less weight, but with a PAUSE, and the same for your 5th and final single. Now drop weight again and do 3 reps all with a PAUSE.

Your last set will be for 3 reps with BLOWUPS. This means that you lower the bar to your chest, drive off, but STOP the bar at about 6 inches off your chest. Hold there for a 2 count. Then lower the bar back down to your chest. Repeat this for your 2nd and 3rd rep, but on your 3rd rep, push the bar up to a completed lift after the hold at 6 inches. This will build a tremendous drive off your chest.

If you were to put poundage's to reps, the pattern could look like this:

135 x 10r, 135 x 6r, 185 x 5r, 230 x 5r, 265 x 3r

300 x 1r (P), 315 x 1r (P), 325 x 1r (T/G), 335 x 1r (T/G)

310 x 1r (P), 280 x 3r (P), 250 x 3r (BLOWUPS)

Take very safe, conservative jumps in weight. Remember, when you start this program, you never want to miss a poundage.

Barbell Back Squats, as in the Barbell Bench Press, your first set will be a warmup set for 10 reps. Followed by the same weight for a set of 6 reps. Add weight and do a set of 5 reps, followed by another weight increase and 5 reps. Now, move on to the Power Rack. Set the support pins so that you will be 2 inches above parallel. Your 1st set in the Rack will be for 3 reps. Add weight and do another set of 3 reps. Add weight again, and complete 3 reps.

Now lower the weight and do a set of 3 reps with BLOWUPS. This follows the same pattern as in the Bench Press-BLOWUP set. Get set with your squat, lower the bar to the support rods, drive up about 4 inches, hold for a 2 count. Then lower the bar and repeat the cycle for your next 2 reps. Stay tight in your groove at all times. DO NOT RELAX.

Never give up the tension / flex during the Squat BLOWUPS. On your 3rd rep, hold and then drive through and complete the squat. The Power Rack will help to develop power and style. Choose your attempts well, squat deep on any of your full attempts. Now, on to the . . .

Barbell Deadlift Do a set of warmups of 10, and another set of 6. Add weight for a set of 5, add weight again for another set of 5. This is your last set of regular Barbell Deadlifts. Now move to the Power Rack. Set the support rods so that the bar is 2 inches below your knees. You will be training the Top / Lockout part of the Barbell Deadlift.

With the rods correctly set, start your first set for 3 reps. Add weight, and do another set for 3 reps. Again add weight and do your top set of 3 reps. Lower the poundage, and complete a closing set for 3 reps. You cannot do BLOWUPS on the Top / Lockout part of the Barbell Deadlift.

Comments and a few points about the Power Rack Barbell Deadlifts.

Power Rack training will allow you to conquer and correct any mechanical flaws in your technique. This type of training should not be used as a TEST of strength or power.

It is there to assist and to build, so use it that way. The Power Rack training will allow you to handle weight equal to or better than your best-for reps. Imagine how high your confidence will be when you complete 16 weeks of training with little or no

missed attempts? That solid edge can be provided to smart planning on your part, and the Power Rack training from the Power Building – Cycle.

Here's a four points to consider when it comes to the performance of the Power Rack Barbell Deadlift . . .

First, when doing Power Rack Barbell Deadlifts always use heavy-duty canvas or cotton lifting straps. Don't feel that you have cheated your grip, but rather feel that it has aided in the completion of the required reps.) should be used to assist you but use them in moderation.

Second, always take the weight out of the hooks. Never start the lift from the support rods. Your traps will receive a great workout by starting and removing the weight from the hooks.

Third, as you take the weight out, lower it to the rods under control. Use correct form, and keep the bar in its groove (your lifting path). DO NOT RELAX – STAY TIGHT. Now start your pull off the pins. Each time that you return the bar to the pins, you should remain tight. Do not bounce the weight off the support rods.

Fourth, Concentration is very important. And last, should you reach a point where the weight feels too heavy to remove from the hooks alone, have 2 spotters assist you. On your signal, have the spotters help you out of the hooks, and allow you to get set in the lockout position.

Then have the spotters follow the path of the bar down to the support rods. You should attempt to handle the majority of the poundage, the spotters are only there to assist. This will allow you to settle in your stance, and save a percentage of your strength which can now be applied to the lift itself.

Moving on to . . .

Wednesday – (Day 2)

Again begins with the **Flat Barbell Bench Press**. As on the past days workout, start with a warmup set for 10 reps. Followed by the same weight for 6 reps. Increase weight for a set of 5 reps. Again increase weight for another set of 5 reps. Now comes the first set of three sets, all should be done as a normal TOUCH & GO Barbell Bench Press.

Lower the weight on both sets four and five. All these reps should be done with a PAUSE. Be sure to pace yourself on the PAUSE sets. Allow for the same amount of pause time on each rep. Push your chest up, and use your lats. Your lats play an important place in the Barbell Bench Press. Strong, thick lats allow you to have a solid base on the bench. They also assist in the drive off your chest. So remember, to get set with a strong, solid base on the bench.

The **Barbell Back Squat** is as follows: Warmup set of 10 reps, and then again for 6 reps. Followed by two sets of 5 reps each. Increase weight between the sets. Now comes one set of 3 reps. Increase weight again for your top set which is for 2 reps. Now decrease the weight and do another 3 reps. Your last set of squats will be a set of 5 reps. During that 3-2-3 series of squats, it is vital not to miss. Be strong during your set-up, and think of each rep as a single lift.

Once into the POWER BUILDING PROGRAM, you will find how well this series works. Keep your chest high; be sure that the bar is placed properly on your shoulders. Think ahead, know that after you complete your first rep, you will set your breathing, and go for your next rep. The longer you wait and hold the weight across your shoulders, the more strength you are losing. Remember, think single-don't always count reps ahead of time.

Friday – (Day 3)

On the **Flat Barbell Bench Press**, start with a warmup for 10, then 6 reps. Next is a set of 5 reps, followed by another set of 5 reps. Now comes 5 sets of 3 reps. The first set is 3 reps with a PAUSE. Add weight again, and do a set of 3 with a TOUCH & GO. Now another set of 3 reps with a TOUCH & GO. Lower the weight, and do a set of 3 reps with a PAUSE. Your last set of 3 reps will be BLOWUPS.

Saturday – (Day 4)

The program starts with the **Barbell Back Squat**. The warmup pattern is the same as before, 10 reps and then 6 reps. Followed by two sets of 5 reps each. Now comes a set of 3 reps. This sets the pace, because your next set is a single. Add weight again for another single rep. Decrease your poundage for your third and final single rep attempt. Lower the weight again for 3 reps.

Your close out set will be for 5 reps. These single attempts are not to be taken as make it or break it attempts. The purpose is to build strength. Put some work into them, but don't think you need to take 110% each week.

The workout starts out as the **Regular Barbell Deadlifts** for 10 and 6 reps. Two sets of 5 reps. Then on to the Power Rack. Set the support rods to be at about 6 inches below the knee. Now start to do 4 sets of 3 reps each, increasing your poundage each set. Your last set is a triple with BLOWUPS. You have never felt anything like BLOWUP Barbell Deadlifts.

You must remain tight for each and every rep. Remember, one of the keys to any Power Rack work is never to relax. Keep your arms locked out as if you were starting the weight from off the floor. Don't jerk into the attempt. Maintain a straight, upright position as long as possible throughout the lift.

Try to keep a close center of gravity, keep the bar close to your legs. If you allow the bar to drift out, you will be pulled out of your groove.

Think about pushing the floor away from you (as you would do when attempting a successful backward flip). Once the bar is at your knee area, push your hips in, drive the floor away with your feet, and flex and pull with your lats. Every 3rd week of the Strength Program, change all reps in the Power Rack Deadlift from triples to DOUBLES.

Use the Power Building Program No. 1 for 12 to 16 weeks. Then change and follow the Power Bodybuilding Program No. 2 for 8 weeks. Best results have come from the following combination: Power Body Building Program No. 1 –16 weeks (Part No. A) and 8 weeks (Part No. B) and Program No. 2 for 8 weeks for both Parts A & B.

**12-16 WEEK
POWER BUILDING – CYCLE
PART NO. A
OUTLINE**

MONDAY – (Day 1)

FLAT BARBELL BENCH PRESS:

Warmup 1s x 10r, 6r
1s x 5r
1s x 5r
1s x 3r
1s x 1r (plus) PAUSE
1s x 1r (plus) PAUSE
1s x 1r (plus) TOUCH & GO
1s x 1r (plus) TOUCH & GO
1s x 1r (minus) PAUSE
1s x 3r (minus) PAUSE
1s x 3r (minus) BLOWUPS

BARBELL BACKSQUAT:

Warmup 1s x 10r, 6r
1s x 5r
1s x 5r

POWER RACK SQUATS

1s x 3r (plus)
1s x 3r (plus):
1s x 3r (plus)
1s x 3r (minus) BLOWUPS

WEDNESDAY – (Day 2)

FLAT BARBELL BENCH PRESS:

Warmup 1s x 10r, 6r
1s x 5r
1s x 5r
1s x 5r (plus)
1s x 5r (plus)
1s x 5r (plus)
ABOVE 3 SETS DONE AS TOUCH & GO
1s x 5r (minus) PAUSE
1s x 5r (minus) PAUSE

BARBELL BACK SQUAT:

Warmup 1s x 10r, 6r
1s x 5r
1s x 5r

OPTION/1 x 3 if needed to adjust to the poundage increase.

1s x 3r (plus)
1s x 3r (plus)
1s x 2r (plus)
1s x 3r (minus)
1s x 5r (minus)

BARBELL DEADLIFT:

Warmup 1s x 10r, 6r

1s x 5r

1s x 5r

POWER RACK BARBELL DEADLIFT:

Set the support rods to about 2-3

Inches below your knee.

1s x 3r (plus)

1s x 3r (plus)

1s x 3r (plus)

1s x 3r (minus)

EVERY 3RD WEEK/MONDAY'S PROGRAM

CHANGE FROM 3 REPS TO 2 REPS

FRIDAY – (Day 3)

FLAT BARBELL BENCH PRESS:

Warmup 1s x 10r, 6r

1s x 5r

1s x 5r

1s x 3r (plus) PAUSE

1s x 3r (plus) TOUCH & GO

1s x 3r (plus) TOUCH & GO

1s x 3r (minus) PAUSE

1s x 3r (minus) BLOWUPS

DEADLIFTS:

NONE/Only Support work

SATURDAY – (Day 4)

BARBELL BACK SQUAT:

Warmup 1s x 10r, 6r

1s x 5r

1s x 5r

1s x 3r

1s x 1r (plus)

1s x 1r (plus)

1s x 1r (minus)

1s x 3r (minus)

1s x 5r (minus)

BARBELL DEADLIFTS:

Warmups 1s x 10r, 6r

1s x 5r

1s x 5r

POWER RACK DEADLIFTS:

Set the support rods at 6 inches below the knee.

1s x 3r (plus)

1s x 3r (plus)

1s x 3r (plus)

1s x 3r (plus)

1s x 3r (minus) BLOWUP

EVERY 3RD WEEK/SATURDAY'S

PROGRAM CHANGE FROM 3 REPS TO 2 REPS

EXPLANATION:

(plus) = increase poundage

(minus) = decrease poundage

**8 WEEK
BODY BUILDING - CYCLE
PART NO. B
INTRO**

Always try to add weight in the Body Building Workouts. Not week to week, but during the 4 sets of 6-8 reps. You can pyramid your poundage (increase for two sets / decrease for two sets), or take your first set and one weight, then increase weight and remain the same for the next three.

OUTLINE

MONDAY – (Day 1)

Machine Leg Press 4s x 6-8r*
Machine Leg Extensions 4s x 6-8r*
Machine Leg Curls 4s x 6-8r

Dumbbell Bench Press 4s x 6-8r*

Wide Grip Front Lat
Pulldowns 4s x 6-8r
Close Curl-Grip Front Pulldowns
(palms facing up) 4s x 6-8r*
2-Dumbbell Rows 4s x 6-8r*

Barbell Press behind Neck 4s x 6-8r*

EZ-Bar Triceps Extensions 4s x 6-8r
(Lying)

1-D-Bell Triceps Extensions 4s x 6-8r
(Seated or Standing)
E-Z Bar Curls 4s x 6-8r*
Dumbbell Curls 4s x 6-8r*

FRIDAY – (DAY 3)

E-Z Curl Bar Bench Press
(wider grip) 4s x 6-8r

Dumbbell Press 4s x 6-8r
Barbell Press behind Neck 4s x 6-8r

WEDNESDAY – (Day 2)

Hack Machine Squats 4s x 6-8r
Machine Leg Extensions 4s x 6-8r
Machine Leg Curls 4s x 6-8r

EZ Curl Bar Bench Press 4s x 6-8r
Dumbbell Bench Press 4s x 6-8r

1-Dumbbell Rows 4s x 6-8r
Long Pull Cable Rows 4s x 6-8r*

Dumbbell Press Overhead 4s x 6-8r*

EZ-Bar Triceps Extensions 4s x 6-8r
(Lying)

Triceps Pushdowns/Lat Machine 4s x 6-8r
E-Z Bar Curls 4s x 6-8r*
Dumbbell Curls 4s x 6-8r

SATURDAY – (DAY 4)

Hack Machine Squats 4s x 6-8r
Machine Leg Press 4s x 6-8r*

Wide Grip Front Lat
Pulldowns 4s x 6-8r*
Close Grip Front Pulldowns
(palms facing forward) 4s x 6-8r

Your ABS – CALVES – LOWER BACK (hypers) are a definite part of your training and can be worked at your own pace and choice.

*Throughout the above Body Building Training, you will see an * (asterisk) next to the reps. When you are on your last set of 6-8 reps, do your reps, then STOP and count to 10, then do one more rep. After you do the one rep, rest again, count to 10 and do another rep. Continue this cycle until you have added an extra 6 reps. So your last set would be 6-8 reps plus 6 extra reps. This is based on the Rest / Pause Theory.

POWER BODY BUILDING PROGRAM No. 1 utilizes a 4 day per week training frequency. It follows a Monday-Wednesday-Friday-Saturday pattern. However, any combination will do, provided you allow for proper rest and recovery time between workouts. If your training time is limited, you can add Day 3 to Day 4 and reduce the program to only a 3 day per week program.

ULTIMATE POWER BODY BUILDING
PROGRAM NO. II

8 WEEK
POWER BUILDING – CYCLE
PART NO. A
OUTLINE

MONDAY – (DAY 1)

BARBELL BACK SQUAT:

Warmup 1s x 10r, 6r

1s x 5r

1s x 5r

1s x 5r

1s x 5r (plus)

1s x 5r (plus)

1s x 5r (minus)

1s x 5r (minus)

BARBELL DEADLIFT:

Warmup 1s x 10r, 6r

1s x 5r

1s x 5r

1s x 5r

1s x 5r (plus)

1s x 5r (plus)

1s x 5r (minus)

1s x 5r (minus)

All Barbell Deadlifts are from the
Floor – No RACK WORK

TRAP BAR DEADS:

Warmup 1s x 8r

1s x 8r

1s x 6r

1s x 5r (plus)

1s x 5r (plus)

1s x 5r (minus)

WEDNESDAY – (DAY 2)

FLAT BARBELL BENCH PRESS:

Warmup 1s x 10r, 6r

1s x 5r

1s x 5r

1s x 5r (plus) TOUCH & GO

1s x 5r (plus) TOUCH & GO

1s x 5r (minus) TOUCH & GO

1s x 5r (minus) TOUCH & GO

1s x 8r

BARBELL POWER CLEANS:

Warmup 1s x 6r, 6r

1s x 5r

1s x 5r

1s x 5r (plus)

1s x 5r (plus)

1s x 5r (minus)

1s x 5r (minus)

1s x 8r Flush set

TRAP BAR DEADS:

Warmup 1s x 8r

1s x 8r

1s x 6r

1s x 5r (plus)

1s x 5r (plus)

1s x 5r (minus)

ON THE TRAINING DAYS WHEN THE “TRAP BAR” IS USED, DO SO IN THE SQUAT AND DEADLIFT STYLE THAT THE BAR WILL ACCOMMODATE.

THE TRAP BAR TAKES PRESSURE OFF THE LOWER BACK, DUE TO THE POUNDAGE BEING IN ALIGNMENT WITH THE CENTER OF THE TORSO.

FRIDAY – (DAY 3)

BARBELL BENCH PRESS:

SAME AS WEDNESDAY

BARBELL BACK SQUAT:

SAME AS MONDAY

EXPLANATION:

(plus) = increase poundage

(minus) = decrease poundage

**8 WEEK
BODY BUILDING – CYCLE
PART NO. B
OUTLINE**

MONDAY – (DAY 1)

Machine Leg Extensions 4s x 6-8r*

Machine Leg Curls 4 x 6-8

Dumbbell Bench Press 4s x 6-8r

Wide Grip Front Lat

Pulldowns 4s x 6-8r*

2-Dumbbell Rows 4s x 6-8r

Barbell Press Behind Neck 4s x 6-8r

Barbell Front Raises 4s x 6-8r

Barbell Shrugs 4s x 6-8r

EZ-Bar Triceps Extensions 4s x 6-8r

Dumbbell Extensions 4s x 6-8r

Dumbbell Triceps Kickbacks 4s x 6-8r*

E-Z Bar Curls 4s x 6-8r*

Dumbbell Curls 4s x 6-8r

FRIDAY – (DAY 3)

Machine Leg Press 4s x 6-8r

Machine Leg Curls 4s x 6-8r

Dumbbell Bench Press 4s x 6-8r

Dumbbell Flies 4s x 6-8r

1-Dumbbell Rows 4s x 6-8r

WEDNESDAY – (DAY 2)

Hack Machine Squats 4s x 6-8r

Machine Leg Extensions 4s x 6-8r

E-Z Curl Bar Bench Press 4s x 6-8r

Dumbbell Bench Press 4s x 6-8s*

One-Dumbbell Rows 4s x 6-8r

Long Pull Cable Rows 4s x 6-8r

Close Curl-Grip Front Pulldowns
(palms facing up) 4 x 6-8

Barbell Press Behind Neck 4s x 6-8r

Dumbbell Press Overhead 4s x 6-8r

EZ-Bar Triceps Extensions 4s x 6-8r

Tri Pushdowns on Lat Machine 4s x 6-8r

Dumbbell Triceps Kickbacks 4s x 6-8r

E-Z Bar Curls 4s x 6-8r

Preacher Bench Barbell Curls 4s x 6-8r

Wide Grip Front Pulldowns 4s x 6-8r

Dumbbell Press Overhead 4s x 6-8r*

Barbell Front Raises 4s x 6-8r

Barbell Shrugs 4s x 6-8r*

EZ-Bar(Lying)Triceps Extensions 4s x 6-8r

1-Dumbbell Triceps Extensions 4s x 6-8r

(Seated or Standing)

2-Dumbbell Curls 4s x 6-8r*

1-Dumbbell Curls 4s x 6-8r

The ABS – CALVES – LOWER BACK (hypers) are a definite part of training and can be worked at your own pace and choice.

*Throughout the above 8 Week Body Building-Cycle, you will see an * (asterisk) next to the reps. When you are on your last set of 6-8 reps, do your reps, then STOP and count to 10, then do one more rep. After you do the one rep, rest again, count to 10 and do another rep. Continue this cycle until you have added an extra 6 reps. So your last set would be 6-8 reps plus 6 extra reps.

POWER BUILDING & BODY BUILDING PROGRAM COMMENTS

1) In the POWER BUILDING – CYCLES lifting apparel such as a Squat suit, Bench Press shirt, Knee and Wrist wraps, and a lifting belt can be used. but in moderation.

If you need any of these items for each and every set that you do, then review your training/ poundage. Granted, you may have need to protect an injury, and need support wrapping, but if its due to habit, then try to adjust accordingly.

2) There is NO POWER RACK training in the Power Building No. 2 Cycle. You will use this phase to build on your full range movement in the Barbell Deadlift.

3) Depending on what week of the program you are in, your reps will either be 5 or 3. You will always do 4 (plus) and (minus) GAIN FACTOR sets, just the reps change. Starting with Week 1 (Power Building No. 2 eight weeks), the pattern is as follows:

WEEK NO	REPS
1	5
2	5
3	3
4	5
5	5
6	3
7	5
8	5

4) The 4 (plus) and (minus) GAIN FACTOR sets that you do follow this pattern. Sets 1 and 2 increase poundage (plus), while on Sets 3 and 4, decrease the poundage (minus).

5) **BARBELL POWER CLEANS** have been added to the program. This will help with your starting power in the Barbell Deadlift. When done correctly, Barbell Power Cleans will add muscle mass to your traps and shoulder areas. It's a quick lift, so be sure to use proper form.

6) Repeating what was mentioned previously. In the Body Building – Cycle Part No. **B** Outlines you will see an *(asterisk). When you finish the final rep of the last set of 6-8 reps, do your reps, STOP and count to 10, then do one more rep.

After you do the one rep, rest-pause again, count to 10 and do another rep. Continue this cycle until you have added an extra 6 reps. So your last set would be 6 reps plus 6 extra reps.

The 2-POWER BODY BUILDING PROGRAMS (I-II) provided some of the best exercises and set and rep combinations for gaining strength and muscle mass growth. The gains and improvements that you desperately want are here waiting for you, now apply yourself and make them a reality.

PUSH/PULL MODIFIED WORKOUT

The following workouts are not synonymous to a particular Signature Training bodybuilding authority or select muscle factory (gym). However these high performance workouts will keep you riding the edge of muscle mass and strength gains without overtraining.

"A" WORKOUT

Quads, Hamstrings and Calves

Exercises	Sets X Reps	Rest-Pause Between Sets (Seconds)
Super Set: Machine: Leg Extension Leg Curl	5 X 15 5 X 15	15 15
45° Machine Leg Press Or . . .	7 X 10-15	60
Stiff-Legged B-Bell Deadlift -Non-lock for the hamstrings just below the knees to ¾ lockout	5 X 10-15	60
Donkey Heel Raise Seated Calf Machine Heel Raise	3 X 25	60-75
One Legged Heel Raise -Hold D-Bell in one hand	5-7 X 12-15 5-7 X 12-15	15 15

"B" WORKOUT

Chest, Delts and Triceps

Exercises	Sets X Reps	Rest-Pause Between Sets (Seconds)
B-Bell/D-Bell Bench Press	5-7 X 10-15	60
35° Incline D-Bell Press	5-7 X 10-15	60
Decline D-Bell Flye	4-6 X 12-15	15-30
Seated D-Bell Press Overhead	5 X 15	60
D-Bell Lateral Raise	5 X 7-15	15
D-Bell Front Raise	5 X 7-15	15
Bent-Over D-Bell Lateral Raise	5 X 7-15	15
Reverse Close-Grip B-Bell Bench Press	5 X 10-15	45
Lying B-Bell Triceps Extension	5 X 12-15	30
Triceps Pushdown	5 X 15	30

"C" WORKOUT

Back, Biceps (Forearms) and Abdominals

Exercises	Sets X Reps	Rest-Pause Between Sets (Seconds)
Wide-Grip Lat Pulldown -To back of neck	5 X 12-15	30
Lat Pulldown To Chest -Pull to sternum using underhand grip	5 X 10-15	60
One D-Bell Bent-Over Row Or . . .	5 X 12-15	Nonstop: Right / Left
Prone Hyperextension -Use your own bodyweight	5 X 15-30	15-30
Standing EZ-Bar Curl Or . . .	4 X 10-15	30-45
Preacher B-Bell Curl -EZ-Bar or sub/D-Bells	3 X 10-15	30
Reverse B-Bell Curl -Standing or use Preacher Bench	3 X 12-15	30
B-Bell Palms Up Wrist Curls	3 X 12-15	15-30
Hanging Knee Pull-In -Substitute hanging leg raise Or . . .	3-5 X 15-30	15
Incline Situp Board Leg Raise	3-5 X 15-30	15
¼-Ab Crunch	3-5 X 15-30	15
Reverse Ab Crunch	3-5 X 15-30	15

EVERY-OTHER-DAY SPLIT

Mon ("A") Wed ("B") Fri ("C")

R-R: Tues-Thur-Sat-Sun

Or . . .

Tues ("A") Thur ("B") Sat ("C")

R-R: Mon-Wed-Fri- Sun

Or . . .

	MON	TUES	WED	THUR	FRI	SAT	SUN
Wk. No. 1	A	B	R-R	C	A	R-R	B
2	C	R-R	A	B	R-R	C	A
3	R-R	B	C	R-R	A	B	R-R
4	C	A	R-R	B	C	R-R	A
5	B	R-R	C	A	R-R	B	C
6	R-R	A	B	R-R	C	A	R-R
7	B	C	R-R	A	B	R-R	C
8	A	R-R	B	C	R-R	A	B
9	R-R	C	A	R-R	B	C	R-R

PUSH//PULL MINI-CYCLES FOR MAXIMUM MUSCLE GAINS

Push/Pull Mini-Cycles was created for intermediate and advanced competitive bodybuilders and powerlifters, by Bob Gaynor, a **USPF** (United States Powerlifting Federation) masters world record holder in the Barbell Deadlift.

The series of, short training duration/high intensity, mini-cycles produce results in increased muscle mass and strength due to the continued handling of progressively heavy training poundage's. The following Push/Pull Mini-Cycles are most definitely **NOT** for anyone with less than one year of consistent training

DAY I CHEST/DELTS/TRICEPS/LEGS

Core: Barbell Bench Press - 7 sets (1s x 12r, 1s x 8r, 1s x 6r, 4s x 4r)
Add one other chest exercise (3-5s x 8-10r)

Core: Behind-The-Neck Barbell Press - 6 sets (1s x 8r, 1s x 6r, 4s x 4r)
Add one other shoulder exercise (2-4s x 8-10r)

Core: Close-Grip Barbell Bench Press - 5 sets (1s x 8r, 1s x 6r, 3s x 5r)
Add one other triceps exercise (2-3s x 8-10r)

Core: Machine Leg Press - 7 sets (1s x 12r, 1s x 10r, 1s x 8r, 4s x 8r)
Add one other leg exercise (4s x 8-10r);

Standing or Seated Calf Machine Heel Raise (3s x 15r)

DAY II BICEPS/BACK

Core: Barbell Curls - 6 sets (1s x 12r, 1s x 8r, 4s x 8r)
Add one other biceps exercise (2s x 8-10r)

Core: Dumbbell Rows - 6 sets (1s x 10r, 1s x 8r, 4s x 8s)
Add one other lat exercise (4-6 x 8-10)

Core: Regular Barbell Deadlifts - 6 sets (1s x 12r, 1s x 8r, 4s x 5r)

Abs (3 sets x AMAP)

DAY IV

Repeat Day I

DAY V

Repeat Day II

DAYS III, VI, VII REST & RECUPERATION
--

Follow the above program template for four weeks. Try to add poundage to the core exercises every week. You can keep the supplemental exercise poundage's constant if you so desire. After four weeks change the core (anabolic growth) exercises. This will help you to avoid mental and physical plateaus.

DAY I

Replace Barbell Bench Press w/ Dumbbell Bench Press;
Replace Behind-The-Neck Press w/ Seated Dumbbell Press;
Replace Close-Grip Barbell Bench Press w/ Parallel Bar Dips;
Replace Machine Leg Press w/ Machine Hack Squats;

DAY II

Replace Barbell Curls w/ Dumbbell Curls;
Replace Dumbbell Rows w/ Front Lat Pulldowns;
Replace Regular Barbell Deadlifts w/ Stiff-Leg Barbell Deadlifts.

After the next four weeks change the core exercises again. When you pick them, try to use movements that allow you to handle decent amounts of weight. For example, triceps kickbacks are not a core exercise. Again, always strive to improve without sacrificing form.

After 16 weeks you will have completed the entire program and will definitely be bigger and stronger because of it. At this time you can switch to another program, or begin the 16-week cycle over again. Many bodybuilders have used this program template year-round.

To be successful following the program template, be sure to:

- 1.) Maintain dedication and consistency - don't miss workouts;
- 2.) Strive to increase, personal bests, in the poundage you handle and do so with good form.

DON "THE RIPPER" ROSS ULTIMATE WORKOUT



The word ultimate is overused these days. So what makes this routine different? Well for starters ... it works!!

The Demise of the Three-Day Total Body Workout

In the early days of bodybuilding, it was discovered that strength and size gains slowed down if a muscle group wasn't given a day's rest before the next workout. For many decades, the best bodybuilders trained their whole body each of three days.

Their workouts took between one to three hours to complete. By the 1950's new techniques such as super-setting, and as more and more exercise equipment and techniques were invented, workouts got increasingly longer

By the 1960's bodybuilding champions were splitting their routines, doing half the first day and the other half the next. The routines continued to grow.

By the 1970's most bodybuilders split their routines over a three day period and many twice a day! It looked like the three day total body routine went the way of the horse and buggy. Only the beginner on his first workout was encouraged to train three alternate days a week.

The Re-Birth of the Total Body Workout

Throughout the last four decades, the total body routine would emerge, produce great results, then vanish. In the late 60's former IFBB Mr. Universe, Chuck Sipes, made a comeback to take a shot at the newly created IFBB Mr. Olympia title.

He abandoned his usual split routine that won him international titles in 1960 and 1961 and used a whole body routine. Using heavy weights and basic exercises he brought his bodyweight from 190 to a massively muscular 220 lbs. Sipes returned to the split routine to etch detail in his physique for the final product.

In the early 1970's, Nautilus inventor, the late, Arthur Jones, re-introduced the three day whole body routine. Mr. America, Casey Viator and others who trained under

Jones blasted through short, thorough workouts with a combination of machines and free weights.

For a short time, several champions reported rapid gains on these programs, but the test of time proved it to be a fad and the 'Nautilus principle' became a back page in bodybuilding history.

In 1972, completive bodybuilder Don "The Ripper" Ross made the quickest size gains in his entire bodybuilding career using a three-day a week whole body routine. He began training for the AAU Mr. World, which was four months away. Because of his schedule with school and lack of transportation he had only three alternate days a week to train.

He merged his split routine and trained his lower body in the morning, blasting non-stop. After a meal break, he concluded the workout with upper body work. He brought his bodyweight from 195 to 215 in just three months! The fourth month, he trimmed down to 210 and won his Class in the Mr. World, including Best Back, Best Chest, and Best Abdominals subdivisions.

In 1981, Dennis Tinerino used a total body routine to train for the IFBB Pro Mr. Universe. Dennis was in the best shape of his career and swept the title out from under the other top pro's who had out placed him in past competitions.

After the contest, Don caught a total body workout with Dennis and Bill Pearl. Bill enjoyed the workout so much that he continued using the whole body routine for a year and would revert back to it from time to time. Don wrote about the routine in Iron Man Magazine. Several prominent bodybuilders, adapted it as a solution to training around their busy schedule.

Still, the bodybuilding mainstream ignored this back cycling to the past and left it to the 'old timers'. Aside from Pearl and Tinerino, Don didn't hear about anyone using a total body routine again until 1984 when he first moved to Southern California.

AAU Mr. America, the late, Ray Mentzer and his training partner Mr. U.S.A. Benny Podda had added tremendous muscular bulk and trained with record poundage's using a three day whole body routine.

They utilized the Nautilus method of one or two sets until failure with forced reps and negative and combined it with powerlifting style Barbell: Bench Press and Squatting techniques. At 5'8", Ray weighed 290 with what looked like 23" arms. Benny at 5'5" weighed 250. Benny did full squats with 700 lbs. and Ray with 900 lbs.!

There were certain limitations to his routine, but rather than evolving it and seeking acceptance, he chose to retreat with his ideas.

Ray Mentzer's routine did contain the key to perfecting the total body routine – the use of primary and secondary days for each muscle groups. He was just two small steps away from the perfect routine!

The Ultimate Routine

The two disadvantages of the total body routine is they are either too long or too basic. The routine Don “The Ripper” Ross (“The Ripper” was the name Don used as a pro-wrestler) used for the Mr. World had to be split, divided by a two hour break. Even the best conditioned bodybuilder can only blast for two hours before they slow down and lose the intensity.

The Mentzer routine was short and intense, but too general. Each muscle group would receive one or two basic exercises. Ray believed that if you worked one movement of the muscle until absolute failure, the adjacent areas would respond.

This is partly correct. These areas get toned, but to achieve bodybuilding perfection in these highly competitive times, the muscles must be worked multi-anguarly, utilizing each movement of the limbs. This way, deep separation between the muscle groups are achieved.

Far more detail is etched by specific work. How can you work each muscle at every possible angle with a whole body routine and keep the workout short and intense? By the use of Primary and Secondary workouts.

Each workout starts with two muscle groups that you work multi-anguarly. This is a primary workout. The rest of your body gets a short maintenance (secondary) workout. The next two workouts begin with two muscle groups that received secondary workouts previously.

Each muscle group gets one multi-angular blasting workout and two short workouts a week. The result is thorough muscle stimulation, accelerated size and strength gains, and fewer injuries.

The Primary Workout

During the primary workout, you attack each aspect of the muscle, utilizing each movement it performs. Begin with the area that needs the most work. You may want to change the order of these exercises around each time you do a primary workout for that muscle. Some find they make better gains this way. Change prevents adaptation, resulting in progress slowdowns.

You can even change the exercises each time providing you substitute ones that simulate the same movement. Incline Barbell Presses can be substituted with Incline Dumbbell Presses or Incline Bent Arm Flys with dumbbells or pulleys, for example.

The first exercise is done using a **Inverted Pyramid** method. Begin with a weight you can use for 12 reps. Rest no more than 20 seconds and no less than 10 seconds. Drop the weight two or three increments and do a second set for as many reps as possible.

Lower the weight again and repeat. After stepping down to as many sets as you planned raise the weight and step back up in poundage's, stopping at each increment you used while stepping down. Do as many reps as possible each time.

By the time you return to your starting weight, you'll be down to one or two reps. You may even need a forced rep to do one. All the fibers in that aspect of the muscle will be worked thoroughly at the end of the **Inverted Pyramid**.

The second exercise will be **Singles**. This also is called Rest-Pause. Take a weight you can do two or three reps with. Do a strict, full rep. Rest ten seconds and do another. Continue until no more reps can be performed. This should give you 6-8 reps. If you fail at less than six, have a spotter give you forced reps to complete the set. Always use slow return movements.

Singles stimulate the strength of muscle and tendon. They produce solid muscle growth that stays with you even after a long layoff.

The third exercise will be done in **Step-Bombing** (or descending set) fashion. Begin with a weight you can do 6-8 reps with. Do as many as possible. Lighten the weight after about 10-20 second rest and rep out the next set.

Continue using less weight with each set, keeping the reps stable, until the prescribed sets are completed. This builds stamina, etches definition, brings out vascularity and provides growth producing intensity all at the same time.

The final exercise is **Rep-Outs**. Use a very light weight and do between 20-40 reps. This creates the ultimate pump, building networks of capillaries and cell mitochondria. Muscle building nutrients are force fed into each muscle cell. This is the winning combination which, along with your secondary workouts, provides new stimulation and incredible gains.

Secondary Workout

Use a weight you can perform 6-8 positive and 4 forced reps with. Have a spotter help you, if necessary, to complete 4 forced reps.

Do each movement explosively (working fast-twitch muscle fibers) and use slow return movements (working slow-twitch muscle fibers). Rest-pause 10-20 seconds between exercises.

If you don't have a spotter to assist with the forced reps then use one of the two following alternatives when doing a secondary exercise.

One Set Plus Fast Doubles –Using the Barbell Curl for example do one set of 6-8 reps. When you complete the last repetition of the set, put the barbell down. Rest-pause about 3-10 seconds and then do two more repetitions, rest-pause and do two more additional reps, rest-pause again and complete a final two reps.

50% Set– Use a poundage, on an exercise which will allow a set of 6-8 full exercise range of motion reps to be performed to absolute momentary positive failure. Rest-pause EXACTLY 60 seconds and perform a (same poundage) second set for at least 50% of the number of reps completed in the first set.

Another option when doing the **50% Set** is to do perform a 10 second negative during each of the 8-10 reps then take 20 deep breaths, and while doing so decrease the poundage by 25%.

Immediately do 20 second negatives (-) and 2 second or less positives (+) for 2-4 reps. Twenty seconds down is absolutely brutal.

Workout Part I – (Monday) **Chest and Arm**

Primary –

Incline Barbell Press – Inverted Pyramids – 4 steps down; 3 steps up.

Barbell Bench Press in Power Rack – Singles – 6-8 Reps.

Decline Dumbbell Fly – Step-Bombing – 4 sets.

Pec Deck – Rep-Outs – 2s x 30-40r

Dumbbell Curl – Inverted Pyramids – 3 steps down; 2 steps up.

Low Pulley Cable Curl – Step-Bombing – 4 sets (Superset with Wrist Curls).

Barbell Curl – Rep-Outs – 1s x 20-30r

Lying Triceps Extension – Inverted Pyramids – 3 steps down; 2 steps up.

Parallel Bar Dip w/weight – Singles 6-8 reps

Parallel Bar Dips are an excellent exercise for putting muscle size on your triceps and increasing your strength for the barbell: shoulder press and bench press.

Things to keep in mind when performing this exercise. First off, pick a dip bar with moderate width grips – not too wide, you’re working the triceps, not the pecs.

Secondly, keep your elbows in – not flared out, otherwise you’re putting too much emphasis on the pecs again, also keep your torso straight up and down and your head back. Use enough weight so that you are only able to squeeze out 6-8 single reps emphasizing the negative portion (5-10 slow seconds) on each rep

When you hit momentary positive (concentric) failure on the final maximum single effort (MSE) shoot for negative (eccentric) failure. Here’s how.

Still holding onto the dip bars, immediately jump up (or receive some sort of assistance) so that you are in the up position – descend slowly – taking at least 10-15 slow seconds on the negative. Continue with this until you can no longer do the slow negatives for the specified time.

Close-Grip Barbell Bench Press – Step-Bombing – 4 sets.
Dumbbell Kickbacks – Rep-Outs – 1s x 20-30r

Secondary –

Machine Leg Press – 1s x 6-8r + 4r Forced.
Seated Calf Machine Heel Raise – 1s x 10r + 8-10r Forced
Pull-downs to Chest – 1s x 6-8r + 4r Forced
Bent-Over Dumbbell Lateral Raise – 1s x 6-8r + 4r Forced
Ab Crunch – Rep-Outs – 1s x 30-40r

Workout Part II – (Wednesday)

Shoulders and Back

Primary –

Dumbbell Lateral – Inverted pyramids – 3 steps down; 2 steps up.
Barbell Press Overhead – Singles – 6-8 reps.
Bent-Over Lateral – Step-Bombing – 4 sets.
Barbell Standing Front Raise – Rep-Outs – 2s x 20r

Pull-downs to Chest – Inverted Pyramid – 4 steps down; 3 steps up.
Bent-Over Dumbbell Row – Singles – 6-8 Reps.
45° Seated Row – Step-Bombing – 4 sets.
Straight Arm Barbell Pullover – Rep-Outs – 2s x 20-30r

Secondary –

Barbell Shrug – 1s x 6-8r + 4r Forced
Incline (Low Pulley Cable) Fly– 1s x 6-8r + 4r Forced
Vertical Barbell Curl – 1s x 6-8r + 4r Forced
Triceps Pushdown – 1s x 6-8r + 4r Forced
Machine Hack Squat – 1s x 6-8r + 4r Forced.
Machine Leg Curl – 1s x 6-8r + 4r Forced
Donkey Heel Raise – Rep-Outs 1s x 20-50r
Prone Hyperextension – Rep-Outs – 1s x 20-40r

Workout Part III – (Friday)

Quads and Calves

Primary –

Machine Leg Extension – Inverted Pyramid – steps down; 4 steps up.
Machine Leg Press – Singles – 6-8 reps.
Machine Hack Squat– Step-Bombing – 4 sets.
Barbell Back Squat – Rep-Outs – 1s x 40-60r

Standing Calf Machine Heel Raise – Inverted Pyramid – 4 steps down; 3 steps up.
Seated Calve Machine Heel Raise – Step-Bombing – 5 sets.

Secondary –

Pec Deck – 1s x 6-8r + 4r Forced

Barbell Upright Row –. 1s x 6-8r + 4r Forced

Pulldowns to Front Of Neck – 1s x 6-8r + 4r Forced

Incline Dumbbell Curl –. 1s x 6-8r + 4r Forced

Triceps Pushdown – 1s x 6-8r + 4r Forced

Barbell (palms up) Wrist Curl –. 1s x 6-8r + 4r Forced

Superset:

Crunch – Leg Raise – Rep-Outs 1s x 20-50r

Prone Hyperextension – Rep-Outs – 1s x 20-40r

ROTATION FOR RECUPERATION



Frank Catta a top tier contest entering and winning bodybuilder back in the day POPULARIZED the **'ROTATION FOR RECUPERATION'** Every-Other-Day Split Workout.

The question – “How frequently should I train?” is asked perhaps as much as any question related to bodybuilding, weightlifting, and sports training in general. Training frequency dosage varies greatly from individual to individual so the truth is there is no pat answer.

It all depends on your genetics, physical condition, what activity you are talking about or undertaking (i.e. cardio, bodybuilding, specific sports training, etc.). The intensity level you use in your training also is a very important factor in determining training frequency. You can, and many do, train with such intensity and frequency they actually do more harm than good.

Performing the same exercises every day is perhaps one of the most undesirable methods of training you can undertake, let alone the obvious fact that the same thing every day becomes boring. Still, bodybuilding coaches and personal trainers all over the country have been known to work their clients,

(I prefer to call them STUDENTS instead of clients. There's a BIG difference. Clients are the customers of accountants, lawyers and those trained in specialized fields remote from your own interests and experiences.

After several visits to a lawyer or an accountant, you'd never be expected to practice law yourself, or do your company's bookkeeping. A student is learning how to do it himself. I expect a student to eventually graduate...to become their own expert in bodybuilding.), in this manner. It kind of has to do with the neurosis that most bodybuilders develop when weight training, if a little is good more will be better.

One of the most basic concepts for muscle and strength building is working a muscle to a certain point through intense and progressive resistance and then... allowing sufficient time for complete recuperation before continuing the process. This process allows for muscular as well as strength gains. Not allowing adequate time for nutrient build up, rest and recover has a negative effect on the body.

That being said, any training for cardiovascular fitness will definitely require more in the way of training and time than what is required for muscle building, even though the heart is a muscle. In a perfect world a good combination of both cardiovascular and muscle building are advantageous. But, even for cardiovascular training, sufficient time must be given for recuperation. Since we do not live in a perfect world we usually see two groups of trainers; the ones concerned with their cardiovascular fitness and the ones concerned with their muscular development.

Because there is a definitely difference in methods for training as well as frequencies for various sports, cardiovascular, strength, power lifting, weight lifting, and bodybuilding, We'll focus more on bodybuilding.

Beginners will find, on average, the best results (per Author Jones) are obtained when following a full body workout three non-consecutive days (Monday-Wednesday-Friday) per week adapting two exercises for each muscle group each workout session.

After approximately six weeks, as the body becomes adjusted and conditioned, a widely used method of four sessions per week working each muscle group twice a week is implemented (the major drawback of this method is training two consecutive days which makes tremendous inroads into the various chemical and muscle recovery abilities of the body).

After six to eight weeks using the above training scheme many bodybuilders will often split up their workouts into one day for upper body and another for lower body on consecutive days, Monday thru Saturday/Resting only on Sundays, for about two months. At the conclusion of this stage, a dedicated bodybuilder has become adjusted to training and a great many directions can be taken in setting up another workout schedule.

At this point individualism comes into play when developing the next phase of training. A much better alternative to the Upper Body / Lower Body training scheme would be to use the '**Rotation for Recuperation**' workout (i.e. Every-Other-Day Split Routine).

Here's how it looks:

1st DAY-W/O "A": THIGHS, CALVES, BACK, BICEPS, FOREARMS
2nd DAY-COMPLETE REST

3rd DAY-W/O "B": CHEST, DELTS, TRICEPS, ABS
4th DAY-COMPLETE REST

5th DAY-W/O "A": THIGHS, CALVES, BACK, BICEPS, FOREARMS
6th DAY-COMPLETE REST
7th DAY-COMPLETE REST

Beginning the 1st day of the following week you will do **Workout "B"**: Chest, Delts, Triceps and Abs and so on as per the outline above for about 10-12 weeks.

Here's a sample workout of the above '**Rotation for Recuperation**' or Every-Other-Day Split workout:

WORKOUT "A":

Thighs:

Barbell Back Squats	4s	x	6r
45° Non-Lock Leg Press	2s	x	6-8r
Machine Leg Curls	2s	x	8r
Machine Leg Extensions	2s	x	8r

Calves:

Machine Standing Heel Raises	3s	x	6-8r
Machine Seated Heel Raises	2s	x	6-8r
Donkey Heel Raises	2s	x	6-8r

Back:

Semi-Stiff Legged Barbell Deadlifts	3s	x	6-8r
Wide Grip Pullups	3s	x	6-8r
Seated Long Cable Pulley Rowing	2s	x	6-8r

Biceps:

Standing Barbell Curls	3s	x	6-8r
Preacher Bench Dumbbell Curls	2s	x	6-8r

Forearms:

Standing E-Z Bar Reverse Curls	2s	x	6-8r
Seated Barbell Wrist Curls (palms up)	2s	x	6-8r
Seated Barbell Wrist Curls (palms down)	2s	x	6-8r

WORKOUT "B":

Chest:

Barbell Bench Press	3s	x	6-8r
Incline Dumbbell Flyes	2s	x	6-8r
Incline Dumbbell (non-lock) Press	2s	x	6-8r
One-Dumbbell Pullover (across bench)	2s	x	6-8r

Delts:

Standing Barbell Press Overhead	3s	x	6-8r
Standing Dumbbell Lateral Raises	2s	x	6-8r
Standing Barbell Upright Rows	2s	x	6-8r

Triceps:

Close-grip E-Z Bar Bench Press	3s	x	6-8r
Triceps (non-lock) Pushdowns	2s	x	6-8r
Parallel Bar Dips	2s	x	6-8r

Abdominals:

Hanging Knee Pull-Ins (hold a dumbbell between the feet)	2s	x	6-8r
Incline Ab Bench Bent-Knee Situps (hold a barbell plate on chest)	3s	x	6-8r
Abdominal Floor Crunches (hold a barbell plate on chest)	2s	x	6-8r

**12 Points to Remember About the 'Rotation for Recuperation'
Every-Other-Day Split Routine**

1. Use 3-4 exercises per muscle group (in order to blitz the muscles from a variety of stress angles), doing at least one compound movement first and then isolation exercises after that.

Over the course of 10-12 weeks use as many pieces of exercise equipment Nautilus machines, barbells, dumbbells, pulley and expander cables, etc that you have at your disposal for a particular muscle group.

2. Do a total of 8-10 sets for the large muscle groups such as the Legs, Back and Chest and 5-7 sets for all other muscle groups. Always do a warm-up set of the first exercise for a muscle group. The warm-up does not count as a regular set.
3. Use a poundage heavy enough to restrict your reps to a minimum 6 and a maximum of 8 per set. If you are striving for 8 reps, that rep must be so intense that you know you couldn't do 9.
4. Do the reps at a moderate rate of speed and always lower a weight 2 times slower than you lifted it. For example if it takes 2 seconds to raise the weight then, take 4 seconds to lower it.
5. Rest-pause one minute between each set. Ten to 15 seconds prior to the next set, close your eyes and mentally recreate in your mind's eye all the exercise mastery techniques that will be necessary for the successful completion of each gut-wrenching rep.
6. Use the Iso-tension technique, contracting the muscles as hard as possible for 2 seconds at the peak contraction of the movement. This technique works well for such exercises as:

Muscle Groups	Exercises Which Provide Resistance in The Contracted Position
Quads	Barbell: Back Squats Front Squats Machine: Leg Extensions Leg Press Smith Squats
Hams	Machine: Leg Curls (Standing / Laying)
Calves	Calf Machine: Heel Raises (Standing / Seated)
Traps	Barbell High Pulls Haney Barbell Shrug / Rows
Lats	Barbell / Dumbbell: Rows Lat Machine Pulldowns Seated Low Pulley Cable Rows Pullups (Palms Facing Forward)
Chest	Barbell / Dumbbell: Bench Presses Pulley Cable Crossovers Parallel Bar Dips Pec Deck
Delts	Barbell Press Overhead Dumbbell Lateral Raises (Front / Side / Rear) Low Pulley Cable Lateral Raises
Biceps	Barbell Curls Chin Ups (Palms Facing) Dumbbell Concentration Curls Incline Dumbbell Curls Low / High Pulley Cable Curls
Triceps	Close Grip Barbell Bench Press Lat Machine Triceps Pushdowns Parallel Bar Dips Barbell / Dumbbell: Triceps Extensions
Forearms	Barbell (Palms Up) Wrist Curls
Abs	Crunches Swiss Ball Crunches

7. Very occasionally do a couple of forced and/or negative reps at the end of a set to stimulate a muscle that might need a little jolt but please don't make a habit out of it. Stay away from super-sets, tri-sets and giant sets etc.
8. Rest is of vital importance. Try to get at least 8 hours sleep a night, but never more than nine, as you may become sluggish.
9. Relaxation is as important as sleep. Three hours of total relaxation can be equivalent to a full night's sleep.

10. The Every-Other-Day Split Routine has been designed to overload specific muscle groups on particular days, with adequate intervals of rest provided for, so please do not change what has been set up for you (unless otherwise advised), as you may become over trained and possible injury yourself.

11. Take a 7 day lay-off every 10-12 weeks of hard training.

12. Begin a new 'Rotation for Recuperation' Every-Other-Day Split Routine.

1st DAY-W/O "A": CHEST, BACK, BICEPS, FOREARMS
2nd DAY-COMplete REST

3rd DAY-W/O "B": THIGHS, CALVES, SHOULDERS, TRICEPS, ABS
4th DAY-COMplete REST

5th DAY-W/O "A": CHEST, BACK, BICEPS, FOREARMS
6th DAY-COMplete REST
7th DAY-COMplete REST

Note: For a change of pace rotate out some of the exercises from the previous routine and include some new ones. For example when doing back work you might rotate out Seated Long Pulley Cable Rows and replace it with say the Barbell Shrug.

For the thighs you might replace the Barbell Back Squat with Hack Machine Squats etc.

In the case of the biceps you were only doing 2 exercises so you might add the One-Dumbbell Concentration Curl as a finishing exercise for 2 sets X 6-8 reps.

I briefly mentioned (read point #4 above) to always lower a weight 2 times slower than you lifted it. Why? Because it is important for the mind and body to learn form and technique, raising and lowering the weight slowly and smoothly as a means to prevent bouncing and jerking (which can result in possible injury).

This is far more important than how much weight is to be used. It is also important to gradually work the muscles and coax them into knowing how they should respond to an exercise. This changes as one becomes more advanced.

An advanced bodybuilder constantly tries to avoid having a set pattern in which the muscles are so aware of a movement they will actually fail to respond. Constant change and demand needs to be placed on the muscles once a person reaches advanced stages of training. At this point training frequency varies greatly from one person to another.

Most non-genetically gifted bodybuilders attempting to add muscle mass will do well to work each muscle group only one time per week. Some may experience success with twice a week but that should be the maximum number of sessions while trying to add mass and strength. In the quest for gains and progress, most will fall into the

trap of thinking more is better and believe me, nothing and we do mean nothing, is farther from the truth.

Perhaps one of the very best suggestions I can make is to leave each workout session while you still have some fuel in your tank so to speak. If you train each session to total failure and complete exhaustion you can't expect to gain.

It's impossible. You simply can't run your body into a negative zone each and every session and expect to see results. As the great 8X Mr. Olympia Lee Haney said; "Stimulate not annihilate!"

Larger muscles can be worked more times, longer, and harder than smaller muscles. By large muscles I am referring to the back, legs, and chest. Smaller muscles consist of biceps, triceps, neck, and delts.

The exception to this rule are the calves and forearms which can be worked with more frequency (than listed previously in the Every-Other-Day Split Routines) as they are what some may term high density or slow twitch muscles.

They are used constantly all day long and are accustomed to work. In order for them to respond you need to provide more stimuli than for other muscle groups. This means frequency can be increased as can intensity. Recuperation however, must also be provided to ensure muscle gains.

In the previous paragraph you may have noticed I did not mention the abdominals; this was not an oversight as the abs may not need near the amount of training frequency that most people give them.

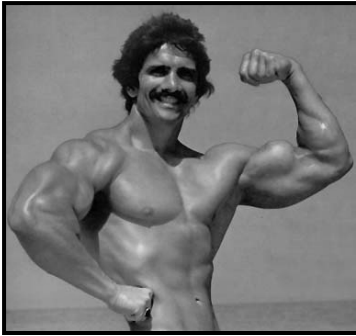
(Personally I enjoy multi sessions of ab work each week) Diet is the main component for reducing the abdominals and you can train them with less severity and frequency if you do two things:

1. Follow a good total body training program.
2. Adhere to a strict diet. If you follow these two points you can develop a well defined midsection while training the abs only three to four times per week. It is not nearly as difficult to have your abs show if you will just lose the fat.

The late Mike Mentzer declared on many occasions that recovery always must proceed muscle growth. The central nervous system of body requires a minimum of 48 hours to fully recover after exercise, sometimes even longer, say 72-96 hours.

Muscle recovery on the other hand can happen somewhat more quickly. A good rule of thumb to follow is: If you're even slightly sore, you're not ready to train that muscle group again. Once again however, since no pat answer as to frequency exists, you will have to experiment as everyone is different.

You probably don't want to go more than 96 hours (four days) without attacking the same muscle group again, as it is a little outside the recovery zone, although Mike Mentzer had some of his clients training once every 7 to 11 days.



Timing too infrequently results in less than desired muscle gains or no gains at all which is exactly the same for training too frequently. So here you have the flip side of the coin. Train but don't train too much or too often.

All this being said one still needs to determine what activity the training is to be used for, sports – and each one requires a different frequency, powerlifting, weightlifting, bodybuilding, etc.

Even though the frequency will differ as will the intensity and workout program; genetics, recuperation, age, experience, diet, all will have a direct impact and need to be evaluated to determine the best program to be followed.

Frequency of training can best be determined when an individual learns through experimentation what works best because what works best is not the same for everyone. Recuperation is the most important gauge in determining training frequency, if you can't recuperate... you can't build muscle and it's that simple.

ROTATION FOR RECUPERATION MODIFIED



Here's an additional viewpoint, by bodybuilding photo journalist Garry Bartlett, on how the Rotation For Recuperation can be modified by adding a couple of (Carry-Along) sets for the muscle groups that are not trained the day you do the alternate schedule.

MONDAY:

Chest, Triceps and Deltoids

Chest:

Barbell Bench Press	4s	x	8r
Incline Dumbbell(s) Press	4s	x	10r
35° Incline Dumbbell Flye	3s	x	10r
One Dumbbell Pullovers	3s	x	12r
-Lay lengthwise on flat exercise bench			

Triceps:

Standing Close Grip E-Z Bar Triceps Extension	3s	x	8r
Lying E-Z Bar Triceps Extension	3s	x	8r
Triceps Pushdowns (Lat Machine)	3s	x	10r
Reverse Bench Dips (with feet up)	3s	x	15r

Deltoids:

Smith Machine Press behind Neck	3s	x	8r
Seated Dumbbell Lateral Raise	3s	x	10r
Seated Dumbbell Press' Overhead	3s	x	8r
Bent-Over Dumbbell Lateral Raise	3s	x	10r

ADDITIONAL WORK TO AREAS NOT TRAINED

Thighs:

Barbell Back Squats	2s	x	15r
Light weights			

Back:

Wide Grip Pullups to Front	2s	x	12r
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Biceps:

Seated Dumbbell Curl	2s	x	12r
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Wednesday:

Back, Biceps and Thighs

Back:

Lat Machine Pulldowns behind Neck	3s	x	9r
Bent-Over Barbell Rowing	3s	x	8r
Seated Cable Row	3s	x	8r
Close-Grip Pulldowns to Front of Neck	3s	x	10r

Biceps:

Standing Barbell Curl	3s	x	8r
Seated Incline Dumbbell Curl	3s	x	9r
Scott Bench EZ Barbell Curls	3s	x	8r
One Dumbbell Concentration Curl	2s	x	12r

Thighs:

Smith Machine Back Squat	5s	x	12r
Donkey Heel Raise	5s	x	12r

ADDITIONAL WORK TO AREAS NOT TRAINED

Chest:

Barbell Bench Press (light, go for pump)	3s	x	12r
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Triceps:

Parallel Bar Dips	2s	x	15r
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Deltoids:

Dumbbell Press Overhead	3s	x	12r
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Friday: REPEAT MONDAY'S ROUTINE

Tue-Thur-Sat- Sun: REST & RECUPERATION

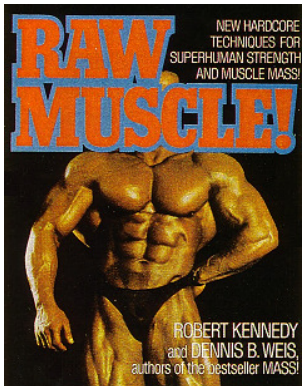
Monday: (Now you start with WEDNESDAYS ROUTINE and repeat the cycle alternating routines each week).

You only perform three workouts a week. Actually everything is trained 3 times a week but the last three parts are only worked partially, just enough to simulate the area with a little blood to help muscle growth and recuperation. One week three areas are trained hard for two workouts plus a partial day. The next week the same area is trained for two partial days with one full day.

The idea is to never do the same two schedules in a row and to continue alternating workouts so that each week the routines are reversed.

This system because it is a great way to train when you want gains in muscle mass and size without having to train more than 3X per week. Let's face it, there comes a period when we don't have all the time to devote hours upon hours to training anymore but still want gains. Give this routine a try for 90 days you will be impressed with the results.

MY POINT-OF-VIEW INSIGHTS REGARDING . . . THE ROTATION FOR RECUPERATION SYSTEM



Within the pages of my 1989 released for publication book, Raw Muscle, I shared my point-of-view insights in . . .

Chapter 8-THE ALPHA ZONE CONCEPT Factor 4: Systems Of Training, regarding **The Rotation For Recuperation System**.

Here is a look back at what I said about it.

The **Rotation For Recuperation System** divides the muscle groups into 3 separate and distinct classifications.

Classification 1 includes the muscle groups of the chest (major) and the deltoids and triceps (minor).

Classification 2 includes the thighs (major, quadriceps) and the calf (minor, gastro and soleus) and abs (minor).

Classification 3 includes the back (major; trapezius, latissimus, and spinae erectors) thighs (major, hamstrings) upper arm biceps, and the forearms (minor).

At first glance these classifications may appear to be the popular push/pull system of training.

Technically a muscle does not push but in fact pulls, according to books written on kinesiology and exercise physiology. To simplify the term push/pull, the reference is really made with regard to the exercise selected (pushing or pulling) rather than to the designated muscle group(s) themselves.

The rotation for recuperation system classifications are a carefully planned anti-stress grouping of the ratio of major to minor muscle groups in a particular day's training schedule. The training frequency follows the **1 day on/1 day off** sequence.

MONDAY: CLASSIFICATION 1

CHEST, DELTOIDS, TRICEPS

CHEST

Low 30°-40° Incline Barbell Press to Neck – On this exercise, use a “false grip”, where the thumb is not wrapped around the bar. Use hand spacing on the bar that will allow the forearms to be parallel. Try to keep your elbows back toward your ears as you lower the bar to your neck. If you opt to use dumbbells rather than a barbell, make sure your palms face each other throughout the entire repetition and that all 4 parts of the bells touch at the peak contraction phase of the movement.

Low 30°-40° Incline Dumbbell Flyes

Wide 33-inch Grip Gironda “Pec” Parallel Bar Dips

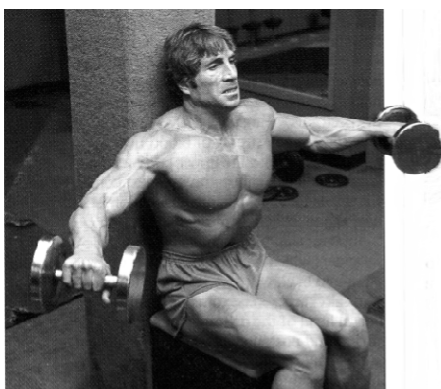
The three exercises above are designed to create an illusion of thickness and width across the upper pectoralis muscles.

DELTOIDS

Seated Press Behind the Neck – Use a “false grip” and a hand placement that will allow the forearms to be parallel. On this exercise, press the barbell in non-lockout fashion to only 4-6 inches above the top of the head. Lower the barbell to the rear (posterior) delts.

Barbell Upright Rowing – On this exercise it is important to use a shoulder width grip to ensure working the lateral (medial) segment of the deltoid, as opposed to a narrow grip, which tends to work the frontal delts. The barbell is then pulled up and 10 inches in front of the upper torso to eye level.

Double-Pump Dumbbell Lateral Raise – This exercise consists of a two-part set where 50 percent of the reps are done in a seated upright position and 50 percent of the reps are completed in a seated bent-over position.



PART 1: Seated Dumbbell Lateral Raise

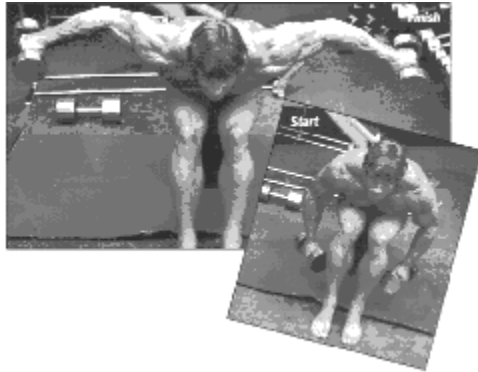
Sit on the end of a flat exercise bench and with the legs together. Hold a dumbbell in each hand with a “false grip” (not shown in the photo).

Bend the upper torso from vertical enough so that all 4-edges of the dumbbell(s) touch underneath the legs. This is an ideal starting position to keep muscular stress on the medial (middle) deltoid. The elbows are slightly unlocked to relieve existing joint pressure.

Begin: As you begin to simultaneously raise the dumbbells outward and up (in an arch) by pure deltoid power (from 30° below shoulder level to 15° above shoulder level (or 2 inches past the ears) the upper torso needs to assume a near vertical posture.

To ensure that you are working the lateral or side deltoid, point the front of the bells slightly downward as you reach the crucifix position of the movement. This will isolate the lateral delt without letting the anterior or front delt kick in.

It is important that you follow this instruction because this exercise is instrumental in bringing to prominence or giving the illusion of greater shoulder width.



PART 2: Bent-Over Dumbbell Lateral Raise

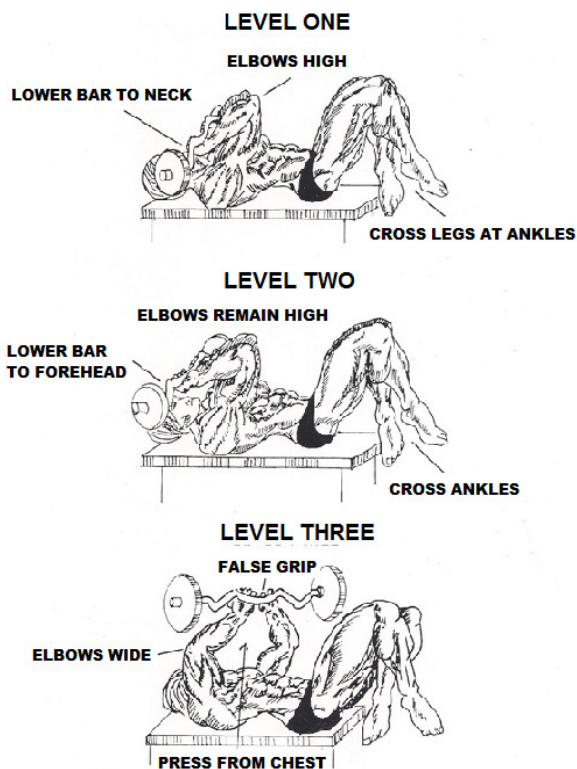
After you have successfully completed the first 50 percent of your repetitions in the Seated Dumbbell Lateral Raise, immediately bend over again so that the upper torso and legs form a right angle. Maintain this posture throughout the movement.

Don't swing the dumbbells; in fact, you will want to mentally stop their movement about 50-60 percent below a position parallel to the floor.

The Double Pump D-Bell Lateral Raise will create an illusion of width in the lateral portion of the deltoids. For most your deltoid exercises, 40 percent of your sets should accent the lateral (medial) and 40 percent the rear (posterior) delts.

Only 20 percent of delt work should accommodate the frontal (anterior) delt, as this is developed quite efficiently with most pressing movements for the chest and deltoids.

TRICEPS



3-Way Atomic E-Z Bar French Press Lying supine on an exercise bench, take a “false grip” with a 6 inch hand spacing on an E-Z curl bar. Keep your elbows pointed toward the ceiling as much as possible:

Level 1- lower the barbell to neck and or behind the top of your head until the bar touches the bench surface. This should be done for the 1st one-third of the reps. Now immediately do . . .

Level 2- lower the barbell to the forehead for the 2nd one-third of the reps and immediately finish with . . .

Level 3- lower the bar down to the chest in a close-grip bench press fashion for the final 1/3rd of the reps.

These 3-way reps are to be performed in a nonstop transition and complete 1 set. This particular exercise works the low triceps area.

Lat Machine Push-Downs – In a kneeling position to accommodate pure isolation, take a “false-grip” of 8-10 inches. The heel of the hand should be lower than the bar, which can be accomplished by rotating the back of the hands toward the top of the forearms. Begin the bar at the collarbone and smoothly press the bar to lockout. This exercise works the outer/lateral head of the triceps.

WEDNESDAY: CLASSIFICATION 2

THIGHS (Quadriceps), CALVES AND ABS

QUADRICEPS

Leg Extensions – Begin this exercise by performing only the final 15° to a peak tension (works the vastus medialis, which is a protective muscle around the knee joint), then finish off with 15-20 full-range reps.

45° Leg Press – On this exercise you can position your feet so that your heels are off the foot pad or platform, and you will work the vastus medialis if you assume a narrow foot placement. Reverse your foot position, where the heels remain in contact with the foot pad or platform with the toes overextending, and the intramuscular tension will be felt in the high upper quads.

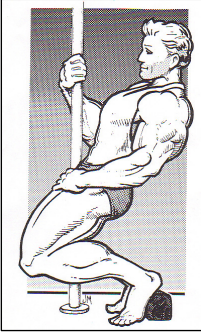
Non-Lock Barbell Hack Squats – This particular exercise can be used in place of the previous exercise. Begin by holding a barbell at arm's length, with the bar tucked in against the back of your upper thighs where the buttocks meet. Your back should be straight, and your heels should be elevated on a 2.5 – 3 inch block and approximately 11-12 inches apart. Your knees should be spread about 16-18 inches apart.

As you squat down, allow the barbell to carry itself forward under the thighs to ensure the deepest of squats. When you are in a full squat position, the thighs should be in at least a parallel or horizontal position.

This, of course, will be determined in part by the elevation of the heels and the diameter of your barbell plates (45-pound Olympic plates as opposed to the standard 25-pound barbell plates). As you near the completion of the squat, do not lock or straighten out the thighs completely at the top position. Go to a three-quarters lockout position on each and every rep.

If you plan on doing this exercise for high reps and you suspect that your grip will be the weak link, you should consider using a pair of lifting straps or, better yet, Meeko Power Grips.

(The **Hack Squat** was named for George Hackenschmidt, who popularized the exercise. He learned about its value in the 1890s from a Dr. von Krajeski, who began using the exercise around 1875. This bit of bodybuilding history was shared with me by my friend and bodybuilding historian, the late Charles A. Smith of Austin, Texas.)



“Muscle Beach” Sissy Squats – Place your feet approximately 18 inches apart. Rise up on your toes (this can be done by placing a 4” x 4” block of wood under your heels) and slowly lower into a squat position. At the same time you must lean back as far as possible, making sure that your upper torso and thighs are in a straight line or in the same plane, with the knees moving forward.

If your performance of this exercise is hampered by loss of balance, **lightly** hold on to a post or some other stationary support such as the back of a chair. Maintain **continuous tension** with absolutely no pause at all during descent and ascent.

Or

Barbell Front Squats – Employ a Plié -style stance where your heels are 18 inches apart and your toes are rotated outward to 45°.

CALF

Here is a 6 day routine which will jump start your calf growth.

M-W-F

- a) **Seated Calf Machine:** 5s x 9-12r
- b) **Donkey Heel Raise:** 5s x 15-20r
- c) **Standing Calf Machine:** 5s x 30r

Tu-Th-Sa

- a) **Single-Legged Heel Raise:** 5s x 20r
(This exercise is normally done with a dumbbell held in one hand while standing with one foot on a wooden calf block or stair step.)
- b) **Five 50 yard wind sprints on your toes**

In addition to this workout do bodyweight-only one-legged heel raises at 5 other times during the day if you can manage it. With a shoeless foot and standing on a wooden calf block or stair step do 25 reps for each leg and then immediately without any rest do 20 reps for each. Remember to do this 25/20 sequence four more times during the day, each sequence done preferable an hour apart from the other.

If you can't find the times available to do the sequences then I would suggest you do just one set of bodyweight-only two-legged heel raise for as many continuous reps as you can. This might run into a hundred reps and more. Do this a few hours apart from the exercises (a & b) listed above. You will find that several weeks on this six day a week workout will do a great deal to promote the growth you are looking for in your calves.

ABS

To summarize - you probably already know enough about abdominals to develop great ones IF you will work and think. Find the program (**See the ab program next. Give it a go.**) that suits you, dig into it on a long range basis and you cannot fail to be pleased with the results. Great abdominals are rare today but their possession sets a warrior bodybuilder apart from the also-ran-crowd.

Slam Training Ab Workout

Here is a slam training routine for the abdominals that will maintain their existing level of development and beyond.

Exercise

No. 1 - Reverse Trunk Curl

3 sets x 15 reps – Hold 5, then 10

No. 2 - Floor Crunches

1 set x 25 reps – Hold 5 seconds

1 set x 20 reps - Hold 5 seconds

1 set x 15 reps - Hold 5 seconds

No. 3 - Alternate Elbow to Knee Twisting partial Crunch

2 sets x 40 reps each side

Technique-Emphasis

Reverse Trunk Curl

Lay back on a flat exercise bench

Reach overhead and grip the end of the bench

Cross your legs and bring your thighs so they are perpendicular to your body.

Without swinging your body, use your abs to lift your trunk (butt) off the bench approximately 8 inches. This is considered the “up” or “contracted” position. Breathe out at “up” position.

Slowly lower your trunk (butt) to within 1 inch of the bench surface. This is one rep.

Breathe in and begin again doing 4 more reps. Upon completion of the 5th rep (“up” position) hold for a 5 second count. Do 10 more reps and hold in the (“up” position) for a 10 second count. This completes one set. Do two more sets in the manner described/

Floor Crunches

Standard crunch

After performing 25 reps, hold the (“up” position) for a 5 second count.

Do 20 more reps- hold for a 5 second count.

Do 15 more reps – hold for a 5 second count.

Rest

Alternate Elbow to Knee

Twisting Partial Crunch

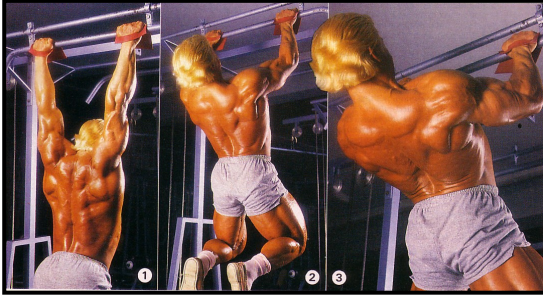
This is simple a Floor Crunch with an alternating elbow to knee sequence thrown into the mix.

Follow the Slam Training Ab Workout every other day!

FRIDAY: CLASSIFICATION 3
BACK, THIGHS (Hamstrings), BICEPS AND FOREARMS

BACK

OPTION 1



Wide-Grip Pull-Ups – Use a “false grip”; throw your head back and really arch the back as you try to touché the bar to your lower pec line. Lower slowly and distend the scapulae (shoulder blades).

Stiff-Legged Deadlift – Use a “false grip” (thumbs over the top of the bar) with the knuckles forward and a wide hand spacing.

Wide-Grip Barbell Bent-Over Rowing

OPTION 2

Barbell Shrugs – These work the upper traps. Immediately after you have finished this exercise and without releasing the bar, begin doing:

¼ Lockout Deadlift – This valuable exercise is a favorite of former 3X Mr. Olympia Frank Zane and works the muscles of the scapulae and the mid-erector muscles of the back.

Because of the unique arrangement, the two above exercises should be performed in a power rack.

Hyperextensions – Do only the ¼ top range of this exercise.

¼ Stiff-Legged Deadlifts – Begin your repetitions by doing only the first quarter of the pull off the floor.

OPTION 3

SUPERSET

Straight-Arm Lat Pull-Down – This exercise is performed by gripping a lat bar at shoulder width and stepping back from the lat machine until your arms are locked out in front of you at eye level. This starting position appears very similar to a barbell front arm raise.

Now you simply pull the lat bar straight down, remembering to keep your arms locked, until the bar touches the front of your thighs. Then return to the starting position.

Seated Back Supported Pull-Down to the Sternum – On this exercise you will use the regular overhead lat machine. Lean back at approximately 45° as you pull the bar to the sternum. You can accomplish this by placing an incline bench in front of the lat machine.

SUPERSET

Straight-Arm Lat Pull-Downs
Seated Horizontal Low Pulley Row

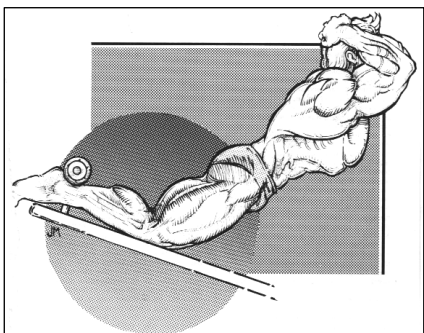
HAMSTRINGS

Leg Curls – Too little emphasis is placed on this muscle group. Some bodybuilders do 15-20 sets for such muscle groups as the arm biceps and frontal thighs for example, but perform a maximum of 3-5 sets for the hamstrings. This is really a shame, because it is nearly impossible to overdevelop this muscle group.

The advanced bodybuilder is fully aware that leg curls can be performed on different types of leg curl apparatus, and if these are not available, then holding a dumbbell between the feet usually suffices.



There is another novel way of doing this exercise and I have not seen a bodybuilder do it since Randy Watson used it in his preparatory training for his AAU Junior Mr. America win in 1963.

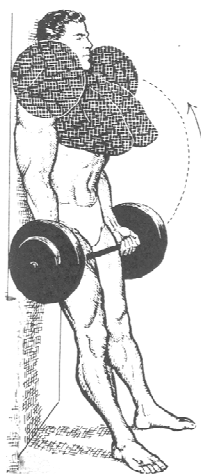


The exercise is done by lying prone on an adjustable sit-up board, with your feet SECURED to the foot end of the board.

You now begin to curl your body from the knees up with pure leg biceps strength alone. To begin with, you may have to initiate each rep by pushing off with your hands. At approximately the halfway position of this exercise you will appear to be in a kneeling upright position.

BICEPS

OPTION 1

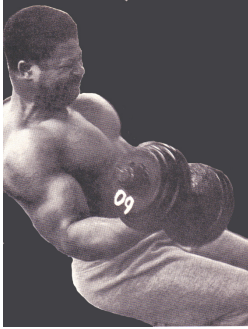


Barbell Curl Leaning Against a Wall – On this exercise, do 2 burns at the top of each rep and 6 burns on the last rep. This in itself won't be that easy because on your last rep you must do a 10-second negative.

45-50° Incline Alternate Dumbbell Curls – As you initiate the actual curl, be sure to pull the elbow up so that it is parallel to the floor so that you can do a 2-second peak contraction at the top of each rep.

Some bodybuilders argue that pulling the elbow this way activates the frontal deltoid. They are quite right, but it will matter little in ratio to the tension created in the biceps from the peak contraction. Be sure to lower the dumbbell slowly to a dead hang position on each and every rep.

OPTION 2



SUPERSET

Seated Upright Alternate Dumbbell Curl Scott Barbell Curls

Low Incline Dumbbell Curls

Finish off the biceps routine with 2 sets of 3 reps in the 1-arm dumbbell curl. After you do 3 regular reps, grab the wrist of the curling arm and cheat up 3-4 more reps.



SUPERSET

Reverse Scott Preacher Curls – On this exercise, use the regular prone grip and curl the bar up to your collarbone. As you lower the barbell, lean back to stretch the brachialis and forearm.

<Dumbbell Wrist Curl with Upper Arm Parallel [With upper arm parallel] –The late Chuck Sipes, an IFBB bodybuilding superstar, originated and taught this unique exercise to “The Blond Bomber” Dave Draper (www.davedraper.com). This exercise obviously worked very well for both Sipes and Draper. I suggest you give this **Almost Secret** exercise a go. **Do these 2 exercises for 3-5 series.**

The rotation for recuperation method of training can also utilize the every-other-day split system, which will allow for 24 hours of rest between workouts and 72 to as much as 96 hours of rest between workouts for the same muscle group.

Each muscle group is worked directly 4 times per month, with 12 days to recuperate.

Here is a brief outline of the every-other-day split system.

MONDAY Classification 1: Chest- Delts-Triceps
TUESDAY Total Rest
WEDNESDAY Classification 2: Thighs (Quadriceps), Calves-Abs
THURSDAY Total Rest
FRIDAY Classification 3: Back-Thighs (Hamstrings), Biceps-Forearms
SATURDAY AND SUNDAY Total Rest

This particular version of the Every-Other-Day Split system requires borrowing one day from the next week in order to get through all the major and minor muscle groups twice.

Regardless of which version of the rotation for recuperation method you decide to use, both lend themselves quite well to volume training. You can design your own workouts with different intensity factors for the major and minor muscle groups based on your own unique physical limitations.

The number of exercises and sets you choose to perform for the major and minor muscle groups will depend on whether or not you are an intermediate or an advanced bodybuilder. The rep pattern will be governed on whether the exercise is of the general or isolating type.

After every 10-12 weeks of training on the **RFR** system, take a 7-day complete layoff from training. Appropriate and timely layoffs from training will have many positive effects on your future bodybuilding success. One of the most important aspects of a layoff is the body's increased working efficiency above its starting level from the prior 10-12 weeks of hard training.

After completing the layoff, begin the **RFR** method again, but with a new change of exercises. Champion bodybuilders make these necessary exercise changes (plus a variety of rep schemes) from time to time to work every angle or aspect of a muscle in order to achieve that competitive edge.

This system of training is for intermediate and advanced bodybuilders only.

Perform a total 3-4 exercises of 8-10 sets for each major muscle group, such as the quadriceps, chest, and back (worked as a unit, including the trapezius, infra spinatus, teres major, upper latissimus, and spinal erectors).

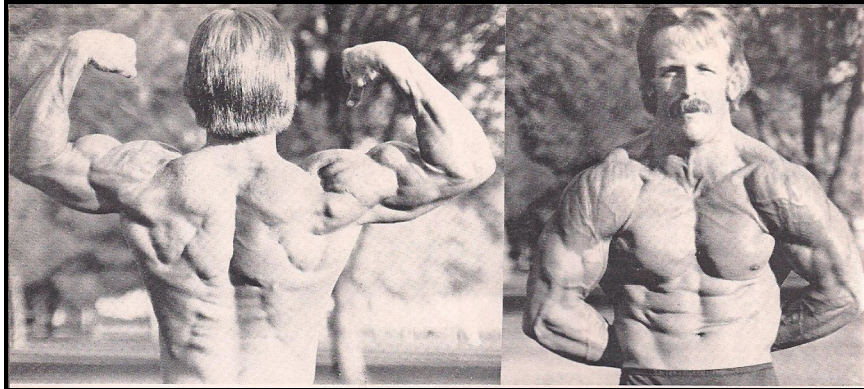
Perform a total of 2-3 exercises of 5-7 sets for each minor muscle groups such as the hamstrings, calves, deltoids, biceps, triceps, waist, neck, and forearms.

Select the amount of weight you use in the following manner: heavy, 6-8 reps for all major and minor muscle groups (Exception: forearms, abs and calves perform 15-40 reps). You will find that the pattern of 6-8 reps will build the most muscle mass in the various muscle groups. Count reps religiously; keeping them somewhere within these ranges.

Note: The legs and back respond quite well with a pattern of **10-12 reps**, and in some cases the back can handle **12-15** reps.

None of the above daily workouts will take over 75 minutes! This will allow you to do as much hard work as possible in the shortest amount of time (quality training), and you can fully recuperate while almost constantly stimulating muscles into new growth!

MIKE "THE ZIPPER" SABLE 4-PHASE CONTEST PREP



I am not a physique contest peaking guru by any means but I'd like to share with you some TRAINING METHODS . . . necessary to get into CONTEST-WINNING SHAPE FAST . . . AND STAY THERE that I have learned from a few of the top contest entering and winning bodybuilders around.

Back in the '70s Frank Zane used, what he called, the 10 Phases of Training when preparing for each of his 3 consecutive Mr. Olympia wins. And then there was Steve Davis of Valencia, California who used a new breed concept of 7 Progression (Master) Levels of Training for a physique contest Each of these plans were very effective for getting into peak contest condition once a year.

Ah but what if I told you there was yet another, little known, system for getting contest-ready, not once a year but for eight competitions in six month. Surprised? Granted it does seem unheard of especially when most elite-level competitors can only prepare for two and three contests at most a year.

Back in the late '80s Mike "The Zipper" Sable a former Mr. America and Mr. World used a four-phase approach (Workout Cycle, Program Prescription, Aerobic Training Regimen and Pre-Contest Diet) to peak perfectly eight times in six months and win the Overall PBA (Professional Bodybuilding Association) title.

His planning for the PBA title began six month out, with smaller shows in between. His workouts consisted of two distinct training cycles.

Sixty-five percent of his workout cycle consisted of a **10-day split**, 4 workout days followed by one day of rest and then repeated. Day 1: Legs, Day 2: Chest, Triceps & Traps, Day 3: Back & Biceps, Day 4: Deltoids, Day 5: REST, Days 6-10: REPEAT.

The remaining 35% of his workout preparation switched to an **8-day split**, 3 workout days followed by one day of rest and repeated. Day 1: Legs & Shoulders.

Day 2: Back & Biceps, Day 3: Chest, Triceps & Traps, Day 4: REST, Day 5-8: REPEAT.

The time period between contests was divided into quarters. And for the sake of simplicity let's assume that each quarter is 30 days (each quarter could be more days or less though depending on the amount of time between contests).

The **1st quarter (30 days): Program Prescription** - Use two compound (free weight only) movements for each muscle group on a select training day, while utilizing the pyramid principle of steadily increasing the poundage while correspondingly decreasing the rep scheme (12, 10, 8, 6, 4), for 5 sets each; then finish with one isolation exercise for 3 sets of 8 reps.

The **2nd quarter (30 days): Program Prescription** - Consists of two compound (free weight only) movements, but instead of just going up in poundage and decreasing the reps as in the previous pyramid, work back down in the reverse order started from (12, 10, 8, 10, 12). Once this is accomplished then finish off with two isolation exercises for 3 sets of 10 reps each.

The **3rd quarter (30 days): Program Prescription** - Consists of the same free weight only movements and pyramiding principles but with some variable-resistance and cable machines thrown in the mix and performed in a tri-set fashion.

The **4th quarter (30 days): Program Prescription** - Variable-resistance machines and cable equipment are used for muscle isolation and absolutely no free weights or pyramiding principles as in the previous 3 quarters. Super-setting techniques are also used to recruit red muscle fiber exclusively in this *program prescription*. Day 30 of the 4th quarter was timed to conclude 3-4 days prior to the contest.

For this particular 120 day time period the first 2.5 quarters of training (80 days) is equal to 65% of workout preparation and consists of the **10-day split** mentioned previously. The final 1.5 quarters of training (40 days) is equal to 35% of workout preparation and concludes with an **8-day split**.

Mike's monitored aerobic training sessions would begin at 30 minutes and gradually increased up to a maximum ceiling of one-hour (which was determined by his response to aerobic activity in conjunction with his contest diet) over the contest-preparation period (4 quarters).

(Note: I don't know what the frequencies of his aerobic training were within say a select 10 or 8-day split.).

Finally I must say a couple of words about Mike Sable's Pre-Contest Diet and it is surprising to say the least. Most contest entering bodybuilders burden their diet when they cut calories especially as they get closer to the contest but not Mike.

His constant ongoing nutritional evaluations indicated he could continue to increase his daily caloric intake by 100 calories each of the 4 quarters of training and he did so.

Mike feasted on 6 hearty Pre-Contest meals each day, consisting of such food items oatmeal, cream of rice, chicken breasts, tuna, halibut, shark, baked potatoes, steamed vegetables, tomatoes, raw onions, egg whites, and assorted fruit but best of all he gained 18 pounds of rock-hard, ripped-to-the-bone quality muscle.

Mike was able to fine tune his pre-contest training to almost a science and it guided him to victory after victory where it counted most-on the posing dias. Perhaps it can do the same for you. And stay away from the salt shaker. In case you are wondering where Mike Sable got the moniker "The Zipper" it was a reference to his ultra shredded contest condition.

JERRY SCALESSE'S
1987 NABBA AMATEUR UNIVERSE WINNER
9 MONTHS - PHASE TRAINING PLAN



Phase Training: The Rationale The goal of a seasonal bodybuilder is to lay a foundation of size and strength and build mass. this can only be accomplished, by doing basic exercises with heavy weights and a low reps. "Phase I-Power Bodybuilding", and it lasts for **3 months**, training 3X per week.

"Phase II-Interphase Training", continue with the power movements and add refining techniques which help stimulate more muscle groups. This lasts **3 months** on a 5X per-week cycle.

"Phase III-Contest Preparation", adds still more-training techniques for maximum stimulation and constitutes the final **3 months** of training on a 3 days-on/one-day-off regimen.

PHASE I-POWER BODYBUILDING

Power Bodybuilding is for building muscle size, thickness and mass. And any bodybuilder, new or veteran, can grow from it. The following routine can be done for three months, training only three days a week with great success.

Power training requires you doing for example, in the Flat Barbell Bench Press, 5 sets x 8-to-4 reps, sometimes more, with as heavy a poundage as possible after you are properly warmed-up, **pyramiding up with the poundage until 4 reps are achieved** on the last set. Since you will be expending lots of energy in each set and building lactic acid, you must take adequate time between sets to recuperate.

Rest-pause in this (Phase I) routine 3 to 5 minutes between sets! If you don't, your efficiency and muscle mass gains will not be maximal.

What do you do during this time? Squeeze, tense, and pose the muscle a few times! Too many power-bodybuilders overtrain. Training 6 days per week year round is not the most efficient way to grow unless you are exceptional or genetically gifted! Give this 3X per week program a try.

PHASE I-POWER BODY BUILDING

MONDAY: CHEST, TRICEPS AND LOWER BACK

CHEST (11 sets)

Flat Barbell Bench Press	2s	x	20r (Warm-Up)
	5s	x	8-4r
45°Incline Barbell Bench Press	1s	x	10-12r (Warm-Up)
	3s	x	8-4r

TRICEPS (9 SETS)

Triceps Pushdowns	2s	x	15r (Warm-Up)
Close-Grip Barbell Bench Press	4s	x	10r
Bench Dips	3s	x	6-8r

LOWER BACK (3 sets)

Prone Hyperextensions	3s	x	20r
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WEDNESDAY: BACK, SHOULDERS AND CALVES

BACK (17 sets)

Conventional Barbell Deadlifts	4s	x	8-4r
Power Rack Barbell Deadlifts	4s	x	8-4r
Pull the bar from the knees			
Alternate the two above exercises			
every other Wednesday			
Seated Low Pulley Cable Rows	6s	x	8-4r
Lat Machine Pulldowns	3s	x	8-4r

SHOULDERS (8 sets)

Barbell Shrugs	4s	x	8-4r
Barbell Press Behind Neck	4s	x	8-4r

CALVES (6 sets) – Heavy Day

Standing Calf Machine Heel Raises	3s	x	10-6r
Seated Calf Machine Heel Raises	3s	x	8-6r

SATURDAY: QUADS, HAMSTRINGS, BICEPS AND CALVES

QUADS (7 sets)

Barbell Back Squats	1s	x	15r (Warm-Up)
	6s	x	8-4r

Rest-pause 5 minutes between each of the 6 sets

HAMSTRINGS (7 sets)

Partial Stiff Legged Barbell Deadlift Stand on block/bar positioned just above insteps	4s	x	8-6r
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Lying Machine Leg Curls	3s	x	12-10r
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BICEPS (6 sets)

Standing Barbell Curls	3s	x	8-6r
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Alternate Dumbbell Curls	3s	x	8-6r
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CALVES (6 sets)

Donkey Heel Raises	3s	x	20-10r
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45° Leg Press Heel Raises	3s	x	20-10r
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PHASE II-INTERPHASE TRAINING

Step up your training regimen to a 5-day-per-week routine in which every major muscle group is bombed to the max!

By now you should be well into building a foundation of size, strength, and mass through Phase I: Power Body Building. Whereas Phase I, a 3-month routine training, 3 days a week, emphasizes using low sets (13 on the larger muscle groups to 6 on the smaller), heavy weights, and low reps (8 to 4 on the larger parts),

Phase II is a 5-day-per-week routine training one major muscle group only once each week. But during the training, each part is bombed to the max as there are six days in between to recuperate!

By adding more exercise and more reps, different muscle groups are stimulated optimally. The sets and reps indicated are what is performed on the average; some days less, other days more. They are a guide for you and you should vary them according to how you feel.

Phase II almost doubles the number of sets as in Phase I and increases the number of reps per exercise. It should be performed for a 3-month period, using strict and controlled form, pyramiding up with the weight in most exercises but performing the last set as a high-rep set. Rest 90 seconds between sets instead of 4 minutes as in Phase I. Always warm-up each muscle group adequately before the workout, and try to use as heavy a weight as possible during the routine.

PHASE II-INTERPHASE TRAINING

MONDAY:CHEST AND ABS

CHEST (22 sets)

Flat Barbell Bench Press	5s	x	15-4r
45° Incline Barbell Presses	5s	x	15-4r
Flat Dumbbell Flyes	3s	x	15- 4r
Decline Barbell Presses	3s	x	15-4r
Gironda V-Bar Dips	3s	x	AMAP
Cross Bench One Dumbbell Pullover	3s	x	15-12r

ABS (9 sets)

Serratus Crunches	3s	x	20r
Rope Crunches	3s	x	50r
Hanging Leg Raises	3s	x	AMAP

TUESDAY: BICEPS, TRICEPS, CALVES and FOREARMS

BICEPS (11 sets)

Preacher Bench Barbell Curls	4s	x	12-8r
Incline Dumbbell Curls	4s	x	12-8r
Low Pulley Single Arm Cable Curls	3s	x	20-15r

TRICEPS (13 sets)

Close Grip Barbell Bench Presses	4s	x	12-6r
High Pulley Cable Rope Extensions	3s	x	15-12r

**Turn your back to the pulley unit.
Take a soft knee split or scissor stance
and bend the upper torso forward 45-90°.**

Straight Bar Triceps Pushdowns	3s	x	15-12r
E-Z Bar Triceps Extensions	3s	x	8-6r

CALVES (5 sets)

Standing Calf Machine Heel Raises	5s	x	15-8r
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FOREARMS (4 sets)

Zottman Dumbbell Curls	2s	x	15 to 12r
Palms Up Barbell Wrist Curls	2s	x	15 to 12r

WEDNESDAY: BACK (24 sets)

Conventional Barbell Deadlifts	3s	x	15-12r
Wide Grip Pullups to Front	3s	x	AMAP
Low Pulley Seated Cable Rows	3s	x	12-8r
Lat Machine Pulldowns to Back	3s	x	15-12r
T-Bar Rows	3s	x	8-6r

Lat Machine Pulldowns to Front	3s	x	15-12r
Bent Over Barbell Rows	3s	x	8-6r
Prone Hyperextensions	3s	x	AMAP

THURSDAY: SHOULDERS and ABS

SHOULDERS (18 sets)

Seated Barbell Presses Overhead	3s	x	8-6r
Barbell Upright Rows	3s	x	8-6r
Bent Over Dumbbell Lateral Raises	3s	x	15r
Barbell Press Behind Neck	3s	x	8-6r
Seated Dumbbell Lateral Raises	3s	x	15r
Dumbbell Shrugs	3s	x	8-6r

ABS

Same as Monday

FRIDAY:QUADS, HAMSTRINGS AND CALVES

QUADS (12 sets)

Barbell Back Squats	4s	x	12-6r
Machine Hack Squats	4s	x	15-12r
45° Machine Leg Press	4s	x	8-6r

HAMSTRINGS (12 sets)

Stiff-Legged Barbell Deadlifts	3s	x	12-10r
Standing Machine Leg Curls	3s	x	20-15r
Lying Leg Curls	3s	x	15-10r
Barbell Lunges Step Up On Bench	3s	x	25-20r

CALVES

Seated Calf Machine Heel Raises	3s	x	AMAP
Donkey Heel Raises or			
Standing Calf Machine Heel Raises	2s	x	AMAP

All sets and reps vary from workout to workout. Each muscle group is bombed to the max each workout, using the above sets and reps as a guide.

PHASE III-CONTEST PREPARATION

Here's some inside pro tips on how to fine-tune your physique in the last few weeks before competition . . .

The final countdown. The contest approaches and you are now about 12 weeks away. You have built your mass and strength through Phase I training. During Phase II you have added more reps and specialization exercises to stimulate more muscle groups. Now you are ready for the final honing and sharpening of Phase III.

Phase III: Contest Preparation, is a 3-day-on/1day-off routine lasting for 3 months. However, if you need an extra day off to recuperate, by all means take it. There is no sense in working a fatigued muscle group; it will not respond properly. Keep in tune and listen to your body!

Since the muscle group routines are concentrated, it would be most advantageous to split the day's routine working one major muscle group in the morning and the other later in the day. If this is not possible, wait 20 minutes or so before you begin the second muscle group.

A 45-60 second rest-pause period is mandated between sets. you will be pyramiding up in weight until you get the required number of reps. You might find that your strength is still increasing, even though you are dieting, so you do not have to lower the weight and increase the number of reps as proposed by other training articles and as expounding in bodybuilding mythology. *Train heavy and control all movements*, with most done full range!

For a maximum stimulation, to shock your body and for a change of pace, you might try supersetting various exercises; pulling plates during the last set of various exercises where convenient; doing a drop-set poundage on the final set and go for max reps; and even doing $\frac{1}{2}$ and $\frac{1}{4}$ movements for a burn out. Variety will spice up your training.

As cautioned earlier, proper stretching and warm-up is necessary to avoid injury.

With Phase III training you will continue to grow, and as the days pass you will get more defined from a combination of training, diet, and supplementation.

PHASE III-CONTEST PREPERATION

DAY 1: CHEST, BICEPS AND TRICEPS

CHEST (23 sets)

Flat Barbell Bench Press	5s	x	6-8r
Incline Dumbbell Press	4s	x	10-12r
One Dumbbell Pullovers	3s	x	10-12r

Superset

Incline Dumbbell Flyes	4s	x	12-15r
Pec Deck	4s	x	12-15r

High Pulley Cable Crossovers	3s	x	20-30r
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BICEPS (12 sets)

Preacher Bench Barbell Curls	4s	x	10-15r
Standing Dumbbell Curls	3s	x	10-12r
Standing Barbell Curls	3s	x	6-8r
One-Arm Dumbbell Curls	2 s	x	15-20r

TRICEPS (11 sets)

Bench Dips (weighted)	2s	x	AMAP
Triceps Push-Downs	3s	x	10-15r
Rope Extensions	3s	x	15-20r
E-Z Curl (lying) Bar Triceps Extensions	3s	x	6-8r

DAY 2:QUADS AND HAMSTRINGS

QUADS (23 sets)

Barbell Back Squats	5s	x	6-15r
Hack Machine Squats	4s	x	10-20r
Machine Leg Extensions	6s	x	10-20r
Dumbbell Side Lunges	3s	x	50r
45° Machine Leg Press	3s	x	10-20r
Single Machine Leg Extensions	2s	x	50r

HAMSTRINGS (12 sets)

Stiff-Leg Barbell Deadlifts (partials)	3s	x	6-12r
Lying Machine Leg Curls	3s	x	10-20r
Standing Single-Leg Curls	3s	x	10-20r
High Frontal Barbell Lunges	3s	x	20-30r

DAY 3: BACK AND SHOULDERS

BACK (21 sets)

Barbell Deadlifts	3s	x	6-10r
Wide Grip Pullups to Front	3s	x	AMAP
High Cable Rows	3s	x	15r
One-Arm Dumbbell Rows	3s	x	8-10r
Lat Machine Pulldowns to Front	3s	x	12-20r
Barbell Bent Over Rows (off block)	3s	x	12r
Prone Hyperextensions	3s	x	AMAP

SHOULDERS (17 sets)

Barbell Shrugs	3s	x	6-12r
Barbell Power Cleans	3s	x	6-12r
Seated Dumbbell Press	3s	x	8-12r
Bentover Dumbbell Lateral Raises	2s	x	15-20r
Behind-Neck Press (Smith machine)	3s	x	8-12r
Dumbbell Lateral Raises (seated or standing)	3s	x	15-20r

CALVES (8 sets)

Day 1 – Light Poundage, High Reps			
Standing Calf Machine Heel Raises	4s	x	15-30r
45° Leg Press Heel Raises	4s	x	15-30r
Day 2 – OFF			
Day 3 – Heavy Poundage, Low Reps			
Standing Calf Machine Heel Raises	4s	x	6-8r
Seated Calf Machine Heel Raises	4s	x	6-8r

Day 4-5 – OFF

Day 6 – Continue as from Day 1

ABS – 3X/week on alternate days

Super-Set:

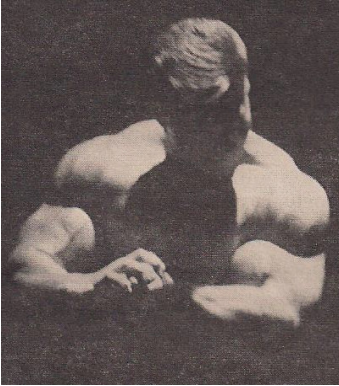
Hanging Leg Raises	3s	x	AMAP
Rope Crunches (weighted)	3 s	x	25-50r

Super-Set:

Roman Chair Situps (weighted)	3s	x	5-50r
Side Crunches off Hyperextension Bench	3s	x	AMAP

You will notice in the training program outlines (I, II and III) there are a high volume number of sets for the major muscle groups of the Legs, Back and Chest. To accommodate a training efficiency rate (T.E.R.) where you are assured of the maximum gains in muscle mass you may have to decrease the number of sets assigned for each exercise by 20-40% etc

LARRY SCOTT'S SIX-DAY SUPER ADVANCED ROUTINE



The name Larry Scott immediately comes to mind when discussing the IFBB Mr. Olympia. The late Larry won this event two years consecutive when it was introduced to the bodybuilding world by the IFBB in 1965.

He set a physique standard of excellence that has been remembered for decades. From this, such remarks that have come to be familiar with the Scott physique are: "Absolute Perfection," "Flawless Symmetry," and "Most Popular Mr. Olympia Ever."

On the next few pages are two Larry Scott Approved Signature Training Winning Edge Workout Programs, SIX-DAY SUPER ADVANCED ROUTINE and the SIX DAY DEFINITION WORKOUT, for gaining muscle mass and getting cut up

MONDAY-THURSDAY:

Deltoids

Down-the-Rack Dumbbell Presses

Warm up first then start heavy and work light in 5-10 lb. jumps. **No rest between sets.** Do 8-10 sets

Dumbbell Lateral Raises

Down the rack again for 6-8 sets of 10 reps. **No rest between sets.**

Bent Over Dumbbell Lateral Raises

Down the rack for 6-8 sets of 8-10 reps. **No rest between sets.**

You have just completed one tri-series. This should be repeated 2-5 times depending on energy, endurance, and sanity.

Biceps

Dumbbell Curls (Preacher Bench)

Use maximum weight for 6 reps. Then do 4 burns at the top of the curl. Burns are small movements at the top just lowering the weight to the point it won't return.

Barbell Curls (Preacher Bench)

Use wide grip for 6 reps and 4 burns on top. **No rest at all between sets.**

Reverse Curl with "S" Bar (Preacher Bench)

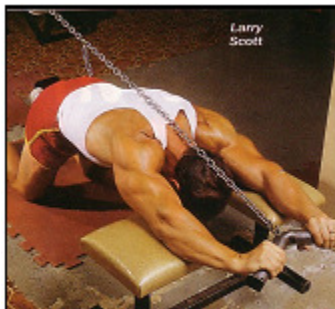
6 reps and 4 burns.

You have just completed one series in which there should have been absolutely no rest between sets. You may rest between series only. Do 3-5 series. Your arms should hurt horribly while enduring this movement.

Triceps

Supine Triceps Press with "S" Bar 8 reps and 4 burns at the top.

Long Pull Triceps Extension-- 8 reps and 5 burns.
Over a Twin Pedestal Bench while kneeling (or substitute using a flat bench)
It is the best triceps builder there is.



(The Twin Pedestal Bench can be ordered @ www.larryscott.com)

Alternate both for 5 series of 8 reps each (don't forget the burns--they're important). Then move to the triceps extension only reducing the weight each 2 or 3 sets while greatly decreasing the rest between sets until you are **resting only 10- deep breaths**. Do about 8-10 sets in this last drive for maximum pump while decreasing rest.

TUESDAY-FRIDAY:

Chest

Flat Barbell Bench Press

Up and down the rack, resting only for a partner or changing weights. Start light - go heavy - then light again. 6 reps of 7-9 sets (i.e. 200-225-250-300-250-225-200)

Incline Barbell Bench Press **Incline Dumbbell Press** **Incline Dumbbell Flies**

Alternate all 3 for 4 series of 8 reps and 4 burns on all but the Heavy Incline Barbell Press. **No rest between sets.**

Do 3 sets (or a double drop set) of Incline Dumbbell Flies in a series. Start heavy and work light in two 10-lb. drops. **Don't rest.** You need to hurry to keep blood in the pecs.

Lats

Pull-ups to the Chest

Hands forward and thumbs wrapped over the bar to put stress on lats, not biceps.

Lat Pull Down to Chest

Alternate all three of these exercises for 8 reps and 5 burns on each set.

Long Pull Lat Machine

No rest at all between sets and minimum rest between series. Do 4-6 series.

WEDNESDAY-SATURDAY:

Thighs

Barbell Back Squats

Do 5 sets of up the rack squats, 10 reps per set.

Hack Machine Squats

5 sets of 15 reps. Don't bottom out or top out so the thighs are constantly under stress. Hips on the bench going up and hips off the bench going down.

Heels together, feet at 45-degree angle with heels on a block about 3".

Calves

Donkey Calf Raise

No shoes on 4" block padded with *soft rubber* so your feet won't hurt. Someone on your back. 25 reps of 6-8 sets. Heels must touch floor and top of movement must be when soles are perpendicular to the floor.

Abdominals

Leg Raises

Leg raises on parallel bars. 6 sets of 20 reps, **6-breath rest between sets.** Don't worry about upper abdominals. You build the lower and the upper will take care of themselves.

LARRY SCOTT'S SIX-DAY DEFINITION ROUTINE



You will have noticed in the previous Six-Day Advanced Routine the muscle groups are trained twice per week. In the following Six-Day Definition Routine the training frequency for muscle groups increases to 3X per week.

Training 2X and 3X per week was **era appropriate** at the time Larry was writing up these (2) routines for his students. That is not the case today.

Upon reading through the Six-Day Definition Routine I will reveal a training frequency template that Larry came up with to make the Six-Day Advanced and Six-Day Definition Routines more training friendly and with fewer concerns about adrenal gland exhaustion or **central nervous system shock**.

MONDAY-WEDNESDAY-FRIDAY:

Chest

Flat Bench Press
V-Bar Dips
Incline Dumbbell Press
Dumbbell Pullover Across Bench

*Do 3 series of 4 sets of 10 reps on **Bench Press**. Start heavy and work light. **Do not rest between sets**. Alternate **dips and incline press** for 3 series of 2 sets, 10 reps each. **No rest between sets**. 4 sets of 12 reps on dumbbell pullover. Use all the weight you can handle.

Lats

Chins to Nose on Chinning Bar
Pulldowns on Lat Machine
Long Pull on Lat Machine
(seated pull to waist)

Alternate all three of these exercises for five series of 3 sets of 12 reps. **No rest between sets, only between series**. **Long pull** is done by pulling the bar to the waist with the pulley about five feet high in front of you.

Thighs

Barbell Back Squats
Leg Curl Machine
Leg Extension Machine

6 sets of 12 reps. Work up to maximum weight and down again. **Little rest between sets on squats**. Your 4th set should be your heaviest. Alternate **thigh bicep curl** with **extensions** on the leg curling machine. Do 3 series of 2 sets of 12 reps

Abdominals

Sit-Ups

Leg Raises

Alternate both for 4 series of 2 sets of 8 reps (8 sets in all). **Don't rest between sets or series.** This one is tough. Start with fewer reps if necessary.

Do **sit-ups** with legs in knee-up position and feet flat on the floor. Sit up just until the feet start to come off the floor.

*First warm up using a light weight. You are going to start out on the 1st set using a heavy weight so it's important to warm up properly.

SERIES TRAINING: Start the 1st set with the maximum weight you will handle and complete all the reps I have suggested. Then, **with no rest**, drop the weight 10 or 20 pounds and do the next set. Continue until you have done all your sets in the series – **then rest.** As soon as possible, go back to the next series and start over.

TUESDAY-THURSDAY-SATURDAY:

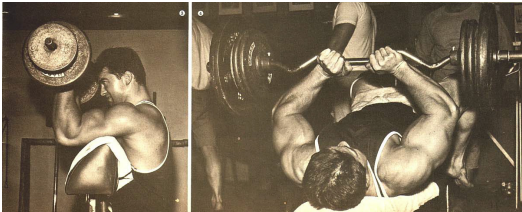
Deltoids

Press Behind Neck (Barbell)

Side Deltoid Raise (Dumbbell)

Bent-Over Deltoid Raise (Dumbbell – rest your forehead on something.)

Warm up first with light weight. Then do 6 sets of 10 reps. Start heavy and go light. **No rest between sets.** Alternate these last two for 4 series of 2 sets. 12 reps.



Biceps

Preacher Stand (Barbell)

Preacher Stand (Dumbbell)

Alternate these two for 4 or 5 series of 2 sets – 8 reps on each set and three small movement “burns”* at the top of each set. **No rest between sets.** You **may rest between series, however.**

Triceps

Supine Triceps Press (Barbell) (Use an EZ-Bar)

Alternate both of these for 5 series of 2 sets. 10 reps and 3 small burns at the top of each set. **No rest between sets.**

Triceps Pressdown on Lat Machine

Calves

Donkey Calf Raises

Have someone sit on your hips as you bend over with your feet on a 4" block of wood. Hold onto something or lean on a bench. Do 5 sets of 25 reps.

These are really hard, so start with fewer reps and work into 25.

*Burns: **If you have completed your required number of sets, your triceps or whatever muscle you are working should be exhausted so that no more complete reps are possible. There is still sufficient strength to do small partial reps "burning" out the muscle completely. These small burns will greatly speed up your gains by increasing the intensity of your workouts.**

Larry Scott Recommended
No. 1
MON:
Quads – Hamstrings – Calves
WED:
Back – Chest – Abs
FRI:
Shoulders – Biceps – Triceps
Rest-Recuperate:
Tue – Thr – Sat – Sun

Here Is Larry Scott's revised training frequency design that reduces the number of training days of the various muscle groups per week when following either the **Six-Day Advanced** or **Six-Day Definition Routine**.

Regardless of whether you decide to follow Larry Scott's Signature Training Winning Edge Workouts i.e. routines or some of the other original ones listed in this book, please remember this.

Modestly experiment with some of the 15-Dynamic Training Frequency Options listed at the end of this eBook for stimulating even more muscle growth.

I don't know about you but for a long time I always wondered what Larry Scott's mindset was when he designed his own unique and detailed workout program or those for others, so I . . . asked Larry about that. Here are his viewpoint **quotable quotes** on anti-stress groupings when training major and minor muscles.



"Deltoids and arms (biceps and triceps) for me are extremely hard workouts so I don't want to do them on the same (training) night. Yet I need something to warm up my arms, so they must be done (worked) secondarily, The lat workout is excellent for warming up the elbows and lower biceps (tendons) connectors, so I combine lats, arms and neck on the same (training) night. That leaves, delts, thighs, calves, forearms and abs."

"Deltoids are hard and nothing will really warm up the shoulders except light shoulder work, so I do them first while I'm full of energy. I could combine calves with deltoids, but after I'm through with delts, I'm a little tired from having fought the pain zone. So for

some (individuals), the battle with calves and the extra extreme pain associated with them may not go well with delts."

"I find myself withdrawing a little from the pain of high reps on calf raises if I have already drained a lot of my reserve of pain-withstanding tolerance while doing dumbbell presses, heavy dumbbell laterals and bent-over dumbbell laterals".

"For me the combination of delts and thighs works best. Thighs are hard but the reps are short and I like the exhaustion of heavy thigh work better than the long agony of calf work., so I combine delts, thighs and forearms."

"That leaves pecs, calves and abdominals which act like members of the same family. Pecs are low pain, calves are high pain and the abdominals are not compromised with arms (biceps and triceps). That seems to be one of the best anti-stress groups I have come up with, but as always, it is constantly changing and a month from now I'm sure something will be different."

SIZE ALIVE -Structured Instinctive- BODYBUILDING PROGRAM

The SIZE ALIVE BODYBUILDING PROGRAM was designed back in the early '90s by my late friend Steven J. Allgeyer, exercise physiologist and recognized expert in the arena's of bodybuilding powerlifting.

THE CONCEPTS BEHIND SIZE ALIVE BODYBUILDING PROGRAM

It consists of 9 days of workouts specifically designed to be performed in the order of their sequence.

Do not alter the sequence of days. Do not skip days. Perform the days exercises in the exact sequence using the exact repetition scheme. It will take approximately two nine-day cycles to acclimate your muscle energy substrates to this training scheme.

Exercises listed were developed and included so as to make it possible to complete this program in almost any reasonable equipped gym. The Structured Instinctive Training Program (as Steve preferred to call it) combines the use of a variety of set / rep schemes.

The use of these varying set / rep schemes is specifically designed to maximally stimulate one component of muscle growth in one muscle group while using a maintenance level of stimulation for another muscle group or stimulating another component of growth in another muscle group.

This method of alternating system stimulation reduces the chances of overtraining. Overtraining occurs often when too many muscle groups are maximally worked. For example, if you continually train to failure the muscles of the chest and back at the same time and interval, overtraining occurs easily. These groups comprise a great percentage of the upper torso musculature and when simultaneously attempting to adapt to training lead to a progressive lack of energy.

13 Day Intensity Manipulation Workout Cycle

Perform the 13 day intensity manipulation workout cycle using a three on one off sequence. **Training days one through three, day four rest, training days five through seven, day eight rest. Training days nine through eleven, days twelve & thirteen rest.** Begin a new 13 day cycle, beginning with training day one. Follow this protocol for 7 cycles or about 16 weeks.

With regards to workout poundage, you must determine the weight you can use to perform the given number of sets and reps. When you can do the workouts twice with a given poundage and the degree of difficulty seems too comfortable, you must

add weight to continue to progress. Going through the motions doesn't help you get better. Always warm up with two light sets before starting each muscle group—not each exercise.

(100%-105% - Poundage that can be used for the given number of sets and reps)

Day 1 Chest / Triceps / Biceps
 Day 2 Back / Shoulders
 Day 3 Quads / Hams / Calves
 Day 4 OFF

(75% - Poundage that can be used for the given number of sets and reps)

Day 5 Chest / Biceps / Triceps
 Day 6 Shoulders / Back
 Day 7 Quads / Hams / Calves
 Day 8 OFF

(85% - Poundage that can be used for the given number of sets and reps)

Day 9 Chest (Triceps / Biceps Superset)
 Day 10 Back / Shoulders
 Day 11 Quads / Hams / Calves
 Day 12-13 OFF

Note: The 100%-105% maximal training days provide the very necessary overloading of the muscle groups involved, while the 75%-85% sub maximal training days aid in recuperation, energy rejuvenation and the prevention of muscle atrophy.

DAYS: ONE
CHEST / TRICEPS / BICEPS

CHEST

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Flat Barbell Bench Press	5 x 6
2	Flat Dumbbell Flyes	6 x 12
3	Incline Barbell Bench Press	4 x 8
4	Parallel Bar Dip (or) Machine Pec Deck	3 x max reps 3 x 15

TRICEPS

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Dumbbell Kickbacks	3 x 12
2	Cable Pushdowns	3 x 12
3	Two-Arm Dumbbell French Press	3 x 10
4	Close Grip Bench Press	3 x 8

BICEPS

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	One Dumbbell Concentration Curls	3 x 15
2	Seated Alternate Dumbbell Curl	3 x 8
3	Close Grip E-Z Preacher Curl	3 x 12
4	Standing Barbell Cheat Curls	3 x 8

DAYS: TWO **BACK / SHOULDERS**

BACK

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Straight Arm Narrow Grip High Pulley Cable Pull Downs (serratus)	4 x 12
2	Pulldowns-Wide Grip Behind the Neck	4 x 12
3	Dumbbell Cross Bench Pullovers (lats)	3 x 12
4	Pulldowns Underhand Narrow Grip (front)	3 x 12
5	Low Pulley Cable Rows using Narrow or Medium Grip	3 x 8

SHOULDERS

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Bent Over D.B. Rear Lateral Raises	4 x 10
2	Standing D.B. Lateral Raises	4 x 8
3	Seated Dumbbell Press (or) Barbell Press Overhead	4 x 10
4	Lee Haney Barbell Shrug / Row	4 x 12

DAYS: THREE QUADS / HAMS / CALVES

LEGS

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Medium Stance B.B. Squat	3 x 10
2	Dumbbell or Barbell Lunges	3 x 10
3	Machine Leg Extensions	4 x 10
4	B.B. Front Squat (or) Smith Machine Sissy Squat	3 x 12
5	Machine Leg Curls	4 x 8
6	Seated Calf Machine Heel Raises	3 x 15

DAY: FIVE CHEST / BICEPS / TRICEPS

CHEST

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Incline Barbell Bench Press	4 x 12
2	Decline Dumbbell Flyes	4 x 8
3	Incline Dumbbell Press	4 x 8
4	Pec Deck (or) Flat D.B. Flyes	3 x 10
5	Flat Bench Press	2 x 12

BICEPS

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Cheat Barbell Curl	6 x 6
2	Seated Alternate Dumbbell Curl	3 x 15
3	Close Grip Preacher Curls (21's) 7 Full range 7 Bottom half of motion 7 Top half of motion	3 x 21

TRICEPS

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Skull Crushers-Finish each set W / +4 Close Grip Bench Presses	3 x 8 +4
2	Two Arm Seated Dumbbell French Press	3 x 15
3	Cable Pushdowns	3 x 8
4	Close Grip Barbell Bench Press	3 x 15

DAY: SIX **SHOULDERS / BACK**

SHOULDERS

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Behind the Neck Barbell Press (Seated) (or) Dumbbell Press	4 x 20
2	Dumbbell Bent-over Lateral (Heavy)	4 x 5
3	Standing One Arm D.B. Lateral Raises (Light, perfect form)	3 x 12
4	Barbell Upright Rows	3 x 10
5	Dumbbell or Barbell Shrugs (Full range, good trap, squeeze)	3 x 15

BACK

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Barbell Deadlift	3 x 8
2	Barbell Bent Over Rows	4 x 5
3	Narrow Grip Low Pulley Cable Rows	4 x 12
4	T-Bar Rows	3 x 8
5	Pulldowns (front of neck) (medium or wide-grip –emphasize perfect form)	3 x 15

DAY: SEVEN

QUADS / HAMS / CALVES

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Medium Stance Deep Power Squat (Do 3-4 warm-up sets)	3 x 5
2	Machine Leg Extensions	3 x 6-8
3	Single Machine Leg Curl (or) Barbell Lunges	3 x 10
4	Lying Machine Leg Curls	3 x 10
5	Stiff Leg Barbell Deadlift	3 x 10

CALVES

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Standing Calf Machine Heel Raises	3 x 12
2	Seated Calf Machine Heel Raises	3 x 8

DAY: NINE
TRI / BI SUPERSETS
CHEST / TRICEPS / BICEPS

CHEST

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Flat Barbell Bench Press	5 x 3
2	Incline Barbell Bench Press	3 x 6
3	Flat Dumbbell Bench Press	3 x 6
4	Flat Dumbbell. Flyes	3 x 12
5	Gironda "V"-Bar Dips	3 x maximum reps

Supersets for Triceps and Biceps

1	Close Grip Barbell Bench Press W / Barbell Curls	3 x 15 reps
2	E-Z Bar Skull Crushers W / Preacher Bench Barbell Curls	3 x 10
3	Dumbbell Triceps Kickback W / Dumbbell Concentration Curls	3 x 10
4	Triceps Pushdown using Underhand Grip W / E-Z Bar or Low Pulley Cable Reverse Curls	3 x 12

DAY: TEN
SHOULDERS / BACK

SHOULDERS

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Seated Dumbbell Press or Barbell Front Press on High-Incline	3 x 6
2	Perform 5 tri-sets of 10 reps / exercise. Do tri-set: A, B, C, A, B...	
	A) Bent-over D.B. Lateral Raises D.B. Lateral Raises Alternate D.B. Front Raises	
	B) D.B. Lateral Raises Alternate D.B. Front Raise Bent-Over D.B. Laterals	
	C) Alternate D.B. Front Raises Bent-Over D.B. Lateral Raises D.B. Lateral Raises	
1	Super-set: Barbell Upright Rows	
2	Haney Behind Back Barbell Row Shrug	3 x 12

BACK

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Pulldowns Wide Behind Neck	3 x 8
2	Pulldowns Wide in Front	3 x 12
3	Standing Narrow Grip Low Pulley Cable Row	4 x 10
4	Seated (medium or wide) Grip Low Pulley Cable Row	3 x 8
5	Serratus High Pulley Cable Straight Arm Pulldown	3 x 10

DAY: ELEVEN
QUADS, HAMS, CALVES

THIGHS

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	45° Leg Press or Hack Squat w/ Toes at Bottom of Platform	4 x 10
2	Barbell Front Squat (Heels on Board)	3 x 6
3	Tri-Set next three movements – no rest between exercises – 2 minutes between tri-sets	
	A) Machine Leg Extension	4 x 10
	B) Machine Leg Curl	4 x 10
	C) Stiff Leg Barbell Deadlift	4 x 8
4	Smith Machine or Free Sissy Squats	2 x 15
5	Regular Full-Depth Barbell Squats	2 x 10

CALVES

<u>Exercise</u>	<u>Exercise Name</u>	<u>Sets & Reps Scheme</u> <u>(after warm-up)</u>
1	Standing Calf Machine Heel Raise	4 x 8

SOVIET SUPER-POSITION TRAINING (MACRO-CYCLES)



This is an 11 week Soviet strength and muscle mass improvement phase training program designed by Dr. Yuri Verkhoshansky Ph.D. and my good friend Rick Brunner for advanced bodybuilders who have reached a stagnation phase, mass barrier, or plateau in training.

MACRO-CYCLE

BLOCK 1

3 Micro-cycles
21 Days
12 Workouts

(Strength Oriented)

Micro-cycles 1 & 2

(Developing)
14 Days
8 Workouts

Monday

- | <u>Monday</u> | <u>Sets x Reps</u> |
|--|---------------------|
| 1. Barbell Back Squats (Rest-Pause)
Do 1-3 reps at a weight of 90-95% with limited pauses. Rest 30-45 seconds. Again perform 2-3 reps. Rest for 40-60 seconds. Then perform 2-3 reps. Rest 60-90 seconds. Finish with one final rep. | 1-3 x 3-6 |
| 2. Barbell Bench Presses | 1 x 10, 3-4 x 3-6 |
| 3. Combination: Lying EZ-Bar Bent Arm Pullover and Lying Triceps Extensions | 3-4 x 5-7 |
| 4. Combination: Bent Arm DB Flys and Lying EZ-Bar Triceps Extensions
Every set you first perform DB Bent Arm Flys for 2-4 reps, then Lying EZ-Bar Triceps Extensions for 2-3 reps. | 4-6 x (2-4) + (2-3) |
| 5. Abdominal Exercises | Hard |

Tuesday

- | | |
|-----------------------------------|-------------------|
| 1. Barbell Dead Lift | 1 x 10, 2 x 4-8 |
| 2. Wide Grip BB Bent Rows | 1 x 10, 3 x 4-8 |
| 3. Wide Barbell Press behind Neck | 1-2 x 10, 2 x 5-8 |
| 4. Preacher Bench Barbell Curls | 2 x 6-10 |
| 5. Abdominals | Light |

Friday

- | | |
|---|-------------------|
| 1. Barbell Back Squats | 1 x 10, 3-4 x 4-8 |
| 2. Lying EZ-Bar Triceps Ext. (Rest-Pause).
Do 1-3 reps at a weight of 90-95% with limited pauses. Rest 30-45 seconds. Again perform 2-3 reps. Rest for 40-60 seconds. Then perform 2-3 reps. Rest 60-90 seconds. Finish with one final rep. | 2-3 x 4-6 |
| 3. Triceps Parallel Bar Dip (w/load) | 3-4 x 5-7 |
| 4. Abdominals | Hard |

Saturday

- | | |
|---|-------------------|
| 1. Barbell Good Mornings | 2-3 x 4-8 |
| 2. Wide Grip Barbell Bent Over Rows | 4 x 6 |
| 3. Seated EZ-Bar Triceps Ext Overhead | 4-6 x 4-6 |
| 4. Strict/Cheat Barbell Curls
Do the 3-4 reps strict and then 1-2 reps cheating | 3-4 x 3-4 + (1-2) |
| 5. Abdominals | Light |

Micro-cycle 3
(Restorative)
7 Days
4 Workouts

Monday and Thursday

- | | <u>Sets x Reps</u> |
|---|---------------------------|
| 1. Barbell Back Squats | 3-4 x 6-8 |
| 2. Barbell Bench Presses | 3-4 x 4-8 |
| 3. Combination: Lying EZ-Bar Bent Arm Pullovers and Triceps Ext | 2-3 x 6-8 |
| 4. Triceps Parallel Bar Dip | 2-3 x 6-8 |
| 5. Abdominals | Hard |

Tuesday and Friday

- | | |
|-------------------------------------|---------|
| 1. Barbell Dead Lifts | 4 x 6-8 |
| 2. Wide Grip Barbell Bent Over Rows | 4 x 6-8 |
| 3. Barbell Press Behind Neck | 4 x 6-8 |
| 4. Barbell Curls | 4 x 6-8 |
| 5. Abdominals | Light |

Block II
 3 Micro-cycles
 21 Days
 14 Workouts

(Traditional Mass-Split-System)

Micro-cycle 4
 (Developing)
 7 Days
 5 Workouts

<u>Monday</u>	<u>Sets x Reps</u>
1. Barbell Back Squats (Rest-Pause)	1-3 x 8-12
2. Lying Triceps Extension (Rest-Pause)	3-4 x 6-8
3. Combination: Lying EZ-Bar Bent Arm Pullovers and Triceps Extensions	3-4 x 4-6
4. Seated Calf Machine Heel Raise	4-5 x 6-10
5. Abdominals	Hard
<u>Tuesday and Saturday</u>	
1. Barbell Deadlifts	2-3 x 6-8
2. Wide Grip Barbell Bent Over Rows	2-3 x 6-8
3. Barbell Press Behind Neck	3-4 x 8-10
4. Preacher Bench Barbell Curls	2-3 x 6-8
5. Abdominals	Light
<u>Wednesday</u>	
1. Wide Grip Incline Barbell Bench Press	4 x 6-9
2. Dumbbell Flys	4 x 6-8
3. Parallel Bar Dip	4 x 6-8
4. Abdominals	Light
<u>Friday</u>	
1. Barbell Back Squats (Rest-Pause)	3-5 x 6-8
2. Barbell Bench Presses	2-3 x 8-12
3. Combination: Lying EZ-Bar: Bent Arm Pullovers and Triceps Extension	3-4 x 4-6
4. Standing Calf Machine Heel Raise	4-6 x 8-10
5. Abdominals	Light

Micro-cycle 5
 (Developing)
 7 Days
 5 Workouts

Monday

	<u>Sets x Reps</u>
1. Barbell Dead Lifts	1 x 10, 3-4 x 4-6
2. Wide Grip Barbell Bent Over Rows	1 x 10, 2-3 x 6-8
3. One Dumbbell Rows	3-5 x 6-8
4. Preacher Bench Barbell Curls	2-3 x 6-10
5. Strict/Cheat Barbell Curls	1-3 x 3-4 + (1-2)
6. Abdominals	Hard

Tuesday and Thursday

1. Barbell Back Squats	1 x 10, 3-4 x 8-12
2. Barbell Bench Presses	2-3 x 8-10
3. Combination: Lying EZ-Bar Bent Arm Pullovers and Triceps Ext	3-4 x 4-6
4. Parallel Bar Dips	4 x 4-6
5. Abdominals	Light

Wednesday

1. Seated or Standing Barbell Good Mornings	2-3 x 4-6
2. Barbell Press behind Neck	2-3 x 6-8
3. Barbell Upright Rows	3-4 x 6-8
4. Dumbbell Lateral Raises	3-4 x 6-8
5. Bent Over DB Lateral Raise	3-4 x 4-6

Friday

1. Barbell Dead Lifts	1 x 6-8
2. Wide Grip Strict/Cheat BB Bent Over Rows	2-3 x 3-4 + (1-2)
3. One Dumbbell Rows	3-5 x 6-8
4. Preacher Bench Barbell Curls	2-3 x 6-8
5. Strict/Cheat Barbell Curls	1-2 x 3-4 + (1-2)
6. Abdominals	Hard

Micro-cycle 6
 (Restorative)
 7 Days
 4 Workouts

Monday and Thursday

	<u>Sets x Reps</u>
1. Barbell Back Squats	3-4 x 6-8
2. Barbell Bench Presses	3-4 x 4-6
3. Combination: Lying EZ- Bar Bent Arm Pullovers and Triceps Extensions	2-3 x 6-8
4. Triceps Parallel Bar Dips	2-3 x 6-8
5. Abdominals	Hard

Tuesday and Friday

1. Barbell Dead Lifts	4 x 6-8
2. Wide Grip Barbell Bent Over Rows	4 x 6-8
3. Barbell Press behind Neck	4 x 6
4. Barbell Curls	4 x 6
5. Abdominals	Light

Block III
 4 Micro-cycles
 32 Days
 20 Workouts

(SUPER-POSITION TRAINING)

Micro-cycle 7
 (Developing Legs & Chest)
 9 Days
 5 Workouts

Days 1 and 6

	<u>Sets x Reps</u>
1. Barbell Back Squats (Rest-Pause)	4-5 x 6-10
2. Barbell Bench Presses	3-4 x 8-12
3. Decline Barbell Bench Press	2-3 x 6-10
4. Parallel Bar Dips	3-4 x 6-8
5. Combination: Lying EZ-Bar Bent Arm Pullover and Triceps Extensions	3-4 x 6-8
6. Abdominals	Light

Days 2 and 7

- | | |
|---------------------------|------------|
| 1. Machine Leg Presses | 3-5 x 8-10 |
| 2. Machine Leg Extensions | 2-3 x 8-12 |
| 3. Machine Leg Curls | 2-3 x 6-10 |
| 4. Dumbbell Bench Press | 3-5 x 6-8 |
| 5. Incline Dumbbell Flys | 3-4 x 6-8 |
| 6. Triceps Pushdown | 3-5 x 6-8 |

Days 3 and 8

Rest

Days 4 and 9

- | | |
|--|-------------------|
| 1. Barbell Dead Lift | 1 x 10, 4-5 x 3-5 |
| 2. Wide Grip Barbell Bent Over Rows | 1 x 10, 2-3 x 3-5 |
| 3. Wide Grip Barbell Press behind Neck | 1-2 x 8-10 |
| 4. Preacher Bench Barbell Curls | 3-4 x 6-10 |
| 5. Abdominals | Hard |

Day 5

Rest

Micro-cycle 8
(Restorative)
7 Days
4 Workouts

Day 1

Rest

Days 2 and 5

Sets x Reps

- | | |
|--|------------|
| 1. Barbell Back Squats | 3-4 x 6-10 |
| 2. Barbell Bench Presses | 3-4 x 4-6 |
| 3. Combination: Lying EZ-Bar Bent Arm Pullovers and Triceps Extensions | 2-3 x 6-8 |
| 4. Parallel Bar Dip | 2-3 x 6-8 |
| 5. Abdominals | Hard |

Days 3 and 6

- | | |
|-------------------------------------|----------|
| 1. Barbell Dead Lifts | 4 x 6-8 |
| 2. Wide Grip Barbell Bent Over Rows | 4 x 6-8 |
| 3. Barbell Press Behind Neck | 4 x 8-10 |
| 4. Barbell Curls | 4 x 6-8 |
| 5. Abdominals | Light |

Days 4 and 7

Rest

Micro-cycle 9
 (Developing Back & Shoulders)
 9 Days
 6 Workouts

Days 1 and 6

	<u>Sets x Reps</u>
1. Barbell Dead Lifts	1 x 10, 4 x 3-6
2. Wide Grip Barbell Bent Over Rows	1 x 10, 3-4 x 4-6
3. Lat Machine Pull Downs	3-4 x 8-10
4. Wide Grip Barbell Press Behind Neck	4-5 x 6-10
5. Strict/Cheat Barbell Curls	1-3 x 3-4 + (1-2)
6. Abdominals	Hard

Days 2 and 7

1. Seated or Standing Barbell Good Mornings	4 x 6-8
2. Lat Machine Pulldowns Behind Neck	3-4 x 6-10
3. Seated Low Pulley Cable Rows	4-5 x 6-10
4. Barbell Upright Rows	4-5 x 6-8
5. Bent Over Dumbbell Lateral Raises	3-5 x 6-8
6. Preacher Bench Barbell Curls	4-5 x 6-10

Days 3 and 8

Rest

Days 4 and 9

1. Barbell Back Squats	2-3 x 8-12
2. Barbell Bench Presses	2-3 x 8-12
3. Parallel Bar Dips	3-4 x 6-8
4. Combination: Lying EZ-Bar Bent Arm Pullover and Triceps Ext	3-4 x 4-6
5. Abdominals	Light

Day 5

Rest

Micro-cycle 10
(Restorative)
7 Days
4 Workouts

Day 1

Rest

Days 2 and 5

1. Barbell Back Squats
2. Barbell Bench Presses
3. Combination: Lying EZ-Bar Bent Arm Pullovers and Triceps Extensions
4. Parallel Bar Dip
5. Abdominals

Sets x Reps

3-4 x 6-10

3-4 x 4-6

2-3 x 6-8

2-3 x 6-8

Hard

Days 3 and 6

1. Barbell Dead Lifts
2. Wide Grip Barbell Bent Over Rows
3. Barbell Press behind Neck
4. Barbell Curls
5. Abdominals

4 x 6-8

4 x 6-8

4 x 6

4 x 6-10

Light

Days 4 and 7

Rest

TOTAL BODY BLITZ



Here is a very thoughtful, result-oriented, 5 month training template designed by natural physique competitor, Ron, aka- "Alcatraz", Coleman

Phase I (30 Days)

Workout

GENERAL WARM-UP:



Prior tackling any of the "Total Body Blitz Workouts", begin with a carefully planned general warm-up, as a means to physiologically raise or increase the body core and skeletal muscle (skeletal muscles represent 35 to 40 percent of total body mass) temperatures slightly.

A general warm-up will guarantee a maximum blood supply in the skeletal muscles and vascular system.

Begin with 5-10 minutes of a "high octane" general warm-up (to break a sweat), such as stationary cycling, Versaclimber, X-Country Skier (Nordic Track), stair stepper, or rope skipping (start with a slow cadence and work up to a relatively brisk pace the last minute or so).

For variety sake switch warm-up protocol from workout to workout. For example if you use the stair stepper in one workout do rope skipping in another etc.

OUADS & HAMS:

Machine Leg Press	3s	x	8-12r
Machine Leg Curl	3s	x	8-12r

CALVES:

Standing Calf Machine Heel Raise	3s	x	15-20r
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CHEST:

Flat BB Bench Press	3s	x	8-12r
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SHOULDERS:

Standing DB Lateral Raise	3s	x	8-12r
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TRICEPS:				
Triceps Pushdown	3s	x	8-12r	
BACK:				
Lat Machine Pulldown To Front	3s	x	8-12r	
BICEPS:				
Standing BB Curl	3s	x	8-12r	
ABS:				
¼ Ab Crunches	3s	x	15-20r	

Training Frequency: 3 Non-Consecutive Training Days Per Week for 4 Weeks Rest-Pauses: <u>30 Seconds</u> Between Sets And Exercises

Phase II (30 Days)

Workout

GENERAL WARM-UP: Same Instruction As Per Phase I.

CHEST:

Incline BB Press 3s x 8-12r

SHOULDERS:

BB Press Overhead 3s x 8-12r

TRAPS:

BB Shrugs 3s x 8-12r

TRICEPS:

Lying BB Triceps Extension 3s x 8-12r

QUADS & HAMS:

Machine Hack Squats 3s x 8-12r

Standing Machine Leg Curl 3s x 8-12r

CALVES:

Seated Calf Machine Heel Raise 3s x 15-20r

BACK:

Seated (Close-Grip) Low Pulley Cable Row 3s x 8-12r

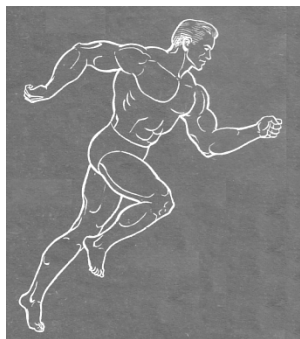
BICEPS:

Machine Biceps Curl 3s x 8-12r

ABS:

Vertical Ab Station Knee Pull-Ins 3s x 15-20r

CARDIO:



Aerobic 3 Minute System - When concluding any of the "Total Body Blitz Workouts" it is important that you don't do extended periods of aerobics' (30 minutes and more) because it will burn up hard earned muscle mass. Aerobics' are terrific for developing the cardio respiratory system.

Do what is called Aerobic 3 Minute System (aka "20-10 x 6 System"): Here's how it works. Using a treadmill or stationary bike, etc., simple work at a sprint pace for 20 seconds (80-90% of your target heart rate) and then without pause coast for 10 seconds (at about 60-65% of target heart rate).

Repeat this (sprint-run system) 20-10 sequence nonstop for a total of 6 series, two nonconsecutive days a week. Don't use this high-low intensity method of aerobic

conditioning if you are over 40 years of age, sedentary, and have not had an active cardiac stress test.

*As with any aerobic training session always begin with a 5 minute warm-up and conclude the "20-10 x 6 System" with a 5 minute cool-down.

Training Frequency: 3 Non-Consecutive Training Days Per Week for 4 Weeks.
Alternate Phase I and II on training. Example: **Mon-Phase II, Wed-Phase I, Fri-Phase II**

Rest-Pauses: 15 Seconds Between Sets And Exercises

Phase III (30 Days)
Workout

GENERAL WARM-UP: Same Instruction As Per Phase I.

BACK:

Bent-Over BB Rowing	3s	x	8-12r
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BICEPS:

2-DB Curls	3s	x	8-12r
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ABS:

¼-Ab Crunch	3s	x	15-20r
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CHEST:

High Pulley Cable Cross-Over	3s	x	8-12r
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SHOULDERS:

Bent-Over DB Laterals	3s	x	8-12r
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TRAPS:

Low Pulley Cable Upright Row	3s	x	8-12r
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TRICEPS:

Dual Triceps-Rope Pushdown	3s	x	8-12r
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LEGS:

BB Back Squat	3s	x	8-12r
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Abductor/Adductor Machine	3s	x	8-12r
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CALVES:

Donkey Heel Raise	3s	x	15-20r
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CARDIO: Same Instruction As Per Phase II

Training Frequency: 3 Non-Consecutive Training Days Per Week for 4 Weeks.
Alternate Phase I, II and III on training. Example: **Mon-Phase III, Wed-Phase I, Fri-Phase II**

Rest-Pauses: 15 Seconds Between Sets And Exercises

TOTAL BODY BLITZ II
The Next Level
Phase I (30 Days)
Workout

GENERAL WARM-UP: Same Instruction As Per Previous Phases

CHEST:

Super-Set:

Incline DB Press	3s	x	8-12r
Wide-Hand-Space Bodyweight Only Pushups	3s	x	AMAP

SHOULDERS:

Super-Set:

DB Lateral Raise	3s	x	10-15r
45° Bent-Over DB Lateral Raise	3s	x	10-15r

BACK

Super-Set:

Bent-Over Barbell Rows	3s	x	8-12r
Standing BB Shrugs:	3s	x	8-12r

BICEPS:

Super-Set:

Low Pulley Cable Curls	3s	x	8-12r
Dual-Triceps Rope Pushdown	3s	x	8-12r

QUADS & HAMS:

Tri-Sets:

Machine: Hack Squat	3s	x	8-12r
Leg Extension	3s	x	8-12r
Leg Curl	3s	x	8-12r

CALVES:

Super-Set:

Donkey Heel Raise	3s	x	15r
Seated Calf Machine Heel Raise	3s	x	15r

ABS:

Super-Set:

Vertical Ab Station Knee Pull-Ins	3s	x	15r
¼ Ab Crunch	3s	x	15r

CARDIO: Same Instruction As Per Previous Phases

Training Frequency: 3 Non-Consecutive Training Days Per Week for 4 Weeks.

Rest-Pauses: 30 Seconds Between Sets And Exercises

TOTAL BODY BLITZ II
Hardcore Edition
Phase II (30 Days)
Workout

GENERAL WARM-UP: Same Instruction As Per Previous Phases
 QUADS & HAMS:

Tri-Sets:

BB Back Squat	3s	x	8-12r
Machine: Leg Extension	3s	x	8-12r
Leg Curl	3s	x	8-12r

Rest-Pause: 60 Seconds Between Tri-Sets

CALVES:

Super-Set:

Seated Calf Machine Heel Raise	3s	x	15r
Standing Calf Machine Heel Raise	3s	x	15r

Rest-Pause: 30 Seconds Between Super-Sets

CHEST:

Super-Set:

High Pulley Cable Cross-Over	3s	x	12r
Parallel Bar (Chest) Dips	3s	x	AMAP

Rest-Pause: 60 Seconds Between Super-Sets

SHOULDERS:

Super-Set:

BB Press Overhead	3s	x	10-15r
2-DB Front Raise	3s	x	10-15r

Rest-Pause: 30 Seconds Between Super-Sets

BACK:

Super-Set:

Straight Arm Lat Pulldowns	3s	x	8-12r
Seated Low Pulley Cable Rows	3s	x	8-12r

Rest-Pause: 30 Seconds Between Super-Sets

ABS & LOWER BACK:

Super-Set:

Machine Ab Crunch	3s	x	15r
Hyper-Extensions	3s	x	15r

Rest-Pause: 30 Seconds Between Super-Sets

TRICEPS:

Super-Set:

V-Bar Triceps Pushdown	3s	x	8-12r
Standing BB Curl	3s	x	8-12r

Rest-Pause: 30 Seconds Between Super-Sets

CARDIO: Same Instruction As Per Previous Phases

Training Frequency: 3 Non-Consecutive Training Days Per Week for 4 Weeks.
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Note: Depending on your present conditioning many of the Signature Training Winning Edge Workouts can be brutally tough. Here is a tip for derailing post workout muscular soreness.

One of the most effective remedies for decreasing post-workout soreness after a workout is to consume **500 mg of Vitamin C (with bioflavonoids) prior to the workout and 400 mg immediately upon completion of the workout.** While this works great for many bodybuilders, there is yet another remedy that works very well within the confines of regular exercise protocol, and it is what I consider to be worth \$1000.

What's the secret? Mega dose of Vitamin C. In other words, consume 500 mg of Vitamin C each hour for 3 hours prior to scheduled workout, and then repeat the mega dosage for 3 hours after completing the workout.

And yet another effective remedy for decreasing post-workout soreness & inflammation is to take 1-2 grams of Vitamin C along with 250-500 mg. of aspirin (but not if you have a peptic ulcer) or Advil immediately following a workout. Also vitamin E supplementation may be helpful in preventing muscle soreness.

Y3T WORKOUT SYSTEM



What is Y3T?

Y3T is a unique training system which works over a 3 week cycle. The theory behind **Y3T** was strategically put together to help the participant target the entire muscle fibre population within their body, making their workouts 3 dimensional.

This means that over the 3 week training cycle the participant will be increasing their repetition range each week whilst changing their intensity rate. There is an array of benefits to training this way when noticeable body composition changes are a priority.

Neil Hill, world renowned trainer and nutritionist to a vast client base which includes professional sporting athletes and high profile characters devised the Y3T training system with over 24 years' worth of experience behind him.

After suffering several injuries as an amateur and professional bodybuilder Neil Hill starting training with higher repetitions and limiting the amount of heavy training he would in order to allow his joints/connective tissues to recover. As he did this, not only did the inflammation within the joints significantly decrease he noticed his muscle development improved as well.

Y3T Training – or **Yoda 3 Training** – cycles three different styles of training:

- **Week 1** – Compound exercises involving the use of heavy weight.
- **Week 2** – A mix of compound and isolation exercises using a more moderate weight.
- **Week 3** – A mix of compound and isolation exercises with a focus on higher reps and high intensity.

Note: You will repeat this cycle 3 times, and then change exercises. Therefore, each cycle lasts **9 weeks**. During each subsequent week, try to add more weight for all exercises.

Week 1 Workout. Use 2-3 basic, heavy compound exercises and work between the 6 to 10 rep range.

Week 2 Workout. Add in an isolation exercise, but keep this week close to week one as far as exercise selection goes. Work in the 10 to 14 rep range, and continue to use 2-3 sets per exercise.

Week 3 Workout. This is a crazy week. Work in the 14 to 30 (plus) rep range, and utilize your favorite high intensity techniques – drop sets, rest pause sets, giant sets, supersets. Reduce your workout volume and get intense! Week 3 is known as “total annihilation” week.

Week 1 Example for Chest Training

- Flat Barbell Bench Press 2-3s x 6-10r
- Incline Dumbbell Press 2-3s x 6-10r
- Decline Barbell Bench Press 2-3s x 6-10r

Week 2 Example for Chest Training

- Flat Barbell Bench Press 2-3s x 10-14r
- Incline Dumbbell Press 2-3s x 10-14r
- Pec Deck or Dumbbell Flyes 2-3s x 10-14s
- Decline Barbell Bench Press 2-3s x 10-14r

Week 3 Example of Chest Training

- 1 set...Hammer Strength Bench Press – Rest pause to 30-40 reps.
- 1 set...Push Ups – One set to max reps (20+).
- 1 set...Pec Deck – Triple drop sets, each to failure.
- 1 set...Giant set with Dumbbell: Bench Press, Flyes, Incline Bench Press and High Pulley Cable Crossovers.
- 1 set...Smith Incline Barbell Bench Press – slow 6 second negatives to failure, with forced reps beyond failure.

For more information: YouTube-**Y3T Workout System**

15-DYNAMIC TRAINING FREQUENCY OPTIONS

Choose a training frequency option (for example **2-On /1-Off**, **1-On/1-Off** repeat frequency) which best accommodates your current daily lifestyle, recovery ability tolerances (localized muscle and central nervous system), major and minor muscle grouping preferences, and number of training sessions dedicated to select muscle groups. Here are 15 more-Dynamic Training Frequency Options.

OPTION 1: 3-ON, 1-OFF

Day 1	Day 2	Day 3	Day 4
Quads	Back	Delts	Off
Hams	Traps	Triceps	
Calves	Chest	Biceps	
Abs			

OPTION 2: 4-ON, 1-OFF

Day 1	Day 2	Day 3	Day 4	Day 5
Quads	Chest	Back	Triceps	OFF
Hams	Delts	Traps	Biceps	
Calves			Abs	

OPTION 3: 2-ON, 1-OFF/2-ON, 2-OFF

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Legs	Delts	Off	Back	Chest	Off	Off
Abs	Triceps		Traps	Biceps		

OPTION 4: 6-DAY CYCLE

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Legs	Delts	Off	Back	Chest	Off
Abs	Triceps		Traps	Biceps	

OPTION 5: 3-ON, 1-OFF/2-ON, 1-OFF

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Quads	Chest	Back	Off	Delts	Traps	Off
Abs	Triceps	Hams		Calves	Biceps	

OPTION 6: 7-DAY PUSH-PULL

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Quads	Chest	Back	Delts	Hams	Off	Off
Calves	Triceps	Biceps	Traps	Abs		

OPTION 7: 10-DAY SPLIT

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Days 9-10
Quads	Delts	Off	Back	Hams	Off	Chest	Triceps	Off
	Abs		Traps	Calves			Biceps	

OPTION 8: 9-DAY SPLIT

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Days 9
Chest	Delts	Off	Quads	Chest	Off	Delts	Quads	Off
Calves	Arms		Hams	Calves		Arms	Hams	
Abs	Abs		Back	Abs		Abs	Back	
			Abs					

OPTION 9: Every-Other-Day SPLIT

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Back	Off	Back	Off	Quads	Off	Back
Chest		Triceps		Hams		Chest
Delts		Forearms		Calves		Delts

OPTION 10: Push/Pull 1-ON, 1-OFF/1-ON, 1-OFF/1-ON, 2-OFF

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Quads	Off	Back	Off	Chest	Off	Off
Hams		Biceps		Delts		
Calves				Triceps		

OPTION 11: 1-On, 2-Off/1-On, 3-Off (6 Week Rotation)

Week No.	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	WOA	Off	Off	WOB	Off	Off	Off
2	WOC	Off	Off	WOA	Off	Off	Off
3	WOB	Off	Off	WOC	Off	Off	Off
4	WOA	Off	Off	WOB	Off	Off	Off
5	WOC	Off	Off	WOA	Off	Off	Off
6	WOB	Off	Off	WOC	Off	Off	Off

OPTION 12: 2-On, 1-Off (9 Week Rotation)

Week No.	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	WOA	WOB	Off	WOC	WOA	Off	WOB
2	WOC	Off	WOA	WOB	Off	WOC	WOA
3	Off	WOB	WOC	Off	WOA	WOB	Off
4	WOC	WOA	Off	WOB	WOC	Off	WOA
5	WOB	Off	WOC	WOA	Off	WOB	WOC
6	Off	WOA	WOB	Off	WOC	WOA	Off
7	WOB	WOC	Off	WOA	WOB	Off	WOC
8	WOA	Off	WOB	WOC	Off	WOA	WOB
9	Off	WOC	WOA	Off	WOB	WOC	Off

OPTION 13: 5-On, 2-Off (3 Week Rotation)

Week No.	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	WOA	WOB	WOC	WOA	WOB	Off	Off
2	WOC	WOA	WOB	WOC	WOA	Off	Off
3	WOB	WOC	WOA	WOB	WOC	Off	Off

OPTIONS 11-12-13: Abbreviations: WOA, WOB, WOC symbolizes muscle group(s):
WORKOUTS A, B, and C

36 More Signature Training Winning Edge Workouts

In closing here is a list of 36 More Signature Training Winning Edge Workout modalities that have proven successful over the decades

ACCELERATED GROWTH TRAINING SYSTEM (Mark Mills)
ATLETICA MESO-CYCLE PROGRAMS (Rick Brunner)
BEVERLY INTERNATIONAL METHOD (Roger Redinger)
BIO-PHASE FEEDBACK TRAINING (Larry Scott)
BULGARIAN BURST TRAINING SYSTEM (Leo Costa Jr.)
BRUTALLY HUGE SYSTEM (Bill Davis)
EVOLUTIONARY TRAINING (Atletica Sports International)
GRIMWOOD STRENGTH SYSTEM (Terry Grimwood)
HYPER GROWTH SYSTEM (Larry Scott)
INNERVATION TRAINING (Scott Abel)
INTENSITY FOR DENSITY (Ray Mentzer)
IRON MAN TRAINING SYSTEM (Fred Koch)
KETOGENIC METABOLIC EXERCISE PROGRAM (Lyle McDonald)
MATRIX MASS (Lester S. Marice)
MAX CONTRACTION TRAINING SYSTEM (John Little)
MAXI-SIZER COURSE (Ernest F. Cottrell)
MELTDOWN TRAINING (Don Alessi)
MOUNTAIN DOG TRAINING (John Meadows)
MUSCLE TECH PROGRAM (Paul Gardiner)
NEW BREED TRAINING (Steve Davis)
POWERBUILD (John Black)
POWERBUILDING SYSTEMS (Brad Jeffreys –Shawn Phillips)
POWER EXCEL (Greg Reshel)
POWER FACTOR TRAINING (Pete Sisco)
PROFESSIONAL BODYBUILDING & FAT LOSS PROGRAMS (ICOPRO)
RADER MASTER BODYBUILDING
& WEIGHT GAINING SYSTEM (Peary Rader)
SAMRA R.E.S.T. SYSTEM (Pete Samra)
SB TRAINING SYSTEMS: 90TRAINING (Stan Bacso)
SEPTEMBER EXPERIMENT (Bill Phillips)
SERIOUS GROWTH (Leo Costa Jr. - Tom Platz)
SPARTAN TRAINING REGIME (Anthony Bova)
SSM SYSTEM (Chuck H. Sipes)
TITAN TRAINING SYSTEM (Leo Costa Jr. – Russ Horine)
ULTIMATE EQUATION TRAINING SYSTEM (Robert L. Martin)
118-DAY SCIENTIFIC BB'ING EXPERIMENT (Ernest F. Cottrell)
WESTSIDE BARBELL CLUB METHOS (Lou Simmons)