THE ALPHA BODY

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LEGAL

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Chapter 1: Program Expectations

This is a program designed for **recreational lifters** who want the bench pressing strength of a powerlifter, the overhead pressing strength of a strongman, the relative strength of a gymnast, the leg strength of a field athlete, and the aesthetics of an oldschool bodybuilder. Thus, the program is very much set up like a strength athlete, but with a few modifications. The goal is not to get better at the "Big 3", but rather to get better in **all the major exercises in addition to their supplemental and accessory movements**. We are more interested in general strength, and not necessarily specific strength.

Many lifts that strength athletes typically perform are completely taken out of the equation, as they compromise the goal of aesthetics despite their performance benefits. Since these movements are typically associated with the lower body, it makes sense why this is primarily an upper body program. This is not to state that you will neglect your legs, as you will still train them hard and frequently using exercise substitutions that **yield similar performance benefits to traditional leg movements while maintaining symmetry and size at the same time**. Those are the movements that you will employ into your leg training. For the skeptic, I have added a bonus powerlifting section at the very end of this book. Be warned, however, that incorporating the powerlifting movements may skew the results of this program, so please take full responsibility if something goes wrong.

If these goals and training methodologies sound interesting to you, then this is the program you've been waiting for all your life. All the research has been done for you, and all the bullshit has been filtered out. You will get solid, no fluff information, and by the time you will have been finished this book your knowledge on fitness would have increased dramatically. No more will you ever be frustrated with the misinformation that is so present in this "fitness community", nor will you ever need to deviate away from this program, no matter the goal. When you take on the style of training that will be discussed very shortly,

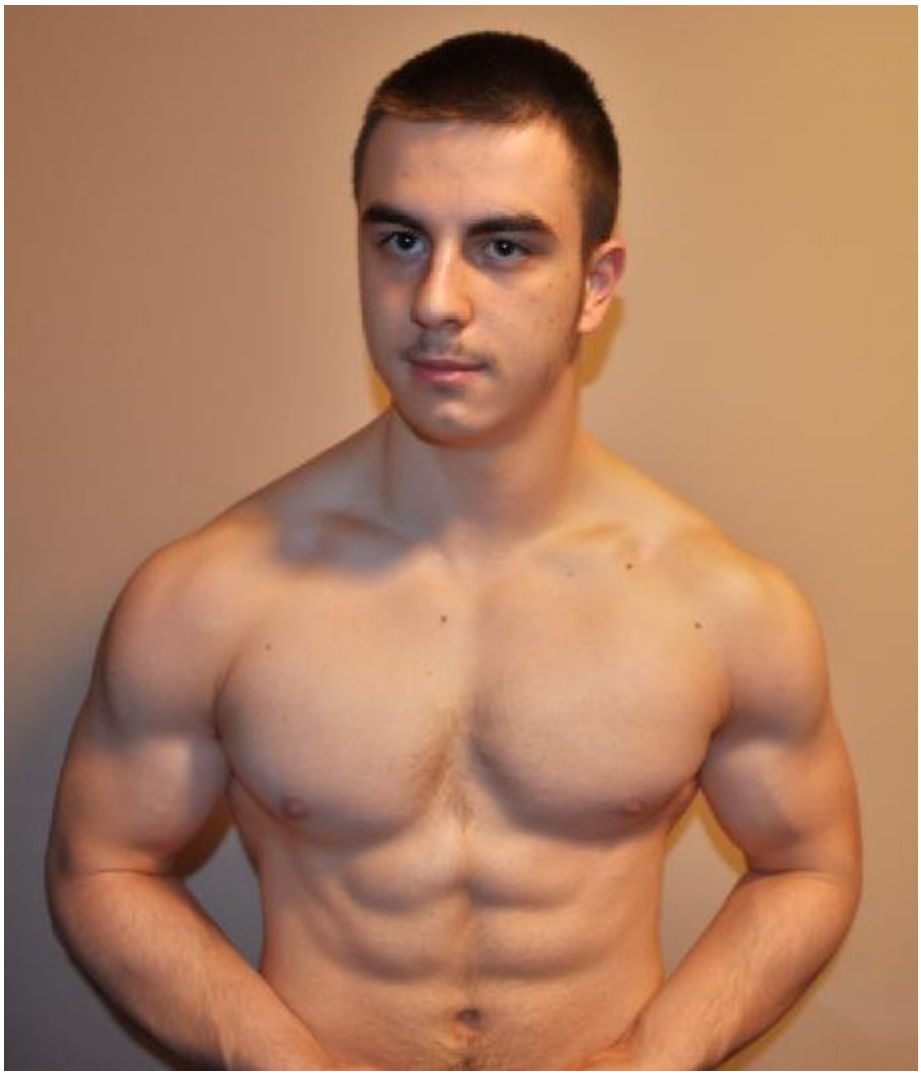
you will get consistent, long-lasting results 100% of the time. If you do it right, you will make **at least one personal record per workout**, and should require very few deloads. Best of all, you will not need performance enhancing substances, expensive supplements or complex nutritional programs.

What separates this program from many others is that there's a vast exercise selection and **a focus on being strong overall** rather than on just being strong on a few lifts. You can call it a form of concurrent periodization, because the program does not have any phases or seasons, and you are training multiple elements at the same time. Additionally, the exercises are constantly being rotated to prevent accommodation, which allows us to maximize absolute strength while being strong year-round.

Finally, my bias will not affect what movements you decide to choose in this program because I provide detailed tables which include all exercise possibilities. You possess maximum freedom as to what lifts you want in the program. Simply put, I give you the weekly template with the training philosophy, and you plug in the exercises of your choice based upon your individual needs. In this way, **you can train on your own terms**, and actually enjoy the damn program.

Now that we got the important stuff out of the way, I'd like to state that if you found this program, **you are destined to get the body you've always desired.** You already took the first step of opening this book, and now you're about to read through it and apply the principles to your training. You've done what the lazy could never do, and for that you will be rewarded. In fact, you will get rewarded in a way where the gym does not tap into other aspects of your life. You see, I have a philosophy that **fitness should be an addition to your life, and not your life**. No one should ever be a slave to their bodies, or a slave to the gym. That being said, this program is designed in such a way that it sticks to this motto 100% of the time. Not only will your body feel refreshed every single day, but you will also have endless amounts of time to do the things that you love most, without having to think about lifting.

I know it's difficult to believe that a program can possess maximum efficiency within the training itself, while still allowing maximum free time outside the gym. If I were an average gym-goer, I would be doubtful as well. Luckily, I'm not the average gym-goer, **and neither are you**. You'll learn soon enough why most people have no idea what they're doing in the gym, and how if they implemented the strategies present in this program, that they would not only make better gains in the gym, but with their life as well.



Don't worry, I walk the talk.

Chapter 2: Program Foundations

Before we dive into this program, there are a few things you MUST know before truly understanding what you're getting yourself into. You'll know exactly why the program produces fantastic results, and why other systems can be very inefficient. In these ways, you won't question the methodology of this program, which will ensure that your psychology is in good standing.

Program Setup: Concurrent Full Body Training

Upon reading this headline, two things probably came to mind. One, you thought to yourself "Concurrent training program? Well what about linear periodization?" and two, you remarked "Full Body? I thought that was for beginners!" If you asked any of these

questions, I would of course feel it necessary to provide you an explanation as to why this is **not** your typical upper/lower or split routine, and why this program does not follow the commonly used linear periodization model. If you don't know what the hell I'm talking about, don't worry because you will soon.

Split Routines

Let's first discuss the ineffectiveness of split routines, which is what the majority of the population follows. With a split routine, you attack each bodypart **once a week**, typically utilizing high volume setup. You are essentially growing for a couple days, and then having your body atrophy for the rest of the week while you could have been in the gym training more frequently. The volume may be high, yes, **but at the expense of lost frequency**. The result is that you lose out on opportunity protein synthesis and valuable training sessions, which will cause the adaptations that you have acquired to dissipate at an earlier rate, thus stalling progress in the long term.

There comes other side effects as well, mainly the fact that you will have delayed onset muscle soreness (DOMS) for the rest of your training career. **A body that is not conditioned to train frequently will always be sore**. Personally, I don't see the benefit in being sore for a week to repeat a training cycle that is ineffective in the first place. It's clearly a lose/lose situation no matter what you do.

Lastly, the split routine typically has you coming in the gym every day for 5 days straight. Thus, you not only begin to live in the gym, but training becomes a chore. You also begin to overwork your body, which can lead to overtraining (a serious medical issue) in the future. Ultimately, you cannot wait for the weekend so you can relax. A split routine is like the 9-5 of lifting weights, but without the paycheck.

Upper/Lower Programs

The upper/lower program is an interesting weekly setup, because it's founded off the idea that you can beat the hell out of your upper body on one day, and do the same to your lower body on another. It sounds good on paper, and in fact many athletes do train in an upper/lower fashion. (Hint: We are not athletes and do not have in-seasons and off-seasons) However, there are some limitations to using this style, which will be discussed very shortly.

The first problem is that your frequency is still quite low, being only 2x a week for both the upper body and lower body. As previously mentioned with split routines, protein synthesis and additional training sessions are absolutely essential if we are to maximize total weekly expenditure. Although twice a week is a good start, it's still not enough, and unfortunately it would be impossible to go higher than that. Why? Well there simply aren't enough days in a week to make an upper/lower system more than twice a week frequency because otherwise you would have to train 6 days a week, which would tap into your recovery. You would also be a slave to the gym as a result of this modification.

The second problem is that you're dividing your upper and lower body into separate workouts, **when you could have easily combined them into the same day**. Just think about it for a second. How hard is it to sit down for 10 minutes, have a coffee or juice, relax, and then go hit the other half of your body? It always amazes me that people feel the need to divide their upper and lower bodies into two separate workouts, as if they were physically incapable of doing both in the same day. You know what that's called? **Excuse-making and laziness**. It's also called being impractical, because if you were to combine the upper and lower workout into one, it would allow for **greater frequency with LESS total days in the gym**, while making recovery extremely manageable.

Unlike split routines, the main point behind upper/lower programs **is not that they are bad, but that they could be better**. How can it be better, you ask? This leads us to the final style of training, which bridges the gap between splits and upper/lowers. That style is full body training.

Full Body Programs

How is full body training superior to both the split routine and the upper/lower program? Well for one, it addresses the issue of frequency, by which **you have the capacity to train each bodypart 4 times a week**, unlike the 2x a week option of the upper/lower program and the 1x a week option of the split routine. The fact that we can keep our protein synthesis extremely high while having little total days in the gym is a massive benefit that no other form of training can offer.

Secondly, recovery is extremely manageable due to the fact that **you are not shackled to a rigid weekly schedule**. If you had to train a particular day but did not feel up for it, you can simply listen to your body and take an additional day off. This will not affect your schedule, because you train everything at the same time anyway. If this were a split routine, you would essentially cut out one of your bodyparts, which would leave you with 0x frequency for whatever that bodypart was, and if this was an upper/lower program you would be reduced to 1x a week frequency for one of your halves, which would make the program even less effective than a split routine because there is less volume and fewer exercises to begin with. With full body training, you don't have this problem, because **no workouts depend on each other**! For example, if you were supposed to train 4x a week but somehow got reduced to 3, you would still have **more** frequency than the upper/lower program. Let's go a step further. If for whatever reason you get reduced to twice a week, you're basically on the same frequency page as an upper/lower program. This is extremely significant, because **you would have to miss two training sessions in a row to end up with the same upper/lower program that would originally have you train 4x a week in**

the first place. Re-read that sentence a couple times, and really try to understand how important this is.

As you can see, full body training is the solution to your problems, because it fixes all issues that splits and upper/lower programs fail to tackle. From a physiological standpoint, you don't ever have to deviate away from full body training. If you just trained everything in one workout, on your own terms, you would, with time, develop that perfect physique that you've always dreamed of. However, many shy away from full body training due to psychological reasons, because sometimes it can be pretty overwhelming. I'm not going to lie and tell you that full body workouts are easy, because they sure as hell aren't. That being said, their only downside is that they are fucking hard and psychologically demanding. This can result in major program tweaks, and a serious loss of motivation. Despite these cons, the positives clearly outweigh the negatives, and full body training is in my opinion still better than the splits and upper/lower programs.

Linear Periodization vs. Concurrent Periodization

So now we're moving on to a touchy and complex subject, so I do apologize if I happen to rustle your jimmies. It's for your own good though, because you've been fed a lot of bullshit up until this point.

Now for those of you who don't know what periodization is, it's basically a planned form of training. To give you a brief summary, it usually consists of a macrocycle, a mesocycle, and a microcycle. The macrocycle is the entire span of the training cycle, while the mesocycle are the mini phases in that macrocycle, and the microcycles are the sessions that are present in each mesocycle. It's kind of like inception, you know? It's a dream within a dream.

To better understand this, let's compare these terms to a typical school setting. The macro cycle is similar to an entire year of school. The mesocycle would be the semesters in the year, and the microcycles would be the individual classes within the semesters. Simple enough?

Based off the terms just mentioned, let's discuss linear peridozation for a second. In the macrocycle, it includes various mesocycles which are known as phases. These include the endurance phase, hypertrophy phase, power/strength phase, and peaking phase. Each phase blends into one another in a linear fashion (orderly and systematic), by which volume decreases while intensity increases throughout the entire macrocycle. The microcycles are the individual training sessions that you do in each mesocycle phase.

On the other hand, concurrent periodization maintains volume and intensity, while introducing all training elements (endurance, hypertrophy, power/strength, peaking) into each micro AND mesocycle. In order to train all elements simultaneously without stalling or burning out, exercises must be constantly rotated. This creates a macrocycle that can virtually be endless, and a style of training that is not systematic.

Hopefully these brief explanations gave you some idea as to what periodization is, because we will now approach the debate. I will lay out the main points of linear periodization, and present my rebuttals against each of them thus supporting concurrent periodization. Below is the bread and butter of linear periodization.

1) Program is based off percentages of a 1RM
2) Possesses one peak
3) Volume decreases as intensity increases

Let's start with the first point. The lifter must select their 1RM of a main movement, by which they will then write out percentages of that 1RM for the phases that follow. So if your 1RM squat was 405lbs, and 60% was the start of the first phase, then that would

leave you squatting approximately 245lbs. The problem with this logic is that the numbers you use for your entire training cycle will be flawed, because **the longer you stay away from higher percentages, the more your maximum strength decreases**.

For example, at the start of a cycle you may be able to squat 405lbs, but perhaps after a month of volume training you are back down to 385lbs due to not working in the higher percentages. So say the beginning of the second phase has you working at 70%; that would mean 70% of 405lbs is 285lbs, but since you can't squat 405lbs anymore you would be using 70% of 385lbs which is 270lbs. That's a significant 15lb difference, which can many times constitute two full training weeks. This slight deviation in 1RM will skew the ENTIRE percentages that were laid out **at the beginning** of the program, which will lead lifters to miss lifts, reach plateaus, and peak too soon. So the main issue is that we're basing our percentages off something that may not even be real, which is a damn risky move.

Additionally, the program does not have any form of auto regulation in it, which automatically renders the percentages as useless. What if you were sick that week? Clearly your performance will drop, and percentages of your 1RM will have to be modified. Problem is, can you still hit the 1RM after being sick? Are you supposed to just restart from the middle of the cycle back to week 1? What if you came in the gym feeling really strong, and end up using lighter percentages than what you're supposed to use? Will your peak be delayed as a result of this? What if you skipped a workout by accident? Are you supposed to just move forward or repeat the workout that you missed, and if so, how would that impact the training cycle as a whole? What if you under recovered slightly, and end up using higher percentages by accident causing you to stall sooner than expected?

As you can see, there is too much that can go wrong while using a percentage-based program. If one thing goes wrong with it, the entire system crumbles to pieces because it's dependent on a single number that may invariably change. When you look at the system

on paper, it looks very good and logical. Those tables may sound convincing, but as you just learned it contradicts how lifters react to training in the real world.

With concurrent periodization, you don't have any percentages of any 1RM, because you are constantly trying to break PRs every time you train. Your weights are **based off how you feel that day**, rather than some arbitrary number. Through the utilization of the super important PR Table that you will learn about very soon, you can always listen to your gut and try breaking a PR that you feel confident to doing that day. Whether you feel weak or strong, your workouts will not be negatively impacted. For instance, if you do not feel like going for a 6RM max, you can always do a 4RM. If you felt strong and decided to go for a 1RM instead of a 3RM, you could always do that. If you felt that you could not break a PR on any lift that day, you could always switch the movement and try to break a new PR on that lift. The point is that there **isn't any dependency** on any sort of percentage, because your goal is to break PRs on how you feel that day. You auto regulate your own weights by intuition, and as a result you never miss lifts, and plateaus are immediately eradicated.

The second problem with Linear Periodization is that there's only one peak. To me, I find this absolutely ridiculous given the fact that with Concurrent Periodization you are making PRs **every single workout**, rather than the end of a long journey. Linear Periodization expects you to wait after certain phases have been completed before you can try going for a new PR, when you can just rotate your exercises or make PRs in different rep ranges every single time you train? I hope you understand where I'm getting at here. It just doesn't make any sense to wait that long when you can make consistent PRs every single workout without having to depend on the accumulation process. Oh, and did you forget that if one thing goes wrong with the cycle you have to restart all over again? Thus, you may not even break a single PR for months on end, which is just unfathomable to me.

The third problem with Linear Periodization is that as volume decreases, intensity increases. Okay, so you're supposed to bust your ass off for a couple weeks gaining all this muscle and work capacity, only to lose it all by the end of the program? By the

peaking phase, **you would have lost all the abilities that you gained from the previous phases, and your accessory work which made you strong in the first place would have been completely removed**. To make things worse, there's even a required deload which detrains your abilities even more! Does this make any sense to you guys? You're basically riding an endless roller-coaster and never actually retaining a consistent performance-base year round! You live for one moment, and that is the peak PR. Why even go through all that hard work if you have to restart from ground zero? Just think about it.

Furthermore, as a recreational lifter **you do not have any contests or seasons to worry about**. So where's the logic in riding the rollercoaster of volume and intensity when you can maintain all your abilities and make consistent gains year round with concurrent periodization? It's not like you have to prepare for special events, which renders linear periodization even less useful to you.

So which form of periodization is better? I think you can draw your own conclusions, but nevertheless this program is founded off concurrent periodization so this is what you will be focusing on. In fact, I think that now would be the appropriate time to talk about the legendary PR Table, which is **the entire foundation of progression in this program**. It is absolutely essential that you understand how it works, otherwise you can consider this program worthless. The PR table is also a style that many concurrent systems do not include, which adds an element of uniqueness to this program.

The PR Table

The PR Table is one of the most revolutionary concepts that I ever came across. It was first introduced to me by a man named John Phung. In his article "How I Hit PR's All The Time (And How You Can Too)" he discusses how the PR Table works in such detail that I can never explain it as good as he did.

The first time I read the article, it absolutely blew my mind. John had essentially created a system that allowed him to break personal records every single time that he trained. What's even more impressive is that he started using this system **at the advanced stages of his training career, in addition to being drug- free**. During the time of the article's upload, he stated "My last 30+ training sessions resulted in at least 1 PR per workout." Do you realize how consistent these PRs are in comparison to other programs? Seriously guys, the dude is an advanced drug-free lifter that's been making PRs every single time he trains! I know people that have half his strength who are struggling to make PRs! Can you imagine what potential this system has for those that are weaker than John? Now if you haven't already read the article (which you should have, shame on you) then I will give you a very brief summary as to how the PR Table works. Keep in mind, I'm only giving you a brief summary here, because I really want you to read that article. You should read it about three times before moving forward.

How It Works

Often times, there will be a strict rule that one must reach a 1-3 rep PR every time they train a given movement. Although this does work for developing maximum strength, it also results in the lifter having to rotate the exercises more frequently, because you can only max out so many times before you stall. It's also a very risky approach, because often times we won't feel up for breaking a 1-3RM. In my opinion, the margin of error is way too large. You are basically dealing with an all or nothing approach.

With the PR table, however, you are able to break records that are not just limited to a 1-3RM. In fact, there are 10 (and more if you want to) different PRs that you can choose from, all being dependent on how you feel that day and through what PRs have already been recorded. Below is a great example that John provides in his article.

	1RM	2RM	3RM	4RM	5RM
Squat	405	395		375	365

As one can see, the numbers that are in the 1RM, 2RM, 4RM and 5RM boxes are from previous workouts. Say you wanted to break a new PR, the logical thing to do would be to try for a new 3RM, as it's never been done before. You've already done 395 for a 2RM and 375 for a 4RM, so logically speaking you can probably hit 380, 385, or 390 for a 3RM. Those are 3 possible PRs that can be made from this single box. Moreover, you can decide not to shoot for a 3RM at all, and try breaking a PR from one of the boxes that has already been filled in or something that is in the higher rep ranges.

If PRs are impossible to fulfill for the given movement in that day, then the next logical thing is to simply **switch the movement**. For the sake of this example, the squat can be replaced for a pause squat. What PRs can you make on THAT, now that you have a new pause squat PR table to refer to? There obviously has to be some blank holes, no matter how strong you are! Therefore a PR always will be made.

One thing to note is that if you break a PR that is in the higher rep ranges (say 4-10) it would be smart to utilize back-off sets because the percentage might be too low to stimulate a training stressor. However, with the 1-3RM you can just call it a day for your main movement.

These are the basics of the PR table, and it's a brilliant system if I may say so myself. With this system, **you should never be failing weights or having plateaus**. If you do happen to be stalling and not making progress, there are only two possibilities as to why that might be the case.

1) You are not recovering properly (Decrease frequency, cut accessories/volume, deload, eat and sleep more)
2) You are not rotating exercises or using the PR Table correctly

If you can avoid these two fatal mistakes, then boy oh boy you will be making consistent gains YEAR-ROUND! There is no possibility of failing, which I will say so very confidently.

Now that you hopefully understand the basics of the PR Table, you might ask yourself how you may apply it to yourself. Well, the first step is to start writing your workouts down and tracking the PRs that you make for your main movements. Then, copy the PR Table down below on an excel file, and throw in the exercises of your choice with their associated PRs (which you will know if you tracked workouts). Over time, you will have a HUGE list of different exercises, with numbers that will be all over the place. That's when the game really happens, and you just start filling in the blanks.

I credit John Phung 100% for the utilization and mentioning of this table. Without him, this program would be far different. Please support him at www.johnphung.com

Main Movements	1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM

Here is the legendary PR Table. With it, you will be able to make PRs practically every time you train.

Chapter 3: The Program

Alright, so now we move on to what you've been waiting for in the first place, which is the program itself. You already understand that this is a full body program, and you also know the program is concurrent and heavily focused on the PR Table. With these things in mind, let's explore this program.

Weekly Program Setup

Frequency: 2-4x a week

One day on, one day off

1) Main Upper Movement
2) Supplemental Upper
3) 1-2 Triceps/Chest Exercises
4) 1-2 Back/Traps Exercises
5) 1 Light Shoulder Exercise
6) 1-2 Curling Exercises

---Optional 5-10 Coffee/Juice Break

7) Main Lower Movement
8) Supplemental Lower
9) High Volume Calves
10) Optional Abs

Alright, so what do you think of the program? Is it mind-boggling? If so, allow me to explain it further.

Exercise Order

Since this is primarily an upper body program, it makes sense to start with the upper body. Often times, conventional full body programs will have you training your legs first, and your upper body last. This particular order results in you **not being able to maximize your pressing strength**. To help grasp this concept, imagine that you had to perform many sets of sprints, and then were instructed to go bench press. Even though your upper body was theoretically fresh, the fact that you exerted all your energy and concentration to the sprints would most likely cause you to bench press less weight. So then my next question would be, why on earth do people still think that weight training legs first is any different? Due to this scenario, I have you eliminate the problem by starting off with the upper body first. No way are you going to end up with tree-trunk legs and a skinny upper body. I've been there and done that, and believe me it's not fun.

You may now ask "Well what about the lower body? Isn't that going to slack because you're training it last?" to which I would reply with no. The reason for this is very simple. I have included **an optional** 10 minute coffee/juice break, which will allow you to regain focus and energy and help push you through the end of the workout. I also don't have you doing squats and deadlifts in this program, so you'll have enough energy to finish off the workout without impeding recovery.

Lastly, we don't require maximum performance in our legs because we are not competitive athletes, so any performance loss won't matter in the first place. However, if you were to reverse this order and train legs first, your upper body performance would stall because you are training it very hard with high volume/intensity and various exercises. You cannot afford any performance loss whatsoever, otherwise the entire upper body program would have to be altered. So no, the reverse would not work in case you were wondering. I hope this explanation clarifies as to why we start off with the upper body first. It's all about priority, capiche? Let's now discuss the training itself.

Main Lifts

You will first notice that I've included a main movement for both the upper and lower body. These movements are the heart of your program, and lay the foundation for the rest of the workout that follows. **These lifts should always be based on personal weaknesses and individual goals**. Never select a random movement if it does not apply to you at that current moment in your training career. (For list of recommended movements, see V.I.P. Exclusive Lifts Section)

These main movements can be attacked in two different ways. You can either try going for an all-out max effort attempt using reps between 1-3 and leave it at that, OR you can utilize the PR Table for reps between 4-10 and follow it up with two to three back-off sets with 10% reductions in weight per set. The first option should be used if one feels extremely strong and confident, while the ladder should be considered **if you know for a fact** that you will fail a max effort attempt. In these ways, you are completely auto-regulated, and can make PRs every single time you train a main movement.

It's also crucial that you **rotate these main movements as often as possible**, especially if you're maxing out frequently. Not doing so will cause you to stall and burn out fast. As a general rule, **the less experienced you are the less you have to rotate, while the more advanced you are the more you have to rotate**. For instance, 1-3 weeks of a main movement should be sufficient for intermediate lifters, while for the advanced guys the movement will probably need to be rotated every workout. Keep in mind though that **this doesn't necessarily mean switching the exercise completely**. For instance, you can always do pause bench press instead of regular bench press. You can always do incline close grips instead of regular inclines. You can always add chains to your floor press, rather than without. You can always overhead press with a fat bar instead of your standard 20kg bar. You can always do pistol squats off a low box, rather than doing them free-weighted. The point is that slight deviations are perfectly acceptable, and swapping the

entire exercise is not necessary. However, changing the entire movement definitely works wonders too and is highly encouraged.

In the end, you simply need to identify what's most relevant to you for that given training session. This is great because most programs are not flexible at all so at least you can enjoy the main movement rather than despising it. My personal bias will thus not affect you.

Main Upper

Movement	Grip	Bar	Style	Resistance
Bench Press	Close	Standard 20kg Bar	Touch and Go	Straight Weight
Incline Press	Medium	Fat Bar	Paused	Cable
Decline Press	Wide	Swiss Bar	Partials	Machine
Floor Press	Illegally Wide	Cambered Bar	1,2,3,4,5 Board	Bands
Weighed Dips	Reverse	Bent Bar	Pins	Chains
Overhead Press		Log		
Push Press				

Main Lower

Movement	Stance	Bar	Style	Resistance
Trap-Bar Deadlift	Close	Standard 20KG Bar	Touch and Go	Straight Weight
Pistol Squat	Medium	Safety Squat Bar	Pause	Cable
Single-Legged Leg Press	Wide	Cambered Squat Bar	Blocks	Machine
Knees to Chest Leg Press		Dumbbell	Box	Bands
Hack Squat		Plates	Pins	Chains
Bulgarian Split Squat				

Supplemental Lifts

The supplemental lifts are extremely important, and are necessary to maximizing true lifting potential. These are the exercises that build the main movements of a given training

session. They are best done for 2-5 sets of 3-8 reps, although in some cases the reps may be slightly lower or slightly higher. Over time, these lifts gradually improve.

Additionally, the supplemental lifts are usually rotated simultaneously with the main movement, as not doing so would defeat the idea of strengthening the main lift of that training session. Interestingly, supplemental work is the most neglected aspect in typical programs. As an example, "Bench press more to get better at benching!" is what many morons will state. If all one had to do was train their bench press over and over again, don't you think that everyone would be benching 500lbs by now? In fact, didn't you try that already? How did that work out for you?

You see, **there's a difference between training a lift and building a lift**. Training a lift is what most dumbasses in the gym do, by which they just train one movement in the hopes of getting better at it. It's the equivalent of trying to re-read the same book over and over again in the pursuit of gaining new knowledge. This approach is limited and **always** leads to failure because you can only learn so much from one book. As a great someone once said, the definition of insanity is doing the same thing over and over again and expecting a different result.

On the other hand, **building a lift is what intelligent lifters do**. They know what their weaknesses are, and how to attack them (Think the ultimate success formula by Tony Robbins). **Intelligent lifters utilize special exercises that address weaknesses and build their main lift automatically**. Usually, they are very hard to do, and sometimes even harder than the main movement. They must be this way to yield the greatest carryover.

In the bench press, for instance, one may remark that they possess weak shoulders and triceps. What most people would recommend is that this person needs to "BENCH MORE!" when in fact this would be terrible advice. The smart thing would be to first switch out the main movement (the bench press) for either overhead pressing variations, reverse grip bench presses, floor presses, or close grip bench variations.

Secondly, the lifter would have to select a supplemental movement that **BUILDS one of the mentioned main movements**. He wouldn't do chest flyes or chest work because that's not his weakness. Instead, he would perform additional presses or heavy triceps work such as JM presses and triceps extensions. Now THAT is how you fix weaknesses and build benching strength the right way. Never forget that you're always as strong as your weakest link. I'm tired of the whole training movements shit. Start thinking more like a bodybuilder, but without the fluff and pump. Besides drugs and genetics, there's a reason why their physiques appear balanced, and why they can out out-lift many powerlifters. In fact, aren't these the same guys that propose "muscle confusion", which is really just concurrent training?

Anyway, let's give another example. Say a lifter always got stuck at the bottom of his bench press, and never struggled at the top. To tell this guy to keep training his regular bench press would be stupid, because he will always have that initial sticking point **unless** we address his problem from the roots which is probably the fact that he has a weak chest. (He may have weak shoulders too, but this is just an example)

The smart way to build this guy's bench press is to first widen his grip and begin pausing on his main bench press, and then for supplemental work he would have to utilize illegally wide bench presses, dumbbell benching or weighted dips. This would develop his pectorals in a way that has the greatest strength carryover to the main bench press, which would destroy the annoying sticking point of being weak at the bottom. Once more, this is how smart lifters train and how you build the bench press automatically.

With these things in mind, always remember that the supplemental movement **must always have direct carryover to the main lifts, and should never be used randomly.** Just to be clear, when I say main lift, I am NOT just talking about bench press. This includes **all the main movements mentioned in the main upper table**. If you want to build a floor press for example, your supplemental movement would probably be an

exercise done off the floor. In this case, floor JM presses, dumbbell floor presses, and floor extensions come to mind. Try to use common sense on the supplemental movement, alright? For legs, it's the same damn thing. What builds X leg movement is what you would ask yourself. For example, to build a trap bar deadlift you might do stiff-legged deadlifts after since it's a form of pulling off the floor. Or if you wanted to build Bulgarian Split squat, you can always do lunges or pistol squats as supplemental lifts, since they are all done in a unilateral fashion. Easy enough? (If still confused, check out the specialty lifter section and the free 12 week programs)

Supplemental Upper

Movement	Grip	Bar	Style	Resistance
Bench Press	Close	Standard 20kg Bar	Touch and Go	Straight Weight
Incline Press	Medium	Dumbbell	Paused	Cable
Decline Press	Wide	Fat Bar	Partials	Machine
Floor Press	Illegally Wide	Swiss Bar	Static	Bands
Weighted Dips	Reverse	Cambered Bar	Unilateral	Chains
Overhead Press	Neutral	Bent Bar	Strict/Rolling	
Push Press		Log	1,2,3,4,5 Board	
BTN Press		Handles/Rope	Medium/High Pins	
Z Press		EZ-Curl Bar	Kneeling/Sitting/Standing	
Viking Press			Static	
Landmine Press				
Bradford Press				
Dick's Press				
Handstand Pushups				
Flat Extensions				
Incline Extensions				
Decline Extensions				
Overhead Extensions				
Floor Extensions				
JM Press				
JM Press on Floor				
Cross-Body Extensions				
Triangle Extensions				
Pushup Variations				
Pushdowns				

Supplemental Lower

Movement	Stance	Bar	Style	Resistance
Pistol Squat	Close	Standard 20KG Bar	Touch and Go	Straight Weight
Single-Legged Leg Press	Medium	Safety Squat Bar	Pause	Cable
Knees to Chest Leg Press	Wide	Cambered Squat Bar	Blocks	Machine
Hack Squat		Dumbbell	Box	Bands
Bulgarian Split Squat		Plates	Pins	Chains
Walking/Reverse Lunges				
Sissy Squat				
Glute-Ham Raise				
Stiff-Legged Deadlift				
Leg Curl				
Reverse-Hyper Extension				
Hyperextensions				

Accessory work

Finally, you finish off with the accessory work. By the time you reach this stage, the meat of the workout is pretty much done. **All you are doing now is refining weak points and training like a bodybuilder**. That means squeezing the muscles, pumping the muscles, and controlling the weight. The sets will typically be done between 2-4, and the reps between 8-30 depending on the exercises. For the upper body, you first begin with 1-2 triceps and/or chest exercises. Next, you will perform either 1-2 exercises of shrugs, vertical and/or horizontal pulls. (Neck work may also be performed with a neck harness) Then, 1 exercise of light shoulder work will be employed. Finally, 1-2 curling motions that can be anything from supinated, reverse, or neutral curls AND/OR wrist curls can be utilized. I cannot get specific in this paragraph because I don't know what your weak points are. You need to refer to the accessory table and assess what exercises will work for you, both strength-wise and aesthetics-wise.

For the legs, the accessory work is basically calf work, because that's something most people are definitely lagging in. Besides, big calves are really important for aesthetics, so I

feel that they need to be the main focus of "bodybuilder" work. The quads, glutes and hamstrings will be absolutely fine if you get strong on the main and supplemental leg movements. However, the calves require some additional work. Train them with high volume, with at least 1-2 exercises of 5 sets of 10-20 reps. After you are done, please do not forget to stretch out those calves. Nothing is worse than a calf cramp, trust me on that one.

Finally, you have optional abs to do. I didn't even bother making a table for them, because there are so few exercises that it wouldn't be worth it. In this program, we want abs of a gymnast, therefore any ab movement that you do must be done on bars or rings. You can do front levers, L-holds, straight leg raises, planks, v-twists, windshield wipers, or human flags. I don't want to see any weighted crunches or heavy oblique work. If you do that, your abs will thicken up too much and it will ruin your symmetry. Believe me, I've been there and done that. People are going to try and convince you that your abs can't get too big if you're drug-free, and I would say that's a load of horseshit. There's a reason why drug-free gymnasts and oldschool bodybuilders have smaller cores than strength athletes. Common sense will tell you that abs can grow just like any other muscle, and that progressively overloading them will in fact thicken the abs.

It's also super important that you don't just throw in a bunch of fluff and pump bullshit. Make sure that you intelligently select your accessory work based off individual weaknesses! You should also monitor the volume on these based on how you performed on your main and supplemental movements, as doing too much can impede recovery. For instance, if you did 4 board presses and JM presses, it would be absolutely insane if you were to perform two additional triceps exercises because they already got hit really hard. The smart way would be to utilize one triceps exercise, and to ensure that the difficulty of the movement is kept relatively low.

In sum, accessory work refines the little nuances that the main and supplemental movements sometimes fail to address. It also allows you to hammer weak points a little bit

harder, which can help bring about increased strength and aesthetics. A bigger muscle is usually a stronger muscle.

Accessory Upper

Vertical Back	Horizontal Back	Traps
Pullups/Chins	Pendlay Row	Trap-Bar Shrugs
Muscleup	Barbell Row	Barbell Shrugs
Lat Pulldown	T-Bar Row	Power Shrugs
Machine/Hammer Strength Pulldown	Dumbbell Row	Machine/Hammer Strength Shrugs
All Pullovers	Kroc Row	Dumbbell Shrugs
	Cable Row	Farmer Walks
	Machine/Hammer Strength Row	Dumbbell Upright Row
	Chest-Supported Row	Cable Upright Row

Accessory Upper (Continued)

Delts	Chest	Curls
Shoulder Press	Floor Dumbbell Flyes	Dumbbell Curl
Alternating Dumbbell Press	Flat Dumbbell Flyes	Barbell Curl
One Arm Dumbbell Press	Incline Dumbbell Flyes	Hammer Curl
Arnold Press	Decline Dumbbell Flyes	Reverse Curl
Dumbbell Snatch	Cable Crossovers	Wrist Curl
Crucifix Holds	Pec Deck	Reverse Wrist Curl
Dumbbell Side Raises		
Cable Side Raises		
Rear Delt Raises		
Scarecrows		
Front Raises		
Plate Raises		
Facepulls		*Includes all variations

Accessory Lower (Calves)

Movement	Stance	Equipment	Style	Resistance
Calf Raises on Leg Press	Close	Machine	Toes in	Straight Weight
Standing Calf Raises	Medium	Block	Toes out	Cable
Seated Calf Raises	Wide	Dumbbell	Toes Neutral	Machine
Donkey Raises		Barbell	Pause	Bands
Tibial Raises		Straps	Touch and Go	Chains
Rack Calf Raises			Isometric	
			Slow	
			Fast	

A Few Words On Specialty Bars

Since you've seen all the tables by now, you're probably wondering why I've included specialty bars. If curious, I'll tell you why right now. Recently there have been a lot of people stating that one must simply "do the basics" and that using specialty bars was not only for geared lifters, but served no purpose. I don't know who these people think they are, as specialty bars are absolutely phenomenal. In fact, this is one of the greatest forms of ignorance I have ever heard of. Isn't it common fucking sense that if you can improve a lift that feels more awkward due to shitty leverages and bars that when you go back to the regular way of doing things it will be extremely easy?

In fact, how come if you use thicker bars for deadlifts and go back to regular deadlifts your grip improves dramatically? Why is it that training with shitty bent bars in your gym makes it easier to lift when you have a professional bar? How come when people switch from smaller plates to bigger plates on rows and deadlifts they can immediately pull more? How come pressing awkward objects such as sandbags, kegs, stones and motherfucking toilet bowls makes it easier to press a barbell over your head? Why is it that if you perform squats and deadlifts on uneven surfaces such as a moving boat, that if you do it on a sturdy floor your stability, strength, and speed increases? How come when you switch

from poor technique to good technique on any lift that you can **immediately** lift a lot more weight?

People, is it not common sense that using harder exercise variations will yield great strength gains? Now you tell me where the logic is in telling people that "raw lifters shouldn't use special bars". I personally don't see any logic in that statement, none whatsoever. However, I do see logic in the fact that using only one barbell is going to limit your gains. Some people are going to say "if it ain't broke don't fix it" to which I would reply **what isn't broken could be better**. In fact, you can do the test yourself. Try jogging in a messy uneven forest for a month, and then tell me what happens when you try running on a flat surface again. Next time you do pistol squats, try doing them on a fucking bosu ball and tell me what happens when you do them regularly afterwards. Next time you bench press, find the absolute shittiest, thickest, bent, uneven barbell you can possible find and roll with that for a month. Then, switch back to the standard barbell that you're used to and TELL ME if your bench press does not increase dramatically. I think you'll realize soon enough that special bars definitely have their place in strength training.

Once you really understand the importance of specialty bars, you'll laugh at the morons who say they are worthless. Let them stick to their easy, repetitive variations while you go lift some awkward shit and make all kinds of strength gains. The results will speak for themselves, I promise you.

Rest Times

So you've seen the entire program, and are probably wondering how long you should rest between your sets. To make it simple, **it all depends on your goals and available time**. I would personally recommend that you keep the rest intervals as low as possible (that means the moment you catch your breath) in order to stay conditioned year-round and

save hours in the gym so that you can do other shit with your life. *The Alpha rest time* would thus be **1-2 minutes maximum**.

On the other hand, maybe you do have a little bit of spare time, and don't quite care as much about conditioning and want slightly more strength than Mr. Alpha. In this case, **2-5 minutes maximum** is what I would recommend. None of the 5-15 minute shit, as that's fucking ridiculous. I used to rest 8 minutes between each set of squats, (usually about 5 sets) which would cost me **40 minutes in rest time**! I did the same thing for my deadlifts too, which cost me even more time. Don't get me wrong, as I definitely got very strong using this long rest approach. It did cost me time though, and **left me with piss-poor conditioning**. Nowadays, I can rest a minute between sets and I'm fully recovered. This allows me to hammer my legs in **less than 15 minutes a workout** which is just amazing. I'm also stronger than I've ever been before, while gaining the cardiovascular benefits to go with it.

To be honest I'm not really impressed by guys that squat 600lbs or more but require 15 minutes a set otherwise they will be winded. How is that supposed to be considered a fully-functional human being? Can these people even walk up stairs, or will they run out of breath and die of a heart attack? What I'm saying may be biased in this regard, yes, but you also have to agree that there is some truth to these statements.

Anyway, I would also state that minimal rest time will increase work capacity, which will allow you to handle more training volume and thus make more gains in the long term. In sum, rest the minimum amount of time that you need in order to fully recover, and then go straight into those work sets. If you want to do the higher rest stuff, you can do that too. Just know that you will spend more time in the gym and won't have the work capacity or cardiovascular benefits of the low rest approach.

Power/Speed Training

You may have looked at this program and wondered why there wasn't any speed work. Speed work wasn't included in the classic template because you are using max effort attempts in combination with the PR table which allows you to make progress every single workout. There is thus no need to bring up speed if strength (our main goal) is consistently being improved. However, I will say that if you happen to be interested in speed training for whatever reason, that I do have some solid options for you.

The first thing you can do is dedicate one training day a week to speed training. If you are training Monday, Wednesday, and Friday, I would use Friday as the speed day so that you achieve a maximum recovery over the weekend. I would also select no more than 3 exercises, and keep the accessories relatively low. The rest time would also have to be very minimal. You'll see what I mean below.

Speed Day

Rest Time: 30-60 seconds
Frequency: 1x a week
Duration: 1-3 Week Waves

1) Pendlay Rows 8x3 at 65-75%
2) Behind the Neck Push Press 8x3 at 65-75%
3) Power Shrugs 5x5 at 65-75%

Optional: Box Jumps or Sprints
Optional: Muscleups or Plyometric Pushups/Pullups

Upon first glance, you may be asking yourself "Where are the power cleans?" to which I would reply that there is none. The reason for this is very simple; power cleans are way too

technical, and you're not a field athlete. That being said, doing dynamic pendlay rows, BTN push presses and power shrugs should stimulate most IF NOT ALL the benefits of a power clean. Not only are these three movements very fast and explosive, but they are also in similar planes of motion to a power clean. So don't think for one second that you won't yield power gains like a power clean, because you sure as hell will. Additionally, the movements are all performed from a dead stop, and are applied using the dynamic effort method. You just can't go wrong with this style of speed training.

If you just want to do speed benching alone, and not the other movements included, then of course you don't have to do a full blown speed day like this setup. In your case I would replace your main movement on the regular program for speed benching done with 8x3 at 65-75%. Accommodating resistance such as bands and chains could also be utilized, but must be kept at a minimal and should NEVER overpower the straight weight. (If you do not know how to use accommodating resistance, you will need to read some of the books referenced at the end of this book)

However you choose to attack speed work, if at all, at least I have given you the flexibility of choosing what you want. Just make sure that you do the shit right, and that you have a purpose for doing speed work. Don't just do it for the hell of it. Do it because you want to legitimately improve upon something that you feel is necessary to address.

Leg Maximizer vs. Leg Minimizer

Before we move forward, I feel it necessary to further address the legs, as I did not talk about them much so far. I'd like to distinguish between two forms of leg trainees, either leg maximizers or leg minimizers.

Leg Maximizer

If you're a leg maximizer, you will probably follow the program to a tea, and train your legs 3x a week **minimum**. Sometimes, you will start with your legs, and do your upper body work after. You will also pay close attention to exercise selection, and probably choose heavy bilateral movements such as trap-bar deadlifts, leg presses and hack squats. If you're really stubborn, you'll head right over to the Powerlifting Bonus section and utilize the exercises there. You will also ensure that your calves are never half-assed, because you value complete leg development. The point is that you will stay true to the game, and ensure that your legs are **always on part** with your upper body both functionally and aesthetically.

Leg Minimizer

If you're a leg minimizer, you're basically pulling a Johnny Bravo. You will probably not use the lifts that sound difficult to you, and will often times skip out on calf work. Additionally, you will most likely train your legs 1-3x a week **maximum**. Most likely, the frequency will be extremely inconsistent, and the workouts themselves will be very half-assed. If you're this type of person, I will not shame you because **you are not a competitive athlete and this program is more upper body oriented in the first place**. I will also say that if you already have amazing leg development, I can understand why you would not want to train your legs that hard. In fact, if you possess great leg genetics and are happy with maintenance, I might even encourage that you stick to this route. To be honest, I tend to fall in this category more often nowadays, because I truly am satisfied with my leg development.

In the end, being a leg maximizer vs. minimizer is usually a product of training experience and individual goals. There is no right or wrong choice as long as you're intelligent about your decisions and take full responsibility for your actions.

Conditioning Work

Alright, so are you interested in conditioning work? If so, I have some cool feedback that I'm willing to share with you. The first thing to realize is that this program is an upper-body focused program. Due to these reasons, you thus have **MUCH more leeway in terms of conditioning work than a typical powerlifting leg program**. In these ways, you can hammer your conditioning work much harder without having to suffer the side effects of lost leg strength, or even be concerned about lost leg strength if that happens to occur.

Conditioning work is actually very simple, and can be attacked in many different ways, all of which depend upon your individual goals. You're either doing low intensity, or medium to high intensity. Let's discuss each of these.

Low Intensity

For low intensity, I really enjoy the concept of 5am morning jogs. Not only do they develop tremendous discipline and set the motion of the day, but they also get you mad fit. They are typically a staple in many fighters' routines, as fighters require extreme amounts of stamina. Morning jogs fulfill this perfectly, and grant you a healthy pair of lungs. You can also take up cycling, either as an active form of cardio or through bike commuting. This will develop spectacular leg endurance while developing the VMO and the calves, which also make your legs appear very nice.

Swimming is also an amazing form of low intensity cardio, as there is absolutely zero pressure on the joints, and can actually aid in the recovery process since swimming uses every muscle in the entire body. It also builds great stamina, as being able to hold your breath underwater while performing for long amounts of time will definitely do that. Low intensity sports such as volleyball, badminton, and climbing can also be utilized if one happens to enjoy that route. Seriously though, have fun with the low intensity stuff! You

should be able to follow a low intensity route for a very long time without suffering any forms of burnout. Just ensure that like all forms of cardio, you re-eat those lost calories otherwise you might end up losing some muscle mass.

Medium to High Intensity

For medium to high intensity, any sport that requires explosive elements will be your best friend. Fighting sports, especially striking ones such as MMA and boxing fulfill this job the best in my opinion. Field sports are definitely worth considering as well if you happen to enjoy those, and just to name a few, you can always do hockey, soccer, football, rugby, etc. Furthermore, you can always do GPP and SPP work to increase conditioning. In the winter time, you're basically covered just off shoveling. Otherwise, you can always utilize the prowler, yoke, sprints, plyometrics, interval training, circuit training, high rep weight training, etc. Anything that you would consider "anaerobic conditioning" is what you'd be looking for.

As far as the frequency of conditioning work, it all depends on the individual and recovery abilities. You'll find what works best for you over time, so be sure to listen to your body. I will say, however, that the low intensity stuff can probably be done every single day provided that you ate enough to retrieve those lost calories. The medium to high intensity stuff will be a bit trickier due to the high frequency of full body training, so you can either throw it in on the same day as your training (either at different times or right after your workout) or by throwing the conditioning work in your off days. As a last resort, you can completely drop a training day altogether if you're really trying to build that conditioning. People who are highly focused in MMA, for example, might only weight train twice a week. The point is that you must fine-tune your conditioning work to fit your own goals and needs.

Managing Recovery

I know we've touched upon recovery before, but I just want to seal the deal so you really understand what's up. After all, recovery is probably the most important thing next to training itself. If you don't recover, you don't come back in the gym stronger, and if you don't get stronger you don't improve, and if you don't improve why are you even lifting in the first place? Whatever stagnates dies. Don't you forget that shit.

So in this program, everything we do is about managing recovery. As mentioned previously, the training is autoregulated by using the PR table and by assessing the needs for volume and intensity based off what the lifter performed during the initial training session. Besides that, there are of course other tactics to manage recovery within the training itself.

Since this is a full body program, you have the luxury of manipulating frequency in a way that no other system can offer. Depending on how advanced you are, 2-4 training sessions a weak will be your baseline. If you feel weak and under recovered one day, then guess what? You can always take another day off, which will allow you to come back fully recovered the following day. Still don't feel good? Take another day off. That's the power of full body training, and why it's so damn effective for managing recovery. Sometimes you will be able to max out your frequency with 4x a week all out balls to the wall training, while other times you will only hit 2x a week frequency with mediocre sessions (still with PRs though). With this system, you shouldn't have recovery issues since you possess the option to take as many days off as you please.

Now what if some bodyparts are under-recovered, while others are fully recovered? Do you take a full day off, or do you just hit a mini session? The answer is that it depends on the individual. If you want to get a training session in, then **you can always treat the workout like a light day**. For the bodyparts that **are recovered**, train them first and hard.

For the bodyparts that aren't recovered, do some very light assistance work to aid in the recovery process. This way, you can still train even if you're not 100% recovered. For instance, I'm going to give you a real situation that happens to me all the time, and relate it back to you. Often times, my back and legs will recover just fine, but my chest, shoulders and triceps will still feel beat up. When this happens, I will go to the gym and first train my legs and back very hard. Then, I will head over to the cable machines and hit some high rep triceps pushdowns, supersetted with high rep side raises. I'll then perform some basic mobility work, and get right out of the gym.

These workouts are great because they allow me to push maximum poundages on the bodyparts that ARE recovered, while still finding ways to hit my not-so recovered bodyparts in a fashion that promotes recovery. I can tell you for a fact that 1-2 days after that light session my body will be fully recovered the next time I train, and some serious PRs will have been made.

The last tip I have for you, which you should do immediately after a training session is the method of contrast showers. Although there's a lot of debate whether they work or not, I can tell you that they make your body feel amazing after a hard, brutal training session. I've also found that since introducing them into my daily regimen, I have far more tolerance to weather fluctuations (especially when it's -40degrees Celsius outside) and my immune system feels a lot stronger to the extent that I rarely get sick anymore. I highly recommend that you at least experiment with contrast showers before throwing them out the window. If you don't know how to do contrast showers, simply fix a 30:30 second ratio of boiling hot water, immediately followed by ice cold water.

Within the whole training aspect, there's not much you can do other than what I just recommended. Outside of training, however, there's a lot that you can do. Foam rolling and deep massage would be a good step, as many good athletes are already doing. You would also require lots of sleep, such as 8 hours a night minimum, in order to fully restore the nervous system and promote hormonal stability. The usage of naps would also be

useful for those that possess manual labor jobs or psychologically stressful work during the day. They are also great if one is recovered, but feeling low on energy. Finally, sound nutrition, which will be discussed very shortly, will obviously be a necessity. **If any one of those things fall out of place, you will pay the price when it's time to hit the gym**. That means you have to get your ass off the internet when you know it's time to go to bed. Stop surfing your fucking Facebook feed and get some sleep. Start napping more frequently because long days of work can be tiresome and a nice 30 minute nap can do a world of wonders for retrieving lost energy. Get your nutrition in check because if you don't you're fucked no matter what you do. No way in hell are you going to make any progress if you're eating like an anorexic teenager. In fact, let's talk about nutrition for a second.

Nutrition Philosophy

Ever head the 80/20 rule? In the lifting world, that usually means that 80% of your gains are made in the kitchen, while 20% of them are made in the gym. Although I wouldn't necessarily agree with the percentages, it still strikes an important point. This is the fact that there's no reason to kill yourself in the gym if you're not going to eat the sufficient food that is necessary to grow and repair. I don't care how hard you train, because if your ass is in a 1500 calorie deficit, you won't gain shit unless you're morbidly obese. You have to eat big to get big, or rather, EAT what your body requires to achieve full recovery.

Debunking Nutrition Myths

In the 21st century, there has been a lot of misinformation about nutrition, and it really ticks me off. You have idiots telling you that carbs make you fat, and you have other morons that say you require a million grams of protein a day. Then you have the IIFYM crowd, which just infuriate me even more because they want to calculate every little number that exists. For fuck's sake, when did nutrition become so complicated? You guys want to

know THE SECRET to losing, maintaining, and gaining weight? Are you ready? Okay, here we go!

First, you must find out what your Total Daily Energy Expenditure (TDEE) is. The easiest way to do this is by looking if your weight has been stable for the past couple months. If it has been, then you have found your TDEE because those are the amount of calories that you require to maintain your weight. If not, you can always use calorie calculators or perform weigh-ins every 3 weeks with an estimate TDEE and monitor how your weight fluctuated. Whatever way you choose, you NEED to know what your TDEE is.

The second and last step, is to know what your goals are. Are you trying to lose weight, maintain your weight, or gain weight? If the goal is to lose weight, subtract 10% off your TDEE, and roll with those numbers for a while. If you stall, remove another 10%, and keep repeating until you achieve the desired weight. If you want to maintain your weight, eat **exactly** at your TDEE, and if you wish to gain weight, add 10% to your TDEE and follow the exact same steps as losing weight but in reverse which means increasing 10% over time rather than subtracting. Oh, and make sure that you drink lots of water, eat lots of fruits and vegetables, and generally follow a balanced diet. No junk food either. See? It's that simple.

When people say "BUT IF I DON'T EAT JUNK FOOD, MY MEALS WILL BE BLAND AND BORING! YOU MEAN TO TELL ME THAT I SHOULD STOP ENJOYING MY FOOD?" I am always flabbergasted. First of all, if you were thinking this, please be quiet for a second. Is it that hard to **get yourself a cookbook**, and learn how to cook a motherfucking meal? Do you really need to blow your money on expensive restaurants and junk foods when you can learn to make food that is SO good that you'll NEVER crave that stuff ever again? I can tell you that if you tried my homemade Italian cooking, you would want to hire me as a personal chef! What's interesting is that **everyone** who eats my food **would never suspect** in a million years that it is extremely beneficial to their health, while containing all the essential nutrients to make serious gains in the gym. SO learn how to cook, and stop with

this IIFYM stuff. You don't need to calculate every single number in the hopes of fitting in small amounts of junk food into your diet. Do the shit right from the get-go and you can enjoy amazing meals 100% of the time.

So are you happy? You just learned the magic secret to manipulating weight. No macro counting, no fad diets, no over-complication, none of that shit. Calories in versus calories out, in addition to "clean" eating is the way to go, and it's always been that way. Unless you have a medical issue, by which you should be consulting a doctor and not this book, then you will be 100% fine with the advice just mentioned.

"BUT WHAT ABOUT THE PROTEIN???? HOW MANY GRAMS SHOULD I HIT A DAY?" is what you may be asking. Guys, stop asking me about protein numbers. I'm going crazy with this protein shit. It's a scam, a lie, a friggen fallacy. This myth was designed to sell you expensive protein supplements, which are really just waste products of the dairy industry. It was also designed to serve the meat industry, as meat is typically expensive in most parts of the world. Additionally, 99% of you guys are eating **way too much protein than you need in the first place**, and you're asking me about protein intake?

Guys, if you ate NOTHING but brown rice every single day but ate in a caloric surplus, **you would still gain extreme amounts of muscle mass**! Do you honestly think that if you're making progress every workout, eating within your TDEE, and sleeping adequately that eating more protein is going to make any significant difference? Besides the thermic effect, it's not going to do jack shit for you! Actually, **it might even be a horrible choice** because most of you guys trying to gain weight might be too full from the high protein intake! You'd be better off on a high carb diet, let alone a high protein diet!

Moving forward, let's talk about this whole supplements thing since you may be wondering about that too. What about supplements? Well, I'll tell it to you like this. They are just that, "supplements". It says it in the name, doesn't it? **They supplement what can already be attained in a regular diet**. If you're eating properly, which you should be, then you don't

need supplements. If you don't eat properly, you still don't need supplements because you need to learn how to fix your fucking diet rather than trying to mask it with stuff that you could have already had in your everyday life. Now as far as the "muscle building" supplements, 99.9% of them are all bullshit and unnecessary. Many are also very dangerous, and laced with all kinds of shit that you don't even know about. Just look at the law suits that happen every year with these companies, and pay attention to what ingredients are thrown into these supplements. In fact, I would much rather prefer that you hopped on the juice rather than to take these supplements. Not only will you make **real gains**, but you'll probably save money and have less health problems too.

So that's my philosophy on nutrition. With this eating lifestyle, you will never go wrong, and will be able to sustain good eating habits that will hold you for the rest of your life. Never will you ever have to overcomplicate this stuff ever again. This also ends the chapter on the program itself. Everything past this point is the education that you need in order to understand how to use the program into proper application. Without reading the rest of the book, you will not know what to do.

Looks good, doesn't it? Well it is! That is what you get when you cook things the right way. No bullshit IIFYM here, just "clean" eating.

Chapter 4: Specialty Lifters

The purpose of this chapter is to identify what type of lifter you are, and help you structure your program in a way that develops the specialty that you desire. I like to think of specialty lifters as different classes in an MMORPG game. Think World of Warcraft for a second. You'll have the warrior, the paladin, the rogue, the hunter, the death knight, the mage, the warlock, the shaman, the monk, the priest, and the druid. Each of them have different **strengths and weaknesses**, and can be compared to the various sports that exist such as strongman vs. powerlifting.

Within those classes, there exists 3 talent builds. These talent builds can blend into each other, or they can be completely specialized. For example, a feral druid (basically a shapeshifter that turns into fighting animals) can either go 100% feral, or be feral-focused (say 85%) with some mixed in elements of balance and restoration. This is much like training. An example is that you could be training all your bodyparts but work a little bit harder on your arms than everything else. This would make you an "arm specialty lifter", similar to the feral-focused druid.

Now why the hell am I talking about World of Warcraft? Isn't this a training book, and not a WoW manual? Well to answer your question, I use this analogy because **you too have a class and talent builds**. In fact, I would *classify* you as a recreational lifter, to which you would possess two talent builds known as the bench press specialist, and the overhead press specialist. As for the legs, you'll need level 55 for that.

Since you have these **two** key options, you will obviously have a preference. In order to excel at this specialty, you must have realized that training for each of them will constitute different goals and result in different physiques. For this reason, you need to know HOW to

attack these goals in a smart and practical way. So let's dedicate this chapter to the two types of specialists, and how you can the best damn specialist there is.

Bench Press Specialist

The first type of lifter is what I would call the bench press specialist. This is the guy that will be focusing primarily focusing on horizontal presses and rows. His goal is to get really strong on all the main bench press variations, in addition to the supplemental and accessory moves that follow. Muscular-wise, he will require a strong and powerful chest, boulder shoulders, and massive triceps.

Since this program is all about obliterating weaknesses, we need to understand what weaknesses exist for the bench press specialist. There are two possible weaknesses that can occur with this lifter. **The first weakness is through getting stuck at the bottom of the bench press, while the second is getting stuck at the top of the bench press.**

Depending on individual structures, strengths and weaknesses, each bench press specialist will have a different sticking point. For instance, if I took 100 lifters and told them to get on a bench press specialty program, it would require me to write out 100 different programs. I mean it when I say this.

With these things in mind, you must identify your own sticking points in the bench press, **and structure your program around them**. If you don't know how, don't worry because by the end of this chapter you will. I've also included a 12 week starter program for each weakness, which will make these lessons even clearer to you.

Weak at the Bottom

If you're a bench press specialist that gets stuck at the bottom of the bench press, I have provided you the reasons why you are weak, and how you can fix this problem. This way you can design a program that fixes the issue automatically. Here are the possible reasons why you get stapled to the bench.

1) You have a weak chest
2) You have weak shoulders
3) Your acceleration is slow
4) You are not tight on the bench
5) The weight is too heavy

As you can remark, there are quite a few possibilities as to why you may be weak off the chest. Based off these reasons, could you now understand why prescribing you the same program as your friend would be a terrible idea? Anyway, let's dive straight into the methods on how to fix these weaknesses. Keep in mind though, that many of these problems possess similar solutions, and are thus synergistic.

Weak Chest

For reason #1, you must increase the strength of your pectorals. Since the pecs work very hard at the bottom of the bench press, you need to find movements that train bottom strength.

The first strategy to ensuring that the bottom gets thoroughly worked is by primarily widening your grip on the bench press. You can either go with the standard wide grip of 33 inches hands apart, or the illegally wide grip of 38 inches. Anything closer than these two grips will begin to stress the triceps more, which is fun but not necessarily what you want at this moment.

The second strategy to developing bottom strength is by **pausing every single time you perform any horizontal press**. This will teach your pecs how to fire off a dead stop without any momentum coming into play. Just so you know, the pecs will fire first because of the widened grip. The more narrow your grip becomes, the more your triceps become involved because of gained leverage. Thus, if we can bench with leverages that make our chest the strongest muscle for the given range of motion, that's the muscle which will be recruited first. Remember, **the strongest muscle ALWAYS takes over**. This is one of the reasons why many people round their lower backs on deadlifts, because they lack posterior chain strength and thus try to recompensate by rounding to gain leverage.

The third strategy to gaining big and strong pecs is to start using **special exercises that build bottom strength automatically**. Most of these movements are supplemental, although some can be main movements as well. Additionally, they will most likely be much harder variations than standard bench pressing. If you can lift more on these movements than your regular bench press, you're doing it wrong. Examples would include the cambered bar bench press, illegally-wide benching, bottom bench presses, incline pressing, weighted dips, dumbbell bench press, and yes even chest flyes.

By the way, do you think your chest will be weak if you can do dumbbell flyes with 100lbs? My good friend Dan who bench presses 500lbs does 90lb dumbbell flyes on an incline. I guarantee you that if he never did flyes his bench press would not be as strong as it is now.

The final strategy of developing watermelon pecs, which is typical in the bodybuilding scene is to utilize the repetition method (high reps to failure) every once in a while, as a bigger muscle is usually a stronger muscle. This usually means doing very high reps and dropsets on dumbbell bench press and flye variations. These will really pump your chest up, while developing the required chest hypertrophy to sustain heavy loads in the future. Also, if you do legitimate fascia stretching after a high rep dropset, then boy oh boy your chest will EXPLODE in size, especially if you're on performing enhancing substances.

Weak Shoulders

A second overlooked aspect of pressing is the fact that many do not work their shoulders in an adequate manner. I believe this problem stems from the shitty upper/lower programs that have now come out, in addition to the creation of bench shirts. Thus, people have neglected their overhead presses to a large extent. Due to this sad phenomenon, we not only have more pec and shoulder injuries than ever before, but we also have lifters that possess gigantic pecs and triceps, but PISS-POOR delts. You also have guys talking about how they have bad shoulder genetics when they don't even have a fucking foundation of shoulder mass.

I once knew a guy (true story) who could bench 315lbs for reps, but had difficulties overhead pressing 135lbs. This was the same dude who was stuck on a massive bench press plateau that went on for MONTHS. It wasn't until I told him to drop bench pressing temporarily, and invest in his overhead press. He thought that I was crazy, but took my advice and got his overhead press to 185lbs. Then, one day I told him to test his bench

press and low and behold he benched 350lbs very easily. This was done in a relatively short time, and my friend had not done ANY flat benching whatsoever. I did, however, make him prioritize his overhead and incline presses. So if you have very weak shoulders, I would definitely recommend that you check out the Overhead Press Specialist section, as it touches upon every detail that is necessary to acquiring boulder shoulders.

Slow Acceleration

For reason #3, there will be three possible solutions. The first solution is by introducing some sort of dead-stop training into all your pressing exercises. The most common method is to utilize pause reps, as they force the lifter to re-explode up otherwise the bar will stay stuck to their chest. In turn, this will result in the development of explosive power, which is exactly what you need if you wish to push past that sticking point barrier.

Another way to introduce dead-stop training is to utilize exercises that break up the eccentric and concentric chain, which teaches you how to overcome a static position thus developing incredible reversal power. The best movements would include barbell and dumbbell floor press variations. A key note is that you MUST relax the triceps when the arms hit the floor, as not doing so defeats the purpose of collision training. At the same time, I would recommend that you utilize primarily close grip presses if you are doing dead-stop training otherwise the exercise might become a partial rep. With the close grip, not only will you touch your chest every single time, but you'll learn how to explode through a long-ass range of motion all the way to the top.

The next method of dead-stop training is to do utilize presses that **begin** with a concentric phase. Exercises would include close grip rack presses (don't go wide or you might strain a pec) and overhead press variations (besides push presses).

The second solution of increasing acceleration which can be combined with the first option is by adding accommodating resistance such as bands and chains. The reason why they work is because the weight is heavier at the top, which means that if your acceleration is slow off the bottom, you fail the top every single time. Thus, you learn to be very explosive from the bottom with 100% consistency because you **literally have no choice**. When you do not have accommodating resistance, it's easy to fall into the trap of slowing down reps, as so many slow bodybuilders have demonstrated.

Now I know some of you may be thinking "ACCOMMODATING RESISTANCE? I THOUGHT THAT WAS ONLY FOR SHIRTED BENCHERS!" to which I would unfortunately have to facepalm. Guys, I am not telling you to stop using straight weight, but rather to utilize bands and chains as a means of breaking through your problem of acceleration. If you're slow, it's because you never learned to train fast. Think about the following situation. Imagine you had to perform a floor press with chains. As you unrack the bar, the chains are fully lengthened, making the weight heavy at the top. When you lower the bar to the floor by which your arms make contact, the chains will be relaxed on the floor, leaving you with just the bar weight. As you press upwards, the chains begin to re-lengthen, which causes the bar to begin feeling heavier the closer it gets to the top. Here's where I want you to pay attention now. If you decide to press at the speed that you normally do, the weight will come up a couple inches, to which the top will feel extremely heavy either causing you to grind very hard through it or fail the rep. On the other hand, if you try to move the weight as fast as humanly possible, chances are you'll pop right through that invisible barrier.

If you don't believe the invisible barrier concept, ask yourself the following question. Why can you push press more than you can strict press? It's because you have much faster acceleration out of the bottom, (due to leg drive) which allows you to lock out heavier weights. Using accommodating resistance is similar to a push press in that regard, due to the fact that **you have no choice but to accelerate through the top**. The final result is that when you go back to your regular weights, you would have trained your nervous

system to explode out of the bottom every single time, because not doing so would make your brain believe that you would fail the top. Remember, bands and chains are only tools, and should be utilized only when addressing very particular weaknesses.

The third and final solution of increasing acceleration is to simply utilize the dynamic effort method, which is the idea of using submaximal weights to develop explosiveness. This is a good thing, and there's no harm in dedicating a workout to speed. In many cases speed training may actually help in the recovery process, making it more valuable than it appears to be. Moreover, you will acquire speed-performance **outside** of weight training, which is always a nice bonus. In fact, speed training will probably teach you how to lock out a punch really fast, which can be crucial if someone ever attacks you. Keep in mind though, that if you are a raw bencher you need to use higher percentages of a 1RM than what the geared guys are doing. You should follow the classic 8x3 template with 30-60 second rest intervals, but using weights that are between 65-75% of your 1RM. The cycles should last about 3 weeks tops, and the volume in these workouts need to be monitored carefully; this means you might want to consider dropping some accessory work. Lastly, you need to calm the hell down with bands and chains. Don't EVER let them overpower the straight weight, unless you are training specifically for shirted benching. Otherwise you will feel like you're training on a smith machine, and will lose the important grove of straight weight benching.

Not Tight on Bench Press

For reason #4 of being weak off the chest, it would mean that you were not tight on the bench press. What does not being tight look like, you ask? Well, we have a perfect example in all available commercial gyms. Next time you train at a gym, pay attention to how most people bench press. What you will see them do is lie down on the bench as if they're taking a nap with their back perfectly flat while dancing their feet around, and then **pressing** the bar out of the rack. They will then lower the bar with their elbows completely

flared to the sides, causing the already-deep range of motion (because of the flat back) to become even deeper, and prevents the lifter from using his triceps in an effective way. This literally results in the weight getting locked onto the chest, because **everything** was wrong from the get-go. You simply will never lift as much as could be if you bench in this style.

There exists other consequences of benching like this, which is mainly the fact you are internally rotating your shoulders which can result in shoulder injuries, and possess a much higher chance of tearing a pec. If you enjoy a +10,000$ surgery because you like benching like a dumbass, then keep benching this way. If not, I suggest you learn how to get tight.

The first and most obvious way to get tight is by learning proper benching technique. To correctly bench, **the most important step is to retract the scapula**. That means squeezing your shoulder blades down and back, almost pretending that you are trying to hold a pencil between them. This will elevate your chest slightly, causing the ROM to not only decrease, but will also give you a stronger base to press off.

It's also imperative that when you unrack the weight you do not press it out, because doing so causes you to lose tightness in the scapula. Instead, you want to **drag the bar out of the rack by pushing forward**, which ensures that you stay tight from the get-go. If you have J-hooks this might not be possible, so I would recommend that you bench press in a power rack if this is the case. Additionally, you must not pop your shoulders out at the lockout otherwise you will lose tightness once more. **The scapula needs to be retracted throughout the entire lift**.

Another underlooked aspect of benching technique is the notion of using leg drive. Leg drive is less about using your legs to push extra weight, but rather **to teach whole body tightness**. When the glutes are contracted, the upper back usually stays tight as well. Moreover, when the feet are firmly planted in the ground, chances are the rest of your body is firmly planted into the bench as well. For instance, if you were bench pressing and a person pushed you, your body would have to be so tight that you would not budge. You

would be locked in the bench like a boulder. However, if you put your feet up in the air like many idiots do, then I'm sure we can all agree that that boulder effect would not be as prominent. For this reason, you must use leg drive every time you bench press. You can either tuck your feet under your hips causing you to be on your tippy-toes, or you can widen your legs a bit and shove your heels into the ground. I would use the tippy-toe method if you had really long arms, and the heel method if you were a bit shorter. The reason for this is because the tippy-toe method decreases range of motion slightly, which can be a big reliever for tall guys but a strength killer for the shorter guy. Remember, we're trying to build strength here, and not test strength. Don't cheat yourself with God-Mode 101 leverages.

Finally, upon the descent of the bench press you must tuck the elbows in towards your side, and flare them out as you press up. This is called the corkscrew effect, which allows you to use your lats correctly at the bottom of the bench, while giving you sound biomechanics upon the press-up without risking the shoulders.

The second way to learn benching tightness is by training your back with a lot of horizontal pulls. You do horizontal rather than vertical pulls because you always want to work the opposite side of whatever movement pattern you are performing. Not doing so will cause severe muscular imbalances, and will prevent you from maximizing true tightness. So in the case of the bench press, you need to row like your life depended on it. If you can get your Pendlay row to 315x5, I promise you that you'll never have an issue with tightness ever again. Also, if you happen to think that having a strong back is useless for benching, try to find me a strong bench presser who has a weak back. Really, I challenge you to find me one bench presser that has shitty rowing strength. It's usually the guys that have piss-poor backs who possess crappy bench presses.

Furthermore, when you row a bar to your chest, the point at which the bar makes contact is when your back is in its tightest position. This is perfect, because this is EXACTLY what we are looking for when we bench press. Whenever you bench, you want to ROW the bar

to your chest. Doing so will bring you back in that rowing mindset, which enables you to stay ultra tight at the bottom, which is where it counts most. If, whenever you bench press, it doesn't feel like you're doing a cable/barbell row, then you're doing it wrong.

The third method to learn tightness, which seems to be a common theme for the bench press specialist, is to utilize pause reps. Doing so will force you to stay tight at the bottom, because otherwise you would lose too much strength and power upon pushing it out. It also teaches you how to isometrically contract your back when you are under heavy loads. If you want to take pausing to the next level, stopping an inch before your chest and pausing in that position will really hammer this lesson into you.

The fourth method of learning benching tightness is to start performing mobility work on a daily basis. If your lats are tight and unable to turn on, then you will never be able to utilize them in the first place, rendering the previous advice as useless.

A really good exercise that I've found to stretch out the lats is by shoving your lower back into a wall and flattening it (leaving no gap in between the spine and the glutes) which is then immediately followed by you raising your arms up and trying to get them to touch the back of the wall. I think you'll be surprised, that your lats may be a lot tighter than you think. There should be a strong contraction, and you should hold that position for 20-30 seconds. Perform 3 sets in the morning, middle of the day, and at night time. If that doesn't do the trick, an even better movement is to get into a prone cobra position with a broom in your hand, and do broomstick stretches from that position. This is extremely challenging, but is guaranteed to loosen up that back. As an added side benefit, your shoulder mobility will also increase, allowing you to perform exercises that you never thought possible.

The fifth and final method is to simply utilize mental cues. Often times, we are told that there is something physically wrong with us, when it could simply be an issue that's all in our head. If you consciously think about staying tight and rowing the bar to your chest,

chances are you'll not have any issues with tightness. A great cue is to imagine **pushing yourself into the bench rather than pushing the bar away from the bench**. Doing so replicates the Santa Clause effect, which is similar to what happens when you climb a chimney. If you've never climbed a chimney before, (which I'm assuming you haven't) then just remember the times when you were a little boy and would climb tight spaces using your feet against something and your back against a wall. You can also visualize getting yourself into a decline bench, which will ensure that your chest stays up and tight.

Another great mental cue to learn tightness is by imagining yourself pulling the bar apart. You literally should be trying to **bend the bar in half**, which will result in the tightening of your lats. In fact, I want you to try this out right now to see what I mean. Put your arms out in front of you with a closed fist, squeeze your hands as hard as possible, and them imagine bending an invisible bar. Upon doing this, you were probably amazed at what just happened. If your back did not get tight, then you really need to re-read the last sections. With all these tips combined, your problem of tightness is guaranteed to be resolved.

Weight Is Too Heavy

I made sure to leave the best section of the bench press specialist for last. Too many times, I will hear people saying that they always fail a bench press at chest-level when attempting 1RMs, but never with submaximal weight. How is it possible that you would have two completely different sticking points, just from adding slight deviations in reps? Why is it that many people don't complain about this problem when doing 3 or 5 rep maxes, but when a 1RM attempt kicks in, they immediately get stapled to the bench?

I think the answer is quite simple, which I'm sure you've figured out by now. One of the most common themes of being weak off the chest is simply the fact that **the weight is too fucking heavy for you!** It infuriates me when I see people lifting weights that they're clearly unable to handle, and then coming to me for advice on how to break their sticking point.

Guys, the only way to fix this problem is by getting stronger! It's like asking how to break a deadlifting weight off the floor when it won't even budge an inch!

Please, just stop with the ego lifting. I am so annoyed with these people trying to lift weights that they are clearly incapable of handling. Not only is egolifting useless and results in extreme technique breakdown, but it also increases the chance that you'll get injured. If you combine that with bad form, then you have a recipe for disaster. Guys, you won't get stronger by failing 1RMs over and over again. All you will do is burn out your nervous system. If you're really stubborn, you'll overtrain and might require serious medical attention. If you're going to do a 1RM, do it the right way and don't let your ego get the best of you.

For instance, let's say you decided to go for a new 1RM on the bench press. Your previous record was 315, and this time you manage to hit 325. Congratulations, you broke a PR, but will your ego now get in your way, causing you to go for another PR? If this happens, you are what I would call an ego lifter. Why can't you be satisfied with the 325 bench? After all, it's 10lbs heavier than your previous record, and we know that if you keep trying to go balls to the wall that you will eventually fail a 1RM and say "Oh, well at least I got 325". Yeah, you may have gotten 325, but you also failed 330 two times and will probably have a very difficult time recovering as a result of this. You could have also seriously injured yourself for something that was never meant to be in the first place. So if you break a new 1RM, STOP IMMEDIATELY! Anything more than that is completely worthless.

Anyway, please don't egolift and report back to me that you're weak off the chest, because not only would you be wasting my time, but you would also be living a lie. Drop the weight, and do the shit right. I don't want any stupidities on my watch, capiche?

Now that we've gone through the weakness of being stuck at the bottom of the bench press, it's time to analyze the amazing weakness of lockout strength.

Weak at the Top

Welcome to the second weakness of the bench press specialist! Did you know that you are the minority? I would say that the majority of lifters will get stuck at the bottom of the bench press, so if you're interested in this section **I would call you a rare case**. In fact, I am even doubtful that you really have a real lockout issue. Just to clarify, **a lockout refers to the last quarter inch, and not the middle portion of the bench press**. If you were to unbend your arm slightly, that's where your sticking point would be. Anything lower than that is NOT a lockout issue. That being said, I want to make it **very clear** that 95% of you lifters will not have a real lockout strength issue. Unless you're that 5% exception, the following advice will likely be worthless if your goal is to increase "raw benching strength".

Anyway, if you're certain that you have a **real** lockout issue, don't worry because I too struggle from this problem. This means that you and I have something in common. We're both extremely rare cases! For myself, it's due to the fact that I have hypermobile elbows, which adds extra range of motion at the top of the bench press, which is slightly past a regular person's lockout. This results in grinding at the top almost every single time. Typically speaking, people who have high joint laxity, aka hypermobile joints tend to have lockout issues on the bench press. If you have hypermobile joints, then I am not surprised that you are in this section.

Furthermore, individual anthropometry and benching technique also plays a huge role in getting stuck at the top. Most commonly, however, is that lifters who are weak at the top have piss-poor weak triceps. If you've been a "compound movement only" type of guy who never did heavy triceps isolation exercises, then it **definitely** makes sense why you would have a lockout issue. How do I know this? Well because I myself went through years of training **without doing any direct triceps work**, which left my arms looking extremely puny while my chest was just gigantic. My physique looked very deformed actually, to which I possessed toothpick arms, non-existent traps, a crazy thick/wide back,

a Greek-God chest, and massive legs. It wasn't until I started hammering the hell out of my triceps that lockouts became easier, and that my arms actually started looking thick.

You will hear many jackasses who probably have no experience in lifting heavy weights saying that the reason one gets stuck at the top is of a bench press is because they lack acceleration off the bottom. Although this true for a large population of lifters, I can also tell you **for a fact** that there exists people who **are** fast off the chest, but immediately slow down upon reaching the top. It's almost like exploding up really fast and then hitting a trampoline which bounces you back down.

I know these things because not only have I seen this happen to other lifters, but I've also **extensively** experienced it myself. My speed off the chest is **always** really fast, and I mean lightning fast, but as fast as I may be the moment the bar reaches the top, my speed immediately drops. It's like my body is built like a bench shirt or something. The top is thus always a hard grinder **whether I am fast or not**. This is why I am always annoyed when people tell others to get faster out of the bottom, because that's not going to do jack shit to solve the problem **if the lifter is already fast**. How is increased speed going to solve anything if you're just fucking weak at the top?

Granted, if you're a slow dude then what I am saying really does not apply to you. You should first try implementing the strategies mentioned in the weak off the chest section, and seeing if that fixes your lockout strength. If it doesn't, then what I just discussed is perfectly sound.

Unlike being weak off the chest, being weak at the top is far less complicated. It simply requires you to train like a shirted bencher. Interestingly, there are only two possible weaknesses that can occur; one being the fact that the lifter has slow acceleration (which we already talked about before, so we will not discuss that here) and if the lifter has weak triceps, specifically in the medial portion.

Weak Triceps

Let's now talk about how to build strong triceps which allow you to push through the sticking point at the top. **Keep in mind though, that even if you don't have this weakness, you can still utilize these strategies to build bigger and stronger triceps, which can definitely be awesome for aesthetics and strength OUTSIDE of powerlifting**. In theory, you can call this the arms specialization section. Additionally, this section will also be extremely useful for those that wish to increase shirted benching strength.

The first necessity to developing triceps strength is by **actually locking out every single rep**. Often times, lifters have been told that locking out is bad for the elbows, which results in them never developing the movement pattern necessary to lock. This ideology comes from bodybuilders who wanted to utilize time under tension principles to hypertrophy the chest. Although the bottom of the bench press in addition to the chest muscles get strong, the triceps lockout ends up becoming very weak. So you need to identify if you've fallen into this time under tension trap, and ensure that you lock out every single rep. Please make it an active habit to forcefully do so.

The second step is to get **very strong on all close grip presses**, whether as main or supplemental movements. This requires you to **drop all wide and illegally wide work**. Close grip flat, incline, and decline presses in addition to close grip floor presses are among many that will yield great close grip strength. Adding bands and chains will also make the lockout extremely difficult due to close grip presses already having very long ranges of motion. Utilize them if necessary.

The third step is to ensure that you develop maximum strength on all forms of extensions. In the supplemental upper body table, this would include ALL the extensions such as flat extensions, incline extensions, decline extensions, overhead extensions, floor extensions,

triangle extensions, cross-body extensions, JM Press, JM press on floor, etc. Extensions primarily focus on the medial head of the triceps, which is what produces triceps power and strength. They also teach you how to forcefully lock out a weight, starting from the bottom all the way to the top. If you have elbow pain on these, make sure to roll back the weight every single time, and to utilize high rep warmup sets before going onto the heavy work. Also make sure that you don't egolift, because that will definitely destroy your elbows.

The fourth step is to utilize partial repetitions. The best way to fulfill this goal is not by necessarily doing half reps, as this may lead to inconsistent movement patterns and would not teach the explosion of the triceps. Instead, the usage of various boards (lower for main movements, higher for supplemental) and pins set up at medium-high settings will allow you to build triceps strength and power at the sticking point of the lift. Make sure you relax the triceps on these movements, otherwise you will not maximize the benefits of partial reps.

Since the weight will be heavier than your standard presses, you will also get the side bonus of holding heavier weight, which is going to make your regular benching feel lighter when you go back to it. Exercises done on the floor can also theoretically be called partial repetitions (depending on anthropometry) so using collisions to break up the eccentric-concentric chain and teaching the triceps to re-explode off the floor can work as well.

If you still wish to do manual half reps, I would recommend that you do quarter or half rep weighted dips. They are best done on the dip machine, and preferably for higher reps. I guess you can throw in some quarter rep pushdowns in there too; higher reps must also be used because not doing so will result in the wrecking of your elbows.

The final step is by using special **overloading strategies to get strong**. Examples would include the utilization of a push press, Mark Bell's Slingshot, a bench shirt, and/or accommodating resistance.

With all these strategies in mind, there is no doubt in my mind that you will develop monster triceps. Interestingly, once you do develop strong triceps your sticking point might actually change. If that does happen, then you can always go back and forth between the bottom specialty and the top specialty strategies. Or if you're just a bodybuilder that wants some big-ass arms, you can keep using the strategies mentioned in this section. You might limit your benching strength potential, but hey at least your guns will be hugging the sleeves.

Now that we have gone through the complete system of perfecting the bench press specialist, it's time to move on to the second "talent build" which I call the overhead press specialist. Also, do not forget that I have included a 12 week programs for each specialist.

Overhead Press Specialist

The second type of lifter is what I would call the overhead press specialist. Most people don't care about this "talent build" because nowadays it's all about the bench press. I don't want to go through the whole history of the lift, but to give you a brief summary before the bench press was invented people used to ask "How much do you press?" The overhead press was considered to be the number one test of upper body strength, and was featured in all the circus acts and competitions including Olympic Weightlifting. Even oldschool bodybuilders were fans of the overhead press and boulder shoulders. In fact they too competed in the overhead press.

However, as powerlifting began to grow and the overhead press got banned from the Olympics, the lift's usage slowly began to decline. It didn't help that different overhead machines were coming out, which gave people an excuse not to shy away from the free-weighted version.

Soon, the bench press became the norm, and the new standard of upper body strength. Now we have a bunch of guys asking "How much do you bench, BRO?" Additionally, since the bench press became so popular, pec and shoulder injuries soon started to appear. When the overhead press was the norm, seldom did lifters ever possess rotator cuff injuries or pec tears. Actually, it was quite unknown at the time because so few people ever got injured in those precise locations. We can argue that there are a multitude of reasons for the appearance of new injuries, but that's not the point. The fact of the matter is that overhead pressing has become a lost art because of the bench press, and as a result so many problems have occurred. Therefore, the fact that you are interested in increasing overhead strength is definitely something to be commended for, as so many people really don't care about the lift anymore.

Please believe, however, that achieving a higher overhead press won't just make you strong at vertical presses. In fact, most people who have strong overhead presses almost always have strong horizontal presses. Some overhead press specialists even out-bench

powerlifters, when they don't even train the damn lift! What does this tell us about overhead pressing strength? That's right, it's the fact that is has great carryover to other presses. That's why Strongmen who focus primarily on vertical pressing strength are some of the strongest benchers of all time. With this in mind, choosing the overhead speciality route can be a great investment for the development of general strength.

Without further ado, let's talk about what the overhead specialist expectations. This is the guy who will focus primarily on vertical pulls and presses. His goal is to get really strong on all the main overhead press variations, in addition to the supplemental moves that accompany them. Muscular wise, he will require boulder shoulders, thick upper pecs, and steel triceps specifically in the long and medial head.

Since this program is all about obliterating weaknesses, we need to understand what weaknesses are present for the overhead press specialist and how to attack them. Just like the bench press specialist, the weaknesses are exactly the same, but a lot less complicated. These are about being weak at the bottom, or being weak at the top. Let's discuss them both.

Weak at the Bottom

Usually if you're weak at the bottom of an overhead press, you just need to get stronger. However, it can sometimes go beyond that. Let's explain why that might be the case.

1) You have weak shoulders
2) Your bar path is wrong
3) You are slow
4) Not tight enough
5) Weight is too heavy

Although the overhead press presents many possibilities, the solutions to these problems are far less complex than the bench press specialist. In fact, this section will probably be very short.

Weak Shoulders

For reason #1, you must increase the strength of your shoulders. Since the shoulders are heavily worked at the bottom of the press, you obviously must find movements that train bottom strength.

The first and most obvious method is to simply modify your grip. If you fully extend your arms forward at shoulder width, THAT is where you should be grabbing the bar. If you grab any closer, the press will focus on the triceps far too much, which will detract from the goal of developing the shoulders. Go too wide of a grip, and you may start to feel shoulder discomfort, in addition to not maximizing your vertical pressing leverages. Remember, the overhead press is NOT a bench press, which means that there's less leeway for grip opportunities.

The second method to develop that bottom shoulder strength is to start utilizing pause reps. If you do not pause your overhead presses, you will place far too much stress on the triceps, because the initial bounce should almost always be enough to get you to the midpoint. What happens with touch and go reps is that your triceps become the limiting factor every time, which creates an entirely new weak point that we didn't need. If you pause on all your overhead presses, you will learn how to explode off that initial concentric push with the shoulders, causing you to develop real overhead pressing strength rather than using touch and go. Please be aware that this concept ONLY applies to the overhead press, and not the bench press. Reason being is that the bench press begins with an eccentric, and ends with the concentric. In these ways, touch and go reps are fine because energy is stored at the bottom whether you are pausing or not. You also have the

stretch reflex on the bench press. In the overhead press, however, you don't have this luxury because you start from a dead stop every single time. In many ways, the bench press can be considered the upper body equivalent of a squat, while the overhead press is the upper body equivalent of a deadlift. So make sure you pause your overhead presses, alright?

The third step is to begin using **special exercises that build bottom strength automatically**. Most of these movements are supplemental, although some can be main movements as well. They must also be really hard, sometimes harder than the conventional press. Examples would include the log press, behind the neck press, dumbbell shoulder press variations, z press, viking press, landmine press, Bradford press, incline bench press variations and handstand pushups. You can also do awkward exercises such as sandbag presses, keg presses, plus block and stone presses. Just for your information, those weird lifts were not included in the supplemental table because they can be very dangerous and impractical for a lot of guys. Use them at your own risk. Moreover, you can also do bottom partials on the standing press with heavier weights, which would act as a nice overloading tool for the shoulders.

Finally, be sure to utilize the repetition method as much as you possibly can, because gaining bigger shoulders will make stronger shoulders. The repetition method will also stimulate that Strongman effect, as in competition strongmen are often times required to perform max repetitions of overhead work. Since the shoulders also have you using less weight, increasing volume through additional reps will be a great way to even out your total vertical pressing workload compared to your benching workload. Using isolation exercises for high reps usually works best. I've also found that shoulder press variations for high reps are also very good.

The point is, you MUST acquire bigger and stronger shoulders if you wish to get increase bottom overhead pressing strength. As mentioned before, you literally have no choice

because you begin the movement at a dead-stop, thus making the shoulders extremely necessary.

Incorrect Bar Path

For reason number two, you simply need to learn proper form. If all you do is press in the front of the body, the front delts will have to do all the work which prevents you from maximizing total shoulder power. Instead, you need to press in such a way where it's almost gliding up against your nose. Doing so will mimic a perfectly vertical bar path, which is the shortest distance between two points. Once the weight reaches the forehead, you simply push your head through **which will cause the weight to be aligned with your spine rather than in front of your head**. Biomechanically, this is the absolute best way to overhead press as it not only decreases range of motion (which obviously makes the bottom easier) but it also allows you to use your delts in a more complete way, which will prevent injuries and cause your delts to grow the way they should.

Additionally, if your elbows are too far forward in front of the bar, the overhead press becomes an awkward overhead JM press movement, which automatically cuts the weight that you can use by dramatic amounts. Likewise, if your elbows are too far under you, then you're pressing off a really shitty base, which is never going to work. It's like trying to do a low rack press with the barbell set on your balls. It's just a shitty way of pressing, period. For these reasons, you must ensure that **the wrists, elbows, and shoulders are always perfectly aligned**. Not doing so completely destroys the bar path, which will absolutely kill the numbers that you can put up.

You're Too Slow

Sonic the hedgehog would be mad at you. How dare you be slow at overhead presses? Luckily, there are some solutions for you.

The first solution, just like the bench press specialist, is to utilize some form of dead stop training. Pausing your overhead presses would be a good start, but it can go a step further. You can always implement collision training such as using pins at neck level (basically the z press), or by using boxes on the side so that you can you replicate a floor press but in a vertical fashion. Anything that can replicate an explosive element of training from the bottom of the press is what you'd be looking for.

The second solution is to utilize accommodating resistance. Now using accommodating resistance might be a bit trickier on overhead presses, but it's certainly possible. For instance, if you wish to use chains you have two options. You can either perform your overhead presses sitting down on a bench or on the floor, which would leave the chains unloaded at the bottom, and heavy at the top. Or, you can perform regular standing presses, but utilize longer chains. In these ways, you can still acquire the benefits that chains have to offer.

You can also use bands (mixing with kettlebells is really good, an teaches tightness too) from the bottom to the top, which will act in similar ways to chains. The difference between bands and chains is the setup, because bands can be a real bitch to setup on an overhead press. Bands might also change the bar path because of the smith machine effect, which can theoretically add less carryover than the chains. However, they still work perfectly fine for hypertrophy gains.

The third solution is to utilize dynamic effort training. Dynamic overhead pressing is highly underrated, and seldom ever performed. You'll hear a lot about dynamic bench pressing, but never dynamic overhead pressing. I find this strange because it can be quite effective when done right. What I would recommend is that you perform behind the neck push presses at 65-75%, using the typical 8x3 setup with 30-60 second rest intervals. This will give you the best explosive power you can ever hope to achieve for vertical pressing. Standard front and behind the neck presses, with regular push presses can work too but I would definitely advise that you give dynamic behind the neck push presses a try.

Not Tight Enough

This problem of not being tight usually stems from incorrect rack setup. If the weight is too high in the rack, you'll most likely have to muscle the bar out, which will lead to form breakdown from the get-go because tightness must be achieved before you unrack the bar. If the rack is set too low, getting the right position might feel awkward because of the initial dip, which can ruin elbow placement, back tightness, and the bar's pressing path.

For these reasons, you need to set the rack at precisely the point at which you press, which is either going to be the upper pec region, or directly under the chin. This will allow you to squeeze your back as hard as you can before the weight is even picked out of the rack. This technique will also cushion your biceps hard against your forearms, and your elbows against your lats. You will have essentially created an environment where maximum pressing stability can be achieved, which ALWAYS leads to a stronger press off the chest. The back should feel as tight as when you are doing a front squat, with thoracic extension being 100% maxed out.

If you have trouble achieving this type of tightness, the best way to learn is by utilizing many vertical pulling exercises. Remember how I said that you need to always train the opposite of whatever movement pattern you currently perform? Well if you always do vertical presses, then you need to counteract that with vertical pulls. You can see all the vertical pull exercises in the accessory upper table. For example, if you look at a weighted pullup, it's essentially an overhead press in reverse. It's literally the exact same thing, which is perfect to developing that overhead pressing tightness. Get mad strong on all your vertical pulls (using dead-stops and full ROM) and tightness will no longer be an issue.

Weight Is Too Heavy

Guys, again I'm going to talk about this, because I feel that this is such an under-looked aspect of strength training. If you can't even move the barbell an inch off the initial concentric, then you're lifting damn too heavy! Stop trying to find the magic secret to your so-called weakness, and just get fucking stronger. Is that so hard to understand? For instance, if you can't even break a deadlift off the floor, it doesn't mean that you need to do deficit deadlifts or whatever special exercise may exist, but rather that **you need to lighten the weight and lift weights that you are actually capable of lifting**. Ego lifting is never the answer, and will ALWAYS fail. Back track a little bit, and do the shit right. Use lighter percentages if you have to. Now that my rant is out of the way, let's move onto the second weakness of the overhead press, which is being weak at the top.

Weak at the Top

Remember in the bench press specialist section, how I said that 95% of lifters simply needed more bottom strength? Well with the overhead press, it's actually quite common to have a weak lockout. Why is this more frequent than the bench press, you ask? Well it's because we now have a third element of pressing, which is shoulder flexion. This places a large amount of stress on the long head of the triceps, which requires an extra need for triceps strength. Since most people have lagging long heads, it's no wonder why the top of an overhead press is so much harder than a bench press.

Also, in the bench press the range of motion can decrease substantially depending on how much you arch and depending on the bar path. With the overhead press, there is no arch, causing a much deeper range of motion to occur, and the bar path can't be manipulated that much because doing so will affect leverages in a negative manner. In these ways, it's not uncommon to see people failing an overhead press once it has past the top of their skull. I've seen this happen countless of times, and have also failed at this

precise location. Besides the previously-addressed acceleration and technique problems, let's now observe the weakness of weak triceps and how to improve them.

Weak Triceps

As briefly stated before, the triceps are stretched in an overhead position, which creates an added need for long head work. Since the medial head of the triceps must also be thoroughly developed, there needs to be attention devoted to both areas. By the way, if you're into bodybuilding this section is going to be very useful to you, much like the bench press specialist who requires more triceps.

Now the first and most obvious method to train the triceps is by using overloading principles for the top of the overhead press. This means heavy push pressing variations, overhead pin presses, partials, Dick's Presses, and accommodating resistance. This will really force you to push through that sticking point at the top, so that when you go back to regular pressing you'll fly right through it.

The second method is to train the triceps is by utilizing heavy overhead extensions. If you do horizontal extensions to improve your bench press, then it definitely makes sense to use vertical extensions for your overhead press. Plus, the extra stretch on the long head of the triceps will be super important if we wish to maximize overhead triceps strength. For this reason, any extension where you bring the bar behind the head is going to work. This can include all overhead extension variations whether done with barbells or dumbbells, in addition to doing flat extensions behind the head done on a bench or floor. The point is that if you can really build triceps isolation strength from the back of the head, I promise you that your lockouts will be substantially easier.

Pour Conclure

Alright, so we've now talked about both specialty lifters which were the bench and overhead specialists. I hope that you have thoroughly understood both sections, because now you have enough knowledge to use this book in a practical way.

I also want you to be honest with your weaknesses, as well assessing your own individual goals. Don't be a bench monkey if everyone else is doing it, and don't slack off your bench press if you're an overhead God. Just like in World of Warcraft, having a mix of different talent builds is always better than being one talent build. For is this not the reason that dual-specialization was created?

Leg Specialist

What's this, a leg specialist section? That's right, just like a death knight in World of Warcraft, you need to earn the right to access the leg specialist. Since you read both the bench and overhead press specialist, you are officially level 55! (makes sense now?) I didn't mention this earlier because **I wanted you to stay focused on the goal of developing your upper body**, because if you started thinking about legs your ego would have gotten in the way. (I know this sounds weird, but stay with me on this one) Besides, if you were paying attention you would realize that in World of Warcraft, there are 3 talent builds! Although, you probably knew that there would be a leg specialty section from looking at the table of contents anyway, so I'm sure you're not *that* surprised.

The catch, however, is that this section is going to be extremely short and simple. Don't expect me to explain this section like I did with the upper body specialists, because this leg training is only secondary to our main goal. So when discussing the leg specialist, you need to understand that they come in different forms. Much like there are many human cultures, there are also many "leg cultures". What are these cultures, you ask? Well let's break them down.

Leg Cultures

1) Bilateral, Anterior Chain
2) Bilateral, Posterior Chain
3) Unilateral, Anterior Chain (IMO this is ideal for aesthetics)
4) Unilateral, Posterior Chain

As you can see, there are four types of leg specialists. What's tricky is that they are usually highly mixed, much like a seating arrangement at a party. Remember permutations in math class? Well leg specialists work in a similar manner. For the sake of simplicity, we will divide each category separately, and you can use common sense to program whatever specialist you're looking for.

1) Bilateral
2) Unilateral
3) Anterior
4) Posterior

Doesn't that look much better on your eyes? Now I will explain the four different types of leg specialists and based on what I wrote you can mix and match to figure out what works best for you. I repeat that this is a very short section so do not get mad at me for being straight to the point. Remember, this is primarily an upper body program, capiche?

Bilateral

So you've selected to be a bilateral leg trainee. What this means is that your leg training is going to be extremely heavy, because you can obviously lift a lot more weight with two legs than one. You will also develop more bulk in the legs, which tells me that you are either lagging in leg size, or require a bit more leg strength. Since your weights are going to be heavier, you will need to pay a lot more attention to recovery, as your workload will not only increase tremendously, but your nervous system can fry out faster. You will also require more warmups, because the higher weight will force you to. If you plan on going bilateral, here are the main movements that you will typically perform. Just to name a few, there is trap-Bar Deadlift, stiff-legged deadlift, knees to chest leg press, and hack squats. In other words, the big, heavy-ass compound movements are what you'll be utilizing.

Unilateral

If you've selected to be a unilateral leg trainee, your goal is not really to build maximum strength or bulk, but rather to pack on elite-level stability, power, and the refinement of very specific aesthetic weak points. Since you're only training on one leg, chances are you will not be able to lift super heavy. This will allow you to hammer unilateral training at an

ultra-high frequency because you can recover very easily from the lack of load. Your warmup sets will also take you about 5 minutes at the absolute max, so your leg training will be not be time consuming. The unilateral leg trainee is for those that want aesthetic, functional legs without the added bulk, while simultaneously minimizing gym time but having to increase frequency. In terms of main movements, pistol squats, single-legged leg press, and Bulgarian split squats will be your go-to exercises.

Anterior Chain

If you decide to specialize in anterior chain development, you will have a sculpted VMO, in addition to strong and thick quads. However, your hamstrings, glutes, and adductors will be smaller and weaker in comparison, so please consider that before deciding to roll with an anterior chain dominant program. When you're anterior chain-dominant, you will have the oldschool bodybuilder legs. They won't be the biggest legs, but they'll be firm, compact, and will fit into fashionable legwear. In terms of the exercises that will be utilized, they can be bilateral or unilateral based on what you previously chose, but here are the options: trap-bar deadlift, pistol squat, hack squat, single-legged leg press, (foot low and wide) Bulgarian split squat, sissy squat, short-step and leaned forward lunges.

Posterior Chain

If you decide to specialize in posterior chain development, your glutes, hamstrings, and adductors will be maximized in strength and size. Your quads and VMO, however, will look absolutely pathetic in comparison. With this specialty, you will have the best athletic performance in sports, but will also have great difficulties wearing fashionable legwear. This ideology contradicts the aesthetic legs that we discussed at the beginning of this book, BUT if you are in this phase temporarily as a means to balance things out then I see no problem with that. Typically, those who have very bad leg genetics will benefit from this phase because the extra mass will balance out their physiques. Just don't be posterior

chain dominant for the rest of your lifting career, because then you'll never have the sexy legs that we talked about. In terms of exercise selection, you can do leg presses with your feet up high and wide, box pistol squats, stiff-legged deadlifts, reverse lunges, glute-ham raises, reverse-hyperextensions, and leg curls.

You now have the tools necessary to craft your own leg specialist. I recommend unilateral, anterior if your goal is to have sexy legs. Be smart, and choose what's appropriate for you.

Don't think I half-ass my legs just because this is predominately an upper body program. I know what I'm talking about, and you too will receive strong and aesthetic legs from following the simple guidelines mentioned in this section.

Chapter 5: Strength Standards

This section is all about strength standards. It's important to have goals and standards to live by. That which isn't thought and planned out will never fully be attained. At the same time, if we set our expectations too high we will be disappointed, and if we under expect we'll miss out on opportunities. For this reason, I have provided what I belief to be accurate strength standards for the drug-free lifter whether weak or strong.

You can't forget that the only way to get bigger is by getting stronger. After all, **hypertrophy is simply a side effect of increased performance**. There simply cannot be any other way. **I know** that if you possess the strength requirements that you're right about to see, that you will be *jacked a la max*. If not, you should consider becoming a marathon runner or something. I can also say that if you have these strength standards, that you will be one of the strongest people that walk this earth. You'll put some athletes to

shame, including the ones that are on drugs. So now I'm going to talk about the most fundamental lifts of the program with their associated strength standards, in addition to the standards that I've set out per bodypart.

V.I.P. Exclusive Lifts

Below you will see what I consider to be exclusive movements of The Alpha Body program. Of course the basics are absolutely essential, but here are the exercises besides the basics, which I believe have great carryover to all forms of general strength.

1) Weighted Dips
2) Reverse Grip Bench Press
3) Floor Press
4) Incline Close-Grip Bench Press
5) Overhead Press
6) Behind the Neck Press
7) Weighted Pullup
8) Pendlay Row
9) Trap Bar Deadlift
10) Single-legged Leg Press
11) Weighted Pistol Squat

If you can really get strong on all those lifts, you'll pretty much be strong at anything. You'll also have a great amount of muscle mass, which will of course depend on your strength. Now how strong am I talking about? Well, on the next page is a visual table of what you can expect. Keep in mind though, that that each category will make you appear different aesthetically. Usually, **the stronger you become, the bulkier you will be**. So depending on your genetics and goals, you will need to adjust your strength gains accordingly.

Key Lifts Strength Standards

Movement	Weak	Decent	Strong	Very Strong	WTF Strong
Weighted Dips	Bodyweight	45lbs	90lbs	135lbs	185lbs
Reverse Grip Bench	Under 225lbs	225lbs	275lbs	315-350lbs	405lbs
Floor Press	Under 225lbs	225lbs	275lbs	315-350lbs	405lbs
Incline Close Grip	Under 185lbs	185lbs	225lbs	275lbs	315-350lbs
Overhead Press	Under 135lbs	135lbs	185lbs	225lbs	275-315lbs
BTN Press	Under 115lbs	115lbs	135lbs	185lbs	225lbs
Weighted Pullup	Under Bodyweight	Bodyweight	45lbs	90lbs	135lbs
Pendlay Row	Less than 185lbs	185lbs	225lbs	275lbs	315lbs
Trap-Bar Deadlift	405lbs or less	455lbs	495lbs	545lbs	585lbs
Single-legged Leg Press	Under 2 plates each side	2 plates each side	3 plates each side	4 plates each side	5 plates each side
Weighted Pistol Squat	Under Bodyweight	Bodyweight	50lbs	100lbs	External Bodyweight

Most of you guys who tackle on this program should be able to make most of the "Very Strong" strength standards. If you can't it's because you don't want it bad enough. Shit genetics, and drugs or not, **these will be very attainable numbers if you work at it long enough**. For guys with a little better genetics, I wouldn't be surprised if you reached the "WTF Strong" level on most of the exercises. Granted, you may not fulfill the entire list of strength standards, but you'll get pretty damn close. So how strong do you want to be? I'll let you decide based upon your individual goals. Remember that the higher level you reach, the bigger and bulkier you'll appear, so you need to be aware of this before trying to reach your peak level strength.

Alright, so now I want to talk about each individual bodypart, providing a very brief summary on how to develop them to optimal levels. I also provide very brief additional strength standards, and re-touch upon things previously mentioned in this book. I really want you to understand The Alpha Body system so that you can utilize it to its full potential. That's why I'm constantly repeating shit that I've already said before, to help train your mind. Let's dive into these bodyparts now.

Thick and Wide Back

For the back, I have found that it's extremely simple to build it to magnificent levels. You see, as drug-free lifter the only way we can grow is by getting stronger. There's just no other way. Feeling the muscles work and squeezing the fuck out of them doesn't matter if you're not making progress on the key movements.

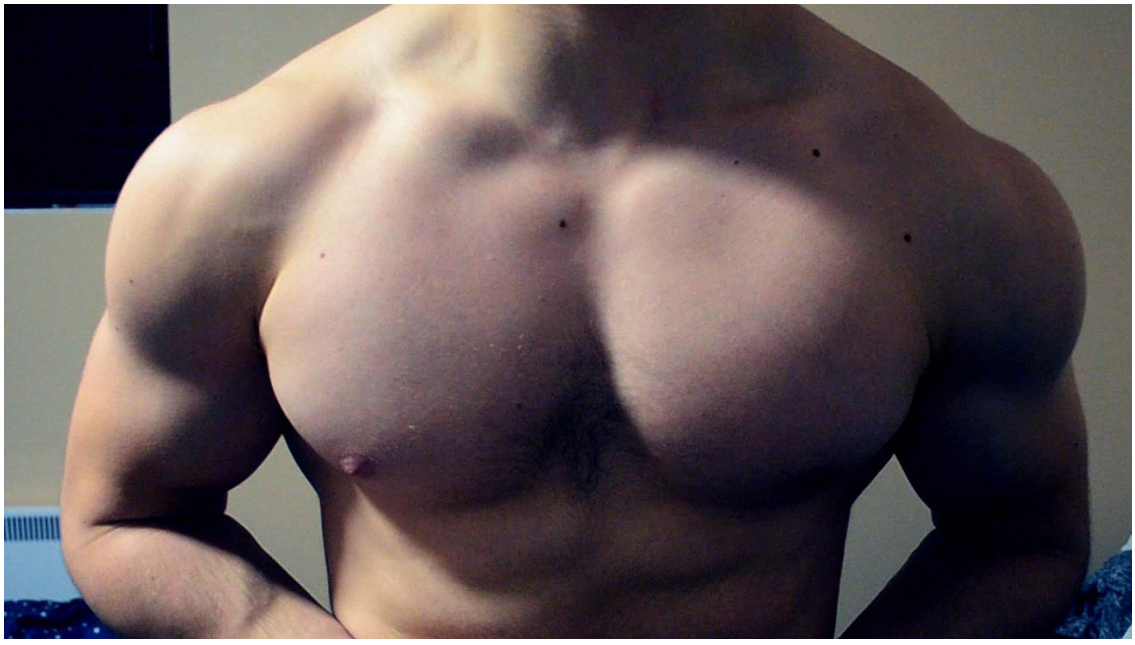
I know that if I can take your dead-hang paused weighted pullups to 90lbs or more for reps, that your back will be wide as fuck. It will also better than 99% of gym-goers who perform high volume back days and can't even do a single pullup. I can also say with confidence, that if you can get your Pendlay row up to 315lbs for reps, that you'll be very explosive and strong, in addition to your back being crazy thick. Finally, if I can take your trap bar shrugs to 405 to about 20 repetitions, then I can absolutely confirm that your upper back and traps will have been completed. With these three movements in mind, it's important that we design a program that BUILDS upon all of these key lifts. This is accomplished when the PR table is used, as well as varying the accessory work for the back. For instance, If you're weak at pronated pullups, switch them to neutral for a while and see what happens. If you suck at Pendlay rows, switch them for T-Bar rows and see if that helps at all. If you suck at trap bar shrugs, try doing farmer walks or something. The point is, develop in any way possible the lats, traps, and upper back. (See the PR and Accessory Table)

Hercules Chest

For the chest, it shouldn't be very difficult to develop at all. The fact of the matter is that getting strong in all the main pressing exercises mentioned in this book will deliver a complete chest. You'll never ever find a raw bench press specialist with small pecs. You will find lots of kids that can't even bench 315lbs complaining about small pecs though.

In terms of a chest specialization program, (which is basically being weak at the bottom of the bench press) we need to tweak some things in order to emphasize chest development. For this reason, I have found that if one can get stronger on their weighted dips (135-185lbs), illegally wide bench presses (225-275lbs), dumbbell bench press variations (+120lbs) and wide grip paused bench (315-405lbs) that their chest will most definitely thicken up. Utilizing different flye variations and putting less focus on triceps work will also be a valuable tool. Thus, the main movements and accessory exercises need to be tailored to build these lifts with chest development being in mind. Once strength improves on these lifts and variations, chest mass will have been fulfilled. (See PR and Upper Body Table)

Boulder Shoulders



The shoulders are pretty simple to develop, and require you to get stupid strong on the main vertical presses. These movements would include the standard press (225-275lbs), the behind the neck press (185-225lbs) and the dumbbell shoulder press (+100lbs). Improving on side and rear lateral variations (+40lbs) is also essential if one is to maximize the 3D deltoid effect that is so hard for drug-free lifters to attain. (See upper accessory table) A 185lb overhead press for reps in addition to 100lb dumbbell shoulder presses for reps should be a general benchmark for vertical pressing strength. In sum, strengthening the main vertical presses in addition to their variants will be needed to maximize shoulder development. Please see the Overhead Press Specialist if you wish to see the full system to developing shoulder strength. (See PR and Upper Body Table)

Horseshoe Triceps

With this program, **you will never have shitty triceps** because triceps are the foundation of all your presses. Being strong overall, in addition to performing the assistance work needed to bring up lagging parts of the triceps will ensure perfect development no matter what. As a general guideline, I would advise that you get mad strong on the floor press

(315-405bs), incline close grip bench (225-275lbs), reverse grip bench (315-405lbs), overhead press (225-275lbs), and your JM press/extensions (135lbs-225lbs).

In sum, you are performing various presses in addition to numerous extensions, which allow you to build your triceps strength and size in the most efficient way possible. Furthermore, if you train for shirted bench work, **your triceps development will be even better than the standard program** because you will be performing pressing variations that most raw benchers skip out on. Examples such as board presses, pin presses, and the usage of accommodating resistance will be your staples if this is the case. Please see the "weak at the top" section for both the bench and overhead specialist.

Mountainous Biceps

For biceps development, you must get very strong on all the curling motions, which over time will build your biceps to a great extent. Don't expect to build big biceps if you're lifting the same weight for years on end. You need to make progress like any other exercise.

Brachialis work must also be employed, for it will not only give the illusion bigger upper arms, but it will also act as a stabilizer to your pressing exercises. In turn, you will have a stronger foundation to press off, and will better prevent injuries.

I personally recommend that you stay away from cheat curls and utilize the preacher bench to illicit perfect form every single time you curl. You can do all your curls, from supinated, pronated, to neutral, without having to cheat out the lift. You thus keep the tension strictly on the biceps/brachialis. If you wanted a compound movement for your biceps, you could have left that shit for weighted chin-ups. Don't turn your curls into a circus act, as it defeats the purpose of an isolation exercise. One more thing, don't you dare do half reps on preacher curls. Do it with full range of motion or don't curl at all.

What else is great about the preacher curl? For one, it's a negative specific movement, by which **you start with the negative and end with the concentric**. This allows you to utilize the stretch reflex in a very efficient way, and also causes your biceps to hypertrophy in large amounts because it is theorized that the negatives are what cause the most muscle damage. In traditional curls, **you begin with the concentric**, and typically do not lower the bar in a slow and controlled fashion like a preacher curl. Besides, if you wanted to focus on concentric training, you could always do dead-stop curls off the safety pins which would be similar to what a floor press does.

As a basic goal, one should strive to achieve 135lb barbell preacher curls for reps, 50-70lb hammer preacher curls for reps, and 60-80lb supinated dumbbell preacher curls for reps in order to maximize true arm potential. I would also like to note that increasing strength on your weighted chin-ups will also improve the strength and size of your biceps, while simultaneously carrying over to your curling performance.

Popeye Forearms

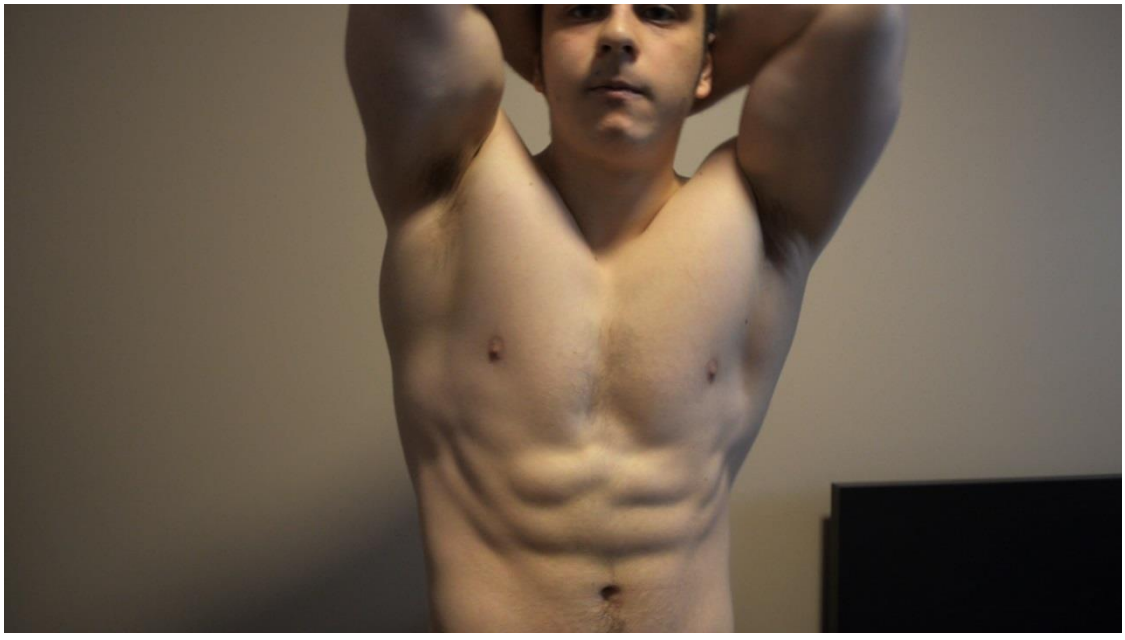
For forearm development, there are three training methods that can elicit a Popeye effect. The first and most obvious way, is to simply increase grip strength. Getting strong on the basic compound movements such as weighted pullups, rows, farmer walks, shrugs and deadlifts should satisfy this, and if not additional movements such as pinch plates and towel hangs could be utilized. The key feature is that you **must** increase isometric strength through the static holds that you already perform on your main movements. The result of the increased grip strength is that your forearms will get bigger. If you do not believe me, look at a great deadlifter's forearms and report back the results.

Secondly, wrist curling motions must also be utilized if one is to MAXIMIZE forearm development. I have personally witnessed 600lb deadlifters that had difficulties reverse wrist curling 20lb dumbbells, which is not only pathetic, but demonstrates a definite weakness in wrist curling strength. If one can increase both their supinated, pronated, and neutral wrist curling strength, (through numerous variations) the forearms will develop to

their full capacity. Generally speaking, training like an arm wrestler should satisfy wrist curling strength. By the way, if you are interested in becoming an arm wrester, you might have to do some research beyond the capabilities of this book.

The final method to developing the forearms is by eliminating all forms of wrist straps, and through the increased usage of *thick bars*. Most people use straps when the weight gets too heavy to hold, and this is a big mistake. Remember, you're only as strong as your weakest link, so rather than **masking** the issue with straps, **make the handles thicker so that your body has no choice but to adapt**. If one does not possess thicker bars, simply purchasing Fat Gripz should get the job done. If not, using a thumbless grip or wrapping a small towel around the handle should work too. Oh, and make sure you get some chalk because if your hands have a pool of sweat on them, even lifting light weights is going to be hard.

Functional and Old School Midsection



The worst thing someone can do if they wish to develop their midsection is to perform weighted ab and oblique movements. This will over-bulk the midsection, which ruins

symmetry and makes your physique appear more square and blocky. Remember, we are not competitive strongmen or powerlifters, and **do not** require complete core development. Having a small waist is the goal here, and using heavy ab movements will only compromise that goal. Instead, we want to have abs that are not only firm and compact like a gymnast, but strong as hell too. We also want to have the illusion of a deep ribcage, which gives the illusion of a small stomach which enhances the way you look like with or without a shirt on. In fact, you can roll at higher bodyfat percentages when your ribcage is deep, because you always appear slimmer. A deep ribcage also makes your chest appear larger as a side effect.

In order to accomplish these goals, movements such as front levers, L-holds, straight leg raises, planks, v-twists, windshield wipers, or human flags should be performed while hanging off bars or rings. This will develop an aesthetic midsection that is extremely powerful in isometric strength and functionality, while not carrying the bulk with us. Next, pullovers and tummy vacuums must be employed if one is to get that deep ribcage look, which old school bodybuilders such as Frank Zane absolutely cherished. Finally, heavy beltless squats and deadlifts **must be lowered or completely removed** to prevent the over-thickening of the midsection.

Aesthetic and Functional Legs

Achieving a fantastic pair of legs is one of the easiest things to do, and does not require a lot of work. Since you are past the novice stage, roughly 75-80% of your natural leg mass has already been achieved. This is more than enough to get out of the “chicken leg” phase that so many gym-goers have fallen into.

It’s also important to note that since we are after symmetry, gaining additional strength in squats and deadlifts would add additional bulk to the legs, specifically in glutes, hamstrings, and adductors, which create turnip-shaped looking legs. This is a no-no for

symmetry, but important for complete athletic performance. Luckily, we are not athletes, and have a far different goal. What we want is dense, well-sized and well-shaped legs that are not only powerful and strong, but sexy as well.

This goal can be accomplished through the fact that you have already achieved approximately 75-80% of your maximum leg mass (which fulfills the goal of size) and through the utilization of specific exercises that bring up the Vastus Medialis (VMO) which thickens up the area near the knee creating the illusion of length and balance, and by using special movements to bring about increased performance without significant size gains. Among others, I have found that single-legged leg presses, pistol squats, bulgarian split squats, trap-bar deadlifts, and glute-ham raises fulfill the role of aesthetic leg development, while dramatically increasing general sports performance without the added bulk. Getting strong on all those lifts will deliver the beautiful and functional legs that we are talking about.

I would also like to state that in this program **calf work is absolutely essential**. Many strength athletes possess fantastic quad, glute and hamstring development, but score extremely low in the calf department. The result is that the legs will always appear skinny, especially in shorts, because when most people talk about chicken legs they are referring to the calves. In shorts, you won't see someone's quads or hamstrings, so the first thing that one sees is the calves. Small calves are definitely not acceptable if aesthetic legs are the goal, and for this reason **we hammer them hard every time we train**. Please do not skip out on your calf work if you wish to maximize your complete leg development. 18 inch calves should be a nice startup goal. (See PR and main lower and supplemental table)

I work my calves, bro.

Don't you ever neglect yours!

12 Week Programs

In this small little section, I will provide you **six 12 week programs** (that's over a year of planned training), each addressing a particular specialty lifter, and the associated weaknesses. This way you don't have to do any complicated thinking yourself, which will enable you to get the training ball rolling as soon as possible.

I will provide each program in a **very logical order**, starting with the bench press specialist with the associated weaknesses, and then the overhead press specialist with its weaknesses. Then, I will lay out a basic 12 week program for legs (which you do immediately after your upper workout), in addition to the bonus powerlifting leg program. In these ways, you are accommodated for any possible goal of yours! You also have the freedom to mix and match certain specialists to create more general programs, if you would like to do that of course.

After you have looked through this section, everything will click in your head. You will understand how the complete program functions, and how everything you've learned up until this point ties in perfectly into what you're about to see. You will be enlightened to see how much information you have absorbed simply by looking at these basic 12 week programs. I would also HIGHLY recommend that you analyze some of the workouts listed so that you can get a sense of how basic programming works.

If you are still completely lost and confused after reading this section, at least you have a solid program that will last you an entire year. It's also repeatable, so you'll have some long-term options as well. Furthermore, if you don't like the idea of sample cookie-cutter programs, I can always write you a custom 12 week program. So it's win/win no matter what you do. So with these things in mind, are you now ready to dive into these 12 week programs?

Bench Press Specialist Weak Off Chest 12 Week Program

Week 1

1) Wide Grip Pause Bench 1-3RM or 4-10RM + Back-Off Sets
2) Illegally Wide Pause Bench 3x6
3) Floor Dumbbell Flyes 4x10
4) Pushups 2x AMRAP
5) Pendlay Row 8x3 @65-75%
6) Facepulls 4x20
7) Barbell Preacher Curl 3x10

Week 2

1) Weighted Dips 4-10RM + Back-Off Sets
2) Incline Dumbbell Press 4x12 + last set triple dropset
3) Floor Extensions 5x4
4) Tricep Pushdowns 1x50
5) T-Bar Row 3x10
6) Seated Cable Row 3x10
7) Behind The Neck Press 3x12
8) Side Laterals 3x20
9) Hammer Preacher Curls 3x10

Week 3

1) Cambered Bar Bench Press 1-3RM or 4-10RM + Back-Off Sets
2) Bottom-Only Dumbbell Bench Press 5x20
3) JM Press 3x6
4) Chest-Supported Rows 3x12
5) Farmer Walks 5x30s

6) Shoulder Press 3x15
7) Crucifix Holds 3x30s
8) Poundstone Curls 1x AMRAP

Week 4

1) Overhead Press 1-3RM or 4-10RM + Back-Off Sets
2) Wide Pause Bench Press 4x6
3) Floor JM Press 3x4
4) Overhead Dumbbell Extension 3x15
5) Standing Lat Pulldown 3x30
6) Dumbbell Row 3x10
7) One Arm Shoulder Press 3x20
8) Barbell Wrist Curl 3x50

Week 5

1) Pause Incline Barbell Bench 1-3RM or 4-10RM + Back-Off Sets
2) Fat Bar/Thumbless Floor Press 3x5
3) Rolling Dumbbell Extension 2x12
4) Reverse Grip Pushdowns 2x15
5) Trap-Bar Shrugs 3x20
6) Dumbbell Upright Rows 3x10
7) Arnold Press 3x10
8) Preacher Dumbbell Curl 3x10

Week 6

1) Wide Grip Pause Bench 1-3RM or 4-10RM + Back-Off Sets
2) Bottom Bench Press 3x10-20
3) Incline Dumbbell Flyes 5x15
4) Floor Dumbbell Extensions 2x8
5) Kroc Row 3x30

6) Bradford Presses 3x15
7) Rear Delt Flyes 2x15
8) Dead-Stop Barbell Preacher Curls 3x6

Week 7

1) Incline-Close Grip Pause Bench 1-3RM or 4-10RM + Back-Off Sets
2) Weighted Dips 5x10 + Last Set Dropset
3) Flat Dumbbell Flyes 3x15
4) Incline Barbell Extensions 3x8
5) Barbell Rows 3x6
6) Dumbbell Shrugs 3x20
7) Neutral One Arm Shoulder Press 3x10
8) Incline Curls 3x10

Week 8

1) Log Press/Overhead Press 1-3RM or 4-10RM +Back-Off Sets
2) Viking Press 5x10
3) Floor Dumbbell Flyes 3x10
4) Incline Pushups 2x AMRAP
5) Machine/Hammer Strength Row 2x10
6) Farmer Walks 3x60s
7) Facepulls 3x15
8) Lying Cable Curls 3x10

Week 9

1) Wide Incline Bench Press 1-3RM or 4-10RM + Back-Off Sets
2) Pause Dumbbell Bench Press 3x AMRAP to failure
3) Floor JM Press 3x10
4) Rolling Dumbbell Triceps Extensions 2x8

5) Chest-Supported Rows 4x10
6) Scarecrows 3x10
7) Standing Barbell Curl 3x6

Week 10

1) Close Grip Floor Press 5x2
2) Floor Dumbbell Bench Press 4x6
3) Overhead Triceps Extensions 2x8
4) V-Bar Cable Row 4x10
5) Plate Raises 1x Triple Dropset
6) Preacher Hammer Curls 3x8

Week 11

1) Weighted Dips 4-10RM + Back-Off Sets/Triple Dropset
2) Illegally Wide Bench Press 3x8
3) Floor Barbell Extensions 3x6
4) Reverse Grip Pushdowns 3x12
5) T-Bar Row 3x8
6) Cable Upright Row 3x12
7) Behind the Neck Press 2x10
8) Reverse Barbell Curls 3x10

Week 12

1) Wide-Grip Pause Bench 1-3RM or 4-10RM + Triple Dropset
2) Incline Dumbbell Press 5x10
3) Floor JM Press 3x4
4) Triceps Pushdowns 2x AMRAP
5) Pendlay Row 8x3 @65-75%
6) One Arm Cable Row 3x10

7) Cable Side Raises 3x20
8) Standing Barbell Curls 3x8

Bench Press Specialist Weak At Top 12 Week Program

Week 1

1) Close Grip Floor Press With Chains 1-3RM or 4-10RM + Back-Off sets
2) 3 Board Press 3x3
3) Floor JM Press 3x6
4) Reverse Grip Pushdowns 3x20
5) Trap-Bar Shrugs 3x20
6) Dumbbell Row 3x12
7) Side Raises 3x15
8) Dumbbell Preacher Curl

Week 2

1) 2 Board Press 1-3RM or 4-10RM + Back-Off sets
2) Close-Grip High Flat Pin Press 3x6
3) Floor Barbell Extensions With Chains 3x6
4) Incline Tate Press 3x10
5) Chest-Supported Row 3x8
6) One Arm Cable Row 3x12
7) Rear Delt Raises 3x15
8) Reverse Curl 3x15

Week 3

1) Incline Fat Bar Close Grip Bench 1-3RM or 4-10RM + Back-Off sets
2) Reverse Grip Bench Press 3x5

3) Overhead Barbell Extensions 3x6
4) Diamond Clap Pushups 3x8
5) Power Shrugs 5x5
6) Facepulls 3x15
7) Dumbbell Wrist Curl 3x20

Week 4

1) Close-Grip Swiss Bar Bench Press 1-3RM or 4-10RM + Back-Off sets
2) Machine Partial Dips 3x15 + Last Set Triple Dropset
3) JM Press 3x10
4) Overhead Dumbbell Extension 3x12
5) T-Bar Row 3x8
6) V-Bar Cable Row 3x12
7) Dumbbell Front Raise 3x10
8) Dumbbell Preacher Curl 3x10

Week 5

1) Push Press 1-3RM or 4-10RM + Back-Off sets
2) Overhead Pin Press 3x3
3) Skullcrushers to throat 2x4
4) Cross-body extensions 3x12
5) Kroc Row 3x20
6) Facepulls 3x15
7) Barbell Preacher Curl 3x10

Week 6

1) Reverse Grip Bench Press 1-3RM or 4-10RM + Back-Off sets
2) Close Grip Floor Press 3x5
3) Floor JM Press 3x10

4) Decline Dumbbell Extensions 4x15
5) Barbell Rows 3x6
6) Rear Delt Raises 3x15
7) Dumbbell Preacher Curl 3x10

Week 7

1) Slingshot Close Grip Bench Press 1-3RM4-10RM + Back-Off sets
2) Neutral Dumbbell Floor Press 3x4
3) Pronated Triceps Kickbacks 3x8
4) Incline Dumbbell Extensions 3x15
5) Pendlay Row 3x3
6) Side Raises 3x20
7) Incline Curls 3x10

Week 8

1) 4 Board Press 1-3RM or 4-10RM + Back-Off sets
2) Close Grip Bench Press 3x AMRAP to Failure
3) Flat Extensions to throat 2x8
4) Rope Pushdowns 3x AMRAP + last step triple dropset
5) Farmer Walks 3x60s
6) Facepulls 3x15
7) Hammer Curls 3x10

Week 9

1) Behind the Neck Push Press 8x3 @75%
2) High Pin Press 5x2
3) Flat Dumbbell Extensions With Bands 3x15
4) T-Bar Rows 3x10
5) Rear Delt Raises 3x12

6) Dumbbell Preacher Curl 3x10

Week 10

1) Reverse Band Bench Press 1-3RM or 4-10RM + Back-Off sets
2) Neutral Dumbbell Bench Press 4x20
3) Floor Dumbbell Extensions 3x5
4) Fat Bar Pushdowns 3x30
5) Kroc Row 3x20
6) Crucifix Holds 3x30s

Week 11

1) Fat Bar Push Press 1-3RM or 4-10RM + Back-Off sets
2) Reverse Grip Bench Press 4x6
3) Rolling Dumbbell Extensions 3x12
4) Double Rope Pushdown 3x20
5) Trap-Bar Shrugs 3x20
6) One Arm Cable Row 1x30
7) Side Raises 3x10
8) Alternate Curl 3x10

Week 12

1) Close-Grip Floor Press 1-3RM or 4-10RM + Back-Off sets
2) Seated Dip Machine 4x8 with 5s Negatives + Last Set Triple Dropset
3) Floor JM Press 3x6
4) Reverse Grip Pushdown 3x30
5) T-Bar Row 3x10
6) Kroc Row 3x20
7) Facepulls 3x15
8) Barbell Curl 3x10

Overhead Press Specialist Weak At Bottom 12 Week Program

Week 1

1) Pause Overhead Press 1-3RM or 4-10RM + Back-Off sets
2) Behind the Neck Press 3x6
3) Reverse Grip Pushdowns 3x20
4) Wide Weighted Pullups 3x5
5) Lat Pulldown 3x10
6) Alternating Shoulder Press 3x20
7) Hammer Preacher Curl 3x10

Week 2

1) Log Press 1-3RM or 4-10RM + Back-Off sets
2) Z-Press 3x6
3) Floor Barbell Extensions With Chains 3x6
4) Neutral Weighted Chinup 3x5
5) Dumbbell Pullovers 3x8
6) Crucifix Holds 3x60s
7) Hammer Curl 3x30

Week 3

1) Incline Fat Bar Bench 1-3RM or 4-10RM + Back-Off sets
2) Viking Press 4x12
3) Incline Pushups 3x AMRAP
4) Underhand Weighted Chinup 3x5
5) Wide Lat Pulldown 3x15
6) One Arm Shoulder Press 3x30
7) Reverse Barbell Curl 3x8

Week 4

1) Seated Overhead Press 1-3RM or 4-10RM + Back-Off sets
2) Handstand Pushups 3x10
3) Triceps Pushdown 1x20
4) Muscleup 3x AMRAP
5) Dumbbell Pullover 2x10
6) Arnold Press 3x12
7) Standing Barbell Curl

Week 5

1) Low Overhead Pin Press 1-3RM or 4-10RM + Back-Off sets
2) Behind the Neck Press 3x5
3) Incline Barbell Extensions 2x4
4) Medium Weighted Pullup 3x8
5) V-Bar Pulldowns 3x12
6) Power Side Raises 3x5

Week 6

1) Log Press 1-3RM or 4-10RM + Back-Off sets
2) Incline Dumbbell Bench Press 3x AMRAP to Failure
3) Dumbbell Rolling Extensions 3x10
4) Underhand Weighted Chinup 4x10
5) Plate Raises 3x20
6) Barbell Reverse Wrist Curl 2x50

Week 7

1) Incline Pause Bench Press 1-3RM or 4-10RM + Back-Off sets
2) Z-Press 3x8

3) Pronated Triceps Kickbacks 3x8
4) Wide Weighted Pullups 3x5
5) One Arm Lat Pulldown 3x8
6) Dumbbell Side Raises 3x30 + Triple Dropset Each Set
7) Preacher Dumbbell Curl 3x10

Week 8

1) Overhead Press 1-3RM or 4-10RM + Back-Off sets
2) Landmine Press 3x8
3) Overhead Dumbbell Extension 2x10
4) Neutral Weighted Pullup 3x5
5) Neutral Lat Pulldown 3x12
6) Shoulder Press 3x12
7) EZ-Bar Preacher Curls 3x8

Week 9

1) Dynamic Overhead Press 8x3 @75%
2) Bradford Press 5x8
3) Rope Pushdown 3x15
4) Wide Weighted Pullup 3x3
5) Any Machine Lat Pulldown 3x10
6) Crucifix Holds 3x30s
7) Hammer Curl 2x10

Week 10

1) Cambered Bar Overhead Press 1-3RM or 4-10RM + Back-Off sets
2) Behind the Neck Press 4x20
3) Overhead Barbell Extension 3x5

4) Underhand Weighted Chinups 3x3
5) V-Bar Pulldown 3x12
6) Scarecrows 3x15
7) Preacher Hammer Curl 3x10

Week 11

1) Seated Bent Bar Overhead Press 1-3RM or 4-10RM + Back-Off sets
2) Bottom Overhead Press 3x3 (ramping)
3) Overhead Dumbbell Extension 3x12
4) Neutral Weighted Pullups 3x3
5) Bodyweight Wide Pullups 3x AMRAP
6) Dumbbell Front Raises 3x20
7) Alternate Dumbbell Curl 3x10

Week 12

1) Incline Bench Press 1-3RM or 4-10RM + Back-Off sets
2) Z-Press 3x10 + Last Set Triple Dropset
3) Floor Extensions with Chains 3x6
4) Wide Weighted Pullup 5x2
5) One Arm Lat Pulldown 3x10
6) Shoulder Press 3x10
7) Standing Barbell Curl 3x10

Overhead Press Specialist Weak At Top 12 Week Program

Week 1

1) Push Press 1-3RM or 4-10RM + Back-Off sets
2) Overhead High Pin Press 3x3

3) Overhead Barbell Extension 3x12
4) Double Rope Pushdown 3x20
5) Close Weighted Pullup 3x5
6) Wide Lat Pulldown 3x10
7) Side Raises 3x20
8) Hammer Curl 3x10

Week 2

1) Log Push Press 1-3RM or 4-10RM + Back-Off sets
2) Dumbbell Push Press 5x2
3) Floor Barbell Extensions With Chains 3x6
4) Reverse Grip Pushdown 3x12
5) Neutral Weighted Chinup 3x5
6) Crucifix Holds 3x60s
7) Dumbbell Preacher Curl 3x30

Week 3

1) Seated Fat Bar Overhead Press with Chains 1-3RM or 4-10RM + Back-Off sets
2) Behind the Neck Push Press 5x2
3) Pronated Triceps Kickbacks 3x15
4) Incline Barbell Extension 2x12
5) Close Weighted Chinup 3x5
6) Arnold Press 3x8
7) Reverse Barbell Curl 3x8

Week 4

1) Seated Swiss Bar Overhead Press 1-3RM or 4-10RM + Back-Off sets
2) Reverse Grip Bench Press 3x3
3) Floor JM Press 3x6

4) Incline Dumbbell Extension 3x12
5) Muscleup 3x AMRAP
6) Dumbbell Pullover 2x10
7) Cable Side Raises 3x12
8) Standing Barbell Curl 3x8

Week 5

1) Overhead High Pin Press 1-3RM or 4-10RM + Back-Off sets
2) Flat High Pin Press 3x5
3) Floor Dumbbell Extension 3x8
4) Rope Pushdown 3x20
5) Wide Weighted Pullup 3x8
6) Facepulls 3x15
7) Preacher Hammer Curl

Week 6

1) Behind the Neck Push Press 8x3 @75%
2) Floor Neutral Dumbbell Press 5x6
3) Dumbbell Rolling Extensions 3x10
4) Behind the Neck Bodyweight Pullup 2x8
5) Scarecrows 3x20
6) Alternate Curls 3x10

Week 7

1) Incline Close Grip Bench Press 1-3RM or 4-10RM + Back-Off sets
2) Overhead Dick's Press 3x6
3) Pronated Triceps Kickbacks 3x8
4) Incline Barbell Extension 3x12
5) Bodyweight Pullup 3x AMRAP

6) One Arm Lat Pulldown 3x8
7) Rear Delt Raises 3x12
8) Preacher Dumbbell Curl 3x10

Week 8

1) Half Rep Overhead Press 4-10RM + Back-Off sets
2) Close Grip Floor Press with Chains 3x5
3) Overhead Dumbbell Extension 3x10
4) Double Rope Pushdown 3x15
4) Neutral Weighted Pullup 3x5
6) Shoulder Press 3x12
7) Barbell Curl 3x20

Week 9

1) Dynamic Overhead Press 8x3 @75%
2) Incline Diamond Pushups 3x AMRAP to Failure
3) Floor Dumbbell Extension 3x4
4) Overhead Dumbbell Extension 3x12
5) Wide Weighted Pullup 3x3
6) Plate Rear Delt Raises 3x15
7) Lying Cable Curl 3x12

Week 10

1) Log Push Press 1-3RM or 4-10RM + Back-Off sets
2) Reverse Grip Bench Press 4x5
3) Overhead Barbell Extension 3x5
4) Reverse Grip Pushdown 3x20
5) Underhand Weighted Chinups 3x3

6) Scarecrows 3x15
7) Preacher Hammer Curl 3x10

Week 11

1) Overhead High Pin Press 1-3RM or 4-10RM + Back-Off sets
2) Close Grip Floor Press 3x3
3) Overhead Dumbbell Extension 3x12
4) Neutral Weighted Pullups 3x3
5) Dumbbell Front Raises 3x20
6) Alternate Dumbbell Curl 3x10

Week 12

1) Incline Close Grip Bench Press 1-3RM or 4-10RM + Back-Off sets
2) Flat High Pin Press 3x10 + Last Set Triple Dropset
3) Floor Extensions with Chains 3x6
4) Wide Lat Pulldown 3x10
5) Shoulder Press 3x10
6) Reverse Barbell Curl 3x10

Leg Specialist 12 Week General Program

Week 1

1) Trap Bar Deadlift 1-3RM + Back-Off sets
2) Walking Lunges 5x20
3) Standing Calf Raises 5s Negatives 5x20
4) Seated Calf Raises 5x10 with bottom pause
5) Windshield Wipers 3x20

Week 2

1) Weighted Pistol Squats 1-3RM or 4-10RM + Back-Off sets
2) Glute Ham Raise 5x10
3) Leg Press Calf Raise 5x15 with bottom pause
4) Tibial Raises 5x10
5) Straight Leg Raises 3x15

Week 3

1) Deficit Trap Bar Deadlift 1-3RM or 4-10RM + Back-Off sets
2) Sissy Squat 5x15
3) Rack Calf Raises 5x10
4) Donkey Calf Raises 5x10
5) L-Holds off rings 3x AMRAP

Week 4

1) Single-Legged Leg Press 1-3RM or 4-10RM + Back-Off sets
2) Stiff-Legged Deadlift 3x8
3) Single-Legged Calf Raise Off Block with 5 second pause 5x10
4) Seated Calf Raises 5x15
5) Dragon Flags 3x8

Week 5

1) Weighted Pistol Squat Off Low Box 1-3RM or 4-10RM + Back-Off sets
2) Knees to Chest Leg Press 4x8
3) Rack Calf Raises 5x10
4) Tibial Raises 5x20
5) V-Twists 3x12

Week 6

1) Bulgarian Split Squat 1-3RM or 4-10RM + Back-Off sets
7) Weighted Glute Ham Raise 3x10
8) Standing Calf Raises toes out 5x20
9) Donkey Calf Raises 5x8 With 3 second bottom pause
10) Front Levers Holds 3x AMSAP

Week 7

1) Hack Squat 4-10RM + Back-Off sets
2) Stiff-legged deadlift 3x5
3) Leg Press Calf Raises 5x20
4) Seated Calf Raises 5x15 toes in
5) Human Flags 3x AMSAP

Week 8

1) Trap-Bar Deadlift 1-3RM or 4-10RM + Back-Off sets
2) Reverse Lunges 3x10
3) Rack Calf Raises 5x10
4) Tibial Raises 3x12
5) Dragon Flags 3x10

Week 9

1) Weighted Pistol Squat 1-3RM or 4-10RM + Back-Off sets
2) Leg Curl With 2 Second Squeeze + 3 second negatives 5x20
3) Seated Calf Raises 5x10
4) Standing Calf Raise Off Block 5x20
5) Leg Raises With 2 Second Pause at Top 5x15

Week 10

1) Knees to Chest Leg Press 4-10RM + Back-Off sets
2) Single-Legged Leg Press 4x10
3) Leg Press Calf Raise with 5 second bottom holds 5x15
4) Tibial Raises 3x12
5) L-Holds 3x AMRAP

Week 11

1) Bulgarian Split Squat 1-3RM or 4-10RM + Back-Off sets
2) Single-legged Stiff-legged Deadlift 5x10
3) Rack Calf Raises 5x10
4) Donkey Calf Raises 5x12 with 2 second top hold
5) Straight Leg Raises off rings 3x20

Week 12

1) Trap-Bar Deadlift With Chains 1-3RM or 4-10RM + Back-Off sets
2) Single-Legged Leg Press 5x20
3) Standing Calf Raises 2x50
4) Seated Calf Raises 5x10 with 5 second pause at bottom
5) Front Levers 3x AMRAP

Leg Specialist 12 Week Powerlifting Program

Week 1

6) Front Squat 1-3RM or 4-10RM + Back-Off sets
7) Cambered/Safety Squat 4x6

8) Stiff-Legged Deadlift 3x5
9) Weighted Planks 3x30s

Week 2

1) Zercher Squat 1-3RM or 4-10RM + Back-Off sets
2) Paused High Bar Squat 3x5
3) Deficit Stiff-legged deadlift 3x4
4) Weighted Crunches 3x15

Week 3

1) High Bar Squat 1-3RM or 4-10RM + Back-Off sets
2) Conventional Deadlift 2x3
3) Knees to Chest Leg Press 4x20
4) Standing Cable Crunches 3x30

Week 4

1) Low Bar Squat 1-3RM or 4-10RM + Back-Off sets
2) Deficit Conventional Deadlift 2x6
3) Glute-Ham Raise/Reverse Hyper 4x10
4) Reverse Woodchops 3x10

Week 5

1) High Bar Squat 1-3RM or 4-10RM + Back-Off sets
2) Good Morning off pins 4x6
3) Romanian Deadlift 2x10
4) Plate Oblique Twists 3x AMRAP

Week 6

1) Front Squat 1-3RM or 4-10RM + Back-Off sets
2) Paused Zercher Squat 3x3
3) Conventional Deadlift 1-3RM or 4-10RM + Back-Off sets
4) Weighted Planks 3x60s

Week 7

6) Pause Low Bar Squat 4-10RM + Back-Off sets
7) Low Pin High Bar Squat 3x3
8) Deficit Stiff-legged deadlift 2x6
9) Weighted Bent Leg Raises 3x10

Week 8

1) Low Bar Squat 4-10RM + Back-Off sets
2) Pause High Bar Squat 3x3
3) Knee-level Rack Pulls 2x4
4) Weighted Crunches 4x20

Week 9

6) High Bar Squat 1-3RM or 4-10RM + Back-Off sets
7) Zercher Squat 5x10
8) Trap Bar Deadlift with Chains 2x6
9) Kneeling Cable Crunches 3x30

Week 10

1) Pause Front Squat 4-10RM + Back-Off sets
2) Low Bar Squat 5x2

3) Glute-Ham Raise/Reverse Hyper 5x10
4) Weighted Planks 3x60s

Week 11

1) Cambered/Safety Squat 1-3RM or 4-10RM + Back-Off sets
2) Conventional Deadlift 2x6
3) Knees to Chest Leg Press 5x20
4) Weighted Bent Leg Raises 3x12

Week 12

6) Low Bar Squat 1-3RM or 4-10RM + Back-Off sets
7) Deficit Trap Bar Deadlift 2x5
8) Single-Legged Leg Press 5x20
9) Standing Cable Crunches 3x50

PS: If competing in gear or desire more posterior chain strength/size, do all squats off a low-box.

Powerlifting Bonus Section

So you had the balls to show up here, eh? You're really that interested in powerlifting? You don't care about maximizing your aesthetics, and are willing to invest more time in the gym while increasing likelihood of injury? If that's you, then I cannot stop you. You'll do squats and deadlifts whether I include this section or not. Therefore, if you're going to powerlift for the legs, **you might as well do it right**. I'll be explaining everything very shortly, so keep reading.

My Powerlifting Story

Now you may think that I'm just a hippie who doesn't understand powerlifting, which is actually false. In fact, before I created this program, I was a powerlifter myself. At the

young age of 17, I box squatted 500lbs (beltless), and was front squatting 315 (beltless) for reps. I was actually very genetically gifted for squatting, and am sure that had I continued world records would have definitely been possible. At the time, my legs were 26 inches at 5'5, and were shaped like turnips. My adductors also rubbed together, which compressed my testicles to a large extent. In fact, it soon led to erectile dysfunction, and I ended up spending many lonely nights at home. My legs were just so damn big, and my testicles hurt so fucking much. I couldn't even wear jeans at some point because of how big my legs were. I had to wear these ugly, baggy track pants that completely took away from my style.

"Well at least no one could call you out on chicken legs!" is what many of you might be thinking. Wrong, wrong, and wrong again. Since I couldn't wear most pants, I would often times roll with shorts. Being a short guy of 5'5, the shorts would hang right under my kneecap, thus hiding my hamstrings and quads. The only thing that was showing, were my chicken calves. It looked like I never trained legs in my life when I wore shorts. The only way my legs looked good is if I pulled up the shorts, which made me look like a manwhore. I even had a dude hit on me once, which almost made me throw up. (not bashing anyone's interests, I'm just explaining what happened to me)

On top of that, women would always tell me how nice my glutes were (never talked about my upper body though) and dudes in the gym were always referring to me as "the leg guy" or "the guy who squats all the time" or "the guy who's obsessed with legs". My reputation made me furious, and I couldn't stand what was happening to me. Besides, what was the purpose of this all? I was busting my ass off for a sport that I didn't even care about! There were no opportunities in powerlifting, and the fact that it made me a slave to the gym just wasn't worth it.

Then, out of the blue an event happened which changed my life forever. One day I woke up late and had to catch the bus so I sprinted up an incline and got major shin splits. This got me out of training legs for 2 weeks, which absolutely devastated me. By the time I

came back to training, I had lost tremendous strength and was receiving all kinds of knee and calf pain. Oh boy, now I had to deal with this bullshit just so I could regain my previous strength. This really got me thinking why I was sacrificing everything for a simple squat and deadlift number in the first place.

That's when my little head clicked, and my mind told me that it just wasn't worth it. Why? It's because I was a MAN FIRST before a lifter. With those boring, long powerlifting sessions I lost precious time in other aspects of life. I didn't want to spend the rest of my life shackled to numbers, especially if I had to maintain them. I couldn't envision doing these workouts in my mid-60s, nor could I imagine myself getting on performance enhancing substances to make it to the top level. The only reason why I had kept up with the powerlifting stuff was due to ego. That's when I realized the fallacy of powerlifting, which made me understand that I had to shoot my ego right in the fucking head, which is exactly what I did.

By that point my workouts became more and more half-assed, until I eventually said "Fuck this." and dropped deadlifts completely. That was step number one to freedom, but it soon progressed to the point where I stopped squats. Slowly but surely, I was detaching myself from the numbers. However, if I wasn't squatting and deadlifting, what was I supposed to do now? After all, training the legs like a powerlifter was all I ever knew. So I thought to myself "alright, I'll just perform easy squatting and deadlifting variations and seeing where that goes. For instance, I decided to do pistol squats because they were a joke to do and non-time consuming. For deadlifts, I did trap-bar deadlifts because the leverages gave me no back pain, and for the glutes and hamstrings I did glute-ham raises since it killed two birds with one stone while being a simple bodyweight movement. I didn't know how this experiment was going to turn out, but let me tell you that it was an amazing act of serendipity. For instance, I started noticing that my legs were becoming better shaped and my waistline started shrinking dramatically. For the first time in my life, I was seeing what squats and deadlifts had done to my aesthetics. It's also when I understood the importance of unilateral training, to which I eventually developed very difficult variations.

I also liked how trap bar deadlifting felt on my lower back, while building my traps and forearms to a large extent and developing insane strength and power in the quads. That's when I realized how I wasn't training like a powerlifter at all, but rather like a field athlete of some sort.

My adductors and glutes also atrophied, as well as my legs going down from 26 to 25 inches. Most people would be pissed off at this, but I was very happy because my testicles stopped hurting as much and my legs actually looked better. My VMO, improved greatly, and shaped my legs to give them the illusion of length. As a result, my legs become sexy, my waistline got small, and **my upper body started looking bigger as an illusion to the decreased leg size**. Once I made this connection that squats and deadlifts had ruined my physique, I never went back to them again.

At the same time, I started looking more at bench press specialists such as Eric Spoto, Scot Mendelson, and J.M. Blakely and how they didn't need to impress anybody with squatting and deadlifting numbers. I realized the importance of upper body strength. Too many guys had succumbed to "the total" and neglected their upper bodies because of this, which absolutely disgusted me.

Today, I train legs on my own terms, and am no longer a slave to the gym or my numbers. Now do you get why I was so reluctant to you seeing this section? I have experience with powerlifting, and know the pros and cons to it. I've been there done that. Like many other powerlifters, I was never satisfied. Chances are if you get into powerlifting you'll never be satisfied either. What's going to make you happy, a 500lb squat, a 550lb squat, a 600lb squat, a 700lb squat, a world record squat? Where do we draw the line? How important is powerlifting to you? These are the questions you need to ask yourself. I'm almost certain though, that you're just a regular gym-goer and that powerlifting will be too much of an investment on your part. I just don't think it would be worth it, bro.

Rants aside, if reading my story has brought about a new perspective regarding powerlifting, I am happy that you understand my point of view. If not, at least you took the time to respect what I had to say. If you wish to continue reading from this point forward, either out of curiosity or genuine interest, then so I present to you the bonus powerlifting section.

Powerlifting Bonus Table

Main/Supplemental Movement	Stance	Bar	Style	Resistance
Front Squat	Close	Standard 20kg Bar	Touch and Go	Straight Weight
High Bar Squat	Medium	Safety Squat Bar	Pause	Cable
Low Bar Squat	Wide	Cambered Squat Bar	Blocks	Machine
Zercher Squat		Bent Bar	Deficit	Bands
Good Morning		Dumbbell	Box	Chains
Conventional Deadlift		Plates	Pins	
Sumo Deadlift			Unilateral	
Stiff-legged deadlift				
Romanian Deadlift				
Snatch-Grip Deadlift				

Powerlifting Program Template

4) 1 Main Lower Movement
5) 2 Supplemental Lower
6) Heavy Abs

Unlike the traditional program, the powerlifting version includes 2 supplemental movements rather than one. This is due to the fact that we must accommodate for both the squat and the deadlift, which cannot be done effectively with only two movements. Additionally, calf work has been dropped completely because if you're powerlifting for the legs then aesthetics is clearly not the goal. Next, ab work is not only weighted, but **mandatory rather than optional**. This is meant to develop the "core" strength necessary

to support heavy squats and deadlifts, which is especially important considering the fact that you will be doing these movements **beltless**.

That's right, did I catch you off guard there? If you want the thickest and strongest pair of abs possible, **ditch the belt**. Not only will they become a crutch, but you may increase your injury rates. Why? Most people can afford shittier form when using a belt, and can sometimes gain additional reps and slap on higher weights that **the body would not normally be able to handle**. Say you could only squat 480 beltless, but with a belt you can do 505. Well now your form is bound to break down slightly because the weight is way beyond your natural body's means, and when that form breakdown occurs your little belt isn't going to save you when you're in that horrible position. You honestly think that if your back rounds and turns into a good morning that your precious leather belt is going to prevent injury? Give me a break. When you go beltless, these issues never happen because **you'll never lift weights that your core is unable to handle**. Besides, even if you did manage to egolift, your body would fall right in the hole rather than trying to grind out an ugly good morning.

What about deadlifts? Do you think they're any different? As the weight breaks off the floor, your back will begin to round INTO the belt, which you will continue to grind because you think that belt is protecting you when in fact your back is still fucking rounded. Without a belt, however, you will instantly fail the rep if your back is unable to handle the load. No way will you reach a point where grinding past your limits is possible.

Still don't believe me on the whole beltless training? Well lots of Strongman not only train shirtless, but beltless, and can many times out-squat and out-deadlift powerlifters who train with a belt. Interestingly, they typically possess less back injuries than powerlifters, yet they're using more weight with less equipment. How come powerlifters are getting injured doing 400, 500, and 600lb deadlifts with a belt, yet guys that do 700 and 800lb deadlifts beltless rarely if ever get injured? Why is that, you think?

By the way, do you guys even know how a belt works? All it does is create *additional* intra-abdominal pressure because your abs are pressing **against** the belt which creates more force in that region. When you don't have a belt, you have to rely on your own intra-abdominal pressure, which is attained through the valsalva maneuver. Since you have nothing to press against, you obviously lift less weight because there's less force transference in the core. However, it also ensures that the **weight that you use will be completely dependent upon the strength of your natural valsalva maneuver**. That means that you're only as strong as your weakest link, so you will have to strengthen your abs first before you decide lifting weights that you can't handle. With this style of training, training beltless will be a lot safer for you, makes sense?

Exercise Order

Remember how I talked about leg minimizers and leg maximizers? Well if you're going to do powerlifting, you'll probably have to be a leg maximizer. Why? Well you need to realize that the squat and the deadlift are two of the three competition lifts. They're also the lifts where you can put on the most amount of weight and increase progress in the fastest amount of time, which in turn will add the most to your total compared to the single bench press. For this reason, I think it would be a wise idea to start your workout with the legs, and end with the upper body. Make no mistake that **your upper body will in fact suffer because of this modification**, but if your goal is to powerlift I don't think you care about that anyway because you want the biggest total. I just wanted you to be aware of that.

Addressing Weaknesses

When you squat and deadlift, the only way you'll ever fail a lift is if your bottom strength sucks balls. Given the fact that you can half rep hundreds of more pounds on a squat than a full rep, and can rack pull more than you can deadlift it would make no sense to train the top of these movements. The only way to increase a squat or a deadlift is to build

tremendous bottom strength with variations that are much harder than the originals. For squatting, we can build bottom strength by going deeper than parallel, in addition to using pause reps. For deadlifts, doing them off a deficit and/or in a stiff-legged position will also do the job.

Now in terms of musculature weaknesses, there are three possible weaknesses that you may have. I will explain how to fix each of these issues.

1) Weak Anterior Chain
2) Weak Posterior Chain
3) Weak Thoracic Extension/Core

If you have a weak anterior chain, you will require extremely quad dominant movements such as front squats, high bar squats, leg presses, hack squats, weighted pistol squats, etc. Remember that the anterior chain is extremely important for RAW squatting, because the quads stay highly contracted throughout the entire lift and help with knee extension. With a squat suit, you can literally sit back into the suit making the anterior chain rather useless, but with raw squatting you'll fall straight on your ass if you try that so you need strong quads.

On the other hand, if you have a weak posterior chain, you must not only sit back more on leg movements, but you need to get very strong on low bar squats, good mornings, glute ham-raises, leg curls, deadlifts, and even box squats. Remember, having a strong posterior chain is absolutely essential to preventing injuries and muscular imbalances for if the front of the knees is overdeveloped in comparison to the back of the knee you can risk blowing them out. Simultaneously, you will also possess very shitty posture in the hips.

Now if you have weak thoracic extension/core, the solution is to hammer front squats, (clean position) beltless training, and heavy abs like you never did before. Don't forget that if all your leg exercises turn into good mornings, you will eventually get injured in the long

run and will never maximize your true leverages. You need to learn how to keep that chest up and tight, alright?

Those are really the only weaknesses that you need to be concerned of. Unlike upper body, training legs is FAR less complicated. Follow the general guidelines here, and throw in the necessary exercises by using the bonus powerlifting table, and you will be just fine. Literally anyone can structure a sound leg program if the basics are understood. (That's also one of the reasons why I'm not impressed by squat and deadlifts numbers or even huge legs, especially when coupled with a weak upper body)

Rest Times

In the original program, I recommended that you take the shortest amount of rest possible between sets in order to maximize conditioning and time management. However, if you're doing heavy squats and deadlifts this might be very difficult to do considering the heavy weights that you'll be lifting. For this reason, I would suggest increasing the rest time because if you don't you are bound to lose performance. Simultaneously, training squats and deadlifts in a fatigued state is a horrible idea because they are **extremely** technical lifts, and so training them gassed out can lead to serious injuries. Thus I would recommend **a minimum of 3-5 minutes, and a maximum of 5-8 minutes** of rest. I'm still not going to recommend that 15 minute shit like so many powerlifters say to do, because I think that's absolutely ridiculous. You need at least have some conditioning, for fuck's sake. If you require 15 minutes to recover from a single set, please get your ass on a treadmill.

Program Differences

Other than the things mentioned in this section, training for Powerlifting **requires the exact same procedures that were discussed in the rest of this book**. This means following full

body concurrent training, using the PR table, utilizing main, supplemental and accessory movements, knowing what your weaknesses are and how to attack them, doing conditioning work, managing recovery, making use of specialty bars, keeping nutrition simple, etc.

So please do not think that I have gotten lazy towards the writing of this section. because you already learned how the entire program works so there's no need to repeat the exact same information that was used for the upper body. This book would just end up with unnecessary fluff if that was the case, and I'm sure you've dealt with those types of books before and it was frustrating as hell. So instead we keep this section direct and straight to the point, and everyone is happy.

Conclusion

Well my friends, that's it for this book. I really hope that you learned something, as I would have absolutely loved to have a book like this when I first started training. It took me years of research and hands-on trial and error to discover what worked. The fact that you can just open up a highly organized book like this one and observe years of work in such a small amount of time is a blessing that I am proud to have provided you.

This book is my gift to your mind, for it is a means of expanding your inner-being. You no longer have to research bullshit topics, because all which is important and practical was already covered in this book. You can now move on with your life, **and focus on things that go beyond fitness**. You can work on your personality/self-improvement, further your education, expand your career, develop meaningful relationships with other people, spend precious time with your family, etc.

In essence, you would have succeeded something that millions of people never do. You would have escaped the lifting trap. The fact of the matter is that you will never be a slave to the gym ever again. When it's time to lift, it's time to lift, but when you're not in the gym it won't even cross your mind. That's what real freedom is all about, which you've now been granted. My dear reader, I wish you the absolute best of luck in your future life goals.

With that being said, I'll talk to you soon.

Your man,

Alexander Leonidas

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