

8 Week, 1 Set, ULTRA reps High Volume DENSITY Split

Arguably, Fitness's 'Bad Boy' of training concepts. Not because it's simply controversial, but because it's PAINFUL. But what is pain if not weakness leaving the body?? You'll find out what you're made of with this terrifying training model! Beware, there are some incredible GAINS to be made!

Week One: BLAST ULTRA Reps

- Day 1 - Chest and Back
- Day 2 - Shoulders
- Day 3 - Lower Body
- Day 4 - Upper Arm
- Day 5 - Total Body LARGE MUSCLES

Week Two: RECOVER

- Day 1 - Chest Back Shoulders
- Day 2 - Upper Arm
- Day 3 - Lower Body
- Day 4 - Chest Back Upper Arm
- Day 5 - Shoulders Lower Body

Week Three: SHRED

- Day 1 - Chest
- Day 2 - Back
- Day 3 - Lower Body
- Day 4 - Shoulders
- Day 5 - Upper Arm

Week Four: RECOVER

- Day 1 - Chest Back Shoulders
- Day 2 - Upper Arm
- Day 3 - Lower Body
- Day 4 - Shoulders Upper Arm
- Day 5 - Chest Back Lower Body

Week Five: PUSH PULL

- Day 1 - Chest Back
- Day 2 - Shoulders Tricep
- Day 3 - Lower Body
- Day 4 - Back Bicep
- Day 5 - Shoulders Chest

Week Six: RECOVER

- Day 1 - Chest Back Tricep
- Day 2 - Shoulders Bicep
- Day 3 - Lower Body
- Day 4 - Back Upper Arms
- Day 5 - Chest Shoulders Lower Body

Week SEVEN: OVERLOAD

- Day 1 - Chest
- Day 2 - Back
- Day 3 - Lower Body
- Day 4 - Shoulders
- Day 5 - Upper Arm

Week Eight: BLAST ULTRA Reps

Day 1 - Chest and Back

Day 2 - Shoulders

Day 3 - Lower Body

Day 4 - Upper Arm

Day 5 - Total Body LARGE MUSCLES